

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health



OCTOBER 2024 SCHEDULE

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

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



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		
The Brighter Project* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Throughout the week Facilitated by: Siân	A new service designed to support people to manage, maintain and improve their mental health, meet new people, try new things, upskill and feel more confident to look for employment now, or in the future. Suitable for anyone aged 16+, who is living in Kirklees and not currently in employment or job seeking. To find out more, please email: sian@s2r.org.uk. *This project is funded by the UK Government through the UK Shared Prosperity Fund.
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 10:00 - 11:00 Facilitated by: Jason	Boost your fitness through walking, jogging and gentle exercises to improve your agility, balance and coordination. Progress at your own pace and find your own level with a friendly group of people and an emphasis on fun. Meet us by the notice boards in Norman Park. Please wear trainers and clothes that are suitable for exercise and bring a water bottle. Please book in advance so we can make sure this is the right activity for you.
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Every Monday 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. Tools and refreshments will be provided.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Andy	Meet us at our Create Space building and then travel with us to various community greenspaces 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. 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.

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<p>Birkby and Fartown Library Gardening Group</p> <p>Birkby & Fartown Library, Huddersfield HD1 6HF</p>	<p>Every Tuesday 11:00 - 12:45</p> <p>Facilitated by: Cherry</p>	<p>A gentle gardening session helping to maintain and develop the library garden, with a few craft activities taking place on alternate weeks too. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Refreshments will be provided.</p>
<p>Move More*</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>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.</p> <p><i>*Supported by The National Lottery Community Fund.</i></p>
<p>S2R Welcome Morning</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, Jess & 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 lovely 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 friendly chat with us over a cuppa. Online appointments are also available. Just call in, or email us at: contact@s2r.org.uk to book yourself a slot.</p>
<p>Waterloo Wanderers</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 2nd, 9th 16th & 30th October 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us for some fresh air and gentle exercise with this weekly walking group. We will have a wander, a friendly natter and take a look at what's going on around us. Everybody is welcome! Meet us outside Waterloo Bowling Club and wear clothing and footwear suitable for the weather. Please let us know if you are coming so we can look out for you.</p>
<p>Cemetery Road Community Allotment</p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Cherry</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. Tools and refreshments will be provided.</p>
<p>Greenhead Park Wellbeing Walk</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. Please book in advance of your first session by emailing us at: contact@s2r.org.uk.</p>
<p>The Crafty Coffee Club</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Thursday 10:00 - 12:30</p> <p>£2 per person</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. 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.</p>

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Active Birkby Club Evening Walk Norman Park, Birkby Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30 Facilitated by: Jason	Join us every Thursday for a gentle evening stroll, exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking. Everyone is welcome! <i>*Supported by Yorkshire Sport Foundation.</i>
Dewsbury Library Walking Group Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Every Friday 11.00 - 12.45	Join this friendly group for some 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* Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30 Facilitated by: Rowena £2 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 welcome. No booking required. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend. <i>*Supported by The National Lottery Community Fund.</i>
30TH SEPTEMBER - 6TH OCTOBER		
Gentle Evening Exercise Session* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Tuesday 1 st October 18:15 - 19:15 Facilitated by: Sue	A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect. <i>*Made possible by TSL "Community Conversations" Support Grant.</i>
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 3 rd October 13:00 - 15:00 Facilitated by: Dawn	Are you aged between 17-24? Come along, try something new for free, care for your mental health and make friends. This week, we will be learning how to use different natural materials to dye fabric and trying different tie-dyeing techniques. All materials will be provided.
7TH - 13TH OCTOBER		
THURSDAY 10TH OCTOBER - WORLD MENTAL HEALTH DAY		
Aromatherapy Cleaning Spray S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 8 th October 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own multipurpose cleaning spray for the kitchen using eco-friendly ingredients and essential oils. Please bring an empty jar or spray bottle along with you.

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<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW</p>	<p>Tuesday 8th October 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p>
<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 8th October 18:15 - 19:15 Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p>*Made possible by TSL "Community Conversations" Support Grant.</p>
<p>Autumn Wellbeing Fayre</p> <p>Howlands Centre, School Street, Dewsbury WF13 1LD</p>	<p>Thursday 10th October 13:00 - 17:30 Facilitated by: Byron, Dawn and The Working Together Better Partnership</p>	<p>To celebrate World Mental Health Day, we will be hosting an Autumn Wellbeing Fayre with the other members of the Working Together Better Partnership. Come along and enjoy some free wellbeing activities including yoga, music, auricular therapy, eco-crafts and hand massage. Food and refreshments will also be provided.</p>
<p>Art in the Park</p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 11th October 10:00 - 12:00 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 us Art In The Park and have a go! Be inspired to 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>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 12th October 11:00 - 15:00</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! No microwaves please. Age 16+. Anyone under 16 must be accompanied by an adult.</p>

14TH - 20TH OCTOBER

<p>Moldgreen Matters Planter Tidy</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 14th October 10:00 - 12:00 Facilitated by: Sue</p>	<p>Come and join us in looking after our community planters and helping to look after the area. This time, we will be giving a second coat of stain to the planters to help protect them through winter, topping up some compost, removing summer bedding plants and adding some autumn colour and spring bulbs! Please wear clothing and footwear suitable for gardening and bring a pair of gloves if you have them. All tools will be provided.</p>
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NAME	DATE AND TIME	DETAILS
<p>Aromatherapy Soap Making</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 15th October 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Create your own melt and pour body soap using eco-friendly colours, exfoliants, moisturisers and essential oils and learn how to blend essential oils to create a harmonious scent.</p>
<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 15th October 18:15 - 19:15</p> <p>Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p><i>*Made possible by TSL "Community Conversations" Support Grant.</i></p>
<p>S2R Annual General Meeting</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 17th October 14:45</p>	<p>The Board of Trustees would like to invite you to attend our AGM. Come and celebrate the successes of 2023-24 with us, hear from our wonderful guest speakers and join us for light refreshments. If you would like to attend, please RSVP to: contact@s2r.org.uk and let us know if you have any access needs. The meeting will start promptly at 3pm. We hope to see you there!</p>
<p>Mossy Moors Sphagnum Moss Harvesting</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Friday 18th October 12:15 - 16:00</p> <p>Facilitated by: Dawn</p>	<p>Join S2R and The National Trust in helping to restore and protect our moorlands. Come and learn about the environmental benefits of Sphagnum Moss in the workshop at their Marsden site, help grow new moss, look after existing moss and get it ready to be planted out on the moors. Meet us at 12:15 at our Huddersfield town centre building to catch the 12:54 train to Marsden or meet us at 13:05 at the National Trust Moor Estate Office, Station Road, Marsden HD7 6DH. We will be returning on the 15:29 train from Marsden back to Huddersfield. Please wear warm clothing.</p>
<p>Ramblers Taster Walks</p> <p>Meltham Convenience Store, Meltham Mills Road, Meltham HD9 4EJ</p>	<p>Saturday 19th October 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Meltham. 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: https://www.ramblers.org.uk/ or call Christine Senior from the Ramblers on: 07856 844 432.</p>

21ST - 27TH OCTOBER

<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 22nd October 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p>
<p>Gentle Evening Exercise Session*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 22nd October 18:15 - 19:15</p> <p>Facilitated by: Sue</p>	<p>A free and gentle exercise session designed to boost your wellbeing, promote relaxation and increase your core strength and stability. Come along, find out more about how to keep yourself fit and well, reduce your risk of falling and enjoy spending some time in good company! Everyone is welcome. Booking is essential so we know who to expect.</p> <p><i>*Made possible by TSL "Community Conversations" Support Grant.</i></p>

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NAME	DATE AND TIME	DETAILS
<p>Needle Felted Pumpkins Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 24th October 18:00 - 20:00</p> <p>Facilitated by: Sue and Alexa</p> <p>£20 per person</p>	<p>Come and celebrate autumn with us by learning how to use needle-felting techniques to make your own unique and decorative pumpkins and gourds. Aim for a realistic look, or something more unique and unusual - it's completely up to you! We will provide all the support you need to make something to feel proud of. Plus there will be warm drinks including hot chocolate and spiced apple juice and plenty of biscuits for everyone too. Please note that this session will be delivered on the 1st floor, accessible only by stairs. Ages 16+ only. This workshop costs £20 per person which includes warm drinks, biscuit and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Dewsbury Repair Café</p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 26th October 10:00 - 12:30</p>	<p>Bring your broken or faulty items along to be fixed, learn how to repair common household items, help to reduce landfill and save money too! If you would like to volunteer as a repairer, email: churchsecretarylcw@outlook.com. No microwaves please. Age 16+. Under 16's must be accompanied by an adult.</p>

28TH OCTOBER - 3RD NOVEMBER

<p>Family Friendly Happy Half Term Workshop*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 28th October 10:30 - 14:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us for hours of fun and learn how to make your own Aroma Dough using essential oils. This practical activity is good for relaxing busy brains, making you smile or a combination of both! Then we'll pause for a picnic-style lunch consisting of a sandwich, a drink and a biscuit. After lunch, it will be time to carve yourself a fantastic pumpkin. We'll have lots of ideas from geometric patterns to bold or spooky designs and everyone will have their own masterpiece to take home, along with a battery-operated tealight to add some light to darker evenings. This 4-hour workshop is a brilliant way to spend some time with your small folks, or to just take a bit of time out for yourself. Anyone under 16 must be accompanied by an adult. Booking is essential as places are limited.</p> <p>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</p>
<p>Beeswax Wraps Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 29th October 18:00 - 20:00</p> <p>Facilitated by: Byron</p> <p>£10 per person</p>	<p>Reduce your plastic waste by making an assortment of reusable beeswax wraps using environmentally-friendly ingredients and patterned cotton fabrics. These beeswax wraps are washable, reusable and are perfect for storing and wrapping food. A soya wax alternative will be available too. Ages 18+ only. This workshop costs £10 per person which includes a warm drink, a biscuit and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Bonkers for Conkers*</p> <p>Norman Park, Norman Road, Birkby HD2 2UE</p>	<p>Wednesday 30th October 13:00 - 15:00</p>	<p>Come and join us in Norman Park for a family-friendly afternoon of autumnal crafts and fun activities. Plus we will be serving some delicious, home-made seasonal food and refreshments and there will be live music too! Everyone is welcome.</p> <p>*Supported by Yorkshire Sport Foundation.</p>

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<p>Family Friendly Bats on a Stick Workshop*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 31st October 10:30 - 12:30</p> <p>Facilitated by: Sue</p>	<p>Let's get spooky! It's half-term, it's nearly Halloween so why not come and join us for some enjoyable, light-hearted fun, as we make quirky, bat decorations to brighten up any room in the house. Anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Moor Adventures with The National Trust</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 31st October 12:15 - 16:00</p> <p>Facilitated by: Dawn</p>	<p>Join S2R and The National Trust for a free, guided walk exploring the beautiful Marsden Moor Estate. Come along and lose yourself in nature, enjoy some stunning views and be inspired by the great outdoors! This walk will be no more than 3 miles, but will involve steep hills, narrow footpaths and is not aimed at children. Dogs are welcome. Please wear sturdy boots and clothing suitable for the weather. Meet us at 12:15 at our Huddersfield town centre building to catch the 12:54 train to Marsden, or meet us at 13:05 at the National Trust Moor Estate Office, Station Road, Marsden HD7 6DH. We will be returning on the 15:29 train from Marsden back to Huddersfield. Please wear clothing and footwear suitable for the weather.</p>

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ZOOM SESSIONS

To book your place on these sessions, email us at: contact@s2r.org.uk and we will send you the Zoom joining links. If you cannot attend a session in person, we can also send you a video recording to have a go at in your own time.

NAME	DATE AND TIME	DETAILS
<p>Upcycled Book Binding Workshop!*</p>	<p>Tuesday 8th October 13:30 - 14:30</p> <p>Facilitated by: Kim</p>	<p>A creative workshop in the comfort of your own home! This week, come and join Kim for a relaxed hour learning how to make your own hand-bound books using recycled materials. To join in with Kim, you will need: a cutting mat, some paper, some postcards or photos, an awl (or something small and pointy like a compass), a ruler, a craft knife or some scissors, a needle and some strong thread.</p> <p>If you can't make this workshop in person, but would like to receive a video recording to have a go at in your own time, please let us know and we will send you a recording link.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
<p>Shrink Plastic Workshop!*</p>	<p>Tuesday 15th October 13:30 - 14:30</p> <p>Facilitated by: Kim</p>	<p>A creative workshop in the comfort of your own home! This week, learn how to work with shrink plastic and have a go at some different finishing techniques. To join in with Kim, you will need: some shrink plastic sheets (readily available online or at The Range), some pens and some pencils.</p> <p>If you can't make this workshop in person, but would like to receive a video recording to have a go at in your own time, please let us know and we will send you a recording link.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>



TEAMS SESSIONS

To book your place on these sessions, email us at: contact@s2r.org.uk and we will send you the Teams joining links. If you cannot attend a session in person, we can also send you a video recording to have a go at in your own time.

NAME	DATE AND TIME	DETAILS
Dewsbury Fibromyalgia Friends Online Peer Support Group*	Tuesday 1 st October 16:00 - 17:00	This friendly and welcoming peer support group meets online once a month on Microsoft Teams and is suitable for anyone aged 18+ who is living with Fibromyalgia. Come along to chat, to listen and to find support and shared experiences. Meeting ID: 390 902 915 131. Passcode: UEpd4W. Please contact Carmen Taylor at: carmen@s2r.org.uk for a direct link to the meeting. *Session organised by the Dewsbury Lead Community Anchor.



OCTOBER 2024 FACEBOOK RELEASES

Visit our Facebook page to tune in at any time @S2RCreateSpace

TGO TV	Wednesday 9 th October Released at 18:00	Catch up with everything that's going on here at The Great Outdoors Project and find some outdoors inspiration for your weekends in our monthly Facebook video releases.
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If you are new to S2R, you will need to complete our short application form before joining in with sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (10.30am - 3.30pm, Monday to Friday)

S2R Office: 01484 539 531 (10.30am - 1pm, Tuesday - Thursday)

The Great Outdoors Project: 07541 095 455

Carmen Taylor: 07522 105 861 (Dewsbury & Mirfield Community Anchor)

Email: contact@s2r.org.uk

Website: 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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