

S2R  
**CREATE  
SPACE**

Promoting Positive Mental Health

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R  
**THE GREAT  
OUTDOORS  
PROJECT**

# S2R

## WELLBEING PACK 10



**one**community  
inspiring local giving...

  
**Creative Minds**

 **Community  
Learning  
Works**  
Find your future

 **MINDFUL  
EMPLOYER**

 Supported by  
**The National Lottery**  
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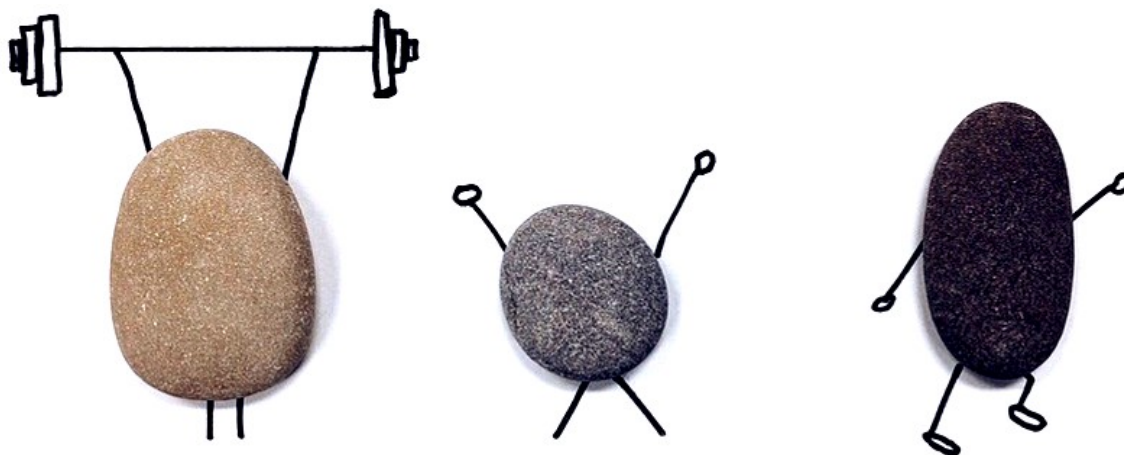


 **Kirklees**  
COUNCIL

 **LEANNE BAKER TRUST**

Registered Charity 1122199 | Limited Charity 6418312

## Hello from S2R



The next six packs (July - September) are designed to help you stay well and feel good while you navigate the 'new normal'. Facing a new set of challenges can be difficult so we wanted to send you a little something to help you build a resilience toolkit keeping you feeling well, engaged, creative and confident.

These Wellbeing packs are designed around the national Ways to Wellbeing initiative recognised to keep you fit and healthy in different ways, each pack will have different tips and creative activities for you to try.

**The theme for this Pack is: Being More Active: looking at the importance of how moving more can benefit our physical and mental wellbeing after lockdown and how we can incorporate moving more into our daily lives.**

Remember it's really important to follow current Government Guidelines to keep yourself and others safe.

If you would like to chat with someone about your wellbeing or would like to know more about S2R please give us a call on 07933 358 800 (between 10am - 4pm).

**Stay well and keep in touch**

*Support to Recovery*



## Moving

Is it safe to say that you are aware that exercise is good for you? Still, for some, the word 'exercise' is weighed down with feelings of stress, burden and negativity.

When did the simple act of moving your body become such a drag?! Another word for exercise is simply 'movement'. Moving should never be burdensome as it is one of your body's most basic needed functions!

During lockdown lots of us have developed different, or completely lost, our daily structures and routines. Many of us are getting up and going to bed later, eating more infrequently and becoming used to spending more time at home.

Just like the importance of eating healthy food and getting enough sleep, moving more is one of the best things we can all do to maintain a healthy mind and body. You don't have to set out to be an athlete, just be mindful of how often and what type of movement you are doing.

**So, if you've lost your Motivation, here are a few suggestions to help you get moving more:**

1. Set yourself small goals - don't do too much all at once, it's better to pace yourself.
2. Everything counts - any movement you do counts towards your goal. Walking up the stairs, walking to the shops, doing jobs around the home or the garden.
3. Walking is a great way to start moving and if you do it in local woodland or greenspaces you will get the extra bonus of enjoying and exploring nature.
4. Try aiming to do an hours walk each day, you can break it into 30 or 15 minute slots.
5. Stretching helps to keep your joints flexible and lubricated. Stretch while watching TV, listening to music or talking on the phone.
6. Try using a step counter, you can keep track of how often you are moving.
7. Set some goals with a friend to keep you motivated.

**Remember - moving your body is healthy, and should feel good - it's about finding the right types of movement for you and your lifestyle. Whether you are getting used to moving more again or wanting to try something more strenuous, seek medical advice, particularly if you have any existing medical conditions or something is worrying you. Keep safe!**



# Effortless Fitness

12 ways to be more active during the day

© neilarey.com



1  
Do calf raises while brushing your teeth



2  
Do leg raises while watching TV



3  
Do standing leg raises while making food or waiting for it to be microwaved



4  
Walk around while talking on the phone



5  
Jump up or reach for the door frame when leaving the house



6  
Stand up while reading the news or checking on memes



7  
Do 5 squats every time you load a game or catch yourself procrastinating



8  
Do half-jacks while the kettle boils water



9  
Stand on one leg while waiting for someone or something like a bus



10  
Set an alert to get up and walk around every hour for 1 minute



11  
Do 10 forward lunges during TV commercials or YouTube ads



12  
Start your day with news or memes while doing an elbow plank

# movie night

DAREBEE WORKOUT @ darebee.com

Repeat 3 times | up to 2 minutes rest between sets  
or every 20 minutes during a movie



1  
20 leg swings



2  
20 front snap kicks



3  
40 punches



4  
40 overhead punches



5  
20 knee taps



6  
20 air bike crunches

## *Being Active Quiz!*

Take a look at these statements about being active and decide if you think each one is true or false. Once you've finished, turn over to see the answers!

1

People in the UK are around 20% more active now than in the 1960s.  
**True or False?**

2

People who are inactive are more likely to experience depression.  
**True or False?**

3

Being active improves creative thinking.  
**True or False?**

4

The average person in the UK walks 10,000 steps a day.  
**True or False?**

5

Adults should undertake muscle strengthening activity twice a week.  
**True or False?**

6

Exercising in 10 minute chunks can be just as good, if not better, than one 30 minute work out.  
**True or False?**

7

An adult should aim to do 150 minutes (2.5 hours) of moderate exercise each week.  
**True or False?**

8

Sarcopenia, or loss of muscle mass, occurs in response to immobility in all women over 50.  
**True or False?**

9

Not having enough time is the main reason people give for not exercising.  
**True or False?**

10

Carrying out exercise or physical activity mindfully has more health benefits.  
**True or False?**



## Be Active Quiz Answers

1. False People in the UK are around 20% *less* active now than in the 1960s.
2. True People who are inactive have 3 times the rate of moderate to severe depression of active people.  
*Physical inactivity and depression in the community. Evidence from the Upper Bavarian Field Study.*
3. True A study from Stanford University showed that even walking on a treadmill improved creativity.
4. False According to the NHS, the average Briton walks between 3,000 and 4,000 steps a day - significantly less than the "Fitbit" target.
5. True All adults should aim to be active daily and should include muscle strengthening activity, such as exercising with weights, yoga or carrying heavy shopping, on at least 2 days a week.
6. True Increasing evidence suggests so: researchers examined exercise and blood pressure control in a 2012 study, they found that one 30-minute afternoon walk improved blood pressure readings for 24 hours among adults with borderline hypertension. Three 10-minute walks spaced throughout the day improved overall blood pressure just as effectively, but unlike the single session, they also blunted subsequent spikes in pressure, which can indicate worsening blood pressure control. -*US National Library of Medicine National Institutes of Health*. As little as 10 minutes of moderate physical activity at a time provides physical and mental health benefits.
7. True new government guidelines suggest 150 minutes a week of moderate exercise (garden, dancing, swimming and walking all count) or 75 minutes of vigorous exercise (anything where you'd have to catch your breath to talk e.g. running) as well as muscle strengthening activity twice a week.
8. False sarcopenia can occur at any age in response to immobility. Loss of muscle can often then lead to a downward spiral in which reduced exercise capacity results in less activity being undertaken, and a worsening of the loss of capacity.
9. True More than 2000 people were questioned about their attitudes toward exercise by charity Arthritis Research UK, The top three reasons for putting off exercise? Not having the time (33 percent), feeling tired (32 percent) and cold weather (28 percent).
10. True Increasing evidence suggests that exercising your body awareness has benefits to health and performance. Runners who scored higher on tests of embodied self-awareness, for example, used less oxygen, ran faster, and with less build-up of muscle tension - *Journal of Sport Sciences 1995*.



## Heart Health

Your heart, like any other muscle, needs physical activity to keep it healthy. In most cases regular exercise can help improve your overall health and manage many of the risk factors for heart and circulatory diseases, such as diabetes.

[www.bhf.org.uk/information-support/how-a-healthy-heart-works/your-heart-rate](http://www.bhf.org.uk/information-support/how-a-healthy-heart-works/your-heart-rate)

Your heart rate is the number of times your heart beats per minute (bpm).

A normal heart rate is between 60 and 100 bpm while you're resting.

Measuring your heart rate can help you track your fitness and monitor if you're exercising at the right level for you.

## Investigating Your Pulse!

### You will need:

1. Something to record your time with such as a phone stop-clock.
2. Some outdoor space where you can safely be active.

Practice finding your pulse using your first & second finger on one hand (not your thumb) and hold them under your jaw against your neck / on the underside of your wrist until you feel your pulse. It may take a while to get good at finding your pulse so keep practicing! You can watch this clip to help you if you're struggling:

<https://www.youtube.com/watch?v=oAjnIDZH9H8>

So let's try four different activities and see how they effect our heart rate. Do each activity for exactly 1 minute and then measure your pulse rate immediately after each one.



## *Investigating Your Pulse continued...*

### The four activities are:

- Sitting still (this is your resting heart rate)
  - Walking on the spot
  - Running on the spot
  - Jumping Jacks / star jumps on the spot
- Record your heart rate for **15 seconds immediately after each activity and multiply it by 4** to calculate beats per minute (bpm). You can record this in the table below.
  - Remember to make sure that your heart rate goes back down to your resting heart rate before doing the next activity to make sure you get accurate results! You are likely to need about 2 minutes rest between each activity to achieve this.
  - If you have time, try doing the whole test 3 times and calculate your average: you can do this by adding up your pulse rates for each test and dividing each total by three.



Results Table	Test 1	Test 2	Test 3	Average
<b>Example - sitting still</b>	<b>13</b> <b>(13 x 4 = 52)</b>	<b>14</b> <b>(14 x 4 = 56)</b>	<b>12</b> <b>(12 x 4 = 48)</b>	<b>52 + 56 + 48</b> <b>divide by 3 =</b> <b>52</b>
<b>Sitting still</b> <b>(resting heart rate)</b>				
<b>Walking on the spot</b>				
<b>Running on the spot</b>				
<b>Star jumps</b>				





# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



## Moderate & Vigorous Exercise

We should all try to do some physical activity every day. The NHS recommends that each week adults do at least 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity.

### So what counts as moderate intensity activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

#### Examples of moderate intensity activities:

*Brisk walking*

*Water aerobics*

*Bike riding*

**DANCING**

**Playing tennis**

*Lawn mowing*

*Hiking*

*Rollerblading*

### And what counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate activities can become vigorous if you increase your effort.

#### Examples of vigorous activities:

*Jogging or running*

**Swimming fast**

*Hilly bike riding*

**SKIPPING ROPE**

*Walking up stairs*

*Football / rugby / netball*

**Martial arts**

*Aerobics / Gymnastics*

Try the aerobic workout videos on the NHS website here: [www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)

For a moderate to vigorous workout, try Couch to 5K, a 9 week running plan for beginners: [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

You can also download the Couch to 5k plan as a free smartphone App.

For more information visit: [www.nhs.uk/live-well/exercise/](http://www.nhs.uk/live-well/exercise/)

## Forest Bathing

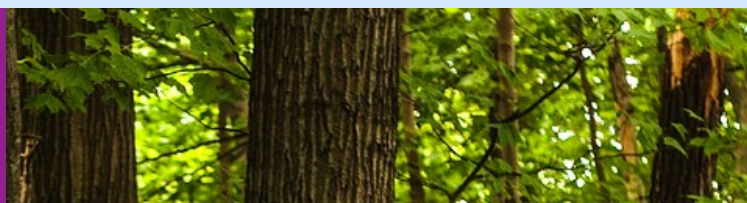
### What is forest bathing?

*This Japanese practice is a process of relaxation; known in Japan as shinrin yoku. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.*

[www.forestryengland.uk/blog/forest-bathing](http://www.forestryengland.uk/blog/forest-bathing)

### Tips for beginners:

*Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.*



*Slow down. Move through the forest slowly so you can see and feel more.*

*Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.*



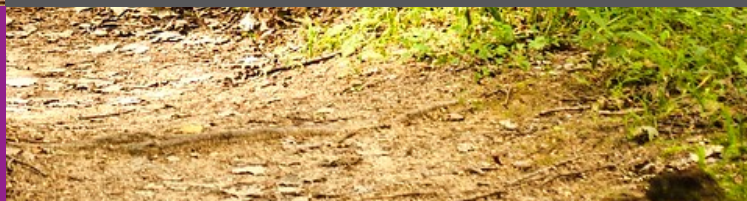
*Stop, stand or sit, smell what's around you, what can you smell?*

*Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature's small details.*

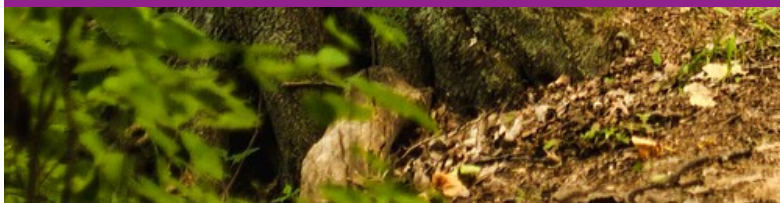


*Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.*

*Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.*



*Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.*





*Why hydration is so important?*

Drinking enough water each day is crucial for many reasons and it's a fact that we need water to survive. Here are some of the many things water does for us:

- Helps our heart pump blood more easily through the blood vessels to the muscles.
- Helps our muscles work efficiently.
- Keeps our body at a normal temperature.
- Lubricates and cushions our joints.
- Protects our spinal cord and other tissues.
- Prevent infections.
- Keep organs functioning properly.
- Helps us get rid of waste through urination, perspiration, and bowel movements.
- Being well-hydrated also improves sleep quality, cognition, and mood.

The bottom line is, if we don't get enough water, our body becomes dehydrated. And dehydration can lead to everything from minor problems such as swollen feet or headache to potentially deadly conditions such as heat stroke.

TM

## Healthy Hydration

Women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. That's about eight 200ml glasses for a woman and ten 200ml glasses for a man. This can be from a variety of drinks.

### Drinking water

is a good choice, especially between meals. It hydrates you without providing extra calories or risking harm to your teeth.

**DRINK  
PLENTY**



### DRINK

(BE AWARE OF YOUR  
CAFFEINE INTAKE IF  
PREGNANT\*)

**Tea and coffee** provide water and some nutrients if drunk with milk. Drink without sugar to limit calorie intake. You could try decaffeinated, herbal and other hot drinks too.



**Milk** provides water and is a useful source of nutrients. It is best for adults and older children to choose lower fat varieties.



**HAVE  
REGULARLY  
BUT CHOOSE LOWER  
FAT VERSIONS**

### DRINK IN MODERATION

**Low-calorie soft drinks** provide water without extra calories, but can be acidic risking harm to tooth enamel.



**Fruit juices** provide water and some vitamins and minerals. One serving even counts towards your 5-A-DAY. However they also contain sugar (and calories) and can be acidic, risking harm to teeth.

**DRINK IN  
MODERATION**

### DRINK IN SMALL AMOUNTS

**Soft drinks that contain sugar** provide water, but they also provide calories, usually without extra nutrients, and can be acidic. Having these frequently may risk harm to teeth.



Designed by the Natural Hydration Council & advised by the British Nutrition Foundation

\*It is best to have no more than 200mg of caffeine a day when you are pregnant. This is equivalent to about two mugs of instant coffee, about two and a half mugs of tea or up to 5 cans of cola.



## *Top 9 Most Hydrating Foods*

According to the British Nutrition Foundation, we get about 20% of our total fluid intake from the food in our diet.

The NHS Eatwell Guide recommends a daily intake of six to eight glasses of fluid to maintain optimum hydration levels, but eating the right foods can make all the difference to how thirsty and parched you feel, especially on hot summer days.



**Watermelons**



**Bananas**



**Cucumbers**



**Strawberries**



**Spinach**



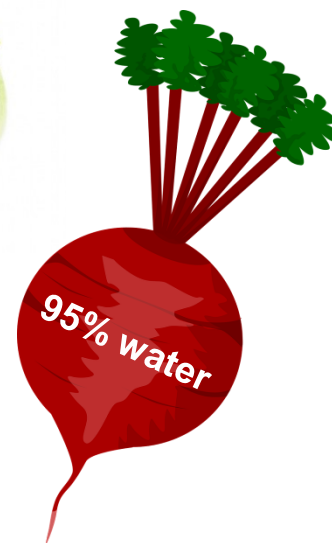
**Iceburg Lettuce**



**Soup**



**Tomatoes**



**Radishes**

**Soup** - It's stating the obvious we know, but chowing down on soup is a fantastic way to increase hydration levels in the body. Stick to veggie soups and go easy on the salt. Blending veggies breaks down the plants' tough cellular walls, allowing the nutrients as well as the water content to be absorbed by the body more readily.

## Banana Muffins Recipe

### Ingredients:

- 250g self-raising flour
- 75g butter / margarine
- 115g sugar
- 2 ripe bananas
- 125 ml milk
- 2 eggs
- 1 Teaspoon Baking powder
- 1 Teaspoon vanilla extract optional
- 1/2 teaspoon cinnamon / nutmeg - or whatever you have in, you can also drizzle honey on top once cooked



We like this recipe because you can use any kind of sugar, milk, margarine, spices etc. But you *must* use self-raising flour and baking powder. This recipe doesn't take a lot of mixing and it's quite forgiving in the choice of ingredients. This recipe makes 10 muffins.



- 1) Mix all the dry ingredients together in a bowl: flour, sugar, baking powder, cinnamon etc.
- 2) Mix all the wet ingredients together in another bowl: eggs, milk, butter.
- 3) Then mash the bananas with a fork and add these to the wet ingredients.
- 4) Add the wet mix slowly into the dry mix bowl, stirring gently until completely mixed together.
- 5) Place equal amounts of the mixture into bun cases (if you prefer to do a loaf or cake tin, just alter cooking times accordingly e.g. a loaf will take longer to cook as it's deeper.
- 6) Cook in a pre-heated fan oven at 170 degrees or a normal oven at 190 degrees for 20/25 mins.
- 7) Once cooked remove from your oven and allow to cool for 5 mins before removing from the tray.





## Body Image

**Body image is how we think and feel about ourselves physically, and how we believe others see us.**

Many people feel insecure about the way they look at some point in their lives. It's important to remember that there isn't a single type of beauty - everyone sees it differently. And there simply isn't a right or a wrong way to look. But if you're struggling, here are some things you can do:

- **Be kind** to yourself and try not to compare yourself to the many images you see online and in magazines, which are often digitally changed to make them look 'perfect' – they don't reflect how people look in real life.
- **Focus on the things you like about yourself**, and the parts of your body that you like.
- **Spend time with people who make you feel positive about yourself.** It might help you to write down the nice things people say to you, and not just about how you look. Remember, people value you for many reasons.
- **Think about what advice you would give a friend** if they told you they were struggling with the way they look, and remember that advice whenever you start having negative thoughts.
- **Talk to someone you trust.** Family members or friends. If you feel unable to cope, or particularly worried about one part of your body, talk to your GP about how you're feeling. They can listen, tell you about local services and support groups or they may suggest specific treatment for the way you're feeling.

**One in five** UK adults have felt shame because of their body image in the last year.

(Mental Health Foundation, 2019)

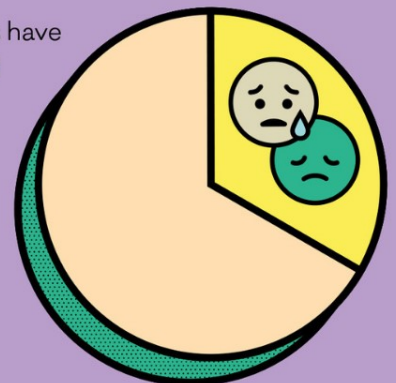


Mental Health Foundation

#BeBodyKind

**Over a third** of UK adults have felt anxious or depressed because of concerns about their body image.

(Mental Health Foundation, 2019)



#BeBodyKind

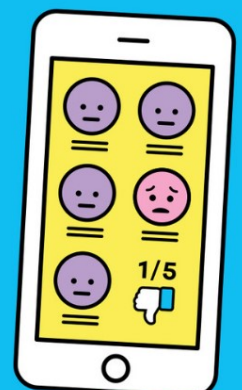
Mental Health Foundation

**One in five** UK adults said images on social media had caused them to worry about their body image.

(Mental Health Foundation, 2019)

#BeBodyKind

Mental Health Foundation





## *How to Cut Your Own Fringe*

For those not willing to face the queue at the hairdressers yet!

**BEFORE**



**1**



1) Lift sections of hair away from your face but hanging downwards. With sharp scissors, cut small areas diagonally **upwards\***. Do this as much as needed – from the area slightly back too if you want to create a slight layered effect.

**2**



**AFTER**



2) Then snip any wayward strands.

*7a-da done!*

\*Cutting upwards ensures you don't get a wonky line and just end with a textured shorter fringe\*



# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



## Your Wellbeing Journal

10 minutes to reflect on your day

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task - getting up, dressed, cleaning teeth..
2. Activity - work, hobby, exercise...
3. Relaxation - reading, bath, calling a friend...

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation

Date:

What did I do today?

How did I feel today?

What do I want to do tomorrow?

1. Essential task
2. Activity
3. Relaxation





# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



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10 minutes to reflect on your day

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3. Relaxation

Date:

What did I do today?

How did I feel today?

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1. Essential task

2. Activity

3. Relaxation

Any other thoughts, feelings or notes you'd like to record about your week?



## Support

### Mental Health Help Line

0800 183 0558

Offering confidential help and support 24 hours a day. The helpline will provide a listening ear, emotional support and guidance to adults with new or existing mental health conditions. It will also provide information, advice and support to carers.

### Kirklees Better Outcomes Partnership (Emergency Advice)

07562252940 (8am - 8pm)

### Kirklees Gateway to Care – social services

01484 414933 (24 hours a day)

### Pennine Domestic Abuse Partnership

0800 0527 222 (24 hour helpline)

### Well-bean (Crisis) Cafe

Huddersfield 07741 900395

Dewsbury 07867 028 755

### Community Response Helpline

01484 226 919 / 0800 4561114

(8am - 6pm weekdays, 10am - 4pm weekends & bank holidays) \*Updated\*

### Support to Recovery (S2R)

07933 358 800 (10am - 4pm weekdays)

### SPA mental health - Single Point of Access

01924 316 830

### Folly Hall - Mental Health Service

01484 343 100

### IAPT for people with low mood or anxiety

01484 343700

### Grief and Loss Support Service

0808 196 3833 (8am - 8pm)

### Top Tip:

If you wear glasses and find they keep steaming up whilst wearing a face covering, try washing them in warm soapy water and then rubbing dry without rinsing.

Wear a face covering out of respect for others.

- Fit matters. It should be tight, yet comfortable.
- Cover up. It should fit over your nose and mouth.
- Keep it clean. Wash it daily, or as needed. Do not touch or adjust it. Especially in public.
- It's personal. Do not borrow or lend it to others.
- Keep it in good condition. If it's damaged, get a new one.
- Keep it on in shared spaces. Only remove it when you are alone and in a private space.

Please remember that even if you are wearing a face covering: you still need to adhere to the other safety measures including social distancing and hand washing. For full Government guidance on face covering, visit: <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>



## I WEAR THE **SUNFLOWER** TO SHOW THAT I HAVE A HIDDEN DISABILITY

**Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to recognise, acknowledge or understand the challenges you face.**

<https://hiddendisabilitiesstore.com/for-you>

### Be visible when you choose to be seen

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around you including staff, colleagues and health professionals that you have a hidden disability and you may need additional support, help or more time.

### How can wearing the Hidden Disabilities Sunflower benefit you?

- People around you may ask what they can do to assist you
- You or your carer can use your Hidden Disabilities Sunflower to tell us about the additional help you may need. Please be aware it is not a pass to be fast-tracked.

### Where can I find a Hidden Disabilities Sunflower card or lanyard?

Sunflower Lanyards are available free of charge to customers from the many businesses and organisations who are members of the Hidden Disabilities Sunflower Lanyard Scheme<sup>®</sup>, including: major airports and venues and in the UK, many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations. Find out where it is recognised near you using the [Sunflower location map](#) on their website.

Locally Tesco stores, Sainsbury's, Argos, railway stations and airports, to name a few, are part of the sunflower scheme.

As some people may be unable to travel to collect a free Hidden Disabilities Sunflower Lanyard or would prefer to have them delivered, there is also an online store where if you want to you can buy one for minimal cost: [www.hiddendisabilitiesstore.com/shop.html](http://www.hiddendisabilitiesstore.com/shop.html)





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**We hope you find this pack useful and enjoyable.**

**If you are comfortable using the internet - check out our website and social media pages for more wellbeing tips, nature-based and creative activities:**

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

**Facebook: [@S2R Create Space](https://www.facebook.com/S2RCreateSpace)**

**Twitter: [@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)**

**Instagram: [@S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)**

**Please tell us what you think of this Wellbeing Pack: all feedback is appreciated, and if there is anything you would like us to include in future packs - do let us know - all ideas will be considered. Remember to send in photos of activities you have been doing too, it could be pictures of nature or a craft activity, we would love to see them and share with others.**

**S2R is a Mental Health & Wellbeing Charity delivering Wellbeing, Nature-based and Creative activities across Kirklees communities.**

**If you would like to support S2R by making a donation, you can do so online by visiting the 'Support Us' page of our website here:**

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

**Or by post, addressing cheques to:**

**Support to Recovery, 5 - 7 Brook Street, Huddersfield HD1 1EB**

*Thank you*