

# DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

## JANUARY 2022 SCHEDULE

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

**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
<b>REGULAR SESSIONS</b>		
<b>Lees Holm Creatives*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Monday 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> January 11:00 - 13:00  Facilitated by: Amina	Come and try a variety of textile-based craft activities, including learning how to crochet and making upcycled textile flowers.  *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 17 <sup>th</sup> January 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.  *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 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> January 11:00 - 13:00  Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks in and around the Dewsbury area. <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 18 <sup>th</sup> & 25 <sup>th</sup> January 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!  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Wednesday Wanderers*</b> Earlsheaton Park, Cross Park Street, Dewsbury WF12 8AG	Wednesday 19 <sup>th</sup> & 26 <sup>th</sup> January 10:00 - 11:00  Facilitated by: Nicky	Join our friendly group for a gentle stroll around Earlsheaton Park to make connections with some new people and the natural surroundings. We will meet by the swings in the park. Please wear clothing and footwear suitable for the weather and feel free to bring a warm drink with you too.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

**Support to Recovery**  
PROMOTING POSITIVE MENTAL HEALTH



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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>Friday Wanderers*</b> Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Friday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> January 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.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>JANUARY SESSIONS</b>		
<b>Aromatherapy*</b> Taleem Centre, 36 Orchard Street,, Dewsbury WF12 9LT	Monday 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> January & 7 <sup>th</sup> & 14 <sup>th</sup> February 13:30 - 15:30  Facilitated by: Amina	Join Amina and learn how to use natural essential oils in conjunction with products you may already have around your home to make a variety of natural products from foot balm and room fragrances to carpet freshener. All materials will be provided.  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Aromatherapy Medicine Chest*</b> Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury WF12 9DU	Tuesday 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> January & 1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup> February 10:30 - 12:00  Facilitated by: Gill	<b>FULLY BOOKED</b> This session is now fully booked, but if you would like to join our waiting list then please email: <a href="mailto:contact@s2r.org.uk">contact@s2r.org.uk</a> .  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Mindful Social Stitching*</b> Boothroyd Academy, Temple Road, Dewsbury WF13 3QE	Tuesday 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> January & 1 <sup>st</sup> February 12:30 - 14:30  Facilitated by: Kim	Join these friendly and relaxed embroidery sessions at Boothroyd Primary Academy and learn some embroidery techniques. These sessions can be used to work on one big piece, or simply as a chance to take some time for yourself and do some mindful stitching. <b>To book your place, email: <a href="mailto:A.Reeve@focus-trust.co.uk">A.Reeve@focus-trust.co.uk</a> or call 01924 450 289 and ask for Mandi.</b>  *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
<b>Sewing Machine Course*</b> Boothroyd Academy, Temple Road, Dewsbury WF13 3QE	Wednesday 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January & 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> February 12:30 - 14:30  Facilitated by: Gill	Are you new to sewing or have you got a sewing machine but aren't quite sure how to use it? Find out how to do all this and more on this six-week sewing course! You will learn how to insert zips and to use a sewing machine effectively, and then put these skills into practice by first making your own handy zipped pouch and then a tote bag. <b>To book your place, email <a href="mailto:A.Reeve@focus-trust.co.uk">A.Reeve@focus-trust.co.uk</a> or call 01924 450 289 and ask for Mandi.</b>  *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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 **Kirklees**  
 COUNCIL

# DEWSBURY: YOUR HEALTH IN MIND!



This project is supported by the Dewsbury Councillors' Ward budgets

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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