

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

SEPTEMBER 2026 SCHEDULE

Here's what's coming up in our face-to-face workshops,
online sessions and Facebook releases 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



FACE-TO-FACE SESSIONS

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid. Age restrictions apply: some of our sessions are family-friendly, but most are for 18+ years only so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Every Monday 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. You don't need any gardening experience 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.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Jason	Meet us at our Create Space building then travel with us to various community green spaces around Kirklees, helping to maintain and improve them through practical conservation tasks such as gardening, tree planting, litter-picking and path construction. Please wear clothing and footwear suitable for gardening. All 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	Every Tuesday 14:00 - 15:00 Facilitated by: Rowena £3 per person	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. The first week is free, then sessions are £3 per person to attend. Refreshments will be provided.
The Fields Creative Walk Manorfield School, Manor Way, Batley WF17 7DQ	Wednesday 9 th , 23 rd & 30 th September 09:30 - 11:30 Facilitated by: Waheeda	Walk, garden and create! Come and join this welcoming social group for a gentle walk, a bit of gardening and some fun, creative activities. This group is relaxed, social, and open to everyone. Please wear clothing and footwear suitable for walking and gardening. Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512801 or to book your place.
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn & 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 friendly 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 chat with us over a cuppa. Online appointments are also available. Just call in, or email: contact@s2r.org.uk to book a slot.

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Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Mary	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. Please note toilet facilities are a 2-minute walk from the allotment site. 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.
The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 3 rd , 10 th & 24 th September 10:00 - 12:00 £2 per person	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. Booking is essential as places are limited. Please be aware this is not a taught group and costs £2 per person, per session to attend. Please bring your own equipment and materials with you. *Made possible with funding from One Community Foundation.
Active Birkby Club Evening Walk Norman Park, Birkby, Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30	Join the Active Birkby Club for a gentle evening stroll exploring the green spaces of Birkby. Stretch your legs after tea and set yourself up for a good night's sleep. These walks are organised by participants and booking is essential. Please wear clothing and footwear suitable for walking and bring a torch with you too. Everyone is welcome!
Friday Wanderers Dewsbury Country Park, Dewsbury WF13 3SR	Friday 11 th September 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, ladies-only group for a lovely walk through Dewsbury Country Park surrounded by trees and fresh air. We can chat, connect and explore nature together. Please wear clothing and footwear suitable for walking. Please note there will also be a Friday Wanderers session on Friday 4th September in Crow Nest Park.
Dewsbury Wellness Walking Group Dewsbury Library, The Walsh Building, Town Hall Way, Dewsbury WF12 8EE	Every Friday 11.00 - 12.45	Join this self-led group for 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.
Mirfield Friday Friendship Group Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Friday 11 th , 18 th & 25 th September 14:00 - 15:00 Facilitated by: Rowena £3 per person	A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone is welcome. No booking required, just come along. Refreshments will be provided. The first week is free, then sessions are £3 per person to attend.

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31ST AUGUST - 6TH SEPTEMBER		
Norman Park Outdoor Volunteers Green Container, Norman Park, Birkby Huddersfield HD2 2UD	Tuesday 1 st September 11:00 - 13:00 Facilitated by: Byron	Help us to look after Norman Park for nature and the whole community to enjoy. We will be doing different practical tasks like gardening, litter-picking, footpath clearing, making habitat homes for wildlife and more! Meet us by the green container near the stream. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Social Creatives S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 3 rd September 13:00 - 15:00 Facilitated by: Dawn	Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. Come along and try something new for free! This month, we will be creating our own willow lanterns for the World Mental Health Day Lantern Parade Event on Thursday 8th October and one to take home with you as well.
The Monthly Uplift - Finding the Light in Everyday Life S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 3 rd September 13:00 - 15:00 Facilitated by: Cherry	Join us for these gentle tea (or coffee) drinking, easy art-making monthly meet-ups. When things feel heavy and dark, it's the small things that can help us through the day and that's what we'll be talking about! Each month, we'll chat about ways to improve and maintain our wellbeing through creativity. Feel free to bring along your own artwork, knitting, collage etc and we'll see if we can begin to invite more ease and connection into our lives. Our September session will be an introduction to abstract 'zentangle' drawing and mindful colouring. Please note that this session will take place on the first floor, accessible only by stairs. <i>*Supported by the Co-Op Local Community Fund.</i>
Friday Wanderers and The Barrow Man Greenhouse, Crow Nest Park, Dewsbury WF13 2SG	Friday 4 th September 09:30 - 10:30 Facilitated by: Waheeda	Join our friendly, ladies-only walking group and The Barrow Man for a circuit of the lake in Crow Nest Park, collecting, carrying and exchanging small natural objects to print. We will also pause to look at the birds on the lake through binoculars. <i>*This session is a joint project with Brigantia Creative.</i>
7TH - 13TH SEPTEMBER		
Greenhead Park Outdoor Volunteers Café in the Park (opposite the tennis courts) Greenhead Park, Huddersfield HD1 4HS	Tuesday 8 th September 11:00 - 13:00 Facilitated by: Jason	Join us in Greenhead Park on the second Tuesday of every month, working alongside the Park Maintenance Team. Help us to keep this Green Flag Park looking fantastic for the benefit of everyone's wellbeing, meet some new people and learn some handy practical skills along the way too! Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Herbal Salves S2R Create Space, Huddersfield HD1 1EB	Thursday 10 th September 13:00 - 15:00 Facilitated by: Byron	Come and learn how to infuse different herbs and plants in an oil to create a salve which will help to soothe and alleviate skin ailments like burns, cuts, bruises and bites. Please bring a sealable glass jar or container with you to this session.
Art in the Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 11 th September 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 wear clothing and footwear suitable for walking. Please bring something to draw on and with (e.g., a notebook and a pencil or your sketch books, pens and pastels).

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Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 12 th September 11:00 - 14:30	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! No microwaves or dehumidifiers please. Age 16+. Anyone under 16 must be accompanied by an adult.
14TH - 20TH SEPTEMBER		
Ramblers Taster Walks Lumb Lane Layby, Castle Hill, Huddersfield HD4 6TA	Saturday 19 th September 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk around Castle Hill. 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.
21ST - 27TH SEPTEMBER		
Birkby and Fartown Library Outdoor Volunteers Birkby & Fartown Library, Lea Street, Huddersfield HD1 6HF	Tuesday 22 nd September 11:00 - 13:00 Facilitated by: Michelle	A gentle gardening session helping to maintain and develop the garden at Birkby Library. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Tools and refreshments will be provided.
Social Creatives S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 24 th September 13:00 - 15:00 Facilitated by: Dawn	Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. Come along and try something new for free! This month, we will be creating our own willow lanterns for the World Mental Health Day Lantern Parade Event on Thursday 8th October and one to take home with you as well.
Upcycled Tote Bag S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Friday 25 th September 10:00 - 12:30 Facilitated by: Dawn	Learn how to upcycle old clothes or material to make a simple tote bag using a sewing machine. No previous sewing experience required. All materials will be provided. Please note that this workshop will take place on the first floor, accessible only by stairs.
28TH SEPTEMBER - 4TH OCTOBER		
Wax Wraps Evening Workshop S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Wednesday 30 th September 17:30 - 19:30 Facilitated by: Byron £20 per person	Reduce your plastic waste by learning how to make reusable wax wraps. We will be using environmentally friendly ingredients and patterned cotton fabric to make up to 6 wax wraps. These wax wraps are washable, reusable and perfect for storing and wrapping sandwiches, leftovers, open cans and more. Suitable for ages 18+ only. This workshop costs £20 per person which includes refreshments and all materials. Please visit: www.s2r.org.uk/book-online to book your place.



WAX WRAPS EVENING WORKSHOP

Reduce your plastic waste with reusable wax wraps. We will be using environmentally-friendly ingredients and patterned cotton fabrics to make washable, reusable wax wraps that are perfect for wrapping sandwiches, open cans and more.

£20 per person. Suitable for ages 18+ only.

WEDNESDAY 30TH SEPTEMBER
17:30 - 19:30

Visit: www.s2r.org.uk/book-online to book your place now.

If you are new to S2R, you will need to complete an application form before joining in with our sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (9.30am - 1.30pm, Monday to Friday)

S2R Office: 01484 539 531 (9.30am - 1.30pm, Wednesday and Thursday)

The Great Outdoors Project: 07541 095 455

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



S2RCreateSpace



@s2rcreatespace.bsky.social



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



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ART IN THE PARK

Come and join S2R and The Friends of Greenhead Park for some simple and relaxing sketching in the park. Lose yourself in the moment, be inspired by the great outdoors and take a closer look at nature.

FRIDAY 11TH SEPTEMBER FROM 10AM - 12NOON

Suitable for all ability levels, no art skills needed. Please bring something to draw on and with and wear clothing and footwear suitable for the outdoors.

Meet us at the Trinity Street Gate, Greenhead Park, Huddersfield HD1 4DT
For more info or to book your place, email: contact@s2r.org.uk or call: 07933 358 800