

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



JULY 2022 SCHEDULE

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



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



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
REGULAR SESSIONS		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton HD2 1AG	Every Monday 10:00 - 12:30 Facilitated by: Michelle	Help to grow plants and flowers for local parks and greenspaces at the polytunnels. You don't need any gardening experience. Tools are provided. This group is only suitable for 18+ years. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.
Lonely Arts Club 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 painting or drawing project, or have a go at sketching the still life objects we provide. This is a group intended for those with previous experience, or those happy to self-teach. Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.
Work Days Various locations across Kirklees	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks across Kirklees. 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.
Birkby and Fartown Library Gardening Group Birkby and Fartown Library, Lea Street, Birkby HD1 6HF	Every Tuesday 11:30 - 13:00 Facilitated by: Elizabeth	Join these gentle gardening sessions and help to get the library garden ready for summer, enjoy some interesting horticultural activities, find out about garden volunteering at the library, and share a drink and a chat. No gardening experience needed. Please wear clothing and footwear suitable for gardening. Tools are provided.
Birkby Wellbeing Walks* 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. *Supported by Yorkshire Sport Foundation.

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REGULAR SESSIONS		
Café Connections Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday 14:00 - 15:00 Facilitated by: Jess or Sue	Has the pandemic left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice too!
Cloggers* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday 15:00 - 16:00 Facilitated by: Amina	Come to our friendly Café Connections sessions and then join our brand-new Cloggers walking group for a gentle stroll around the Dewsbury area afterwards. *Funded by the CityConnect Community Grants scheme.
Cemetery Road Community Allotment Osborne Road, Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Michelle & Byron	Learn or share growing skills including sowing seeds, composting, and harvesting fruits and vegetables. You don't need any gardening experience. 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.
Greenhead Park Wellbeing Walk* Huddersfield Leisure Centre HD1 4BP	Every Wednesday (New Later Start Time) 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 again. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Waheeda's Wellbeing Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Thursday 12:00 - 14:00 Facilitated by: Waheeda	Join Waheeda for some weekly mindful, creative, educational, and practical outdoor activities to improve your wellbeing in a beautiful wildflower garden at Crow Nest Park.
Friday Wanderers* Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	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 drink with you too. *Funded by the CityConnect Community Grants scheme.
"An Apple a Day" Outdoor Wellbeing* Highfields Orchard, Wentworth Street, Huddersfield HD1 5PX	Every Friday 13:30 - 15:30 Facilitated by: Andy & Dawn	Join us at Highfields Orchard for our wellbeing sessions, orchard maintenance, and a variety of creative and practical activities. We always make time to sit and enjoy the peace and fresh air of the orchard with a drink too. *Supported by players of People's Postcode Lottery.
Mirfield Friday Friendship Group Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30	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. Refreshments provided. The first week is free, then £2 per person to attend.

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NAME	DATE AND TIME	DETAILS
4TH - 10TH JULY		
Eat Well Birstall Community Centre, Market Street, Birstall, Batley WF17 9EN	Monday 4 th , 11 th & 18 th July 11:00 - 13:00 Facilitated by: Bella, Paula & Jess	Learn how to make healthy, affordable food choices, build your confidence around cooking, understand what your body needs to thrive, and develop good food habits for the future.
Women's Walk for Wellbeing* Beaumont Park, Beaumont Park Road, Huddersfield HD4 7BQ	Wednesday 6 th , 13 th , 20 th & 27 th July 09:30 - 10:30 Facilitated by: Sue	Meet Sue at the gates near the Visitor's Centre for a gentle walk around this beautiful Victorian park. Walking is an easy way to boost your emotional and physical health so if you were thinking about making a change, now is a great time to do it. Plus if you attend all 4 of these walking sessions, you'll get a free Activity Tracker watch! *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Waterloo Women Walking for Wellness* Cottage Homes, Waterloo HD5 9XT	Wednesday 6 th , 13 th , 20 th & 27 th July 11.15 - 12:15 Facilitated by: Sue	Meet Sue by the Cottage Homes Community Room to join this friendly walk. This is a great opportunity to have a gentle wander around the local area, help combat loneliness, get outside and take some time out for yourself. Plus if you attend all 4 of these walking sessions, we'll give you a free Activity Tracker watch! *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Dance Your Way Happy* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Wednesday 6 th & 13 th July 12:45 - 13:30	Join these fun, women-only sessions to get a flavour of dance moves from around the world and improve your flexibility. From Hula to Belly Dance, and Irish to Flamenco... You're guaranteed to have some fun! These sessions can cater for all abilities, let us know if you have any specific needs. To book a place on these sessions, please contact Keeley Loney on 07384 445 711. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Aromatherapy Soap Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 6 th July 13:00 - 15:00 Facilitated by: Gill	Learn how to make your own melt and pour soap using natural colours, exfoliants, moisturisers, and essential oils. Please be aware this session will be delivered on the 1st floor, accessible only by stairs.
A Mindful Walk to Lockwood S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 7 th July 13:00 - 15:00 Facilitated by: Byron & Dawn	Join us for a gentle, mindful walk to Lockwood Station and take note of all the places of natural and historical interest along the way. Please wear clothing and footwear appropriate for the weather.
Kirklees Pride Lawrence Batley Theatre, Queen's Square, Queen Street, Huddersfield HD1 2SP	Saturday 9 th July 12:30 - 17:30 Facilitated by: Andy & Byron	Come and celebrate Kirklees Pride 2022 with stalls up and down King Street and at the Lawrence Batley Theatre. There will be information stalls and an artwork shop plus live entertainment including a brass band, poetry and music. To find out more, visit: www.thelbt.org
Ramblers Taster Walks Meeting at the Footpath Bridge on Luke Lane, Thongsbridge HD9 7TB	Saturday 9 th July 13:30	Join the Ramblers for a steady historical walk around Thongsbridge. 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: https://www.ramblers.org.uk/ or call Christine Senior from the Ramblers on: 07856 844 432.

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11TH - 17TH JULY		
S2R Hosts Mondays at The Museum** Tolson Museum, Ravensknowle Park, Wakefield Road HD5 8DJ	Monday 11 th July 11:00 - 15:00	<p>Come and join S2R and friends for free wellbeing activities running on Mondays at the Tolson Museum as we head into summer: There will be outdoor sessions from Growing Works and a Fun Exercise session* from 1:30 - 2:30 with Debra from Shimmy Hipz Belly Dance. You can also find out more about other groups, clubs and volunteer opportunities in the area.* This is a brilliant chance to come and make some new friends, have some fun, and get involved in your local community.</p> <p>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</p> <p>*Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.</p>
Dewsbury Work Day Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Tuesday 12 th July 10:00 - 13:00 Facilitated by: Andy	<p>We will meet at Cloggs Coffee Shop in Dewsbury at 10am before setting off on public transport to a community location in Dewsbury to carry out some practical conservation tasks.</p>
Aromatherapy Candle Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 13 th July 13:00 - 15:00 Facilitated by: Gill	<p>Learn how to make colourful melt and pour candles from soya wax or beeswax with a variety of essential oils. Please be aware this session will be delivered on the 1st floor, accessible only by stairs.</p>
Jobs and Volunteers Fair The Taleem Centre, 36 Orchard Street, Dewsbury WF12 9LT	Thursday 14 th July 10:30 - 14:00	<p>Come to this free event to find out about new job opportunities and meet some organisations who can help support you into work. If you are also interested in local volunteering opportunities then come and chat about the possibility of volunteering at the Taleem Centre and other local openings. Refreshments will be provided.</p>
Bee Happy S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 14 th & 21 st July 13:00 - 15:00 Facilitated by: Byron	<p>In week one at S2R Create Space, we will be learning about the basics of beekeeping and why honey bees are so important. Then in week two we will go to visit a beehive. No previous experience necessary. All equipment will be provided.</p>
Crafty Friends at Almondbury Library* Farfield Road, Huddersfield HD5 8TD	Thursday 14 th July 14:15 - 15:45 Facilitated by: Sue	<p>If you have enjoyed the creative sessions which have been running at the library and are interested in forming a group who meet regularly then come for a coffee and a chat with Sue and other local people and we'll see if we can make great things happen!</p> <p>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</p>

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NAME	DATE AND TIME	DETAILS
18TH - 24TH JULY		
Community Forum Howlands Centre, School Street, Dewsbury WF13 1LD	Tuesday 19 th July 17:30 - 19:00	Are you a community group? Would you like support and to find out about new funding? Then the Dewsbury and Mirfield Community Forum is for you! Join us for discussions plus coffee and cake. RSVP to Carmen on: 07522 105861 or at: carmen@s2r.org.uk
Aromatherapy Bath Bombs S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 20 th July 13:00 - 15:00 Facilitated by: Gill	Come and join Gill to learn how to make your very own bath bomb fizzers to help you relax and soak away the day. Please be aware this session will be delivered on the 1st floor, accessible only by stairs.
Crafty Friends at Dalton and Rawthorpe Library* Farfield Road, Huddersfield HD5 8TD	Friday 22 nd July 10.30 - 11:30 Facilitated by: Sue	If you have enjoyed the creative sessions which have been running at the library and are interested in forming a group who meet regularly then come for a coffee and a chat with Sue and other local people and we'll see if we can make great things happen! *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
25TH - 31ST JULY		
Pop Up Event** Birkby and Fartown Library, Lea Street, Hillhouse, Huddersfield HD1 6HF	Monday 25 th July 10:00 - 13:30	Drop in and see us at this pop up event! You can have a go at making an Aromatherapy Hand Scrub* from 10.30 - 11am and 12.00 - 12.30pm, learn how to use Resistance Bands* properly with Julie from 11 - 11.45am, plant some seeds for the summer, or have a chat and find out what groups, sessions and volunteer opportunities are available locally. We'd love to see you! Please note that children must be accompanied in order to take part in exercise or aromatherapy activities. *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Lees Holm Family Event Lees Holm Recreation Ground, Brewery Lane, Dewsbury WF12 9DU	Monday 25 th July 11:00 - 13:00 Facilitated by: Byron & Elizabeth	Join us for homemade pizzas and nature-based craft activities for all ages. Refreshments will be included.
The 16-24ers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Monday 25 th July 13:00 - 15:00 Facilitated by: Andy & Dawn	Are you aged between 16 and 24? Then come and join this new group and have your say. Each week we'll do something different; from outdoor pizza making to expressive art and video games. We'd love to meet you!
Aromatherapy Rollerball S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 27 th July 13:00 - 15:00 Facilitated by: Gill	Find out about essential oils and discover how to make your own handy rollerball aromatherapy remedy for use on the go. Please be aware this session will be delivered on the 1st floor, accessible only by stairs.

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 and receive the zoom joining link!

NAME	DATE AND TIME	DETAILS
Yoga for S2R With Umbrella Yoga**	Monday 4 th , 11 th , 18 th & 25 th July 12:30 - 13:30	A gentle yoga session for women. Remember to: wear comfy clothes; find a space you can use; if you've got a mat - great - if not it doesn't matter at all; grab a couple of cushions; if you want to use a chair for extra support that is also fine; finally - come to the session ready to move, relax and enjoy! *Supported by The Awards For All National Lottery Funding. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Drawing For Everyone	Tuesday 5 th , 12 th & 19 th July 19:00 - 20:00	Learn how to recreate the graphic beauty of Japanese and Chinese line drawings in pen, pencil or charcoal in these fun and interactive weekly sessions with Audrey. This can be done as a drop-in session, but we recommend to do the full six-week course as difficulty levels will increase as we go along. Classes are easy to follow and are suitable for all abilities.
Watercolour Made Fun!	Thursday 7 th , 14 th & 21 st July 19:00 - 20:00	Learn from the style of great masters like Turner and Picasso to expand your watercolour painting horizons. This can be done as a drop-in session, but we recommend to do the full six-week course as difficulty levels increase as we go along. Suitable for all abilities. You will need your own basic watercolours to work along with Audrey.



JULY 2022 RELEASES ON FACEBOOK

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

An Introduction to Outdoor Gyms*	Friday 8 th July Released at 17:30	Join us at an outdoor gym in a local park for a brief introduction into how to use the workout equipment. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Local Walking for Wellbeing*	Friday 15 th July Released at 17:30	Walking with a furry friend can be beneficial for both our physical and emotional wellbeing. Join Alexa and Buddy for a countryside walk to discover some of the benefits of regular exercise. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Hula Hooping for Fun and Fitness Part 1*	Friday 22 nd July Released at 17:30	Join Elizabeth for an introduction to Hula Hooping for fun and for fitness and pick up some tips on how to get started. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Hula Hooping for Fun and Fitness Part 2*	Friday 29 th July Released at 17:30	In this video, Elizabeth will show you how to step up your Hula Hooping abilities by adding in more movement and developing your skills. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.

MONDAYS AT THE MUSEUM

FREE WELLBEING ACTIVITIES EVERY MONDAY BETWEEN 11:00AM & 3:00PM

TOLSON MUSEUM, RAVENSKNOWLE PARK, WAKEFIELD RD, HD5 8DJ



COME ALONG TO THE TOLSON MUSEUM ON **MONDAYS BETWEEN 11AM - 3PM** TO TAKE PART IN SOME OF THE FREE WELLBEING ACTIVITIES THAT WILL BE RUNNING AT THE MUSEUM EVERY WEEK!

S2R WILL BE THERE ON **MONDAY 11TH JULY** RUNNING A FUN EXERCISE SESSION FROM 1.30 - 2.30PM WITH DEBRA FROM SHIMMY HIPZ BELLY DANCE, PLUS THERE WILL ALSO BE THE CHANCE TO TALK TO US AND FIND OUT MORE ABOUT OTHER GROUPS, CLUBS AND VOLUNTEER OPPORTUNITIES IN YOUR LOCAL AREA 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

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)

07895 510 433 (Dewsbury Your Health in Mind Project)

Email: contact@s2r.org.uk

Web: 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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WATERLOO WOMEN'S WALKING WELLNESS!

Join Sue for a companionable local walk. This is a great opportunity to have a gentle walk around the area, help combat loneliness, get outside, and take some time out for yourself! Plus, if you attend all four of these walking sessions, we'll give you a **FREE ACTIVITY TRACKER WATCH** too.

This session can cater for all abilities,
let us know if you have any specific needs.

From 11.15am – 12:15pm
on Wednesday 6th, 13th, 20th & 27th July

Where:

Meet Sue by the Cottage Homes Community Room
Cottage Homes, Waterloo, Huddersfield HD5 9XT

To book a place on these sessions,
please email: contact@s2r.org.uk
or call: 07933 358800

