

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
CREATE
SPACE

Promoting Positive Mental Health

FEBRUARY 2026 SCHEDULE

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



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		
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Cherry	A gentle gardening session helping to maintain and develop the garden at Birkby Library, with a few craft activities taking place as well. 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.
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 14:00 - 15:00 Facilitated by: Rowena £2 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 £2 per person to attend. *Supported by The National Lottery Community Fund.
Fields Creative Walks Manorfield School, Manor Way, Batley WF17 7DQ	Every Wednesday 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 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, Molly & 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.
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.

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REGULAR SESSIONS		
Fields Creative Walks Field Lane Junior, Infant & Nursery School, Albion Street, Batley WF17 5AH	Every Wednesday 13:00 - 15:00 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 to book your place.
The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Thursday 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, Lowfield Road, Dewsbury WF13 3SR	Every Friday 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.
Dewsbury Library Walking Group Dewsbury Library, Railway Street WF12 8EQ	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	Every Friday 14:00 - 15:30 Facilitated by: Rowena £2 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 £2 per person to attend. *Supported by The National Lottery Community Fund.
2ND - 8TH FEBRUARY		
Winter Woodland Management Old Fieldhouse Lane, Deighton, Huddersfield HD2 1AG	Monday 2 nd February 10:00 - 14:00 Facilitated by: Cherry	Take a winter visit to our polytunnels to learn some woodland management skills with S2R and Andy from Kirklees Council and then find out how to put them into practice. This is an all-day session but you will be free to join and leave as you please. Please wear clothing and footwear suitable for gardening.

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NAME	DATE AND TIME	DETAILS
Underpin* Denim Flowers The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Monday 2 nd February 13:00 - 14:30 Facilitated by: Kim	<p>Everyone is welcome to join us for a cuppa and some creativity, in these friendly sessions. This time, you will learn how to upcycle old jeans into fantastic flowers in a variety of ways.</p> <p>Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 5 of this schedule for more information.</p> <p><i>*These sessions have been funded by Creative Minds.</i></p>
Sauerkraut Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 4 th February 13:00 - 15:00 Facilitated by: Byron	<p>Learn how to make your own Sauerkraut (otherwise known as sour cabbage) from scratch. Sauerkraut is fermented cabbage full of probiotic bacteria that can help with digestion. All ingredients will be provided but feel free to bring your own vegetables along if you'd like to. Please bring a large empty jar along with you to this session. Please also note that this session will be delivered on the first floor, accessible only by stairs</p>
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 5 th February 13:00 - 15:00 Facilitated by: Dawn	<p>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!</p>
Garden Upcycling S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 5 th & 12 th February 13:00 - 15:00 Facilitated by: Byron	<p>Come along to this 2-week Garden Upcycling course and help us create some new garden planters for S2R. You will learn how to use hand tools to upcycle wood and gain confidence in doing your own projects at home. Suitable for beginners, no previous woodworking experience required. Please wear clothing and footwear suitable for woodworking. Tools and refreshments will be provided.</p>
9TH - 15TH FEBRUARY		
Art in the Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 13 th February 10:00 - 12:00 Facilitated by: Dawn	<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>
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 14 th February 11:00 - 14:30	<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! No microwaves or dehumidifiers please. Age 16+. Anyone under 16 must be accompanied by an adult.</p>

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NAME	DATE AND TIME	DETAILS
16TH - 22ND FEBRUARY		
Grow Your Own Food From Scraps S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 18 th February 13:00 - 15:00 Facilitated by: Byron	Learn how to grow your own food from leftover food scraps and seeds on a sunny windowsill or in the garden. You will take home some seeds and cuttings and learn how to grow them at home. Please note that this session will be delivered on the first floor, accessible only by stairs.
Underpin* Locker Hooking The Arcade Pop Up, The Princess of Wales Precinct, Dewsbury WF13 1NH	Thursday 19 th February 13:00 - 14:30 Facilitated by: Kim	Everyone is welcome to join us for a cuppa and some creativity, in these friendly sessions. This time, you will learn this fantastic heritage craft technique based on upcycling. Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 5 of this schedule for more information. <i>*These sessions have been funded by Creative Minds.</i>
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 19 th February 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!
Ramblers Taster Walks Westgate Car Park, Honley HD9 6AA	Saturday 21 st February 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk around Magdale. 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.
23RD FEBRUARY - 1ST MARCH		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Monday 23 rd February 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. Tools and refreshments will be provided.
The Monthly Uplift - Finding the Light in Everyday Life S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 24 th February 10:30 - 12:30 Facilitated by: Sue & Molly	Join us for these gentle, connection-focused, tea (or coffee) drinking, easy art-making monthly meet-ups. As we ease into 2026, we'll be looking for the things which make us laugh or smile – the things which bring a glimmer to our day. When things feel heavy and dark, the smallest things can help us though the day and that's what we'll be talking about! Each time we'll chat about ways to improve and maintain our wellbeing, and begin to build our own "collections of happiness." Feel free to bring along your own artwork/knitting/sudoku etc if you'd like and we'll see if we can begin to capture some light and happiness into our lives. In our February meet-up, we'll be looking at mental wellness and the theory behind cultivating a happier mindset, and then starting our journals off by making a gratitude flower. <i>*Supported by the Co-Op Local Community Fund.</i>

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Tree Planting Outdoor Volunteers Lumb Lane, Almondbury Huddersfield HD4 6SZ	Tuesday 24 th February 11:00 - 13:00 Facilitated by: Andy	Join our Outdoor Volunteers for this special tree planting session to help mitigate climate change, improve biodiversity and provide a wellbeing asset for both ourselves and for future generations. Parking is available on the field or roadside near the council container, then it's a steep walk with stiles to the planting site. Please wear clothing and footwear suitable for gardening. Tools will be provided.
Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Rd, Birkby HD1 5HB	Wednesday 25 th February 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 that there are no toilet facilities at this group. Tools and refreshments will be provided.
Dewsbury Repair Café The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Saturday 28 th February 10:00 - 12:00	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, email: churchsecretarylcw@outlook.com . No microwaves please. Age 16+. Under 16's must be accompanied by an adult.

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

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid.



ZOOM SESSIONS

To book your place on these sessions, or to receive session recordings to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you the meeting and video links.

NAME	DATE AND TIME	DETAILS
Underpin: Alter, Re-use, Upcycle*	Monday 9 th February 12:00 - 13:00 Facilitated by: Kim	Join us for these friendly and relaxed Zoom sessions where you will learn how to alter, re-use and upcycle clothes and fabrics. This time, you will learn how to create Amish Knot Rugs, sometimes called Toothbrush, or Knot Rugs. This technique uses simple knotting techniques to create a rug. You will need some thin cotton fabric, (bedsheets work great), a needle with a big eye (enough to get the fabric through) and some scissors. Every month, we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. If you can't attend the live sessions, but would like a video recording to have a go at in your own time, please let us know and we will send you the video link. We are also running two in-person sessions in Dewsbury this month. Please see pages 3 and 4 of this schedule for more information. <i>*These sessions have been funded by Creative Minds.</i>



THE MONTHLY UPLIFT

FINDING THE LIGHT IN EVERYDAY LIFE

Join us for gentle, connection-focused, art-making monthly meet ups, where we'll be looking for things which make us laugh or smile. When life feels dark and heavy, the smallest things can help us through the day and we'll be talking about ways to maintain and improve our wellbeing and bring light and happiness into our lives.

TUESDAY 24TH FEBRUARY
FROM 10:30 - 12:30

Please feel free to bring along your own artwork / knitting / sudoku etc if you'd like to. For more info or to book your place, email: contact@s2r.org.uk or call 07933 358 800.

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

Community Anchor: Siân Smith 07933 353 487

Email: contact@s2r.org.uk

Website: 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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