

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

OCTOBER 2026 SCHEDULE

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



YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book your place on any of our sessions, please call 07933 358800,
email: contact@s2r.org.uk or scan the QR code to book via our website

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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		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Every Monday 10:00 - 14:30 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 Various locations each week	Every Tuesday 10:00 - 13:00 Facilitated by: Jason	Meet us in Huddersfield and travel to various community green spaces around Kirklees, helping to maintain and improve them through practical conservation tasks such as gardening and litter-picking. Please wear clothing and footwear suitable for gardening. All tools will be provided. If you have any support, access or mobility needs, please contact us before booking as unfortunately not all outdoor sites are fully accessible.
Move More Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 14:00 - 15:00 Facilitated by: Rowena £3 per person	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. The first week is free, then sessions are £3 per person to attend.
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn & Jason	Our Welcome Mornings are your chance to drop into S2R, to link up informally with others in the S2R community or to meet our friendly 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 chat with us over a cuppa. Online appointments are also available. Just call in, or email: contact@s2r.org.uk to book a slot.



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Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Road, Birkby Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Mary	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. Please note toilet facilities are a 2-minute walk from the allotment site. Tools and refreshments will be provided.
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street, Huddersfield HD1 4BP	Every Wednesday 13:00 - 14:00 Facilitated by: Dawn	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.
The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Thursday 10:00 - 12:00 £2 per person	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. <i>*Made possible with funding from One Community Foundation.</i>
Active Birkby Club Evening Walk Norman Park, Birkby, Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30	Join the Active Birkby Club for a gentle evening stroll exploring the green spaces of Birkby. Stretch your legs after tea and set yourself up for a good night's sleep. These walks are organised by participants and booking is essential. Please wear clothing and footwear suitable for walking and bring a torch with you too. Everyone is welcome!
Friday Wanderers Dewsbury Country Park, Heckmondwike Road, Dewsbury WF13 3SR	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, ladies-only group for a lovely walk through Dewsbury Country Park surrounded by trees and fresh air. We can chat, connect and explore nature together. Please wear clothing and footwear suitable for walking.
Dewsbury Wellness Walking Group Dewsbury Library, Town Hall Way, Dewsbury WF12 8EE	Every Friday 11:00 - 12:45	Join this self-led group for 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 £3 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 is welcome. No booking required, just come along. Refreshments will be provided. The first week is free, then sessions are £3 per person to attend.



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28TH SEPTEMBER - 4TH OCTOBER		
Dog Tale With The Barrow Man Greenhouse, Crow Nest Park, Heckmondwike Road Dewsbury WF13 2SG	Thursday 1 st , 8 th & 15 th October 10:00 - 12:00 Facilitated by: Waheeda	What does Crow Nest Park look like from a dog's point of view? Over the next three Thursday mornings, The Barrow Man will be meeting dogs and their people to explore the park through the routes they take, the places they know, the things they notice and the stories they share.
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 1 st October 13:00 - 15:00 Facilitated by: Dawn	A safe space for 17-24 year olds to socialise and take part in free creative or nature-based activities. Come along and try something new, take care of your mental health and meet new people. This week, we will be creating our own willow lanterns for the World Mental Health Day Lantern Event on Thursday 8th October plus another one to take home as well.
Friday Wanderers & The Barrow Man Greenhouse, Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 2 nd October 09:30 - 10:30 Facilitated by: Waheeda	Join us for a stroll through Crow Nest Park with the Barrow Man, looking closely at colours, textures and patterns, at broad views and small details. Make a postcard of something beautiful or strange to share with a friend. Cards, inks, use of an instant print camera and postage stamps included! *This session is a joint project with Brigantia Creative.
5TH - 11TH OCTOBER		
Norman Park Outdoor Volunteers Green Container, Norman Park, Birkby Huddersfield HD2 2UD	Tuesday 6 th October 11:00 - 13:00 Facilitated by: Byron	Help us look after Norman Park for nature and the whole community to enjoy! We will be doing different practical tasks like gardening, litter-picking, footpath clearing, making habitat homes for wildlife and more. Meet us by the green container near the stream. Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Volunteer Day Dale Lane Community Garden, next to Meadow Green, Heckmondwike WF16 9PA	Tuesday 6 th October 10:00 - 13:00 Facilitated by: Waheeda	Come along and lend a hand as we some tidying up and planting. Find out more about the community garden, meet others, and discover how you can get involved in the project. We're proud to be part of the Cleckheaton, Heckmondwike, Liversedge & Gomersal Community Open Door Fortnight. Everyone is welcome.
The Fields Creative Walk Field Lane Junior, Infant & Nursery School Batley WF17 5AH	Wednesday 7 th & 14 th October 13:00 - 15:00 Facilitated by: Waheeda	Walk, garden and create! Come and join this welcoming social group for a gentle walk, a bit of gardening and some fun, creative activities. This group is relaxed, social, and open to everyone. Please wear clothing and footwear suitable for walking and gardening. Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512801 to book your place.
The Monthly Uplift S2R Create Space, Huddersfield HD1 1EB	Thursday 8 th October 13:00 - 15:00 Facilitated by: Cherry	In the final session of this creative wellbeing group, we'll be making keepsake photo frames. Please note that this session will take place on the first floor, accessible only by stairs.



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WTBP Lantern Parade Crow Nest Park, Dewsbury WF13 2SG	Thursday 8 th October 16:00 - 19:00 Facilitated by: Byron & Waheeda	To celebrate World Mental Health Day, join us and the Working Together Better Partnership for an evening of free activities including instrument making, pebble painting, sports activities, mindful colouring and magical lantern parade through Crow Nest Park with our handmade lanterns, accompanied by Valley Beats Samba Band.
Art in the Park Trinity Street Entrance, Greenhead Park. Huddersfield, HD1 4DT	Friday 9 th October 10:00 - 12:00 Facilitated by: Dawn	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 for this Art in the Park session and have a go! Be inspired by the great outdoors, take a closer look at nature or just take some time out for yourself. Suitable for all ability levels. Please wear clothing and footwear suitable for walking. Please bring a notepad or sketchbook and pencils etc. to draw with.
Huddersfield Repair Cafe S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 10 th October 11:00 - 14:30 Facilitated by: Byron	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 or dehumidifiers please.
12TH - 18TH OCTOBER		
Greenhead Park Outdoor Volunteers Café in the Park, Greenhead Park, Huddersfield HD1 4HS	Tuesday 13 th October 11:00 - 13:00 Facilitated by: Jason	Join us in Greenhead Park on the second Tuesday of every month, working alongside the Park Maintenance Team. Help us to keep this Green Flag Park looking fantastic for the benefit of everyone's wellbeing, meet some new people and learn some handy practical skills along the way too! Please wear clothing and footwear suitable for gardening. Tools and refreshments will be provided.
Social Creatives S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 15 th October 13:00 - 15:00 Facilitated by: Dawn	A safe space for 17-24 year olds to socialise and take part in free creative or nature-based activities. Come along and try something new, take care of your mental health and meet new people. This week, we will be making Halloween crafts.
Chutney Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 15 th October 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own apple and pear chutney from scratch, then personalise it with fragrant herbs and spices. All ingredients will be provided, but feel free to bring your own fruit or vegetables along as well. Please bring an empty jar along with you to this session.
Ramblers Walk Marsden Railway Station, Station Road, Marsden HD7 6DH	Saturday 17 th October 13:30 - 16:00 Facilitated by: Byron	Join the Ramblers for a leisurely 4.5 mile circular walk around Marsden. 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 www.ramblers.org.uk or call Christine Senior from the Ramblers on 07856 844 432.



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19TH - 25TH OCTOBER		
Conker Soap S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 22 nd October 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own environmentally-friendly laundry or hand soap using conkers and a personalised blend of essential oils. Please bring an empty jar along with you to this session.
Upcycled Visible Mending S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Friday 23 rd October 10:00 - 12:00 Facilitated by: Byron & Dawn	Learn how to upcycle and repair old clothes or textiles using simple visible mending hand sewing techniques. No previous sewing experience required. Please bring an item of clothing or textiles along with you to this session to repair.

If you are new to S2R, you will need to complete an application form before joining in with our sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (9.30am - 1.30pm, Monday to Friday)

S2R Office: 01484 539 531 (9.30am - 1.30pm, Wednesday and Thursday)

The Great Outdoors Project: 07541 095 455

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



@s2rcreatespace.bsky.social



S2RCreateSpace



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



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THE MONTHLY UPLIFT

FINDING THE LIGHT IN EVERYDAY LIFE

Join us for gentle, connection-focused, art-making monthly meet ups, where we'll be looking for things that make us laugh or smile. When life feels dark and heavy, the smallest things can help us through the day and we'll be talking about ways to maintain and improve our wellbeing and bring light and happiness into our lives.

THURSDAY 8TH OCTOBER FROM 1 - 3PM

Please feel free to bring along your own artwork / knitting / sudoku etc if you'd like to.
For more info or to book your place, email: contact@s2r.org.uk or call: 07933 358 800.

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