







Sian's Story

Meet Sian:

- After newly moving to Huddersfield last year, Sian knew nobody except her partner.
- She wanted to improve her wellbeing and mental health, meet new people and increase her confidence because she was feeling lonely and socially isolated.
- In July 2025, she found S2R and, despite experiencing anxiety and being evidently very nervous, joined a session with the Social Creatives group (S2R's 17-24 year old group).
- Her confidence has increased and she is now the one to make other people feel welcome.
- She has learned new skills like woodworking, sewing, wreath making and pizza making.
- She has been nominated for and won a Kirklees Adult Learner Award.

Background:

At the start of the year, Sian joined our vision board making session to clarify goals, aspirations, dreams and objectives for the year ahead. At that time, she wanted to move out of her flat to a better area, travel, get back into swimming, try some pottery and possibly get a cat.

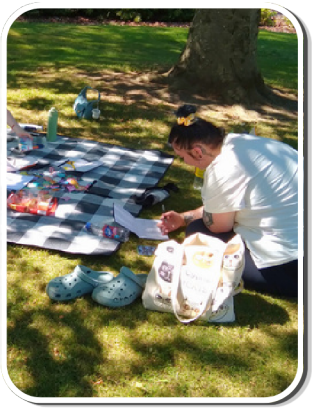
Since then, Sian has moved into a house with her own garden, adopted a cat and been on holiday abroad. She has also bravely started attending swimming and aquafit classes at the leisure centre, something that she wouldn't have been able to do before starting this journey.

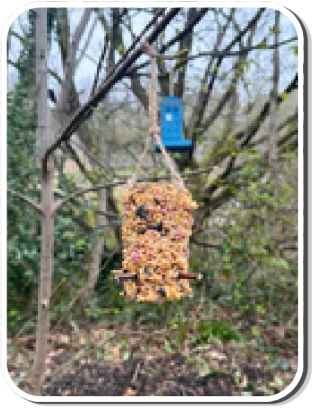
In Her Own Words:

"When I started at S2R my wellbeing was okay, but I felt lonely since moving to a new area out of my family home and only knowing my partner. I struggled to leave my flat alone quite often. Previously, I had struggled to quite a high degree with my mental health which was one of the reasons I moved to Yorkshire.

I went to see my doctor about my mental health as I felt a bit of a decline and she suggested going to S2R to meet new people with similar needs to me so I can feel less alone."









"I'm not quite sure what I expected, maybe to have a brew and a chat with others, but it is so much more than I expected.

I am far more confident in coming to S2R and joining in now because I'm familiar with it and I have made friends with other people who attend and see them socially outside of S2R. I guess I get out more now and connect with the other group members, I'm much less isolated.

Coming to S2R has made a difference in my life by allowing me to join in with activities and have fun whilst realising that not every person is bad. Everyone who attends comes from their own walk of life, but we all have something in common which brings us together to feel less alone.

I do have more confidence to go out now, it helped me gain the confidence to leave the flat more, as there are times I felt physically unable to go outside, while this sometimes still happens I know if I do go to S2R I'll feel better after being there.

Now I go for walks to feed the birds and ducks, and now that I have my own garden I love being out there.

I've learnt that it's okay to be myself. I don't have to change who I am to fit in and to please others."

What's Next?

Since making a wooden bird box at S2R, Sian has really gotten into gardening and helping wildlife, another positive tool for improving her wellbeing.

Sian has made new friends and learnt new skills, whilst still being a regular attendee at the Social Creatives group. She also joins us at our events out in the community.

Sian continues to be a positive and enthusiastic member of S2R. So much so that she has recently won an award for overcoming barriers to learning at the Kirklees Adult Learning Awards! In order to give back to the community, Sian is now looking for a volunteering role. In the meantime, she has recently started making and selling her own bread at the local maker's market, another big step for her.

This is just the beginning of Sian's story and we cannot wait to see what she does next. We are immensely proud of her.