

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
CREATE
SPACE

Promoting Positive Mental Health



JANUARY 2026 SCHEDULE

Here's what's coming up in our face-to-face workshops,
Zoom sessions and Facebook releases this January

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS UNLESS OTHERWISE STATED

To book your place on an S2R session, call 07933 358800 or email contact@s2r.org.uk

PLEASE NOTE THAT S2R WILL BE CLOSED FROM MONDAY 22ND DECEMBER 2025 TO FRIDAY 2ND JANUARY 2026. WE WISH YOU ALL A WONDERFUL FESTIVE BREAK, SEE YOU IN THE NEW YEAR!

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FACE-TO-FACE SESSIONS

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid. Age restrictions apply: some of our sessions are family-friendly, but most are for 18+ years only so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Tuesday 6 th , 20 th & 27 th January 11:00 - 12:45 Facilitated by: Cherry	A gentle gardening session helping to maintain and develop the garden at Birkby Library, with a few craft activities taking place on alternate weeks too. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Tools and refreshments will be provided.
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 14:00 - 15:00 Facilitated by: Rowena £2 per person	Join these friendly Move More sessions led by Julie from Active Bodies and have a go at some gentle exercises designed to keep you moving, increase your flexibility, maintain your strength and help you feel more positive. These sessions are suitable for all abilities. Please wear loose, comfortable clothing and bring along a bottle of water to keep hydrated. Everyone is welcome and there's no need to book, just turn up on the day. The first week is free, then sessions are £2 per person to attend. *Supported by The National Lottery Community Fund.
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn, Molly & Jason	Our Welcome Mornings are your chance to drop into S2R, to link up informally with others in the S2R community or to meet our friendly facilitators and find out what S2R has to offer you. Whether you are a member of the public or a professional, this is your chance to find out if S2R is for you and to have a chat with us over a cuppa. Online appointments are also available. Just call in, or email: contact@s2r.org.uk to book a slot.
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street, Huddersfield HD1 4BP	Wednesday 14 th , 21 st & 28 th January 13:00 - 14:00 Facilitated by: Dawn	Meet us at the entrance of Huddersfield Leisure Centre for a gentle walk to and around Greenhead Park, and then back to the Leisure Centre. Please wear clothing and footwear suitable for walking. Please book in advance of your first session by emailing us at: contact@s2r.org.uk.

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The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 8 th , 15 th , 22 nd & 29 th January 10:00 - 12:00 £2 per person	A regular, social, creative group. Come along and work on your own creative project which can be anything from knitting to mindful colouring or even painting. This is a group intended for those who enjoy being creative with company and who are happy to self-teach. Booking is essential as places are limited. Please be aware this is not a taught group and costs £2 per person, per session to attend. Please bring your own equipment and materials with you. <i>*Made possible with funding from One Community Foundation.</i>
Active Birkby Club Evening Walk Norman Park, Birkby, Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30	Join the Active Birkby Club for a gentle evening stroll exploring the green spaces of Birkby. Stretch your legs after tea and set yourself up for a good night's sleep. These walks are organised by participants and booking is essential. Please wear clothing and footwear suitable for walking. Everyone is welcome!
Dewsbury Library Walking Group Dewsbury Library, Railway Street WF12 8EQ	Every Friday 11.00 - 12.45	Join this self-led group for gentle walks along the river, canal and Greenway in Dewsbury. You'll get the chance to take in nature, enjoy panoramic views and historic architecture. Please wear clothing and footwear suitable for walking.
Mirfield Friday Friendship Group* Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Friday 9 th , 16 th 23 rd & 30 th January 14:00 - 15:30 Facilitated by: Rowena £2 per person	A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone is welcome. No booking required, just come along. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend. <i>*Supported by The National Lottery Community Fund.</i>
5TH - 11TH JANUARY		
Underpin* Paper Pieced Quilting Techniques The Arcade Pop Up, The Princess of Wales Precinct, Dewsbury WF13 1NH	Friday 9 th January 13:00 - 14:30 Facilitated by: Kim	Everyone is welcome to join us for a cuppa and some creativity, in these friendly sessions. This time, you can learn how to use scraps of fabric to make a hexie quilt and start your very own quilting journey! Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 4 of this schedule for more information . <i>*These sessions have been funded by Creative Minds.</i>
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 10 th January 11:00 - 14:30	Bring your broken or faulty items along to see the friendly fixing volunteers from Huddersfield Repair Café who will show you that not everything that's broken needs binning. If you have some fixing experience then please let us know and you could become part of the fixing community too! No microwaves or dehumidifiers please. Age 16+. Anyone under 16 must be accompanied by an adult.
12TH - 18TH JANUARY		
Winter Woodland Management Old Fieldhouse Lane, Deighton HD2 1AG	Monday 12 th January 10:00 - 14:00 Facilitated by: Cherry	Take a winter visit to our polytunnels to learn some woodland management skills with S2R and Andy from Kirklees Council and then find out how to put them into practice. This is an all-day session but you will be free to join and leave as you please. Please wear clothing and footwear suitable for gardening.

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NAME	DATE AND TIME	DETAILS
Aromatherapy Winter Remedy S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Wednesday 14 th January 13:00 - 15:00 Facilitated by: Byron	Come and learn how to create your own vapour rub using eco-friendly ingredients and essential oils. You will learn how to blend essential oils to create an harmonious scent to help treat some common winter ailments. Please bring a little container or jar along with you to this session.
Ramblers Taster Walks Ramsden Reservoir Car Park, Brownhill Lane, Holme HD9 2QW	Saturday 17 th January 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk along Ramsden Road. Bring a packed lunch with you and please wear clothing and footwear suitable for walking. If you enjoy your first 2 or 3 walks, you may be invited to join the Ramblers and get the full benefits of membership on an annual subscription basis. For more information, visit: https://www.ramblers.org.uk/ or call Christine Senior from the Ramblers on: 07856 844 432.
19TH - 25TH JANUARY		
Underpin* Upcycled Book Binding The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Monday 19 th January 13:00 - 14:30 Facilitated by: Kim	Everyone is welcome to join us for a cuppa and some creativity, in these friendly sessions. This time, you will create your own notebooks from postcards, maps and more using stitching techniques! Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 4 of this schedule for more information. <i>*These sessions have been funded by Creative Minds.</i>
Fire Cider Tonic S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 21 st January 13:00 - 15:00 Facilitated by: Byron	Learn how to create this traditional herbal tonic, known for its immune-boosting properties and zesty flavour. We'll explore a variety of ingredients including ginger, chilli and herbs and then learn how to ferment them to make your own batch of Fire Cider. Please bring a sealable bottle along with you to this session. Please also note that this session will be delivered on the first floor, accessible only by stairs.
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 22 nd January 13:00 - 15:00 Facilitated by: Dawn	Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. Come along and try something new for free!
Upcycled Denim Aprons S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Friday 23 rd & 30 th January & Friday 6 th February 10:00 - 12:00 Facilitated by: Dawn	Come and join us for this 3-week course! You will learn how to make your own handy apron for crafting or gardening from scratch using left-over denim. We will show you how to use a sewing machine, use cut patterns and design and assemble your own unique apron complete with a pocket. This session is suitable for all abilities, no previous experience required. Please note that this session will be delivered on the first floor, accessible only by stairs.

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NAME	DATE AND TIME	DETAILS
Winter Wonderland Walk The Grimescar Fields, Norwood Road, Birkby HD2 2YD	Saturday 24 th January 14:00 - 16:00	Join S2R and the Friends of Grimescar for this special seasonal event to enjoy the beauty of mid-winter. There will be things to spot and collect as we walk through the valley, plus other nature-based activities too. Please wrap up warm and feel free to bring a drink and a snack with you too. If you can provide any environmentally friendly art for the walk, please contact the Friends of Grimescar at: friendsofgrimescar@gmail.com .

26TH JANUARY - 1ST FEBRUARY

Winter Woodland Management Old Fieldhouse Lane, Deighton HD2 1AG	Monday 26 th January 10:00 - 14:00 Facilitated by: Cherry	Take a winter visit to our polytunnels to learn some woodland management skills with S2R and Andy from Kirklees Council and then find out how to put them into practice. This is an all-day session but you will be free to join and leave as you please. Please wear clothing and footwear suitable for gardening.
Aromatherapy Lip Balm S2R Create Space, Huddersfield HD1 1EB	Wednesday 28 th January 13:00 - 15:00 Facilitated by: Byron	Create your own lip balm using eco-friendly ingredients and essential oils. This handy balm is perfect for the winter months! We will learn how to blend essential oils to create a harmonious and personalised scent. Please bring a little container or jar along with you to this session.
Dewsbury Repair Café The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Saturday 31 st January 10:00 - 12:00	Bring your broken or faulty items along to be fixed, learn how to repair common household items, help to reduce landfill and save money too! If you would like to volunteer as a repairer, email: churchsecretarylcw@outlook.com . No microwaves please. Age 16+. Under 16's must be accompanied by an adult.

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ZOOM SESSIONS

To book your place on these sessions, or to receive session recordings to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you the meeting and video links.

NAME	DATE AND TIME	DETAILS
Underpin: Alter, Re-use, Upcycle*	Tuesday 6 th January 10:00 - 11:00 Facilitated by: Kim	<p>Join us for these friendly and relaxed Zoom sessions where you will learn how to alter, re-use and upcycle clothes and fabrics.</p> <p>This time, you will learn how to create your own coiled pots using fabric scraps and recycled plastic. Every month, we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. If you can't attend the live sessions, but would like a video recording to have a go at in your own time, please let us know and we will send you the video link.</p> <p>We are also running two in-person sessions in Dewsbury this month. Please see pages 2 and 3 of this schedule for more information.</p> <p><i>*These sessions have been funded by Creative Minds.</i></p>

The Board of Trustees would like to invite you to

Support to Recovery (S2R) Annual General Meeting

Join us online to celebrate the successes of 2024-25 at our AGM
on Thursday 22nd January 2026 at 3pm. We hope to see you there!

If you would like to attend, please RSVP to: contact@s2r.org.uk



If you are new to S2R, you will need to complete an application form before
joining in with our sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (9.30am - 1.30pm, Monday to Friday)

S2R Office: 01484 539 531 (9.30am - 1.30pm, Wednesday and Thursday)

The Great Outdoors Project: 07541 095 455

Community Anchor: Siân Smith 07933 353 487

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



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**Please note our courses and workshops are Dementia
Friendly, for more information please get in touch.**



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