

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

FEBRUARY 2024 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 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-19. Age restrictions apply: some sessions are family-friendly, others are for 18+ years so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 11:00 - 12:00 Facilitated by: Elizabeth	Boost your fitness through walking, jogging and gentle exercises to improve your agility, balance and coordination. Progress at your own pace and find your own level with a friendly group of people and an emphasis on fun. Please book in advance so we can make sure this is the right activity for you. Trainers, water bottle and clothes that are suitable for exercise required. Meet us by the notice boards in Norman Park. We plan to carry on these sessions through the winter, but on days of bad weather we may sometimes adapt the session to a walk, or cancel it for safety reasons.
The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 12:30 Every Thursday 10:00 - 12:30 Facilitated by: Jess	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. Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.
Birkby & Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Elizabeth	Join us at Birkby Library for a warm drink, a chat and some simple, nature-based activities. Please bring a coat with you because we are planning to potter around the garden for some lovely fresh air, whenever we get the opportunity. Refreshments will be provided.
Work Days Various locations across Kirklees	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks across Kirklees. Please wear clothing and footwear suitable for gardening. 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.
Diabetes Peer Support Group* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 13 th & 27 th February 12:00 - 13:30	A friendly social group where people with Type 2 Diabetes can come along, share their own experiences and support each other. Everyone is welcome. Sessions facilitated in English and Urdu translation provided. Free healthy snacks and chai will also be available. For more information, contact: carmen@s2r.org.uk *Sessions organised by the Dewsbury Lead Community Anchor.

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S2R Welcome Mornings S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn, Jess & 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 lovely 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 friendly chat with us over a cuppa. Online appointments are also available. Simply call in, or email us at: contact@s2r.org.uk to book yourself a slot.
Waterloo Wanderers* Waterloo Bowling Club, Wakefield Road HD5 9XP	Every Wednesday 10:30 - 11:30 Facilitated by: Sue	Even though the seasons are changing and the days might be a little gloomy, that's no reason to stay indoors! Getting out in the fresh air is good for you in lots of ways, so come and have an hour's stroll around our (sometimes surprisingly) interesting area. You could discover new routes, spot some interesting buildings and gardens, see a squirrel or simply enjoy some time outdoors with company. We meet outside Waterloo Bowling Club, please let us know if you are coming so we can look out for you. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>
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 .
Mirfield Friday Friendship Group* Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30	A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone welcome. No booking required. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend.
29TH JANUARY - 4TH FEBRUARY		
Knit and Natter (or Sit and Chatter) at Morrisons* Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 30 th January 14:00 - 15:30 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>
Time to Talk Day Coffee Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 1 st February 10:00 - 12:30	Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. Why not come down to our Coffee Morning to have a warm drink, a biscuit and a chat in a welcoming space. The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.
Aromatherapy Candles S2R Create Space, Huddersfield HD1 1EB	Thursday 1 st February 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own melt-and-pour candle with essential oils and eco-friendly colours. Please bring your own glass or metal container. Please note that this session will be delivered on the 1st floor, accessible only by stairs.

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NAME	DATE AND TIME	DETAILS
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 1 st February 13:00 - 15:00 Facilitated by: Dawn & Andy	A social group for young people aged 17-24. Come along, try something new and take part in different activities to help improve your wellbeing. Join us to make an anime, Marvel or anything else you're interested in plant pot or pen holder out of recycled bottles and cans. We meet on the 1st and 3rd Thursday of every month. All materials will be provided.
5TH - 11TH FEBRUARY		
Dewsbury Upcycling Café* The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Monday 5 th February 10:00 - 12:00 Facilitated by: Kim	Find out how to patch and repair items of clothing at this friendly and welcoming Sashiko and Patching Workshop. This is a fantastic way to give a new life to old clothing or sentimental bits of fabric. All materials will be provided, but feel free to bring your own items along to be repaired too. Plus, you'll also get the chance to find out more about the new Dewsbury Repair Cafés, where friendly fixing volunteers can show you that not everything that's broken needs binning. Suitable for ages 16+. Anyone under 16 must be accompanied by an adult. <i>*Supported by the Community Plus Fund.</i>
Needle Felting on a Framework (Part 2)* Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 8 th February 13:00 - 14:30 Facilitated by: Sue	Come and join us for a warm drink, some good company, chat and creativity at the Waterloo Bowling Club. In this session, we will continue to work on our felted pieces, adding form and colour. This session is especially suited to those who have felted before, but everyone is welcome. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>
Aromatherapy Body Soap S2R Create Space, Huddersfield HD1 1EB	Thursday 8 th February 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own melt-and-pour body soap using eco-friendly colours, exfoliants, moisturisers and essential oils.
Huddersfield Repair Café* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 10 th February 11:00 - 15:00 Facilitated by: Rowena	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. Suitable for ages 16+. Anyone under 16 must be accompanied by an adult. <i>*Supported by the Community Plus Fund.</i>
12TH - 18TH FEBRUARY		
Family Friendly Upcycling Workshop* Waterloo Bowling Club, Wakefield Road HD5 9XP	Tuesday 13 th February 13:00 - 15:00 Facilitated by: Sue & Kim from Thread Republic	Come and join us at Waterloo Bowling Club for this family-friendly session of crafting and fun where we will show you how to upcycle old t-shirts into yarn that you can use to make jewellery and keyrings. Feel free to bring your own t-shirts with you. Everybody is welcome. Children must be accompanied by an adult. <i>*Supported by the Community Plus Fund.</i>
Knit and Natter (or Sit and Chatter) at Morrisons* Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 13 th February 14:00 - 15:30 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>

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NAME	DATE AND TIME	DETAILS
Family Friendly Walk* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 14 th February 10:30 - 11:30 Facilitated by: Sue	Show yourself some love this Valentine's Day by coming for a gentle walk with us through fairyland. Let's see how many doors we can spot! Free refreshments will be available too. We meet outside Waterloo Bowling Club, please let us know if you are coming so we can look out for you. *Made possible with funding from the Dalton Place Standard Investment Fund.
Winter Fruit Tree Pruning Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Wednesday 14 th February 13:00 - 15:00 Facilitated by: Byron	Learn how to winter-prune established, free-standing fruit trees and currant bushes to keep them healthy and fruiting well. All tools and refreshments will be provided. Please wear clothing and footwear suitable for gardening.
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 15 th February 13:00 - 15:00 Facilitated by: Dawn & Byron	A social group for young people aged 17-24. Come along, try something new and take part in different activities to help improve your wellbeing. This week, join us to learn how to make melt-and-pour soap with essential oils and eco-friendly ingredients. We meet on the 1st and 3rd Thursday of every month. All materials and tools will be provided.
Ramblers Taster Walks Wills O'Nats Pub, Blackmoorfoot Road, Huddersfield HD9 5PS	Saturday 17 th February 13:30 - 16:00	Join the Ramblers for a moderate 4.5 mile circular walk around Blackmoorfoot. Bring a packed lunch and please wear suitable clothing and footwear. 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.
19TH - 25TH FEBRUARY		
Art In The Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Monday 19 th February 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).
Sashiko, Boro and Patching Workshop* S2R Create Space, Huddersfield HD1 1EB	Monday 19 th February 10:00 - 12:00 Facilitated by: Kim from Thread Republic	Come and learn all about two Japanese mending techniques - Sashiko and Boro, both of which use running stitches in a creative way. Then try your hand at a mixed patch mending technique using a variety of embroidery techniques. Bring along your own things to mend or borrow one of ours to practice on! *Supported by the Community Plus Fund.
Beginners Machine Sewing Course* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 20 th & 27 th February & 5 th , 12 th & 19 th March 10:00 - 13:00 Facilitated by: Sue & Dawn	Join us for a 5-week machine sewing course designed especially for beginners. You will learn how to use a sewing machine and develop your maths skills by measuring and calculating fabric requirements and following patterns to make your own fabric storage bucket and a handy pouch/purse. A picnic-style lunch is included. Participants will also receive over £15-worth of items relevant to this course if they commit to the full 5-weeks. Age 19+ only. Booking is essential as places are limited. *This project is funded by the UK Government through the UK Shared Prosperity Fund.

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NAME	DATE AND TIME	DETAILS
Weekday Dewsbury Repair Café* The Artists Attic, 44 Daisy Hill, Dewsbury WF13 1LF	Wednesday 21 st February 11:00 - 14:30	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 then please email: sian@s2r.org.uk . No microwave ovens please. Suitable for ages 16+. Children aged under 16 must be accompanied by an adult. *Supported by the Community Plus Fund.
Waxed Hyacinth Bulbs Evening Session S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 21 st February 18:00 - 20:00 Facilitated by: Sue £15 per person	Join us for this creative workshop as we celebrate the return of spring and make waxed, decoupaged hyacinth bulbs to give as a gift or to enjoy yourself. We will provide all of the support and materials you need to make something unique that you can feel proud of! Suitable for ages 16+ only. Please note that this session will be delivered on the 1st floor, accessible only by stairs. This workshop costs £15 per person which includes a warm drink, a biscuit and all materials. Visit: www.s2r.org.uk/book-online to book your place.
Tool Sharpening and Repair Workshop* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 22 nd February 13:00 - 15:00 Facilitated by: Andy	Learn how to look after and repair your garden or hand tools, including how to sharpen them. Please bring along your own tools. Please note that this session will be delivered on the 1st floor, accessible only by stairs. *Supported by the Community Plus Fund.
Weekend Dewsbury Repair Café* The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 24 th February 10:30 - 13:30	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 one of our repairers then please email: sian@s2r.org.uk . No microwaves please. Suitable for ages 16+. Children under 16 must be accompanied by an adult. *Supported by the Community Plus Fund.
26TH FEBRUARY - 3RD MARCH		
Darning Workshop* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Monday 26 th February 10:00 - 12:00 Facilitated by: Kim from Thread Republic	Come and learn some different darning techniques including classic, surface and scotch. There will be a variety of different darning mushrooms, tools and looms to work on. Bring along your own things to mend, or borrow one of ours to practice on! *Supported by the Community Plus Fund.
Knit and Natter (or Sit and Chatter) at Morrisons* Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 27 ^h February 14:00 - 15:30 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. *Made possible with funding from the Dalton Place Standard Investment Fund.

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Sashiko and Patching* Waterloo Bowling Club, Wakefield Road HD5 9XP	Tuesday 27 th February 19:00 - 20:30 Facilitated by: Kim from Thread Republic	Come along to Waterloo Bowling Club and learn how to breathe new life into your favourite old clothes and textiles using traditional Japanese Sashiko embroidery and other traditional patching techniques. Bring along your own items to patch and mend or borrow one of ours to practice on! Refreshments will be provided. <i>*Supported by the Community Plus Fund.</i>
Advanced Aromatherapy S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 28 th February 13:00 - 15:00 Facilitated by: Byron	A self-directed makers session where you can advance your aromatherapy skills to make environmentally-friendly products. Please bring in your empty containers. This session is only suitable for those with previous aromatherapy experience. Please note that this session will be delivered on the 1st floor, accessible only by stairs.

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

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



ZOOM SESSIONS

To book your place on these sessions, email us at: contact@s2r.org.uk and we will send you the Zoom joining links. You are welcome to join each class 10 minutes beforehand to get yourself settled and prepared.

NAME	DATE AND TIME	DETAILS
God's Eye Zoom Weaving Workshop*	Monday 5 th February 19:00 - 20:00 Facilitated by: Kim from Thread Republic	Join us for this fun and creative, one-off Zoom workshop and learn how to make your own God's Eye Weaving using criss-crossed sticks and colourful yarns to represent the basic elements and the four cardinal directions! To work along with Kim, you will need: - Two sticks (you could also use skewers, lolly sticks or garden twigs) - Coloured yarns. If you can't make this session in person, but would like to receive a video recording to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you a recording link. <i>*Funded through Creative Connect from Creative Minds.</i>
Watercolour Hearts on Zoom*	Monday 12 th February 17:30 - 18:30 Facilitated by: Sue	Come and join us for an hour of easy, yet effective ways to make your own love heart card designs. If you have children at home for half-term, why not take part in this session together! You will need: - Watercolour paints (a cheap set from Home Bargains etc is fine) - A fine paintbrush for detail and a fat paintbrush - Watercolour paper (printer paper is ok, but doesn't work as well) - Empty toilet roll middles - Felt-tip pens and glitter (if you like glitter) - Washi tape or low tack masking tape - Glue stick, scissors, and a stapler Plus, if you are going to make cards you could either use pre-bought blank cards, or fold up some pieces of A4 card. If you can't make this session in person, but would like to receive a video recording to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you a recording link. <i>*Funded through Creative Connect from Creative Minds.</i>



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NAME	DATE AND TIME	DETAILS
Doodle Stitched Needle Book Zoom Workshop*	Monday 19 th February 19:00 - 20:00 Facilitated by: Kim from Thread Republic	<p>Join us for this fun and creative, one-off Zoom workshop and learn how to make your very own Doodle Stitched Needle Book - a handy little place to keep all your needles and pins. To work along with Kim, you will need:</p> <ul style="list-style-type: none"> - A couple of A5 size pieces of felt (or any fabric will do) - Some scraps of fabric - A pair of scissors - A sewing needle and thread - Embroidery thread or yarn (optional). <p>If you can't make this session in person, but would like to receive a video recording to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you a recording link.</p> <p>*Funded through Creative Connect from Creative Minds.</p>

If you are new to S2R, you will need to complete our short application form before joining in with sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (10.30am - 3.30pm, Monday to Friday)

S2R Office: 01484 539 531 (10.30am - 1pm, Tuesday - Thursday)

The Great Outdoors Project: 07541 095 455

Carmen Taylor: 07522 105 861 (Dewsbury & Mirfield Community Anchor)

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



Please note our courses and workshops are Dementia Friendly, for more information please get in touch.

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Kirklees COUNCIL



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**LEVELLING
UP**

BRIGHTER PROJECT

JANUARY - NOVEMBER 2024

S2R is offering a new service to support local people to manage, maintain and improve their mental health, meet new people, try new things, upskill and feel more confident to look for employment now or in the future.

We are offering:

- Welcome sessions at S2R, online and at local community venues near you
 - Creative, environmental and wellbeing taster activities
 - Regular one-to-one support in person / by phone / online
 - Support to access S2R's wider activities offer
- Signposting and support to access other learning, training, volunteering and employment opportunities near you

This service is for:

Anyone over the age of 16, who is living in Kirklees and is not currently job seeking, in employment or education.

To find out more:

Please email Sian Smith at: sian@s2r.org.uk
or call S2R on: 07933 358 800.

This project is funded by the UK Government through the UK Shared Prosperity Fund.



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