

Support to Recovery

Promoting Positive Mental Health



ANNUAL REPORT

2017/18

OUR MISSION

“Support to Recovery promotes positive mental health and well-being to people in our community. We believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes to those who experience mental health difficulties, their families and their carers.”

Support to Recovery

Promoting Positive Mental Health,
emotional and physical well-being;
creative skills indoors and outdoors;
social networks and personal achievements.

Welcome to Support to Recovery's annual review of another busy year. Continuing to work across Kirklees: engaging people in new interests through our open access approach, engaging with a wide range of participants, local businesses, educational outlets, other health and social care providers and their staff teams. Helping to reduce isolation and increase inclusion, better personal achievements and general health.



S2R Annual General Meeting 2017

Hello from the Board of Trustees

This year we have witnessed a steady growth both within S2R's internal creative structure and our new community capacity connections. We are extremely proud of the programme of activities offered, demonstrating not only the flexibility, creativity and skills of everyone involved but ensuring an eclectic range of positive ways people can access and benefit from S2R's services.

As Trustees our role is to ensure strong governance and everything that entails. We also want to make certain that each and every individual who either works, volunteers, attends or visits S2R: feels safe, respected, valued and listened to.

We are always humbled by the testimonies and feedback that people want to give, this year is no different, in this review we want to share with you a small sample of the benefits that working together brings to individuals and communities.

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“Finding people, who understand, empathise & don't judge my problems. People to laugh with & share new experiences in a safe environment. Finding incredible support from staff & participants in the classes. Learning many new & interesting things.”

PRESENTING S2R's ANNUAL REVIEW

Welcome to our Annual Review 2017-18, covering the highlights from Support to Recovery, Create Space and our projects around the Kirklees district. There have been some exciting new developments this year, alongside consistently positive outcomes from the more embedded aspects of our service.

Once again the support from our volunteers, local businesses, working partners, our attendees and staff team have made this a year to remember! We have also been fortunate to receive much needed donations from a variety of sources: from a small choir in Ossett to anonymous contributions from local businesses, we are extremely grateful to those who have thought of and donated to us no matter how large or small. Every amount we receive goes towards providing the range of activities S2R are locally renowned for.

We have extended our working partnerships: that includes an extra step into life-long or accredited learning for people who traditionally shy away from a more conventional education route.

This enables individuals to peruse subjects that interest and engage them, encouraging further learning, from Aromatherapy; to traditional textiles: these courses have been very successful and opened the door to further opportunities.

S2R have been pro-active, building community connections and engagements: re-energising a local community to come together and be active in contributing towards a former Children's Centre, developing it into a hub for all to access. Attached to a small Library, the Centre (at Dalton) is now generating a diverse range of activities for people to join in, expand on and enjoy.

This year we have supported small community groups to become established and offered our facilities and connections to enable their growth and stability.

We have again been successful with awards and recognitions: Kirklees Adult Learners Award once again was bestowed to The Great Outdoors Project for community learning; Tesco's Bags of Help Scheme awarded our Carers Group much needed funds; Examiner Awards nominations were made; and the Police Commissioners Awards supported us to promote community safety to vulnerable people.

We strive to continue to offer a range of creative activities and courses based on what people tell us they want or need and make a positive difference to their emotional and physical well-being.

Create Space is a safe, friendly environment that everyone can enjoy, to learn together and make friends. So give it a go!

Paula Wood
Manager



Kirklees Community Learning Awards 2018, S2R The Great Outdoors Project

THE GREAT OUTDOORS PROJECT

HELPING YOU TO THRIVE IN NATURE

We know, from independent academic research and the testimony of our own participants, that connecting people with nature as part of a group in an outdoor activity, or an indoor workshop, is a great way to improve emotional and physical well-being; reduce anxiety; create social connections and learn about both themselves and the natural world.

We help people to: take their first steps into nature on our 'Nature In You' courses; explore their relationship with the outdoors on mindful walks and through direct experience of open spaces. To interact and contribute with practical tasks at the allotment; through garden upcycling or community work days; to express themselves creatively using eco crafts, natural art, and photography and to be active and enjoy themselves by walking and running in the biggest gym possible. This helps people learn to thrive in natural settings so that they can make use of this glorious, free, resource for themselves and go on to other volunteering opportunities in the community.

We have been developing our partnerships by delivering one off sessions with organisations such as Hoot, Aspire, The Womens Institute, Chart and many more. As well as delivering longer term projects such as The Peace Pit Poly-Tunnel and Community workdays with Kirklees Council Parks and Openspaces. We were very pleased that our poly-tunnel volunteers were able to take the plants they had grown to Harrogate Spring Flower Show and plant out a Show Garden there. Their efforts were recognised with a Silver Gilt Award and the Newby Cup for excellence in planting. The efforts of the group also gained them an award at this years Community Learning Awards.

"This place really was an important part of my journey. It helped me a lot particularly the workdays and the upcycling. Being able to come in and break up a few pallets and make something useful out of them or improve a community space, like we did at the canal. It gave me a sense of worth. Now I'm employed by 'Proper Job' as a talent matcher and I've come in to meet one of our new talents, here at S2R today, to see if I can get him interested in joining in with some of your activities. He's really keen on outdoor things too." - Participant 2017/18

This year TGO have had **5163** hours contact with volunteers and participants



NEW SESSIONS & EXHIBITIONS

Each week we offer upwards of 20 workshops, many in specialist subjects, forgotten crafts and practical skills. New creative workshops and courses such as: Origami, Crochet, Machine Sewing, Upcycled Book Binding, Concrete Plant Pots and Urban Watercolour, to name but a few, were introduced this year as part of our consistently evolving programme.

Alongside our creative activities offer, local Artist and S2R participant: Glen Williams, took over the walls of our cellar for six weeks, with an exhibition launched on 19th May as part of Mental Health Awareness Week. This exhibition opportunity was offered to Glen as the Public Vote Award at the 2017 Huddersfield Art Society Annual Show. S2R will be offering this prize again at the 2018 annual exhibition to the next Public Vote Award Winner.



Our relationship with the Art Society continues to grow, with several of our rooms hired for meetings this year and a number of workshops planned for late 2018 and into Spring 2019 including specialist printmaking sessions delivered by our team member: Scarlett.



To find out more about our creative sessions or to book, visit: www.s2r.org.uk/whats-on

Age restrictions apply to some of our courses. If you are under 18 please check if the sessions are age appropriate before you book. All S2R sessions require advance booking and payment, unless otherwise stated. If you try to attend a class without booking we may not be able to accommodate you, please book to avoid disappointment. Full course fees are due, even if you do not attend one or more of the course sessions, fees can be paid in installments. For more information or to book on to any of our FREE workshops please contact us directly.

[Download our September and October Programme](#)

SEARCH BY

- Collection
- All
- REGULAR SESSIONS
- CREATIVITY
- DANCE AND MUSIC
- OUTDOORS
- WELL-BEING, MINDFULNESS AND REIKI

Price

£0.00 — £60.00



Bat Walk



Portrait & Figure Drawing Course
£40.00



Autumn Weaving
Out of stock



Acrylic & Oil Painting Course



Footpaths Work Day



Concrete Plant Pots

This year we delivered **826** workshops and courses

This year we had **196** online bookings for courses and workshops

This year **8030** people visited our website

TEAM AWAY DAYS

2017/18 saw a number of Team Away Days delivered and hosted by S2R at Create Space and across other sites.

This year teams from Locala, Heath Trainers, Luv2meetU, CK Careers and Touchstone experienced our tailored Away Day package. Some of the activities chosen by participants were:

- Scrabble magnet making
- Mindful movement
- Fire lighting and outdoor cooking
- Soap making
- Meditation



Health Trainers Away Day, Cemetery Rd Allotments, 2017

“Thankyou to everyone for our fantastic team away day!

It was a very enjoyable experience and one that will stay with me as I was so impressed with our activities and also what you offer through your service. The mindfulness activities gave me some more skills and I haven't really done gentle movement in that way before, and the art activity was also really therapeutic and interesting.

As for the lunch and cooking on the allotment, that was just really enjoyable and the food was wonderful! I think being away from our normal, office and work environments did us all good and the whole day was fantastic from start to finish.

Thankyou to everyone at S2R for giving us all such a good Team away day!”

- Joanna Long, Health Trainer, 2017

SPACE HIRE

Create Space provides a number of interesting, creative and friendly spaces, that vary in size and can be utilised for all sorts of different activities.

This year lots of organisations and individuals saw the potential in our building and hired spaces for meetings, away days, courses, workshops, events, fayres, and more! In the last 12 months we have worked with: Best Practice, Kirklees Neighbourhood Housing (KNH), CK Careers, Kirklees College, Health Trainers, Imagination Gaming, Huddersfield Literature Festival, Huddersfield Art Society, Kirklees Council, National Energy Action (NEA), Kirklees Visual Impairment Network (KVIN), LAB Project, Masoom Care, and more!



Huddersfield Art Society, 2018

This year our rooms were hired for a total of **838** hours

“Thank you again for your help and support with the courses. It's been a pleasure”

- Best Practice, 2018

This year S2R offered a new series of 2 hour, stand-alone, Well-being sessions that could be booked onto individually, or as a set of 4 in any order. We also flexibly delivered them across evenings and weekends, as a rolling programme, to make them as accessible as possible.

These modular sessions are called: 'Well-being for Healthy Eating'; 'Well-being for Better Sleep'; Well-being for Being More Active; and 'Create Your Own Well-being Toolkit'.

Our Well-being sessions teach some simple, practical, steps that can help lift your mood and support your well-being. Sessions are designed to help you build resilience so that you can cope better with life's ups and downs.

"As a result of coming on this course I am feeling more positive about things and thinking first before I react badly. It really helped me to realise that other people were suffering as well and to hear their stories and know that I wasn't on my own." - Participant 2017

This year we supported **110** life-long learning sessions



This year S2R facilitated **101** Reiki appointments

REIKI

Reiki is a Japanese, crystal healing, technique for stress reduction and relaxation that also promotes healing and restores balance.

"I'm truly amazed of the effects my Reiki treatments are having on me. After the 1st session I felt that I had a clarity of mind to know what I needed to do and not feel overwhelmed by the enormity of what had become disorganized and cluttered in my life. It was like I could pick up a piece of a jigsaw puzzle and know exactly where to put it! This has been a huge break through for me and I'm also feeling a lot calmer and happier as the sessions progress.

Thank you so much"
- Participant 2018

MINDFULNESS

Mindfulness is embedded in much of what we do from weaving, walking and cooking mindfully, to specific Meditation and Mindfulness courses.

Mindfulness helps us to become more aware of our thoughts and feeling so we are better able to manage them. Being mindful can boost our concentration, improve our relationships and help with stress, pain and depression.



"I've taken note that we never stop learning. I used to come to one session then disappear but this has helped me to stay and see things through."

- Participant 2017/18

ESSENTIAL OILS AND UP-LIFTING AROMA'S

Aromatherapy and Natural Product workshops are now proving to be some of the most requested by attendees, external organisations, partners and educational institutions. This year we ran 22 Aromatherapy sessions at S2R Create Space. We also delivered upwards of 15 Natural Product and Aromatherapy based sessions and drop-in activities at other venues in and around Kirklees.

After successful delivery of our Aromatherapy Gifts course in October 2017, we were able to offer participants a 10 week Aromatherapy Skills Course, beginning in January 2018 with support from Community Learning Works. This free to attend, comprehensive, beginner's course covered all of the basic skills required to develop Aromatherapy Blends. Attendees discovered the origins of Aromatherapy; found out about evidence of its benefits and how it has been used to help with many minor ailments, such as: colds, fatigue, and low mood. The course also covered safety when using Oils; Contra-Indications (when NOT to use Essential Oils) and many other essential knowledge applications for Aromatherapy; as well as household applications, health and beauty, light touch massage and creating wonderful up-lifting Aroma's for Oil Burners / diffusers.

The popularity of the Aromatherapy Skills course gave life to a string of specialist practical workshops, including: Aromatherapy Lotion Bars; Aromatherapy Bath-Bombs; Aromatherapy Spritzers; Aromatherapy Hand-Scrubs.

8 Learners from the Aroma Skills Course went on to complete advanced learning on the subject and on other alternative therapy courses.



This year we provided **448** beneficiary hours through Aromatherapy Sessions

CARERS CREATE

SOCIALISE, RELAX AND CREATE

Carers Create is designed specifically for adult Carers and those they care for, to come along and take time out for themselves; recharge their batteries in a safe and welcoming environment and talk to people with similar experiences.

This group is as diverse as it's attendees! For 3 hours per week participants meet and use their time in ways positive and personal to them, some attendees just come along to chat or do a crossword, others draw and do interesting crafts. Carers can come alone or with the person they care for, and can bring along ideas and activities they would like to share or as personal projects, it's their time to use as they wish.

In the warmer months the group plans short excursions, anything from popping somewhere new for a coffee, to getting the train to another town or a barge trip down the canal, with support from the Safe Anchor Trust.

Carers Create has an established set of attendees who are always very welcoming of new participants and we hope the group continues to grow in the coming months.

This year the Carers spent some of their time together making art and craft items to sell through S2R Create Space, with the profits going towards the cost of trips out and treats.

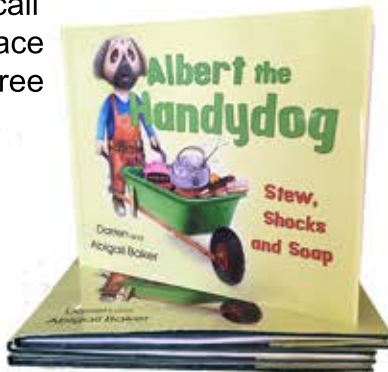


ACHIEVING OUR GOALS

Now in it's second year, the relationship between S2R and The Leanne Baker Trust continues to thrive. Our objectives still much in line, the Leanne Baker Trust once again contributed a generous donation to S2R, enabling us to stay present, accessible, effective and creative for all who might want or need to tap in to S2R's services. Long may our relationship flourish.



The Big Children's Book Give Away was a resounding success, with really positive feedback from both individuals, schools, libraries and all others who took part. During the Give Away we shared 2,000 books with the local community. In recognition of World Mental Health Day (October 10th 2017), we invited parents, relatives and friends to call into Create Space and receive a free children's book written and illustrated by Darren Baker and his wife Abigail.



This year also saw the creation of a dedicated Comfy Corner, here at S2R Create Space in memory of Leanne Baker. Situated in the first floor Refreshment Area, featuring a portrait of Leanne alongside a range of images and posters representing the partnership of our two charities. The Comfy Corner is intended as a welcoming and comfortable space for anyone who wants or needs to take a few minutes for themselves or to meet and chat with others.



The Comfy Corner, S2R Create Space 2017/18

Each year we are consistently amazed by the dedication of our volunteers and what we are able to achieve together.

Over the last year, more time than ever has been volunteered with us, most of our volunteers have found the courage to do so after attending sessions for a few months or even years; some have found their way to us through business partnerships or through local college and university placement schemes. For the first time since moving to Create Space, we took on a University Placement Student, full-time for 12 months, August 2017 - September 2018. It was such a positive experience that our placement student now intends to return to volunteer and teach craft workshops with us around her final year of study. We have now recruited two more placement students who both began their 4 month placements with us in September 2018.

VOLUNTEERING

NWV Volunteers Thank You Event at S2R Create Space 2018



"I have found my time at Support to Recovery greatly rewarding and educational. The support I have been given, so that I could better myself on a personal and professional level, has been phenomenal. I have been exposed to a variety of new experiences, people and interests. I have found an environment where I feel both comfortable and confident. Most importantly, I have finally found a career path I would like to follow: creative community teaching, with a focus on adults."

- Sophia Reeson, University Placement Student at S2R, 2017/18

PARTNERSHIPS

Forging positive and lasting partnerships is essential and underpins the values of S2R. We would like to thank these organisations for their involvement and contributions over the last 12 months.



Joint Partnership Initiatives



Thank You for Your Support



'Walk & Talk',
Womens BAME Group,
2018



"I just wanted to thank you for a job well done. A service that I feel goes under the radar far too often but would be sorely missed by Huddersfield if it wasn't there. I have seen your service transform my patients lives and put the sparkle back in their eyes. I particularly wanted to share with you one of my patients journey..."

I met X a few years ago, a male patient with long standing mental health issues. He attended his appointment, hood up, eyes down, I couldn't have told you what he looked like as he hid behind his hood. I became concerned about his mental health and he was of course referred to the local mental health service but you helped him come out of his shell. X now attends his appointments, smiling, hood down engaging in conversation and often tells me what he has done at S2R and how S2R has helped him socialise and build his confidence. Skills I am sure would have been hard to achieve by meeting only his mental health worker. As a result this young man is thriving and becoming more and more resilient every day.

It is all too often that people are quick to complain and actually don't stop to compliment people on the jobs they do so well. I would love for you to share my thoughts to all the staff, volunteers and anyone else who will listen - I think you all do a fantastic job and this should be celebrated and something you all should be very proud of.

Thank you for helping my patient
 thank you for helping me do my job
 thank you for listening and taking the time
 Warmest regards, Nicky"

- Dr Mounsey, GP partner, Huddersfield University Health centre



Jason Kerry & Dr Mounsey, 2018



Great Get Together,
 in partnership with
 Tesco, 2018

This year we participated in a number of National events either by having stalls at information fayres, giving talks, running workshops or community events, some of the national events we participated in were:

- World Mental Health Day (10th October);
- International Womens Day (8th March);
- Autism Awareness Week (26th March - 2nd April);
- Mental Health Awareness Week (14th - 20th May);
- Volunteers' Week (1st - 7th June);
- Carers Week (11th - 17th June);
- Learning Disability Week (18th - 24th June);
- the Great Get Together (22nd - 24th June);
- & National Inclusion Week (24th - 30th September).

NATIONAL EVENTS

"Our working together has always been a benefit to the community whether it be you raising funds through Bags of Help for your fantastic project or with the Great Get Together encouraging people to find more in common.

We feel proud to have you as our neighbours and look forward to working together in the future."

- Pauline House,

Community Champion, Tesco, 2018

CONTACT US

"I soon realised there was nothing to worry about, you don't get treated any different if you have or don't have mental health problems and nobody makes you talk about anything. Really is a no stress zone. Lovely... And now I am back in work full time. Every time I meet these amazing people at S2R I am so so grateful and appreciative. So thank you from the bottom of my heart [for] treating me like a person and just letting me join in with you (as little or as much as I wanted) -you have helped me to keep going and pushing on, even when it's scary."

- Participant 2018

"I learnt a lot from the course, I felt very good and I got to know other members better over the four weeks. I've made some strong friends in the group and feel a lot happier... I found it hard at times but the others encouraged me and kept me going. I feel I learnt a lot about myself and learnt to love and enjoy doing different stuff. I honestly think this course has been life-changing and I am so proud of myself!"

- Participant 2017/18

"I've enjoyed everything today but especially liked learning how to keep the two minute fire alive – learning to keep something alive; keeping myself alive. It's about being patient, taking time and trusting you will get there eventually"

- Participant 2018



This year
88%
of referrals to
S2R were
new!

This year we
have been
involved in
62
external public
events

This year
we have worked
with more than
81
projects,
organisations
and groups

This year
there were
8184
engagements with
our Facebook
page

This year we
provided
60
Carers Create
Sessions



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S2R Create Space



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