

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
CREATE
SPACE

Promoting Positive Mental Health

SEPTEMBER 2025 SCHEDULE

Here's what's coming up in our face-to-face workshops,
Zoom 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. 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.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Andy	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.
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Lea Street, 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 on alternate weeks too. 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.

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REGULAR SESSIONS		
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 us at: contact@s2r.org.uk to book yourself a slot.
Knit and Natter at Moldgreen URC* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Every Wednesday 10:00 - 12:00	Join us as we knit and natter on a Wednesday morning. Knitters, stitchers and crocheters, everyone is welcome. We knit various things including hats and scarves for the Uniform Exchange, squares for blankets and other small things for various causes, including for church. Crochet and hand sewing are also options - whatever takes your fancy. If you just want to natter, that's ok too, we're always up for a chat. <i>*In partnership with Unite Respect Connect - Huddersfield.</i>
Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Rd, 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 that there are no toilet facilities at this group. Tools and refreshments will be provided.
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street 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	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. <i>*Made possible with funding from One Community Foundation.</i>

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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. 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 scenic 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, Dewsbury 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. <i>*Supported by The National Lottery Community Fund.</i>
1ST - 7TH SEPTEMBER		
Social Creatives S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 4 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!
8TH - 14TH SEPTEMBER		
Lantern Making Workshop CLEAR, 2 nd Floor Lion Chambers, John William Street, Huddersfield HD1 1ES	Monday 8 th September 10:00 - 15:00	Come along to this drop-in workshop with the Working Together Better Partnership to design and make your own paper lantern for the World Mental Health Day Lantern Parade on Thursday 9 th October in Crow Nest Park. The Working Together Better Partnership is made up of seven Community Adult Mental Health service providers from the voluntary sector in Kirklees. Find out more at: www.workingtogetherbetter.org.uk .
Moldgreen Matters September Planter Tidy* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Tuesday 9 th September 10:00 - 12:00 Facilitated by: Sue	Come and help us brighten up Moldgreen by spending some time in good company, doing a spot of weeding, tidying and watering the plants in our lovely community planters. You can also come and see what crops the garden is producing this month. Plus there will be warm drinks and biscuits available in the church afterwards. Please wear clothing and footwear suitable for gardening and bring a pair of gloves with you, if you have them. All tools and refreshments will be provided. <i>*In partnership with Unite Respect Connect - Huddersfield.</i>

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NAME	DATE AND TIME	DETAILS
Greenhead Park Outdoor Volunteers Café in the Park (opposite the tennis courts) Greenhead Park HD1 4HS	Tuesday 9 th September 11:00 - 13:00 Facilitated by: Andy	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.
Garden Upcycling 4-Week Course S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 11 th , 18 th & 25 th September & Thursday 2 nd October 13:00 - 16:00 Facilitated by: Byron	Join us for this 4-week Garden Upcycling Course to build your confidence and learn how to use hand tools to upcycle wood into a variety of garden items such as window planters, bird boxes or bee hotels. No previous woodworking experience necessary. Please wear clothing and footwear suitable for woodworking. Tools and refreshments will be provided.
Art in the Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 12 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 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.
Lantern Making Workshop Carers Count, 4 th Floor Empire House, Old Wakefield Road, Dewsbury WF13 8DJ	Friday 12 th September 11:00 - 15:00	Come along to this drop-in workshop with the Working Together Better Partnership to design and make your own paper lantern for the World Mental Health Day Lantern Parade on Thursday 9 th October in Crow Nest Park. The Working Together Better Partnership is made up of seven Community Adult Mental Health service providers from the voluntary sector in Kirklees. Find out more at: www.workingtogetherbetter.org.uk .
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 13 th September 11:00 - 14:30 Facilitated by: Byron	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 please. Age 16+. Anyone under 16 must be accompanied by an adult.
15TH - 21ST SEPTEMBER		
Lantern Making Workshop CLEAR, 2 nd Floor Lion Chambers, John William Street, Huddersfield HD1 1ES	Monday 15 th September 10:00 - 15:00	Come along to this drop-in workshop with the Working Together Better Partnership to design and make your own paper lantern for the World Mental Health Day Lantern Parade on Thursday 9 th October in Crow Nest Park. The Working Together Better Partnership is made up of seven Community Adult Mental Health service providers from the voluntary sector in Kirklees. Find out more at: www.workingtogetherbetter.org.uk .
Modern Mosaics Evening Workshop S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 16 th September 18:00 - 20:00 Facilitated by: Siân £20 per person	Come along to this creative evening workshop and learn how to make your own small decorative mosaics to take home with you. Using traditional mini tiles as a base, choose from an array of buttons, beads and other craft items to decorate your mosaics with, putting a unique twist on this classic craft. Suitable for ages 16+ only. This workshop costs £20 per person which includes warm drinks, plenty of biscuits and all materials. Please visit: www.s2r.org.uk/book-online to book your place.

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Social Creatives S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 18 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!
Lantern Making Workshop Carers Count, 4 th Floor Empire House, Old Wakefield Road, Dewsbury WF13 8DJ	Friday 19 th September 11:00 - 15:00	Come along to this drop-in workshop with the Working Together Better Partnership to design and make your own paper lantern for the World Mental Health Day Lantern Parade on Thursday 9 th October in Crow Nest Park. The Working Together Better Partnership is made up of seven Community Adult Mental Health service providers from the voluntary sector in Kirklees. Find out more at: www.workingtogetherbetter.org.uk .
Ramblers Taster Walks Village Square, Meal Hill Road, Holme HD9 2QG	Saturday 20 th September 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk to Cock Crowing Stone. 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.

22ND - 28TH SEPTEMBER

Autumn Wreath Making Evening Workshop S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Tuesday 23 rd September 18:00 - 20:00 Facilitated by: Byron £20 per person	Come along to this creative evening workshop and celebrate the autumn equinox by making a beautiful, seasonal wreath from scratch using natural foliage and flowers. All materials will be provided, so come along ready to get creative and connect with nature. Suitable for ages 18+ only. This workshop costs £20 per person which includes warm drinks, biscuits and all materials. Please visit: www.s2r.org.uk/book-online to book your place.
Dewsbury Repair Café The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 27 th September 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.

29TH SEPTEMBER - 5TH OCTOBER

Herbal Salve Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 1 st October 13:00 - 15:00 Facilitated by: Byron	Learn how to infuse different herbs and plants into an oil to create a salve which will help to soothe and alleviate skin ailments like burns, cuts, bites and bruises. Please bring a sealable glass jar or container along with you.
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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*	<p>Wednesday 3rd September Monday 8th September Monday 15th September Tuesday 23rd September & Monday 29th September 09:30 - 10:30</p> <p>Facilitated by: Kim</p>	<p>Join us for these friendly and relaxed Zoom sessions where Kim will show you handy new sewing skills like darning and visible mending and you will learn how to upcycle, repair and transform items you already have in your wardrobe. If you can't attend the live sessions, but would like recordings to have a go at in your own time, please let us know and we will send you the video links.</p> <p><i>*These sessions have been funded by Creative Minds.</i></p>

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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