

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



DECEMBER 2021 SCHEDULE

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



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

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk



FACE-TO-FACE SESSIONS

Please wear a face covering when attending indoor sessions (unless medically exempt) and keep a 1m distance from others wherever possible.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Peace Pit Growing Group Old Fieldhouse Lane, Deighton, HD2 1AG	Now finished for this year	These sessions will start again in February 2022.
Outdoor Skills & Nature Confidence* Boothroyd Academy, Temple Road, Dewsbury WF13 3QE	Monday 6 th & 13 th December 12:30 - 14:30 Facilitated by: Andy	Learn outdoor skills like; shelter building, compass reading, cooking over a campfire and foraging, as well as how to feel confident in the outdoors, and how to enjoy what nature has to offer. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Chickenley Crafts & Nature* Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT	Monday 6 th & 13 th December 13:00 - 14:30 Facilitated by: Nicky	Join Nicky as you discover ways to bring the inspiration of nature into your art and craft projects. Materials will be provided. 6 th December: Festive wreath making session. 13 th December: Natural festive decorations workshop. These sessions will start again on Monday 17 th January 2022. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Lonely Arts Club S2R Create Space, 5-7 Brook Street, Huddersfield, HD1 1EB	Tuesday 7 th & 14 th December 10:30 - 12:30 Thursday 2 nd , 9 th & 16 th December 10:30 - 12:30 Facilitated by: Debbie	A regular, social, creative group. Come along and work on your own creative painting or drawing project, or have a go at sketching the still life objects we provide. This is a group intended for those with previous experience, or those happy to self-teach. These sessions will start again on Thursday 6 th January 2022. Please be aware this is not a taught group. £2 per person, per session to attend. Please bring your own equipment and materials.
Work Days* Various locations around Dewsbury	Tuesday 7 th & 14 th December 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks in and around the Dewsbury area. These sessions will start again on Tuesday 11 th January 2022. Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

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REGULAR SESSIONS		
Birkby Wellbeing Walks* Birkby Library, Lea Street, Birkby HD1 6HF	Tuesday 7 th & 14 th December 13:00 Facilitated by: Byron	Join us for gentle, mindful walks around Birkby. We will meet at Birkby Library and finish in Norman Park. You can join our Walking WhatsApp Group on 07927 960967 (please note that your number will be shared on the group). These sessions will start again on Tuesday 18 th January 2022. <i>*Supported by Yorkshire Sport Foundation.</i>
Café Connections* The Surf Shack, Albion Road, Cleckheaton BD9 3JD	Tuesday 7 th & 14 th December 14:00 - 15:00 Facilitated by: Siân	Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections and if possible, we will reconnect you or introduce you to something new. Plus you'll get a drink of your choice and a delicious cake too! These sessions will start again on Tuesday 18 th January 2022. <i>*Supported by the Thriving Communities Fund.</i>
Café Connections* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Tuesday 7 th & 14 th December 14:00 - 15:00 Facilitated by: Nicky	Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice and a delicious cake too! These sessions will start again on Tuesday 18 th January 2022. <i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i>
Wednesday Wanderers* Earlsheaton Park, Cross Park Street, Dewsbury WF12 8AG	Wednesday 1 st , 8 th & 15 th December 10:00 - 11:00 Facilitated by: Nicky	Join our friendly group for a gentle stroll around Earlsheaton Park and the surrounding area. We will meet by the swings in the park. Feel free to bring a warm drink with you. These sessions will start again on Wednesday 19 th January 2022. <i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i>
Cemetery Road Community Allotment Osborne Road, Birkby HD1 5HB	Wednesday 1 st , 8 th & 15 th December 11:00 - 13:00 & 13:30 - 15:30 Facilitated by: Michelle Friday 3 rd , 10 th & 17 th December 11:00 - 13:00 Facilitated by: Byron	Learn or share growing skills including sowing seeds, composting, and harvesting fruits and vegetables. You don't need any gardening experience. These sessions will start again in February 2022. Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible.
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre HD1 4BP	Wednesday 1 st , 8 th & 15 th December 12:00 Facilitated by: Elizabeth & 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. These sessions will start again on Wednesday 12 th January 2022.
Friday Wanderers* Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 3 rd & 10 th December 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 museum. Feel free to bring a warm drink with you. These sessions will start again on Friday 7 th January 2022. <i>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</i>

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“An Apple a Day” Outdoor Wellbeing Highfields Community Orchard, Wentworth Street, HD1 5PX	Friday 3 rd , 10 th & 17 th December 13:30 - 15:30 Facilitated by: Andy & Dawn	Join S2R and the Friends of Highfields Orchard for weekly mindful, creative, educational and practical outdoor activities to improve your wellbeing in this natural oasis, a short walk from the town centre. 3 rd December: Join us for some general orchard upkeep, warm drinks and companionable chat. 10 th December: Get creative and crafty at the Orchard as we make some festive willow stars to decorate your home or give as gifts. 17 th December: Join us for the final session of this year as we celebrate friendships made and everything we've achieved this year. These sessions will start again on Friday 14 th January 2022. *Supported by players of People's Postcode Lottery.
29TH NOVEMBER - 5TH DECEMBER		
EPIKS Wednesday Work Day S2R Create Space, Brook Street, HD1 1EB	Wednesday 1 st December 10:00 - 12:30 Facilitated by: Byron	Your chance to help improve the riverside path at Kilner Bank and volunteer with environmental projects in Kirklees. Tasks will include litter picking and more. Meet us at our Huddersfield town centre building. Please wear suitable clothes and footwear. Gloves and tools will be provided.
Women's Wellbeing Walk*	Thursday 2 nd December 11:00 - 12:00 Facilitated by: Dawn	Would you like to get out of the house, get some fresh air and meet some new people? Then come along for a gently sociable, mindful, women-only walk around Ravensknowle Park and we can look at the changing seasons together. Meet in front of the Tolson Museum in Ravensknowle Park, Wakefield Road, Huddersfield HD5 8DJ. *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Aromatherapy Candle Making S2R Create Space, Brook Street, HD1 1EB	Thursday 2 nd December 13:00 - 15:00 Facilitated by: Byron	Learn how to create your own soya or beeswax aromatherapy candles using a blend of essential oils.
Community Crafting at Almondbury Library* Farfield Road, Huddersfield HD5 8TD	Thursday 2 nd December 14:00 - 15:30 Facilitated by: Dawn	Come and make a beautiful and festive star garland! Using your new-found Origami skills and some lovely paper, you can make a garland of stars that's perfect for the fireplace or for decorating a window. Why not take some time out and enjoy learning a new skill, having a warm drink and maybe making some new friends! *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
Community Crafting at Rawthorpe and Dalton Library* 23/25 Ridgeway, Huddersfield HD5 9QR	Friday 3 rd December 10:30 - 12:00 Facilitated by: Kim	Join our Tealight Towns workshop and create your own glowing world in a jar with vintage photos, tracing paper and doodles! *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
Norman Park Festive Market Norman Park, Birkby HD2 2UE	Sunday 5 th December 12:00 - 15:00	Kick-start that festive feeling with a selection of stalls from independent local makers and crafters, selling a range of gifts and treats in Norman Park.

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NAME	DATE AND TIME	DETAILS
6TH - 12TH DECEMBER		
Lees Holm Creatives* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Monday 6 th December 11:00 - 13:00 Facilitated by: Elizabeth & Amina	Learn how to make your own natural winter wreath and decorate it with a variety of beautiful foliage, ribbons, seasonal treats, dried fruits and more! To book your place, please email Keeley Loney at: keeley.loney@overthorpecofe.co.uk or call 07384 445 711. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Embroidered Felt Decorations S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 7 th December 11:00 - 12:30 Facilitated by: Dawn	Come and indulge in some simple decorative sewing techniques. With the use of seasonal templates you can create colourful decorations to brighten up the winter months. Using sheet felt or fabric as your base, you can embroider designs, add buttons and beads.. let your creative side run free!
Natural Wreath Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 9 th December 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own natural wreath and decorate it with a variety of beautiful foliage, ribbons, seasonal treats, dried fruits, and more!
Community Crafting at Almondbury Library* Farfield Road, Huddersfield HD5 8TD	Thursday 9 th December 14:00 - 15:30 Facilitated by: Dawn	With a bit of clever cutting and sticking, you'll learn how to make a beautiful 3D snowflake that's perfect for making your house feel wintery and festive! *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
Community Crafting at Rawthorpe and Dalton Library* 23/25 Ridgeway, Huddersfield HD5 9QR	Friday 10 th December 10:30 - 12:00 Facilitated by: Kim	Join this crafty workshop session and create your own personalised decorations using air dry clay, stamps and natural elements to create unique patterns and designs. *WEvolve funding and support provided by the Ward Councillors from the Huddersfield Central & North Place Partnerships.
Winter Fair* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Saturday 11 th December 14:00 - 16:00	Come to the Winter Fair, meet local makers and craftspeople, and get into the festive swing! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
13TH - 19TH DECEMBER		
Lees Holm Creatives* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Monday 13 th December 11:00 - 13:00 Facilitated by: Amina	Join Amina for this creative confectionery session and learn some cake and biscuit decoration ideas and skills to make your baking pop. Materials will be provided. These sessions will start again on Monday 10 th January 2022. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

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NAME	DATE AND TIME	DETAILS
Rag Wreath Workshop S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 14 th December 11:00 - 12:30 Facilitated by: Sue	Come and try your hand at this relaxing, mindful, scrap-busting way to make a colourful wreath to decorate your house or to give as a gift. We have lots of fabric and ribbon scraps, but feel free to bring along any old clothes/pillowcases you might want to use.
Aromatherapy Soap Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 16 th December 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own aromatherapy soap using natural exfoliants, moisturisers and essential oils.
Rambler's Walk Carlisle St. Car Park, Meltham HD9 4NP	Saturday 18 th December 13:30	A family-friendly circular walk around Meltham. This walk is a countryside walk and stiles, rough or muddy ground and hills may be encountered. Please wear suitable footwear and clothing. For more information, call Christine Senior on 07856 844432.

20TH - 26TH DECEMBER

Rambler's Walk Carlisle St. Car Park, Meltham HD9 4NP	Sunday 26 th December 10:30	A longer circular walk (7.5 miles) to Holme from Meltham and back again. This walk is a countryside walk and stiles, rough or muddy ground and hills may be encountered. Please wear suitable clothing and footwear, and bring some lunch with you! For more information, call Christine Senior on 07856 844432.
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To keep everybody safe, there will be a limited number of places on each face-to-face session. We ask that you please only attend a session if you have booked in advance.

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

Hand sanitising stations are available at the allotments and polytunnels. Please bring your own refreshments with you as we cannot provide these.

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



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*	Monday 6 th & 13 th December 12:30 - 13:30	A gentle yoga session for women. 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! *Supported by The Awards For All National Lottery Funding.
Zingy Zumba Mondays*	Monday 13 th December 13:00 - 14:00	A combination of high and low energy dance workout which is a guaranteed way to dance yourself fit! This session will keep you on your toes, get you motivated and most importantly, make you smile! *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.



DECEMBER 2021 RELEASES ON FACEBOOK

No booking required, visit our Facebook page to tune in at the release time or anytime afterwards @S2RCreateSpace

Feelgood Fridays	Friday 10 th & 17 th December Released at 17:30	Tune in to our Feelgood Fridays for some useful tips on wellness: 3 rd December: The Winter Blues - all about S.A.D 17 th December: Festive season stress busters For more tips on positive mental health, listen to Pam Lonsdale on Rhubarb Smoothies Radio from 10:00-12:00 every Friday.
Keep Active Keep Happy*	Monday 27 th & Thursday 30 th December & Tuesday 4 th & Monday 10 th January Released at 17:30	Join in with these pre-recorded Zumba sessions and get motivated, get moving and most importantly, have fun! *Supported by the This Girl Can campaign, funded by Sport England and the National Lottery.
Natural Winter Wreath Making	Monday 20 th December Released at 17:30	Join Elizabeth for a very festive tutorial on how to make a winter wreath using natural foliage and dried citrus fruits.
Recycled Drink Can Wreath	Wednesday 22 nd December Released at 17:30	Find out how to make your very own recycled, bright and cheerful festive wreath that will last for years!

PLEASE NOTE THAT S2R WILL BE CLOSED FROM MONDAY 20TH DECEMBER 2021 TO TUESDAY 4TH JANUARY 2022. WE WISH YOU ALL A WONDERFUL FESTIVE BREAK, SEE YOU IN THE NEW YEAR!

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, Mon - Fri (Closed on Bank Holidays)

07933 358 800 (S2R Bookings and enquiries)

07541 095 455 (The Great Outdoors Project)

07895 510 433 (Dewsbury Your Health in Mind Project)

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.



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YOUR COMMUNITY - YOUR SAFETY

LET'S TALK!



WHAT DOES LOCAL SAFETY MEAN TO YOU?

**Everyone
Welcome!**

**Come
along to
Ravensthorpe
Community Centre
Wednesday 8th December
from 10am - 1pm**

**Have your say, talk to local services and
people who want to hear from you**



**A community get together with a
hint of seasonal festive cheer**



- ⇒ **Community information**
- ⇒ **Food and Refreshments**
- ⇒ **Freebies to take away**



If you are unwell or have any
covid symptoms, please
NOT TO ATTEND

Ravensthorpe Community Centre
Call: 01924 510030
Email: info@rcc.org