

# DEWSBURY: YOUR HEALTH IN MIND!



This project is supported by the Dewsbury Councillors' Ward budgets

Your emotional wellbeing is how content you feel with your life, and it is extremely important both for your mental and physical health, and for healthy families and communities. We can all work on our wellbeing by following some simple steps and making use of the resources around us.

## DEWSBURY EAST WELLBEING PACK



The biggest resource we have at our disposal is nature and the outdoors, and the best part is that it's free! A recent study shows that being outdoors for as little as two hours a week is enough to boost your mood. So follow us through this activity book and devise a personal action plan to help keep your wellbeing on top form, and reduce your risk of poor mental and physical health as you discover the outdoors in your area.

**Support to Recovery**  
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**  
COUNCIL

# BE ACTIVE...

Being active and exercising keeps our joints moving, builds strength, and prevents muscle loss and our bodies reward us for doing it by producing feelgood chemicals that help to lift our mood and improve our wellbeing.

Being active isn't just about going running or playing football though! A gentle stroll in the park can be enough to keep our bodies active and to improve our wellbeing.

## WHAT CAN I DO TO KEEP ACTIVE?

- ⇒ Walk to the local shops, walk to school or even walk to work
- ⇒ Do some gardening at home or some litter picking in your local area
- ⇒ Go for a bike ride, play some sport with friends, or join an exercise class

## WHERE CAN I GO TO BE ACTIVE?

- ⇒ Walk or run in the scenic park at Earlsheaton
- ⇒ Find the active travel route from Chickenley to Dewsbury along The Greenway
- ⇒ Explore the old quarries and woodlands of Caulms Wood
- ⇒ Follow the Calder Valley to Horbury and beyond
- ⇒ Join the gym, try an exercise class or go for a swim at Dewsbury Leisure Centre



## WALKING ROUTES NEAR YOU...

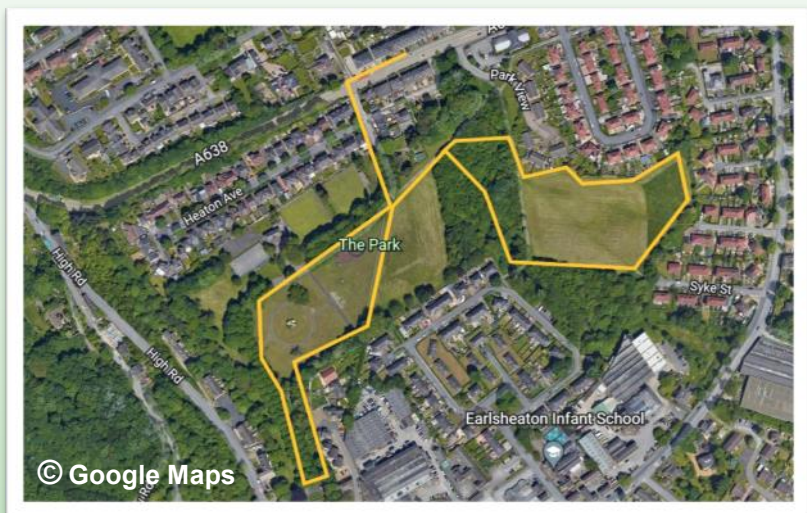
MapMyWalk is an easy-to-use app for walkers of all levels and abilities. It tracks walk routes via GPS and can give you live data on elapsed time, distance, pace, speed, elevation and number of calories burned. Visit: [www.mapmywalk.com](http://www.mapmywalk.com) to find out more and get the app.



# SOMETHING TO TRY...

If you'd like to start walking more, you could build up your fitness by trying this 30 minute circular walk of Earlsheaton Park (approx. 1 mile) and then gradually working up to walking longer distances. This is a gentle and flat walk on tarmac or woodland paths and grass.

- Enter Earlsheaton Park from Cross Park Street, turn right and then follow the path towards the play area.
- Continue following the footpath along the tree line towards the war memorial.
- Turn back on yourself, then turn right onto the path that cuts through the park.
- Bear right towards the wood.
- Turn right into the wood, follow the path and then turn left into the neighbouring field.
- Follow the field edge in a circle, and then once you're back in the wood, take the path on the right which will re-join the path back towards the main entrance where you started.



## Take a Look at our Video Guides...



Scan the QR code or visit our website at [www.s2r.org.uk](http://www.s2r.org.uk) to have a look at the route and terrain of this walk before you set off. You'll also find handy video guides to two more local walking routes here too; a commuter walk that takes about 1 hour from Chickenley to Dewsbury, and a longer circular walk around Dewsbury that takes around 2.5 hours and goes via Caulms Wood and The Greenway.

# HOW ACTIVE AM I NOW?

We can help ourselves be more active by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how active you are now and give yourself a score from 1 to 10 (with 1 being least active and 10 being most active)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How active am I today?	1	2	3	4	5	6	7	8	9	10
How active am I now?	1	2	3	4	5	6	7	8	9	10

Plan box:



# Keep Learning...

Learning can boost your self-confidence, improve your self-esteem, build a sense of purpose, and help you to connect with others.

## What Should I Learn About?

Well, it could be anything, so why not try a few things out? You never know what you might find yourself becoming interested in! How about:

- Having a go at a new sport
- Going on a walk leader's course
- Brushing up on your plant identification skills
- Learning about gardening and horticulture
- Trying your hand at photography
- Joining a flower-arranging class
- Reading up on astronomy and the night sky

## Where Can I go to Learn New Things?

There are lots of places where you can go to learn new things and meet some new people. Perhaps you could...

- Go to a class at your local community centre or library
- Join a local Friends Of group and meet some new people
- Take a course at Kirklees College or an online course at home

## Local Places Where You Could Learn New Things...

- Chickenley Community Centre - Princess Rd, Dewsbury WF12 8QT
- Dewsbury Library - Railway Street, Dewsbury WF12 8EQ
- Kirklees Collage- Halifax Road, Dewsbury WF13 2AS
- The Opportunities Centre - 25-27 Westgate, Dewsbury WF13 1JQ
- Dewsbury Country Park - search @dewsburycountrypark on Facebook
- S2R Support to Recovery - visit [www.s2r.org.uk](http://www.s2r.org.uk)

### Something Simple to Get You Started...

When you're outside, take a look at the trees. Here are 3 of the most common trees found in the UK, can you learn to recognise them just by looking at their leaves?



Oak leaf



Sycamore leaf



Birch leaf



If you'd like to know more, scan the QR code to watch our tree identification video or download this tree guide: <https://bit.ly/3uge6mE>

### How Much Learning am I Doing Now?

We can help ourselves learn new things by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time....

1. On the table below, think about how much you learn now and give yourself a score from 1 to 10
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How much do I learn today?	1	2	3	4	5	6	7	8	9	10
How much do I learn now?	1	2	3	4	5	6	7	8	9	10

Plan box:

# CONNECT...

Connecting with others makes us feel like we're part of something bigger and gives us a more rounded perspective on life. Humans are sociable animals on the whole, but modern life has made it easier for us to become isolated and feel lonely, even though we live close to one another.

Connecting in nature is what we have been doing for the longest time, and when we are outdoors, we can decide how close we want to be to others and who we want to talk to with much less awkwardness.

## WHAT CAN I DO TO FEEL MORE CONNECTED?

- ⇒ Join in with a local sports club or walking group
- ⇒ Get involved with a Friends Of group in your local park or green space
- ⇒ Visit a family member or contact a friend and arrange to go for a walk
- ⇒ Stop and have a chat with your neighbours in the park or the street
- ⇒ Get in touch with friends or family by calling, texting or emailing

## WHERE CAN I GO TO BE MORE CONNECTED?

- ⇒ Look for coffee mornings or courses at your local community centre or library
- ⇒ Local places of worship often have social activities taking place
- ⇒ Speak to Community Plus for help with finding local groups that you could join
- ⇒ Join the conversation on our Wild Dewsberries Facebook page
- ⇒ Take a look at the latest S2R activity schedule at: [www.s2r.org.uk/whats-on](http://www.s2r.org.uk/whats-on) and book yourself on to any of our free outdoor, craft and wellbeing sessions



# LOCAL PLACES TO MAKE NEW CONNECTIONS...

Here are just a few of the local places you could go to make new connections and join in with social activities, community groups or outdoor pastimes.

- ⇒ Chickenley Community Centre  
Princess Road, Dewsbury WF12 8QT
- ⇒ Cloggs Café, 6 Tithe Barn Street, Dewsbury WF13 1NL
- ⇒ Wellbeing Wednesdays at Longcauseway Church,  
36 The Princess of Wales Precinct, Dewsbury WF13 1NH
- ⇒ The Friends Of Caulms Wood group  
Visit <https://bit.ly/3c8TYfr> for more information or email: [caulmswood@outlook.com](mailto:caulmswood@outlook.com)



Community Plus is part of Kirklees Council, and one of their roles is to connect people to local community groups and help them feel less isolated. If you find it difficult to turn up to a group or a course on your own, or you just need some help finding out what is available near you then Community Plus can help.

You can get in touch with Community Plus by:

- Scanning this QR code and filling in the online form
- By giving them a call on 01484 225224
- Or by asking your doctor about Social Prescribing.



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## HOW CONNECTED TO PEOPLE AM I NOW?

We can help ourselves become more connected by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how connected you are now and give yourself a score from 1 to 10 (with 1 being least connected and 10 being most connected)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How connected am I today?	1	2	3	4	5	6	7	8	9	10
How connected am I now?	1	2	3	4	5	6	7	8	9	10

Plan box:

# TAKE NOTICE...

It can be very easy to rush through life and to spend too much time ruminating about things that happened in the past, worrying about what might happen in the future or over-thinking things that are beyond our control. This can make us anxious and stop us from enjoying the present.

By making time to take proper notice of the world around us, we can find a better perspective on what is important, and connect ourselves with the world around us.

## WHAT CAN I DO TO TAKE MORE NOTICE?

- ⇒ Go for a walk with no particular destination in mind and see where you end up
- ⇒ Switch off your phone or take a break from social media for an hour or two
- ⇒ Rest at the red light on a crossing without rushing to get across the road
- ⇒ Head out into the garden and notice all of the sights, sounds and smells
- ⇒ Kick off your shoes and take a walk on the grass barefoot
- ⇒ Do just one thing at a time and really focus on the task that you're doing
- ⇒ Try out some mindfulness exercises or have a go at some meditation
- ⇒ Really listen to someone talking without trying to tell them about your experiences

## WHERE CAN I GO TO NOTICE MORE?

Wild places and outdoor spaces are great for making you notice things...

- ⇒ Take a nature break in the middle of the town centre at Dewsbury Minster
- ⇒ Notice the sun on your face or the crunch of leaves in Earlsheaton Park
- ⇒ Feel the wind in your hair at Caulms Wood
- ⇒ Examine the ripples and reflections in local canals and all along the River Calder
- ⇒ Visit the S2R website and try some of our mindfulness activities
- ⇒ Download a mindfulness app onto your phone and give it a try
- ⇒ Have a go at a creative activity like a colouring book to focus your mind





# TRY THIS SIMPLE MINDFULNESS EXERCISE...

This is a great tool to use if you are feeling overwhelmed or stressed. Taking a few moments to relax can help bring your attention to the here and now. All you need is your five senses!

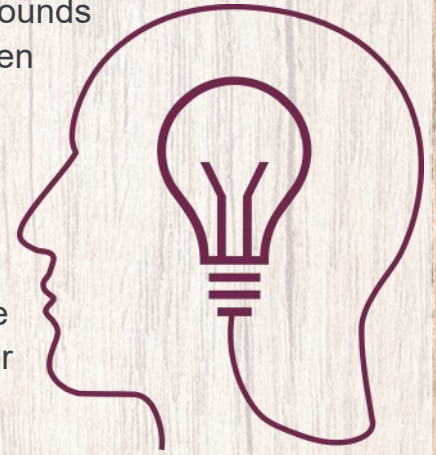
**Notice 5 things you can see...** Look around and pick out 5 things you can see. Things you wouldn't normally notice like shadow on the pavement, or the way a cat is slowly waving its tail.

**Notice 4 things you can feel...** Bring your attention to 4 things you can feel. This may be a coin in your pocket, the texture of a plant nearby or the feeling of the wind on your skin.

**Notice 3 things you can hear...** Take a moment to focus on the sounds around you. Perhaps you can hear the distant hum of traffic, children playing outside, or your neighbours chatting nearby.

**Notice 2 things you can smell...** Breathe in. Can you smell freshly cut grass, aromas from a nearby takeaway or perhaps the fabric conditioner lingering on your clothes.

**Notice 1 thing you can taste...** Focus on something you can taste in the moment. It may be a piece of chewing gum, a sip of coffee or even the feeling and taste of the air in your mouth as you inhale.



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## HOW MUCH DO I NOTICE NOW?

We can help ourselves notice more by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how much you notice things now and give yourself a score from 1 to 10 (with 1 being the least notice and 10 being the most notice)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How much do I notice today?	1	2	3	4	5	6	7	8	9	10
How much do I notice now?	1	2	3	4	5	6	7	8	9	10

Plan box:



# GIVE BACK...

We all have positive things that we can contribute to our friends, family, or our local community and when we share our skills and time for the benefit of others, it can help to give us a real sense of purpose and satisfaction.

## WHAT CAN I DO TO GIVE SOMETHING BACK?

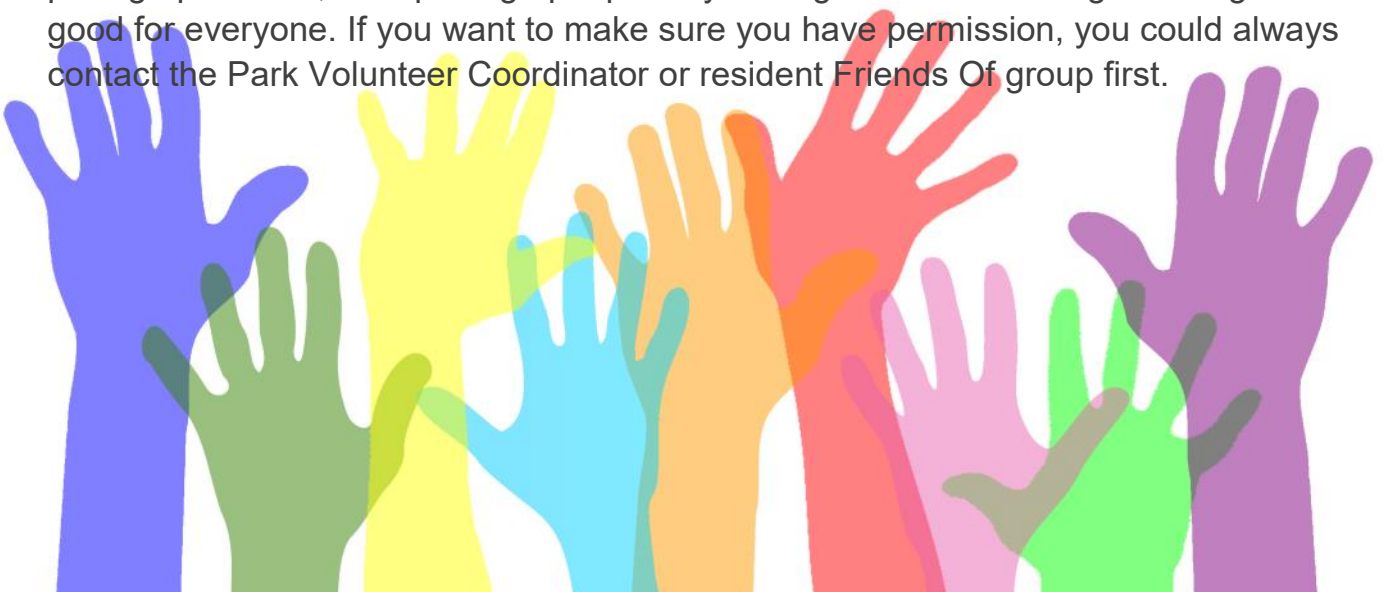
- ⇒ Share your skills with others or take the time to teach someone something new
- ⇒ Give some of your time to community groups or a local volunteer group
- ⇒ Plant a tree or cut back overgrown vegetation covering up local footpaths
- ⇒ Ask friends and neighbours if there's anything you can do to help them out

## HOW CAN I GIVE BACK TO MY COMMUNITY?

- ⇒ Drop in at a local community centre or place of worship to see if you can help out
- ⇒ Contact Kirklees Council's Everybody Active scheme to become a walk leader
- ⇒ Speak to TSL Kirklees Volunteering and find out about volunteering opportunities
- ⇒ Join a Friends Of group and make a difference in your local park or green space
- ⇒ Ask if you can be of help to any local youth groups, like the Scouts or Guides

## QUESTIONS ABOUT VOLUNTEERING...

- ⇒ **Will it affect my Job Seekers Allowance benefits?** As long as you're still doing what you agreed with the Job Centre you are allowed to volunteer. It might even help you find a job.
- ⇒ **Will I have to have a police check?** Plenty of places don't need their volunteers to have a police check but if they do, there are places that can help guide you through the process.
- ⇒ **What if I'm not good enough?** Volunteering should always be on your terms. If you find something that you enjoy doing, everything that you contribute will make a difference, and volunteering opportunities can often come with training from the placement provider.
- ⇒ **What if the land belongs to the council?** We can't just go around cutting down trees or pulling up bushes, but opening up a path by cutting back some overgrown vegetation is good for everyone. If you want to make sure you have permission, you could always contact the Park Volunteer Coordinator or resident Friends Of group first.



# VOLUNTEERING OPPORTUNITIES IN KIRKLEES...

- ⇒ **TSL Kirklees Volunteering** is an organisation that supports volunteers across the district. Check out their website: <https://bit.ly/3KZgPa0> for local opportunities and support.
- ⇒ **Natural Kirklees** is a volunteer-led group that supports everyone looking after parks and green spaces. Visit their website: [www.naturalkirklees.org](http://www.naturalkirklees.org) for a list of groups near you.
- ⇒ **Kirklees Volunteer Coordinators** specialise in supporting and advising people who want to lend a hand on Kirklees green spaces. Visit: <https://bit.ly/3rgq4dZ> for more information.
- ⇒ **Friends Of Earlsheaton Park** are a group of volunteers who look after the park. For more information visit: <https://bit.ly/3nQNgNx> or email: [friendsofearlsheatonpark@gmail.com](mailto:friendsofearlsheatonpark@gmail.com).
- ⇒ **Urban Tree Huggers** are a tree planting group based in Kirklees. Find out more information on their Facebook page: [@kirkleesurbantreehugger](https://www.facebook.com/kirkleesurbantreehugger).

## START SMALL...

A simple thing you can do when you're out and about is to take a bag with you and if you see some litter, pick it up and take it home. Okay, it's not yours and it shouldn't be there but if you care about the area you live in, every drink can or sweet wrapper you pick up is one less on the park or in the woods. If we all picked up a bit of litter every time we went out, imagine what a difference it would make!



## HOW MUCH DO I GIVE BACK NOW?

We can help ourselves give more by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

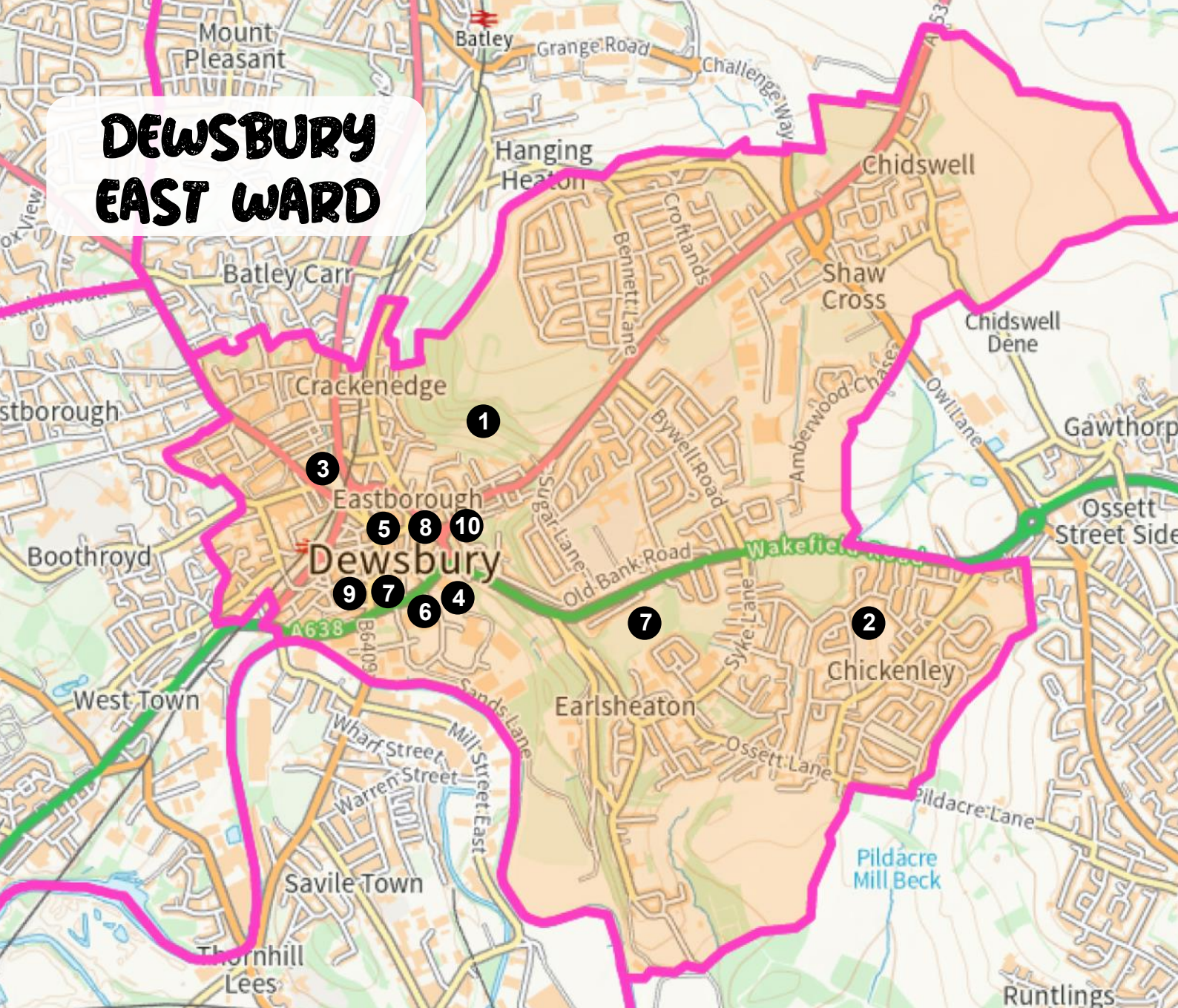
1. On the table below, think about how much you give now and then give yourself a score from 1 to 10 (with 1 giving back the least and 10 giving back the most)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How much do I give today?	1	2	3	4	5	6	7	8	9	10
How much do I give now?	1	2	3	4	5	6	7	8	9	10

Plan box:



# DEWSBURY EAST WARD



## Key locations in the Dewsbury East Ward:

- |   |                             |    |                          |
|---|-----------------------------|----|--------------------------|
| 1 | Caulms Wood                 | 6  | Dewsbury Sports Centre   |
| 2 | Chickenley Community Centre | 7  | Earlsheaton Park         |
| 3 | Kirklees College            | 8  | Longcauseway Church      |
| 4 | Dewsbury Library            | 9  | Opportunity Centre       |
| 5 | Dewsbury Minster            | 10 | The Spen Valley Greenway |

If you would like more information or to get involved in the Dewsbury: Your Health in Mind project, please email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call/text us on: **07895 510 433**

You can also join our Facebook group: [@WildDewberries](https://www.facebook.com/WildDewberries)

Or find out more on our website [www.s2r.org.uk](http://www.s2r.org.uk)

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