

# DEWSBURY: YOUR HEALTH IN MIND KEEP WARM KEEP WELL



Funded through Dewsbury Councillors' ward budgets

## JUNE/JULY 2023 SCHEDULE

Here's what's coming up in Dewsbury at the end of June and in July...



### FREE SESSIONS NEAR YOU

To find out more or to book a place, please email us at: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)  
Some activities are listed as family friendly, children must be accompanied by a parent or guardian. Unfortunately we do not have any childcare facilities available.

NAME	DATE AND TIME	DETAILS
<b>REGULAR SESSIONS</b>		
<b>Café Connections Drop-In Sessions</b> Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Wednesday 28 <sup>th</sup> June & Wednesday 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> July 10:00 - 12:00	Our Café Connections sessions are back by popular demand! So come along to meet some new people and have a friendly chat, boost your emotional wellbeing and find out more about what's happening near you. Plus you'll get one free drink of your choice too! No need to book, just drop-in. Suitable for over 18's.
<b>Dewsbury Library Walking Group</b> Dewsbury Library, Dewsbury Retail Park, Railway Street WF12 8EQ	Every Friday 11.15 - 12.30	Meeting at Dewsbury Library, join your local guide Waheeda for some gentle walks along the river, canal and Greenway in Dewsbury. You'll get the chance to take in nature, enjoy panoramic views and see historic architecture. Then after the walk, join the group for a cuppa at The Leggers Inn, one free drink of your choice per person. Please wear clothing and footwear suitable for walking. Suitable for over 18's. Please book in advance of your first session by emailing: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> .
<b>END OF JUNE SESSIONS</b>		
<b>Sun's Eye Weaving Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 27 <sup>th</sup> June 10:00 - 13:00	Come and get creative at this Sun's Eye Weaving session and have a go at creating your own colourful hanging decoration you can take home with you. Plus there will be plenty of time for a warm drink and a friendly chat too. No need to book, just drop-in. Suitable for over 18's.
<b>Family Friendly Clay Art Prints</b> St Paulinus Parochial Hall, High Street, West Town, Dewsbury WF13 2PU	Friday 30 <sup>th</sup> June 10:00 - 13:00	Learn how to make your own clay art print using a variety of natural materials including flowers and leaves. Plus there will be plenty of time for a warm drink and a friendly chat too. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian. No need to book, just drop-in.
<b>JULY SESSIONS</b>		
<b>Hapa Zome Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 4 <sup>th</sup> July 10:00 - 13:00	Come along and have a go at hitting plants with a mallet! A great stress busting activity that creates beautiful, natural transfer-dye prints. Refreshments will be provided. Please note that this session is suitable for ages 16+ only. No need to book, just drop-in.

**Support to Recovery**  
PROMOTING POSITIVE MENTAL HEALTH





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NAME	DATE AND TIME	DETAILS
<b>Gentle Yoga Drop-In Sessions</b> Westborough Methodist Church, 5 Brunswick St, Dewsbury WF13 4ND	Wednesdays 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> July 10:00 - 12:00	Join us for some gentle yoga, suitable for anyone aged 18+, no prior experience needed. Movements can be adapted for all ability levels with seated yoga options too. Come in for a chat and refreshments from 10am, Yoga 10.30 to 11.30am and there will be time for another brew 11:30am - 12noon if you fancy it too! Booking not required but do get in touch if you have any questions.
<b>Friday Wanderers Walk and Picnic</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Friday 7 <sup>th</sup> July 09:30 - 11:30	Meet the women-only Friday Wanderers group at Thornhill Lees Community Centre for a gentle stroll followed by a picnic (indoor or outdoor depending on the weather) and to set the scene for some Thornhill Lees based walks throughout July. This session is for women and children only. Refreshments provided but bring a dish if you wish! Please wear clothing and footwear suitable for walking.
<b>Family Friendly Mindful Colouring</b> St Paulinus Parochial Hall, High Street, West Town, Dewsbury WF13 2PU	Friday 7 <sup>th</sup> July 10:00 - 13:00	Come and take some time out to relax whilst colouring mandalas and discussing mindfulness and wellbeing. Refreshments will be provided. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian. No need to book, just drop-in.
<b>Book Binding Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 11 <sup>th</sup> July 10:00 - 13:00	Come and learn how to make your own handy notebook out of recycled materials using these easy-to-follow techniques. Plus there will be plenty of time for a warm drink and a friendly chat too. Suitable for over 16's. No need to book, just drop-in.
<b>Friday Wanderers at Thornhill</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Every Friday Starting 14th July 09:30 - 10:30	Join this friendly, women-only group for gentle walks in nature exploring the beautiful green spaces in and around Thornhill Lees. Please wear clothing and footwear suitable for walking. Suitable for women aged 18+. Please book in advance of your first session by emailing <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a>
<b>Family Friendly Pebble Painting</b> St Paulinus Parochial Hall, High Street, West Town, Dewsbury WF13 2PU	Friday 14 <sup>th</sup> July 10:00 - 13:00	Get creative and doodle your own patterns and designs onto pebbles that you can keep for yourself or hide outdoors for others to find. This session is suitable for all the family, children under 18 must be accompanied by a parent or guardian. No need to book, just drop-in.
<b>Family Friendly Collage Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 18 <sup>th</sup> July 10:00 - 13:00	Come along and create your own unique collage with pictures and lettering. All materials will be provided but you're welcome to bring along any extra images you want to use. Refreshments provided. This session is suitable for all the family. Under 18s must be accompanied by a parent/guardian. No need to book, just drop-in.
<b>Family Friendly Move More and Games Session</b> St Paulinus Parochial Hall, High Street, West Town, Dewsbury WF13 2PU	Friday 21 <sup>st</sup> July 10:00 - 13:00	Join us for a gentle exercise and games session, suitable for all the family. There's no need to bring anything, all equipment will be provided along with some light refreshments. Please make sure you wear loose, comfortable clothing and ensure that all children under 18 years of age are accompanied by a parent or guardian. No need to book, just drop-in.
<b>Mindful Eating Drop-In Session</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 25 <sup>th</sup> July 10:00 - 13:00	Come along and find out all about mindfulness - what it is, how to do it, the benefits of being mindful and how to incorporate it into your daily routine. But most importantly, have a go at eating mindfully! Refreshments and treats for mindful eating provided. Suitable for over 18's. No need to book, just drop-in.

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

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## The Dewsbury: Your Health in Mind Project is Back! January - September 2023

We're here to support you, your community and local venues with a range of creative wellbeing activities which are designed to:

- ⇒ Help you try new things
- ⇒ Enable you to learn new or share existing skills
- ⇒ Support you in developing your confidence
- ⇒ Help you to build social connections
- ⇒ Keep you warm and well in any weather
- ⇒ Provide details about other opportunities
- ⇒ Introduce you to new local venues
- ⇒ Offer you health and wellbeing support



All our activities are completely free to join.  
Scan the QR code to find out what's happening  
at a venue near you, or visit our website:  
[www.s2r.org.uk/dewsbury-your-health-in-mind](http://www.s2r.org.uk/dewsbury-your-health-in-mind)



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 **Kirklees**  
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