

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health

JULY 2026 SCHEDULE

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



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		
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: Jason	Meet us at our Create Space building then travel with us to various community green spaces 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. All 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.
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Cherry	A gentle gardening session helping to maintain and develop the garden at Birkby Library, with a few craft activities taking place as well. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Tools and refreshments will be provided.
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. Please note Tuesday 28th July will be a social get together with no exercise that day. Refreshments will be provided.
Fields Creative Walks Manorfield School, Manor Way, Batley WF17 7DQ	Wednesday 15 th July 09:30 - 11:30 Facilitated by: Waheeda	Come and join S2R and Clear for a relaxing picnic with mindfulness, nature journaling and spending time together outdoors. Bring a small dish or snack to share as we enjoy good food, great company and the beauty of nature. Please wear clothing and footwear suitable for walking and gardening. Email: fieldscoordinator@batley.mat.co.uk or call: 07497 512801 to book your place.

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REGULAR SESSIONS		
<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, Molly & 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 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.</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: Mary</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. Please note toilet facilities are a 2-minute walk from the allotment site. 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>Fields Creative Walks</p> <p>Field Lane Junior, Infant & Nursery School, Albion Street, Batley WF17 5AH</p>	<p>Wednesday 1st, 8th & 15th July 13:00 - 15:00</p> <p>Facilitated by: Waheeda</p>	<p>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.</p>
<p>The Crafty Coffee Club</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Thursday 10:00 - 12:00</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> <p>*Made possible with funding from One Community Foundation.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby, Huddersfield HD2 2UE</p>	<p>Every Thursday 19:00 - 20:30</p>	<p>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!</p>
<p>Friday Wanderers</p> <p>Dewsbury Country Park, Dewsbury WF13 3SR</p>	<p>Every Friday 09:30 - 10:30</p> <p>Facilitated by: Waheeda</p>	<p>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.</p>
<p>Dewsbury Library Walking Group</p> <p>Dewsbury Library, The Walsh Building, Town Hall Way, Dewsbury WF12 8EE</p>	<p>Every Friday 11.00 - 12.45</p>	<p>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.</p>

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<p>Mirfield Friday Friendship Group</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</p> <p>Facilitated by: Rowena</p> <p>£3 per person</p>	<p>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.</p>
29TH JUNE - 5TH JULY		
<p>The Monthly Uplift - Finding the Light in Everyday Life</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 2nd July 13:00 - 15:00</p> <p>Facilitated by: Cherry</p>	<p>Join us for these gentle tea (or coffee) drinking, easy art-making monthly meet-ups. When things feel heavy and dark, it's the small things that can help us through the day and that's what we'll be talking about! Each month, we'll chat about ways to improve and maintain our wellbeing through creativity. Feel free to bring along your own artwork/knitting/sudoku etc if you'd like and we'll see if we can begin to invite more ease and connection into our lives. In our July session, we'll be drawing inspiration from summer blooms and creating our own artworks on canvas. Please note that this session will take place on the first floor, accessible only by stairs.</p> <p><i>*Supported by the Co-Op Local Community Fund.</i></p>
6TH - 12TH JULY		
<p>Norman Park Outdoor Volunteers</p> <p>Green Container, Norman Park, Birkby Huddersfield HD2 2UD</p>	<p>Tuesday 7th July 11:00 - 13:00</p> <p>Facilitated by: Byron</p>	<p>Help us to look after Norman Park for the benefit of nature and also for 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 provided.</p>
<p>Bee Hotels</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 9th July 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Come and create your own bee hotel, suitable for use in any garden, balcony or windowsill. We will learn how to use hand tools to upcycle wood and create a habitat for different species of British bees. Please wear clothing and footwear suitable for woodworking.</p>
<p>Social Creatives</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 9th July 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. Come along and try something new for free! Join us this week for a walk in Greenhead Park and some journalling around confidence, what affects it and how to boost it. All materials will be provided.</p>
<p>Art in the Park</p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 10th July 10:00 - 12:00</p> <p>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 S2R and Friends of Greenhead Park 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, no art skill needed. Please wear clothing and footwear suitable for walking. Please bring something to draw on and with (e.g., a notebook and a pencil or your sketch books, pens and pastels).</p>

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<p>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 11th July 11:00 - 14:30</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 or dehumidifiers please. Age 16+. Anyone under 16 must be accompanied by an adult.</p>
13TH - 19TH JULY		
<p>Greenhead Park Outdoor Volunteers</p> <p>Café in the Park (opposite the tennis courts) Greenhead Park, Huddersfield HD1 4HS</p>	<p>Tuesday 14th July 11:00 - 13:00</p> <p>Facilitated by: Jason</p>	<p>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.</p>
<p>Bee Talk</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16th July 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Join us for an engaging talk to learn all about the importance of bees, including all the different types of British bees and what we can do to help them thrive.</p>
<p>Social Creatives</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16th July 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities. Come along and try something new for free! Join us this week for an engaging talk to learn about the importance of British bees.</p>
<p>Ramblers Taster Walks</p> <p>Carlisle Street Car Park, Meltham HD9 4NP</p>	<p>Saturday 18th July 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Wolfstones. 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>
27TH JULY - 1ST AUGUST		
<p>Garden Upcycling</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 29th July & Wednesday 5th, 12th & 19th August 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Come and join us for this 4-week course to grow your confidence and learn how to use hand tools to upcycle wood and create a variety of items for the garden, such as a window planter, bird box or bee hotel. No previous experience needed. Please wear clothing and footwear suitable footwear for woodworking.</p>
<p>Meet the Barrowman*</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Thursday 30th July 10:00 - 12:00</p> <p>Facilitated by: Waheeda</p>	<p>Come and meet The Barrowman Stephen Turner, Artist in Residence in Crow Nest Park where we will be joining him in some creative endeavours! Please wear clothing and footwear suitable for walking.</p> <p>*This session is a joint project with Brigantia Creative.</p>



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 which 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 2ND JULY
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.

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



@CreateSpaceS2R



S2RCreateSpace



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



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ART IN THE PARK

Come and join S2R and The Friends Of Greenhead Park for some simple and relaxing sketching in the park. Lose yourself in the moment, be inspired by the great outdoors and take a closer look at nature.

FRIDAY 10TH JULY FROM 10AM - 12NOON

Suitable for all ability levels, no art skills needed. Please bring something to draw on and with and wear clothing and footwear suitable for the outdoors.

Meet us at the Trinity Street Gate, Greenhead Park, Huddersfield HD1 4DT
For more info or to book your place, email: contact@s2r.org.uk or call 07933 358 800