

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE SPACE

Promoting Positive Mental Health



JANUARY 2025 SCHEDULE

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

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

PLEASE NOTE THAT S2R WILL BE CLOSED FROM MONDAY 23RD DECEMBER 2024 TO FRIDAY 3RD JANUARY 2025. WE WISH YOU ALL A WONDERFUL FESTIVE BREAK, SEE YOU IN THE NEW YEAR!

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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		
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Monday 13 th , 20 th & 27 th January 10:00 - 11:00 Facilitated by: Jason	Boost your fitness through walking, jogging and gentle exercises to improve your agility, balance and coordination. Progress at your own pace and find your own level with a friendly group of people and an emphasis on fun. Meet us by the notice boards in Norman Park. Please wear trainers and clothes that are suitable for exercise and bring a water bottle. Please book in advance so we can make sure this is the right activity for you.
Birkby and Fartown Library Gardening Group Birkby & Fartown Library, Huddersfield HD1 6HF	Tuesday 7 th , 14 th , 21 st & 28 th January 11:00 - 12:45 Facilitated by: Cherry	A gentle gardening session helping to maintain and develop the library garden, 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. Refreshments will be provided.
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Tuesday 7 th , 14 th 21 st & 28 th January 14:00 - 15:00 Facilitated by: Rowena £2 per person	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.
S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 15 th , 22 nd & 29 th January 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.

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<p>Waterloo Wanderers</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 8th, 15th, 22nd & 29th January 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>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.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP</p>	<p>Wednesday 15th, 22nd & 29th January 13:00 - 14:00</p> <p>Facilitated by: Dawn</p>	<p>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.</p>
<p>The Crafty Coffee Club</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 9th, 16th 23rd & 30th January 10:00 - 12:30</p> <p>£2 per person</p>	<p>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.</p>
<p>Active Birkby Club Evening Walk</p> <p>Norman Park, Birkby Huddersfield HD2 2UE</p>	<p>Thursday 9th, 16th 23rd & 30th January 19:00 - 20:30</p>	<p>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!</p>
<p>Dewsbury Library Walking Group</p> <p>Dewsbury Library, Railway Street, Dewsbury WF12 8EQ</p>	<p>Friday 10th, 17th 24th & 31st January 11.00 - 12.45</p>	<p>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.</p>
<p>Mirfield Friday Friendship Group*</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane Mirfield, WF14 9SB</p>	<p>Friday 3rd, 10th, 17th 24th & 31st January 14:00 - 15:30</p> <p>Facilitated by: Rowena</p> <p>£2 per person</p>	<p>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.</p> <p>*Supported by The National Lottery Community Fund.</p>

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NAME	DATE AND TIME	DETAILS
6TH - 12TH JANUARY		
<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 7th January 14:00 - 15:30</p>	<p>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.</p>
<p>Needle Felted Badges Workshop*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 9th January 13:00 - 14:30 Facilitated by: Sue</p>	<p>Let's get together and celebrate the start of a new year by making some flat needle-felted designs that are perfect for badges or to use as decorations around the house. Plus there will be plenty of warm drinks and biscuits as usual, to chase the chill away. Anyone under 16 must be accompanied by an adult. Booking is essential. Refreshments will be provided.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Huddersfield Repair Café</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Saturday 11th January 11:00 - 14:30 Facilitated by: Byron</p>	<p>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.</p>
13TH - 19TH JANUARY		
<p>Winter Tree ID Walk</p> <p>Greenhead Park, Trinity Street, Huddersfield HD1 4DT</p>	<p>Monday 13th January 13:00 - 15:00 Facilitated by: Hazel & Dawn</p>	<p>Come and join S2R and TGO Volunteer Hazel (who is also an Arboricultural Officer for Kirklees) for a gentle winter walk around the beautiful Greenhead Park and learn how to identify lots of different types of tree species without their leaves. We will meet at the Bowling Pavilion, next to the Bowling Green. Please wear clothing and footwear suitable for the weather.</p>
<p>Moldgreen Matters Planter Tidy</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Tuesday 14th January 13:00 - 15:00 Facilitated by: Sue</p>	<p>Come and help us to make Moldgreen a bit brighter by spending some time in good company, doing a spot of weeding, tidying and planting in 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.</p>
<p>Garden Upcycling Course</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 16th, 23rd & 30th January & Thursday 6th February 13:00 - 15:00 Facilitated by: Byron</p>	<p>Join us for this 4-week Garden Upcycling Course to increase your confidence and learn how to use hand tools to upcycle wood into a variety of different items for the garden, such as garden planters, bird boxes, benches and more! No previous woodworking experience necessary. Please wear clothing and footwear suitable for woodworking. All tools and refreshments will be provided.</p>

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NAME	DATE AND TIME	DETAILS
<p>Ramblers Taster Walks</p> <p>Meltham Convenience Store, Meltham Mills, Huddersfield HD9 4EJ</p>	<p>Saturday 18th January 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Wood Nook. 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: https://www.ramblers.org.uk/ or call Christine Senior from the Ramblers on: 07856 844 432.</p>
20TH - 26TH JANUARY		
<p>Moldgreen Matters Warm Welcomes</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 20th January 09:00 - 11:30</p> <p>Facilitated by: Sue & Helen from Unite Connect Respect</p>	<p>Blue Monday? Not here! 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.</p>
<p>Aromatherapy Winter Remedies</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 21st January 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Create your own aromatherapy vapour rub using eco-friendly ingredients and essential oils. We will learn how to blend essential oils to create a harmonious scent that will help to treat winter ailments. Please bring your own little container or jar along with you.</p>
<p>Social Creatives</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 23rd January 13:00 - 15:00</p> <p>Facilitated by: Dawn</p>	<p>Are you aged between 17-24? Come along, try something new for free, care for your mental health and make friends. Join us this week to have a go at some blackout poetry which is simple, effective and easy to do. All materials and refreshments will be provided.</p>
<p>Dewsbury Repair Café</p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 25th January 10:00 - 12:30</p>	<p>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.</p>
27TH JANUARY - 2ND FEBRUARY		
<p>Aromatherapy Lip Balm</p> <p>S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 28th January 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Learn how to create an aromatherapy lip balm that is perfect for the winter months using eco-friendly ingredients and essential oils. We will learn how to blend essential oils to create a harmonious scent. Please bring your own little container or jar along with you.</p>



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<p>Moldgreen Matters Warm Heads, Warm Hearts Workshop</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	 <p>DARK WOODS COFFEE</p> <p>Thursday 30th January 13:00 - 15:00</p> <p>Facilitated by: Sue</p>	<p>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.</p>

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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

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



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Please note our courses and workshops are Dementia Friendly, for more information please get in touch.



Registered Charity 1122199 | Limited Company 6418312

WINTER TREE ID WALK

IN GREENHEAD PARK
ON MONDAY 13TH JANUARY
FROM 1 - 3PM

To book your place, please
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Meet us at the Bowling Pavilion, next to the Bowling Green & please wear clothing and footwear suitable for the weather.