

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

**S2R**  
**CREATE  
SPACE**

Promoting Positive Mental Health

## FEBRUARY 2025 SCHEDULE

Here's what's coming up in our face-to-face workshops,  
Zoom sessions and Facebook releases 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](mailto: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
<b>REGULAR SESSIONS</b>		
<b>Outdoor Volunteers</b> 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. On the second Tuesday of every month (11th February), we will meet at 11am in Greenhead Park HD1 4AL to work with the Park Maintenance Team. <b>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.</b>
<b>Birkby and Fartown Library Gardening Group</b> Birkby & Fartown Library, 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. <b>Tools and refreshments will be provided.</b>
<b>Move More*</b> Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 14:00 - 15:00  Facilitated by: Rowena  <b>£2 per person</b>	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. <b>This class costs £2 per person, per session to attend.</b>  *Supported by The National Lottery Community Fund.
<b>S2R Welcome Morning</b> 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 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. <b>Just call in, or email us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> to book yourself a slot.</b>

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<b>REGULAR SESSIONS</b>		
<b>Knit and Natter at Moldgreen URC*</b>  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, or at least that's our excuse for a cuppa and a chat! Knitters, stitchers and crocheters, everyone is welcome. Our crafters knit various things including hats and scarves for the Uniform Exchange, squares for blankets and other small things for a variety of 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. At noon, the session finishes and you can choose to stay for lunch that's usually homemade soup with a bread roll and a warm dessert (also homemade), all for just £3 per person. So why not come along, we'd love to meet you.  *In partnership with Unite Respect Connect - Huddersfield.
<b>Greenhead Park Wellbeing Walk</b>  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. <b>Please book in advance of your first session by emailing us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a>.</b>
<b>The Crafty Coffee Club</b>  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> February 10:00 - 12:30  <b>£2 per person</b>	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. <b>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.</b>
<b>Waterloo Wanderers</b>  Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 6 <sup>th</sup> , 13 <sup>th</sup> & 27 <sup>th</sup> February 10:00 - 11:00  Facilitated by: Sue	<p style="text-align: center;"><b><u>NEW TIMESLOT</u></b></p> Come and join us for some fresh air and gentle exercise with this friendly walking group. We will have a wander, a natter and take a look at what's going on around us. Everybody is welcome! Meet us outside Waterloo Bowling Club and wear clothing and footwear suitable for the weather. <b>Please let us know if you are coming so we can look out for you.</b>
<b>Active Birkby Club Evening Walk</b>  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 and bring a torch with you too. Everyone is welcome!
<b>Dewsbury Library Walking Group</b>  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.

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NAME	DATE AND TIME	DETAILS
<p><b>Mirfield Friday Friendship Group*</b></p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</p> <p>Facilitated by: Rowena</p> <p><b>£2 per person</b></p>	<p>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. <b>The first week is free, then sessions are £2 per person to attend.</b></p> <p>*Supported by The National Lottery Community Fund.</p>
<b>3RD - 9TH FEBRUARY</b>		
<p><b>Moldgreen Matters Planter Tidy*</b></p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 4<sup>th</sup> February 10:00 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Come and help us to make Moldgreen a bit brighter by spending some time in good company, doing a spot of weeding, tidying and planting in our lovely community planters. 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. <b>All tools and refreshments will be provided.</b></p> <p>*In partnership with Unite Respect Connect - Huddersfield.</p>
<p><b>Upcycled Tin Can Luminaries Evening Workshop*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 5<sup>th</sup> February 18:30 - 20:00</p> <p>Facilitated by: Sue</p>	<p>February can be quite cold and dark, so why not bring some light, warmth and fun to your Wednesday evening by making some punched tin can luminaries with us. Using hammers and punches, we will make decorative patterns in tin cans, and then thread wires with colourful beads and bells to hang underneath them. This is a gentle, relaxed session where you can create your own little twinkly work of art to make you, or someone else smile. Warm drinks and biscuits will be provided and you are always welcome to come along to chat and watch if you don't fancy crafting. <b>Anyone under 16 must be accompanied by an adult. Booking is essential so we have enough materials for everyone. Refreshments will be provided.</b></p> <p>*Made possible with funding from the Dalton Place Standard Investment Fund.</p>
<p><b>Social Creatives</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 6<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. This week, join us for Time to Talk Day and get talking about mental health. Let's "Have a Brew and Talk it Through" with plenty of biscuits and some crafts of course. <b>All materials and refreshments will be provided.</b></p>
<p><b>Huddersfield Repair Café</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 8<sup>th</sup> February 11:00 - 14:30</p> <p>Facilitated by: Byron</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! <b>No microwaves please. Age 16+. Anyone under 16 must be accompanied by an adult.</b></p>

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NAME	DATE AND TIME	DETAILS
<b>10TH - 16TH FEBRUARY</b>		
<p><b>Moldgreen Matters Warm Welcomes*</b></p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 10<sup>th</sup> February 09:00 - 11:30</p> <p>Facilitated by: Sue &amp; Helen from Unite Connect Respect</p>	<p>Start your week off in a positive way! Come and have a warm drink and a chat in a friendly space. We can help with advice and signposting if you have any niggling problems you'd like some help with. Plus, there will be a simple, crafty activity to take part in if you'd like to, or you're welcome to bring along anything you're working on at home. Everyone is welcome! No need to book, just drop in any time between 9am and 11.30am. <b>Children welcome but under 16's must be accompanied by an adult.</b></p> <p>*In partnership with Unite Respect Connect - Huddersfield.</p>
<p><b>Greenhead Park Outdoor Volunteers</b></p> <p>Café in the Park (opposite the tennis courts) Greenhead Park, Huddersfield HD1 4HS</p>	<p>Tuesday 11<sup>th</sup> February 11:00 - 13:00</p> <p>Facilitated by: Andy</p>	<p>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. <b>Tools and refreshments will be provided.</b></p>
<p><b>Knit and Natter (or Sit and Chatter) at Morrisons*</b></p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 11<sup>th</sup> February 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p> <p>*Made possible with funding from the Dalton Place Standard Investment Fund.</p>
<p><b>Ramblers Taster Walks</b></p> <p>Holmfirth Pool and Fitness Centre car park, Holmfirth HD9 3JL</p>	<p>Saturday 15<sup>th</sup> February 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk to Bottoms Mill. 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: <a href="https://www.ramblers.org.uk/">https://www.ramblers.org.uk/</a> or call Christine Senior from the Ramblers on: 07856 844 432.</p>
<b>17TH - 23RD FEBRUARY</b>		
<p><b>Moldgreen Matters Family Friendly Half Term Fun*</b></p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 17<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>Come along to our Family Friendly Half Term Fun session to learn how to make your own Eye of the Sun decoration and to hear an exciting announcement! This welcoming, fun and crafty afternoon is suitable for all the family and you will get the chance to make a unique hanging decoration for your home or to give as a gift to your favourite person. You will also be among the first people to hear about something exciting coming to Moldgreen! We are excited to share this news with you and to hear your thoughts! <b>Anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone. Warm drinks and biscuits will be provided.</b></p> <p>*In partnership with Unite Respect Connect - Huddersfield.</p>


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NAME	DATE AND TIME	DETAILS
<p><b>Social Creatives</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 20<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. This week, Valentine's Day may be over but there is always time for self-love. Join us to learn about The Five Ways to Wellbeing and make a Self-Care Zine. <b>All materials and refreshments will be provided.</b></p>
<p><b>Dewsbury Repair Café</b></p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 22<sup>nd</sup> February 10:00 - 12:30</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, email: <a href="mailto:churchsecretarylcw@outlook.com">churchsecretarylcw@outlook.com</a>. <b>No microwaves please. Age 16+. Under 16's must be accompanied by an adult.</b></p>
<b>24TH FEBRUARY - 2ND MARCH</b>		
<p><b>Winter Tree ID Walk</b></p> <p>Bowling Pavilion, Greenhead Park, Park Drive South, Huddersfield HD1 4AL</p>	<p>Monday 24<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Hazel &amp; Dawn</p>	<p>Come and join S2R and TGO Volunteer Hazel (who is also an Arboricultural Officer for Kirklees) for a gentle winter walk around the beautiful Greenhead Park and learn how to identify lots of different types of tree species without their leaves. We will meet at the Bowling Pavilion, next to the Bowling Green. Please wear clothing and footwear suitable for the weather.</p>
<p><b>Household Energy Saver Event*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 25<sup>th</sup> February 12:30 - 14:30</p>	<p>Come along to the Household Energy Saver Event and find out how you can save energy and reduce your household bills. You will also get the chance to speak to our Energy Champions on the day and receive a helpful free gadget such as a shower timer or an LED light bulb, that will reduce energy consumption in your home. Stock is limited and will be on a first come, first served basis. Either drop in on the day or to ensure you receive an energy saving appliance, please book your place in advance by emailing Carmen at: <a href="mailto:carmen@s2r.org.uk">carmen@s2r.org.uk</a>. <b>Refreshments will be provided.</b></p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
<p><b>Moldgreen Matters Warm Heads, Warm Hearts Workshop*</b></p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	 <p>Thursday 27<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>Have you ever fancied making yourself a hat or scarf, but don't know how to knit? Are you a whizz with a knitting mill and would like to help others to learn? Come and find out how to use a knitting mill in these friendly and welcoming sessions funded by The Darkwoods Community Small Grants Programme. You will make two knitted items, one to take away with you, and one which will be donated to the Uniform Exchange to benefit a Kirklees child when the weather gets chilly. If you can't make this session, don't worry. We will be running more over the next couple of months. <b>Suitable for ages 16+ but anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough knitting mills for everyone. Warm drinks and biscuits will be provided.</b></p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>

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

# WINTER TREE ID WALK

IN GREENHEAD PARK

ON MONDAY 24<sup>TH</sup> FEBRUARY FROM 1 - 3PM

Join S2R and TGO Volunteer Hazel (an Arboricultural Officer for Kirklees Council) for a gentle winter walk around beautiful Greenhead Park and learn how to identify lots of different tree species without their leaves.

Meet us at the Bowling Pavilion, next to the Bowling Green and please wear clothing and footwear suitable for the weather. For more info or to book your place, please email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call: 07933 358800.



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](http://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](mailto:contact@s2r.org.uk)

Website: [www.s2r.org.uk](http://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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