

DEWSBURY: YOUR HEALTH IN MIND!



This project is supported by the Dewsbury Councillors' Ward budgets

Your emotional wellbeing is how content you feel with your life, and it is extremely important both for your mental and physical health, and for healthy families and communities. We can all work on our wellbeing by following some simple steps and making use of the resources around us.

DEWSBURY WEST WELLBEING PACK



The biggest resource we have at our disposal is nature and the outdoors, and the best part is that it's free! A recent study shows that being outdoors for as little as two hours a week is enough to boost your mood. So follow us through this activity book and devise a personal action plan to help keep your wellbeing on top form, and reduce your risk of poor mental and physical health as you discover the outdoors in your area.

Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL

BE ACTIVE...

Being active and exercising keeps our joints moving, builds strength, and prevents muscle loss and our bodies reward us for doing it by producing feelgood chemicals that help to lift our mood and improve our wellbeing.

Being active isn't just about going running or playing football though! A gentle stroll in the park can be enough to keep our bodies active and to improve our wellbeing.

WHAT CAN I DO TO KEEP ACTIVE?

- ⇒ Walk to the local shops, walk to school or even walk to work
- ⇒ Do some gardening at home or some litter picking in your local area
- ⇒ Go for a bike ride, play some sport with friends, or join an exercise class

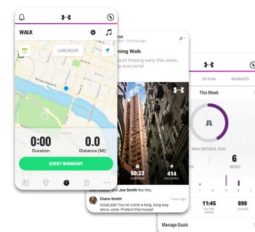
WHERE CAN I GO TO BE ACTIVE?

- ⇒ Try out the Green Gym at Crow Nest Park
- ⇒ Walk, jog, run or cycle to Dewsbury town centre, Cleckheaton and beyond on the Spen Valley Greenway
- ⇒ Follow the canal towpaths for miles and enjoy some easy walks by the water
- ⇒ Get out and explore in Dewsbury Country Park
- ⇒ Take a gentle stroll or build up your fitness on the walking track at Holroyd Park



WALKING ROUTES NEAR YOU...

MapMyWalk is an easy-to-use app for walkers of all levels and abilities. It tracks walk routes via GPS and can give you live data on elapsed time, distance, pace, speed, elevation and number of calories burned. Visit: www.mapmywalk.com to find out more and get the app.



SOMETHING TO TRY...

If you'd like to start walking more, you could build up your fitness with a stroll around Crow Nest Park and then try this 30 minute circular walk of St. John's Wood (approx. 1 mile)...

- Start with your back to the mansion in the park. Turn left and then take the first path on the left, past the walled garden on your right and the greenhouse on your left.
- Follow this path, then take the path on the left which will curve to the right around the bandstand.
- Turn left onto the path towards the war memorial.
- Walk past the memorial and then take the path by the tennis courts.
- At the end of the path, go through the gate and then turn right towards Boothroyd Lane.
- Take a left on Boothroyd Lane and walk to the end of the road. Go through the gate on the left and follow the path through the wood.
- At the end of the path, go through the gate and enter the crematorium. Walk across the grass, heading left and following the fence until you reach an opening.
- Go through the gate and turn right, following the path that runs between the park and the crematorium.
- Follow this path until you reach another gate on the left, walk through the gate and then follow the path in front of you all the way back to the mansion where the walk began.



Scan the QR code to have a look at the route and terrain of this walk before you set off and find handy video guides for two more local walking routes too!

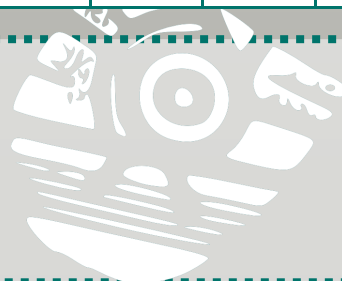
HOW ACTIVE AM I NOW?

We can help ourselves be more active by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how active you are now and give yourself a score from 1 to 10 (with 1 being least active and 10 being most active)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How active am I today?	1	2	3	4	5	6	7	8	9	10
How active am I now?	1	2	3	4	5	6	7	8	9	10

Plan box:



Keep Learning...

Learning can boost your self-confidence, improve your self-esteem, build a sense of purpose, and help you to connect with others.

What Should I Learn About?

Well, it could be anything, so why not try a few things out? You never know what you might find yourself becoming interested in! How about:

- Having a go at a new sport
- Going on a walk leader's course
- Brushing up on your plant identification skills
- Learning about gardening and horticulture
- Trying your hand at photography
- Joining a flower-arranging class
- Reading up on astronomy and the night sky

Where Can I go to Learn New Things?

There are lots of places where you can go to learn new things and meet some new people. Perhaps you could...

- Go to a class at your local community centre or library
- Join a local Friends Of group and meet some new people
- Take a course at Kirklees College or an online course at home

Local Places Where You Could Learn New Things...

- Ravensthorpe Community Centre - 24 Garden Street, Ravensthorpe, Dewsbury WF13 3AR
- The Greenwood Centre - Huddersfield Road, Dewsbury WF13 3JR
- Salfia Centre - 1 Stoney Bank Street, Scout Hill, Dewsbury WF13 3RJ
- Dewsbury Community Hub - Dunromin, 20a Ravens Lodge Terrace, Scouthill, Dewsbury WF13 3EF

Something Simple to Get You Started...

When you're outside, take a look at the trees. Here are 3 of the most common trees found in the UK, can you learn to recognise them just by looking at their leaves?



Oak leaf



Sycamore leaf



Birch leaf



If you'd like to know more, scan the QR code to watch our tree identification video or download this tree guide: <https://bit.ly/3uge6mE>

How Much Learning am I Doing Now?

We can help ourselves learn new things by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time....

1. On the table below, think about how much you learn now and give yourself a score from 1 to 10
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How much do I learn today?	1	2	3	4	5	6	7	8	9	10
How much do I learn now?	1	2	3	4	5	6	7	8	9	10

Plan box:

CONNECT...

Connecting with others makes us feel like we're part of something bigger and gives us a more rounded perspective on life. Humans are sociable animals on the whole, but modern life has made it easier for us to become isolated and feel lonely, even though we live close to one another.

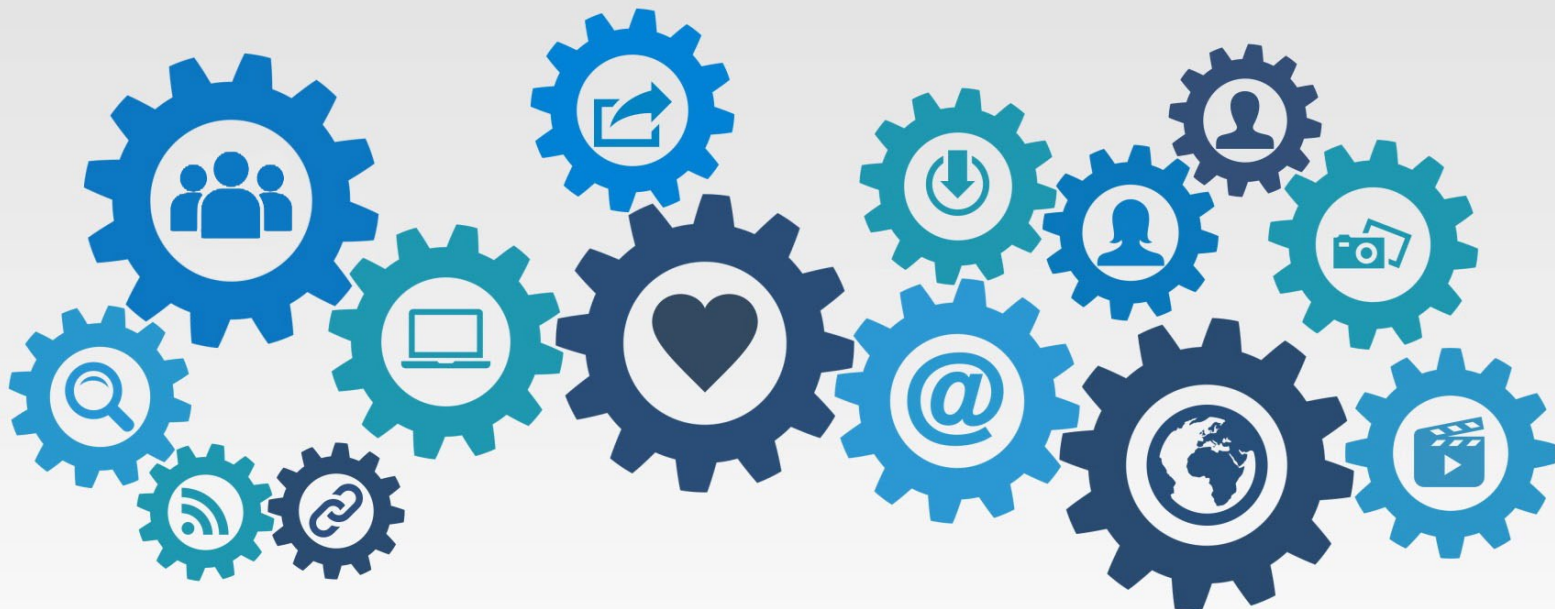
Connecting in nature is what we have been doing for the longest time, and when we are outdoors, we can decide how close we want to be to others and who we want to talk to with much less awkwardness.

WHAT CAN I DO TO FEEL MORE CONNECTED?

- ⇒ Join in with a local sports club or walking group
- ⇒ Get involved with a Friends Of group in your local park or green space
- ⇒ Visit a family member or contact a friend and arrange to go for a walk
- ⇒ Stop and have a chat with your neighbours in the park or the street
- ⇒ Get in touch with friends or family by calling, texting or emailing

WHERE CAN I GO TO BE MORE CONNECTED?

- ⇒ Look for coffee mornings or courses at your local community centre or library
- ⇒ Local places of worship often have social activities taking place
- ⇒ Speak to Community Plus for help with finding local groups that you could join
- ⇒ Join the conversation on our Wild Dewsberries Facebook page
- ⇒ Take a look at the latest S2R activity schedule at: www.s2r.org.uk/whats-on and book yourself on to any of our free outdoor, craft and wellbeing sessions



LOCAL PLACES TO MAKE NEW CONNECTIONS...

Here are just a few of the local places you could go to make new connections and join in with social activities, community groups or outdoor pastimes.

- ⇒ Ravensthorpe Community Centre
24 Garden Street, Ravensthorpe, Dewsbury WF13 3AR
- ⇒ St. Saviour's Church, Huddersfield Road, Dewsbury WF13 3HL
- ⇒ Salfia Centre
1 Stoney Bank Street, Scout Hill, Dewsbury WF13 3RJ
- ⇒ Dewsbury Community Hub
Dunromin, 20a Ravens Lodge Terrace, Scouthill, Dewsbury WF13 3EF



Community Plus is part of Kirklees Council, and one of their roles is to connect people to local community groups and help them feel less isolated. If you find it difficult to turn up to a group or a course on your own, or you just need some help finding out what is available near you then Community Plus can help.

You can get in touch with Community Plus by:

- Scanning this QR code and filling in the online form
- By giving them a call on 01484 225224
- Or by asking your doctor about Social Prescribing.



HOW CONNECTED TO PEOPLE AM I NOW?

We can help ourselves become more connected by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how connected you are now and give yourself a score from 1 to 10 (with 1 being least connected and 10 being most connected)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How connected am I today?	1	2	3	4	5	6	7	8	9	10
How connected am I now?	1	2	3	4	5	6	7	8	9	10

Plan box:

TAKE NOTICE...

It can be very easy to rush through life and to spend too much time ruminating about things that happened in the past, worrying about what might happen in the future or over-thinking things that are beyond our control. This can make us anxious and stop us from enjoying the present.

By making time to take proper notice of the world around us, we can find a better perspective on what is important, and connect ourselves with the world around us.

WHAT CAN I DO TO TAKE MORE NOTICE?

- ⇒ Go for a walk with no particular destination in mind and see where you end up
- ⇒ Switch off your phone or take a break from social media for an hour or two
- ⇒ Rest at the red light on a crossing without rushing to get across the road
- ⇒ Head out into the garden and notice all of the sights, sounds and smells
- ⇒ Kick off your shoes and take a walk on the grass barefoot
- ⇒ Do just one thing at a time and really focus on the task that you're doing
- ⇒ Try out some mindfulness exercises or have a go at some meditation
- ⇒ Really listen to someone talking without trying to tell them about your experiences

WHERE CAN I GO TO NOTICE MORE?

Wild places and outdoor spaces are great for making you notice things...

- ⇒ Follow the mindfulness trail in Crow Nest Park
- ⇒ Notice the sun on your face in Dewsbury Country Park
- ⇒ Take a quiet nature walk in St. John's Wood
- ⇒ Watch the ripples and reflections in local canals or on the River Calder
- ⇒ Visit the S2R website and try some of our mindful and creative activities
- ⇒ Download a mindfulness app onto your phone and give it a try
- ⇒ Have a go at a creative activity like a colouring book to focus your mind



TRY THIS SIMPLE MINDFULNESS EXERCISE...

This is a great tool to use if you are feeling overwhelmed or stressed. Taking a few moments to relax can help bring your attention to the here and now. All you need is your five senses!

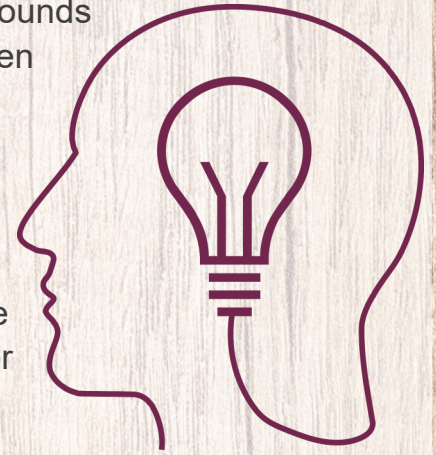
Notice 5 things you can see... Look around and pick out 5 things you can see. Things you wouldn't normally notice like shadow on the pavement, or the way a cat is slowly waving its tail.

Notice 4 things you can feel... Bring your attention to 4 things you can feel. This may be a coin in your pocket, the texture of a plant nearby or the feeling of the wind on your skin.

Notice 3 things you can hear... Take a moment to focus on the sounds around you. Perhaps you can hear the distant hum of traffic, children playing outside, or your neighbours chatting nearby.

Notice 2 things you can smell... Breathe in. Can you smell freshly cut grass, aromas from a nearby takeaway or perhaps the fabric conditioner lingering on your clothes.

Notice 1 thing you can taste... Focus on something you can taste in the moment. It may be a piece of chewing gum, a sip of coffee or even the feeling and taste of the air in your mouth as you inhale.



HOW MUCH DO I NOTICE NOW?

We can help ourselves notice more by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month's time...

1. On the table below, think about how much you notice things now and give yourself a score from 1 to 10 (with 1 being the least notice and 10 being the most notice)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you've done
4. Don't worry if your score hasn't gone up. Just reset your goal and start again!

How much do I notice today?	1	2	3	4	5	6	7	8	9	10
How much do I notice now?	1	2	3	4	5	6	7	8	9	10

Plan box:



GIVE BACK...

We all have positive things that we can contribute to our friends, family, or our local community and when we share our skills and time for the benefit of others, it can help to give us a real sense of purpose and satisfaction.

WHAT CAN I DO TO GIVE SOMETHING BACK?

- ⇒ Share your skills with others or take the time to teach someone something new
- ⇒ Give some of your time to community groups or a local volunteer group
- ⇒ Plant a tree or cut back overgrown vegetation covering up local footpaths
- ⇒ Ask friends and neighbours if there's anything you can do to help them out

HOW CAN I GIVE BACK TO MY COMMUNITY?

- ⇒ Drop in at a local community centre or place of worship to see if you can help out
- ⇒ Contact Kirklees Council's Everybody Active scheme to become a walk leader
- ⇒ Speak to TSL Kirklees Volunteering and find out about volunteering opportunities
- ⇒ Join a Friends Of group and make a difference in your local park or green space
- ⇒ Ask if you can be of help to any local youth groups, like the Scouts or Guides

QUESTIONS ABOUT VOLUNTEERING...

- ⇒ **Will it affect my Job Seekers Allowance benefits?** As long as you're still doing what you agreed with the Job Centre you are allowed to volunteer. It might even help you find a job.
- ⇒ **Will I have to have a police check?** Plenty of places don't need their volunteers to have a police check but if they do, there are places that can help guide you through the process.
- ⇒ **What if I'm not good enough?** Volunteering should always be on your terms. If you find something that you enjoy doing, everything that you contribute will make a difference, and volunteering opportunities can often come with training from the placement provider.
- ⇒ **What if the land belongs to the council?** We can't just go around cutting down trees or pulling up bushes, but opening up a path by cutting back some overgrown vegetation is good for everyone. If you want to make sure you have permission, you could always contact the Park Volunteer Coordinator or resident Friends Of group first.



VOLUNTEERING OPPORTUNITIES IN KIRKLEES...

- ⇒ **TSL Kirklees Volunteering** is an organisation that supports volunteers across the district. Check out their website: <https://bit.ly/3KZgPa0> for local opportunities and support.
- ⇒ **Natural Kirklees** is a volunteer-led group that supports everyone looking after parks and green spaces. Visit their website: www.naturalkirklees.org for a list of groups near you.
- ⇒ **Kirklees Volunteer Coordinators** specialise in supporting and advising people who want to lend a hand on Kirklees green spaces. Visit: <https://bit.ly/3rgq4dZ> for more information.
- ⇒ **Ravensthorpe in Bloom** find them on Facebook by searching “Ravensthorpe in Bloom”.
- ⇒ **Ravensthorpe Resident’s Action Group** search for @ravensthorpecleanandgreenproject.
- ⇒ **Ravensthorpe Community Centre** find out more online at: www.rccl.org.
- ⇒ **Dewsbury Country Park** find out more on Facebook at @dewsburycountrypark.

START SMALL...

A simple thing you can do when you’re out and about is to take a bag with you and if you see some litter, pick it up and take it home. Okay, it’s not yours and it shouldn’t be there but if you care about the area you live in, every drink can or sweet wrapper you pick up is one less on the park or in the woods. If we all picked up a bit of litter every time we went out, imagine what a difference it would make!



HOW MUCH DO I GIVE BACK NOW?

We can help ourselves give more by recognising where we are now, setting some achievable goals, and then reflecting on our progress in a few month’s time...

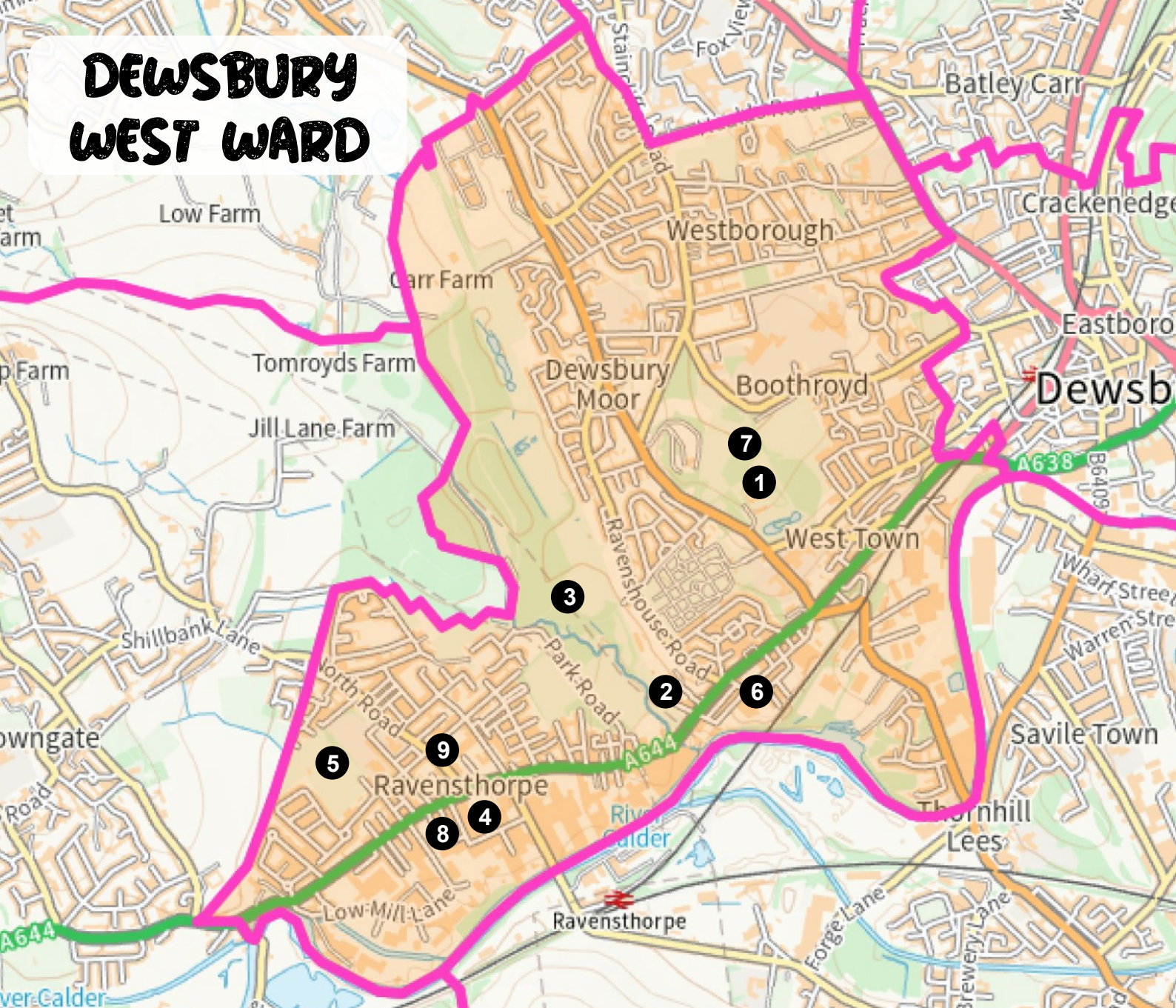
1. On the table below, think about how much you give now and then give yourself a score from 1 to 10 (with 1 giving back the least and 10 giving back the most)
2. Think of something realistic that you are going to do more of and write it in the plan box
3. In 3 months time, give yourself another score from 1 to 10 and see how you’ve done
4. Don’t worry if your score hasn’t gone up. Just reset your goal and start again!

How much do I give today?	1	2	3	4	5	6	7	8	9	10
How much do I give now?	1	2	3	4	5	6	7	8	9	10

Plan box:



DEWSBURY WEST WARD



Key locations in the Dewsbury West Ward:

- | | |
|--------------------------|---------------------------------|
| 1 Crow Nest Park | 6 Salifa Centre |
| 2 Dewsbury Community Hub | 7 St. John's Wood |
| 3 Dewsbury Country Park | 8 St. Saviour's Church |
| 4 Greenwood Centre | 9 Ravensthorpe Community Centre |
| 5 Holroyd Park | |

If you would like more information or to get involved in the Dewsbury: Your Health in Mind project, please email: contact@s2r.org.uk or call/text us on: **07895 510 433**

You can also join our Facebook group: [@WildDewsburies](https://www.facebook.com/WildDewsburies)

Or find out more on our website www.s2r.org.uk

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