

# DEWSBURY: YOUR HEALTH IN MIND

## KEEP WARM KEEP WELL



Funded through Dewsbury Councillors' ward budgets

# AUGUST 2023 SCHEDULE

Here's what's coming up in Dewsbury in August...



## FREE SESSIONS NEAR YOU

To find out more or to book a place, please email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)  
Some activities are listed as family-friendly, children must be accompanied by a parent or guardian. Unfortunately we do not have any childcare facilities available.

NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Café Connections Drop-In Sessions</b> Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Wednesday 10:00 - 12:00	Our Café Connections sessions are back by popular demand! So come along to meet some new people and have a friendly chat, boost your emotional wellbeing and find out more about what's happening near you. Plus you'll get one free drink of your choice too! No need to book, just drop-in. Suitable for over 18's.
<b>Friday Wanderers</b> Dewsbury Country Park, Park Road, Dewsbury WF13 3TH	Every Friday 09:30 - 10:30	Join this friendly, women-only group for gentle walks in nature exploring the beautiful green spaces in and around Dewsbury. Meet us in the main car park at Dewsbury Country Park. Please wear clothing and footwear suitable for walking. Suitable for over 18's. Please book in advance of your first session by emailing: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> .
<b>Dewsbury Library Walking Group</b> Dewsbury Library, Dewsbury Retail Park, Railway Street WF12 8EQ	Every Friday 11.15 - 12.45	Meeting at Dewsbury Library, join your local guide Waheeda for some gentle walks along the river, canal and Greenway in Dewsbury. You'll get the chance to take in nature, enjoy panoramic views and see historic architecture. Then after the walk, join the group for a cuppa at The Leggers Inn, one free drink of your choice per person. Please wear clothing and footwear suitable for walking. Suitable for over 18's. Please book in advance of your first session by emailing: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> .
<b>AUGUST SESSIONS</b>		
<b>Aromatherapy Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 1 <sup>st</sup> August 10:00 - 13:00	Come along to this relaxing session where you will learn about aromatherapy and make your own cooling face and body spritz to take home with you after the session. Suitable for over 18's. No need to book, just drop-in.
<b>Gentle Yoga Drop-In Sessions</b> Westborough Methodist Church, 5 Brunswick St, Dewsbury WF13 4ND	Wednesday 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> August 10:00 - 12:00	Join us for some gentle yoga, suitable for anyone aged 18+, no prior experience needed. Movements can be adapted for all ability levels with seated yoga options too. Come in for a chat and refreshments from 10am, Yoga 10.30 to 11.30am and there will be time for another brew 11:30am - 12noon if you fancy it too! Booking not required but do get in touch if you have any questions.

**Support to Recovery**

PROMOTING POSITIVE MENTAL HEALTH





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<b>Active Wellbeing Course</b> Taleem Community Centre, 36 Orchard Street, Savile Town, Dewsbury WF12 9LT	6-week course Thursday 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> August & Thursday 7 <sup>th</sup> September 12:00 - 14:00	Come along to these friendly, welcoming sessions to learn how to improve and maintain your wellbeing and physical health. We are working in partnership with Huddersfield Town Foundation through the Active Through Football project to offer this free course. Each session will consist of a welcome and free refreshments, 60 minutes of wellbeing activity with S2R and 30 minutes of gentle exercise with HTF. Suitable for over 18's of all ability levels.
<b>Friday Wanderers Community Picnic</b> Dewsbury Country Park Main Entrance, Park Road, Dewsbury WF13 3TH	Friday 4 <sup>th</sup> August 09:30 - 11:30	Meet the women-only Friday Wanderers walking group for a picnic after a short walk exploring Dewsbury Country Park. Refreshments will be provided but feel free to bring a dish if you wish! Please wear clothing and footwear suitable for walking. This session is for women and children only. Children under 18 must be accompanied by a parent or guardian.
<b>Clay Printed Art Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 8 <sup>th</sup> August 10:00 - 13:00	Come along for an introduction into working with clay and learn how to make your own printed coaster or keyring using a variety of flowers and leaves and decorated with different coloured slips. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.
<b>Clay Printed Art Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 15 <sup>th</sup> August 10:00 - 13:00	Come along for an introduction into working with clay and learn how to make your own printed coaster or keyring using a variety of flowers and leaves and decorated with different coloured slips. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.
<b>Aromatherapy Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 22 <sup>nd</sup> August 10:00 - 13:00	Come along to this relaxing aromatherapy session where you will learn how to make a moisturising hair or scalp oil that will help keep your locks shiny, strong and smelling amazing. Plus you can take the personalised aromatherapy oil you make home with you after the session. Suitable for over 18's. No need to book, just drop-in.
<b>Affirmation Pebbles Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 29 <sup>th</sup> August 10:00 - 13:00	Creating affirmations can help to establish positive thinking and improve your attitudes and feelings. So come along and create your own beautiful Affirmation Pebble that is meaningful and personal to you, whilst exploring your creativity and having a whole lot of fun. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.
<b>Dewsbury Library Walking Group Community Picnic</b> Dewsbury Library, Dewsbury Retail Park, Railway Street WF12 8EQ	Friday 1 <sup>st</sup> September 12:45 - 14:00	Meet the Dewsbury Library Walking Group for a picnic after a short walk exploring Dewsbury's green spaces. Refreshments will be provided but feel free to bring a dish if you wish! Please wear clothing and footwear suitable for walking. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.

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

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## The Dewsbury: Your Health in Mind Project is Back! January - September 2023

We're here to support you, your community and local venues with a range of creative wellbeing activities which are designed to:

- ⇒ Help you try new things
- ⇒ Enable you to learn new or share existing skills
- ⇒ Support you in developing your confidence
- ⇒ Help you to build social connections
- ⇒ Keep you warm and well in any weather
- ⇒ Provide details about other opportunities
- ⇒ Introduce you to new local venues
- ⇒ Offer you health and wellbeing support



All our activities are completely free to join.  
Scan the QR code to find out what's happening  
at a venue near you, or visit our website:  
[www.s2r.org.uk/dewsbury-your-health-in-mind](http://www.s2r.org.uk/dewsbury-your-health-in-mind)



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 **Kirklees**  
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