

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R

CREATE
SPACE

Promoting Positive Mental Health

NOVEMBER 2024 SCHEDULE

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



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		
The Brighter Project* S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Throughout the week Facilitated by: Siân	A new service designed to support people to manage, maintain and improve their mental health, meet new people, try new things, upskill and feel more confident to look for employment now, or in the future. Suitable for anyone aged 16+, who is living in Kirklees and not currently in employment or job seeking. To find out more, please email: sian@s2r.org.uk. *This project is funded by the UK Government through the UK Shared Prosperity Fund.
Birkby Walk, Jog, Run Norman Park, Norman Road, Birkby HD2 2UE	Every Monday 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.
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. Tools and refreshments will be provided.
Outdoor Volunteers S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Tuesday 10:00 - 13:00 Facilitated by: Andy	Meet us at our Create Space building and then travel with us to various community greenspaces 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. 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.

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<p>Birkby and Fartown Library Gardening Group</p> <p>Birkby & Fartown Library, Lea Street, Huddersfield HD1 6HF</p>	<p>Every Tuesday 11:00 - 12:45</p> <p>Facilitated by: Cherry</p>	<p>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.</p>
<p>Move More*</p> <p>Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB</p>	<p>Every Tuesday 14:00 - 15:00</p> <p>Facilitated by: Rowena</p>	<p>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.</p> <p><i>*Supported by The National Lottery Community Fund.</i></p>
<p>S2R Welcome Morning</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Every Wednesday 10:00 - 12:00</p> <p>Facilitated by: Dawn, Jess & Jason</p>	<p>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.</p>
<p>Waterloo Wanderers</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Wednesday 13th, 20th & 27th November 10:30 - 11:30</p> <p>Facilitated by: Sue</p>	<p>Come and join us for some fresh air and gentle exercise with this weekly walking group. We will have a wander, a friendly 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>Cemetery Road Community Allotment</p> <p>Cemetery Road Allotments, Osborne Road, Birkby HD1 5HB</p>	<p>Every Wednesday 11:00 - 14:00</p> <p>Facilitated by: Cherry</p>	<p>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. Tools and refreshments will be provided.</p>
<p>Greenhead Park Wellbeing Walk</p> <p>Huddersfield Leisure Centre, Merton Street Huddersfield HD1 4BP</p>	<p>Wednesday 13th, 20th & 27th November 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>Every Thursday 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>

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Active Birkby Club Evening Walk Norman Park, Birkby Huddersfield HD2 2UE	Every Thursday 19:00 - 20:30 Facilitated by: Jason	Join us every Thursday for a gentle evening stroll, exploring the green spaces of Birkby. Come along, stretch your legs after tea and set yourself up for a good night's sleep. Please wear clothing and footwear suitable for walking. Everyone is welcome! *Supported by Yorkshire Sport Foundation.
Dewsbury Library Walking Group Dewsbury Library, Railway Street, Dewsbury WF12 8EQ	Every Friday 11.00 - 12.45	Join this friendly group for some 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 £2 per person	A weekly social group for people over a certain age (50+) to get together. Regular in-house entertainment plus guest speakers and artistes. Everyone welcome. No booking required. Refreshments will be provided. The first week is free, then sessions are £2 per person to attend. *Supported by The National Lottery Community Fund.
4TH - 10TH NOVEMBER		
Aromatherapy Laundry Detergent S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Tuesday 5 th November 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own aromatherapy laundry detergent using eco-friendly ingredients and essential oils to create a personalised scent. This greener alternative to traditional washing powders also removes tough stains. Please bring an empty jar or container along with you.
Jam Making S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Thursday 7 th November 13:00 - 15:00 Facilitated by: Byron	Come and learn how to make your own delicious fruit jam from scratch. We will provide ingredients, but feel free to bring your own fruit along with you if you'd like to. Please bring an empty jar or container along with you.
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 9 th November 11:00 - 15:00	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.
Active Birkby Club A Big Birkby Circular Walk* Birkby & Fartown Library, Lea Street, Huddersfield HD1 6HF	Sunday 10 th November 10:00 - 14:00 Facilitated by: Jason	Join us for a 10km (7 mile) autumnal walk starting at Birkby and Fartown Library. We will be following the Kirklees Way, woodland paths, The Birkby Greenway and the canal, to then arrive back in Birkby for refreshments. Please wear walking shoes and clothing that is suitable for the weather. Everyone is welcome! Booking is essential so we know who to expect. *Supported by Yorkshire Sport Foundation.

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NAME	DATE AND TIME	DETAILS
11TH - 17TH NOVEMBER		
<p>Machine Sewing Festive Gifts Workshop*</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 12th, 19th & 26th November 10:00 - 14:00</p> <p>Facilitated by: Dawn & Sue</p>	<p>Join us for this 12-hour Machine Sewing mini-course which will be split over three sessions and learn how to make an apron and a tote bag that are perfect as a treat for yourself or for giving as a gift. This course is suitable for beginners and is a brilliant way to take a bit of time out for yourself and learn some new skills. Plus, you will also receive some FREE sewing supplies to take home with you. All materials will be provided. Due to our funding requirements, there will be an enrolment form to fill in at the start of this session which will require your National Insurance Number and date of birth. Ages 18+ only. Booking is essential as places are limited. Please note this session will be delivered on the 1st floor, accessible only by stairs.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
<p>Aromatherapy Bath Fizzers</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 12th November 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Create your own personalised bath fizzers using eco-friendly ingredients and essential oils. We will learn how to blend essential oils to create a harmonious scent, and create fizzers that are perfect for a relaxing bath or nourishing foot spa.</p>
<p>Chutney Making</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 14th November 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Come and learn how to make your own delicious chutney from scratch and then personalise it with herbs and spices. We will provide ingredients, but feel free to bring your own fruit and vegetables along with you if you'd like to. Please bring an empty jar along with you.</p>
<p>Rag Wreath Workshop*</p> <p>Waterloo Bowling Club, Wakefield Road HD5 9XP</p>	<p>Thursday 14th November 13:00 - 14:30</p> <p>Facilitated by: Sue</p>	<p>Come along and make a colourful rag wreath to decorate your home or give as a gift. This is a fantastic way to reuse old clothing and make something new out of scraps. Materials will be provided but please feel free to bring along any sentimental bits of fabric you'd like to include. Anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone. Warm drinks and biscuits will be provided.</p> <p><i>*Made possible with funding from the Dalton Place Standard Investment Fund.</i></p>
<p>Fabulous Fridays at FOCAL - Rag Wreath Workshop</p> <p>FOCAL Community Centre, New Hey Road HD3 4DD</p>	<p>Friday 15th November 12:30 - 15:00</p> <p>Facilitated by: Sue & Helen</p>	<p>Come and join Sue and Helen at FOCAL Community Centre in Lindley for some festive fun! We'll be making a colourful, recycled rag wreath that can be used to decorate your home with, year after year. All materials will be provided but please feel free to bring along any sentimental bits of fabric you'd like to include. Refreshments will be provided.</p>

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<p>Ramblers Taster Walks</p> <p>Lockwood Train Station, Park Road, Lockwood HD4 5EH</p>	<p>Saturday 16th November 13:30 - 16:00</p>	<p>Join the Ramblers for a leisurely 4.5 mile circular walk around Beaumont Park. 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>
18TH - 24TH NOVEMBER		
<p>Moldgreen Matters Warm Welcomes</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Monday 18th November 09:00 - 11:30 Facilitated by: Helen</p>	<p>Come and join us every month for some friendly faces and a place to connect. There will be free warm drinks and biscuits and some crafty and creative activities to take part in. Plus advice and support will be available too. 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 Deodorant</p> <p>S2R Create Space, Huddersfield HD1 1EB</p>	<p>Tuesday 19th November 13:00 - 15:00 Facilitated by: Byron</p>	<p>Create your own deodorant balm using eco-friendly ingredients and essential oils. We will learn how to blend essential oils to create a personalised and harmonious scent. Please bring an empty jar or container along with you.</p>
<p>Knit and Natter (or Sit and Chatter) at Morrisons</p> <p>Morrisons Supermarket Café, Huddersfield HD5 8QW</p>	<p>Tuesday 19th November 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>Moldgreen Matters Rag Wreath Workshop</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Wednesday 20th November 13:00 - 15:00 Facilitated by: Sue & Helen</p>	<p>Come and join Sue and Helen for some festive fun! We'll be making a colourful rag wreath to decorate your home or give as a gift. This is a fantastic way to reuse old clothing and make something new out of scraps. Materials will be provided but please feel free to bring along any sentimental bits of fabric you'd like to include. Anyone under 16 must be accompanied by an adult. Booking is essential so we can ensure we have enough materials for everyone. Warm drinks and biscuits will be provided.</p>
<p>An Introduction to Aromatherapy*</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 20th November 13:00 - 16:00 Facilitated by: Byron</p>	<p>Learn about the beneficial properties of essential oils for our physical and mental wellbeing, including how to blend over 30 essential oils to create your own, personalised recipe to take home with you. This will be followed by an Enterprise Workshop which will explore ways we can take what we have just learnt further, either just for fun, for future learning or for moving towards a career. Please note that some of this session will be delivered on the 1st floor, accessible only by stairs.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>

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<p>Social Creatives</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 21st November 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. We will be having a go at a different creative and fun activity each week. All materials and refreshments will be provided. Please note that this session will be delivered on the 1st floor, accessible only by stairs.</p>
<p>Sauerkraut Making</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 21st November 13:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Come and learn how to make your own delicious Sauerkraut from scratch and then personalise it with herbs and spices. We will provide ingredients, but feel free to bring your own vegetables along with you if you'd like to. Please bring an empty jar along with you.</p>
25TH NOVEMBER - 1ST DECEMBER		
<p>Festive Decorations Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Tuesday 26th November 18:00 - 20:00</p> <p>Facilitated by: Carmen</p> <p>£20 per person</p>	<p>Come and celebrate the start of the festive season with us by making your own unique dove, reindeer and angel decorations using air dry clay. You will also get to take away a bag of beads and ribbons to decorate your ornaments with, once they are fully dry. These homemade ornaments are perfect for decorating your tree with or to give as a gift. We will provide all the support you need to make something to feel proud of. Plus there will be warm drinks and plenty of biscuits for everyone too. Suitable for ages 14+ but anyone under 16 must be accompanied by an adult. Please note that this session will be delivered on the 1st floor, accessible only by stairs. You will need to take your creations home to dry after making them, so please bring a suitable container with you to take them home in. This workshop costs £20 per person which includes a warm drink, a biscuit and all materials. Please visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Aromatherapy Candles Evening Workshop</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Wednesday 27th November 18:00 - 20:00</p> <p>Facilitated by: Byron</p> <p>£10 per person</p>	<p>Learn how to make your own melt and pour aromatherapy candle in this relaxing evening workshop. We will explore the basics of aromatherapy and learn how to blend essential oils to create a personalised scent. Our candles will be made using soy wax with different eco-friendly dyes to add a hint of colour. Ages 18+ only. This workshop costs £10 per person which includes a warm drink, a biscuit and all materials, including candle holders. The candles will all need 24hrs to set before they can be taken home. Visit: www.s2r.org.uk/book-online to book your place.</p>
<p>Tree Planting on Blue Bell Hill!</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 28th November 09:00 - 13:30</p> <p>Facilitated by: Andy</p>	<p>Join us for a tree planting session with Kirklees Council and help create high quality woodlands for our communities. Meet us at 9am at our Huddersfield town centre building to catch the bus to Newsome, or meet us at 10am at Blue Bell Hill, HD4 6LF. The What Three Words location for the entrance to the track to the planting site is: ///intro.sounds.salads. Please wear clothing suitable for the weather and sturdy footwear. Tools, trees and gloves will be provided.</p>

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<p>Fired Mince Pies Workshop*</p> <p>S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB</p>	<p>Thursday 28th November 10:00 - 15:00</p> <p>Facilitated by: Byron</p>	<p>Learn how to create your own mince pies from scratch! First we will use dried currants and fresh fruit to make a delicious mincemeat. Then we will learn how to make our own shortcrust pastry and cook the mince pies in our wood-fired ovens. There will also be time for a picnic-style lunch consisting of a sandwich, a drink and a biscuit which will be provided by S2R. This 4-hour workshop is a brilliant way to take a bit of time out for yourself, and you will also receive a FREE cookware item to take home with you. All ingredients will be provided, but please feel free to bring some of your own along too if you'd like to. This is a vegan-friendly recipe and there will be a gluten free option available too. Due to our funding requirements, there will be an enrolment form to fill in at the start of this session which will require your National Insurance Number and date of birth. Ages 18+ only. Booking is essential as places are limited.</p> <p><i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i></p>
<p>Active Birkby Club Celebration*</p> <p>Birkby & Fartown Library, Lea Street, Huddersfield HD1 6HF</p>	<p>Thursday 28th November 19:00 - 20:30</p> <p>Facilitated by: Jason</p>	<p>Join the Active Birkby Club walkers who have been striding out every Thursday evening since May and help celebrate all our work to get people in Birkby more active this year. You can also help the group decide how to continue as a self-led group. Everyone is welcome!</p> <p><i>*Supported by Yorkshire Sport Foundation.</i></p>
<p>Moldgreen Matters Family Friendly Christmas Trees</p> <p>Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA</p>	<p>Saturday 30th November 10:00 - 12:00</p> <p>Facilitated by: Sue</p>	<p>Come and join us for this super-special, family-friendly session where everyone can decorate their own pot and make some small decorations to put on your own, REAL, tiny Christmas tree to take home with you. There will be hot drinks and biscuits to sustain the crafters, and lots of friendly faces and chat too. This event is for everyone – adults, families AND friends. If you enjoy doing something fun alongside other people then this session is for you! Any donations to the Moldgreen Christmas Tree Fund would also be gratefully received. Anyone under 16 must be accompanied by an adult. Please let us know if you are coming, so we can make sure we have enough trees and pots for everyone.</p>
<p>Dewsbury Repair Café</p> <p>The 3 Strand Café, Longcauseway Church, Dewsbury WF13 1NH</p>	<p>Saturday 30th November 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>

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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. If you cannot attend a session in person, we can also send you a video recording to have a go at in your own time.

NAME	DATE AND TIME	DETAILS
Festive Tealight Lantern Workshop!*	Monday 4 th November 14:00 - 15:00 Facilitated by: Kim	A creative workshop in the comfort of your own home! This week, come and join Kim for a relaxed hour learning how to upcycle old jam jars into festive tealight lanterns. To join in with Kim, you will need: a clean, dry jar, tissue paper or greaseproof paper, posca or acrylic pens, glue, any other decorations you want to include and a tealight. If you can't attend in person, but would like to receive a video to have a go at in your own time, we can also send you a recording link. <i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i>
Festive Tomato Puree Tube Decorations Workshop!*	Monday 11 th November 14:00 - 15:00 Facilitated by: Kim	A creative workshop in the comfort of your own home! This week, learn how to transform a used tomato puree tube into a fantastic embossed decoration. To join in with Kim, you will need: a clean, empty tomato puree tube, scissors, a spoon, some water to wash in and a pencil. If you can't attend in person, but would like to receive a video to have a go at in your own time, we can also send you a recording link. <i>*This project is funded by the UK Government through the UK Shared Prosperity Fund.</i>

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.



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