

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R  
**CREATE  
SPACE**

Promoting Positive Mental Health

## APRIL 2024 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 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 FROM FRIDAY 29<sup>TH</sup> MARCH TO MONDAY 1<sup>ST</sup> APRIL. SERVICES WILL RESUME ON TUESDAY 2<sup>RD</sup> APRIL.



### 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, Huddersfield HD1 1AG	Monday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> April 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. <b>Tools and refreshments will be provided.</b>
<b>Birkby Walk, Jog, Run</b> Norman Park, Norman Road, Birkby HD2 2UE	Monday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> April 10:00 - 11:00 Facilitated by: Elizabeth	<b><u>NEW START TIME</u></b> 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. <b>Please book in advance so we can make sure this is the right activity for you.</b>
<b>Over 55s Stretch and Flex Chair Exercises*</b> Rose Court, Ravensthorpe, Dewsbury WF13 3NB	Monday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> April 15:30 - 17:00 Every Wednesday 16:30 - 18:00 Facilitated by: Carmen	Come and join our friendly Stretch and Flex Chair Exercise sessions for people aged 55 and over at Rose Court in Ravensthorpe. The first hour of each session will be gentle exercises that are suitable for all abilities, followed by some social time with warm drinks and biscuits too. Everyone is welcome. <b>Please contact Carmen on 07522 105 861 to let us know you will be attending.</b>  *Supported by NHS West Yorkshire Integrated Care Board and TSL Kirklees.
<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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<p><b>Birkby and Fartown Library Gardening Group</b></p> <p>Birkby &amp; Fartown Library, Huddersfield HD1 6HF</p>	<p>Every Tuesday 11:00 - 12:45</p> <p>Facilitated by: Elizabeth</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. <b>Refreshments will be provided.</b></p>
<p><b>Work Days</b></p> <p>Various locations across Kirklees</p>	<p>Every Tuesday 11:00 - 13:00</p> <p>Facilitated by: Andy</p>	<p>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></p>
<p><b>S2R Welcome Mornings</b></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 &amp; 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. <b>Just call in, or email us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> to book yourself a slot.</b></p>
<p><b>Waterloo Wanderers*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Every Wednesday 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Spring is 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. <b>Please let us know if you are coming so we can look out for you.</b></p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>Cemetery Road Community Allotment</b></p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Michelle, Cherry &amp; Andy</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. <b>Tools and refreshments will be provided.</b></p>
<p><b>Waheeda's Wellbeing</b></p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Wednesday 3<sup>rd</sup>, 17<sup>th</sup> &amp; 24<sup>th</sup> April 12:30 - 14:30</p> <p>Facilitated by: Waheeda</p>	<p>Come and join us for these friendly, creative, arts and crafts sessions inspired by nature. We will meet by the Park Life Lodge, near the car park. <b>Tools and refreshments will be provided.</b></p>
<p><b>Greenhead Park Wellbeing Walk</b></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. <b>Please book in advance of your first session by emailing us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a>.</b></p>

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NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Friday Wanderers</b> Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> April 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.
<b>Dewsbury Library Walking Group</b> Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Friday 5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> April 11.00 - 12.45 Facilitated by: Waheeda	Join 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. Please wear clothing and footwear suitable for walking. <b>Refreshments will be provided.</b>
<b>Mirfield Friday Friendship Group</b> 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. <b>The first week is free, then sessions are £2 per person to attend.</b>
<b>1ST - 7TH APRIL</b>		
<b>Social Creatives</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 4 <sup>th</sup> April 13:00 - 15:00 Facilitated by: Dawn	A social group for young people aged 17-24. Come along, try something new and take part in different activities to help improve your wellbeing. Join us this week to try your hand at some simple but effective botanical mono printing. We meet on the 1st and 3rd Thursday of every month. <b>All materials will be provided.</b>
<b>Family-Friendly Spring Thing*</b> Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 4 <sup>th</sup> April 13:00 - 15:00 Facilitated by: Sue	Come and join us for this family-friendly session where we'll be making simple woven nests and cheerful birds to sit inside them or to hang up around your home. We will be cutting, sticking, weaving and generally having a lovely time. Drinks and biscuits will be flowing, and it will be a fun way to welcome spring back! <b>Children under 16 must be accompanied by an adult.</b>  *Made possible with funding from the Dalton Place Standard Investment Fund.
<b>8TH - 14TH APRIL</b>		
<b>Beginners Machine Sewing Course*</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Monday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> April & Tuesday 7 <sup>th</sup> May 10:00 - 13:00 Facilitated by: Sue & Dawn	Join us for a 5-week machine sewing course designed especially for beginners. You will learn how to use a sewing machine and develop your maths skills by measuring and calculating fabric requirements and following patterns to make your own fabric storage bucket and a handy pouch/purse. A picnic-style lunch is included. Participants will also receive over £15-worth of items relevant to this course if they commit to the full 5-weeks. <b>Age 19+ only. Booking is essential as places are limited. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b>  *This project is funded by the UK Government through the UK Shared Prosperity Fund.

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NAME	DATE AND TIME	DETAILS
<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 9<sup>th</sup> April 14:00 - 15:30</p> <p>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><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>Aromatherapy Soap Making</b></p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 11<sup>th</sup> April 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Create your own melt and pour body soap using environmentally-friendly colours, exfoliants, moisturisers and essential oils. <b>Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b></p>
<p><b>Art In The Park</b></p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 12<sup>th</sup> April 10:00 - 12:00</p> <p>Facilitated by: Dawn</p>	<p><b><u>NOW ON A FRIDAY</u></b></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 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><b>Huddersfield Repair Café*</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 13<sup>th</sup> April 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. Anyone under 16 must be accompanied by an adult.</b></p> <p><i>*Supported by the Community Plus Fund.</i></p>
<b>15TH - 21ST APRIL</b>		
<p><b>Aromatherapy Lip Balm</b></p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 18<sup>th</sup> April 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Learn how to create your own moisturising lip balm using essential oils and environmentally-friendly ingredients. Please bring a small container or jar with you. <b>Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b></p>
<p><b>Waterloo Rocks*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 18<sup>th</sup> April 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>Join us for a creative rock painting session where plenty of pebbles, acrylic paint-markers and inspiration await you! Whether you choose to make long-lasting seed markers for your garden, an encouraging reminder for yourself, or a colourful gift to leave out for someone to find, this chilled-out session is a reminder that it's fun to sit and make something just to be creative. Come along to this friendly group and have a brew and a chat too.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>Social Creatives</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 18<sup>th</sup> April 13:00 - 15:00</p> <p>Facilitated by: Dawn &amp; Jess</p>	<p>A social group for young people aged 17-24. Come along, try something new and take part in different activities to help improve your wellbeing. This week, join us to make tiny, handcrafted Worry Dolls and a bag to keep them in out of recycled materials and scraps of fabric. We meet on the 1st and 3rd Thursday of every month. <b>All materials and tools will be provided.</b></p>

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NAME	DATE AND TIME	DETAILS
<p><b>Ramblers Taster Walks</b></p> <p>Carlisle Street Car Park, Meltham HD9 4EJ</p>	<p>Saturday 20<sup>th</sup> April 13:30 - 16:00</p>	<p>Join the Ramblers for a moderate 4.5 mile circular walk around Wolfstones. Bring a packed lunch and 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>22ND - 28TH APRIL</b>		
<p><b>An Introduction to Hand Tools*</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 23<sup>rd</sup> April 10:00 - 13:00 Facilitated by: Byron</p>	<p>Boost your confidence in using a selection of hand tools such as hammers, hand drills, saws and crowbars. First we will cover health and safety and best practice guides on how to use the tools. Then we will learn the basics of how to measure and cut wood, how to use a drill to create holes and then put in screws, plus how to take apart a pallet ready to upcycle. This will be followed by an Enterprise Workshop which will explore ways we can take what we have just learnt further, either just for fun, for future learning or for moving towards a career. <b>Please note that some of this session will be delivered on the 1st floor, accessible only by stairs.</b></p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></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 23<sup>rd</sup> April 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><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>Beautiful Bookmarks at Huddersfield Literature Festival</b></p> <p>Lawrence Batley Theatre, Queen Street, Huddersfield HD1 2SP</p>	<p>Wednesday 24<sup>th</sup> April 12:30 - 13:45 Facilitated by: Byron &amp; Sue</p>	<p>Come and join us in the tips outside Lawrence Batley Theatre as part of the Huddersfield Literature Festival. We'll be making nature-themed bookmarks and sharing our favourite nature-based book recommendations. We'd also love to hear about your favourite Tree Identification book, or a favourite read that is guaranteed to transport you away into a different landscape.</p>
<p><b>Advanced Aromatherapy</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 25<sup>th</sup> April 13:00 - 15:00 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. <b>Please note that this session will be delivered on the 1st floor, accessible only by stairs.</b></p>

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NAME	DATE AND TIME	DETAILS
<b>Wild Garlic Pesto &amp; Pizza Making Workshop*</b> S2R Create Space, Huddersfield HD1 1EB	Friday 26 <sup>th</sup> April 10:00 - 14:00  Facilitated by: Byron & Sue	Join us for learning, laughter and tasty food in this special, spring session. Learn how to find and identify Ramsons (Wild Garlic) and use them to make your own Wild Garlic Pesto. You will then make your own pizza dough and cook pizzas in our wood-fired pizza ovens. Learning about ratios, cooking times and how to calculate what ingredients you'll need to make a batch of delicious dough has never been more fun. Plus, every participant will receive a FREE blender too! <b>Age 19+ only. Booking is essential.</b>  *This project is funded by the UK Government through the UK Shared Prosperity Fund.
<b>Dewsbury Repair Café</b> The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 27 <sup>th</sup> April 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, then please email: <a href="mailto:churchsecretarylcw@outlook.com">churchsecretarylcw@outlook.com</a> . <b>No microwaves please. Suitable for ages 16+. Children under 16 must be accompanied by an adult.</b>

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)

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

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