

What's On at S2R Support to Recovery in Huddersfield www.s2r.org.uk

Sessions start at S2R 1st floor Revenue Chambers St Peter's Street 01484 539531 unless otherwise stated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Social Group 9.30 to 12.30	Social Group 9.30 to 12.00	Social Group 9.30 to 12.30	Social Group 9.30 to 12.30	Social Group 9.30 to 12.00	Social Group 9.30 to 4.00 includes Breakfast Club 9.30 to 11 Cost £1	Social Group 11 to 4
	Complementary Therapy Group 10.30 to 12.30 By the WEA 7 week course from 6/9/2010	Health And Well Being Workshop 10.30-12.30 (See separate yellow leaflet)	Zest Leisure Group out & about 10.15 to 4.15 Linda	Health And Well Being Workshop 10.30-12.30	Allotment St John's Road 10 to 12 Amanda	Walking Group Out all day Meet S2R 10.30	
	Good Mood Football, at The Zone 11.15 to 1 Cost £1						
	Owt & About Leisure Group Linda 12-3						
Afternoon	Back On Track Social 1 to 4 Music Appreciation 1.30 to 3	Relaxation 2.30 to 3.30	Health And Well Being Workshop 1.30 to 3.30	Back On Track Social 1 to 4		Mens SAAT group 11 to 2	Current Affairs Group 3 to 4
						SAAT = South Asian group	
Evening			Creative Wednesdays 5.30 to 8.30	Communities United 6 to 8.30	Allsorts Group 5.30 to 8.30		

www.s2r.org.uk What's On at S2R Support to Recovery North Kirklees

Sessions start at Dewsbury Office 9 Wellington Road 01924 485 800 unless otherwise stated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Photo Group 10.30 to 5	Complementary Therapy 10.30 to 12.30	Write Now! 10.30 to 12.30	Under 35's Social 10.30 to 12.30	Singing Group 11 to 1	Social with themed music weeks 12 to 4
		Good Mood Football, across to The Zone in Huddersfield 10 to 2				
Afternoon	Health And Well Being Workshop 1.30 to 3.30 <i>(see separate purple leaflet)</i>	Lunchtime Social 12.30 to 1.30 Followed by Relaxation 1.30 to 2.30	Pick N Mix Sports Group Table tennis, badminton, football Dewsbury Sports Centre 1.30 Cost £1.50	Adventures Group 1 to 5 Bowling, kayaking, Laser Quest and more	Social Group 1 to 2	
		Mixed Swimming Group 3 to 4 Dewsbury Sports Centre Meet S2R 2.50	Health And Well Being Workshop 1 to 3	2 nd Thursday of month Bookchat 2 to 4 3 rd Thursday of month Women's Group 2 to 4 Last Thursday of month Mirfield Salvation Army 1 to 3 Socialise/help/shop	Members-led Arts & crafts Group Creative Minds 2 to 5	

We also offer these services

- *For HWB 'Health & Well Being' workshops see our separate leaflets for Huddersfield and Dewsbury*
- *SAAT means 'together' in Punjabi— groups that cater to members of the South Asian community; we have workers able to speak the main South Asian languages*
- *121 work – time limited service and spaces are highly sought after*
- *Counselling (we do have a waiting list) / signposting to other counselling agencies*
- *Signposting – liaising with other agencies such as Mental Health Matters (employment), HOOT and AIM (Creative options), Teazel project (Cloverleaf), Rendezvous*
- *RAYS, reading and you scheme, visiting librarian from Huddersfield reading selected prose and poems out loud to the group monthly on Wednesday mornings 10.30 to 12.00 and Bookchat in Dewsbury second Thursday of the month 2.00 to 4.00*
- *KAL Kirklees Active Leisure, subsidised tickets for swim/gym/sauna/classes at Sports Centres in Kirklees*
- *IT: we have computers available with FREE internet access and will support service users in accessing IT courses available in the community*
- *Music Group with Alan Wednesday mornings in Huddersfield*
- *We are developing a working relationship with the WEA Workers Educational Association and have run successful Aromatherapy courses, we are aiming to do the same with Numeracy, Literacy and a variety of other subjects*

NEW/COMING SOON

- *Coming soon in Dewsbury.. One hour walk, Chair exercise, Travel Group, and Story Telling*
- *Coming soon in Dewsbury.. Thursday evening quiz & games night, Friday evening History Group*
- *Membership model, method for increased involvement for the people that attend S2R services*

For more information, please ring Huddersfield 01484 539 531 or Dewsbury 01924 485 800