

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

MARCH 2022 SCHEDULE

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

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk



FACE-TO-FACE SESSIONS

Face coverings in our sessions are not mandatory, but you are welcome to wear one if you'd prefer, and please also be mindful of others' personal space. Hand sanitisation stations will still be available for your use. Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.

| NAME | DATE AND TIME | DETAILS |
|--|---|--|
| REGULAR SESSIONS | | |
| Work Days* Various locations around Dewsbury | Every Tuesday 11:00 - 13:00 Facilitated by: Andy | Help look after community greenspaces via practical conservation tasks in and around the Dewsbury area. Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |
| Café Connections* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL | Every Tuesday 14:00 - 15:00 Facilitated by: Byron | Has the pandemic left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice and a delicious cake too! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |
| 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 a gentle stroll around Crow Nest Park. We will meet at the front of the museum. Feel free to bring a warm drink with you too. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |
| MARCH SESSIONS | | |
| Mindful Social Stitching* Boothroyd Academy, Temple Road, Dewsbury WF13 3QE | Tuesday 1 st & 8 th March 12:30 - 14:30 Facilitated by: Kim | Take time out for yourself and try some new embroidery techniques inspired by nature. In this course we'll be covering some basic embroidery techniques, freehand machine embroidery, couching and Hapa Zome techniques, all inspired by the natural world around us. To book your place, email: A.Reeve@focus-trust.co.uk or call 01924 450 289 and ask for Mandi. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL

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FACE-TO-FACE SESSIONS

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

| NAME | DATE AND TIME | DETAILS |
|--|--|--|
| Lees Holm Spring Crafts Day* <small>Lees Holm Recreation Ground, Brewery Lane, Dewsbury WF12 9DU</small> | Monday 14 th March 12:00 - 14:30 Facilitated by: Elizabeth, Amina & Andy | Join us at this outdoor event to make some pretty spring decorations and to learn some basic foraging skills and the wonder of what grows wild in open green spaces. Refreshments will be provided. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |
| Opportunity Centre Open Day* <small>25-27 Westgate, Dewsbury WF13 1JQ</small> | Thursday 17 th March 11:00 - 14:00 Facilitated by: Carmen & Louisa | Visit our stall at this open to everyone community event and learn about what support is available locally to help build your confidence and resilience. Refreshments will be provided. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |
| Boots, Maps and Apps* <small>Various locations</small> | Tuesday 22 nd & 29 th March 15:00 - 16:30 Facilitated by: Andy | Come and enjoy a good walk then learn the skills to plan new ones. 22 nd March - Part 1: Join Andy for a gentle 1.5hr walk starting from Cloggs Café, 6 Tithe Barn Street, Dewsbury town WF13 1NL. 28 th March - Part 2: Come to the Opportunity Centre, 25-27 Westgate, Dewsbury WF13 1JQ and learn what makes a good safe walk and how to plan your own routes using maps and apps. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets. |

These sessions are open to Dewsbury residents aged 16+ only.

Face coverings in our sessions are not mandatory, but you are welcome to continue to wear one if you'd prefer, and please remember to be mindful of others' personal space.

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DEWSBURY: YOUR HEALTH IN MIND!



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This project is here to reinvigorate you and your community by helping you to access and enjoy the amazing, green open spaces in your area. We can introduce you to a range of activities you can take part in that will boost your physical, emotional and social wellbeing.

ARE YOU FEELING...

- ◆ Disconnected or isolated from others and your community?
- ◆ You have lost the confidence to get out and enjoy your local area?
- ◆ That you would like to rediscover your “get up and go”?



If you live in Dewsbury and would like to find out how you can get involved, please get in touch by email: contact@s2r.org.uk or call/text **07895 510433**

You can also visit our website: www.s2r.org.uk/dewsbury-your-health-in-mind and join our @WildDewsberrries Facebook group

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