

S2R OCTOBER 2020 SCHEDULE



To keep everybody safe, Support to Recovery will have reduced opening hours and a maximum of 5 places on each session.

We ask that you please only attend if you have booked in advance. All sessions are currently free of charge.



Age restrictions apply to some sessions—please ask for details.

Face coverings must be worn in the building, unless you are unable to due to a health condition. Please bring your own refreshments with you as we cannot provide these.

REGULAR WEEKLY SESSIONS (You must book before each week you attend)			
NAME	DATE AND TIME	DETAILS	BOOKING
Peace Pit Growing Group (Peace Pit Lane Depot Old Fieldhouse Lane, Leeds Road Huddersfield HD2 1AG)	Mondays 10:30 - 12:30	Learn and share horticultural skills at the Polytunnels, whilst helping to grow plants for volunteer groups across Kirklees. Please bring your own gardening gloves.	Essential: 07541095455 / contact@s2r.org.uk
Yoga (Online via Zoom) <i>*Supported by The National Lottery Community Fund*</i>	Mondays 12:30 - 13:30	Join Ellie, from Umbrella Yoga, for a weekly online Yoga session, suitable for all. ⇒ Wear comfy clothes ⇒ Find a space you can use. If you've got a mat - great - if not it doesn't matter at all. ⇒ Grab a couple of cushions. ⇒ If you want to use a chair for extra support that is also fine. ⇒ Finally - come to the session ready to move, relax, and enjoy!	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk Zoom links and passwords will be shared in the morning before each session.
Lonely Arts Club 1 (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Tuesdays 10:30 - 12:00	A regular, social, creative group. Come along and work on your own creative project, this could be painting, drawing, sewing, anything really! This is a group intended for those with previous experience, or those happy to self-teach. Please be aware this is not a taught group and you must bring with you all your own materials and equipment.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk
Work Days (Various Locations ask for details)	Tuesdays 11:00 - 13:00	Help look after community greenspaces, including Norman Park in Birkby and Kirklees footpaths, through practical conservation tasks. Please bring your own gardening gloves.	Essential: 07541095455 / contact@s2r.org.uk
Lonely Arts Club 2 (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Tuesdays 12:30 - 14:00	A regular, social, creative group. Come along and work on your own creative project, this could be painting, drawing, sewing, anything really! This is a group intended for those with previous experience, or those happy to self-teach. Please be aware this is not a taught group and you must bring with you all your own materials and equipment.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk

NAME	DATE AND TIME	DETAILS	BOOKING
Cemetery Road Allotment Group 1 (Cemetery Road Allotment, Osborne Road, Birkby, Huddersfield HD1 5HB)	Wednesdays 11:00 - 13:00	A friendly place, perfect for growing food, flowers and friendships. Learn or share growing skills or relax in a beautiful location. No gardening experience needed. Please bring your own gardening gloves.	Essential: 07541095455 / contact@s2r.org.uk
Cemetery Road Allotment Group 2 (Cemetery Road Allotment, Osborne Road, Birkby, Huddersfield HD1 5HB)	Wednesdays 13:30 - 15:30	A friendly place, perfect for growing food, flowers and friendships. Learn or share growing skills or relax in a beautiful location. No gardening experience needed. Please bring your own gardening gloves.	Essential: 07541095455 / contact@s2r.org.uk
Tree Planting (Dewsbury Country Park Park Road, Ravensthorpe, Dewsbury WF13 3TH)	Fridays 11:00 - 13:00	In partnership with Kirklees Council Parks Service - come along and help to plant new trees at Dewsbury Country Park.	Essential: 07541095455 / contact@s2r.org.uk

WORKSHOPS & COURSES

5TH - 11TH OCTOBER

Garden Upcycling (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Tuesdays 6th October 11:00 - 13:00 (4 week course)	Learn how to use hand tools safely to make things for the garden or other outdoor spaces, including planters, birdboxes and more. All repurposing used materials such as wooden pallets. Materials and tools will be provided. Please bring your own garden/work gloves.	Essential: 07541095455 / contact@s2r.org.uk
Essential Oils: Eucalyptus (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Thursday 8th October 11:00 - 12:30	Have you ever been curious about which are the most useful essential oils to have at home? This week find out all about Eucalyptus Oil, its properties and characteristics and what you can use it for, both individually and as part of a blend.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk

12TH - 18TH OCTOBER

Essential Oils: Lemon (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Thursday 15th October 11:00 - 12:30	Have you ever been curious about which are the most useful essential oils to have at home? This week find out all about Lemon Oil, it's properties and characteristics and what you can use it for, both individually and as part of a blend.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk
Garden Upcycling Workshop (Denby Dale)	Thursday 15th October 13:30 - 15:30	Help restore the planters at Denby Dale Station. All materials and tools provided.	Essential: 07541095455 / contact@s2r.org.uk
Garden Upcycling Workshop (Shepley)	Thursday 22nd October 13:30 - 15:30	Help make a planter for Shepley Station. All materials and tools provided.	Essential: 07541095455 / contact@s2r.org.uk

NAME	DATE AND TIME	DETAILS	BOOKING
19TH - 25TH OCTOBER			
Essential Oils: Geranium (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Thursday 22nd October 11:00 - 12:30	Have you ever been curious about which are the most useful essential oils to have at home? This week find out all about Geranium Oil, its properties and characteristics and what you can use it for, both individually and as part of a blend.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk
26TH OCTOBER - 1ST NOVEMBER			
Essential Oils: Frankincense (S2R Create Space, 5- 7 Brook Street, Huddersfield HD1 1EB)	Thursday 29th October 11:00 - 12:30	Have you ever been curious about which are the most useful essential oils to have at home? This week find out all about Frankincense Oil, its properties and characteristics and what you can use it for, both individually and as part of a blend.	Essential: 01484 539 531 (Tues, Wed, Thurs 10am - 1pm) / contact@s2r.org.uk



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S2R Create Space



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S2R Create Space, 5 - 7 Brook Street, Huddersfield HD1 1EB



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