

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

FEBRUARY 2022 SCHEDULE

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

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

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
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: Nicky	Has lockdown 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.
Wednesday Wanderers* Various locations around Dewsbury	Every Wednesday (Except for Half Term) 10:00 Facilitated by: Nicky	A series of local Dewsbury walks that will increase in length week by week. Come along to just one or challenge yourself to all three! Please wear clothing and footwear appropriate for the weather and feel free to bring along a warm drink too! 2 nd February: A stroll (approximately 1 hour) around Earlsheaton Park. We will meet by the swings at 10am. Earlsheaton Park, Park Road, Dewsbury WF12 8BE. 9 th February: Chickenley to Dewsbury via the Greenway and Saville Wharf (approximately 1.5 hours). We will meet outside Chickenley Community Centre at 10am and finish in Dewsbury town centre. Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT. 16 th February: Dewsbury Circular via Caulms Wood, Gawthorpe, Chickenley and the Greenway (approximately 2 - 2.5 hours). We will meet outside Dewsbury Town Hall at 10am. Dewsbury Town Hall, Wakefield Old Road, Dewsbury WF12 8DG. *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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NAME	DATE AND TIME	DETAILS
<p style="color: white;">Friday Wanderers*</p> <p style="color: white;">Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p style="color: white;">Every Friday 09:30 - 10:30</p> <p style="color: white;">Facilitated by: Waheeda</p>	<p>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.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
FEBRUARY SESSIONS		
<p style="color: #00897b;">Sewing Machine Course*</p> <p style="color: #00897b;">Boothroyd Academy, Temple Road, Dewsbury WF13 3QE</p>	<p style="color: #00897b;">Wednesday 2nd, 9th & 16th February 12:30 - 14:30</p> <p style="color: #00897b;">Facilitated by: Gill</p>	<p style="color: red; text-decoration: underline; text-decoration-color: red;">FULLY BOOKED</p> <p>This session is now fully booked, but if you would like to join the waiting list then please email: A.Reeve@focus-trust.co.uk.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p style="color: #00897b;">Lees Holm Creatives*</p> <p style="color: #00897b;">Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p style="color: #00897b;">Monday 7th & 14th February 11:00 - 13:00</p> <p style="color: #00897b;">Facilitated by: Amina</p>	<p>Come and try a variety of textile-based craft activities, including leaning how to crochet and making upcycled textile flowers.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p style="color: #00897b;">Aromatherapy*</p> <p style="color: #00897b;">Taleem Centre, 36 Orchard Street, Dewsbury WF12 9LT</p>	<p style="color: #00897b;">Monday 7th & 14th February 13:30 - 15:30</p> <p style="color: #00897b;">Facilitated by: Amina</p>	<p>Join Amina and learn how to use natural essential oils in conjunction with products you may already have around your home to make a variety of natural products from foot balm and room fragrances to carpet freshener. All materials will be provided.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p style="color: #00897b;">Mindful Social Stitching*</p> <p style="color: #00897b;">Boothroyd Academy, Temple Road, Dewsbury WF13 3QE</p>	<p style="color: #00897b;">Tuesday 8th & 15th February & Tuesday 1st & 8th March 12:30 - 14:30</p> <p style="color: #00897b;">Facilitated by: Kim</p>	<p>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. You can use these sessions to work on one big piece or lots of small samples and take things at your own pace. To book your place, email: A.Reeve@focus-trust.co.uk or call 01924 450 289 and ask for Mandi.</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>
<p style="color: #00897b;">Lees Holm Wellness Event*</p> <p style="color: #00897b;">Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p style="color: #00897b;">Monday 21st February 11:00 - 15:00</p> <p style="color: #00897b;">Facilitated by: Elizabeth</p>	<p>A wellbeing event for all the family with food, chair-based exercise sessions, creative workshops, aromatherapy activities and more!</p> <p><i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i></p>

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

To keep everybody safe, there will be a limited number of places on each session.

We ask that you please only attend a session if you have booked in advance.

Hand sanitising stations are available at the allotments and polytunnels.

Please bring your own refreshments.

Please do not attend if you feel unwell or if you have symptoms of COVID-19.

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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