

# Support to Recovery

Promoting Positive Mental Health



# ANNUAL REPORT

2016/17

## OUR MISSION

“Support to Recovery promotes positive mental health and well-being to people in our community. We believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes to those who experience mental health difficulties, their families and their carers.”

# Support to Recovery

- GET CREATIVE
- LEARN NEW SKILLS
- IMPROVE YOUR WELL-BEING
- DISCOVER THE GREAT OUTDOORS

Support to Recovery is your local mental health charity, providing diverse creative, interactive and inclusive opportunities, for people living in Kirklees and surrounding areas. These opportunities are intended to aid and promote positive mental health, offering a non-medicalised approach towards emotional and physical well-being. We work with individuals to develop resilience and structure, with the aim that people achieve personal outcomes and positive outlooks.

## Message from the Board of Trustees

It has been an exhilarating year for S2R. As a charity we recognise there are challenges ahead as local and national trends are for communities to become more proactive in the way services are to feature in the future. We are confident that our values at S2R: inclusion, equality, consultation, personal fulfilment and recognising skills and assets of each individual; together with the Kirklees community, will play a future role in positive mental and physical well-being for all.



Eco Crafts Workshop

## CONTENTS

INTRODUCTION.....Page 01  
 MANAGER’S OVERVIEW.....Page 02  
 THE GREAT OUTDOORS..... Page 03  
 CREATIVITY AT CREATE SPACE..... Page 04  
 EVENT NIGHTS.....Page 05  
 CARERS CREATE AND WELL-BEING.... Page 06  
 REIKI AND MINDFULNESS.....Page 07  
 THE LEANNE BAKER TRUST..... Page 08  
 PARTNERSHIPS.....Page 09  
 THANK YOU.....Page 10  
 CONTACT US.....Page 11

**“This place is invaluable to me... S2R feels like home!... For the crafty creative side, the mental well-being side and the outdoorsy nature side, I quite simply can’t think of anywhere better. Everyone is so understanding, encouraging and supportive, this includes staff, volunteers and other members! Every town should have an S2R! I honestly can’t rave about this place enough.”**

- Attendee

# WELCOME TO OUR FIRST ANNUAL REVIEW FROM S2R CREATE SPACE

I can hardly believe it has been a year since we moved into our new building Create Space.

The year has seen S2R undergo some radical changes and exciting developments. The internal refurbishment of the building is now complete; this has been achieved with much help from some of our local supporters such as Cummins Turbo Technologies and KMC, not to mention the huge efforts of volunteers and our staff team.

The cellar space is a vibrant area that has already witnessed several highly successful in-house events along with other organisations making the most of this versatile space.

The creative workshops have been able to increase the range of activities people can take part in and enjoy. Whilst the eclectic mix of art works being exhibited continues to expand.

Our environmental service TGO (The Great Outdoors) continues to flourish offering imaginative ways to connect with nature.

The Well-being team have developed a bespoke range of different ways people can overcome emotional difficulties and build personal resilience and positive life outlooks.

To complement our well-being ethos, we have introduced some new features such as relaxing Reiki, Urban and gentle movement dance sessions, themed event nights and much more!

We were thrilled that attendees from two of our projects were awarded Kirklees community learning awards for their achievements, after attending and contributing to Well-being and TGO.



This year we had **239** online bookings for workshops and courses



National Citizen Service, Open Mic Night



Lonely Arts Club

**Being Creative, learning new things, connecting with others, being active, sharing skills and appreciating what is around us are all ways to boost well-being, gain confidence, and learn positive things about ourselves, why don't you give it a go? Come in and see for yourself what there is on offer, chat to our staff, they are always willing to listen and help, or just chill out in our refreshment area.**

*Paula Wood*  
Manager

# THE GREAT OUTDOORS PROJECT

The Great Outdoors project aims to get people outside and connected with nature so that they can make use of this marvellous free resource to improve their wellbeing. We do this by bringing them together in small groups and helping them discover their own relationship with the natural world by exploring something they are interested in.

This year the Great Outdoors team have seen their ideas mature into First class and Award winning professional provisions. Partnerships are blossoming into mutually beneficial projects such as our community *Workdays* and *Park Well-being* sessions. We are also benefiting from the skills of our participants as they step up to deliver workshops such as *Flower arranging*, *Garden upcycling* and *Nature in You*. The Great Outdoors is now an established Eco-therapy service, catering for everyone who wants to improve their well-being by getting closer to nature.



Developed this year, as a first step into the Outdoors, *Nature in You* won the 'Innovative Group of the year' Award at this year's Kirklees Community Learning Awards.

**"Nature in You has been everything I expected it to be and more. I was in a very bad place but now I'm in a very good one thanks to the warmth of this group"**

- Participant

This year TGO have had **6296** hours contact with volunteers and participants



Nature in You at Field Lane School

We worked with 26 Parents at Field Lane School, Batley, bringing them closer together over four weeks of cooking, balancing and gardening.

We have cleared vegetation, planted and cleared up in many locations across Kirklees with our Workday projects.

We have been reaching new destinations with the Penistone Line Partnership.

In the future we look forward to expanding our new Polytunnel Growing Project, producing plants for community groups and we will also offer them Mental Health Awareness training. We will also be sharing the skills and knowledge we have developed so that other professionals can bring a little of 'The Great Outdoors' into their practice. New opportunities are always presenting themselves and we will continue to evolve, grow and innovate to make the most of them.

# CREATIVITY AT CREATE SPACE

Since S2R's relocation to Brook Street, the range of different rooms available has opened up new opportunities for room hire and also for our own creative workshops.



Pyrography Course

We are now regularly providing over 20 different sessions throughout the week, many are specialist courses such as: theory and practical knowledge of Bee Keeping, Pyrography and Loom Weaving.

Our partnership with Kirklees College continues to flourish and enables us to offer even more high quality courses such as Stained Glass, Millinery and British Sign Language.

All our courses are open to age range 14+ and we also provide family specific sessions.

All workshops promote a positive mental attitude and personal independence, whilst our ethos of improving well-being through creative approaches, remain at the heart of all we offer.

Many of our workshops have the capacity to be delivered as outreach projects and this year we have enjoyed visiting and delivering at: The Women's Institute, Faizan E Madina Mosque in Dewsbury and Field Lane School in Batley, to name but a few.

Forging sustainable and beneficial partnerships is very important to us and enables us to reach even more Kirklees residents.

Being independent in our own building means we can offer workshops and events during weekends and evenings too and recent room hire bookings have included the 4th World Congress of Psychogeography as well as the River Holme Project.



Advanced Loom Weaving



Natural Dyeing Workshop



Flower Arranging Workshop



Candle Making Workshop



Bee Keeping Talk with Huddersfield Women's Institute



4th World Congress of Psychogeography



Stained Glass Course Wiseminds

This year we delivered **773** workshops and courses

## A CREATIVE USE OF SPACE

**“What a wonderful night the first music night at S2R was. A great atmosphere with great bands... A great venue and I even started my own mocktails at home. Great thing is as well that I now feel a sense of belonging to S2R and it was great to see this event supported as it was. Looking forward to showing my work with you in June. Well done to all concerned.”**

- Attendee, Music Night



**S2R Music Night, May 2017**



**S2R Music Night, May 2017**



**Holiday in an Evening, June 2017**

In May, S2R offered its first dry-bar Event Night in our cellar space, presenting three local live bands (who all offered their time in kind)! Tickets for the *Music Night* sold out in advance and eager attendees starting queuing outside well before the event started. We were particularly interested to see that a large proportion of people attending had done so on their own as they felt comfortable enough at S2R, to do so.

The event was a resounding success, with 100% of attendees stating they enjoyed the evening and would recommend our Event Nights to their friends.

In June, with a little more help from our friends, we presented our *Holiday in an Evening* event. As our second dry bar event we offered tropical themed mocktails and buffet alongside an evening of belly dancing performances from Kismet Bellydance Troupe, dance participation opportunities and a holiday themed DJ set. Our performers said that never before had so many members of their audience been so keen to have a go!

**"you've got a great little venue here"**

- Band member, Music Night



**Attendees learning to Bellydance at the Holiday in an Evening Event, June 2017**

**“I enjoyed the evening enormously! The Belly Dancers were amazing, the Buffet was delicious and I won a Pineapple for ‘Best Dressed Holiday Maker!’”**

- Attendee, Holiday in an Evening

**“Had a great night. Was nervous before I came but all the staff were really welcoming as always. See you at the next one!”**

- Attendee, Holiday in an Evening

Since the array of interest shown by our *Holiday in an Evening* attendees, to meet demand we have housed several Dance taster sessions and have recently begun hosting a weekly *Feel Good World Dance Class* as well as short courses of *Improve Your Well-being Through Dance*.

## RELAXATION AND WELLNESS

Reiki activates the natural healing process within the body to restore physical and emotional well-being.

This Spring, a member of our team completed their Reiki training (level 1 & 2) and began to offer 4 week courses of Reiki treatments for S2R's staff and volunteers. This proved very successful and as interest built: two 8-week courses of Reiki treatments were developed and introduced to the public in September 2017. So far 17 people have received Reiki treatments at S2R. Attendees receive up to 50 minutes of Reiki each week in a peaceful space, creating the opportunity for silence, relaxation and wellness. Participants have reported feeling some of the following; relaxed, more connected to their spirituality, calmer, peaceful, energised, light, improved sleep, warmth, more accepting, positive emotional releases and flowing energy sensations.



Our Reiki Room

**"I felt so at peace, happier, joyful after last week's session.... I don't think I would have been able to handle the week without it, my anxiety was so much less and I could cope!"**

- Participant

Over the next year, Reiki courses will continue to run on weekdays, evenings and weekends. We hope to be able to provide basic training and the space for a regular Reiki share group to run to those who would like to continue to use Reiki as a well-being tool, for personal use or with friends and family.

## MINDFULNESS

## TOGETHER IN MINDFULNESS

This year we have taken participants through the 8 week *Meditation and Mindfulness for Health and Well-being course*. Participants of the course reported feeling more compassionate towards themselves, greater self-awareness and assertiveness, as well as finding clarity and calmness, ways to help themselves, acceptance of the past and an improved outlook on life.

Since starting the course together in March 2017, one group of participants have stayed in touch and meet regularly for meditation and mindful walks together. One member of the group said:

**"I have learned to meditate with a group of strangers. We've listened, giggled, been puzzled, silent and reflective together. Although we are very different people, somehow it has worked and it feels good. From the beginning I felt accepted just as I am and I draw a lot of strength from our group work"**



Twilight Well-being Event,  
Norman Park

This year we have also offered *Mindful Movement* workshops for the first time, have delivered workshops in the evening at S2R Create Space, at the Norman Park Twilight Well-being Event and at the Greenhead Park Charity Fete Event.

# CARERS CREATE CONTINUES TO THRIVE

Our Carers Create sessions continue to thrive; this is a group for any adult who cares for another adult, on an unpaid basis. Attendees can bring the person they care for to enjoy being creative together or attend alone as a chance for a break and to share experiences with other carers.



Carers Create Barge Trip

Throughout the summer, our Carers Create participants have enjoyed local outings and a barge trip, provided by another local charity - Safe Anchor Trust, the weather was kind and everyone enjoyed lunch at a local riverside café. Due to access or mobility issues, some people had never been able to get on a boat before. Safe Anchor Trust has specially adapted barges so all can enjoy the water. The Group commented that they found the day an exhilarating experience whilst it being both calming and relaxing.

**"Lovely atmosphere, leaders very helpful. Calming and Relaxing. A very good place to meet others and listen and chat."**

- Attendee

**"Welcoming atmosphere, encouragement and support without pressure. Good company - calm but stimulating."**

- Attendee

## WELL-BEING

# A SAFE AND SUPPORTIVE SPACE

At S2R all our well-being courses are delivered to small groups and provide people with the space, guidance and support they need to develop their own well-being action plans.

This year has seen some new developments in the shape of two new courses, namely: *Be Well* which is a 3 hour introduction to self-care and *Boost Your Well-being* which is a four session experiential course focussing on practical ways people can cope with stress, improve their sleep and make more positive lifestyle choices.

**"Thank you for what you do. I feel very grateful to have found S2R, what I am learning about myself and the lovely people I am meeting on my journey to a better well-being."**

- Attendee



After attending the *Ways to Well-being* course and *Boost Your Well-being* course, a participant was signposted on to the Recovery College where they learnt to make pebble mandalas, the above pebble was donated to S2R as a thank you.

We continue our relationships with Honely High School, the Samaritans and The University of Huddersfield. We have some exciting new plans for the coming year including working with Community Hubs and piloting some focused sessions around improving sleep, diet and activity.





Throughout the past year S2R have been working with The Leanne Baker Trust and building a great positive relationship, it became clear both charities had the same goals and visions, so it wasn't too long before we realised that more could be achieved by working together.

The Leanne Baker Trust will continue to promote mental well-being through creativity and fundraise on behalf of their cause, also lending their support to S2R so that we can continue to provide open and welcoming creative services in Huddersfield and surrounding districts, that anyone can attend, with no referral necessary.

The Leanne Baker Trust founder is local artist Darren Baker, who wanted to ensure his sister Leanne was remembered and associated with helping people in the Kirklees area. Darren also wanted to help with fundraising and promotional activities to ensure people who experience mental health difficulties have somewhere they can access easily.

The Trust contributed a large donation to S2R, for which we are enormously grateful and also arranged for art and well-being equipment to be donated by other suppliers. This year Darren walked the Great Wall of China to raise funds and was interviewed on Radio Leeds discussing the positive impacts of both our charities. Before his trip, Darren arranged a fundraising event for which S2R made decorations.

In February, S2R was more than happy to support the Leanne Baker Trust's fundraising event at Meltham Church. Equally, John Baker (father of Darren Baker) offered to cater at our very first S2R Event Night, in May. As a retired baker, John made preparing food for over 70 attendees look easy! Together with his wife, Carol Baker, John really did us proud!

We are now offering new Oil Painting Courses, which would not have been possible without the kind and much appreciated donation of specialist paint, canvasses and brushes, received through The Leanne Baker Trust.

It has been a very successful first year's partnership!

In the coming year we are particularly looking forward to: **The Big Book Give Away!**  
 In recognition of World Mental Health Day (October 10th), we are inviting parents, grandparents, relatives and friends to call into Create Space and receive a free children's book written and illustrated by Darren and his wife Abigail.

In memory of Leanne Baker, we will soon be creating a dedicated area at Create Space and will continue to plan more exciting joint events in the coming months.



Fundraising Event, decorated with Chinese lanterns made at S2R



Darren Baker in China

Forging positive and lasting partnerships are essential and underpin the values of S2R. We would like to thank these organisations for their involvement and contributions over the last 12 months.



### Cummins Turbo Technologies

For their Community Involvement Team and IT support.



### Tesco

Joint community events and celebrations at S2R.



### West Yorkshire Police

For their joint well-being initiatives.



### Honley High School

For collaboration of well-being initiatives for students.



### The University of Huddersfield

For nominating S2R as their Charity of the year, also for event donations.



### Thrive

For outreach workshop sessions.



### Samaritans

Joint well-being training delivery.



### Leanne Baker Trust

For their donations, collective fundraising and event partnership.



### Kirklees College

For their community workshop delivery and joint working initiatives.



### CHART Kirklees

For holding family oriented and well-being events at S2R.



### National Citizen Service

For holding a youth well-being event and generous donation.



### Field Lane School

For Family partnership workshops.



### Penistone Partnerships Trust

For their gesture of free rail pass to TGO attendees.



### Kirklees

### The Community Mental Health Services

For joint partnership initiatives.

**The following organisations have lent their support in so many ways, here are examples of how they have contributed to S2R this year.**

**Tesco**

For their Bags of Help fund, that enabled our Court Yard area to become more accessible. The donation of chairs for our refreshment area and donation of light refreshments for several events.

**Cummins Turbo Technologies**

For their grant to enable the refurbishment of flooring and access to our building. Also for the generosity of their workforce and the many staff who have volunteered time to help S2R.

**Leanne Baker Trust**

For their generous donation that helped us to provide essential services and the gifting of much needed art equipment.

**SWYP Creative Minds**

For their continuation of funds for bespoke creative workshops and to our TGO Project.

**Kirklees Community Learning**

For awarding S2R at the community learning awards 2017.

**Huddersfield Women’s Institute**

For generous donations and general support of S2R.

**Netherhall Campus**

For their contribution and loan of equipment, expertise and support.

**Kirklees Neighbourhood Housing**

For their service initiatives and general support of our TGO Project.

For room hire and general support of S2R, thank you to:

**Kirklees College**

**Workers Educational Association**

**LAB Project**

**Huddersfield Literary Festival**

**Huddersfield Art Society**



**Donation from the National Citizen Service**

**University of Huddersfield**

For their continued involvement, donations and support of S2R.

**Spring Vale Community Gardens**

For their open access for our TGO staff and attendees.

**Kirklees Council**

For their continued support and funding for S2R Projects.

**Syngenta**

For their donation to our Well-being Service.

**The Crossroads Centre Meltham**

For their donation towards creative arts equipment.

**Community Experience**

For providing free accessibility training for our staff.

**Our Volunteers**

For their commitment, enthusiasm, skills sharing and the time that they have all contributed to S2R.



**The Great Get Together, inspired by Jo Cox Delivered in partnership by S2R & Tesco**



"It's been a pleasure to work with S2R as our charity of the year for the School of Human and Health Sciences, University of Huddersfield. They provide a highly distinctive and valuable service for people with mental health issues in Kirklees, and I'm very glad we've been able to play a part in supporting this."

- Dr Nigel King, The University of Huddersfield

"Doing a course like this would have been unheard of for me before but this is a fabulous space to start to feel better in."

- Participant

"I was in the process of looking for a new job and feeling quite vulnerable and anxious. Attending these Saturday sessions helped me to relax a little and enjoy the company of others and also have fun and a laugh. It was not long before I found myself a new job and once again my self-esteem and confidence returned. I cannot praise S2R highly enough... Thank you!"

- Diana Jordan



01484 539 531



contact@s2r.org.uk



www.s2r.org.uk



S2R Create Space



@packhorsegaller



S2RCreateSpace



S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB

