

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE
SPACE

Promoting Positive Mental Health

MAY 2025 SCHEDULE

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



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

PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE BANK HOLIDAYS ON MONDAY 5TH & 26TH OF MAY. SERVICES WILL RESUME THE FOLLOWING DAY.

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CREATE
SPACE
Promoting Positive Mental Health

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	Monday 12 th & 19 th May 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.
Underpin: Alter, Re-use, Upcycle* The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Monday 19 th May 12:00 - 14:00 Facilitated by: Siân	Come and learn how to alter, re-use and upcycle clothes and fabrics at these friendly and relaxed in-person sessions in Dewsbury. We will teach you how to upcycle, repair and transform items you already have in your wardrobe by turning jeans into skirts, altering necklines or adding pockets, all whilst saving you money and reducing waste at the same time! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 6 of this schedule for more information. *These sessions have been funded by Creative Minds.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 6 th , 20 th & 27 th May 10:00 - 13:00 Facilitated by: Andy	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 on alternate weeks too. 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.

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REGULAR SESSIONS		
<p>Greenhead Park Outdoor Volunteers</p> <p>Café in the Park (opposite the tennis courts) Greenhead Park HD1 4HS</p>	<p>Tuesday 13th May 11:00 - 13:00</p> <p>Facilitated by: Andy</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 will be provided.</p>
<p>Move More*</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB</p>	<p>Tuesday 13th & 20th May 14:00 - 15:00</p> <p>Facilitated by: Rowena</p> <p>£2 per person</p>	<p>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 £2 per person to attend.</p> <p><i>*Supported by The National Lottery Community Fund.</i></p>
<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 & 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 us at: contact@s2r.org.uk to book yourself a slot.</p>
<p>Knit and Natter at Moldgreen URC*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Every Wednesday 10:00 - 12:00</p>	<p>Join us as we knit and natter on a Wednesday morning. Knitters, stitchers and crocheters, everyone is welcome. We knit various things including hats and scarves for the Uniform Exchange, squares for blankets and other small things for various causes, including for church. Crochet and hand sewing are also options - whatever takes your fancy. If you just want to natter, that's ok too, we're always up for a chat. At noon, the session finishes and you can choose to stay for lunch that's usually homemade soup with a bread roll and a warm dessert (also homemade), all for just £3 per person. Come along, we'd love to meet you.</p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>
<p>Cemetery Road Community Allotment</p> <p>Cemetery Road Allotments, Osborne Rd, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Cherry</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 that there are no toilet facilities at this group. Tools and refreshments will be provided.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre, Merton Street 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>

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NAME	DATE AND TIME	DETAILS
<p>Waterloo Wanderers</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 15th & 22nd May 10:00 - 11:00</p> <p>Facilitated by: Sue</p>	<p>Come and join us for some fresh air and gentle exercise with this friendly walking group. We will have a wander, a natter and take a look at what's going on around us. Everybody is welcome! Meet us outside Waterloo Bowling Club and wear clothing and footwear suitable for the weather. Please let us know if you are coming so we can look out for you.</p>
<p>The Crafty Coffee Club</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 15th, 22nd & 29th May 10:00 - 12:30</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>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. Everyone is welcome!</p>
<p>Friday Wanderers</p> <p>Dewsbury Country Park, Lowfield Road, 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 scenic 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, Railway Street, Dewsbury WF12 8EQ</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>
<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>£2 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 £2 per person to attend.</p> <p>*Supported by The National Lottery Community Fund.</p>

28TH APRIL - 4TH MAY

<p>Moldgreen Matters Warm Welcomes*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 28th April 09:00 - 11:30</p> <p>Facilitated by: Sue & Helen from Unite Connect Respect</p>	<p>Start your week off in a positive way! Come and have a warm drink and a chat in a friendly space. We can help with advice and signposting if you have any niggling problems you'd like some help with. Plus, there will be a simple, crafty activity to take part in if you'd like to, or you're welcome to bring along anything you're working on at home. Everyone is welcome! No need to book, just drop in any time between 9am and 11.30am. Children welcome but under 16's must be accompanied by an adult.</p> <p>*In partnership with Unite Respect Connect - Huddersfield.</p>
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NAME	DATE AND TIME	DETAILS
<p>Moldgreen Matters April Planter Tidy*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 29th April 10:00 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Come and help us get Moldgreen ready for spring by spending some time in good company, doing a spot of weeding, tidying and adding new plants to our lovely community planters. Plus there will be warm drinks and biscuits available in the church afterwards. Please wear clothing and footwear suitable for gardening and bring a pair of gloves with you, if you have them. All tools and refreshments will be provided.</p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>
<p>Garden Upcycling</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 1st May 10:00 - 16:00</p> <p>Facilitated by: Byron</p>	<p>Join us for this all-day session and learn how to create a variety of garden items such as a window planter, a bird box or a bee hotel. You will gain confidence and learn how to safely use hand tools to upcycle wood. This session is suitable for beginners, no previous experience necessary. We will break for lunch halfway through the day, so please bring something to eat with you. Please wear clothing and footwear that is suitable for woodworking. All tools and hot/cold drinks will be provided.</p>
<p>Social Creatives</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 1st May 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, take part in some creative activities and try something new for free. All materials and refreshments will be provided.</p>
5TH - 11TH MAY		
<p>Aromatherapy Fizzers</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Tuesday 6th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Learn how to create your own Aromatherapy Fizzers using eco-friendly ingredients and essential oils. We will also learn how to blend various essential oils to create a harmonious scent and to personalise your fizzers for use in a relaxing bath or nourishing foot spa. Please bring a bag or container along with you.</p>
<p>Knit and Natter (or Sit and Chatter) at Morrisons*</p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 6th May 14:00 - 15:30</p>	<p>Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Art in the Park</p> <p>The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT</p>	<p>Friday 9th May 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 bring something to draw on and with (e.g., a notebook and a pencil or your sketch books, pens and pastels). Please wear clothing and footwear suitable for walking.</p>
<p>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 10th May 11:00 - 14:30</p> <p>Facilitated by: Byron</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 please. Age 16+. Anyone under 16 must be accompanied by an adult.</p>

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NAME	DATE AND TIME	DETAILS
12TH - 18TH MAY		
<p>Moldgreen Matters May Planter Tidy*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 13th May 12:30 - 2:30</p> <p>Facilitated by: Sue</p>	<p>Come and help us brighten up Moldgreen by spending some time in good company, doing a spot of weeding, tidying and adding new plants to our lovely community planters. Plus there will be warm drinks and biscuits available in the church afterwards. Please wear clothing and footwear suitable for gardening and bring a pair of gloves with you, if you have them. All tools and refreshments will be provided.</p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>
<p>Beeswax Wraps Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 14th May 18:00 - 20:00</p> <p>Facilitated by: Byron</p> <p>£10 per person</p>	<p>Learn how to make your own reusable beeswax food wraps using environmentally friendly ingredients and patterned cotton fabrics in this eco-friendly evening session. Beeswax wraps are a better alternative to single-use plastics like clingfilm and freezer bags as they are washable, reusable and perfect for storing and wrapping food. A soya wax alternative will also be available. Suitable for ages 18+ only. This workshop costs £10 per person which includes warm drinks, biscuits and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Happy Bees Needle Felted Decoration Workshop*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 15th May 13:00 - 14:30</p> <p>Facilitated by: Sue</p>	<p>Come and make yourself a mobile of happy bees and their hive. Combining needle felting techniques and flat felted sheets, this session is suitable both for beginners and those with previous felting experience. Under 16's must be accompanied by an adult. Booking is essential so we can ensure that we have enough materials for everyone. Refreshments provided.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Bee Talk</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 15th May 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Join us for an engaging and informative talk and learn about the importance of bees, including the different types of bees we have here in Britain and what we can do to help them.</p>
<p>Social Creatives</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Thursday 15th May 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, take part in some creative activities and try something new for free. Materials and refreshments provided.</p>
<p>Ramblers Taster Walks</p> <p>Brooklands Nurseries, Totties Lane, Holmfirth HD9 1UJ</p>	<p>Saturday 17th May 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Wooldale. 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>
19TH - 25TH MAY		
<p>Moldgreen Matters Warm Welcomes*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 19th May 09:00 - 11:30</p> <p>Facilitated by: Sue & Helen from Unite Connect Respect</p>	<p>Start your week off in a positive way! Come and have a warm drink and a chat in a friendly space. We can help with advice and signposting if you have any niggling problems you'd like some help with. Plus, there will be a simple, crafty activity to take part in if you'd like to, or you're welcome to bring along anything you're working on at home. Everyone is welcome! No need to book, just drop in any time between 9am and 11.30am. Children welcome but under 16's must be accompanied by an adult.</p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>

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NAME	DATE AND TIME	DETAILS
<p>Pyrography Serving Boards Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 20th May 18:00 - 20:00</p> <p>Facilitated by: Siân £20 per person</p>	<p>Come along to this cool and creative evening session and learn how to draw with fire using pyrography tools. Burn your unique designs onto a wooden serving board, then personalise and decorate it with colourful acrylics before taking it home. Suitable for ages 16+ only. This workshop costs £20 per person which includes warm drinks, biscuits and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>

26TH MAY - 1ST JUNE

<p>Moldgreen Matters Bright and Beautiful Bunting*</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Thursday 29th May 14:00 - 15:30</p> <p>Facilitated by: Sue & Helen from Unite Connect Respect</p>	<p>Come and join us for some creative happiness and to make your contribution to WOVEN 2025! There is lots of fun to be had, making your own bunting triangle which will then be added to a huge community creation, plus a decorated flag or hanging to take home with you too. Children welcome but under 16's must be accompanied by an adult.</p> <p><i>*In partnership with Unite Respect Connect - Huddersfield.</i></p>
<p>Water Invertebrate Surveying in the Grimescar Valley</p> <p>Grimescar Valley, Birkby HD2 2XU</p>	<p>Friday 30th May 13:00 - 15:00</p>	<p>Join S2R, the Friends of Grimescar and Dr Jeremy Hopwood, an Environmental Chemistry Consultant in the beautiful Grimescar Valley. We will be surveying the Grimescar Dike for freshwater invertebrates and learning more about the wide variety of creatures that live in our waterways. This is a family-friendly event but children under 16 must be accompanied by an adult. Please wear clothing and footwear suitable for paddling. Nets and equipment will be provided.</p>
<p>Dewsbury Repair Café</p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 31st May 10:00 - 12:30</p>	<p>Bring your broken or faulty items along to be fixed, learn how to repair common household items, help to reduce landfill and save money too! If you would like to volunteer as a repairer, email: churchsecretarylcw@outlook.com. No microwaves please. Age 16+. Under 16's must be accompanied by an adult.</p>

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

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



ZOOM SESSIONS

To book your place on these sessions, or to receive session recordings to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you the meeting and video links.

NAME	DATE AND TIME	DETAILS
<p>Underpin: Alter, Re-use, Upcycle*</p>	<p>Wednesday 7th, 14th, 21st & 28th May 10:00 - 11:00</p> <p>Facilitated by: Kim</p>	<p>Join us for these friendly and relaxed Zoom sessions where Kim will show you handy new sewing skills like darning and visible mending and you will learn how to upcycle, repair and transform items you already have in your wardrobe. If you can't attend the live sessions, but would like recordings to have a go at in your own time, please let us know and we will send you the video links. We are also running some of these sessions in-person on Monday afternoons in Dewsbury. Please see page 1 of this schedule for more information.</p> <p><i>*These sessions have been funded by Creative Minds.</i></p>



GARDEN UPCYCLING

THURSDAY 1ST MAY FROM 10AM - 4PM

Join us for this all-day session and learn how to create a variety of garden items such as a window planter, a bird box or a bee hotel. You will gain confidence and learn how to safely use hand tools to upcycle wood. Suitable for beginners, no previous experience necessary!

Ages 18+ only. Please wear clothing and footwear suitable for woodworking. We will break for lunch halfway through the day, so please bring something to eat with you. All tools and hot/cold drinks will be provided.



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

S2R bookings and enquiries: 07933 358 800 (10.30am - 3.30pm, Monday to Friday)

S2R Office: 01484 539 531 (10.30am - 1pm, Tuesday - Thursday)

The Great Outdoors Project: 07541 095 455

Carmen Taylor: 07522 105 861 (Dewsbury & Mirfield Community Anchor)

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



S2R Create Space



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



Registered Charity 1122199 | Limited Company 6418312



WATER VERTEBRATE SURVEYING IN THE GRIMESCAR VALLEY

Join S2R, the Friends of Grimescar and Dr Jeremy Hopwood to survey the water quality of the Grimescar Dike, search for freshwater vertebrates and learn more about the wide variety of fascinating creatures that live in our waterways!

FRIDAY 30TH MAY FROM 1 - 3PM

This is a family-friendly session but children under 16 must be accompanied by an adult. Please wear clothing and footwear suitable for paddling. Nets and equipment will be provided. For more information or to book your place, email: contact@s2r.org.uk or call 07933 358800.