

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R
**CREATE
SPACE**

Promoting Positive Mental Health



OCTOBER 2025 SCHEDULE

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

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		
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 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.
Move More* Zion Baptist Church Hall, 14 Water Royd Lane, Mirfield WF14 9SB	Every Tuesday 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. The first week is free, then sessions are £2 per person to attend. *Supported by The National Lottery Community Fund.
Fields Creative Walks Staincliffe and Healey Sure Start Centre, Chestnut Avenue, Batley WF17 7DH	Every Wednesday 09:30 - 11:30 Facilitated by: Waheeda	Walk, garden and create! Come and join this welcoming social group for a gentle walk, a bit of gardening and some fun, creative activities. This group is relaxed, social, and open to everyone. Please email: fieldscoordinator@batleymat.co.uk or call: 07497 512901 to book your place. Please wear clothing and footwear suitable for walking and gardening.

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S2R Welcome Morning S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Every Wednesday 10:00 - 12:00 Facilitated by: Dawn, Molly & 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. <i>*In partnership with Unite Respect Connect - Huddersfield.</i>
Cemetery Road Community Allotment Cemetery Road Allotments, Osborne Rd, Birkby HD1 5HB	Every Wednesday 11:00 - 14:00 Facilitated by: Mary	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. Please note that there are no toilet facilities at this group. Tools and refreshments will be provided.
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 - 12:00 £2 per person	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. <i>*Made possible with funding from One Community Foundation.</i>
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. Everyone is welcome!

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NAME	DATE AND TIME	DETAILS
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 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 £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 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.

29TH SEPTEMBER - 5TH OCTOBER

Social Creatives S2R Create Space, Huddersfield HD1 1EB	Thursday 2 nd October 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. Come along and try something new for free!
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6TH - 12TH OCTOBER

Norman Park Outdoor Volunteers Green Container, Norman Park, Birkby, Huddersfield HD2 2UD	Tuesday 7 th October 11:00 - 13:00 Facilitated by: Byron	Help us to look after Norman Park for the benefit of nature and also for the whole community to enjoy. We will be doing different practical tasks like gardening, litter-picking, footpath clearing, making habitat homes for wildlife and more! Meet us by the green container near the stream. Please wear clothing and footwear suitable for gardening. Tools and refreshments provided.
Aromatherapy Facemasks S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Wednesday 8 th October 13:00 - 15:00 Facilitated by: Byron	Come and learn how to make your own eco-friendly, clay-based facemask using natural ingredients and essential oils. We will discover the benefits of making your own products, then explore and blend various essential oils and you will leave with your own, personalised clay facemask. Please bring a small empty jar along with you to this session.
World Mental Health Day Lantern Parade Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG	Thursday 9 th October 16:00 - 19:00 Facilitated by: Byron & Waheeda	Come and celebrate World Mental Health Day with the Working Together Better Partnership (find out more about the partnership at: www.workingtogetherbetter.org.uk). This year, we will be hosting the World Mental Health Day Lantern Parade in Crow Nest Park. Plus there will be a natural dyeing workshop, delicious food and refreshments, interactive stalls and the chance for you to make your own lantern for the parade too.
Art in the Park The Trinity Street gate entrance to Greenhead Park, Huddersfield HD1 4DT	Friday 10 th October 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.

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NAME	DATE AND TIME	DETAILS
Natural Aromatherapy Hand Scrub Workshop The Arcade Pop-up, 25 Princess of Wales Precinct, Dewsbury WF13 1NH	Saturday 11 th October 10:30 - 11:30 Facilitated by: Sue & Cathy	Would you like to learn something new, find out about the benefits of essential oils and make an aromatherapy treat to take home with you? Then come along and make your own simple yet effective hand scrub. This workshop is a perfect opportunity to take some time out for yourself and to find out more about the Wellness Hub in Dewsbury. This session is suitable for ages 18+ only, but colouring sheets will be available for children. Booking is essential. <i>*This activity is part of Healthy Working Life, a joint programme of the West Yorkshire Combined Authority and NHS West Yorkshire Integrated Care Board.</i>
Huddersfield Repair Café S2R Create Space, 5-7 Brook Street, Huddersfield HD1 1EB	Saturday 11 th October 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.

13TH - 19TH OCTOBER

Autumn Needle-Felted Brooches with Underpin* The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Monday 13 th October 12:00 - 13:30 Facilitated by: Kim	It's definitely feeling more like autumn, so why not come and get cosy with us and have a warm drink and a chat with others as we show you how to needle-felt your own autumn-inspired badge or brooch! Whether you fancy making a beautiful pumpkin, a lovely leaf or some bright berries, it's an excellent way to repurpose old jumpers to use as a base. Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! 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 6 of this schedule for more information. <i>*These sessions have been funded by Creative Minds.</i>
Moldgreen Matters October Planter Tidy* Moldgreen URC, Old Wakefield Road, Huddersfield HD5 8AA	Tuesday 14 th October 10:00 - 12:00 Facilitated by: Sue	Come and help us brighten up Moldgreen by spending some time in good company, doing a spot of weeding, tidying and watering the plants in our lovely community planters. You can also come and see what crops the garden is producing this month. 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. <i>*In partnership with Unite Respect Connect - Huddersfield.</i>
Greenhead Park Outdoor Volunteers Café in the Park (opposite the tennis courts) Greenhead Park HD1 4HS	Tuesday 14 th October 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. Tools and refreshments will be provided.

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Chutney Making S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Wednesday 15 th October 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own delicious apple and pear chutney from scratch and then personalise it with herbs and spices. All ingredients will be provided, but please feel free to bring your own fruit or vegetables along to use if you'd like to. Please bring an empty jar along with you to this session.
Social Creatives S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Thursday 16 th October 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. Come along and try something new for free!
Ramblers Taster Walks Wills O' Nats Pub, Blackmoorfoot Road, Holmfirth HD9 5PS	Saturday 18 th October 13:30 - 16:00	Join the Ramblers for a leisurely 4.5 mile circular walk to Blackmoorfoot. 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.

20TH - 26TH OCTOBER

Upcycled Seasonal Rag Wreaths with Underpin* The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Monday 20 th October 12:00 - 13:30 Facilitated by: Kim	Everyone is welcome to join us for a cuppa and some creativity, in these friendly sessions. This time, we are upcycling fabric and clothing into amazing wreaths to bring a smile to your face as we head into autumn. Feel free to bring along any fabrics to incorporate into your wreath if you would like. Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. We'd love to meet you! 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 6 of this schedule for more information. *These sessions have been funded by Creative Minds.
Conker Laundry Detergent S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Wednesday 22 nd October 13:00 - 15:00 Facilitated by: Byron	Learn how to make your own conker-based laundry detergent using eco-friendly ingredients and essential oils to create your own, personalised scent. This is a greener alternative to traditional detergents. Please bring an empty jar or container along with you to this session.
Good Food For All Kirklees Network S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB	Wednesday 22 nd October 17:00 - 19:00	A network meeting aimed at individuals and organisations who are involved with or interested in cooking-based community projects. Refreshments will be provided along with a cooking demonstration. Please visit: https://bit.ly/3KuqkCa to book your place.
Dewsbury Repair Café The 3 Strand Café, The Princess of Wales Precinct, Dewsbury WF13 1NH	Saturday 25 th October 10:00 - 12:00	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.

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ZOOM SESSIONS

To book your place on these sessions, or to receive session recordings to have a go at in your own time, please email us at: contact@s2r.org.uk and we will send you the meeting and video links.

NAME	DATE AND TIME	DETAILS
Underpin: Alter, Re-use, Upcycle*	<p>Tuesday 14th October 15:00 - 16:00</p> <p>Tuesday 21st October 09:30 - 10:30</p> <p>Facilitated by: Kim</p>	<p>Join us for these friendly and relaxed Zoom sessions where you will learn how to alter, re-use and upcycle clothes and fabrics. On Tuesday 14th October, we will be making autumnal needle-felted brooches and on Tuesday 21st October, we will be learning English Paper Piecing - a quilting technique upcycling tiny pieces of fabric. Every month we'll be bringing you more inspiration and ideas for upcycling, re-using and altering fabrics and clothes. If you can't attend the live sessions, but would like video recordings to have a go at in your own time, please let us know and we will send you the video links.</p> <p>We are also running some of these sessions in-person on Monday afternoons in Dewsbury. Please see page 4 and 5 of this schedule for more information.</p> <p>*These sessions have been funded by Creative Minds.</p>

If you are new to S2R, you will need to complete an application form before joining in with our sessions: www.s2r.org.uk/onlineapplicationform

S2R bookings and enquiries: 07933 358 800 (9.30am - 1.30pm, Monday to Friday)

S2R Office: 01484 539 531 (9.30am - 1.30pm, Wednesday and Thursday)

The Great Outdoors Project: 07541 095 455

Community Anchor: Siân Smith 07933 353 487

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



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



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