Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R CREATE SPACE
Promoting Positive Mental Health

DECEMBER 2026 SCHEDULE

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

Kirklees COUNCIL

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book your place on any of our sessions, please call 07933 358800, email: contact@s2r.org.uk or scan the QR code to book via our website

PLEASE NOTE THAT S2R WILL BE CLOSED FROM THURSDAY 24TH DECEMBER 2026 TO FRIDAY 1ST JANUARY 2027. WE WISH YOU ALL A WONDERFUL FESTIVE BREAK. SEE YOU IN THE NEW YEAR!

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
REGULAR SESSIONS		
Move More Mirfield Community Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Tuesday 1st, 8th & 15th December 14:00 - 15:00 Facilitated by: Rowena **£3 per person**	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. **The first week is free, then sessions are £3 per person to attend.**
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 2nd & 9th December 10:00 - 12:00 Facilitated by: Dawn & Jason	Welcome Mornings are your chance to visit S2R and find out if our service is for you. Whether you are a member of the public or a professional, our friendly facilitators will guide you through what S2R has to offer and give you a tour of the building. Each visit takes around 15 - 30 minutes and you can just drop in, but we would recommend booking. Online appointments are also available. **Please email: contact@s2r.org.uk to book a slot.**
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street, Huddersfield HD1 4BP	Wednesday 2nd & 9th December 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. **Please book in advance of your first session by emailing us at: contact@s2r.org.uk.**

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The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 3rd, 10th & 17th December 10:00 - 12:00 **£2 per person**	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. **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.** *Made possible with funding from One Community Foundation.
Active Birkby Club Evening Walk 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!
Friday Wanderers Dewsbury Country Park, Heckmondwike Road, Dewsbury WF13 3SR	Friday 4th, 11th & 18th December 09:30 - 10:30 Facilitated by: Waheeda	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.
Dewsbury Wellness Walking Group Dewsbury Library, Town Hall Way, Dewsbury WF12 8EE	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.
Mirfield Friday Friendship Group Mirfield Community Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Friday 4th, 11th & 18th December 14:00 - 15:30 Facilitated by: Rowena **£3 per person**	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. **The first week is free, then sessions are £3 per person to attend.**
30TH NOVEMBER - 6TH DECEMBER		
Norman Park Outdoor Volunteers Green Container, Norman Park, Birkby Huddersfield HD2 2UD	Tuesday 1st December 11:00 - 13:00 Facilitated by: Byron	Help us look after Norman Park for both nature and 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. **Tools and refreshments will be provided.**

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Fields Creative Walk Field Lane J, I & N School, Albion Street, Batley WF17 5AH	Wednesday 2nd, 9th & 16th December 13:00 - 15:00 Facilitated by: Waheeda	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. **Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512801 to book your place.**
Evening Wreath Making Workshop S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 2nd December 17:30 - 19:30 Facilitated by: Byron & Letitia **£20 per person**	Come along to this special evening workshop and make a beautiful seasonal wreath from scratch using locally-sourced natural foliage, then decorate it with berries, dried fruits, pine cones and ribbons. Please bring a bag along with you to take your wreath home in. **Age 18+ only. This workshop costs £20 per person which includes seasonal refreshments and all materials. Please visit: www.s2r.org.uk/book-online to book your place.**
Natural Decorations S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 3rd December 13:00 - 15:00 Facilitated by: Byron	Come and learn how to create a variety of seasonal wooden decorations to display around your home, including a mini log reindeer, a mini wooden snowman, pyrography pendants and more! All made from natural and eco-friendly materials.
7TH - 13TH DECEMBER		
Greenhead Park Outdoor Volunteers Café in the Park (opposite the tennis courts) Greenhead Park, Huddersfield HD1 4HS	Tuesday 8th December 11:00 - 13:00 Facilitated by: Jason	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. **Tools and refreshments will be provided.**
Aromatherapy Scrub S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 9th December 13:00 - 15:00 Facilitated by: Byron	Come along and learn how to make your own coffee, sugar or salt-based scrub with essential oils and eco-friendly ingredients, suitable for your hands, feet or body. **Please bring an empty jar along with you to this session. Please note that this session will take place on the first floor, acccessible only by stairs.**
Upcycled Rag Wreath S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 10th December 10:00 - 12:00 Facilitated by: Byron & Dawn	Learn how to upcycle scrap fabric and leftover textiles to create a unique and long-lasting rag wreath. All materials will be provided, but please feel free to bring any fabric or material that you'd like to include in your wreath. **Please note that this session will take place on the first floor, acccessible only by stairs.**
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 10th December 13:00 - 15:00 Facilitated by: Dawn	A safe space for 17-24 year olds to socialise and take part in free creative or nature-based activities. Come along and try something new, take care of your mental health and meet new people. This month we will be doing some seasonal crafts.

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Art in the Park Trinity Street Entrance, Greenhead Park. Huddersfield, HD1 4DT	Friday 11th December 10:00 - 12:00 Facilitated by: Dawn	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 us 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. Please wear clothing and footwear suitable for walking. **Please bring a notepad or sketchbook and pencils etc. to draw with.**
Huddersfield Repair Cafe S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 12th December 11:00 - 14:30 Facilitated by: Byron	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 or dehumidifiers please.**
14TH - 20TH DECEMBER		
Fields Winter Warmer Field Lane J, I & N School, Albion Street, Batley WF17 5AH	Tuesday 15th December 12:30 - 14:30 Facilitated by: Waheeda	Join us for mindful colouring, cacao making and an afternoon filled with conversation, connection and laughter. Feel free to bring a snack to share. **Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512801 to book your place.**
Fields Creative Walk Manorfield School, Manor Way, Batley WF17 7DQ	Wednesday 16th December 9:30 - 11:30 Facilitated by: Waheeda	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. **Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512801 to book your place.**
Winter Get Together S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 16th December 10:00 - 15:00 Facilitated by: Jason, Byron & Dawn	Join us to celebrate the end of another year at S2R! There will be a selection of drop-in wellbeing workshops, including willow bird feeders, mini rag wreaths and aromatherapy, plus festive music, seasonal food and refreshments.
Winter in the Park Norman Park, Birkby, Huddersfield HD1 2UE	Saturday 19th December 11:00 - 13:00 Facilitated by: Byron	Join the Friends of Norman Park for a free winter celebration at Norman Park, there will be natural crafts, winter refreshments, sing-along seasonal music and glass lantern painting.
Ramblers Walk Carlisle Street Car Park, Meltham HD9 4NP	Saturday 19th December 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk around Wolfstones. 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 www.ramblers.org.uk or call Christine Senior from the Ramblers on 07856 844 432.



ART IN THE PARK

Join S2R and The Friends of Greenhead Park for some simple and relaxing sketching in the park. Lose yourself in the moment, be inspired by the great outdoors and take a closer look at nature.

FRIDAY 11TH DECEMBER
FROM 10AM - 12NOON

Suitable for all ability levels, no art skills needed. Please bring something to draw on and with and wear clothing and footwear suitable for the outdoors.

Meet us at the Trinity Street Gate, Greenhead Park, Huddersfield HD1 4DT.
To book your place, email: contact@s2r.org.uk

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

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

Email: contact@s2r.org.uk

Website: www.s2r.org.uk

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S2R Create Space

@s2rcreatespace.bsky.social

S2RCreateSpace

Dementia Friends

Please note our courses and workshops are Dementia Friendly, for more information please get in touch.

Nature HUBS

Kirklees COUNCIL

Locala Health & Wellbeing

NHS West Yorkshire Integrated Care Board (ICB)

West Yorkshire Combined Authority | Tracy Brabin Mayor of West Yorkshire

Healthy Working Life

tsl KIRKLEES THIRD SECTOR LEADERS

HEALTH HUBS wellness works

co op

Creative Minds

NHS South West Yorkshire Partnership NHS Foundation Trust

one community

Charity Excellence FRAMEWORK QUALITY MARK 2025

MINDFUL EMPLOYER

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S2R invites you to The Great Outdoors Project's

Winter Get Together

Join us to celebrate the end of another year at S2R! Enjoy free drop-in wellbeing workshops, festive music, seasonal food and refreshments. Pop in for an hour or stay for the whole day.

Wednesday 16th December
10AM - 3PM

FREE DROP-IN WORKSHOPS

10am-3pm **Mini Rag Wreaths**	10:30am-11am **Winter Mindfulness**	11am-12pm **Aromatherapy**
1pm-3pm **Willow Bird Feeders**	1pm-3pm **Carers Count Felted Baubles**	1pm-3pm **Carers Count Digital Drop-in**

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