

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE  
SPACE

Promoting Positive Mental Health

## AUGUST 2023 SCHEDULE

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



### YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

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 ON MONDAY 28TH AND TUESDAY 29TH AUGUST. WE WILL BE OPEN AS USUAL ON WEDNESDAY 30TH AUGUST.



### FACE-TO-FACE SESSIONS

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid-19. Age restrictions apply: some sessions are family-friendly, others are for 18+ years so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Birkby Walk, Jog, Run</b> Norman Park, Norman Road, Birkby HD2 2UE	Monday 7th, 14 <sup>th</sup> & 21 <sup>st</sup> August 11:00 - 12:00 Facilitated by: Elizabeth	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. Please book in advance so we can make sure this is the right activity for you. Trainers, water bottle and clothes that are suitable for exercise required. Meet us by the notice boards in Norman Park. <b>Regular attendees will also receive a free fitness tracker.</b>
<b>Cemetery Road Allotment</b> Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Monday 7th & 21 <sup>st</sup> August 12:30 - 14:30 Every Wednesday 11:00 - 14:00 Facilitated by: Michelle & Andy or Elizabeth	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>Tools and refreshments will be provided.</b> Please note that the session on Wednesday 16 <sup>th</sup> August will be an open day as part of our 10 Years of TGO celebrations.
<b>The Crafty Coffee Club</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> August 10:00 - 12:30 Every Thursday 10:00 - 12:30 Facilitated by: Jess	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>Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.</b>
<b>Birkby &amp; Fartown Library Gardening Group</b> Birkby & Fartown Library, Lea Street HD1 6HF	Tuesday 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> August 11:00 - 12:45 Facilitated by: Elizabeth & Cherry	A gentle gardening session helping to maintain and develop the garden at Birkby Library. No previous experience needed. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>

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NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<p><b>Work Days</b></p> <p>Various locations across Kirklees</p>	<p>Tuesday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &amp; 22<sup>nd</sup> August 11:00 - 13:00</p> <p>Facilitated by: Andy</p>	<p>Help look after community greenspaces via practical conservation tasks across Kirklees. Please wear clothing and footwear suitable for gardening. <b>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></p>
<p><b>S2R Welcome Mornings</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, Jess &amp; Jason</p>	<p>Drop in or make an appointment to meet our facilitators and find out what S2R has to offer you! Whether you're 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. We also have online appointments available - simply call in, or email us at: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> to book yourself a slot and ensure we have plenty of time to see you.</p> <p><b>Please note that on Wednesday 16<sup>th</sup> August, the Welcome Morning will take place at our Cemetery Road Allotment as part of our 10 Years of TGO celebrations and open day.</b></p>
<p><b>Café Connections*</b></p> <p>Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL</p>	<p>Every Wednesday 10:00 - 12:00</p>	<p>Our Café Connections sessions are back by popular demand! So come along to meet some new people and have a friendly chat, boost your emotional wellbeing and find out more about what's happening near you. Plus you'll get one free drink of your choice too! No need to book, just drop-in. Suitable for over 18's.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Waterloo Wanderers*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> &amp; 23<sup>rd</sup> August 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. <b>Litter pickers and bags will be provided.</b></p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></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.</p>
<p><b>Waheeda's Wellbeing</b></p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Wednesday 13:00 - 15:00</p> <p>Facilitated by: Waheeda</p>	<p>Join Waheeda for these creative arts and craft sessions inspired by nature and take some time out to enjoy a drink and a friendly chat too. <b>Tools and refreshments will be provided.</b></p>
<p><b>Dig It!</b></p> <p>Holy Trinity Church, Trinity Street, Huddersfield HD1 4DT</p>	<p>Every Thursday 09:00 - 12:00</p>	<p>Join S2R Community Champion and Dig It Volunteer Leader Helen in growing vegetables and maintaining and improving the grounds of Holy Trinity church for wildlife and the community. Come and enjoy the space for recreation, meditation or join the Dig It team. There is a free café on site too. If you want to get involved, email: <a href="mailto:office@holytrinityhuddersfield.com">office@holytrinityhuddersfield.com</a> or call: 01484 513 213.</p>
<p><b>Beaumont Park Gardening Group</b></p> <p>Beaumont Park, Beaumont Park Road, Huddersfield HD4 7AY</p>	<p>Every Thursday 10:00 - 12:00</p> <p>Facilitated by: Byron</p>	<p>Join us at this brand-new community gardening group in beautiful Beaumont Park and help to create a wildlife-friendly growing space for everyone to enjoy. Meet us by the raised planters off Beaumont Park Road or follow the signs from the main park entrance. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b></p>

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NAME	DATE AND TIME	DETAILS
<b>Friday Wanderers*</b> Dewsbury Country Park, Park Road, Dewsbury WF13 3TH	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, women-only group for gentle walks in nature exploring the beautiful green spaces in and around Dewsbury. We will meet in the main car park at Dewsbury Country Park. Please wear clothing and footwear suitable for walking. *Funded through Dewsbury Councillors' ward budgets.
<b>Dewsbury Library Walking Group*</b> Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Every Friday 11.00 - 12.45 Facilitated by: Waheeda	Join your local guide Waheeda 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 plus the opportunity to stop for a free tea/coffee at The Leggers Inn half-way round. Please wear clothing and footwear suitable for walking. *Funded through Dewsbury Councillors' ward budgets.
<b>Mirfield Friday Friendship Group*</b> Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30	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. <b>The first week is free, then sessions are £2 per person to attend.</b> *Supported by The National Lottery Community Fund.

### 31ST JULY - 6TH AUGUST

<b>Aromatherapy Drop-In Session*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 1 <sup>st</sup> August 10:00 - 13:00	Come along to this relaxing session where you will learn about aromatherapy and make your own cooling face and body spritz to take home with you after the session. Suitable for over 18's. No need to book, just drop-in. *Funded through Dewsbury Councillors' ward budgets.
<b>Knit and Natter (or Sit and Chatter) at Morrisons*</b> Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 1 <sup>st</sup> August 14:00 - 16:00 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. *Made possible with funding from the Dalton Place Standard Investment Fund.
<b>Gentle Yoga Drop-In Sessions*</b> Westborough Methodist Church, 5 Brunswick Street, Dewsbury WF13 4ND	Wednesday 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> August 10:00 - 12:00	Would you like to try some gentle Yoga? Then come along to these friendly, welcoming sessions that are suitable for all abilities, no experience needed. Come in for a chat and refreshments from 10am, Yoga 10.30 - 11.30am and there will be time for another brew 11:30am - 12noon if you fancy it too! *Funded through Dewsbury Councillors' ward budgets.
<b>Wellbeing Wednesdays Garden Upcycling</b> Lawrence Batley Theatre, Queen Street, Huddersfield HD1 2SP	Wednesday 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> August 11:00 - 14:00 Facilitated by: Byron	Come and join us for this 4-week course at The Lawrence Batley Theatre where we will be helping to create large garden planters and looking after the existing windowsill planters. You don't need any woodwork or gardening experience. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>

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NAME	DATE AND TIME	DETAILS
<p><b>Good Morning Blues*</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> August 13:00 - 15:00</p> <p>Facilitated by: Jason</p>	<p>Following on from our successful blues course and event night, you are invited to join this small group to continue your journey into blues and blues-related music. This group is open to everyone, but to make it sustainable and self-led, we would be very interested to hear from instrumentalists of all levels. Booking is essential.</p> <p><i>*Funded through Creative Minds and Kirklees Year of Music 2023.</i></p>
<p><b>Active Wellbeing Course*</b></p> <p>Taleem Community Centre, 36 Orchard Street, Savile Town, Dewsbury WF12 9LT</p>	<p>Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> &amp; 31<sup>st</sup> August &amp; Thursday 7<sup>th</sup> September 12:00 - 14:00</p>	<p>Come along to these friendly, welcoming sessions to learn how to improve and maintain your wellbeing and physical health. We are working in partnership with Huddersfield Town Foundation through the Active Through Football project to offer this free course. Each session will consist of a welcome and free refreshments, 60 minutes of wellbeing activity with S2R and 30 minutes of gentle exercise with HTF. Suitable for over 18's of all ability levels.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Food and Drink Festival</b></p> <p>Greenhead Park, Huddersfield HD1 4DT</p>	<p>Thursday 3<sup>rd</sup> to Sunday 6<sup>th</sup> August 10:30 - 17:00</p>	<p>Come along to the Food and Drink Festival in Greenhead Park to find out more about S2R and The Working Together Better Partnership and have a go at a variety of fun, FREE activities every day.</p>
<p><b>The 17-24ers</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 3<sup>rd</sup> August 13:00 - 15:00</p> <p>Facilitated by: Dawn &amp; Sue</p>	<p>Are you aged between 17-24? Then come along to this friendly group to design and decorate your own unique wooden figure using acrylic paint pens and other decorative items. Your figure could be someone who inspires you, or your favourite character from a film or graphic novel. The world is your oyster! <b>Tools and refreshments will be provided.</b></p>
<p><b>Friday Wanderers Community Picnic*</b></p> <p>Dewsbury Country Park Main Entrance, Park Road, Dewsbury WF13 3TH</p>	<p>Friday 4<sup>th</sup> August 10:30 - 11:30</p>	<p>Meet the women-only Friday Wanderers walking group for a picnic after a short walk exploring Dewsbury Country Park. Refreshments will be provided but feel free to bring a dish if you wish! Please wear clothing and footwear suitable for walking. This session is for women and children only. Children under 18 must be accompanied by a parent or guardian.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Fairy Doors and Beautiful Birds*</b></p> <p>Dewsbury Country Park Main Entrance, Park Road, Dewsbury WF13 3TH</p>	<p>Friday 4<sup>th</sup> August 11:30 - 13:30</p>	<p>Come and join us in our makers tent near the main entrance of Dewsbury Country Park and decorate your own tiny fairy door or wooden bird to take home with you. You can also find out more about what's happening in your community. Family friendly. Children under 18 must be accompanied by a parent or guardian. <b>All materials will be provided.</b></p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
7TH - 13TH AUGUST		
<p><b>Growing Waterloo*</b></p> <p>Cottage Homes, off Cross Green Road, Wakefield Road HD5 9XT</p>	<p>Monday 7<sup>th</sup> August 13:30 - 15:00</p> <p>Facilitated by: Sue</p>	<p>The Community Garden at Cottage Homes is getting started! Come and join us to help to paint flowers, leaves and insects onto the raised beds to make them beautiful, sow a pot of salad leaf seeds to take away with you, have a friendly chat and make some new friends. Families welcome. Children must be accompanied by an adult. Please wear clothing suitable for painting.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>

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## FACE-TO-FACE SESSIONS

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NAME	DATE AND TIME	DETAILS
<b>Clay Printed Art Drop-In Session*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 8 <sup>th</sup> August 10:00 - 13:00	Come along for an introduction into working with clay and learn how to make your own printed coaster or keyring using a variety of flowers and leaves and decorated with different coloured slips. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.  <span style="color: red;">*Funded through Dewsbury Councillors' ward budgets.</span>
<b>Fairy Doors Workshop*</b> Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 9 <sup>th</sup> August 13:00 - 15:00  Facilitated by: Sue	Are there fairies at the bottom of your garden? Come and make your own decorative fairy doors to delight both the young and the young at heart. We'd like you to "make two and take one" so that we can use the spare doors to decorate the trees on the Waterloo Woodland Fairy Walk for local people to enjoy. This should be a lovely, fun and creative session, with plenty of time for brews and some friendly chat too. Families welcome. Children under 18 must be accompanied by an adult. Booking essential.  <span style="color: orange;">*Made possible with funding from the Dalton Place Standard Investment Fund.</span>
<b>Get Knotty!</b> S2R Create Space, Huddersfield HD1 1EB	Thursday 10 <sup>th</sup> August 10:00 - 12:00  Facilitated by: Andy	Come along to this fun and practical session to learn 10 basic knots and hitches that are useful for a variety of situations. <b>Tools and refreshments will be provided.</b>
<b>Fairy Doors and Beautiful Birds*</b> Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Thursday 10 <sup>th</sup> August 11:30 - 13:30	Come and join us near the entrance to the adventure playground at Crow Nest Park and decorate your own fairy door or wooden bird to take home with you. You can also find out more about what's happening in your community. Family friendly session. Children under 18 must be accompanied by a parent or guardian.  <span style="color: red;">*Funded through Dewsbury Councillors' ward budgets.</span>

### 14TH - 20TH AUGUST

<b>Peace Pit Growing Group</b> Old Fieldhouse Lane, Deighton HD2 1AG	Monday 14 <sup>th</sup> August 10:00 - 12:30  Facilitated by: Michelle	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. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>
<b>Clay Printed Art Drop-In Session*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 15 <sup>th</sup> August 10:00 - 13:00	Come along for an introduction into working with clay and learn how to make your own printed coaster or keyring using a variety of flowers and leaves and decorated with different coloured slips. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.  <span style="color: red;">*Funded through Dewsbury Councillors' ward budgets.</span>
<b>Knit and Natter (or Sit and Chatter) at Morrisons*</b> Morrisons Supermarket Café, Penistone Road, Huddersfield HD5 8QW	Tuesday 15 <sup>th</sup> August 14:00 - 16:00  Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area.  <span style="color: orange;">*Made possible with funding from the Dalton Place Standard Investment Fund.</span>
<b>Cook Allot and Plant Swap</b> Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Wednesday 16 <sup>th</sup> August 10:00 - 14:00  Facilitated by: Michelle & Andy	Come and join us to celebrate the 10 year anniversary of the Community Allotment with some delicious home cooked food, craft activities and an opportunity to swap some plants. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>

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<p><b>Waterloo Wanderers Special Event*</b></p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 16<sup>th</sup> August 10:30 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Join us for a very special day as we put up the tiny doors and windows which have been decorated especially for the Waterloo Fairy Walk. Be part of this lovely community activity and enjoy a drink and a biscuit too. Family friendly. Children under 18 must be accompanied by a parent or guardian. Booking essential.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>The 17-24ers</b></p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 17<sup>th</sup> August 13:00 - 15:00</p> <p>Facilitated by: Dawn &amp; Andy</p>	<p>Are you aged between 17-24? Then come and join this friendly, group and celebrate the summer by making and enjoying your own, homemade, wood-fired pizza. A variety of toppings will be available.</p>
<p><b>Ramblers Taster Walks</b></p> <p>Carlisle Street Car Park, Huddersfield Road, Meltham HD9 4NP</p>	<p>Saturday 19<sup>th</sup> August 13:30</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Meltham. Please wear suitable clothing and footwear. 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>
<b>21ST - 27TH AUGUST</b>		
<p><b>Growing Waterloo - Hapa Zome*</b></p> <p>Cottage Homes, off Cross Green Road, Wakefield Road HD5 9XT</p>	<p>Monday 21<sup>st</sup> August 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>Come to the Community Garden, have a drink and a chat, see how the plants are growing, meet new people and get involved! This week we will also be trying the Japanese art of Hapa Zome – a simple, effective creative technique for transferring beautiful plant prints onto fabric or paper. Family friendly. Children under 18 must be accompanied by an adult. Booking essential.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p><b>Aromatherapy Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 22<sup>nd</sup> August 10:00 - 13:00</p>	<p>Come along to this relaxing aromatherapy session where you will learn how to make a moisturising hair or scalp oil that will help keep your locks shiny, strong and smelling amazing. Plus you can take the personalised aromatherapy oil you make home with you after the session. Suitable for over 18's. No need to book, just drop-in.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<b>28TH AUGUST - 3RD SEPTEMBER</b>		
<p><b>Affirmation Pebbles Drop-In Session*</b></p> <p>Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU</p>	<p>Tuesday 29<sup>th</sup> August 10:00 - 13:00</p>	<p>Creating affirmations can help to establish positive thinking and improve your attitudes and feelings. So come along and create your own beautiful Affirmation Pebble that is meaningful and personal to you whilst exploring your creativity and having fun. Family friendly. Children under 18 must be accompanied by a parent or guardian.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>
<p><b>Dewsbury Library Walking Group Community Picnic*</b></p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</p>	<p>Friday 1<sup>st</sup> September 12:45 - 14:00</p>	<p>Meet the Dewsbury Library Walking Group for a picnic after a short walk exploring Dewsbury's green spaces. Refreshments will be provided but feel free to bring a dish if you wish! Please wear clothing and footwear suitable for walking. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian.</p> <p><i>*Funded through Dewsbury Councillors' ward budgets.</i></p>

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NAME	DATE AND TIME	DETAILS
<p style="text-align: center;"><b>Bat Walk</b></p> <p>Norman Park, Birkby, Huddersfield HD2 2UE</p>	<p>Friday 1<sup>st</sup> September 18:00 - 20:00</p> <p>Facilitated by: Jason &amp; Melinda</p>	<p>Come and learn about our local bat population with help from the West Yorkshire Bat Society as we take a mindful and informative walk through Norman Park into Grimescar Woods. Please wear clothing and footwear suitable for walking. <b>Bat detectors will be provided.</b></p>
<p style="text-align: center;"><b>Ukraine International Day of Independence Event</b></p> <p>Heckmondwike United Reformed Church, 139 High Street, Heckmondwike WF16 0DY</p>	<p>Sunday 3<sup>rd</sup> September 13:00 - 16:00</p>	<p>Join us for an event celebrating the Ukraine International Day of Independence, including a Flower Sculpture Workshop activity, singing and dancing. Refreshments will be provided. Please note that the Flower Sculpture Workshop is suitable for ages 16+ only and places are limited so please book your place in time.</p> <p><i>*Coordinated by Dewsbury and Batley Anchors.</i></p>

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

**Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.**



## ZOOM SESSIONS

To book your place on these sessions, email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) and we will send you the Zoom joining links. You are welcome to join each class 10 minutes beforehand to get yourself settled and prepared.

NAME	DATE AND TIME	DETAILS
<p style="text-align: center;"><b>Sketching On The Go*</b></p>	<p>Tuesday 1<sup>st</sup>, 8<sup>th</sup> &amp; 15<sup>th</sup> August 19:00 - 20:00</p>	<p>Learn how to create quick sketches on the go in this 3-week course that's suitable for all abilities. You will learn how to get composition and proportions right and how to translate what you see in front of you into your sketch book. You will need: a pencil, a fine-liner or sharpie pen and an A4 or A5 sketch book to work along with Audrey.</p> <p><i>*Funded through Creative Connect from Creative Minds.</i></p>
<p style="text-align: center;"><b>Sketches in Watercolour*</b></p>	<p>Thursday 3<sup>rd</sup>, 10<sup>th</sup> &amp; 17<sup>th</sup> August 19:00 - 20:00</p>	<p>Learn how to create quick watercolour sketches in this 3-week course that's suitable for all abilities. You will need: your own basic set of watercolour paints, brushes, some coloured watercolour pencils / fine-liner / pencil and an A4 or A5 sketch book (minimum 250gsm paper) to work along with Audrey.</p> <p><i>*Funded through Creative Connect from Creative Minds.</i></p>
<p style="text-align: center;"><b>Needle Felting in 3D*</b></p>	<p>Monday 7<sup>th</sup> &amp; 14<sup>th</sup> August 19:00 - 20:00</p>	<p>Learn how to create lovely 3D needle felted butterflies and birds in this 2-week course that's suitable for all abilities. You will need: felting needles, different colours of felting wool, a felting mat (a washing up sponge is a good alternative), scissors and some needle and thread to work along with Audrey.</p> <p><i>*Funded through Creative Connect from Creative Minds.</i></p>
<p style="text-align: center;"><b>Beginners Twig Whittling Workshop*</b></p>	<p>Sunday 13<sup>th</sup> August 10:30 - 12:00</p>	<p>Join this beginners whittling workshop and learn how to whittle a simple animal out of a twig in this special one-off session that's suitable for all abilities. You will need: a pocket knife (or a strong kitchen knife) and a sturdy twig to work along with Audrey.</p> <p><i>*Funded through Creative Connect from Creative Minds.</i></p>



# AUGUST 2023 RELEASES ON FACEBOOK

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

<p><b>An Introduction to Camping</b></p>	<p>Tuesday 1<sup>st</sup> to Thursday 3<sup>rd</sup> August Released at 17:30</p>	<p>If you're interested in going camping but just don't know where to start, then check out our handy 3-part introduction to camping guide. Part 1: What to expect and where to pitch your tent Part 2: Essential equipment and how to sleep well under canvas Part 3: Campfire meal ideas and how to cook outside</p>
<p><b>Yoga On Demand</b></p>	<p>Wednesday 23<sup>rd</sup> August Released at 17:30</p>	<p>Join <i>Umbrella Yoga</i> for another gentle yoga session. If you miss the release time don't worry - it will be available to watch again at any time on our Facebook page. You will also find a library of 16 other free Yoga On Demand video classes available there too.</p>

**PLEASE NOTE THAT S2R WILL BE CLOSED ON MONDAY 28TH AND TUESDAY 29TH AUGUST. WE WILL BE OPEN AS USUAL ON WEDNESDAY 30TH AUGUST.**

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](http://www.s2r.org.uk/onlineapplicationform)

**Phone lines - Open 10.30am - 3:30pm, Monday - Friday (closed on Bank Holidays)**

07933 358 800 (S2R bookings and enquiries)

07541 095 455 (The Great Outdoors Project)

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

**Email:** [contact@s2r.org.uk](mailto:contact@s2r.org.uk)

**Web:** [www.s2r.org.uk](http://www.s2r.org.uk)



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



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