

# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



## FEBRUARY 2023 SCHEDULE

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



### 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)



### FACE-TO-FACE SESSIONS

Face coverings in our sessions are not mandatory, but you are welcome to wear one if you'd prefer, and please also be mindful of others' personal space. Hand sanitisation stations will still be available for your use. Please do not attend any sessions if you feel unwell or have any symptoms of flu or COVID-19.

NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Birkby Walk, Jog, Run</b> Norman Park, Norman Road, Birkby HD2 2EU	Every Monday 11:00 - 12:00 Facilitated by: Elizabeth	Join this friendly group with an emphasis on fun and boosting your physical and mental wellbeing through jogging and exercises. Improve your agility, balance and coordination, progress at your own pace and find your own level from armchair to athlete! Booking is required so we can make sure that this is the right activity for you. Please wear trainers and suitable clothes for exercise and bring a water bottle with you. Meet us by the notice boards in Norman Park.
<b>Lonely Arts Club</b> S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 12:30 Every Thursday 10:00 - 12:30 Facilitated by: Debbie	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 and Fartown Library Gardening Group</b> Birkby and Fartown Library, Lea Street, Birkby HD1 6HF	Every Tuesday 11:00 - 12:30 Facilitated by: Elizabeth	Whilst the library garden is resting over winter, come and join us inside for some fun garden-themed activities like Windowsill Plants and Sowing Seeds for Spring. You can also share some gardening tips and ideas, browse through some gardening books, have a friendly chat and enjoy a warming hot drink. We might go into the garden if the weather allows, so please bring a coat with you too. No gardening experience needed. <b>Tools will be provided.</b>
<b>Work Days</b> Various locations across Kirklees	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks across Kirklees. <b>Tools are provided. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.</b>
<b>Birkby Wellbeing Walks</b> Birkby and Fartown Library, Lea Street, Birkby HD1 6HF	Every Tuesday 13:00 - 14:00 Facilitated by: Elizabeth	Join us for gentle, mindful walks around Birkby including Norman Park, Grimescar Valley, The Greenway and more. Please wear clothing and footwear suitable for the weather.

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NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<p><b>S2R Welcome Session</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Wednesday 10:00 - 12:00</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>Dewsbury and Mirfield Fibromyalgia Friends</b></p> <p>The 3 Strand Café, Longcauseway Church, Princess of Wales Precinct Dewsbury WF13 1NH</p>	<p>Wednesday 1<sup>st</sup> &amp; 15<sup>th</sup> February 11:00 - 12:30</p>	<p>This friendly and welcoming group meets once a fortnight on a Wednesday morning. Come along to chat, to listen, to find support, network and enjoy coffee and cake. Then why not stay for lunch and join in with our Wellness Wednesday activities afterwards too! Everyone is welcome.</p> <p><i>*A Partnership between Dewsbury and Mirfield Anchor, Longcauseway Church, Fibromyalgia Action UK and Kirklees Social Prescribing.</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 again. Please wear clothing and footwear suitable for the weather.</p>
<p><b>Men's Matters</b></p> <p>Rawthorpe and Dalton Library, 23-25 Ridgeway, Dalton HD5 9QJ</p>	<p>Every Wednesday 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>A flexible and friendly men-only social group. Come along and meet some new people, play some games or have a chat, and enjoy a warm drink and a biscuit.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central &amp; North Place Partnerships.</i></p>
<p><b>Waheeda's Wellbeing</b></p> <p>Boothroyd Primary Academy, Temple Road, Dewsbury WF13 3QE</p>	<p>Wednesday 1<sup>st</sup>, 8<sup>th</sup> &amp; 22<sup>nd</sup> February 13:00 - 15:00</p> <p>Facilitated by: Waheeda</p>	<p>Join Waheeda indoors at Boothroyd Primary Academy to try a variety of mindful practices and crafts that will connect you to nature and other people, including sketch journaling, zen doodling and photography.</p>
<p><b>Friday Wanderers*</b></p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Friday 09:30 - 10:30</p> <p>Facilitated by: Waheeda</p>	<p>Join this friendly, women-only group for a gentle stroll around Crow Nest Park. We will meet at the front of the manor house. Feel free to bring a warm drink with you too.</p> <p><i>*Funded by the CityConnect Community Grants scheme.</i></p>
<p><b>Mirfield Friday Friendship Group*</b></p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Every Friday 14:00 - 15:30</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 welcome. No booking required. Refreshments will be provided. <b>The first week is free, then £2 per person to attend.</b></p> <p><i>*Supported by The National Lottery Community Fund.</i></p>

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NAME	DATE AND TIME	DETAILS
<b>30TH JANUARY - 5TH FEBRUARY</b>		
<p><b>Windybank Wellbeing*</b></p> <p>Windybank Community Centre, 10 Fourth Avenue, Liversedge WF15 8LA</p>	<p>Wednesday 1<sup>st</sup> February 10:30 - 12:00</p>	<p>Join us for a free session on Putting Positivity into Practice that is designed to boost your mental health and wellbeing. <b>Please note that these sessions are for residents of the Windybank and Liversedge areas only.</b></p> <p><i>*Sessions supported by Liversedge and Gomersal Ward Councillors through the Members Local Project Fund.</i></p>
<p><b>Community Growing Colour Together Project</b></p> <p>Boothroyd Primary Academy, Temple Road, Dewsbury WF13 3QE</p>	<p>Wednesday 1<sup>st</sup> &amp; 8<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Waheeda, Jane and Natalie</p>	<p>Are you interested in growing? Sustainability? Art? Textiles and fashion? Then the Growing Colour Together project might interest you! Come along and find out more, meet the artists, find out what a dye garden is and how it works, learn more about different types of natural dyes and dyeing techniques and share your thoughts and ideas. You will also have to opportunity to get creative and take part in a natural dye workshop. <b>To book your place, please register online at: <a href="https://www.eventbrite.co.uk/e/community-growing-colour-together-project-dewsbury-tickets-518802741967">https://www.eventbrite.co.uk/e/community-growing-colour-together-project-dewsbury-tickets-518802741967</a>.</b></p>
<p><b>The 17-24ers Time to Talk Stay Safe Special</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 2<sup>nd</sup> February 13:00 - 15:00</p> <p>Facilitated by: Andy &amp; Dawn</p>	<p>Come and join us for this special <i>#TimetoTalk</i> Day workshop with our partners from Freedom Personal Safety. This interactive and informal session will explore how we can boost our confidence, keep ourselves safe from a physical attack, how to use our 'personal weapons', the importance of body language and using our voices. Plus we will learn some simple but effective physical techniques in a safe and supportive environment. <b>This session is suitable for ages 17-24 years only.</b></p>
<p><b>Wellbeing Dipped Candles</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 2<sup>nd</sup> February 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>It's still dark and cold outside but the good news is that we are halfway through winter! So come and learn how to make your own personalised wellbeing dipped candle with a blend of essential oils which will help to boost your mood over the next few weeks, ready for the return of spring.</p>
<p><b>Crafty Friends at Almondbury Library*</b></p> <p>Off Fairfield Road, Huddersfield HD5 8TD</p>	<p>Thursday 2<sup>nd</sup> February 14:15 - 15:45</p> <p>Facilitated by: Sue</p>	<p>Come and join this friendly group and take some time out for yourself whilst enjoying a warm drink and some crafting. You will learn how to make and sew a hanging felt decoration to welcome in the spring! Using sheet felt, embroidery threads and decorative embellishments, you will create your own 3D decoration to keep for yourself or give to someone else to bring a smile to their day.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central &amp; North Place Partnerships.</i></p>
<b>6TH - 12TH FEBRUARY</b>		
<p><b>Windybank Wellbeing*</b></p> <p>Windybank Community Centre, 10 Fourth Avenue, Liversedge WF15 8LA</p>	<p>Tuesday 7<sup>th</sup> February 09:45 - 11:15</p> <p>Facilitated by: Siân</p>	<p>Come and join Siân from S2R for a fun and creative introduction to the art of Calligraphy. <b>Please note that these sessions are for residents of the Windybank and Liversedge areas only.</b></p> <p><i>*Sessions supported by Liversedge and Gomersal Ward Councillors through the Members Local Project Fund.</i></p>

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NAME	DATE AND TIME	DETAILS
<p><b>Windybank Wellbeing*</b></p> <p>Windybank Community Centre, 10 Fourth Avenue, Liversedge WF15 8LA</p>	<p>Thursday 9<sup>th</sup> February 9:30 - 11:00</p> <p>Facilitated by: Julie</p>	<p>Join Julie for a gentle chair exercise session and learn how to use resistance bands to help you get a good stretch. This session is suitable for all abilities. <b>Please note that these sessions are for residents of the Windybank and Liversedge areas only.</b></p> <p><i>*Sessions supported by Liversedge and Gomersal Ward Councillors through the Members Local Project Fund.</i></p>
<p><b>Aromatherapy Soap Making</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 9<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Come and learn how to create your own melt and pour body soap using natural colours, exfoliants, moisturisers and essential oils. <b>Please be aware this session will be delivered on the 1st floor, accessible only by stairs.</b></p>
<p><b>Crafty Friends at Rawthorpe and Dalton Library*</b></p> <p>23/25 Ridgeway, Huddersfield HD5 9QR</p>	<p>Friday 10<sup>th</sup> February 10:30 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Come and join this friendly group and take some time out for yourself whilst enjoying a warm drink and some crafting. You will learn how to make and sew a hanging felt decoration to welcome in the spring! Using sheet felt, embroidery threads and decorative embellishments, you will create your own 3D decoration to keep for yourself or give to someone else to bring a smile to their day.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central &amp; North Place Partnerships.</i></p>
<p><b>Huddersfield Repair Café</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 11<sup>th</sup> February 11:00 - 15:00</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! <b>No microwaves please. This session is suitable for ages 16+. Anyone under 16 must be accompanied by an adult.</b></p>

### 13TH - 19TH FEBRUARY

<p><b>The 17-24ers</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Andy &amp; Dawn</p>	<p>Are you aged between 17-24? Then come along to this friendly session, explore how aromatherapy can help boost our mood and learn how to create a room spray with essential oils to take away with you and use at home.</p>
<p><b>Crafty Friends at Almondbury Library*</b></p> <p>Off Farfield Road, Huddersfield HD5 8TD</p>	<p>Thursday 16<sup>th</sup> February 14:15 - 15:45</p> <p>Facilitated by: Kim</p>	<p>Come and join this friendly group and take some time out for yourself whilst enjoying a warm drink and some crafting. You will learn about string art and create your very own graphic string art cards using geometric designs and simple stitching techniques.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central &amp; North Place Partnerships.</i></p>
<p><b>Ramblers Taster Walks</b></p> <p>Carlisle Street Car Park, Meltham, Huddersfield HD9 4NP</p>	<p>Saturday 18<sup>th</sup> February 13:30</p>	<p>Join the Ramblers for an easy 7km circular walk around the woods of Meltham. Please wear suitable footwear and clothing. 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>


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NAME	DATE AND TIME	DETAILS
<b>20TH - 26TH FEBRUARY</b>		
<p><b>We Are Waterloo - Café, Chat and Connect*</b></p> <p>Mama's Café, 515 Wakefield Road, Huddersfield HD5 9XN</p>	<p>Tuesday 21<sup>st</sup> February 10:00 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Come and meet us! This friendly, sociable session is the place for you to get involved in the new Waterloo-based project "We are Waterloo". This group is all about YOU and YOUR community so come along for a free drink and tell us what you'd like to see, what you'd like to join in with and if you'd like to volunteer some time.</p> <p><i>*Made possible with funding from the Dalton Ward Councillor's Place Standard Investment Fund.</i></p>
<p><b>Outdoor Fitness Taster Session</b></p> <p>Greenhead Park, Trinity Street, Huddersfield HD1 4DT</p>	<p>Wednesday 22<sup>nd</sup> February 14:00 - 15:00</p> <p>Facilitated by: Elizabeth</p>	<p>Join us for this one-off taster session and learn how to use the outdoor gym equipment in Greenhead Park with an emphasis on fun. Booking is required so we can make sure that this is the right activity for you and it is safe for you to participate. Please wear trainers and suitable clothes for exercise and bring a water bottle with you. Meet us in the bandstand at Greenhead Park. <b>Please note that this session will be moved to another date in the event of the park equipment being wet or icy.</b></p>
<p><b>Art On The Railway - Suicide Prevention</b></p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 23<sup>rd</sup> February 10:00 - 14:00</p>	<p>Do you have lived experience of mental health, self-harm or suicide? Join Kirklees Council and S2R for this special workshop and help create a new campaign featuring a positive image and a message of hope which will be used at railway stations across Kirklees to help reduce instances of suicide on the railway. Please be aware that this workshop will involve discussions about suicide and suicide prevention. <b>Suitable for ages 16+ only. To book your place, please email: <a href="mailto:Julie.Hunneybell@kirklees.gov.uk">Julie.Hunneybell@kirklees.gov.uk</a>.</b></p>
<p><b>Crafty Friends at Rawthorpe and Dalton Library*</b></p> <p>23/25 Ridgeway, Huddersfield HD5 9QR</p>	<p>Friday 24<sup>th</sup> February 10:30 - 12:00</p> <p>Facilitated by: Kim</p>	<p>Come and join this friendly group and take some time out for yourself whilst enjoying a warm drink and some crafting. You will learn about string art and create your very own graphic string art cards using geometric designs and simple stitching techniques.</p> <p><i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central &amp; North Place Partnerships.</i></p>
<p><b>An Apple a Day</b></p> <p>Highfields Community Orchard, Wentworth Street, Huddersfield HD1 5PX</p>	<p>Friday 24<sup>th</sup> February 13:00 - 15:00</p> <p>Facilitated by: Andy &amp; Dawn</p>	<p>Join us back at Highfields Orchard for a special cooking session to celebrate our first gathering of 2023. So come along, sit by the fire and enjoy the fresh air with a friendly chat and a warm drink.</p>
<b>27TH FEBRUARY - 5TH MARCH</b>		
<p><b>An Introduction to Timebanking</b></p> <p>Online via Zoom</p> 	<p>Monday 27<sup>th</sup> February 19:00 - 20:00</p> <p>Facilitated by: Sarah Bird CEO of Timebanking UK</p>	<p>Timebanking has proven positive effects on mental wellbeing - so much so in fact, that some GPs are adding it to social prescriptions. Join Sarah from the charity Timebanking UK to hear how the charity is bringing together people from all walks of life to support one another, enabling local people to realise their self-worth and giving people the means to be able to achieve their own goals.</p> <p>This session will consist of a short presentation by Sarah, followed by an opportunity to ask questions and discuss as a group the types of support needed by communities in Kirklees. Join us to learn more about this very relevant movement and how you could get involved!</p>

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<b>27TH FEBRUARY - 5TH MARCH</b>		
<b style="color: #0070C0;">Windybank Wellbeing*</b> Windybank Community Centre, 10 Fourth Avenue, Liversedge WF15 8LA	Tuesday 28 <sup>th</sup> February 9:30 - 11:00 Facilitated by: Kim	Join Kim and create your own hand knotted macrame keyrings in this fun and sociable session. <b>Please note that these sessions are for residents of the Windybank and Liversedge areas only.</b> *Sessions supported by Liversedge and Gomersal Ward Councillors through the Members Local Project Fund.
<b style="color: #C00000;">We Are Waterloo - Café, Chat and Connect*</b> Morrisons Café, Morrisons Supermarket, Penistone Road, Huddersfield HD5 8QW	Tuesday 28 <sup>th</sup> February 15:00 - 18:00 Facilitated by: Sue	Come and meet us! This friendly, sociable session is the place for you to get involved in the new Waterloo-based project "We are Waterloo". This group is all about YOU and YOUR community so come along for a free drink and tell us what you'd like to see, what you'd like to join in with and if you'd like to volunteer some time. *Made possible with funding from the Dalton Place Standard Investment Fund.

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

Face coverings in our sessions are not mandatory, but you are welcome to continue to wear one if you'd prefer, and please remember to be mindful of others' personal space.

Hand sanitisation stations will still be available for your use.

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



## ZOOM SESSIONS

To book: email [contact@s2r.org.uk](mailto:contact@s2r.org.uk) and receive the zoom joining link!

NAME	DATE AND TIME	DETAILS
<b style="color: #0070C0;">Drawing For Everyone</b>	Tuesday 21 <sup>st</sup> & 28 <sup>th</sup> February & Tuesday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> March 19:00 - 20:00	Learn the art of figure drawing in this fun and interactive six-week course with Audrey. We will be exploring the proportions and looking at the characteristics of individuals, using both big, bold charcoal strokes and precise and delicate pens. Classes are easy to follow and are suitable for all abilities. You will need charcoal, a fine-liner or a Sharpie pen and paper or a sketchbook to work along with Audrey. <b>Unfortunately, we don't receive any funding to offer these courses. To help us cover some of the course costs there is a charge of £18 per person, per course (which works out at just £3 per session) to take part. Payment can be made easily via the donation button on our website and we will send out your Zoom link once payment has been received. Thank you.</b>
<b style="color: #0070C0;">Watercolour Made Fun!</b>	Thursday 23 <sup>rd</sup> February & Thursday 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> March 19:00 - 20:00	Learn to paint animals in a bold and beautiful way; everything from fluffy highland cows to bold kingfishers. Classes are easy to follow and are suitable for both beginners and advanced painters. You will need your own basic watercolour paints, brushes, paper (taped up), cling-film and some coloured watercolour pencils to work along with Audrey. <b>Unfortunately, we don't receive any funding to offer these courses. To help us cover some of the course costs there is a charge of £18 per person, per course (which works out at just £3 per session) to take part. Payment can be made easily via the donation button on our website and we will send out your Zoom link once payment has been received. Thank you.</b>



# FEBRUARY 2023 RELEASES ON FACEBOOK

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

## Yoga On Demand

Wednesday 22<sup>nd</sup> February  
Released at 17:30

Join *Umbrella Yoga* 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 13 other free Yoga On Demand video classes available there too.

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 10am - 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)



S2R Create Space



@CreateSpaceS2R



S2RCreateSpace



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



**European Union**

European Social Fund



**COMMUNITY FUND**



SUPPORTING COMMUNITIES



A project led by



Registered Charity 1122199 | Limited Company 6418312



**Do you have lived experience  
of mental health, self-harm or suicide?**

**Would you like to help us create a new campaign  
to help prevent suicide on the railway in Kirklees?**

Join Kirklees Council and S2R Support to Recovery to share your experiences and ideas. Your contributions will help us to create a piece of artwork featuring a positive image and a message of hope which will be used at railway stations across Kirklees to help reduce instances of suicide on the railway.

The aim of this workshop is to help us better understand what could prevent someone from taking their life on the railway, what they might need to see or hear in order to feel less alone and where they can be encouraged to seek help.

**Thursday 23<sup>rd</sup> February, from 10am - 2pm**

This workshop is suitable for ages 16+ only and will take place at S2R Create Space, 5-7 Brook Street, Huddersfield, HD1 1EB. To book, email: [Julie.Hunneybell@kirklees.gov.uk](mailto:Julie.Hunneybell@kirklees.gov.uk).

Please be aware that the workshop will involve discussions about suicide and suicide prevention. If you have recently lost someone to suicide or have suicidal thoughts yourself, please contact the **Suicide Bereavement Service** on 0113 3055 800 or ring **Single Point of Access** on 01924 316830.