

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE
SPACE

Promoting Positive Mental Health

MAY 2024 SCHEDULE

Here's what's coming up in our face-to-face,
Zoom and Facebook sessions this MAY



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

PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE BANK HOLIDAYS ON
MONDAY 6TH & 27TH OF MAY. SERVICES WILL RESUME THE FOLLOWING DAY.



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		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Monday 13 th & 20 th May 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.
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Monday 13 th & 20 th May 10:00 - 11:00 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. Meet us by the notice boards in Norman Park. Please wear trainers and clothes that are suitable for exercise and bring a water bottle. Please book in advance so we can make sure this is the right activity for you.
Health for Your Heart* Rose Court, Ravensthorpe, Dewsbury WF13 3NB	Monday 13 th , 20 th & Monday 3 rd June 15:00 - 16:45 Facilitated by: Carmen	Come and join these friendly Health for Your Heart sessions for people aged 50 and over. Sessions will include some chair-based strength and flexibility training exercises that are suitable for all abilities, followed by some tasty and healthy light tapas dishes that promote heart health. Everyone is welcome. Please contact Carmen on 07522 105 861 to let us know you will be attending. <small>*Supported by NHS West Yorkshire Integrated Care Board and TSL Kirklees.</small>
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.

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

Age restrictions apply: some sessions are family-friendly, most are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
<p>Birkby and Fartown Library Gardening Group</p> <p>Birkby & Fartown Library, Huddersfield HD1 6HF</p>	<p>Every Tuesday 11:00 - 12:45</p> <p>Facilitated by: Elizabeth or Cherry</p>	<p>A gentle gardening session helping to maintain and develop the library garden, 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. Refreshments will be provided.</p>
<p>Work Days</p> <p>Various locations across Kirklees</p>	<p>Every Tuesday 11:00 - 13:00</p> <p>Facilitated by: Andy</p>	<p>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.</p>
<p>S2R Welcome Morning</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Wednesday 10:00 - 12:00</p> <p>Facilitated by: Dawn, Jess & Jason</p>	<p>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. Just call in, or email us at: contact@s2r.org.uk to book yourself a slot.</p>
<p>Waterloo Wanderers*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 8th, 15th, 22nd & 29th May 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Spring is here and 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.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Cemetery Road Community Allotment</p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Cherry & Andy</p>	<p>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. Tools and refreshments will be provided.</p>
<p>Waheeda's Wellbeing</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Wednesday 12:30 - 14:30</p> <p>Facilitated by: Waheeda</p>	<p>Come and join us for these friendly, creative, art and craft sessions inspired by nature. We will meet by the Park Life Lodge, near the car park. Tools and refreshments will be provided.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP</p>	<p>Every Wednesday 13:00 - 14:00</p> <p>Facilitated by: Dawn</p>	<p>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.</p>

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

Age restrictions apply: some sessions are family-friendly, most are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Friday Wanderers Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, women-only group for gentle walks in nature. This month, we will be meeting outside the main house in Crow Nest Park and exploring from there. 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 Facilitated by: Waheeda	Join 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 historic architecture. Please wear clothing and footwear suitable for walking. Refreshments will be provided.
Mirfield Friday Friendship Group Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30 Facilitated by: Carmen	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 APRIL - 5TH MAY		
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 2 nd May 13:00 - 15:00 Facilitated by: Dawn	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 this week for a chilled afternoon of mindful wool weaving, with tea (or coffee) and biscuits. We usually meet on the 1st and 3rd Thursday of every month. All materials will be provided. Please note that this session will be delivered on the 1st floor, accessible only by stairs.
Aromatherapy Cleaning Spray S2R Create Space, Huddersfield HD1 1EB	Thursday 2 nd May 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own multipurpose cleaning spray to use around the kitchen, using environmentally-friendly ingredients and essential oils. Please note that this session will be delivered on the 1st floor, accessible only by stairs.
Active Birkby Club Evening Walk Norman Park, Birkby Huddersfield HD2 2UE	Thursday 2 nd May 19:00 - 20:30 Facilitated by: Jason	Join us every Thursday in May for a gentle evening stroll exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking. <i>*Supported by Yorkshire Sport Foundation.</i>
6TH - 12TH MAY		
Knit and Natter (or Sit and Chatter) at Morrisons* Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 7 th May 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>
Meditation Session S2R Create Space, Huddersfield HD1 1EB	Wednesday 8 th May 13:15 - 13.45 Facilitated by: Vajrapani Kadampa Meditation Centre	Relax and unwind with like-minded friends in this short, guided meditation session. These sessions (which are suitable for beginners) offer practical methods of prioritising mental wellness through group meditation. Everyone is welcome! Please note that this session will be delivered on the 1st floor, accessible only by stairs.

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

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
<p>It's a Kind of Magic*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 9th May 13:00 - 14:30</p> <p>Facilitated by: Sue</p>	<p>Would you like to find out how to stop time or preserve a moment? Well, unfortunately we haven't worked out how to do that yet, but this simple yet impressive session will show you how to create a tiny masterpiece by preserving a dandelion clock and all of it's wishes in a jar to take away with you. There will be hot drinks and biscuits available too. If you don't fancy crafting, but you'd like to come along for the company, you'd be very welcome!</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Aromatherapy Air Freshener</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 9th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Make a scented, felted air freshener to hang in your car or around the house using felting wool and a blend of essential oils. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Thursday 9th May 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join us every Thursday in May for a gentle evening stroll exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p>Art in the Park</p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 10th May 10:00 - 12:00</p> <p>Facilitated by: Dawn</p>	<p>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.</p>
<p>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 11th May 11:00 - 15:00</p>	<p>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. Anyone under 16 must be accompanied by an adult.</p>

13TH - 19TH MAY

#MENTALHEALTHAWARENESSWEEK

<p>Joyful Jesmonite*</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Monday 13th May 10:30 - 14:30</p> <p>Facilitated by: Sue & Kim</p>	<p>Come and join us for this very special session where you'll learn how to measure, calculate and mix the ingredients to create your own unique set of coasters using Jesmonite, a water-based eco resin! You will also have the opportunity to make some small planters or storage pots to take away with you on the day. As this is a longer-length session we will be providing refreshments, and plenty of hot drinks. Age 19+ only. Booking is essential as places are limited. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
---	--	---

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

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
<p>Bee Talk</p> <p>S2R Create Space, 5-7 Brook Street Huddersfield HD1 1EB</p>	<p>Tuesday 14th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Monday the 20th May is World Bee Day, so come along to this interesting and informative session and learn about the importance of bees, including the different types of bees we find here in Britain and what we can do to help them. Then, if you've enjoyed yourself you could come and join our Bee Hotel Workshop on Tuesday 21st May, and learn how to make homes for solitary bees.</p>
<p>What's in our Water? Lost Mines of the Grimescar Valley</p> <p>Norwood Road, Birkby, Huddersfield HD2 XU</p>	<p>Tuesday 14th May 14:00</p> <p>Facilitated by: Jason & Dr Jeremy Hopwood</p>	<p>Join us to help Dr Jeremy Hopwood discover why the Grimescar Dyke runs red and what effect it might have on life in the stream in a real life science investigation.</p>
<p>Meditation Session</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 15th May 13:15 - 13:45</p> <p>Facilitated by: Vajrapani Kadampa Meditation Centre</p>	<p>Relax and unwind with like-minded friends in this short, guided meditation session. These sessions (which are suitable for beginners) offer practical methods of prioritising mental wellness through group meditation. Everyone is welcome! Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Gelli Plate Printing Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 15th May 18:00 - 20:00</p> <p>Facilitated by: Carmen</p> <p>£20 per person</p>	<p>Have you ever fancied having a go at printing your own unique greetings cards? Then come and make a set of six monoprint cards using flowers and fruit on a gel plate. No previous art or drawing experience is required and you can even make your own gel plate at home if you enjoy this introductory session. This workshop includes all materials including 6 blank cards, but please feel free to bring any additional flowers, leaves and dried fruits you would like to print from with you too. Suitable for ages 16+ only. Please note that this session will be delivered on the 1st floor, accessible only by stairs. This workshop costs £20 per person which includes a warm drink, a biscuit and all the materials you'll need. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Advanced Aromatherapy Soap Making</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>In this advanced session, you will learn how to create either a colourful layered or marbled soap bar using melt and pour soap base, eco-friendly colours, exfoliants, moisturisers and essential oils. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Thursday 16th May 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join us every Thursday in May for a gentle evening stroll exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>

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

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
20TH - 26TH MAY		
<p>An Introduction to Aromatherapy*</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 21st May 10:00 - 13:00</p> <p>Facilitated by: Byron</p>	<p>Learn about the beneficial properties of essential oils and how they can have a positive effect on our physical and mental wellbeing. First, we will look at what essential oils are and how they can be used. Then we will try over 30 different essential oils and learn how to create a harmonious, personalised blend of oils that you can use at home. This will be followed by an Enterprise Workshop which will explore ways we can take what we have just learnt further, either just for fun, for future learning or for moving towards a career. Please note that some of this session will be delivered on the 1st floor, accessible only by stairs.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
<p>Knit and Natter (or Sit and Chatter) at Morrisons*</p> <p>Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW</p>	<p>Tuesday 21st May 14:00 - 15:30</p> <p>Facilitated by: Sue</p>	<p>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.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Bee Hotel Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 21st May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>To celebrate World Bee Day, come and learn how to create your own bee hotel that is perfect for solitary bees, using wood and simple hand tools. If you fancy this workshop, you could also come and join our Bee Talk on Tuesday 14th May to learn about the importance of bees and the different types of bees we find here in Britain.</p>
<p>Meditation Session</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 22nd May 13:15 - 13:45</p> <p>Facilitated by: Vajrapani Kadampa Meditation Centre</p>	<p>Relax and unwind with like-minded friends in this short, guided meditation session. These sessions (which are suitable for beginners) offer practical methods of prioritising mental wellness through group meditation. Everyone is welcome! Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Eye Of The Sun Weaving*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 23rd May 13:00 - 14:30</p> <p>Facilitated by: Sue</p>	<p>Join us for a lovely, relaxed afternoon where you'll learn how to take very some basic weaving materials and turn them into something special. Learn the first steps to creating your own hanging decoration and then get lots of inspiration and ideas to take away so that you can create more pieces at home. There will be hot drinks and biscuits available too. If you don't fancy crafting, but you'd like to come along for the company, you'd be very welcome!</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>

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

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
<p>Social Creatives</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 23rd May 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>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 this week to create some relaxing, fun, nature-inspired Zentangle art. We usually meet on the 1st and 3rd Thursday of every month. All materials will be provided. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Miniature Window Garden</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 23rd & 30th May 13:00 - 15:00</p> <p>Facilitated by: Andy</p>	<p>Join us for this 2-week course and learn how to use upcycling to create your own miniature garden using a selection of plants and decorations that are perfect for your windowsill.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Thursday 23rd May 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join us every Thursday in May for a gentle evening stroll exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p>Dewsbury Repair Café</p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 25th May 10:00 - 13:00</p>	<p>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: churchsecretarylcw@outlook.com. No microwaves please. Suitable for ages 16+. Children under 16 must be accompanied by an adult.</p>

27TH MAY - 2ND JUNE

<p>Meditation Session</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 29th May 13:15 - 13:45</p> <p>Facilitated by: Vajrapani Kadampa Meditation Centre</p>	<p>Relax and unwind with like-minded friends in this short, guided meditation session. These sessions (which are suitable for beginners) offer practical methods of prioritising mental wellness through group meditation. Everyone is welcome! Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Advanced Aromatherapy</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 30th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>A self-directed maker's session where you can advance your aromatherapy skills to make environmentally-friendly products. Please bring in your own 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.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Thursday 30th May 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join us every Thursday in May for a gentle evening stroll exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking.</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>

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.

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



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
Virtual Coffee Morning*	Thursday 9 th May 10:30 - 11:30	<p>Come and join us on Zoom for a virtual coffee morning. Bring a brew, bring your breakfast, or bring some crafting or colouring if you feel like it. This will be a new, regular slot for anyone who'd like to spend a chilled-out hour with some virtual company. We'll chat about all of the activities that we have coming up at S2R and share our interests. So if you're stuck at home, you're caring for someone so you don't get out as much as you'd like to, or if you'd just like to join in, this is the place to be! We'd love to meet you.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
Get Creative With Kim! Embossed Decorations*	Wednesday 15 th May 11:00 - 12:00	<p>Join in with this creative workshop from the comfort of your own home! Whether you want to join in and have a go at something new, or you'd just like to come and watch the session, everyone is welcome. This week, Kim will be showing you how to take an old tomato paste tube (the squeeze metal kind) and turn it into some beautiful, embossed decorations. To join in with Kim, you will need: an empty tomato paste tube, some paper towels, wet wipes or a soapy sponge, a pair of scissors, a spoon and a pencil. Are you intrigued? Are you wondering what on earth this will look like? Then wonder no longer! Join in and find out.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
Get Creative With Kim! Eye of the Sun Weaving*	Wednesday 22 nd May 11:00 - 12:00	<p>Join in with this creative workshop from the comfort of your own home! Whether you want to join in and have a go at something new, or you'd just like to come and watch the session, everyone is welcome. This week, Kim will be showing you how to create an Eye of the Sun weaving. They are sometimes also known as Ojo de Dios or just plain old stick weaving. To join in with Kim, you will need: two sticks (you can use skewers, lengths of dowel or even sticks from the garden, they just need to be around the width of a pencil) and something to weave with (odd scraps of ribbon, yarn, wool or you can even cut up old plastic bags or t-shirts for weaving materials). Once you get the hang of it, this is a lovely, mindful craft, which you can make as fancy as you like.</p> <p>Kim has loads of other crafty Zoom sessions on the way too, so keep an eye out each month to see what we have coming up.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>



MAY 2024 RELEASES ON FACEBOOK

Visit our Facebook page to tune in at any time @S2RCreatSpace

TGO TV	Every Wednesday Released at 18:00	Welcome to TGO TV! This is a brand-new, weekly series of short videos where you can take a look at previous events and find out more about upcoming activities happening here at The Great Outdoors Project. Plus, you will also have the chance to get some outdoor inspiration for your weekend too.
---------------	--------------------------------------	--



meditate in huddersfield.org

vajrapani kadampa meditation centre - meditation and modern buddhism



Find Inner Peace Through Meditation

Delivered by: Vajrapani Kadampa Meditation Centre, Huddersfield

Relax and unwind with like-minded friends in these short, guided meditation sessions. These sessions (which are suitable for beginners) offer practical methods of prioritising mental wellness through group meditation. Everyone is welcome!

Sessions will take place on Wednesday 8th, 15th, 22nd & 29th May from 13.15 to 13.45

For more info or to book a place, email us at: contact@s2r.org.uk



PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE BANK HOLIDAYS ON MONDAY 6TH & 27TH OF MAY. SERVICES WILL RESUME THE FOLLOWING DAY.

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.

Supported by:



Registered Charity 1122199 | Limited Company 6418312

ACTIVITIES IN BIRKBY



Peace Pit Growing Group Every Monday from 10:00 - 14:00

Help us to grow plants and flowers for local parks, volunteer groups and green spaces at the Kirklees Council polytunnels. No previous gardening experience is 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.

Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG

Birkby Walk, Jog, Run Every Monday from 10:00 - 11:00

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. Trainers, water bottle and clothes that are suitable for exercise are required.

Norman Park, Norman Road, Birkby, Huddersfield HD2 2UE



Birkby & Fartown Library Gardening Group Every Tuesday from 11:00 - 12:45

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.

Birkby & Fartown Library, Lea Street, Huddersfield HD1 6HF

Cemetery Road Community Allotment Every Wednesday from 11:00 - 14:00

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. Tools and refreshments will be provided.

Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB



**CALL: 07933 358800 OR EMAIL: CONTACT@S2R.ORG.UK TO BOOK YOUR PLACE
FIND US ON FACEBOOK: [@ACTIVEBIRKBYCLUB](https://www.facebook.com/ACTIVEBIRKBYCLUB)**