

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

AUGUST 2024 SCHEDULE

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



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 FOR THE BANK HOLIDAY ON MONDAY 26TH AUGUST. WE WILL BE OPEN AGAIN AS USUAL ON TUESDAY 27TH 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
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	Monday 5 th , 12 th & 19 th August 10:00 - 11:00 Facilitated by: Elizabeth or 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	Monday 12 th & 19 th August 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.
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Elizabeth or Cherry	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.

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REGULAR SESSIONS		
Work Days 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. 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.
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Tuesday 6 th , 13 th & 20 th August 14:00 - 15:00 Facilitated by: Rowena	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. *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, 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. Just call in, or email us at: contact@s2r.org.uk to book yourself a slot.
Waterloo Wanderers Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 7 th , 14 th & 21 st August 10:30 - 11:30 Facilitated by: Sue	Longer days are here and getting out in the fresh air is good for you in lots of ways, so come and have an hour's stroll around our (sometimes surprisingly) interesting area. You could discover new routes, spot some interesting buildings and gardens, see a squirrel or simply enjoy some time outdoors with company. We meet outside Waterloo Bowling Club. Please let us know if you are coming so we can look out for you.
Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Cherry	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.
Greenhead Park Wellbeing Walk 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. Please book in advance of your first session by emailing us at: contact@s2r.org.uk.

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REGULAR SESSIONS		
Ladies Late Walk Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Wednesday 17:30 - 18:30 Facilitated by: Waheeda	Join us for a gentle, ladies-only, 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.
Active Birkby Club Evening Walk Norman Park, Birkby Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30 Facilitated by: Jason	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! <i>*Supported by Yorkshire Sport Foundation.</i>
Friday Wanderers Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, women-only group for gentle walks in nature. This month, we will be meeting outside the main house in Crow Nest Park and exploring from there. Please wear clothing and footwear suitable for walking.
Dewsbury Library Walking Group Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Every Friday 11.00 - 12.45	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. Refreshments will be provided.
Mirfield Friday Friendship Group* Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30 Facilitated by: Carmen	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. <i>*Supported by The National Lottery Community Fund.</i>
5TH - 11TH AUGUST		
Moldgreen Matters Family Friendly Words Matter Event Moldgreen URC, 319 Old Wakefield Road, Huddersfield HD5 8AA	Monday 5 th August 13:00 - 15:00 Facilitated by: Sue	Join us for some creativity and fun as we explore textures, colours and patterns, and make your own stick-in-the-ground sign to take away with you. You could make; a "Garden" sign, a "Welcome" sign in a multitude of languages, perhaps include a positive message, or just make a fantastic artwork to hang on your wall – it's up to you. Everyone is welcome and being creative most definitely isn't just for the young. Children are welcome, but under 16s must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone.
Advanced Aromatherapy S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 8 th August 13:00 - 15:00 Facilitated by: Byron	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.

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NAME	DATE AND TIME	DETAILS
Art in the Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 9 th August 10:00 - 12:00 Facilitated by: Dawn	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 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.
Family Friendly Outdoor Wellbeing at FOCAL FOCAL Community Centre, New Hey Road, Lindley HD3 4DD	Friday 9 th , 16 th , 23 rd & 30 th August & Friday 6 th September 11:30 - 13:30 Facilitated by: Byron	Come and take part in a variety of family-friendly outdoor activities each week, all of which are designed to help improve our wellbeing. Learn about growing herbs and plants, make items for the community garden and to take home with you, and on the final week, we will do some campfire cooking. No gardening experience required. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Bat Walk and Talk Water Street Car Park, Lockwood HD4 6EJ	Friday 9 th August 20:45 - 22:00	Join our partners River Holme Connections for a Bat Walk and Talk and learn about the bats that live in our area, what they feed on and lots more besides. Please wear a warm coat, sturdy footwear and bring your own torch. Book your free place at: www.riverholmeconnections.org/event/bat-walk-talk/.
12TH - 18TH AUGUST		
Moldgreen Matters Planter Tidy and a Brew! Moldgreen URC, 319 Old Wakefield Road, Huddersfield HD5 8AA	Monday 12 th August 10:30 - 12:30 Facilitated by: Sue	Come and join us as we check for weeds, do a spot of watering and generally show some love to our new community planters. Then we'll head back to the URC afterwards for a warm drink, a biscuit and a natter – what a good way to start the week! Please wear clothing and footwear suitable for gardening and bring a pair of gloves if you have them. Children are welcome but under 16s must be accompanied by an adult.
Community Allotment Open Day Cemetery Road Allotments, Osborne Road HD1 5HB	Wednesday 14 th August 11:00 - 14:00 Facilitated by: Cherry, Andy & Byron	This week, to celebrate National Allotments Week, we are opening up our Cemetery Road Community Allotment plot for you to come and take a look around and learn a little bit about gardening and growing. Plus we'll be serving delicious, homemade food and refreshments too!
Family Friendly Fairy Doors Workshop* Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 15 th August 13:00 - 14:30 Facilitated by: Sue	Back by popular demand! Come along to Waterloo Bowling Club and decorate a couple of fairy doors with us - one for you to take home and one which we will put out on display on the Waterloo Woodland Fairy Walk next week. Drinks and biscuits will be provided. Adult crafters and children are all very welcome. Anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 15 th August 13:00 - 15:00 Facilitated by: Dawn & Byron	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 use different natural materials to dye fabric. Plus there will be plenty of tea or coffee and biscuits too. All materials will be provided.

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NAME	DATE AND TIME	DETAILS
Ramblers Taster Walks Carlisle Street Car Park, Meltham HD9 4NP	Saturday 17 th August 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk around Meltham. 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 AUGUST		
Wild Colours Evening Workshop S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 20 th August 18:00 - 20:00 Facilitated by: Byron £10 per person	An introduction into how to use natural materials like flowers, plants, vegetables or fruit, along with different tie-dyeing techniques, like shibori, to dye or stain fabrics and make bold colourful patterns. 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 the ingredients you'll need. Please visit: www.s2r.org.uk/book-online to book your place.
Family Friendly Fairy Trail Walk Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 21 st August 10:30 - 11:30 Facilitated by: Sue	Come and join us as we go for a gentle stroll through Fairyland and put out the Fairy Doors we decorated last week. This will be a circular walk setting off from Waterloo Bowling Club at 10.30 and returning via the Little Free Library on Waterloo Road (because Fairies and Pixies love a good story too!) Dress for the weather and please bring a drink with you if it's warm. Anyone under 16 must be accompanied by an adult. Booking is essential so we know who to expect.
Active Birkby Club Yoga in the Park Norman Park, Norman Road, Birkby HD2 2UE	Wednesday 21 st August 19:00 - 20:00 Facilitated by: Michelle	Join S2R's Michelle for some relaxing, outdoor Yoga in Norman Park. We can provide some Yoga mats but please feel free to bring your own mat along if you have one. <i>*Supported by Yorkshire Sport Foundation.</i>
26TH AUGUST - 1ST SEPTEMBER		
Active Birkby Club Evening Wellbeing in the Park Norman Park, Norman Road, Birkby HD2 2UE	Wednesday 28 th August 17:00 - 20:00 Facilitated by: Byron	Join us in Norman Park for an evening of free, nature-based movement and wellbeing activities. There will be live music and we'll be serving a delicious, homemade summer vegetable curry and seasonal refreshments. Plus you'll get the chance to find out about other activities happening in Birkby. Everyone is welcome! <i>*Supported by Yorkshire Sport Foundation.</i>
Moor Adventures with The National Trust S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 29 th August 12:15 - 16:00 Facilitated by: Dawn	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.

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NAME	DATE AND TIME	DETAILS
26TH AUGUST - 1ST SEPTEMBER		
Dewsbury Repair Café The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 31 st August 10:00 - 13:00	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+. 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
Virtual Coffee Morning*	Tuesday 6 th August 10:30 - 11:30 Facilitated by: Sue	Come and join us on Zoom for a virtual coffee morning. Bring a brew, bring your breakfast, or bring some crafting or colouring if you feel like it. This will be a new, regular slot for anyone who'd like to spend a chilled-out hour with some virtual company. We'll chat about all of the activities that we have coming up at S2R and share our interests. So if you're stuck at home, you're caring for someone so you don't get out as much as you'd like to, or if you'd just like to join in, this is the place to be! We'd love to meet you. <small>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</small>



AUGUST 2024 RELEASES ON FACEBOOK

Visit our Facebook page to tune in at any time [@S2RCreateSpace](#)

TGO TV	Wednesday 14 th August 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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Gelli Plate Transfer Printing Workshop

Join us for this creative evening workshop and experiment with transfer printing onto a gelli press using magazine images, laser prints and charcoal drawings. This session is suitable for beginners.

Tuesday 5th September from 6 - 8pm
£20 per person, per session

*Advance booking required. Suitable for ages 16+ 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



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



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MOOR ADVENTURES

WITH THE NATIONAL TRUST

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!

THURSDAY 29TH AUGUST FROM 12.15 - 4PM

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 suitable clothing.

Meet us at 13:05 at the National Trust Moor Estate Office, Station Road, Marsden HD7 6DH or at 12:15 at S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB. We will be catching the 12:54 train from Huddersfield and returning on the 15:29 train from Marsden.

To book your place, email us at: contact@s2r.org.uk or call us on: 07933 358 800.

