

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE  
SPACE

Promoting Positive Mental Health

## APRIL 2026 SCHEDULE

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



**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)

PLEASE NOTE THAT S2R WILL BE CLOSED FROM FRIDAY 3<sup>RD</sup> APRIL TO MONDAY 6<sup>TH</sup> APRIL. SERVICES WILL RESUME ON TUESDAY 7<sup>TH</sup> APRIL.

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Promoting Positive Mental Health

### 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>Peace Pit Growing Group</b> Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Monday 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> April 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. <b>Tools and refreshments will be provided.</b>
<b>Peer Support Social Sessions for Parents and Carers of Children with SEND*</b> Sensory World Café, Old Westgate, Dewsbury WF13 1NB	Every Tuesday in term time 10:00 - 12:00	<b><u>NEW SESSION!</u></b> Join us for these new Peer Support Social Sessions to meet like-minded people, gain support and build friendships. These sessions are free to attend, with refreshments available to purchase at the café. <b>For more information, please call: 01924 456152 or visit: <a href="http://www.sensoryworldonline.co.uk">www.sensoryworldonline.co.uk</a>.</b>  *Supported by Third Sector Leaders and The Community Anchor for Dewsbury & Mirfield.
<b>Outdoor Volunteers</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Jason	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. <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 as well. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Tools and refreshments will be provided.

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<p><b>Move More*</b></p> <p>Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB</p>	<p>Every Tuesday 14:00 - 15:00</p> <p>Facilitated by: Rowena</p> <p><b>£3 per person</b></p>	<p>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>The first week is free, then sessions are £3 per person to attend. Please note Tuesday 7th April will be a social get together with no exercise that day. Refreshments will be provided.</b></p> <p><i>*Supported by The National Lottery Community Fund.</i></p>
<p><b>Fields Creative Walks</b></p> <p>Manorfield School, Manor Way, Batley WF17 7DQ</p>	<p>Wednesday 29<sup>th</sup> April 09:30 - 11:30</p> <p>Facilitated by: Waheeda</p>	<p>Walk, garden and create! Come and join this welcoming social group for a gentle walk, a bit of gardening and some fun, creative activities. This group is relaxed, social, and open to everyone. Please wear clothing and footwear suitable for walking and gardening. <b>Please email: <a href="mailto:fieldscoordinator@batleymat.co.uk">fieldscoordinator@batleymat.co.uk</a> or call: 07497 512801 to book your place.</b></p>
<p><b>S2R Welcome Morning</b></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, Molly &amp; 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 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: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> to book a slot.</b></p>
<p><b>Cemetery Road Community Allotment</b></p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Mary</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. <b>Please note there are no toilet facilities at this group. Tools and refreshments will be provided.</b></p>
<p><b>Greenhead Park Wellbeing Walk</b></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. <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></p>
<p><b>Fields Creative Walks</b></p> <p>Field Lane Junior, Infant &amp; Nursery School, Albion Street, Batley WF17 5AH</p>	<p>Wednesday 29<sup>th</sup> April 13:00 - 15:00</p> <p>Facilitated by: Waheeda</p>	<p>Walk, garden and create! Come and join this welcoming social group for a gentle walk, a bit of gardening and some fun, creative activities. This group is relaxed, social, and open to everyone. Please wear clothing and footwear suitable for walking and gardening. <b>Please email: <a href="mailto:fieldscoordinator@batleymat.co.uk">fieldscoordinator@batleymat.co.uk</a> or call: 07497 512801 to book your place.</b></p>
<p><b>The Crafty Coffee Club</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Thursday 10:00 - 12:00</p> <p><b>£2 per person</b></p>	<p>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></p> <p><i>*Made possible with funding from One Community Foundation.</i></p>

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NAME	DATE AND TIME	DETAILS
<p><b>Active Birkby Club Evening Walk</b></p> <p>Norman Park, Birkby, Huddersfield HD2 2UE</p>	<p>Every Thursday 19:00 - 20:30</p>	<p>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!</p>
<p><b>Friday Wanderers</b></p> <p>Dewsbury Country Park, Lowfield Road, Dewsbury WF13 3SR</p>	<p>Friday 10<sup>th</sup>, 17<sup>th</sup> &amp; 24<sup>th</sup> April 09:30 - 10:30</p> <p>Facilitated by: Waheeda</p>	<p>Join this friendly, ladies-only group for a lovely walk through Dewsbury Country Park surrounded by trees and fresh air. We can chat, connect and explore nature together. Please wear clothing and footwear suitable for walking.</p>
<p><b>Dewsbury Library Walking Group</b></p> <p>Dewsbury Library, Railway Street WF12 8EQ</p>	<p>Friday 10<sup>th</sup>, 17<sup>th</sup> &amp; 24<sup>th</sup> April 11.00 - 12.45</p>	<p>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.</p>
<p><b>Mirfield Friday Friendship Group*</b></p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Friday 10<sup>th</sup>, 17<sup>th</sup> &amp; 24<sup>th</sup> April 14:00 - 15:30</p> <p>Facilitated by: Rowena</p> <p><b>£3 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 £3 per person to attend.</b></p> <p>*Supported by The National Lottery Community Fund.</p>
<b>30TH MARCH - 5TH APRIL</b>		
<p><b>Social Creatives</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 2<sup>nd</sup> April 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. Come along and try something new for free!</p>
<p><b>The Monthly Uplift - Finding the Light in Everyday Life</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 2<sup>nd</sup> April 13:00 - 15:00</p> <p>Facilitated by: Cherry</p>	<p>Join us for these gentle tea (or coffee) drinking, easy art-making monthly meet-ups. When things feel heavy and dark, it's the small things that can help us though the day and that's what we'll be talking about! Each month, we'll chat about ways to improve and maintain our wellbeing through creativity. Feel free to bring along your own artwork/knitting/sudoku etc if you'd like and we'll see if we can begin to invite more ease and connection into our lives. In our April meet-up, we'll be looking at zines which are handmade books, pamphlets and comics, often made to share personal experiences. <b>Please note that this session will take place on the first floor, accessible only by stairs.</b></p> <p>*Supported by the Co-Op Local Community Fund.</p>

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NAME	DATE AND TIME	DETAILS
<b>6TH - 12TH APRIL</b>		
<p><b>Norman Park Outdoor Volunteers</b></p> <p>Green Container, Norman Park, Birkby Huddersfield HD2 2UD</p>	<p>Tuesday 7<sup>th</sup> April 11:00 - 13:00</p> <p>Facilitated by: Byron</p>	<p>Help us to look after Norman Park for the benefit of nature and also for the whole community to enjoy. We will be doing different practical tasks like gardening, litter-picking, footpath clearing, making habitat homes for wildlife and more! Meet us by the green container near the stream. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments provided.</b></p>
<p><b>Art in the Park</b></p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 10<sup>th</sup> April 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><b>Huddersfield Repair Café</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 11<sup>th</sup> April 11:00 - 14:30</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 or dehumidifiers please. Age 16+. Anyone under 16 must be accompanied by an adult.</b></p>
<b>13TH - 19TH APRIL</b>		
<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 14<sup>th</sup> April 11:00 - 13:00</p> <p>Facilitated by: Jason</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>Social Creatives</b></p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16<sup>th</sup> April 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 we are joined by Cherry from The Monthly Uplift showing us how to make Zines. Zines are handmade books/comics/pamphlets, they can be about anything you want! In this session Cherry will share a brief history of zine making and DIY publishing. We'll be focusing on zines with a self care and well-being slant, and showing you how to get started on a zine of your own.</p>
<p><b>Ramblers Taster Walks</b></p> <p>Westgate Car Park, Honley HD9 6PA</p>	<p>Saturday 18<sup>th</sup> April 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Honley. 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>
<p><b>Nature Day</b></p> <p>The Field, Grimescar, Norwood Road, Birkby, Huddersfield HD2 2YD</p>	<p>Sunday 19<sup>th</sup> April 14:00 - 16:00</p> <p>Facilitated by: Byron</p>	<p>To celebrate Earth Day, come and join the Friends of Grimescar for a range of outdoor wellbeing activities, including a search for the signs of spring, making a bee hotel with S2R, exploring the water and helping with a litter pick. Everyone is welcome!</p>

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NAME	DATE AND TIME	DETAILS
<b>20TH - 26TH APRIL</b>		
<b>Natural Dyeing</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 22 <sup>nd</sup> & 29 <sup>th</sup> April 13:00 - 15:00 Facilitated by: Byron	Come and join us for this 2-week introduction into how to use flowers, plants, vegetables and fruit to dye or stain natural fabrics. We will also explore a variety of different tie-dyeing techniques to make bold colourful patterns. <b>Please note that this session will take place on the first floor, accessible only by stairs.</b>

Age restrictions apply to some of our sessions - please ask for details.

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If you are new to S2R, you will need to complete an application form before joining in with our sessions: [www.s2r.org.uk/onlineapplicationform](http://www.s2r.org.uk/onlineapplicationform)

**S2R bookings and enquiries:** 07933 358 800 (9.30am - 1.30pm, Monday to Friday)

**S2R Office:** 01484 539 531 (9.30am - 1.30pm, Wednesday and Thursday)

**The Great Outdoors Project:** 07541 095 455

**Community Anchor:** Siân Smith 07933 353 487

**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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# THE MONTHLY UPLIFT

## FINDING THE LIGHT IN EVERYDAY LIFE

Join us for gentle, connection-focused, art-making monthly meet ups, where we'll be looking for things which make us laugh or smile. When life feels dark and heavy, the smallest things can help us through the day and we'll be talking about ways to maintain and improve our wellbeing and bring light and happiness into our lives.

**THURSDAY 2<sup>ND</sup> APRIL FROM 1 - 3PM**

Please feel free to bring along your own artwork / knitting / sudoku etc if you'd like to. For more info or to book your place, email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call 07933 358 800.