



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

Healthy
Working
Life



HEALTH
HUBS
wellness
works



Wellness Works - Health Hubs - Positive Mental Health & Employability Support in Mirfield & Dewsbury

For more information, please contact Wellbeing Worker Cathy Deihim on: 07729 262741, at: cathy@s2r.org.uk or visit our website: www.s2r.org.uk

March Drop In Dates:

Mirfield:		
Friday 6 th , 13 th and 20 th March	10:00 - 12:00	Salvation Army Café, 106 Huddersfield Road WF14 8AF
Friday 6 th , 13 th , 20 th and 27 th March	12:30 - 14:30	Mirfield Library, Easthorpe Lodge, Huddersfield Road WF14 8AN
Dewsbury:		
Wednesday 4 th and 18 th March	11:00 - 13:00	The 3 Strand Café, Longcauseway Church, WF13 1NH
Wednesday 11 th and 25 th March	10:00 - 12:00	Healds Road Surgery, Healds Road WF13 4HT
Wednesday 11 th , 18 th and 25 th March	13:00 - 15:00	The Arcade Pop-up, 25 Princess of Wales Precinct, Dewsbury WF13 1NH
Menopause Information Sessions with Evergreen Active Wednesday 11 th , 18 th and 25 th March	13:00 - 14:00	The Arcade Pop-up, 25 Princess of Wales Precinct, Dewsbury WF13 1NH
Thursday 5 th March	10:00 - 12:00	Thornhill Lees Community Centre, 53 Brewery Lane WF12 9DU
Thursday 5 th , 12 th and 26 th March	13:00 - 15:00	Greenwood Centre Library Hub, Ravensthorpe WF13 3JR
Thursday 12 th and 26 th March	10:00 - 12:00	North Road Suite Surgery, 1st Floor Ravensthorpe Health Centre, Netherfield Road WF13 3JY