

# Support to Recovery

Promoting Positive Mental Health



## ANNUAL 2018/19 REPORT

**"My confidence and fitness have improved, I've lost weight and I'm no longer scared about meeting new people. I would not be where I am now if it wasn't for S2R and the patience, encouragement and friendships that I have found"**

- Participant 2018-19

# HELLO FROM THE BOARD OF TRUSTEES

This year S2R has continued to extend our range of creative options and activities for people across the Kirklees district.

As Trustees we want to ensure that our organisation is fully accessible to everyone who should choose to connect with us. This could be through: leisure time, any health or social reason, poor mental health, isolation, feeling cut off from their community, or wanting to further pursue a skill, hobby and learning. Whatever the individuals circumstances, S2R will be responsive to assist with positive outcomes. Our primary focus being to build resilience and enable confidence to make better life choices.

The increasing focus of our work is developing and delivering intervention and preventative sessions, helping people access the benefits of creativity, and how to recognise their own coping methods to overcome life's challenges, in a safe welcoming environment. This year we have also extended our outreach activities: connecting with diverse pockets of community groups across Kirklees by delivering well-being initiatives.

## PRESENTING S2R's ANNUAL REPORT

Hello and welcome to our Annual Report 2018-19. S2R continues to strive to be a fully inclusive organisation, having an open access approach.

We believe this brings people and communities together. This year we have forged connections with new and emerging communities in the area, providing creative routes that can assist groups to take part in and contribute towards local events.

We have provided creative spaces for younger people to come together, and to enjoy crafts or different art forms. These sessions have had beneficial emotional outcomes for the individuals and for the parents who attended.

We have also seen S2R attendees flourish, gain recognition for their achievements, and personally develop.

S2R's environmental service: The Great Outdoors Project, was successfully re-tendered and awarded the local authority contract, this enables the team to continue their outstanding work for a further 3 years and to look to future developments.

Our Visual arts programmes continue to expand, with an average of 40 different courses and workshops per month, for people to choose from and engage with. Our creative team work tirelessly to provide a vast array of quality activities people can learn and enjoy.

We are continuing to partner with learning providers to offer a more dynamic approach to adult learning.

This years developments have been made possible by the dedication of our staff and volunteer teams, also the many diverse services and partnerships we have had the privilege to form and work alongside.

Once again a HUGE thank you to everyone who supports, contributes and is part of what we do....  
**TEAM WORK!!**



*Paula Wood*  
Senior Manager

# Support to Recovery

## Promoting Positive Mental Health

We are a mental health and well-being charity, our aim is to support you to improve your emotional and physical well-being through creative, social and nature based activities. We facilitate indoor and outdoor activities at our venue, Create Space, in Huddersfield and at various locations across South and North Kirklees.

We have an open access approach, anyone can participate in our group activities. If you want to try something new, rekindle an interest or expand on an existing one, you're welcome to come along.

We have activities for people from 14 years upwards.

(Those from 14 to 16 must be accompanied by a responsible adult.)

We offer a wide range of activities in a safe and friendly environment, such as: loom weaving, gardening, painting, sewing, woodwork, or outdoor cooking!

Our activities run throughout the week, during daytime, evenings and weekends.

Our monthly Activities Schedule can be accessed online or in person at S2R Create Space.



## OUR MISSION

*Support to Recovery promotes positive mental health and well-being to people in our community. We believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes to those who experience mental health difficulties, their families and their carers.*

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**“It has been fantastic joining S2R, I have learnt some new crafts, met nice people and it gets me out, otherwise I would be at home bored. Fantastic staff, always helpful”**

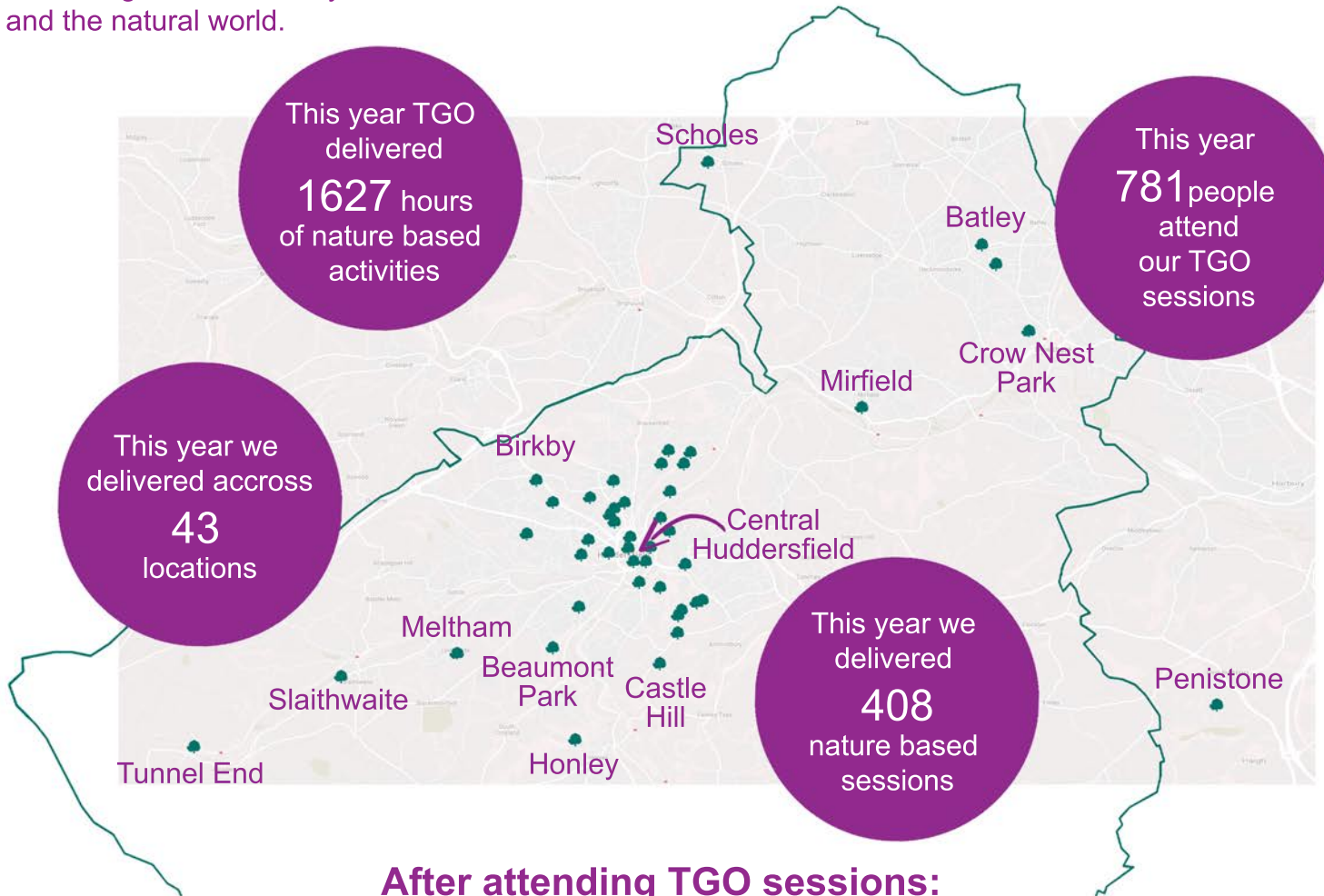
- Attendee 2018/19

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# THE GREAT OUTDOORS PROJECT

We know, from independent academic research and the testimony of our own participants, that connecting people with nature as part of a group in an outdoor activity or an indoor workshop is a great way to improve emotional and physical well-being, reduce anxiety, create social connections and learn about both themselves and the natural world.



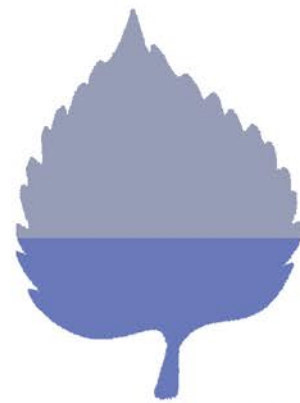
## After attending TGO sessions:



On average people felt **29%** more **connected** to people and their community



On average people felt **27%** more **active** and looked after their physical health



On average people felt they were **learning** things **21%** more often



On average people felt they **gave** **9%** more of their time to other people



On average people **noticed** **21%** more things around them



On average people felt **21%** more **relaxed**

# DIVERSE PEOPLE, PLACES AND CRAFTS

NOVEMBER 2018 - MAY 2019

Working in partnership with CLW and Gup Shup & Chai we taught 8 Aromatherapy Products sessions to Gup Shup & Chai attendees in Birkby, Huddersfield.

“Thank you so much for the amazing sessions”

"Thank you Gill for being caring and sharing your knowledge and expertise on essential oils. Loved each session and learnt so much"

Partnering up with CLW, throughout May, we were also able to offer aromatherapy sessions in both Huddersfield and Dewsbury with the Basement Project, for women in recovery from addiction.



## MAY - JULY 2019

The creative outreach programmes we delivered for the Worth Unlimited Project; DASH Destitute Asylum Seekers Huddersfield; and Syrian Sisters through Leeds Trust included a selection of the following activities: Terrariums; Pebble Painting; Paracord Braiding; Book Folding; Kumihimo Braiding; Paper Pinwheels; Flower Brooches; Decoupage; Pyrography; Snow Globes; and Silhouette Lanterns. Many of the attendees from DASH and Syrian Sisters spoke little to no English and hailed from a variety of countries including: Albania; Russia; Syria; Sudan; Iraq; Sierra Leone and more.

Together with CLW and Worth Unlimited Project, S2R provided 5 craft sessions at Longley & Lowerhouses Community Church.

“Well, I really enjoyed that, never done anything like that before but it was easier than it looked”

With support from CLW we delivered 6 craft sessions with (DASH) attendees at Paddock Community Centre. One participant kissed the braid he had made and told us: “Thank you, thank you, thank you very much” with a big smile. Many DASH volunteers commented that they had never seen the women smile before!

We also facilitated a series of 6 creative sessions for Leeds Trust with Syrian Sisters in partnership with CLW, and their participants, at Huddersfield Mission.



# DO SOMETHING NOW



Continuing our work with isolated or emerging communities, S2R has been able to further deliver a range of workshops to new groups through the Kirklees 'Do Something Now' fund.

These creative workshops have taken place both in-house at our main venue and at community venues in Dewsbury, Batley, Almondbury and Paddock.

The range of activities included: *World Dance* and arts activities with the One World Craft Group; *Aromatherapy Knowledge* and *Painting with Oils* with PCAN Carers, led by a professional artist; a variety of craft sessions with Batley Over 50's Group, the Pain Peer Support Group in Dewsbury and DASH asylum seekers in Paddock.

Sessions were designed with the groups in order to reduce isolation, increase participant confidence and assist with community inclusion. We also supported some groups to raise funds for their individual groups.



## NATURE'S ROADSHOW

With the help of funding from Community Learning Works, S2R's Great Outdoors Project was able to visit community Locations around North and South Kirklees delivering taster sessions of outdoor wellbeing activities, to groups we would not otherwise have been able to link with, or deliver too.

**Birkby Community Wildlife Garden:** A local group that holds workdays each month. The session was a great opportunity for them to try a social activity together and to engage with local families to generate more ownership over this community asset.



**Chart Kirklees:** A charity specialising in helping those in recovery from drug and alcohol dependency. S2R invited their staff, service users and their families to our base in Huddersfield to take part in Easter activities and outdoor cooking.

**Bee 2gether Group:** An older peoples social group. This group were stretched a little from their usual indoor crafts and found themselves riding on slides for the first time in 50 years!

**DASH Destitute Asylum Seekers Huddersfield:** This charity helps support asylum seekers and refugees who find themselves in Kirklees following displacement from their own country.

**Manorfield Schools:** were keen to use their existing vegetable plot and large outdoors space. The group comprised mainly of Asian women but from a variety of different cultural backgrounds. It proved an excellent safe space to bring people together.

**Healey School:** A school with a very mixed ethnicity, this session provided support to their existing forest schools tutor, giving them fresh ideas and support to make the most of their outdoor space.

**Friends of Scholes Recreation Ground:** Supporting a local 'friends of' group on their 'Love Your Rec Day' as they planted trees and cooked an outdoor meal.

**Friends of Crow Nest Park:** Joining the gardening group to support them as they renovated a walled garden in Crow Nest Park.



Carers Create Barge Trip, July 2019, with support from Safe Anchor Trust.

## CARERS CREATE

**A carer is someone who regularly cares for another person. 6.5 Million people in the UK are carers.**

Our Carers Create group has been running for several years now, meeting once a week, they welcome anyone who regularly cares for another adult, as well as those care for, to come along and enjoy craft activities; trips out and socialising with others who share similar experiences. These sessions are dementia friendly.

**"we both enjoyed this day out very much. Sidrah was taking about it all week. - Jeanette**

## PCAN CARERS



This year we delivered a 12 week programme of creative sessions for PCAN (Parents of Children with Additional Needs in Kirklees). The 24 sessions took place on a Monday morning and Thursday evening, reaching a total of 28 carers and covered aromatherapy; mosaics; natural products and painting with acrylics.

**"This course has helped me get out of the house and talk to people. I have loved the aromatherapy and craft sessions."**

**"I feel better when I attend these sessions, I'd love these to continue"**

**"Fab course, increased my confidence and self-esteem"**

**"Lovely and relaxed...managed to have a good chin-wag without feeling anxious about being judged"**



**This year we provided 212 delivery hours through sessions specifically for Carers**

## BARNARDOS YOUNG CARERS

Throughout August 2019, in partnership with Barnardos, S2R has provided a series of creative workshops for Barnardos Young Carers: 3 sessions for those aged 8 - 11 years; and 2 sessions for those aged 12 - 16 years, with a Family day on 29th August for all the young people and their families to come along. Across the programme we supported the young people to learn crafts such as dyeing fabric with natural materials, marbling and book binding, clay totem poles, dream catchers and botanical monoprinting! At the family day we did some outdoor fire lighting and cooking, Barnardos staff provided several creative activities and attendees enjoyed a lovely buffet lunch.



# PLACEMENT STUDENTS



"After my placement year with S2R I feel like I have gained trusted colleagues and friends along with enough confidence to continue teaching with them as a freelance artist, along-side completing my final year of University. S2R was there to support and encourage me throughout and I really enjoyed getting to know the new placement students and volunteers who have continued to join the S2R team. I was more than happy to be able to return to volunteer again and continue sharing my skills with others once I had completed my Textiles Practice Degree and up until I began my graduate job as a trainee textiles

technician with a local weaving company. S2R will always have a place in my heart, and a helping hand from me when they need one." - Sophia Reeson, placement student September 2017 - May 2018, volunteer and paid facilitator 2018-19. Sophia is an invaluable member of our team, it's been wonderful to see her grow.

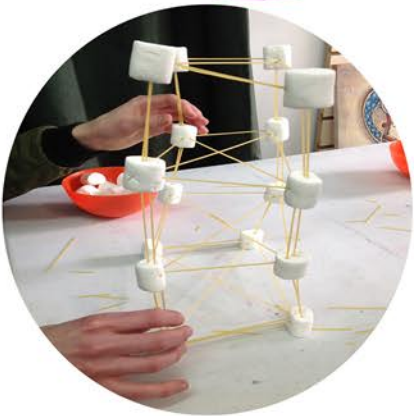
Since October 2018, S2R has welcomed 5 placement students for durations of between 4 - 9 months each! Coming from both Huddersfield University and Leeds Beckett, our placement students studied a diverse range of Bachelor courses: Social Care, Justice & Recovery; Textiles; Youth & Community Work; Contemporary Art & Illustration; and Health & Social Care.

"S2R offered a fantastic array of different opportunities that I never expected to experience. I met loads of amazing new people that offered nothing but support. My time at S2R was fun and helped me find out who I am and where I want to be in the future. For that I am extremely grateful."

- Vicky Cornes, placement student September - December 2018, volunteer January - May 2019

On the completion of her 4 month placement at S2R, Vicky continued to volunteer with us: leading our Sticks and Stones regular group for people who feel vulnerable in their communities, she showed significant dedication and innovation.

This year we supported over **1700** student placement hours



This year more than **40** people have supported S2R by volunteering



*Our Great Outdoors Project would like to say a special thank you to their volunteers: we are truly thankful to everyone who has helped shape this project. Thank you to those who have shared their skills with other participants or lead workshops, to those who have given their time to improve community spaces and supported sessions. We would not have been able to do so much amazing work without the help of our volunteers.*

To everyone who has supported S2R through volunteering this year, from the staff and Trustees: a massive

*Thank you!*





S2R recognises the importance local communities play in well-being. Communities bring people together, give people a sense of identity, belonging and social bonding.

As part of S2Rs commitment to reach out to all areas of Kirklees, we deliver sessions in various areas. One particular district is the Dalton / Rawthorpe area of Huddersfield. We were approached by Ward Councillors to assist some local community groups that had been providing various activities in a centre. Since then we have generated a thriving range of groups and activities by ensuring the local community were consulted, listened to, and helped to set up the activities they wanted, which promote well-being in their community.

We also supported local volunteers to design and produce a newsletter showcasing the activities on offer at the Rawthorpe and Dalton Library. With the assistance of GoodGym we were able to deliver copies to local residents.

This year we have worked alongside individuals in the community, local services, Library and Kirklees teams to make a difference and bring people together in Rawthorpe and Dalton.

## In October 2018 we received funding from Yorkshire Health Charity.

The funds were to set up a pilot project enabling us to provide creative and social activities to two groups of marginalised individuals within our community.

The first group was for new settlers either with asylum seeker or refugee status, who face many barriers to integration, connecting with the community and social settings. Language being one of the main barriers.

The second group were people who are supported by the Probation Service, who have either poor mental health or learning disabilities and who are vulnerable in the community.

The project was a huge success: people from differing cultures took part in various activities giving them confidence to access groups in their local community.

Individuals who had difficulty becoming part of their community, again due to their vulnerability, made new friends, gained confidence and were able to take part in further learning programmes.





# LEANNE BAKER TRUST

Our special relationship with the Leanne Baker Trust continues, with oil painting sessions delivered at S2R using materials donated by the Trust and through the design and production of shared marketing: promoting both the Trust and S2R which have been distributed to a number of recent fundraising events, in Leeds and London, supporting both organisations.

**LEANNE BAKER TRUST**  
Supporting mental health projects in Huddersfield and beyond  
The Leanne Baker Trust was created in memory of Leanne, who sadly lost her life and struggles with depression in June 2013.  
Depression is one of the most common mental health problems that affect one in four people in England every year.  
We want to help those who are struggling to feel comfortable seeking support, and to realise that they are not alone.  
- Darrell Baker

**LEANNE BAKER TRUST**  
The Leanne Baker Trust is working to provide vital support and guidance to those suffering from mental health illnesses.  
info@s2r.org.uk | www.s2r.org.uk  
Leanne Baker Trust | @leannebakert

The charity is proud to partner with Support to Recovery (S2R) and give grants towards their work promoting positive mental health.  
Support to Recovery is a charity based in Yorkshire, West Yorkshire. We provide a range of courses, workshops and activities to help improve mental health and well-being for the people in our community. We offer a safe, creative space for individuals to come together, share their feelings, support each other, gain positive outlooks, try something enjoyable and relax.  
01484 539 531 | www.s2r.org.uk  
S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB  
L17 Registered Charity No. 1158007 | Registered Company No. 6922057  
S2R Registered Office No. 1122199 | Limited Company 6418312

**LEANNE BAKER TRUST**  
**Figure Painting in Oil**  
**CREATE SPACE**  
Learn how to paint the human figure with oil-paint. Under the guidance of professional artist Audrey Erbery, you can let your imagination flow and create your own masterpiece.  
S2R Oil Painting Courses are delivered in partnership with the Leanne Baker Trust.  
**Monday 9th September**  
**13:00 - 15:30**  
**8 week course**  
\*Please be aware: solvents are used during the oil painting elements of this course, if the fumes make you feel unwell at any time during the class please inform a member of staff\*  
Sessions will be delivered on the 1st floor of the building, accessible only by stairs.  
**£56 per person, can be paid in installments**  
Advance booking required  
01484 539 531 | contact@s2r.org.uk  
S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB  
Kirklees South West Yorkshire Partnership NHS Foundation Trust  
Registered Charity 1122199 | Limited Company 6418312



Thank you to Tesco and to everyone who voted for us in January & February 2019 with your Tesco blue tokens! So far we've been able to use that money to support our: Volunteers Week Celebration; our Carers Week Celebration and our two Great Get Together events!



**"The work you do is important and seeing people reaching out to each other at the Great Get Together showed me that. Plus I see all the wonderful things you all do." - Pauline, Tesco Community Champion**

**6th June:** Volunteer Celebration event to show our appreciation for everyone who has volunteered this year. We also opened it up to anyone interested in volunteering opportunities with us, great to see new faces coming along.

**14th June:** To help raise awareness and celebrate carers: we had a coffee morning, with cake and creative activities offered by our regular Carers Create group.

**21st & 22nd June:** Our Great Get Together, in memory of Jo Cox and her community aspirations: Fridays activities included fabulous world dancing; stunning henna; and the One World Craft Group - all free and open for anyone to join in with, and Saturday offered cake and crafty activities! Both events drew a mixed crowd of regular attendees and new faces, all having great fun trying something new and getting to know each other.

## ONE WORLD CRAFT GROUP

**"In December 2018, S2R opened their doors to our One World Craft Group. Our project aims to welcome people who are seeking sanctuary in Huddersfield so that we can share ideas, inspiration and also personal stories. We see our involvement with craft as a peaceful, healing activity that represents all cultural backgrounds and communal creativity clearly illuminates exactly what we have in common as human beings, regardless of where we come from. Thanks to S2R, our group has significantly expanded and is much more inclusive with representatives from 10 different countries. Each one of us is truly grateful for the generosity and warm welcome offered by every single member of S2R.... we love Fridays! A huge THANK YOU S2R, it is a joy to work with you."**



- Jean, Founder of the One World Craft Group, who meet at S2R every Friday afternoon, as a free social group for anyone but with a particular focus on supporting refugees and asylum seekers.

# HARNESSING THE POWER OF COMMUNITIES

Better in Kirklees, Barnardo's Young Carers Service, the LAB Project, and Support to Recovery have come together in partnership to deliver a creative 'arts on prescription' approach to connect: men aged over 40 and experiencing depression, worklessness; BAME; and Young carers to more arts activity. Partners have come together to collaborate on developing an approach that addresses and explores the interface and interdependencies between: health inequalities; loneliness and isolation; carers and supporting independence.

Between December 2018 - March 2019 S2R have delivered a total of 42 tailored workshops as a result of this project with 88 people attending, working with groups at locations such as Birkby Mosque; the Chestnut Centre and Platform 1.

The partnership worked with a total of 197 individuals, of the 70 people interviewed at the end of the process: 92% said that it had changed their lives; 91% moved from inactivity to employment, education, volunteering or other arts activity; and 95% reported a positive change in wellbeing.



## COMMUNITY MENTAL HEALTH PARTNERSHIP

S2R is part of the Kirklees Community Adult Mental Health Partnership.

The Partnership is made up of seven voluntary or charitable organisations that are commissioned by the local authority and CCG.

The aim of these organisations is to:

- Provide better community mental health services, for people and with people.
- Ensure services are accessible to all.
- Increase positive outcomes for people who access our services.
- Enable personal independence and resilience.
- Increase prevention and early intervention services.

Full Partnership leaflet accessed on our website [www.s2r.org.uk](http://www.s2r.org.uk)



## CREATIVE MINDS

"Myself and my son love coming to this place."  
- Angela, Creative Vibes attendee

### Creative Vibes

With support from Creative Minds, between March 2018 - July 2019 we were able to offer a weekly evening craft group (during term time) specifically for young people aged 14 - 18 years. Attendees were welcome to come on their own or with a parent or guardian, and across the year tried a wide variety of creative activities: lino printing; pyrography; making bird feeders; braiding; fruit sculptures; pebble painting; paper crafts; smoothie making; crochet and more!

### Singing for Wellbeing



Since May 2019 we have hosted the regular early evening singing group (during term-time) for young people aged 11 - 18. Supported by Creative Minds and BBC Children in Need.



## HOW YOU GET STARTED

- Come to one of our weekly Information Sessions:  
Tuesdays, drop-in between 11:00 - 13:00
- Take a look and book onto upcoming activities on our website
- You can give us a call

Whichever you choose, we can guide you through what we have to offer and support you to take your first steps.



**S2R Create Space,**  
5 - 7 Brook Street,  
Huddersfield HD1 1EB  
(near Tesco and the outdoor market, next to Citizens Advice Bureau)



This year  
**91.4%**  
of referrals to  
S2R were  
new!



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



01484 539 531



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

## PARTNERSHIPS

Forging positive and lasting partnerships is essential and underpins the values of S2R. This year we had over 50 partnerships. We would like to thank all the organisations we've partnered with for their involvement and contributions over the last 12 months.

- Kirklees Parks and Green Spaces
- Cummins Turbo Technologies
- Moldgreen United Reformed Church
- Tesco
- Syngenta
- Dalton Ward Councillors:  
Musarrat Khan  
Naheed Mather  
Peter McBride
- Third Sector Leaders
- Barnardos
- Community Plus
- Little Kitchen



We'd also like to put a spotlight on James Bielak of Cummins Turbo Technologies who has gone above and beyond, developing our IT infrastructure and providing support over the last 12 months.

A special thanks to those we have worked with regularly or who have commissioned work from us:

This year we had  
**153,470**  
engagements on  
social media

This year we have partnered with  
more than **150**  
projects,  
organisations  
and groups

This year there were  
**10,789**  
visits to our  
website

