

Your Festive Five Ways to Wellbeing



GIVE BACK

Check on a neighbour, shovel some snow or make a card or present for someone you appreciate

STAY ACTIVE

Put on the right clothes and get out for a walk on your own or in a group. Just 30 minutes of activity a day can make a huge difference

TAKE NOTICE

Try and get outside, even just for a few minutes to connect with nature. Maybe have hot chocolate or a coffee and notice how it feels to enjoy a warm drink on a cold and frosty day

STAY CONNECTED

Winter is a time to come inside, keep warm and get comfy, but it's still important to keep social connections. Make time to see friends and family or join an organised activity like a winter walk or carol-singing session

LEARN SOMETHING NEW

If you have time over the festive period, try switching off the TV or stop scrolling and watch a YouTube tutorial or read a book about something that interests you but you haven't yet found time to do this year



Festive Break Wellbeing Activities 2025

Please note that S2R will be closed from Monday 22nd December 2025 to Friday 2nd January 2026.

Active Birkby Club Evening Walk Norman Park, Birkby, Huddersfield HD2 2UE	Thursday 18 th and 25 th December and 1 st January 19:00 - 20:30	A short evening walk led by neighbours in Birkby. Free of charge. Book before the 19 th of December by emailing: contact@s2r.org.uk to join the Evening Walk WhatsApp group.
Dewsbury Library Walking Group Dewsbury Library, Railway Street WF12 8EQ	Friday 19 th December and 2 nd January 11:00 - 12:45	Volunteer walking group for gentle strolls in Dewsbury. Free of charge. Booking not required but email: contact@s2r.org.uk before the 19 th of December to join the WhatsApp group.
FOCAL Centre Bring and Share Focal Centre, New Hey Road, Oakes, Huddersfield HD3 4DD	Friday 19 th December 13:00 - 14:30	Bring and share buffet with activities. Free of charge. No booking needed, just call in.
Ramblers Taster Walks Carlisle Street Car Park, Huddersfield Road, Meltham HD9 4NP	Saturday 20 th December 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk around Meltham and Honley. Free of charge. Contact Christine Senior from the Ramblers on: 07856 844 432 to book.
Men Walking and Talking Festive Walk The Bandstand, Greenhead Park, Trinity Street, Huddersfield HD1 4DT	Saturday 20 th December Meet at 10:15	A 2-hour family-friendly walk followed by coffee. Free of charge. No booking needed, just turn up.
Family Christmas Crafts The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Monday 22 nd December 10:00 - 14:00	A family-friendly event with a variety of festive crafts to try and refreshments available to purchase. Free event. Booking not required.
TGO TV Winter Wellbeing S2R Create Space FaceBook page	Monday 22 nd and 29 th December Wednesday 24 th and 31 st December	Follow our FaceBook page for various craft and wellbeing videos including how to make festive wooden reindeer and winter walks. Free of charge.
Sensory World Christmas Celebration Sensory World Play Centre, Old Westgate, Dewsbury WF13 1NB	Thursday 25 th December 13:00 - 17:00	A festive event that offers a variety of sensory activities for children. For more information or to reserve a spot, contact Sensory World on: 07801 065589.
National Trust Guided Marsden Moor New Year's Day Walk Meet at the Marsden offices, Information Room, The Old Goods Yard Station Road, Huddersfield HD7 6DH	Thursday 1 st January 13:00 - 16:00	Join the National Trust for a bracing 5 mile circular walk crossing Pule Hill. £3 per person. Booking is essential and tickets can be secured on the National Trust website.

If you need urgent help whilst we are closed, please use the
NHS Mental Health Line by calling 111 and selecting the mental health option.