

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



MAY 2023 SCHEDULE

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



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

PLEASE NOTE THAT S2R WILL BE CLOSED FOR THE BANK HOLIDAYS ON
MONDAY 1ST, 8TH & 29TH MAY. SERVICES WILL RESUME THE FOLLOWING DAY.



FACE-TO-FACE SESSIONS

Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid-19. Age restrictions apply: some sessions are family-friendly, others are for 18+ years so please check when you book to make sure it's suitable.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Monday 15 th & 22 nd May 11:00 - 12:00 Facilitated by: Elizabeth	Join this friendly group with an emphasis on fun and boosting your physical and mental wellbeing through jogging and exercises. Improve your agility, balance and coordination, progress at your own pace and find your own level from armchair to athlete! Booking is required so we can make sure that this is the right activity for you. Please wear trainers and clothes suitable for exercise and bring a water bottle with you. Meet us by the notice boards in Norman Park.
Cemetery Road Allotment Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB	Monday 15 th & 22 nd May 12:30 - 14:30 Every Wednesday 11:00 - 14:00 Facilitated by: Michelle & Elizabeth or Byron	Join us on the allotment to help get it ready for the growing season. We will be sowing seeds and preparing the beds ready to grow soft and hard fruit, salads and lots of vegetables which you can harvest and take home with you. No gardening experience needed. Tools will be provided. Please bring your own gloves.
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: Jess	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. Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.
Birkby & Fartown Library Gardening Group Birkby & Fartown Library, Lea Street HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Elizabeth	A gentle gardening session helping to maintain and develop the garden at Birkby Library. Come along for a friendly chat, enjoy a warming hot drink and have a go at some activities from the WOVEN Growing Colour Together project. No gardening experience needed. Please wear clothing and footwear suitable for gardening. Tools will be provided.

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NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
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.
S2R Welcome Session S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn	Drop in or make an appointment to meet our facilitators and find out what S2R has to offer you! Whether you're a member of the public or a professional, this is your chance to find out if S2R is for you and to have a friendly chat with us over a cuppa. We also have online appointments available - simply call in, or email us at: contact@s2r.org.uk to book yourself a slot and ensure we have plenty of time to see you.
Dewsbury & Mirfield Fibromyalgia Friends Dewsbury Library, Dewsbury Retail Park, Railway Street WF12 8EQ	Wednesday 10 th & 24 th May 11:00 - 12:15	This friendly and welcoming group meets once a fortnight on a Wednesday morning. Come along to chat, to listen, to find support, network and enjoy coffee and cake. For more information, please contact Carmen on 07522 105861 or email carmen@s2r.org.uk <i>*A Partnership between Dewsbury and Mirfield Anchor, Kirklees Libraries, Fibromyalgia Action UK and Kirklees Social Prescribing.</i>
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP	Every Wednesday 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. Please wear clothing and footwear suitable for the weather.
Men's Matters Rawthorpe and Dalton Library, 23-25 Ridgeway, Dalton HD5 9QJ	Every Wednesday 13:00 - 15:00	A flexible and friendly men-only social group. Come along and meet some new people, play some games or have a chat, and enjoy a warm drink and a biscuit. <i>*WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.</i>
Waheeda's Wellbeing Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Wednesday (except the 24 th May) 13:00 - 15:00 Facilitated by: Waheeda	Join Waheeda for some relaxed arts, crafts and gardening sessions, a friendly chat and a hot drink too. No gardening experience is necessary. Please wear clothing and footwear suitable for the outdoors. Tools will be provided.
Friday Wanderers Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Every Friday (except the 26 th May) 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 warm drink with you too.

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Dewsbury Library Walking Group Dewsbury Library, Dewsbury Retail Park, Railway Street WF12 8EQ	Every Friday 11.15 - 12.30 Facilitated by: Waheeda	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 historic architecture, make some new friends and get fitter into the bargain. After the walk there will be time for a warm drink and a chat too.
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. No booking required. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend. <i>*Supported by The National Lottery Community Fund.</i>
1ST - 7TH MAY		
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Tuesday 2 nd , 9 th 16 th & 23 rd May 14:00 - 15:00 Facilitated by: Louisa & Julie	Would you like to improve your flexibility and maintain your strength? Then come and discover ways to add some gentle exercise to your daily routine. These friendly, chair-based sessions for older, or less-mobile people will help you to keep moving and feel more positive. No special clothes required, just bring a bottle of water with you to keep you hydrated. <i>*Funded by Third Sector Leaders.</i>
Waterloo Wanderers* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 3 rd May 10:30 - 11:30 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. Litter pickers and bags will be provided. <i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i>
Aromatherapy Drop-In Session* Overthorpe Neighbourhood Nest, Dewsbury WF12 0BH	Wednesday 3 rd May 11:00 - 14:00	Do you fancy a warm drink and a chat? Then come along to this friendly, welcoming drop-in session for the chance to make your own Aromatherapy pillow spray and learn about sleep hygiene. <i>*Funded through Dewsbury Councillors' ward budgets.</i>
The 17-24ers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 4 th May 13:00 - 15:00 Facilitated by: Dawn & Sue	Are you aged between 17-24? Then come along to this friendly group, have a go at the art of needle felting and make a quirky 'spring thing' creature to take home with you.
Nature In You Highfields Community Orchard, Wentworth Street Huddersfield HD1 5PX	Friday 5 th , 12 th , 19 th & 26 th May 13:00 - 15:00 Facilitated by: Andy & Dawn	Reconnect with nature, yourself and others with Nature In You at Highfields Orchard. Join us for this 4-week course, where each week we will look the natural elements of fire, air, water and earth to improve your wellbeing through mindfulness, crafts and outdoor activities like fire-lighting and watercolour painting. This is an outdoor event so please wear clothing and footwear suitable for the weather. All materials will be provided.

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8TH - 14TH MAY		
Knit and Natter at Morrisons* Morrisons Café, Morrisons Supermarket, Penistone Road, Huddersfield HD5 8QW	Tuesday 9 th May 14:00 - 16:00 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. *Made possible with funding from the Dalton Place Standard Investment Fund.
Cottage Homes Coffee Morning* Cottage Homes Community Room, just off Cross Green Road HD5 9XT	Wednesday 10 th May 10:00 - 11:00 Facilitated by: Sue	Come and join this friendly group to see what's happening at Cottage Homes Community Room, have a warm drink, make some new friends and find out how you can get involved. Plus you can join us for a gentle walk straight after this session too. *Made possible with funding from the Dalton Place Standard Investment Fund.
Waterloo Wanderers* Cottage Homes Community Room, just off Cross Green Road HD5 9XT	Wednesday 10 th May 11:00 - 12:00 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. Litter pickers and bags will be provided. *Made possible with funding from the Dalton Place Standard Investment Fund.
Aromatherapy Drop-In Session* Overthorpe Neighbourhood Nest, Dewsbury WF12 0BH	Wednesday 10 th May 11:00 - 14:00	Do you fancy a warm drink and a chat? Then come along to this friendly, welcoming drop-in session for the chance to have a go at making your own Aromatherapy blends using essential oils. *Funded through Dewsbury Councillors' ward budgets.
S2R and the Dig It Group Holy Trinity Church Community Garden, Trinity Street, Huddersfield HD1 4DT	Thursday 11 th & 25 th May 9:00 - 12:00 Facilitated by: Dawn	Join S2R and the Dig It group for two gentle gardening sessions at Holy Trinity Church. Enjoy some gentle gardening, pruning and growing vegetables with a hot drink, cakes and some good company too. Whether you want to join in with the gardening group or would simply like to enjoy the space and have some time to yourself, please do come along. Everyone is welcome. Tools will be provided. Please bring your own gloves.
Kindness Rocks Thrive at Connect, Bond Street, Dewsbury WF13 1AX	Friday 12 th May 11:00 - 14:00	Join CLEAR for a Mental Health Awareness Week drop-in session decorating pebbles and rocks with kind words and inspiring designs. Then take your rock away and place it somewhere for someone else to find!
15TH - 21ST MAY		
MENTAL HEALTH AWARENESS WEEK		
Aromatherapy Drop-In Session* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 16 th May 10:00 - 13:00	Do you fancy a warm drink and a chat? Then come along to this friendly, welcoming drop-in session for the chance to have a go at making your own Aromatherapy blends using essential oils. *Funded through Dewsbury Councillors' ward budgets.

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Waterloo Wanderers* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 17 th May 10:30 - 11:30 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. Litter pickers and bags will be provided. *Made possible with funding from the Dalton Place Standard Investment Fund.
The 17-24ers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 18 th May 13:00 - 15:00 Facilitated by: Scarlett & Dawn	Are you aged between 17-24? Then come and join us for a fun and inky Linocut Taster session where you will learn how to carve and print your own set of lino prints to take home with you. Lino printing can get messy so please wear old clothes or clothing you're not too precious about. All materials will be provided.
Shine Mental Health Week Event Lawrence Batley Theatre, Huddersfield HD1 2SP	Thursday 18 th May 14:00 - 16:00 Facilitated by: Byron	Join S2R and the rest of the Working Together Partnership for a free event at the Lawrence Batley Theatre celebrating creativity in mental health, with activities including theatre, music, spoken word and eco crafts. Everyone is welcome!
Ramblers Taster Walks Westgate Car Park, Honley HD9 6AA	Saturday 20 th May 13:30	Join the Ramblers for an easy 7km circular Bluebell walk around Honley. Please wear suitable clothing and footwear. 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.
22ND - 28TH MAY		
Air Dry Clay Drop-In Session* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 23 rd May 10:00 - 13:00	Do you fancy a warm drink and a chat? Then come along to this friendly, welcoming drop-in session for the chance to make your own set of botanical coasters to take away and paint at home. *Funded through Dewsbury Councillors' ward budgets.
Knit and Natter at Morrisons* Morrisons Café, Morrisons Supermarket, Penistone Road, Huddersfield HD5 8QW	Tuesday 23 rd May 14:00 - 16:00 Facilitated by: Sue	Come along to this friendly and welcoming group for a free warm drink and a sociable space. Open to everyone and we welcome new faces. If you are a Waterloo resident, we'd love you to get involved with the We are Waterloo project which aims to bring the community together and make positive changes to the local area. *Made possible with funding from the Dalton Place Standard Investment Fund.
Waterloo Wanderers* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 24 th May 10:30 - 11:30 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. Plus you can join us for a hot drink straight after this session too. Litter pickers and bags will be provided. *Made possible with funding from the Dalton Place Standard Investment Fund.
Coffee and a Chat* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 24 th May 11:30 - 13:00 Facilitated by: Sue	Come and join this friendly group to find out what's happening in Waterloo, have a warm drink, make some new friends and find out how you can get involved. *Made possible with funding from the Dalton Place Standard Investment Fund.

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Advanced Aromatherapy Maker's Session S2R Create Space, Huddersfield HD1 1EB	Thursday 25 th May 13:00 - 15:00 Facilitated by: Byron	A new self-directed maker's session where you can refill your existing aromatherapy products and advance your aromatherapy skills. Either bring in your own recipes and ingredients, or use ours for a small donation. These sessions are suitable for those with previous aromatherapy experience only and will be delivered on the 1st floor, accessible only by stairs.
29TH MAY - 4TH JUNE		
Hand Scrub Drop-In Session* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 30 th May 10:00 - 13:00	Do you fancy a warm drink and a chat? Then come along to this friendly, welcoming drop-in session for the chance to make your own sugar hand scrub and enjoy a bit of time for yourself. *Funded through Dewsbury Councillors' ward budgets.
Waterloo Wanderers* Waterloo Bowling Club, Wakefield Road HD5 9XP	Wednesday 31 st May 10:30 - 11:30 Facilitated by: Sue	Waterloo needs YOU! Would you like some gentle exercise, a friendly chat and the chance to work together to make the community a nicer space? Litter picking is optional but we'd love to welcome you. Litter pickers and bags will be provided. *Made possible with funding from the Dalton Place Standard Investment Fund.

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

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



ZOOM SESSIONS

To book your place on these sessions, email us at: contact@s2r.org.uk and we will send you the Zoom joining links

NAME	DATE AND TIME	DETAILS
Sumi-e Tree Of Life Workshop*	Sunday 14 th May 10:30 - 12:00	Sumi-e is commonly described as the art of suggestion and this special workshop is about capturing the spirit of the Tree of Life by pushing and pulling the paint and using simple but powerful brush strokes. You will need Payne's grey and indigo watercolour paints, the biggest watercolour brush you have and two A3-sized pieces of watercolour paper (taped up) to work along with Audrey. The class starts at 10.30am, but you can join 10 minutes beforehand to get yourself settled and to see what we will be starting with. *Funded through Creative Connect from Creative Minds.
Zoom Drawing - Soft Pastel Landscapes*	Tuesday 16 th & 23 rd May 19:00 - 20:00	Learn how to build up a landscape and create depth and texture using soft-pastels in this two-week course that's suitable for all abilities. You will need your own basic set of 12 or 24 coloured soft pastels (<u>not</u> oil or wax pastels), putty rubber, a black sheet of A4 paper, some fixative or hairspray and some wet wipes or a wet cloth to work along with Audrey. The class starts at 7pm, but you can join 10 minutes beforehand to get yourself settled and see what you will be starting with on screen. *Funded through Creative Connect from Creative Minds.



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NAME	DATE AND TIME	DETAILS
The Wonderful World of Collage On Zoom*	Thursday 18 th & 25 th May 19:00 - 20:00	<p>Explore the fun and satisfying art of collage in this two-week course suitable for all abilities. Experiment with composition, pattern and depth, try moving things around before you glue them and utilise the negative spaces of your cut-outs too. You will need various coloured sheets of A4 paper, a cutting board, a craft knife, scissors, Pritt stick or PVA glue and a metal ruler to work along with Audrey.</p> <p>The class starts at 7pm, but you can join 10 minutes beforehand to get yourself settled and see what we will be starting with on screen.</p> <p><i>*Funded through Creative Connect from Creative Minds.</i></p>

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)

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

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.



European Union
European
Social Fund



Locala
Health & Wellbeing



Supported by:

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Kirklees
COUNCIL



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MAY 2023 CREATIVE ZOOM SESSIONS!

Zoom Drawing Sessions - Tuesday 16th & 23rd May from 7pm - 8pm

Learn how to build up a landscape drawing and create depth and texture using soft pastels in this two-week course that's easy to follow and suitable for all abilities.

Zoom Collage Sessions - Thursday 18th & 25th May from 7pm - 8pm

Explore the fun and satisfying art of collage, experimenting with composition, pattern and depth in this two-week course that's easy to follow and suitable for all abilities.

Sumi-e Tree of Life Zoom Workshop - Sunday 14th May from 10.30am - 12noon

Learn the Japanese art of Sumi-e and how to push and pull your paint using elegant brush strokes to create a powerful image of the Tree of Life.

For more info about materials you need to work along with Audrey or to join these FREE sessions, please email: contact@s2r.org.uk and we will send you a materials list and a Zoom joining link.