

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



FEBRUARY 2021 ONLINE SCHEDULE



Here's what's coming up on Zoom and Facebook this February



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 *Supported by The National Lottery Community Fund*	Every Monday 12:30 - 13:30	Weekly yoga session, suitable for all. 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!
Drawing for Everyone *Supported by The National Lottery Community Fund*	Every Tuesday 15:00 - 16:00	Learn new drawing skills with pencil and pen in these weekly fun, creative and interactive Zoom sessions. Covering everything from drawing basics to still life, funny faces and more serious portraits.
Soap Making *Supported by The National Lottery Community Fund*	Tuesday 16 th February 13:30 - 14:45 (Workshop)	*Work Along Sessions* Learn how to make your own soaps using natural exfoliants and moisturisers from around the home. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 8th February.
Photography Club *Supported by The National Lottery Community Fund*	Last Tuesday of each month: Tuesday 23 rd February 10:30 - 11:30	Monthly sessions exploring photographic techniques and ideas. Bring along any images you would like to share and discuss with the group. Next session planned for 30th March 2021.
Kumihimo Braiding *Supported by The National Lottery Community Fund*	Tuesday 16 th February 12:00 - 13:00 (Workshop)	*Work Along Sessions* Kumihimo Braiding is a really engaging, easy to grasp, form of braiding using a disc. It creates professional looking jewellery in a short amount of time. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 8th February.
Marbling & Book Binding *Supported by The National Lottery Community Fund*	Tuesday 23 rd February & Tuesday 2 nd March 2021 12:00 - 13:00 (2 week course)	*Work Along Sessions* Create unique swirling patterns with brightly coloured marbling inks on a variety of papers and cards. These will act as a cover for a hand bound book, we'll be using Japanese stab binding techniques to create books with a variety of decorative stitching. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 16th February.



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Zumba & Dance Fitness *Supported by The National Lottery Community Fund*	Every Wednesday 10:00 - 11:00	Join us on Zoom for this low impact but high fun Zumba. Wear comfy clothing and flat, laced shoes. Suitable for beginners.
Aromatherapy Course *Supported by The National Lottery Community Fund*	Starting: Wednesday 24th February 13:00 - 14:00 (4 week course)	Discover the best essential oils to have in your collection and learn about the history and practice of Aromatherapy through the ages. We'll be focusing on Lavender, Tea Tree and Eucalyptus and how these three oils combine with others to make effective solutions to many common ailments.
Magical Creatures *Supported by The National Lottery Community Fund*	Starting: Wednesday 17 th February 18:00 - 19:00 (6 week course)	*Work Along Sessions* A 6 week course for anyone who fancies creating a fun and magical 3D creature out of string, glue, paper and other things most people have lying about the house. You may want to have these materials to hand: - Garden-string/wool, cling film, PVA glue and an old brush - Coloured Paper/newspaper/magazines/old fabric or toilet rolls. - Cold coffee/tea to age your paper.
Cosy Crafting *Supported by The National Lottery Community Fund*	Every Thursday 11:30 - 12:30	Join Kim to explore a range of craft styles using items you may already have around your home, including macrame, t-shirt braiding and re-purposing.
Imbolc Special The Great Indoors Zoom Social	 Thursday 4 th February 13:00 - 14:00	On Thursday 4 th February join Byron for this weeks Great Indoors Zoom Social as we talk about Imbolc (or the start of spring). There will be a spring quiz and you'll learn how to make a Brigid's Cross.
The Great Indoors Zoom Social	Every Thursday 13:00 - 14:30	Join the Great Outdoors Project over Zoom for a weekly social to catch up with each other and take part in some activities & games.
Watercolour Made Fun! *Supported by The National Lottery Community Fund*	Starting: Thursday 18 th February 18:00 - 19:00 (6 week course)	*Work Along Sessions* In this 6 week watercolour course you'll see how fun and easy it can be to paint animals and flowers. You may want to have these materials to hand: - Thick paper (watercolour paper if possible) - One thick watercolour paintbrush and one thin one - Watercolour paint (you can also use homemade dye from cold strong tea/coffee) - Pencil - Masking tape
Your Wellness Course	Starting: Thursday 25 th February 10:30 - 12:30 (5 week course)	5 sessions looking at how we can take care of our health and wellbeing: Week 1: What is Wellbeing, self-help and connecting with others. Week 2: Keep learning, new experiences & managing stress. Week 3: Being active, food, mood and hydration. Week 4: Giving, kindness and better sleep. Week 5: Taking notice, mindfulness and Eco-therapy.



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Creative Flow *Supported by The National Lottery Community Fund*	Fridays 5 th , 12 th & 19 th February 11:00 - 12:00 (3 week course)	Using our natural creativity to feel inspired, have fun and achieve our goals. Session 1: find your inspiration and use it to write lyrics or a story. Session 2: de-clutter your mind through meditation and journaling. Session 3: creating a vision board for your future.
Growing Club *Supported by The National Lottery Community Fund*	Every Friday Starting: 26 th February 13:00 - 14:00	*Work Along Sessions* We are launching our growing club, where we will send you a packet of seeds. We will sow and grow them together and each week we will check on their progress and answer any growing questions. To receive materials through the post you must be a Kirklees resident and book your attendance at this session before the 17th February.



FACEBOOK LIVE SESSIONS

No booking required, visit our Facebook page to tune in @S2RCreatSpace

Crafting with Kim *Supported by The National Lottery Community Fund*	Every Tuesday 14:00 - 15:00	Watch these craft sessions from your own home & interact via Facebook Live, using readily available or easily sourced items.
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FEBRUARY 2021 RELEASES ON FACEBOOK

No booking required, visit our Facebook page to tune in at the release time or anytime afterwards @S2RCreatSpace

Campfire Crafts	Monday 8 th February Released by 19:00	Join us around the campfire as we show you another bushcraft activity.
Lockdown Outdoors Fitness *Supported by The National Lottery Community Fund*	Monday 15 th February Released by 19:00	Things you can do outdoors to keep you fit and active.
Outdoors in Dewsbury	Monday 22nd February Released at 13:00	Watch this space to find out how to connect with nature for your wellbeing in the Dewsbury area, such as Rectory Park.
Nature Video Highlights	Every Tuesday Released by 19:00	We will be sharing some of our favourite nature videos and how-to's from 2020...in case you missed them the first time!
Winter Allotment	Every Wednesday Released by 19:00	Byron will be on the community allotment, tune in for some winter tasks and projects, including making potting tables.



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An Introduction to Mindfulness & Meditation	<p>Wednesdays</p> <p>Starting 3rd February (for 7 weeks)</p> <p>Released by 19:00</p>	<p>Week 1: What is Mindfulness?</p> <p>Week 2: Mindfulness of Breathing</p> <p>Week 3: The Body Scan</p> <p>Week 4: Three Minute Breathing Space</p> <p>Week 5: Mindful Movement</p> <p>Week 6: Sounds and Thoughts Meditation</p> <p>Week 7: Mountain Meditation</p>
Candle Visualisation <small>*Supported by The National Lottery Community Fund*</small>	<p>Thursday 4th February</p> <p>Released by 19:00</p>	<p>Are you in need of a few minutes of peace and calm in your hectic day? Is home schooling fraying your nerves, or is it all just becoming a bit 'too much'?</p> <p>OK then - set aside 10 minutes of 'me time' - get yourself comfortable, shut out the outside world, maybe even light a scented candle and tune in to our Candle Visualisation.</p>
Floating on a Cloud Visualisation <small>*Supported by The National Lottery Community Fund*</small>	<p>Thursday 11th February</p> <p>Released by 19:00</p>	<p>Is your life too hectic - so many duties and responsibilities getting on top of you? Then take just 20 minutes for yourself! Find a calm and comfortable place and join us whilst we take you floating on a cloud. This delightful journey will take you up in the air – far removed from daily life. When you come back down to Earth you will find yourself to be calm, relaxed and happy that you jumped on to that passing cloud.</p>
Forest Visualisation <small>*Supported by The National Lottery Community Fund*</small>	<p>Thursday 18th February</p> <p>Released by 19:00</p>	<p>When life gets on top of you, wouldn't you just love to be far away from the rest of the world, in your own peaceful Oasis with time to reflect on your thoughts? Come into our Forest where you can enjoy all the sights and sounds that Mother Nature shares with us every day. Take a walk through the woods and find a place to rest near the stream. On your return you will discover a new inner peace that enables you to carry on with your day.</p>
Reducing Anxiety Visualisation <small>*Supported by The National Lottery Community Fund*</small>	<p>Thursday 25th February</p> <p>Released by 19:00</p>	<p>Are you often overwhelmed with anxiety and in a constant state of agitation? Over time this can really wear you down and impair your daily routine and ability to perform even the most simple tasks. Join us in this Visualisation and learn how to control those feelings of anxiety and panic. Discover the simple acts you can perform that will help you clear your head, settle your nerves and relieve all those feelings of anxiety.</p>
Our Favourite Walks <small>*Supported by The National Lottery Community Fund*</small>	<p>Friday 12th February</p> <p>Released by 19:00</p>	<p>Byron is back to take us around Kilner Bank, by the river and through the pine woods, for another one of his favourite walks.</p>
Eat Well, Feel Well <small>*Supported by The National Lottery Community Fund*</small>	<p>Friday 19th February</p> <p>Released by 19:00</p>	<p>Join us for this cooking session with ideas and easy recipes to support healthier eating, plus find out how our diet can affect our energy, mood and positivity.</p>
Our Favourite Walks <small>*Supported by The National Lottery Community Fund*</small>	<p>Friday 26th February</p> <p>Released by 19:00</p>	<p>Join us as we take you on a guide to another one of our favourite walks.</p>



COMING SOON!

Work Along Sessions: Felting Treasures

4 week course on Zoom, starting the 4th March, 10:00 - 11:00

Creating simple to follow little treasures in felt, that you can make in 1 hour! A course to relax and brighten up your day.

A limited number of basic felting items can be provided by post when you sign up to join this course, but you must book before 25th February and be a Kirklees resident to receive one. Please only request one if needed.

Materials needed to work along:

- ⇒ Felting needles*
- ⇒ Different colours Felting wool*
- ⇒ Felting mat, you could use a washing up sponge as an alternative*
- ⇒ Scissors
- ⇒ Normal needle and thread
- ⇒ Buttons or beads (optional)

To book email: contact@s2r.org.uk

Phone lines - Open 10am - 3:30pm , Mon - Fri

07933 358 800 (Bookings and Creative Session enquiries)

07541 095 455 (The Great Outdoors Project)

07933 353 487 (All other enquires)

Email: contact@s2r.org.uk

Web: 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.

Take care & stay safe



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