

2011

Support to Recovery

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Revenue Chambers
St. Peter's Street
HUDDERSFIELD
HD1 1 DL

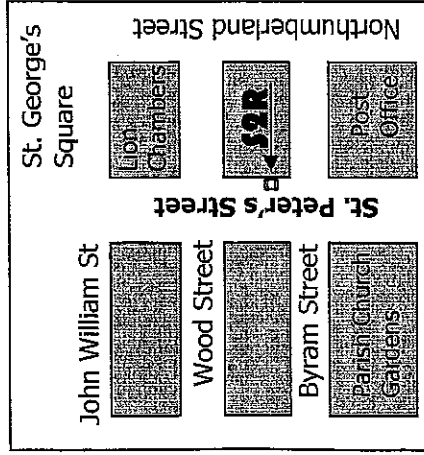
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www.s2r.org.uk

S2R

Support to Recovery

Mental Health Self Help & Well Being



Recovery from mental ill-health is a very individual journey. We offer a variety of workshops, small groups and one-to-one sessions introducing people to different ways of improving wellbeing.

We encourage and support people to connect with a wide variety of community services.

If you wish to attend S2R, please ask your GP or other health professional to send us a referral.

Mailing address for referrers using
NHS internal mail system
c/o Princess Royal, Greenhead Road, Huddersfield.



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'Skills for Life' Workshops

There are lots of things that you can do to help you cope and start feeling better about yourself. The following workshops take place through the week. They are CBT based and look at how you can help yourself.

Workshops include.....

- Managing your Own Recovery
- Confidence & Self Esteem
- Being More Assertive
- Handling Stress
- Perfectionism
- Managing Anxiety
- Dealing with Anger

Monday & Thursday 1.00 - 4.00 Social Confidence

Confidence disappears when you are experiencing depression and anxiety and many people feel very lonely and isolated. In these friendly sessions you can start to rebuild self-confidence and feel at ease again with others.

Relaxation

Tuesday 2.00 - 3.00 & Wednesday 5:45 - 6:45

Tai Chi Meditation Relaxation

Lower stress levels.....improve your wellbeing.....just relax

Evenings and Weekends

A range of groups and activities on weekend days and selected evenings - ask for details.

Allotment Group—Spring, Summer & Autumn

A social and therapeutic activity. No knowledge or expertise required. Come along and enjoy the wonderful outdoors. Experience growing your own vegetables and flowers.

Kirklees Active Leisure Scheme at KMC Sports Centres

Access to sports, fitness and well being - ask for details

Walking Groups

Saturday morning

Countryside walks with friends around Kirklees

Sunday Strollers

Gentle walks around Huddersfield

Digital Photography

based in Dewsbury

Building self esteem by exploring the countryside with a camera and printing your own photos. (camera provided)

Signposting

An opportunity to ask for information and advice about additional support that's available in Kirklees.

Employment, Training and Voluntary Work.

- Staying in work
- Back to work after time out
- Application forms and CV's
- Voluntary work for enjoyment or as a way into a job
- Workshops
- One-to-one
- Basic IT

Lots of advice and information as well as support.

Support also available at S2R from **Mental Health Matters Advisors**

Bookchat with Jo Haslam

Informal, relaxed fun with books.

The RAYS scheme is run by Kirklees and Calderdale library services and health agencies who believe reading can help you relax and improve your health and well-being.

Meeting monthly on Wednesdays 10:30—12:00 on :

19/1/11 16/2/11 16/3/11 13/4/11