

WHERE IT'S AT

a *Community* Connection Project

*WEvolve funding & support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships for Almondbury, Dalton, Newsome, Crosland Moor & Netherton, Ashbrow & Greenhead Wards.



Supporting communities to:

- * **Reconnect and reduce loneliness;**
- * **Build capacity, learn, share and develop skills;**
- * **Access support, information and opportunities;**
- * **Increase awareness and enhance their mental health and wellbeing.**

Support to Recovery are here to help...

Working Across Huddersfield Central and North Wards

Central: Almondbury, Dalton and Newsome;

North: Crosland Moor and Netherton, Ashbrow and Greenhead

We aim to improve the mental health, social connectivity and resilience of local residents and support local community groups (existing and new ones) to build their capacity. By being present and accessible in these areas and working closely with Local Ward Councillors and community facing teams such as; Community Plus, Social Prescribers, Democracy, Cohesion, Schools, Housing, Libraries, Community Centres and the Faith Sector: we will identify and address gaps and needs and ensure our programme of support will include:

- * Assisting and promoting emerging and existing groups, supporting them to develop, access opportunities and increase sustainability.
- * Pop-up information and activity events with the community, in the community. Helping to promote what's happening in your area, where support can be found and encouraging social connections by linking people with existing initiatives, such as: local friends of groups and S2R's open access services.
 - * Delivery of a range of creative, nature-based and wellbeing activities from our venue in Central Huddersfield and at key community locations. These are intended to encourage individuals to try new things, meet new people, find out about volunteering opportunities and share their skills and experiences.
 - * Bespoke mental health and wellbeing training opportunities.



Promoting Positive Mental Health

Across the North Huddersfield Wards our core focus will be improving wellbeing through provision of tailored awareness training sessions for staff teams, community groups and individuals: addressing personal and wider community emotional health needs.

Working Together

In addition, we will coordinate pop-up, interactive, partnership events so that local groups and organisations can come together to share information more widely with their communities, increasing public take-up and benefit while strengthening partnership connections.

Training

The following sessions are available for group bookings. These can be tailored to specific needs and either delivered in person or digitally (via Teams or Zoom).

Please get in touch to discuss your requirements and make a booking, using our contact details shown on the back page.

Wellbeing in the Community Training (2 hours)

By the end of the session you will be able to:

- ⇒ Understand the difference between mental health and mental illness
- ⇒ Know what the 'mental health continuum' is
- ⇒ Be aware of the main symptoms of the most common mental illnesses
- ⇒ Recognise the relationship between wellbeing and emotional resilience
- ⇒ Know where to find further help and support

Wellbeing Toolkit Session (2 hours)

The past couple of years have seen huge changes to the way we work and many of us are helping people experiencing challenges and acute distress. In these difficult circumstances, it is vital that we take the time to care for our own physical and mental wellbeing.

This session will teach you ways to help:

- ⇒ Manage stress and anxiety;
- ⇒ Practice self-care;
- ⇒ And build emotional resilience

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**For more information about this project
or to make a booking enquiry:**

Email us at: contact@s2r.org.uk

Call us on: 07895 510 433

Or visit our website: www.s2r.org.uk

