

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

APRIL 2022 SCHEDULE

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

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk



FACE-TO-FACE SESSIONS

Face coverings in our sessions are not mandatory, but you are welcome to wear one if you'd prefer, and please also be mindful of others' personal space. Hand sanitisation stations will still be available for your use. Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Thornhill Lees Crochet* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Every Tuesday (Except Tuesday 19 th April) 11:00 - 13:00 Facilitated by: Amina	Come and learn the art of crochet using basic stitches and techniques. Or if you crochet already, feel free to come along and bring your own patterns and skills to share with the group. There will be lots of time for warm drinks and some friendly chat too. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Café Connections* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday (Except Tuesday 19 th April) 14:00 - 15:00 Facilitated by: Amina & Andy	Has the pandemic left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice too! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Friday Wanderers* Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 1 st , 8 th & 22 nd April 11:00 - 12:00 Facilitated by: Waheeda	Join this friendly, women-only group for a gentle stroll around Crow Nest Park. We will meet at the front of the museum. Feel free to bring a warm drink with you too. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL

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FACE-TO-FACE SESSIONS

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
APRIL SESSIONS		
<p>Lees Holm Park Family Spring Event*</p> <p>Lees Holm Park, 53 Brewery Lane, Thornhill Lees WF12 9DU</p>	<p>Monday 11th April 11:00 - 13:00</p> <p>Facilitated by: Elizabeth, Amina & Andy</p>	<p>Join this Spring Into Fun family outdoor activities session at Lees Holm. Learn how to make a spring wreath, join our foraging scavenger hunt, and create your own miniature spring garden to take home. Children are welcome. Refreshments will also be available. No booking required.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Work Day*</p> <p>Various locations across Dewsbury</p>	<p>Tuesday 12th April 11:00 - 13:00</p> <p>Facilitated by: Andy</p>	<p>Help look after community greenspaces via practical conservation tasks in and around the Dewsbury area. Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p>Relaxing Ravensthorpe Wellbeing Event*</p> <p>Ravensthorpe Community Centre, 24 Garden Street, Dewsbury WF13 3AR</p>	<p>Thursday 14th April 11:00 - 13:00</p>	<p>Come and join this family-friendly spring wellbeing event at Ravensthorpe Community Centre. Take some time to unwind with the S2R team and try some creative and relaxing wellbeing activities. Refreshments will be provided for anyone not fasting. Everyone is welcome. No booking required.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>

These sessions are open to Dewsbury residents aged 16+ only.

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DEWSBURY: YOUR HEALTH IN MIND!



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This project is here to reinvigorate you and your community by helping you to access and enjoy the amazing, green open spaces in your area. We can introduce you to a range of activities you can take part in that will boost your physical, emotional and social wellbeing.

ARE YOU FEELING...

- ◆ Disconnected or isolated from others and your community?
- ◆ You have lost the confidence to get out and enjoy your local area?
- ◆ That you would like to rediscover your “get up and go”?



If you live in Dewsbury and would like to find out how you can get involved, please get in touch by email: contact@s2r.org.uk or call/text **07895 510433**

You can also visit our website: www.s2r.org.uk/dewsbury-your-health-in-mind and join our [@WildDewsberrries](#) Facebook group

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