

# DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

## 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 a Dewsbury YHiM session, call 07895 510433 or email: [contact@s2r.org.uk](mailto: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		
<b>Outdoor Skills &amp; Nature Confidence*</b>  Boothroyd Academy, Temple Road, Dewsbury WF13 3QE	Monday 6 <sup>th</sup> & 13 <sup>th</sup> 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.
<b>Chickenley Crafts &amp; Nature*</b>  Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT	Monday 6 <sup>th</sup> & 13 <sup>th</sup> 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 <sup>th</sup> December: Festive wreath making session. 13 <sup>th</sup> December: Natural festive decorations workshop. These sessions will start again on Monday 17 <sup>th</sup> January 2022.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Work Days*</b>  Various locations around Dewsbury	Tuesday 7 <sup>th</sup> & 14 <sup>th</sup> 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 <sup>th</sup> January 2022. <b>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.</b>  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Café Connections*</b>  Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Tuesday 7 <sup>th</sup> & 14 <sup>th</sup> 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 <sup>th</sup> January 2022.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

**Support to Recovery**  
PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**  
COUNCIL

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## FACE-TO-FACE SESSIONS

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
<b>Wednesday Wanderers*</b> Earlsheaton Park, Cross Park Street, Dewsbury WF12 8AG	Wednesday 1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup> 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 <sup>th</sup> January 2022.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Friday Wanderers*</b> Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 3 <sup>rd</sup> & 10 <sup>th</sup> 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 <sup>th</sup> January 2022.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>6TH - 12TH DECEMBER</b>		
<b>Lees Holm Creatives*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Monday 6 <sup>th</sup> 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! <b>To book your place, please email Keeley Loney at: <a href="mailto:keeley.loney@overthorpecofe.co.uk">keeley.loney@overthorpecofe.co.uk</a> or call 07384 445 711.</b>  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Winter Fair*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Saturday 11 <sup>th</sup> December 14:00 - 16:00	Come to the Winter Fair at Thornhill Lees, 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.
<b>13TH - 19TH DECEMBER</b>		
<b>Lees Holm Creatives*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Monday 13 <sup>th</sup> 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 <sup>th</sup> January 2022.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

These sessions are open to Dewsbury residents aged 16+ only.

To keep everybody safe, there will be a limited number of places on each session.  
We ask that you please only attend a session if you have booked in advance.

Hand sanitising stations are available at the allotments and polytunnels.  
Please bring your own refreshments.

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

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# DEWSBURY: YOUR HEALTH IN MIND!

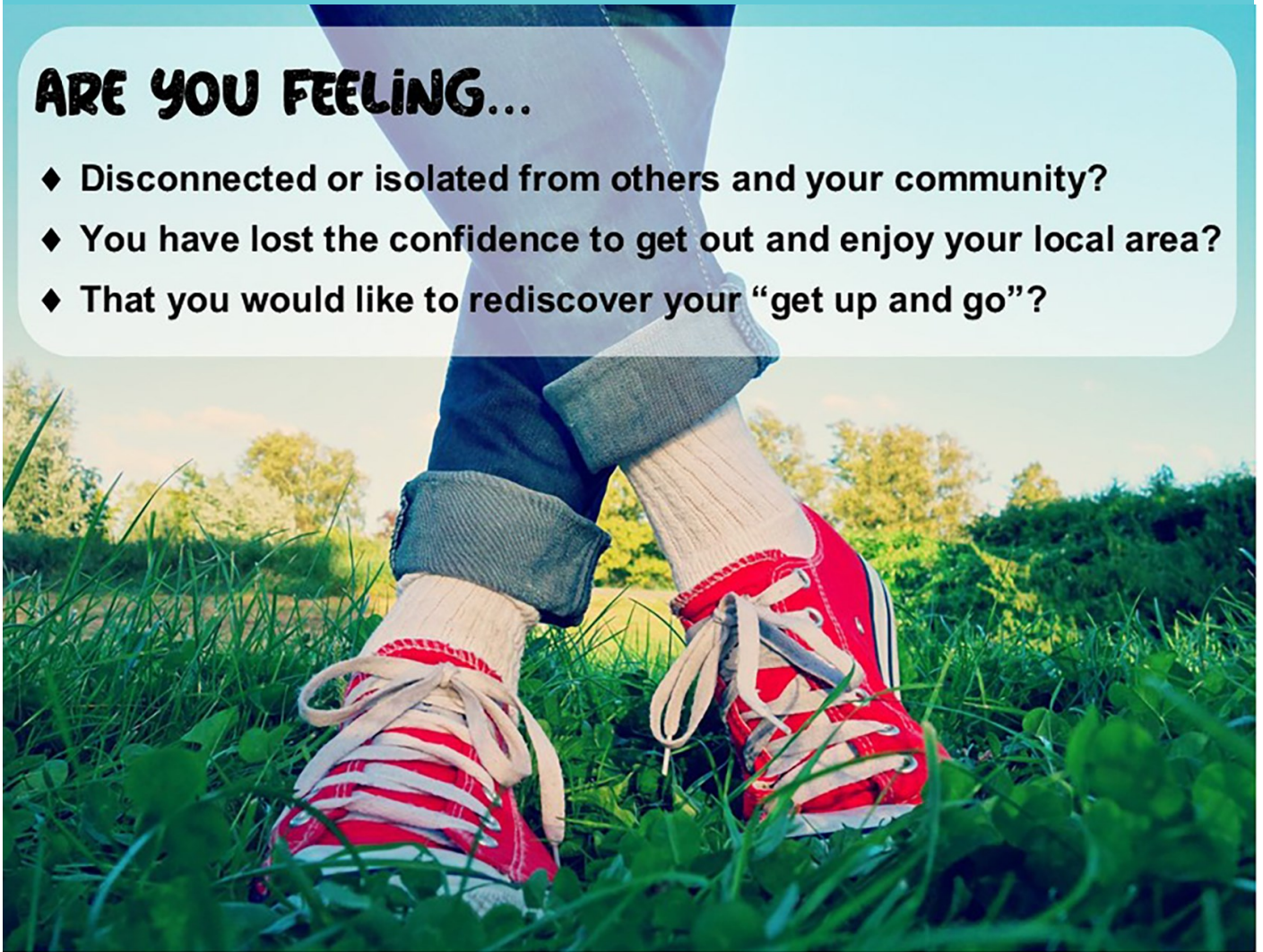


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This project is here to reinvigorate you and your community by helping you to access and enjoy the amazing, green open spaces in your area. We can introduce you to a range of activities you can take part in that will boost your physical, emotional and social wellbeing.

## ARE YOU FEELING...

- ◆ Disconnected or isolated from others and your community?
- ◆ You have lost the confidence to get out and enjoy your local area?
- ◆ That you would like to rediscover your “get up and go”?



If you live in Dewsbury and would like to find out how you can get involved, please get in touch by email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call/text **07895 510433**

You can also visit our website: [www.s2r.org.uk/dewsbury-your-health-in-mind](http://www.s2r.org.uk/dewsbury-your-health-in-mind) and join our @WildDewsberries Facebook group

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