

Winter Edition Newsletter 2017-18

Support to Recovery

Promoting Positive Mental Health

S2R

CREATE SPACE

Promoting Positive Mental Health



01484 539 531



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www.s2r.org.uk



S2R Create Space



[@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)



[S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)



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



South West Yorkshire Partnership 
NHS Foundation Trust



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Another Great Event Night at S2R!



A big thank you to The Hunch for providing brilliant music at our latest event night on 17th November 2017. If you couldn't make it on the night you can see a little of what you missed here: <https://www.facebook.com/S2RCreateSpace/>

Our event night attendees said:

“It was a lot of fun”

“Great night and all for a fiver. What’s not to like?”

We asked everyone who came along to fill in a feedback form for us, they all said that they enjoyed the event and that they would recommend our evening events to a friend!

‘Our Nature Club’ - Honley High School

Seven Families brought together to improve their connection with each other, their school and the outdoors.

Assistant Head Teacher Heidi Halliday asked S2R to help engage the families of year 7 children with the school. We aimed to help families:

- Feel more part of the school
- Make better use of the school grounds
- Improve their confidence outdoors
- Take first steps towards a self-led outdoor group

Using hot chocolate cooked on a wood stove, we engaged 195 families at the year seven induction evening, 43 families indicated they would be interested in outdoor activities. Seven Families attended our half term session. They were each asked to bring an ingredient. S2R enabled them to light the fires and cook a shared lunch whilst they got to know each other and the school environment.

Having identified skills and interest from this group, we will look to help them to run their own session and to invite some of the other 36 families to join them.

With small steps and co-production other school years can be introduced and joint steps taken towards shared goals such as improved mental health and well-being, improvement of school grounds and better cohesion in the school community.



“I enjoyed watching my daughter relax with other families as my grandson had good fun making new friends from his class.”

“Seeing my son having fun and joining in and smile made me think how important socialising is.”

“I watched Alfie ‘whooping’ when he managed to light the kindling. It really made me smile.”

(Parent Comments, Our Nature Club, Honley High School 2017)

Did you know you can now purchase £10 and £20 gift vouchers from S2R?

Why not get one for that hard to buy for friend or family member! They can be spent on items from our gallery as well as workshops and courses at S2R!



Natures Resolutions 2018

Make your Resolution to connect with Nature in 2018 and improve your well-being! Each day in January 2018 we will post an idea on the **'Natures Resolutions 2018' Facebook Group** and you can help everyone by telling us how you got on with it.

Some ideas might take you outside but there will be some you can do indoors.

Do whatever you feel comfortable with.

If you would like to join the group you can find it directly through Facebook or 'friend' **Jason John Kerry (Support to Recovery)** and he will invite you to the group.

This will be a closed Facebook group so only those in the group will be able to see your posts.



Confident to Work

Are you looking to go back to work? Look at how you can appear more confident, use criticism to your advantage and take a step towards the world of work.

Tuesday 16th January, 12:30 - 15:00, 6 Week Course, FREE

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

Advance booking required, please contact S2R directly and provide your name, email address and a contact number: 01484 539 531 / contact@s2r.org.uk

Well-being for Better Sleep

Come along to this well-being session to find out why sleep is so important to our mental and physical health and learn some simple steps that you can take to improve the quality of your sleep.

- Take our sleep quiz
- Learn how 'HEAL' can help
- Practise some simple relaxation techniques.

Saturday 13th January, 10:30 - 13:30, Day Workshop

£3 per person, advance booking required

Please be aware this session is held on the first floor, accessible only by stairs

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

ROOM HIRE at S2R Create Space:

Did you know we have a range of unique spaces for hire: available for private or public events, functions and meetings?

To arrange to view or to make a room booking enquiry, please contact us directly using the details below.



01484 539 531



contact@s2r.org.uk



www.s2r.org.uk

Activate Your Creativity Shake, Dance, Paint!

These regular sessions combine movement and dance with creative self expression through painting. Keeping your own space, focusing on your inner self and building up energy through spontaneous movement and freestyle dance, you tap into your creativity and then allow yourself to paint freely and naturally, going with the flow of the energy. No experience needed.

Every Monday

14:00 - 16:00

Weekly

£4.50 per session,

please book in advance

(Materials included in price)

Aromatherapy Skills Course



This course will cover all of the basic skills required to develop Aromatherapy Blends. There will be a self-learning expectation as well as further learning and sign-posting to information so that attendees can develop skills and further knowledge in the science, delivery and qualification, leading to either job or business developments.

Monday 15th January

13:00 - 15:00

10 week course

***There will be a weeks break over**

February half term*

FREE

(Advance booking required)



Come along to a Memory Lane Productions Pantomime!

Monday 18th December

**Refreshments available from 10:30am,
Show starts at 11am**

Join Dorothy on her journey through Oz to meet the Scarecrow, Tin Man, and the Cowardly Lion. Travel along the famous Yellow Brick Road to meet the Great Wizard himself and defeat the Wicked Witch as you go 'Somewhere over the Rainbow'.

All Welcome

**(Under 16's must attend with an
adult) Please book in advance**

Just £3 per person!