# Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



# **MARCH 2025 SCHEDULE**

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



#### YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS UNLESS OTHERWISE STATED

To book your place on an S2R session, call 07933 358800 or email contact@s2r.org.uk



## FACE-TO-FACE SESSIONS

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

	NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS			JLAR SESSIONS
	Peace Pit Growing Group Old Fieldhouse Lane, Deighton, Huddersfield HD1 1AG	Every Monday 10:00 - 14:00 Facilitated by: Cherry	Help us to grow plants and flowers for local parks, volunteer groups and green spaces at the Kirklees Council polytunnels. No previous gardening experience needed and you can stay for the whole session or join us for an hour or two, it's up to you. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>
	Underpin: Alter, Re-use, Upcycle* The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Every Monday 12:00 - 14:00 Facilitated by: Siân	Come and learn how to alter, re-use and upcycle clothes and fabrics at these friendly and relaxed in-person sessions in Dewsbury. We will teach you how to upcycle, repair and transform items you already have in your wardrobe by turning jeans into skirts, altering necklines or adding pockets, all whilst saving you money and reducing waste at the same time! We are also running some of these sessions online and video recordings will also be available for you to watch in your own time. Please see page 7 of this schedule for more information.  *These sessions have been funded by Creative Minds.
	Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 4 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> March 10:00 - 13:00 Facilitated by: Andy	Meet us at our Create Space building then travel with us to various community green spaces around Kirklees, helping to maintain and improve them through practical conservation tasks such as gardening, tree planting, litter-picking and path construction. Please wear clothing and footwear suitable for gardening. All tools will be provided. If you have any support, access/mobility needs, please contact us before booking as unfortunately not all outdoor sites are fully accessible.
	Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Every Tuesday 11:00 - 12:45 Facilitated by: Cherry	A gentle gardening session helping to maintain and develop the garden at Birkby Library, with a few craft activities taking place on alternate weeks too. No previous gardening experience required. Please wear clothing and footwear suitable for gardening. Toilet facilities are available at this session. Tools and refreshments will be provided.
	Greenhead Park Outdoor Volunteers  Café in the Park (opposite the tennis courts) Greenhead Park HD1 4HS	Tuesday 11 <sup>th</sup> March 11:00 - 13:00 Facilitated by: Andy	Join us in Greenhead Park on the second Tuesday of every month, working alongside the Park Maintenance Team. Help us to keep this Green Flag Park looking fantastic for the benefit of everyone's wellbeing, meet some new people and learn some handy practical skills along the way too! Please wear clothing and footwear suitable for gardening. <b>Tools will be provided.</b>

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Promoting Positive Mental Health		
NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
<b>Move More*</b> Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 14:00 - 15:00 Facilitated by: Rowena <b>£2 per person</b>	Join these friendly Move More sessions led by Julie from Active Bodies and have a go at some gentle exercises designed to keep you moving, increase your flexibility, maintain your strength and help you feel more positive. These sessions are suitable for all abilities. Please wear loose, comfortable clothing and bring along a bottle of water to keep hydrated. Everyone is welcome and there's no need to book, just turn up on the day. This class costs £2 per person, per session to attend.  *Supported by The National Lottery Community Fund.
Grow, Reflect, Connect* The Fields, Chestnut Avenue Batley WF17 7DH	Every Tuesday 14:00 - 15:45 Facilitated by: Waheeda	Join us in March for mindful walks, nature crafts, gardening and a bit of cooking. Nurture your body and soul, grounding yourself in spiritual reflection whilst connecting with nature and with others.  *Supported by The National Lottery Community Fund.
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn, Jess & Jason	Our Welcome Mornings are your chance to drop into S2R, to link up informally with others in the S2R community or to meet our friendly facilitators and find out what S2R has to offer you. Whether you are a member of the public or a professional, this is your chance to find out if S2R is for you and to have a chat with us over a cuppa. Online appointments are also available. Just call in, or email us at: contact@s2r.org.uk to book yourself a slot.
Knit and Natter at Moldgreen URC* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Every Wednesday 10:00 - 12:00	Join us as we knit and natter on a Wednesday morning. Knitters, stitchers and crocheters, everyone is welcome. We knit various things including hats and scarves for the Uniform Exchange, squares for blankets and other small things for various causes, including for church. Crochet and hand sewing are also options - whatever takes your fancy. If you just want to natter, that's ok too, we're always up for a chat. At noon, the session finishes and you can choose to stay for lunch that's usually homemade soup with a bread roll and a warm dessert (also homemade), all for just £3 per person. Come along, we'd love to meet you.
Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Rd, Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Cherry	Join us on the allotment to help grow a variety of soft and hard fruit, salads, herbs and lots of vegetables which you can harvest and take home with you. No previous experience needed. Please wear clothing and footwear suitable for gardening. <b>Tools and refreshments will be provided.</b>
Greenhead Park Wellbeing Walk Huddersfield Leisure Centre, Merton Street 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. Please wear clothing and footwear suitable for walking. Please book in advance of your first session by emailing us at: contact@s2r.org.uk.
The Crafty Coffee Club S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Thursday 10:00 - 12:30 <b>£2 per person</b>	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. Booking is essential as places are limited. Please be aware this is not a taught group and costs £2 per person, per session to attend. Please bring your own equipment and materials with you.

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SPACE Promoting Positive Mental Health  18-	F years only so please che	eck when you book to make sure it's suitable.
NAME	DATE AND TIME	DETAILS
Waterloo Wanderers Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 6 <sup>th</sup> & 27 <sup>th</sup> March 10:00 - 11:00 Facilitated by: Sue	Come and join us for some fresh air and gentle exercise with this friendly walking group. We will have a wander, a natter and take a look at what's going on around us. Everybody is welcome! Meet us outside Waterloo Bowling Club and wear clothing and footwear suitable for the weather. Please let us know if you are coming so we can look out for you.
Active Birkby Club Evening Walk Norman Park, Birkby Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30	Join the Active Birkby Club for a gentle evening stroll exploring the green spaces of Birkby. Stretch your legs after tea and set yourself up for a good night's sleep. These walks are organised by participants and booking is essential. Please wear clothing and footwear suitable for walking and bring a torch with you too. Everyone is welcome!
Friday Wanderers  Dewsbury Country Park, Lowfield Road, Dewsbury WF13 3SR	Every Friday 09:30 - 10:30 Facilitated by: Waheeda	Join this friendly, ladies-only group for a scenic walk through Dewsbury Country Park surrounded by trees and fresh air. We can chat, connect and explore nature together. Please wear clothing and footwear suitable for walking.
Dewsbury Library Walking Group  Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Every Friday 11.00 - 12.45	Join this self-led group for 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. Please wear clothing and footwear suitable for walking.
Mirfield Friday Friendship Group* Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB	Every Friday 14:00 - 15:30 Facilitated by: Rowena <b>£2 per person</b>	A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone is welcome. No booking required, just come along. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend.  *Supported by The National Lottery Community Fund.
3RD - 9TH MARCH		
International Women's Day Event  Huddersfield Mission, Lord Street, Huddersfield HD1 1QA	Wednesday 5 <sup>th</sup> March 11:30	Join us for a day of creativity and empowerment by celebrating International Women's Day with the Working Together Better Partnership! Enjoy women-only taster sessions in music, arts, crafts, zine making, lavender keyring making, coping skills, emotional freedom techniques and much more besides. Suitable for ages 18+ only. No booking required. For more information, please contact Sobiya on: 01484 450 866.
Tool Repair  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 6 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Andy	Come and learn how to take care of your DIY and garden tools in this special workshop designed teach you how to properly clean, oil, and store them and ensure they're in tip-top condition. Bring along your own tools, discover the best methods for safely sharpening them and learn how extend their lifespan.
Social Creatives	Thursday 6 <sup>th</sup> March 13:00 - 15:00	Are you aged between 17-24? Come and join us in a safe

space to socialise and take part in some creative activities.

All materials and refreshments will be provided.

13:00 - 15:00

Facilitated by: Dawn

S2R Create Space,

Huddersfield HD1 1EB

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Promoting Positive Mental Health		
NAME	DATE AND TIME	DETAILS
International Women's Day*  The Community Room, Netherhall High School, Huddersfield HD5 9PG	Friday 7 <sup>th</sup> March 09:00 - 11:00 Facilitated by: Sue & Keeley the HD5 Hub Coordinator	Come and celebrate International Women's Day and join us for breakfast refreshments, a hand scrub making workshop, crafting, a free raffle, flowers and chocolates. <b>Refreshments provided.</b> *In partnership with Unite Respect Connect - Huddersfield.
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 8 <sup>th</sup> March 11:00 - 14:30 Facilitated by: Byron	Bring your broken or faulty items along to see the friendly fixing volunteers from Huddersfield Repair Café who will show you that not everything that's broken needs binning. If you have some fixing experience then please let us know and you could become part of the fixing community too! No microwaves please. Age 16+. Anyone under 16 must be accompanied by an adult.
	10TH - 1	16TH MARCH
Aromatherapy Multipurpose Cleaner  S2R Create Space, Huddersfield HD1 1EB	Tuesday 11 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own eco-friendly multipurpose cleaner using natural ingredients and essential oils. We will explore and blend various essential oils, discover the benefits of sustainable cleaning and you'll leave with a personalized and environmentally friendly multipurpose cleaner to take home with you. Please bring an empty jar or container along with you.
Fire Cider Tonic  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 13 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Byron	Come and learn how to create this traditional herbal tonic, known for its immune-boosting properties and zesty flavour. We will explore a variety of ingredients including ginger, chilli and herbs, and learn how to ferment them to make your very own batch of Fire Cider. Please bring a sealable bottle along with you.
Art in the Park  The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 14 <sup>th</sup> March 10:00 - 12:00 Facilitated by: Dawn	Whether you are confident at drawing and painting or you're a beginner, sketching on location, in public can be nerve-wracking at first. But why not join S2R and Friends of Greenhead Park for this Art In The Park session and have a go! Be inspired by the great outdoors, take a closer look at nature or just take some time out for yourself. Suitable for all ability levels, no art skill needed. Please bring something to draw on and with (e.g., a notebook and a pencil or your sketch books, pens and pastels). Please wear clothing and footwear suitable for walking.
Ramblers Taster Walks Marsden Railway Station, Station Road, Marsden HD7 6DH	Saturday 15 <sup>th</sup> March 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk on the canal between Marsden and Slaithwaite. Bring a packed lunch with you and please wear clothing and footwear suitable for walking. 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: <a href="https://www.ramblers.org.uk/">https://www.ramblers.org.uk/</a> or call Christine Senior from the Ramblers on: 07856 844 432.
17TH - 23RD MARCH		

## 171H - 23RD WARCH

#### Moldgreen Matters Warm Welcomes\*

Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA Monday 17<sup>th</sup> March 09:00 - 11:30

Facilitated by: Sue & Helen from Unite Connect Respect

Start your week off in a positive way! Come and have a warm drink and a chat in a friendly space. We can help with advice and signposting if you have any niggling problems you'd like some help with. Plus, there will be a simple, crafty activity to take part in if you'd like to, or you're welcome to bring along anything you're working on at home. Everyone is welcome! No need to book, just drop in any time between 9am and 11.30am. Children welcome but under 16's must be accompanied by an adult.

\*In partnership with Unite Respect Connect - Huddersfield.

To book your place on an S2R session, call 07933 358800 or email contact@s2r.org.uk



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Promoting Positive Mental Health :		
NAME	DATE AND TIME	DETAILS
Aromatherapy Laundry Detergent S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 18 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own eco-friendly laundry liquid using natural ingredients and essential oils. We will explore and blend various essential oils, discover the benefits of sustainable cleaning and you'll leave with a personalized and environmentally friendly laundry detergent to take home with you. Please bring an empty jar or container along with you.
Knit and Natter (or Sit and Chatter) at Morrisons* Morrisons Supermarket Café, Huddersfield HD5 8QW	Tuesday 18 <sup>th</sup> March 14:00 - 15:30	Come along to this friendly and welcoming group for a free warm drink and a sociable space. We are open to everyone and new faces are very welcome.  *Made possible with funding from the Dalton Place Standard Investment Fund.
Spanish Inspired Ceramic Tiles Evening Workshop S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 18 <sup>th</sup> March 18:00 - 20:00 Facilitated by: Carmen <b>£20 per person</b>	Join us for this creative, evening workshop and learn how to design stunning, Spanish-inspired patterns and motifs, then paint them onto tiles using vibrant enamel paints. This hands-on workshop will guide you through the techniques to craft two unique tiles that are perfect to decorate your home with, to give as gifts or to use as a house number. If you would like to use your own stencils, please feel free to bring them with you too. Suitable for age 16+ only. This session will be delivered on the first floor, accessible only by stairs and costs £20 per person which includes warm drinks, biscuits and materials. Visit: www.s2r.org.uk/book-online to book a place.
Social Creatives S2R Create Space, Huddersfield HD1 1EB	Thursday 20 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Dawn	Are you aged between 17-24? Come and join us in a safe space to socialise and take part in some creative activities.  All materials and refreshments will be provided.
Wild Garlic Pesto  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 20 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Byron	Come and learn all about the nutritional benefits of Wild Garlic, how to identify the plant itself and where and when to forage for it. Then, we will show you how to make a delicious, personalized Pesto using locally sourced wild garlic for you to take home with you. Please bring an empty jar or container along with you.
Beautiful Bun Case Bouquets* Waterloo Bowling Club, Wakefield Road HD5 9XP	Thursday 20 <sup>th</sup> March 13:30 - 15:00 Facilitated by: Sue	Spring is here, so why not bring some creativity and fun to your Thursday afternoon by making a cheerful bunch of simple yet effective paper flowers. Warm drinks and biscuits will be provided and you are always welcome to come along to chat and watch if you don't fancy crafting. Under 16's must be accompanied by an adult. Booking is essential so we have enough materials for everyone. Refreshments will be provided.  *Made possible with funding from the Dalton Place Standard Investment Fund.
Spring Wreath Making Evening Workshop  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 20 <sup>th</sup> March 18:00 - 20:00 Facilitated by: Byron <b>£10 per person</b>	Join us for this creative, evening workshop to celebrate the arrival of spring! We will learn how make a beautiful wreath from scratch using natural materials and spring flowers to create a seasonal decoration for your home. All materials will be provided so come ready to get creative and connect with nature! Suitable for ages 18+ only. This workshop costs £10 per person which includes warm drinks, biscuits and all materials. Please visit: www.s2r.org.uk/book-online to book your place.

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Promoting Positive Mental Health		
NAME	DATE AND TIME	DETAILS
Sphagnum Moss Workshop With The National Trust S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Friday 21 <sup>st</sup> March 10:00 - 12:00 Facilitated by: Dawn	Join S2R and Francesca from the National Trust at Marsden Moor to help to restore and protect our moorlands. We will be propagating Sphagnum Moss for their plant nursery by laying out strands which have been collected from the moor into trays. By the end of summer, these trays will be bursting with new moss, ready to be planted back out on the moor. This is a simple, mindful and rewarding task which can be enjoyed by everyone with a cuppa, plenty of biscuits and a friendly natter!
	24TH - 3	BOTH MARCH
Aromatherapy Dishwasher Powder  S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 25 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own eco-friendly dishwasher powder using natural ingredients and essential oils. We will explore and blend various essential oils, discover the benefits of sustainable cleaning and you'll leave with a personalized and environmentally friendly dishwasher powder to take home with you. Please bring an empty sandwich bag or container along with you.
Moldgreen Matters Planter Tidy* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Tuesday 25 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Sue	Come and help us get Moldgreen ready for spring by spending some time in good company, doing a spot of weeding, tidying and adding new plants to our lovely community planters. Plus there will be warm drinks and biscuits available in the church afterwards. Please wear clothing and footwear suitable for gardening and bring a pair of gloves with you, if you have them.  All tools and refreshments will be provided.  *In partnership with Unite Respect Connect - Huddersfield.
Spring Foraging Workshop Walk S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 27 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Andy	Spring has arrived, bringing with it a bounty of nature's treasures. Join us for this exciting workshop and walk where you'll learn to identify and forage for edible plants and natural remedies, discover the best spots for foraging and gain hands-on experience in sustainable harvesting techniques. Please bring your own gloves and a bag or container along with you.
Moldgreen Matters Warm Heads, Warm Hearts Workshop* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	DARKWOODS COFFEE Thursday 27 <sup>th</sup> March 13:00 - 15:00 Facilitated by: Sue	Have you ever fancied making yourself a hat or scarf, but don't know how to knit? Are you a whizz with a knitting mill and would like to help others to learn? Come and find out how to use a knitting mill in these friendly and welcoming sessions funded by The Darkwoods Community Small Grants Programme. You will make two knitted items, one to take away with you, and one which will be donated to the Uniform Exchange to benefit a Kirklees child when the weather gets chilly. If you can't make this session, don't worry. We will be running more over the next couple of months. Suitable for ages 16+ but anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough knitting mills for everyone. Warm drinks and biscuits will be provided.  *In partnership with Unite Respect Connect - Huddersfield.
Dewsbury Repair Café The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH	Saturday 29 <sup>th</sup> March 10:00 - 12:30	Bring your broken or faulty items along to be fixed, learn how to repair common household items, help to reduce landfill and save money too! If you would like to volunteer as a repairer, email: churchsecretarylcw@outlook.com. No microwaves please.  Age 16+. Under 16's must be accompanied by an adult.

Age restrictions apply to some of our sessions - please ask for details. Please do not attend any sessions if you feel unwell or have any symptoms of flu or Covid.



## **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. You are welcome to join each class 10 minutes beforehand to get yourself settled and prepared.

NAME	DATE AND TIME	DETAILS
Underpin: Alter, Re-use, Upcycle*	Every Tuesday 10:00 Facilitated by: Kim	Join us on Tuesday mornings for these friendly and relaxed Zoom sessions. Kim will show you handy new sewing skills like darning and visible mending and you will learn how to upcycle, repair and transform items you already have in your wardrobe, saving you money and reducing the amount of items that get thrown away.  If you can't attend the live sessions, but would like recordings to have a go at in your own time, please let us know and we will send you the video links. We are also running some of these sessions in-person on Monday afternoons in Dewsbury. Please see page 1 of this schedule for more information.  *These sessions have been funded by Creative Minds.

If you are new to S2R, you will need to complete our short application form before joining in with sessions: <a href="https://www.s2r.org.uk/onlineapplicationform">www.s2r.org.uk/onlineapplicationform</a>

**S2R bookings and enquiries:** 07933 358 800 (10.30am - 3.30pm, Monday to Friday)

**S2R Office:** 01484 539 531 (10.30am - 1pm, Tuesday - Thursday)

The Great Outdoors Project: 07541 095 455

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

**Email:** contact@s2r.org.uk **Website:** 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.





















# IN PERSON SESSIONS:

Learn how to alter, re-use and upcycle clothes and fabrics on Monday afternoons from 12 - 2pm at 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH.

Monday 3rd, 10th, 17th, 24th and 31st March

## **ONLINE SESSIONS:**

Learn new sewing skills like darning and visible mending by joining in with our online sessions from 10am on Tuesday mornings or watching the recordings back at a time that suits you.

Tuesday 4th, 11th, 18th and 25th March

Our friendly and relaxed sessions will teach you how to upcycle, repair and transform items you already have in your wardrobe. Turn jeans into skirts, alter necklines or add pockets, whilst saving money and reducing waste at the same time.

To book your place on a session or request a recording link, please email us at: contact@s2r.org.uk. Ages 18+ only.





