

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R  
**CREATE  
SPACE**

Promoting Positive Mental Health

## SEPTEMBER 2023 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](mailto:contact@s2r.org.uk)

**PLEASE NOTE THAT S2R WILL BE CLOSED ON MONDAY 28TH AND TUESDAY 29TH AUGUST. WE WILL BE OPEN AS USUAL ON WEDNESDAY 30TH AUGUST.**



### 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
<b>REGULAR SESSIONS</b>		
<b>Peace Pit Growing Group</b> Old Fieldhouse Lane, Deighton HD2 1AG	Monday 11 <sup>th</sup> & 25 <sup>th</sup> September 10:00 - 12:30 Facilitated by: Michelle	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. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>
<b>Birkby Walk, Jog, Run</b> Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 11:00 - 12:00 Facilitated by: Elizabeth	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. Please book in advance so we can make sure this is the right activity for you. Trainers, water bottle and clothes that are suitable for exercise required. Meet us by the notice boards in Norman Park. <b>Regular attendees will also receive a free fitness tracker.</b>
<b>Cemetery Road Allotment</b> Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Monday 4 <sup>th</sup> & 18 <sup>th</sup> September 12:30 - 14:30 Wednesday 6 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> September 11:00 - 14:00 Facilitated by: Michelle & Elizabeth or Andy	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. <b>Tools and refreshments will be provided.</b>
<b>The Crafty Coffee Club</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 12:30 Every Thursday 10:00 - 12:30 Facilitated by: Jess	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. <b>Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.</b>

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NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Birkby &amp; Fartown Library Gardening Group</b> Birkby & Fartown Library, Lea Street HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Elizabeth	A gentle gardening session helping to maintain and develop the garden at Birkby Library. Enjoy some interesting horticultural activities, find out about volunteering at the library garden and share a drink and a chat. No previous experience needed. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>
<b>Work Days</b> Various locations across Kirklees	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks across Kirklees. Please wear clothing and footwear suitable for gardening. <b>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.</b>
<b>S2R Welcome Mornings</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn, Jess & 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 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. Simply call in, or email us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> to book yourself a slot.
<b>Café Connections*</b> Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Wednesday 10:00 - 12:00	Our Café Connections sessions are back by popular demand! So come along to meet some new people and have a friendly chat, boost your emotional wellbeing and find out more about what's happening near you. Plus you'll get one free drink of your choice too! No need to book, just drop-in. Suitable for over 18's.  *Funded through Dewsbury Councillors' ward budgets.
<b>Waheeda's Wellbeing</b> Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Wednesday 10:00 - 12:00 Facilitated by: Waheeda	Join Waheeda for these creative arts and craft sessions inspired by nature and take some time out to enjoy a drink and a friendly chat too. <b>Tools and refreshments will be provided.</b>
<b>Waterloo Wanderers*</b> Waterloo Bowling Club, Wakefield Road HD5 9XP	Every Wednesday 10:30 - 11:30 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. <b>Litter pickers and bags will be provided.</b>  *Made possible with funding from the Dalton Place Standard Investment Fund.
<b>Greenhead Park Wellbeing Walk</b> Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP	Every Wednesday 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.
<b>Dig It!</b> Holy Trinity Church, Trinity Street, Huddersfield HD1 4DT	Every Thursday 09:00 - 12:00	Join S2R Community Champion and Dig It Volunteer Leader Helen in growing vegetables and maintaining and improving the grounds of Holy Trinity church for wildlife and the community. Come and enjoy the space for recreation, meditation or join the Dig It team. There is a free café on site too. If you want to get involved, email: <a href="mailto:office@holytrinityhuddersfield.com">office@holytrinityhuddersfield.com</a> or call: 01484 513 213.

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NAME	DATE AND TIME	DETAILS
<p><b>Beaumont Park Gardening Group</b></p> <p>Beaumont Park, Beaumont Park Road, Huddersfield HD4 7AY</p>	<p>Every Thursday 10:00 - 12:00</p> <p>Facilitated by: Byron</p>	<p>A gentle gardening session helping to develop the community garden in Beaumont Park. Come and enjoy the park, do a bit of gardening or have a go at a selection of nature-based activities. Meet us by the raised beds on the top footpath, to the right of the main entrance. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b></p>
<p><b>Friday Wanderers*</b></p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</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 exploring the beautiful green spaces in and around Dewsbury. We will meet in the main entrance of Dewsbury Library. Please wear clothing and footwear suitable for walking.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Dewsbury Library Walking Group*</b></p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</p>	<p>Every Friday 11.00 - 12.45</p> <p>Facilitated by: Waheeda</p>	<p>Join your local guide Waheeda 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 plus the opportunity to stop for a free tea/coffee halfway round. Please wear clothing and footwear suitable for walking.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Mirfield Friday Friendship Group*</b></p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</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. <b>The first week is free, then sessions are £2 per person to attend.</b></p>

### 28TH AUGUST - 3RD SEPTEMBER

<p><b>Affirmation Pebbles Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 29<sup>th</sup> August 10:00 - 13:00</p>	<p>Creating affirmations can help to establish positive thinking and improve your attitudes and feelings. So come along and create your own beautiful Affirmation Pebble that is meaningful and personal to you whilst exploring your creativity and having fun. Family friendly. Children under 18 must be accompanied by a parent or guardian.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Dewsbury Library Walking Group Community Picnic*</b></p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</p>	<p>Friday 1<sup>st</sup> September 11:00 - 12:45</p>	<p>Meet the Dewsbury Library Walking Group for a picnic after a short walk exploring Dewsbury's green spaces. Refreshments will be provided but feel free to bring a dish if you wish! Please wear clothing and footwear suitable for walking. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Bat Walk</b></p> <p>Norman Park, Birkby, Huddersfield HD2 2UE</p>	<p>Friday 1<sup>st</sup> September 19:30 - 21:30</p> <p>Facilitated by: Jason &amp; Melinda</p>	<p>Come and learn about our local bat population with help from the West Yorkshire Bat Group as we take a mindful and informative walk through Norman Park into Grimescar Woods. Please bring a torch with you and wear clothing and footwear suitable for walking. <b>Bat detectors will be provided.</b></p>

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NAME	DATE AND TIME	DETAILS
<p><b>Ukraine International Day of Independence Event</b></p> <p>Heckmondwike United Reformed Church, 139 High Street, Heckmondwike WF16 0DY</p>	<p>Sunday 3<sup>rd</sup> September 13:00 - 16:00</p>	<p>Join us for an event celebrating the Ukraine International Day of Independence, including a Flower Sculpture Workshop activity, singing and dancing. Refreshments will be provided. Please note that the Flower Sculpture Workshop is suitable for ages 16+ only and places are limited so please book your place in time.</p> <p><i>*Coordinated by Dewsbury and Batley Anchors.</i></p>
<b>4TH - 10TH SEPTEMBER</b>		
<p><b>Aromatherapy Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 5<sup>th</sup> September 10:00 - 13:00</p>	<p>Come along to this relaxing aromatherapy session where you will learn how to make your own personalised blend of hair oil or massage oil to take home with you. Suitable for over 18's. No need to book, just drop-in.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Gentle Yoga Drop-In Sessions*</b></p> <p>Westborough Methodist Church, 5 Brunswick Street, Dewsbury WF13 4ND</p>	<p>Wednesday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> &amp; 27<sup>th</sup> September 10:00 - 12:00</p>	<p>Would you like to try some gentle Yoga? Then come along to these friendly, welcoming sessions that are suitable for all abilities, no experience needed. Come in for a chat and refreshments from 10am, Yoga 10.30 - 11.30am and there will be time for another brew 11:30am - 12noon if you fancy it too!</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Good Morning Blues*</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> &amp; 27<sup>th</sup> September 10:00 - 12:00</p>	<p>A chance for blues and blues-related music enthusiasts to meet up each week and share songs, practice material, pick up some new licks on your instruments and have a cuppa. This is a self-led group for like-minded people as part of our Wednesday Welcome Morning sessions. The group is also on the lookout for more instrumentalists, so any guitarists would be most welcome.</p>
<p><b>Needle Felting Drop-In Session*</b></p> <p>Dewsbury Library (in the large meeting room), Railway Street WF12 8EQ</p>	<p>Thursday 7<sup>th</sup> September 09:30 - 11:30</p>	<p>Come and join us at this crafty session and learn how to create colourful 3D critters out of wool using a felting needle. Suitable for over 18's. No need to book, just drop-in.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Gentle Yoga Drop-In Sessions*</b></p> <p>The Greenwood Centre, Huddersfield Road, Ravensthorpe, Dewsbury WF13 3JR</p>	<p>Thursday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &amp; 28<sup>th</sup> September 11:00 - 13:00</p>	<p>Would you like to try some gentle Yoga? Then come along to these friendly, welcoming sessions that are suitable for all abilities, no experience needed. Come in for a chat and refreshments from 11am, Yoga 11.30am to 12.30pm and there will be time for another brew 12:30 - 1pm if you fancy it too! Booking not required but get in touch if you have any questions.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Social Creatives (was 17 - 24ers)</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 7<sup>th</sup> September 13:00 - 15:00 Facilitated by: Dawn &amp; Maxine</p>	<p>Are you aged between 17-24? Then come along to this social group for young adults and try something new. This week we'll be looking at The Five Ways to Wellbeing, setting ourselves some achievable goals and having a go at journaling.</p>

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NAME	DATE AND TIME	DETAILS
<p><b>Dewsbury Diabetes Peer Support Group*</b></p> <p>Sidings Healthcare Centre, The Sidings, Dewsbury WF12 9DU</p>	<p>Thursday 7<sup>th</sup> &amp; 21<sup>st</sup> September 13:30 - 14:30</p>	<p>Do you have diabetes or care for someone who does? Then join this new diabetes peer support group, share your experiences and support one another. Refreshments will be provided. <b>For more information, please contact <a href="mailto:carmen@s2r.org.uk">carmen@s2r.org.uk</a></b></p> <p>*Sessions organised by the Dewsbury Lead Community Anchor.</p>
<p><b>Huddersfield Repair Café*</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 9<sup>th</sup> September 11:00 - 15:00</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! <b>No microwaves please. Suitable for ages 16+. Anyone under 16 must be accompanied by an adult.</b></p> <p>*Supported by the Community Plus Fund.</p>
<b>11TH - 15TH SEPTEMBER</b>		
<p><b>Growing Waterloo*</b></p> <p>Cottage Homes, off Cross Green Road, Wakefield Road HD5 9XT</p>	<p>Monday 11<sup>th</sup> September 11:30 - 13:00 Facilitated by: Sue</p>	<p>Come and get involved with the Waterloo Community Garden! Have you got an abundance of chilli plants? A plethora of Petunias? A strange plant that you just aren't keen on? Then bring it down and we'll have a mini plant swap, a chat and you can try some foraged plant products like fresh lemon-balm tea and nettle pesto. If the weather is kind, we will also carry on decorating the raised beds.</p> <p>*Made possible with funding from the Dalton Place Standard Investment Fund.</p>
<p><b>Aromatherapy Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 12<sup>th</sup> September 10:00 - 13:00</p>	<p>Come and join us at this relaxing session where you can make your own sweet-smelling aromatherapy hand cream using blends of essential oils and learn about hand massage. Suitable for over 18's. No need to book, just drop-in.</p> <p>*Funded through Dewsbury Councillors' ward budgets.</p>
<p><b>Knit and Natter (or Sit and Chatter) at Morrisons*</b></p> <p>Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW</p>	<p>Tuesday 12<sup>th</sup> September 14:00 - 15:30 Facilitated by: Sue</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area.</p> <p>*Made possible with funding from the Dalton Place Standard Investment Fund.</p>
<p><b>TGO10 Celebration Event</b></p> <p>Norman Park, Birkby, Huddersfield HD2 2UE</p>	<p>Wednesday 13<sup>th</sup> September 13:00 - 18:00</p>	<p>We are celebrating 10 years of TGO! So come and join us for an afternoon of fun, free activities in the park including yoga, pond dipping, walks, music and delicious, fresh, home-cooked food. Please wear clothing and footwear suitable for physical activities. <b>Food and refreshments will be provided.</b></p>
<p><b>Creative Sessions and Volunteering Event*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 14<sup>th</sup> September 10:30 - 14:30 Facilitated by: Sue</p>	<p>Come and join us at Waterloo Bowling Club and find out how to needle felt your own funky pumpkins from 10:30 - 12:00 or learn some of the basics of aromatherapy and make your own hand scrub from 12:30 - 14:00. Plus you'll get the chance to find out more about volunteering opportunities in your area too.</p> <p>*Made possible with funding from the Dalton Place Standard Investment Fund.</p>

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NAME	DATE AND TIME	DETAILS
<p><b>Ramblers Taster Walks</b></p> <p>The Village, Woodhead Road, Holme HD9 2QG</p>	<p>Saturday 16<sup>th</sup> September 13:30</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around the reservoirs of Holme. Please wear suitable clothing and footwear. 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: <a href="https://www.ramblers.org.uk/">https://www.ramblers.org.uk/</a> or call Christine Senior from the Ramblers on: 07856 844 432.</p>
<b>18TH - 24TH SEPTEMBER</b>		
<p><b>Art In The Park</b></p> <p>The Trinity Street Gate, Greenhead Park, Huddersfield HD1 4DT</p>	<p>Monday 18<sup>th</sup> September 10:00 - 12:00 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-wracking at first. But why not join S2R and Friends of Greenhead Park on our first 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).</p>
<p><b>Watercolours Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 19<sup>th</sup> September 10:00 - 13:00</p>	<p>Come along to this creative session where you will learn how to create botanical sketches and paintings using watercolours. Suitable for over 18's. No need to book, just drop-in.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Garden Upcycling</b></p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 19<sup>th</sup> &amp; 26<sup>th</sup> September &amp; Tuesday 3<sup>rd</sup> &amp; 10<sup>th</sup> October 13:00 - 15:00 Facilitated by: Byron</p>	<p>Come and learn how to use hand tools to upcycle wood and create a variety of items for the garden such as garden planters, bird boxes, benches and more in this 4-week course. Please wear clothing and footwear suitable for woodworking. <b>Tools and refreshments will be provided.</b></p>
<p><b>Pebble Painting Drop-In Session*</b></p> <p>Dewsbury Library (in the large meeting room), Railway Street WF12 8EQ</p>	<p>Thursday 21<sup>st</sup> September 09:30 - 11:30</p>	<p>Come and join us at this calming creative session and decorate pebbles with positive affirmations or pretty designs to take home with you. Suitable for over 18's. No need to book, just drop-in.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Social Creatives (was 17 - 24ers)</b></p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 21<sup>st</sup> September 13:00 - 15:00 Facilitated by: Dawn &amp; Maxine</p>	<p>Are you aged between 17-24? Then come along to this social group for young adults and try something new. This week we'll be looking at relaxation, having a go at mindfulness and discussing ways to reduce anxiety and improve our sleep.</p>
<p><b>An Introduction to Aromatherapy</b></p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 21<sup>st</sup> September 13:00 - 15:00 Facilitated by: Byron</p>	<p>Join this beginners aromatherapy class and learn about the beneficial properties of essential oils and how they can help improve our physical and mental wellbeing, including how to blend over 30 essential oils. <b>Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b></p>
<b>25TH SEPTEMBER - 1ST OCTOBER</b>		
<p><b>Growing Waterloo*</b></p> <p>Cottage Homes, off Cross Green Road, Wakefield Road HD5 9XT</p>	<p>Monday 25<sup>th</sup> September 11:30 - 13:00 Facilitated by: Sue</p>	<p>Come to the Community Garden, have a drink and a chat, see how the plants are growing, meet new people and get involved! This week we will also be painting pebbles with inspirational quotes and happy designs. Family friendly. Children under 18 must be accompanied by an adult. Booking essential.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>

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NAME	DATE AND TIME	DETAILS
<b>Autumn Wreath Drop-In Session*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 26 <sup>th</sup> September 10:00 - 13:00	Come along to this crafty and creative session where you will learn how to create your own seasonal wreath from a choice of wool, fabric and autumnal foliage. Suitable for over 18's. No need to book, just drop-in. *Funded through Dewsbury Councillors' ward budgets.
<b>Knit and Natter (or Sit and Chatter) at Morrisons*</b> Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 26 <sup>th</sup> September 14:00 - 15:30 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. *Made possible with funding from the Dalton Place Standard Investment Fund.
<b>Aromatherapy Drop-In Session*</b> Dewsbury Library (in the large meeting room), Railway Street WF12 8EQ	Thursday 28 <sup>th</sup> September 09:30 - 11:30	Come and join us at this aromatherapy session, discover the benefits of using essential oils and make your own sugar hand scrub and a handy relaxing or energising room spritz to take home too. Suitable for over 18's. No need to book, just drop-in. *Funded through Dewsbury Councillors' ward budgets.
<b>Aromatherapy Salves and Balms</b> S2R Create Space, Huddersfield HD1 1EB	Thursday 28 <sup>th</sup> September 13:00 - 15:00 Facilitated by: Byron	Come and learn how to use essential oils to make a sweet-smelling salve or balm to help with ailments and improve your physical and mental wellbeing. <b>Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b>

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](mailto: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
<b>Needle Felting in 3D*</b>	Tuesday 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> September 19:00 - 20:00	Learn how to create lovely 3D needle felted bees and dragonflies in this 3-week course that's suitable for all abilities. You will need: felting needles, different colours of felting wool, a felting mat (a washing up sponge is a good alternative), wire and some pliers to work along with Audrey. *Funded through Creative Connect from Creative Minds.
<b>Pen and Wash in Watercolour*</b>	Thursday 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> September 19:00 - 20:00	Explore some of the great ways to work with pen and watercolour wash in this 3-week course that's suitable for all abilities. You will need: your own basic set of watercolour paints (some go-to colours are: cadmium red, cadmium yellow, lemon yellow, ultramarine, cerulean blue, indigo or Paynes grey, burned umber, burned sienna, raw umber, raw sienna permanent rose, sap green and hookers green), brushes (the biggest round watercolour brush you feel comfortable using), a fine-liner or a pencil, watercolour paper or an A4/A5 sketch book (minimum 250gsm paper), a water pot full of water, some kitchen roll and some coloured watercolour pencils (optional) to work along with Audrey. *Funded through Creative Connect from Creative Minds.

# TGO10



Free activities to connect you with the outdoors, available all afternoon

**WEDNESDAY 13 SEPTEMBER  
FROM 1 - 6PM**

At Norman Park, Birkby, Huddersfield HD2 2UE  
email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) call: 07933 358 800

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](http://www.s2r.org.uk/onlineapplicationform)

**Phone lines - Open 10.30am - 3:30pm, Monday - Friday (closed on Bank Holidays)**

07933 358 800 (S2R bookings and enquiries)

07541 095 455 (The Great Outdoors Project)

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

**Email:** [contact@s2r.org.uk](mailto:contact@s2r.org.uk)

**Web:** [www.s2r.org.uk](http://www.s2r.org.uk)



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



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