

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



APRIL 2021 SCHEDULE

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

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



FACE-TO-FACE SESSIONS

You MUST book before you attend these sessions!

These sessions may change depending on national government and local council restrictions.

| NAME | DATE AND TIME | DETAILS |
|--|---|--|
| Peace Pit Growing Group Peace Pit Lane Depot, Old Fieldhouse Lane, Leeds Road, Huddersfield HD2 1AG | Every Monday (Except Bank Holidays) *Starting: 12th April 2021* 10:30 - 12:30 | Help to grow plants for local parks and greenspaces at the polytunnels. You don't need any gardening experience. Tools are provided, bring your own gloves. Booking is essential! Please contact: 07541 095455 or email contact@s2r.org.uk to book your place on this session. |
| Work Days Various locations - please ask for details | Every Tuesday *Starting 13th April 2021* 11:00 - 13:00 | Help look after community greenspaces through practical conservation tasks in and around Dewsbury. Tools are provided, bring your own gloves. Booking is essential! Please contact: 07541 095455 or email contact@s2r.org.uk to book your place on this session. |
| Cemetery Road Community Allotment Osborne Road, Birkby, Huddersfield HD1 5HB | Every Wednesday *Starting 14 th April 2021* AM Session: 11:00 - 13:00 PM Session: 13:30 - 15:30 | Learn or share growing skills, including sowing seeds, composting, and harvesting fruits and vegetables. You don't need any gardening experience. Tools are provided, bring your own gloves. Booking is essential! Please contact: 07541 095455 or email contact@s2r.org.uk to book your place on this session. |
| Ramblers See Walks Honley Railway Station | Saturday 17th April 13:30 | Join Christine from Huddersfield Ramblers for a gentle walk around Honley looking for bluebells. The walk is approximately 4 miles. Contact Christine to book your place on 07856 844432. |

To keep everybody safe, there will be a maximum of 6 places on each face-to-face session. We ask that you please only attend a session if you have booked in advance.

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

Hand sanitising stations are available at the allotments and polytunnels. Please bring your own refreshments with you as we cannot provide these.

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



ZOOM SESSIONS

To book: email contact@s2r.org.uk and receive the zoom joining link!

| NAME | DATE AND TIME | DETAILS |
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| Yoga for S2R With Umbrella Yoga *Supported by The National Lottery Community Fund* | Monday 12 th , 19 th & 26 th April 12:30 - 13:30 | A gentle yoga session, suitable for all. Remember to: wear comfy clothes; find a space you can use; if you've got a mat - great - if not it doesn't matter at all; grab a couple of cushions; if you want to use a chair for extra support that is also fine; finally - come to the session ready to move, relax and enjoy! |
| Soap Making | Tuesday 13 th April 13:00 - 14:00 | Learn how to make your own soaps using natural exfoliants, moisturisers and essential oils. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 8 th April. |
| Drawing for Everyone | Tuesday 13 th , 20 th & 27 th April 16:00 - 17:00 | Drawing nature with pencil or pen in these weekly fun and interactive Zoom sessions. Easy to follow so you can work along and suitable for both beginners and the more advanced. |
| Photography Club | Last Tuesday of each month: Tuesday 27 th April 10:30 - 11:30 | Monthly sessions exploring photographic techniques and ideas. Bring along any images you would like to share and discuss with the group. Next session planned for 25 th May 2021. |
| Nourishing Hair Mask | Tuesday 27 th April 13:00 - 14:00 | Learn how to make your own nourishing hair mask using natural ingredients and essential oils. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 22 nd April. |
| Your Wellness Course | Starting Thursday 15 th April 10:30 - 12:30 (5 week course) | 5 sessions looking at how we can take care of our health and wellbeing: Week 1: What is wellbeing, self-help and connecting with others Week 2: Keep learning, new experiences & managing stress Week 3: Being active, food, mood and hydration Week 4: Giving, kindness and better sleep Week 5: Taking notice, mindfulness and eco-therapy |
| Watercolour Made Fun! | Thursday 15 th , 22 nd & 29 th April 18:00 - 19:00 | In these weekly watercolour sessions you will be taken through a step-by-step guide on how to build up a watercolour painting. Suitable for both beginners and the more advanced, you will need your own basic watercolour materials to work along with the session. |
| Growing Club | Friday 16 th & 30 th April 13:00 - 14:00 | Join us to learn the basics of how to grow your own fruit and vegetables and ask any gardening questions. |



FACEBOOK LIVE SESSIONS

No booking required, visit our Facebook page to tune in @S2RCreatSpace

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| Polymer Clay Techniques | Tuesday 6 th April 14:00 - 15:00 | Learn lots of different tips and tricks working with polymer clay to create some fantastic things! You may want to have these materials to hand: - Polymer clay - Baking sheet - Plastic rolling pin (or normal rolling pin covered in cling-film) - Cookie cutters and a straw - Optional extras: clay modelling tools and jewellery findings |
| Embroidery Basics | Tuesday 13 th April 14:00 - 15:00 | Learn a range of basic building block embroidery techniques that can be used to create fantastic embroidery pieces! You may want to have these materials to hand: - Embroidery thread - Fabric (we recommend Aida but any will work) - Embroidery hoop and a needle |
| Spring Bunting | Tuesday 20 th April 14:00 - 15:00 | Create your own bunting for the start of spring and learn how to make different styles of bunting flag! You may want to have these materials to hand: - Fabric - Bias binding - Thread and pins - A sewing machine is also recommended but not necessary |
| Mosaic Making Workshop | Tuesday 27 th April 14:00 - 15:00 | Create a fantastic mosaic piece for your home! You may want to have these materials to hand: - Mosaic base (wooden shape, coaster, picture frame etc) - Mosaic components (broken crockery, mosaic tiles, glass pebbles, sea glass, buttons etc) - PVA glue (wood glue or similar will also work) - Goggles - Tile pliers - Tile grout (bathroom grout is perfect) |



APRIL 2021 RELEASES ON FACEBOOK

No booking required, visit our Facebook page to tune in at the release time or anytime afterwards @S2RCreatSpace

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| 30 Days of Spring | Every day in April, starting on Thursday 1 st Released at 07:00 | Join us each day for different easy to do tasks to help us connect with and celebrate nature this Spring. A full calendar is available on our website. |
| Stress Awareness Month | Every Monday & Wednesday in April Released at 10:30 | April is Stress Awareness Month and we'll be sharing tips and ideas on how you can reduce your stress levels: Monday 5 th : How Stress can Affect Us Wednesday 7 th : Dealing with Stress Monday 12 th : One Step at a Time Wednesday 14 th : How to Practice Mindfulness Monday 19 th : Why Hydration is so Important Wednesday 21 st : Forest Bathing Monday 26 th : Tips for Self Care Wednesday 28 th : Senses Meditation |



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| NAME | DATE AND TIME | DETAILS |
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| Lockdown Outdoors Fitness | Monday 5 th & 19 th April Released by 19:00 | Jack shows us easy exercises to do outdoors that help keep you fit and active. |
| Outdoors in Dewsbury | Monday 26 th April Released by 19:00 | Discover how connecting with nature can improve your wellbeing in outdoor spaces in Dewsbury. |
| Our Favourite Walks | Friday 9 th & 23 rd April Released by 19:00 | Join us as we take you on a guide to another one of our favourite walks. |

**PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE FOLLOWING DATES:
FRIDAY 2ND APRIL - TUESDAY 6TH APRIL (INCLUSIVE)**
If you need to leave us a message, please email: contact@s2r.org.uk

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

Phone lines - Open 10am - 3:30pm , Mon - Fri

07933 358 800 (Bookings and Creative Session enquiries)

07541 095 455 (The Great Outdoors Project)

07933 353 487 (All other enquires)

Email: contact@s2r.org.uk

Web: 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.

Take care & stay safe



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

