

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



SEPTEMBER 2024 SCHEDULE

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



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



FACE-TO-FACE SESSIONS

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid-19. Age restrictions apply: some sessions are family-friendly, others are for 18+ years so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
The Brighter Project* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Throughout the week Facilitated by: Siân	A new service designed to support people to manage, maintain and improve their mental health, meet new people, try new things, upskill and feel more confident to look for employment now, or in the future. Suitable for anyone aged 16+, who is living in Kirklees and not currently in employment or job seeking. To find out more, please email: sian@s2r.org.uk. *This project is funded by the UK Government through the UK Shared Prosperity Fund.
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 10:00 - 11:00 Facilitated by: Jason	Boost your fitness through walking, jogging and gentle exercises to improve your agility, balance and coordination. Progress at your own pace and find your own level with a friendly group of people and an emphasis on fun. Meet us by the notice boards in Norman Park. Please wear trainers and clothes that are suitable for exercise and bring a water bottle. Please book in advance so we can make sure this is the right activity for you.
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Every Monday 10:00 - 14:00 Facilitated by: Cherry	Help us to grow plants and flowers for local parks, volunteer groups and green spaces at the Kirklees Council polytunnels. No previous gardening experience needed and you can stay for the whole session or join us for an hour or two, it's up to you. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Andy	Meet us at our Create Space building and then travel with us to various community greenspaces around Kirklees, helping to maintain and improve them through practical conservation tasks such as gardening, tree planting, litter-picking and path construction. Please wear clothing and footwear suitable for gardening. Tools will be provided. If you have any support, access/mobility needs, please contact us before booking as unfortunately not all outdoor sites are fully accessible.

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<p>Birkby and Fartown Library Gardening Group</p> <p>Birkby & Fartown Library, Huddersfield HD1 6HF</p>	<p>Every Tuesday 11:00 - 12:45</p> <p>Facilitated by: Cherry</p>	<p>A gentle gardening session helping to maintain and develop the library garden, 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. Refreshments will be provided.</p>
<p>Move More*</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB</p>	<p>Every Tuesday 14:00 - 15:00</p> <p>Facilitated by: Rowena</p>	<p>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.</p> <p>*Supported by The National Lottery Community Fund.</p>
<p>S2R Welcome Morning</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Wednesday 10:00 - 12:00</p> <p>Facilitated by: Dawn, Jess & Jason</p>	<p>Our Welcome Mornings are your chance to drop into S2R, to link up informally with others in the S2R community or to meet our lovely 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 friendly chat with us over a cuppa. Online appointments are also available. Just call in, or email us at: contact@s2r.org.uk to book yourself a slot.</p>
<p>Waterloo Wanderers</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 4th, 11th & 18th September 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us for some fresh air and gentle exercise with this weekly walking group. We will have a wander, a friendly natter and take a look at what's going on around us. Everybody is welcome! Meet us outside Waterloo Bowling Club and wear clothing and footwear suitable for the weather. Please let us know if you are coming so we can look out for you.</p>
<p>Cemetery Road Community Allotment</p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Cherry</p>	<p>Join us on the allotment to help grow a variety of soft and hard fruit, salads, herbs and lots of vegetables which you can harvest and take home with you. No previous experience needed. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP</p>	<p>Every Wednesday 13:00 - 14:00</p> <p>Facilitated by: Dawn</p>	<p>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.</p>

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<p>Ladies Late Walk</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Wednesday 17:30 - 18:30</p> <p>Facilitated by: Waheeda</p>	<p>Join us for a gentle, ladies-only, late summer evening walk around Crow Nest Park to help you relax and unwind from your day. We will meet outside the main house in Crow Nest Park. Please wear clothing and footwear suitable for walking and the weather. Paths in the park are suitable for wheelchair users. Please let us know in advance if you have any access needs so we can adapt the session accordingly.</p>
<p>The Crafty Coffee Club</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Thursday 10:00 - 12:30</p> <p>£2 per person</p>	<p>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.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Every Thursday 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join us every Thursday for a gentle evening stroll, exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking. Everyone is welcome!</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p>Friday Wanderers</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Friday 09:30 - 10:30</p> <p>Facilitated by: Waheeda</p>	<p>Join this friendly, women-only group for gentle walks in nature. We will be meeting outside the main house in Crow Nest Park and exploring from there. Please wear clothing and footwear suitable for walking.</p>
<p>Dewsbury Library Walking Group</p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</p>	<p>Every Friday 11.00 - 12.45</p>	<p>Join this friendly group for some 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.</p>
<p>Mirfield Friday Friendship Group*</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</p> <p>Facilitated by: Rowena</p> <p>£2 per person</p>	<p>A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone welcome. No booking required. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend.</p> <p><i>*Supported by The National Lottery Community Fund.</i></p>
2ND - 8TH SEPTEMBER		
<p>Advanced Aromatherapy</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 5th September 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>A self-directed makers session where you can advance your aromatherapy skills to make environmentally-friendly products. Please bring in your own empty containers. This session is only suitable for those with previous aromatherapy experience. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>

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REGULAR SESSIONS		
<p>Social Creatives</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 5th September 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come along, try something new for free, care for your mental health and make friends. Join us this week and lose yourself in junk modelling to create a simple sculpture out of recycled materials. Plus there will be plenty of tea or coffee and biscuits too. All materials will be provided.</p>
<p>Gelli Plate Transfer Printing Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 5th September 18:00 - 20:00</p> <p>Facilitated by: Carmen</p> <p>£20 per person</p>	<p>Join us for this creative, evening workshop and experiment with transfer printing onto a gelli press using magazine images, laser prints and charcoal drawings. Please bring any glossy magazines you'd like to print with along to the session with you. This session is suitable for beginners and we will provide all the support you need to make something to feel proud of! Please note that this session will be delivered on the 1st floor, accessible only by stairs. Ages 16+ only. This workshop costs £20 per person which includes a warm drink, a biscuit and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Family Friendly Outdoor Wellbeing at FOCAL</p> <p>FOCAL Community Centre, New Hey Road, Lindley HD3 4DD</p>	<p>Friday 6th September 11:30 - 13:30</p> <p>Facilitated by: Byron</p>	<p>Come and take part in family-friendly outdoor activities, designed to help improve our wellbeing. This week, we will be having a go at some campfire cooking. Everyone is welcome. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.</p>
9TH - 15TH SEPTEMBER		
TUESDAY 10TH SEPTEMBER - WORLD SUICIDE PREVENTION DAY #WPSD		
<p>Garden Upcycling</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 10th, 17th & 24th September & Tuesday 1st October 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Join us for this 4-week Garden Upcycling course to build your confidence, and learn how to use hand tools to upcycle wood into a variety of garden items such as planters, bird boxes, benches and more. No previous experience required. Please wear clothing and footwear suitable for woodworking. Tools and refreshments will be provided.</p>
<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW</p>	<p>Tuesday 10th September 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p>
<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 10th September 18:15 - 19:15</p> <p>Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p><i>*Made possible by TSL "Community Conversations" Support Grant.</i></p>

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<p>Stained Glass Sun Catcher Workshop*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 11th September 19:00 - 20:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us for this stress-free evening session and learn how to make a beautiful sun catcher using glass paints, to stand in your window. There will also be free warm drinks and biscuits, friendly faces and the chance to have a natter. What a lovely way to spend a September evening! Booking is essential so we can ensure we have enough materials for everyone.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Moldgreen Matters Planter Tidy</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Thursday 12th September 13:30 - 15:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us in looking after our community planters and helping to look after the area. This time, we will be giving a second coat of stain to the planters to help protect them through winter, topping up some compost and starting to add some autumnal bedding plants! Please wear clothing and footwear suitable for gardening and bring a pair of gloves if you have them. All tools will be provided.</p>
<p>Aromatherapy Perfume Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 12th September 18:00 - 20:00</p> <p>Facilitated by: Byron</p> <p>£10 per person</p>	<p>Join us for this creative, evening workshop and learn how to make your very own aromatherapy perfume. We will learn all about essential oils, how to blend them to create a harmonious scent and create a personalised perfume for you to take home with you. Please note that this session will be delivered on the 1st floor, accessible only by stairs. Ages 18+ only. This workshop costs £10 per person which includes a warm drink, a biscuit and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Art in the Park</p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 13th September 10:00 - 12:00</p> <p>Facilitated by: Dawn</p>	<p>Whether you are confident at drawing and painting or you're a beginner, sketching on location, in public can be nerve-racking at first. But why not join S2R and Friends of Greenhead Park for this Art In The Park session and have a go! Be inspired by the great outdoors, take a closer look at nature or just take some time out for yourself. Suitable for all ability levels, no art skill needed. Please bring something to draw on and with (e.g., a notebook and a pencil or your sketch books, pens and pastels). Please wear clothing and footwear suitable for walking.</p>
<p>Brilliant Bees Talk</p> <p>FOCAL Community Centre, New Hey Road, Lindley HD3 4DD</p>	<p>Friday 13th September 13:00 - 14:30</p> <p>Facilitated by: Byron</p>	<p>Come and join us for a talk and some activities about the fascinating world of our British bees, find out why they are so important and some of the different ways we can help them.</p>
<p>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 14th September 11:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>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 please. Age 16+. Anyone under 16 must be accompanied by an adult.</p>

16TH - 22ND SEPTEMBER

<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 17th September 18:15 - 19:15</p> <p>Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p><i>*Made possible by TSL "Community Conversations" Support Grant.</i></p>
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NAME	DATE AND TIME	DETAILS
<p>Social Creatives</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 19th September 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come along, try something new for free, care for your mental health and make friends. Join us this week and learn how to make your own Aroma Dough. Squeeze your stress away with this modelling dough that can help quieten the mind and boost your mood. Plus there will be plenty of tea or coffee and biscuits too. All materials provided.</p>
<p>Ramblers Taster Walks</p> <p>Mytholm Bridge, Luck Lane, Thongsbridge HD9 7TB</p>	<p>Saturday 21st September 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Thongsbridge. 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.</p>
23RD - 29TH SEPTEMBER		
<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 24th September 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p>
<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 24th September 18:15 - 19:15</p> <p>Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p><i>*Made possible by TSL "Community Conversations" Support Grant.</i></p>
<p>MacMillan Brew & Baking Fundraiser</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Wednesday 25th September 10:00 - 13:00</p> <p>Facilitated by: Sue</p>	<p>Come and join us for a warm drink plus some delicious baked goods and help us to raise funds for a good cause. There will also be some simple creative activities on offer too!</p>
<p>Active Birkby Club Mindful Movement*</p> <p>Norman Park, Norman Road, Birkby HD2 2UE</p>	<p>Wednesday 25th September 18:00 - 19:00</p> <p>Facilitated by: Byron</p>	<p>It's the Autumn Equinox, so let's reflect and give thanks to ourselves and to nature with some relaxing and mindful movement and stretches. This session is suitable for all abilities as the stretches will be floor or chair based. Please wear clothing and footwear suitable for exercise.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p>Moor Adventures with The National Trust</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 26th September 12:15 - 16:00</p> <p>Facilitated by: Dawn</p>	<p>Join S2R and The National Trust for a free, guided walk exploring the beautiful Marsden Moor Estate. Come along and lose yourself in nature, enjoy some stunning views and be inspired by the great outdoors! This walk will be no more than 3 miles, but will involve steep hills, narrow footpaths and is not aimed at children. Dogs are welcome. Please wear sturdy boots and clothing suitable for the weather. Meet us at 12:15 at our Huddersfield town centre building to catch the 12:54 train to Marsden, or meet us at 13:05 at the National Trust Moor Estate Office, Station Road, Marsden HD7 6DH. We will be returning on the 15:29 train from Marsden back to Huddersfield.</p>

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NAME	DATE AND TIME	DETAILS
Dewsbury Repair Café The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 28 th September 10:00 - 12:30	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+. Children under 16 must be accompanied by an adult.

Age restrictions apply to some sessions - please ask for details.

Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.



ZOOM SESSIONS

To book your place on these sessions, email us at: contact@s2r.org.uk and we will send you the Zoom joining links. You are welcome to join each class 10 minutes beforehand to get yourself settled and prepared.

NAME	DATE AND TIME	DETAILS
Sculptural Denim Flowers Workshop!*	Monday 16 th September 13:30 - 14:30 Facilitated by: Kim	A creative workshop in the comfort of your own home! This week, come and join Kim for a relaxed hour learning how to make sculptural flowers out of old pairs of jeans or other denim items. To join in with Kim, you will need: some unwanted jeans or denim fabric, scissors, a needle and thread and some buttons. If you can't make this workshop in person, but would like to receive a video recording to have a go at in your own time, please let us know and we will send you a recording link. *This project is funded by the UK Government through the UK Shared Prosperity Fund.
Learn How to Darn Workshop!*	Monday 23 rd September 13:30 - 14:30 Facilitated by: Kim	A creative workshop in the comfort of your own home! This week, learn how to give a new life to your favourite old clothes and textiles using different darning techniques including classic, surface and scotch. To join in with Kim, you will need: an item to mend or practice on, some wool or thread that matches the fabric of your item, a needle and a darning mushroom (or a tennis ball/orange). If you can't make this workshop in person, but would like to receive a video recording to have a go at in your own time, please let us know and we will send you a recording link. *This project is funded by the UK Government through the UK Shared Prosperity Fund.



SEPTEMBER 2024 FACEBOOK RELEASES

Visit our Facebook page to tune in at any time [@S2RCreatSpace](#)

TGO TV	Wednesday 11 th September Released at 18:00	Catch up with everything that's going on here at The Great Outdoors Project and find some outdoors inspiration for your weekends in our monthly Facebook video releases.
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Aromatherapy Perfume Evening Workshop

Join us for this creative, evening workshop and learn how to make your very own, personalised aromatherapy perfume to take home with you.

Thursday 12th September from 6 - 8pm
£10 per person, per session

*Advance booking required. Suitable for ages 18+ only.
Book your place in-person or online: www.s2r.org.uk/book-online.
Session will be delivered on the first floor, accessible only by stairs.*

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

S2R bookings and enquiries: 07933 358 800 (10.30am - 3.30pm, Monday to Friday)

S2R Office: 01484 539 531 (10.30am - 1pm, Tuesday - Thursday)

The Great Outdoors Project: 07541 095 455

Carmen Taylor: 07522 105 861 (Dewsbury & Mirfield Community Anchor)

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



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



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