

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

**S2R**  
**CREATE**  
**SPACE**

Promoting Positive Mental Health

West Yorkshire  
Combined Authority  
Tracy Brabin  
Mayor of West Yorkshire

## Reclaim the Night



#saferWestYorkshire

# ANNUAL REPORT

2024/25

Registered Charity 1122199 | Limited Company 6418812

# Support to Recovery

## PROMOTING POSITIVE MENTAL HEALTH

### OUR MISSION

Our mission is to promote positive mental health and wellbeing to people in our community. We believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes for those who experience mental health difficulties, their families and their carers.

### HELLO FROM THE BOARD OF TRUSTEES

S2R's enduring value is that regardless of personal circumstances, we are inclusive. We have an "access for all" ethos and focus on the wellbeing of the individual for better life outcomes, and where possible we bring services to local communities. We hope you agree that this is demonstrated throughout this report.

This year, we have broadened and strengthened our place-based presence throughout Kirklees, offering a diverse range of activities and interventions for people to connect with, and person-centred support, activities and opportunities for all who wish to maintain or improve their health and wellbeing, with or without a formal mental health diagnosis. We offer everything from ecotherapy activities that cover a wide range of different aspects of connection, nature and the local environment, up-skilling sessions such as crafting and creating and sewing, mending and fixing items at repair workshops (which may lead to more vocational aspirations for individuals) to practical wellbeing activities designed to be enjoyed as well as assisting individuals in building resilience to overcome life's challenges. Additionally, we work to tackle local health inequalities by providing practical advice and information, and supporting small groups to come together and for peer-led support. Social connections are a key factor for positive mental and physical health and throughout Kirklees, we have provided opportunities for people of all ages from 14+ to come together. We believe age is no barrier and that individuals and communities can connect with whatever activity they wish to, no matter what age they are.

All this could not happen without the dedication of our staff team and volunteers. As Trustees, we have a duty to make sure the organisation runs effectively, but the true working and driving force are our team members who provide the wealth of expertise, care and compassion to the people they support. We welcome and encourage individuals who want to be part of our team, and feel they can give or share a skill, provide support or practical assistance.

We thank each and every one for their commitment, making S2R the special place it is. Thank you.

*Paula Wood* Chair of the Board of Trustees

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*"I first came here when I was at rock bottom, and I love it here! I love the Social Creatives group and look forward to coming. I know I have to keep myself busy, to stop myself from spiralling."*

- 2024-25 participant

## Introduction

### PRESENTING S2R'S ANNUAL REPORT

#### Hello and welcome to Support to Recovery's 2024-25 Annual Report.

As I think on the past year, it has been a time of both challenge and resilience for S2R. Across the voluntary and community sector, organisations have faced increasing financial pressures while demand for mental health and wellbeing support has grown. Throughout this, S2R has remained grounded in its purpose: to offer accessible, compassionate and responsive support to the people and communities we serve.

Over the year, we have continued to deliver a wide range of open-access, trauma-informed and person-centred wellbeing activities across Kirklees. Thousands of individuals have engaged with our services, connecting with others, building confidence, developing resilience and taking positive steps to improve their mental health and wellbeing. Partnership working with local communities, statutory services and VCSE organisations has remained central, helping reduce barriers to access and respond to health inequalities meaningfully and with a place-based approach.

The year also included a period of organisational transition. Halfway through, I took maternity leave, during which time S2R was led by our Operations Manager in the role of Acting CEO. I am grateful for the professionalism and commitment shown by our staff team, Trustees and partners. Their support ensured continuity for participants and strengthened the organisation through leadership progression.

I would like to thank our funders, partners, Trustees, volunteers and staff for their continued belief in S2R and in the importance of intervention and prevention in mental health support. As we look ahead, we do so thoughtfully, with realism about the challenges to come and with confidence in our values, relationships and the difference our work continues to make.

*Scarlette Averley,*

Chief Executive Officer

#### Reflection from the Acting Chief Executive Officer

Stepping into the role of Acting CEO in November 2025 was an opportunity to support continuity and stability for the organisation while bringing a fresh perspective to our work. This period brought ongoing financial pressures alongside increased demand for mental health and wellbeing support, requiring a review of our working practice and resource allocation. Our priority was to maintain the quality, accessibility and consistency of S2R's services so that communities continued to receive the support they expect from us.

Working closely with the Board of Trustees, staff team and partners, we focused on clear governance, open communication and strengthening internal systems. This reinforced the importance of flexible ways of working and shared understanding during times of change, highlighting S2R's resilience and ability to adapt while remaining committed in its values and responsive to community need.

We hope you read on and enjoy hearing about the best parts of 2024–25 here at S2R.

*David Hegarty,*

Acting Chief Executive Officer



## The Great Outdoors

The Great Outdoors Project is a Local Authority commissioned Community Mental Health Service for Kirklees.

We know from independent academic research and the testimony of our own participants, that connecting people with nature as part of a group in an outdoor activity or an indoor workshop is a great way to improve emotional and physical wellbeing, reduce anxiety, create social connections and learn about both ourselves and the natural world.



This year, The Great Outdoors Project delivered:



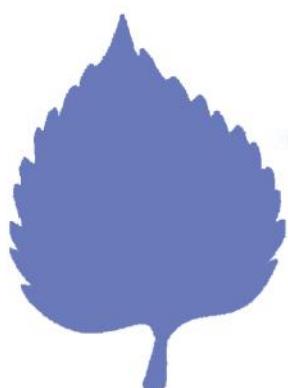
Since attending The Great Outdoors Project...



**99%** of participants said connecting with nature helped improve their wellbeing



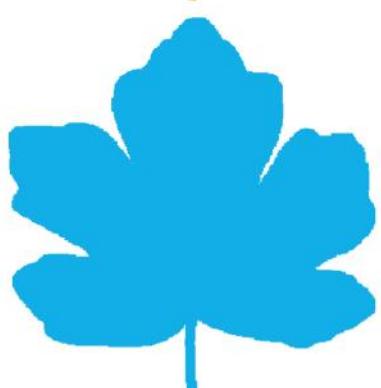
**69%** of participants said they keep more active and look after their physical health better



**72%** of participants said they spend more time learning things that interest them



**50%** of participants said they gave more of their time, skills and things to others



**71%** of participants said they take more notice of the things around them



**60%** of participants felt more confident to self-manage and cope better

## Community Anchor

As the Community Anchor for Dewsbury and Mirfield, S2R has provided organisational support to local groups, community interest companies and charities in Dewsbury and Mirfield from April 2024 to March 2025. Some highlights from the year include:

- ⇒ Supporting a newly established organisation, Making Sparks, through organisational guidance, connecting them with other local organisations and Ward Councillors, supporting them with written applications and establishing a GoFundMe campaign.
- ⇒ Assisting local groups and organisations to seek funding, co-authoring bids, reviewing their policies and holding funds on their behalf. Recipients of this type of support included but were not limited to: Thornhill Lees Community Centre, SS Dance, Nourish to Flourish, Lifeworks, Brighter Sparks, Thornhill Less Village Hall, Penguin Youth, Warrior Breed Boxing, Fencing Warriors, Empowerment Constitution, Healing Sisters, Break the Box, and Super Mamas' Happy Mamas'.
- ⇒ Supporting numerous groups and organisations with advertising/recruiting for volunteers and offering aid to groups where mediation was needed to resolve disputes between Trustees.
- ⇒ Connecting organisations with wider business support, for example: helping an organisation in Mirfield with their business aims by connecting them to a business coach through Business for Good, supporting them with their trading ideas and investment programme.
- ⇒ Organising a People Helping People event, hosted at Ravensthorpe Community Centre. The event replaced the community network, bringing together community groups from across Dewsbury to share their work, get access to organisational support and make connections. This event grew the skills and confidence of groups in how they approached public speaking, so that they could better promote their activities, which strengthened new collaborations.

We look forward to continuing our Community Anchor work over the next 12 months across Dewsbury and Mirfield.

*"Carmen has been an absolute lifeline during my journey, going above and beyond to support me through what has been a challenging time. Her experience, dedication and incredible network of contacts have made a real difference. I was on the verge of quitting, but Carmen stepped in and ensured I had everything I needed to keep going. From supporting my grant applications to connecting me with the right people, her efforts have been invaluable and I truly couldn't have made it far without her!"*

- The founder of Making Sparks



## We Are Waterloo & Unite, Respect, Connect

### We Are Waterloo:

Following an extension to the original project, we were delighted to be able to continue supporting the people of Waterloo in Huddersfield. We continued to run our popular and varied creative sessions at Waterloo Bowling Club, with crafts ranging from upcycled tin can lanterns to seasonal wreaths. We also continued supporting the Knit and Natter group at Morrisons in Waterloo. This amazing group has gone from strength to strength, with some brilliant friendships blossoming, skill sharing and lots of caring conversations. When the project ended in June 2025, the group decided to continue meeting up once a fortnight and this was further supported by the Dalton Ward Councillors, who gave the group some money to provide refreshments for their first “solo” meet-ups. In light of the upcoming project conclusion, we ensured that all participants were aware of ongoing opportunities within the area, both through our other programmes and partner services.



*“We are Waterloo has been excellent for our community. It has brought people together and got people chatting. What more could you want really?”*

- We Are Waterloo participant

### Unite, Respect, Connect:

In partnership with Unite, Respect, Connect (a community development project forming part of the ministry of the United Reformed Church in Huddersfield), S2R has been providing support through a Community Worker role in the Moldgreen and Lindley areas of Huddersfield. We have been: identifying and focusing aid to areas of interest and need in the community, supporting local communication, raising awareness of the opportunities available to local residents and partners, working sensitively with people of all faiths and no faith to ensure inclusive involvement of people in the URC project and its related community and events, supporting volunteers to help with and lead local activities, hosting and supporting regular activities and promoting these widely, and seeking funding and bid writing for community activity and event funds.

One of the highlights of the past year was the Little Lights Switch On which saw residents coming together to celebrate Christmas, get creative and watch the Moldgreen Christmas Tree lights being switched on. This was a living tree which was planted by Unite, Respect, Connect which hopefully will grow and thrive for many years to come. We have also been supporting the group to take on the care of the community planters in Moldgreen and helping to develop the community garden (the spinach was particularly prolific this year!) with funding from UKSPF.

This community work has been undertaken by an S2R colleague who is passionate about the area, as it is not only where they live but also enables the continued support of people within the ward, some of whom we have known for many years. S2R has an established working relationship with the United Reformed Church in Huddersfield and this is a great example of “outside the box” partnership work, being mutually beneficial and enabling us to use our experience of co-production and working with local communities to empower and improve local people’s wellbeing.

*“It can sometimes get lonely at home. I like to come here and be made to feel so welcome. Everyone talked to me and I had a good time.”*

- Unite, Respect, Connect attendee



## Addressing Inequalities

### Health Inequality Messaging

S2R is a Community Champions delivery partner alongside Third Sector Leaders Kirklees. Our Community Champions are trusted and trained individuals with a desire and commitment to make a difference within their local community. Throughout the year, we have delivered a diverse range of health messaging campaigns to address health inequalities for those most impacted, including people with physical and learning disabilities, young people who are NEET, people of Black and Asian ethnicity, those with low literacy levels and people who have experience of trauma or abuse, poor mental health or who are living in high deprivation areas. Campaigns have included: women's health, supporting people with life limiting conditions, falls prevention, increasing vaccination take up (including MMR, Flu and Covid), Asthma and gambling and addictions.



*"Thank you for telling me about all of the help that's out there. If it hadn't been for this, I wouldn't have known. That extra copy of the information I took last week, I gave it to my neighbour. He's 92, so I helped him do a referral to the Falls Team. I think it's going to be very helpful."*

- Falls Prevention Exercise Sessions participant

### Mental Health as a Barrier to Employment and Further Learning

This year, we continued to deliver two programmes, Brighter and Multiply, with UK Government funding through both Kirklees Councils' Employment and Skills team and Third Sector Leaders Kirklees. These projects aim to support and upskill individuals experiencing poor mental health and other complex circumstances, which are acting as barriers to their aspiration and possible progression. Over the last 12-months, we have been helping people to develop the skills and confidence to access further learning, volunteering and employment opportunities.



*"I have absolutely loved this opportunity. I've had a great day out with friends, been somewhere new AND been able to buy the fabric I need to make myself a backpack! Thank you so much."*

- Multiply participant



## Evening Workshops

This year we have continued to run our hugely popular Evening Workshops which not only open up our wellbeing sessions offer to people who have other commitments or responsibilities during 9 - 5 working hours, but also give people the chance to support our organisation too.

S2R is a small local charity facing ever increasing fund-raising challenges at a time when community interest and need is at an all-time high. The vast majority of our service is free to access as we recognise that individual finances should not be a barrier to accessing health and wellbeing support.

One of the ways we are able to provide free services is through raising funds via donations and selected sessions where we do charge an attendance fee. Our special evening workshops cost £20 per person which includes refreshments and all materials needed for the activity, giving participants the opportunity to have a go at something a bit different whilst contributing a percentage of their fee to support the continuation of our charity. From workshops on making Aromatherapy Candles to Summer Skies Paintings and even the exciting Art of Gilding, there really is something for everyone. The fiery Pyrography workshop was an absolute highlight this year, with participants creating some amazing works of art on wood and a waiting list of people ready for our autumn Pyrography session!

To find out more about our upcoming Evening Workshops visit: [www.s2r.org.uk/book-online](http://www.s2r.org.uk/book-online).



*“Thank you to Byron, Sue and everyone at S2R for putting these classes on. I enjoyed yesterday as I do all of them.”*

- Evening Workshop participant

*“This evening I went to @s2rcreatespace for a Gelli Plate Printing Workshop. It was great fun, despite the fact I've never considered myself a printer. I would like to try this on fabric and then use the fabric for other projects!”*

- Gelli Plate Printing Evening Workshop participant

*“I love S2R, you're so chilled and so much fun, you always have loads of cool stuff on!”*

- Evening Workshop participant

*“I've tried so many courses at S2R I would not of done before.”*

- Evening Workshop participant

*“Just a quick email to say thank you for such a lovely evening session of making a spring wreath, I met some lovely people and the providers who ran the workshop were brilliant. Would certainly recommend S2R. Thank you again and I look forward to trying future sessions. Thank you again.*

*Picture attached of my lovely wreath on my door.”*

- Spring Wreaths Evening Workshop participant

## Online Creative Engagement for Wellbeing

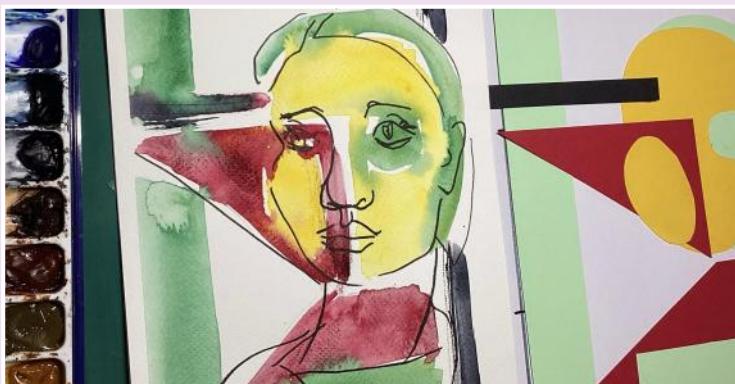
Last year (2023-24), we identified a need for online, creative engagement that was delivered out of hours in our community. With the support of SWYPFT Creative Minds funding, we were able to deliver a pilot programme that year called Creative Connect. The programme offered twice weekly, out of hours visual arts and craft sessions that we digitally delivered live via Zoom and also recorded for 'view anytime' releases on social media. Over the course of the year, we delivered 74 live sessions via Zoom, which totalled 78.5 hours of delivery and these sessions were attended 582 times by 93 distinct individuals. The live sessions were delivered out of hours in the evening and at weekends and each session was recorded and sent to participants so that they could rewatch it at any time to encourage learning. We also publicly released 8 recordings (totalling 10 hours of content) of carefully selected sessions on our Facebook page (which can also be watched again at any time) in order to reach more people. The 8 videos we released had a combined Facebook reach of 7,275 people and 295 engagements.

This pilot programme helped evidence a continued need for this type of provision, particularly for those with mental and physical health issues, those lacking transport or experiencing financial difficulties, those feeling socially excluded or struggling to fit taking part in creative wellbeing activities around childcare or caring responsibilities. We asked our participants to complete a survey at the end of the programme (March 2024) and 50 people completed the survey:

- ⇒ 96% said they felt online sessions were easier for them to access than in-person sessions
- ⇒ 96% said they felt that accessing sessions from home/remotely was beneficial to their health
- ⇒ 96% said taking part in the pilot had helped them to feel more connected to others

We also asked what primary difficulties prevented them from accessing in-person sessions:

- ⇒ 17% stated it was a lack of transport
- ⇒ 8% stated it was a lack of finances
- ⇒ 29% stated it was the location of sessions
- ⇒ 27% stated it was to do with anxiety
- ⇒ and 29% stated it was session times



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**SJR CREATE SPACE**  
Promoting Positive Mental Health



**JOIN OUR CREATIVE WEEKLY ZOOM SESSIONS!**

**Drawing For Everyone - Tuesday evenings from 7pm - 8pm**  
Learn how to draw with pencil, pen and charcoal in these fun and interactive weekly Zoom sessions with Audrey. The classes are easy to follow, so you can work alongside and are suitable for all abilities.

**Watercolour Made Fun - Thursday evenings from 7pm - 8pm**  
In these weekly watercolour painting sessions, Audrey will show you how to build up a watercolour painting. Sessions are suitable for everyone and you'll need your own basic watercolour materials to work along with Audrey.

To join these sessions, please email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) and we will send you a Zoom joining link.

## Online Creative Engagement for Wellbeing (continued)

### Participant Feedback:

*“Before discovering Audrey Erbany’s online watercolour and drawing classes through S2R on a local newsletter, I’d been struggling through a period of grief, anxiety and overwhelm.*

*Attending these sessions created a tranquil oasis, which quietened down the worries and rekindled a love of creativity that I hadn’t explored for a long time.”*

*“As a carer, sometimes it’s impossible to leave the house and the zoom sessions are great as I can always come back to the video if I need to attend the other person’s needs. These sessions are very valuable as it keeps me connected with people, which is ace for mental health and wellbeing.”*

*“Parking is my issue and then getting to the venue on my own – personal safety. I also work but find creative activities help me to continue to work, so evening sessions or a lunchtime session where I can remove travel time gives me more opportunity to take part.”*

*“I care for my Dad during the day while my Mum is out at work. By the time I’ve had my tea, I’m often too tired to go out anywhere. It makes it really difficult to feel like I have anything for myself. Joining in with other people has made me feel happier.”*

*“Audrey’s wealth of knowledge and expertise along with her gentle and supportive teaching approach, reignited my love of art and I continued to practise the skills she taught whenever there was an opportunity. Over time, my confidence grew and I began to sell cards and prints of my own artwork at local shops and events. This continued to develop and I’ve now worked on a range of commercial illustration projects, alongside continuing to develop my own range of artwork.”*

*“I get really bad trouble with my IBS and sometimes I don’t have the confidence to go out in case it flares up!”*

Armed with the learning from this pilot, we have sought to embed digital session opportunities in as many of our existing and new programmes as possible and we are continually seeking further funding to offer this more consistently. Towards the end of this year (2024-25), we began delivering a new hybrid project called Underpin, with in-person session delivery in Dewsbury, live, online delivery via Zoom and our sessions were also recorded for ‘view anytime’ release on our website and social media channels.

This project will continue into early 2026, offering a regular programme of environmentally-minded textile upcycling and mending sessions. The materials used are low cost, easily sourced or found items from around the home and are natural and sustainable to ensure money is no barrier to participation. The project’s target beneficiaries are: unpaid carers, lonely, isolated or neurodiverse individuals, adults with learning disabilities, people with enduring physical and mental health issues and individuals who access Kirklees Talking Therapies, Kirklees Wellness Team or are being discharged from SWYPFT services, looking to engage more or re-engage socially in a community setting to improve and maintain their health. We know that creativity and shared interest brings people together and supports emotional health. We constantly receive requests for activities of this type both in-person and digitally. For longevity of impact and progression routes, this project is also designed to tie-in with local initiatives.



### Friday Friendship Group:

Our weekly over 50's social group in Mirfield has increased its attendee numbers to almost 70 people, with an average of 40 people per week coming along. Alongside S2R facilitators, we have a team of wonderful volunteers who help in a variety of ways, from preparing and serving refreshments, through to fundraising and making the room ready for sessions. Our attendees benefit enormously from the social interaction this weekly group provides and enjoy regular entertainment from local history talks through to musical bingo and 1950's singalongs. We also support our group participants with regular health talks and information on other events which may be of benefit to them locally. The group have also fundraised to support other local and national charities.



### Move More Group:

Our weekly over 50's seated exercise class in Mirfield has also increased its roll numbers this year to almost 50, with at least 20 people joining in each week. Sessions are delivered by a highly experienced facilitator and we have a dedicated volunteer, Charlie, who is on hand to help anyone who needs a little extra support. These sessions support participants to engage in regular, low impact physical exercise in a safe and social space.

Our thanks go to Zion Baptist Church in Mirfield, who enable us to use their space for both these groups to meet and to the National Lottery Awards for All, whose funding support has helped the continuation of these much loved older people's groups.



## Thank You & Contact Us

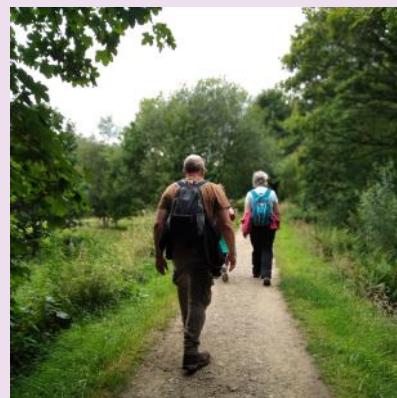
From the 1st April 2024 to the 31st March 2025...

We ran  
**844**  
sessions  
and events...

Had **6,518**  
attendances at  
our sessions...

Had  
**20,887**  
visits to our  
website...

And reached  
**136,633**  
people on  
Facebook



We want to say a huge thank you to all our fantastic partners, donors and funders this year. With your support, S2R can continue to develop, adapt and reach even more local people to assist them with their health and wellbeing: preventing, managing and improving poor mental health.

A special mention for our Working Together Better partners: Carers Count, Cloverleaf Advocacy, CLEAR, hoot creative arts, Waythrough and WomenCentre. You can find out more about the Working Together Better Partnership (commissioned community mental health services for Kirklees) on our website or at [www.workingtogetherbetter.org.uk](http://www.workingtogetherbetter.org.uk).

**2024-25 funders:** Dalton Place Standard, Dewsbury Ward Councillors, Hubbub Foundation Nature Hub, Huddersfield Ward Councillors, Kirklees Council, Moldgreen Unite Respect Connect, National Lottery Awards for All, One Community Foundation, SWYPFT Creative Minds, The Garfield Weston Foundation, Third Sector Leaders, Warburton Community Grant, Yorkshire Housing and Yorkshire Sport Foundation.



### Contact Us

#### S2R Create Space

5 - 7 Brook Street, Huddersfield HD1 1EB\*

**Get in touch:** 07933 358800 | [contact@s2r.org.uk](mailto:contact@s2r.org.uk)  
**Find us online:** [www.s2r.org.uk](http://www.s2r.org.uk)

#### S2R Welcome Sessions

Drop in or make an appointment to come and meet us on Wednesday mornings from 10am - 12pm for a cuppa and a chat at our Brook Street building.



S2R Create Space



@CreateSpaceS2R



S2RCREATESpace

\*Please note we have limited opening hours so we do advise you to check we are open before visiting us.



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