

AUTUMN NEWSLETTER 2015

EDITION 3

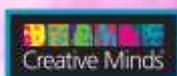
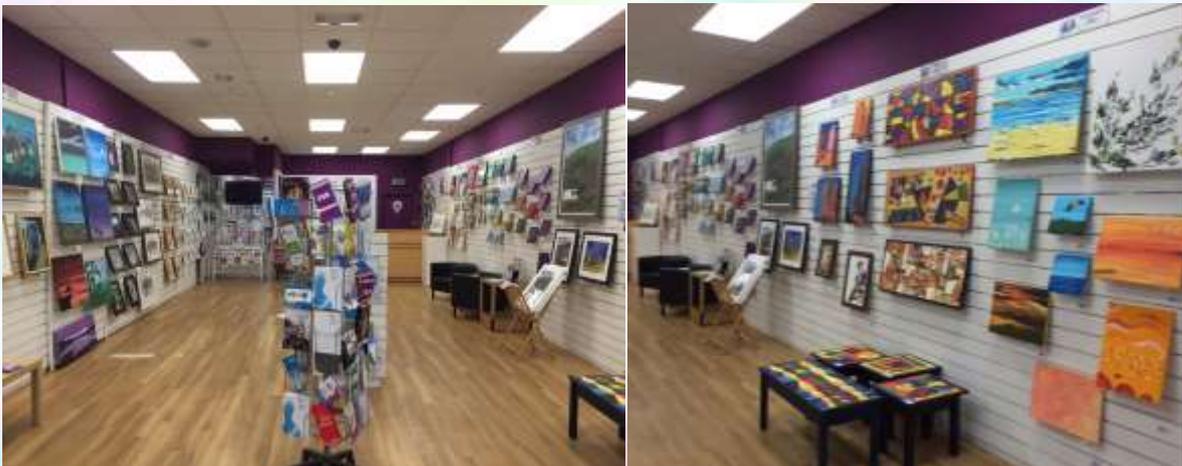
- ◆ What's new at the Gallery?
- ◆ Wiseminds - What will you choose?
- ◆ TGO & The Teddy Bear's Picnic
- ◆ Mindfulness Meditation
- ◆ Ways to Wellbeing
- ◆ Carer's Create
- ◆ Cemetery Road Allotment Developments
- ◆ One Minute Interview
- ◆ Upcoming courses & Exhibitions
- ◆ Create Space

NEW INSTALLATIONS AT THE PACKHORSE GALLERY

On the 29th August and 1st September: 25 Artists installed their work at the Packhorse Gallery under our new Space Hire System. Artists can now exhibit for between 4 and 12 weeks consecutively. It's a great opportunity for emerging Artists to test the local buyer market. For more established Artists our central location enables them to showcase their work to a diverse audience. We have high hopes for this new exhibition system and with the Gallery fully booked through to the end of 2015, we're looking forward to the ever increasing seasonal footfall. We are now taking space hire bookings for 2016, if you're interested in exhibiting with us please contact the Gallery directly for further information.

One artist said "This is great as it gives me a chance to curate my own work, displaying it to best advantage. It is also preparing me for dealing with bigger Galleries and businesses as my portfolio grows. It is a real boost to my confidence to see my work being exhibited in a Town Centre location like this"

A visitor to the newly designed Gallery said "What a fantastic way to showcase local Art and Artists! It's a really innovative system, it looks great, and it makes me want to buy lots and lots of art work!"



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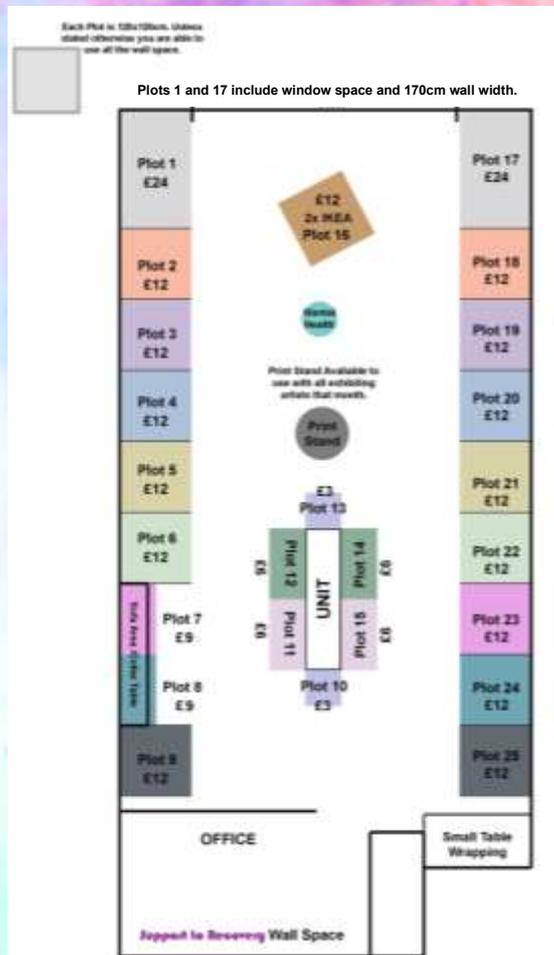
Support to Recovery

Telephone: 01484 539531
Email: contact@s2r.org.uk
Website: www.s2r.org.uk



Are you over 18 and looking for somewhere to exhibit your artwork?

At the Packhorse Gallery exhibition spaces are available to hire, by Yorkshire based Artists, for between 4 – 12 weeks at a time. Hire fees vary depending on space size. In any given month Artists can choose from up to 25 different spaces, with the option of additional furniture, to enhance your display at no extra cost. The Gallery takes a 30% sales commission- with the proceeds going to S2R, your local Mental Health Charity. Space hire is on a first come, first serve basis and you can book up to 6 months ahead of time. Full payment of space hire fees must be made at the time of booking.



- The prices marked above represent a 4 week hire period.
A 50% fee discount will apply to spaces hired for January 2016!

CREATE SPACE Artist in Residence

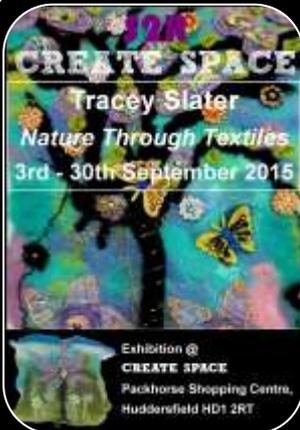
Our Artist in Residence Programme is proving to be extremely popular with the public. August saw local Artist Audrey Erbany based in Create Space for the months duration: painting with Acrylic, Watercolour and sculpting Soapstone. If you missed Audrey– not to worry she will be exhibiting in Create Space throughout November and will be running several day workshops– please see our upcoming events list for more information.



OCTOBER 2015—Artist in Residence- Chris Fallowfield @ CREATE SPACE. Don't miss out on the opportunity to see fantastic local artist Chris making new work live, he'll be more than happy to answer any questions you might have too. Chris will also be exhibiting in Create Space throughout December.

CREATE SPACE

Exhibitions Sept - Dec
2015



Tracey Slater
Solo Exhibition
Nature Through Textiles
3rd—30th
September 2015
CREATE SPACE
Free entry.



Carers Create Exhibition
Highlighting Works by
John Smithson
3rd—30th September
2015
CREATE SPACE
Free entry.

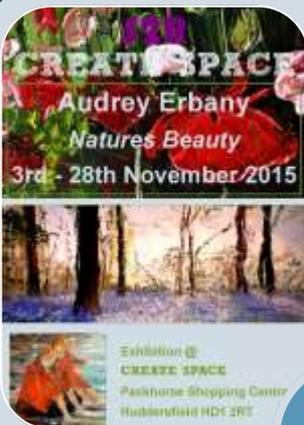


Exhibition
Now and Then
3rd—30th September
2015
CREATE SPACE
Free Entry.



**Jessica
Smith**
Solo
Exhibition
*“Common
as muck”*

1st—30th October 2015
CREATE SPACE
Free Entry.



Audrey Erbany
Solo Exhibition
Natures Beauty
3rd—28th November 2015
CREATE SPACE, Free Entry.



Chris Fallowfield
Solo Exhibition
Residency Exhibition
1st December 2015—9th January 2016
CREATE SPACE, Free Entry.

Carers Create

A Creative Service for Adult Carers

Carer's Create Sessions run every Friday: 10am until 12 noon in Create Space.

CREATE SPACE, Unit 17, Packhorse Shopping Centre, Huddersfield HD1 2RT

Just £2 per Carer to attend.

Carers Create is a service aimed at people who care for adults within the Kirklees area. It is a great way to improve your wellbeing through creativity and experimentation, to meet and gain support from people with similar circumstances.

All the activities are tailored to those attending and each week offers something new, refreshing and enjoyable.

Carers can bring along those they care for too! If you choose to do so, please be aware that they remain in your care at all times.

If you are unsure if Carers Create is for you but would like to find out more: why not come along to our **Carers Create Welcome Session** on

Friday 2nd October, 10am—12pm, in Create Space.

Just One Minute...

Q. Debbie, what first brought your attention to S2R and made you want to work with us?

A. *I was directed to the S2R Gallery by a salesperson at 'The Works'. Once I started exhibiting I used to visit the Gallery regularly, had a stall at one of the Gallery's craft fayres and one very busy Saturday I just happened to ask if they needed any help...the rest, as they say, is history!*

Q. How has being an exhibiting Artist at the Packhorse Gallery affected you?

A. *It has allowed me to exhibit and sell my own Art work which has increased my confidence, its really rewarding when customers make positive comments or buy something. I have gained lots of knowledge from other exhibiting Artists and met so many interesting people.*

Q. What have you been up to lately Debbie?

A. *We have recently started a Carers Create group on a Friday, I facilitate these regular social sessions where Carers can have a coffee and a chat, relax and get creative. Its great fun, there are a wide range of arty activities to choose from, I like to get some crocheting done and am more than happy to pass what I know on.*

Q. What do you enjoy most about working for S2R and what do you hope to achieve in the future?

A. *I like being able to help people progress, make friends and learn new skills, in a relaxed and comfortable environment. I like that every day is different and exciting, I get to try new things, work with new people and share experience and creativity. I would like to be a part of S2R's continued development and assist in making Carers Create into a thriving and diverse social group.*

Meet Debbie. Debbie is an exhibiting artist and has volunteered at S2R for several years, more recently taking on a role as facilitator of our Carer's Create project. Debbie kindly agreed to be our 1 Minute interviewee for this edition!





Before and after pictures of the Cemetery Road Allotments, showing what a difference a little work and a lot of weather can make!



TEDDY BEARS PICNIC with THE GREAT OUTDOORS

On the August Bank Holiday volunteers of The Great Outdoors project organised a family event at the Cemetery Road Allotment in celebration of the progress and achievements of the allotment and to encourage awareness of upcoming opportunities.

Despite the rain on the day, the celebration at Cemetery Road Allotment offered a wonderful chance to reflect on all the hard work put in by allotment members and take part in activities including non-competitive wildflower arranging.

There was a feast sampling some of the food grown at Cemetery Road, including homemade jam sandwiches and berry muffins made using berries picked from the hedgerows of the allotment.



And as the rain started to ease up, the opportunity arose to do a bit of gardening and thinning out of the beetroots and carrots.

The event wound down with sharing of the produce and anecdotes from the season.

Overall the event was a success with a good time had by all and goodies to take home. The Great Outdoors would like to say a massive thank you to everyone who helped with the organisation of this event and to all those who attended. We look forward to the next celebration! <http://bit.ly/1USbxeg>

WHAT IS WISEMINDS?

Wiseminds is a project which is being led by Kirklees College and its partners (see below) on behalf of the Kirklees Community Learning Trust. It offers a range of **short courses** which are designed to improve the self-esteem and wellbeing of adults (19+) who are experiencing mild to moderate mental health problems. It does this by providing an opportunity to:

- Gain confidence through learning something new
- Connect with others who have similar experiences
- Learn techniques to self-manage mental health and wellbeing
- Get support in planning a future career or learning journey
- Give something back by volunteering as a 'Wiseminds buddy'

Courses are delivered by all of the Wiseminds partners and participants can choose one or more from the following themes:

CREATIVE including Performance Art, Drawing and Painting

CULTURE including Local History and a range of visits to places of cultural interest

WELLBEING including Mindfulness and Confidence Building

PROGRESSION a chance to focus on what they would like to do next

WHO IS WISEMINDS FOR?

Wiseminds is for any adult (19+) who is experiencing mild to moderate mental health problems, these may include (but are not limited to) anxiety, depression and sleep disorders.

Wiseminds also invites applications from anyone who is experiencing low mood, whether this has been recognised as a mental health problem by a professional or not.

HOW DO I APPLY, OR SIGNPOST SOMEONE, TO WISEMINDS?

Enquiries can be made by calling **01484 437156** to speak to **Gillian Brook** or emailing wiseminds@kirkleescollege.ac.uk

All Wiseminds applicants will be invited to an informal information session (run by Support to Recovery) where they can find out more. Anyone that would like to access the project will have a one to one induction with a project advisor who will work with the applicant to plan their Wiseminds learning journey.

Find out more here <http://youtu.be/w703qYqEGxg>

WISEMINDS PARTNER ORGANISATIONS:

- Hoot
- Kirklees College
- Lifeline Kirklees
- Playing for Success Kirklees
- Purple Dog Training
- Proper Job Theatre Company
- Recovery College
- Support to Recovery
- Workers Educational Association

UPCOMING EVENTS

CREATE SPACE

ACTIVITY	DATE	TIME	DETAIL	COST
Carers Create	*EVERY FRIDAY*	10am-12pm	Creative & Relaxing Time out for Carers	£2 per Carer Per session
Creative Drawing Course	Thursday 10th September 6 week course	1 - 3pm	Explore different ways of drawing and develop new skills	£4 per session £24 full course
Eco Bookbinding	Wednesday 30th September 3 week course	1 - 3pm	Learn how to make paper and practice different bookbinding techniques	Free to Attend
Painting with Colour	Wednesday 14th October 4 week course	10am-12pm	Exploration of abstract colour painting and techniques	£4 a session Booking Essential
Seasonal Crafts	Wednesday 4th November 6 week course	1 - 3pm	Delight your friends and family with handmade gifts this!	£4 a session
Creative CV Masterclass	Thursday 5th November	1 - 3pm	Take all 4 Masterclasses for £20	£6 per person Take all 4 for £20
Painting with soft pastel	Friday 6th November	10am - 4pm	Full day workshop Over 18's only	£35 per person Booking Essential
Working with Acrylic Paint	Saturday 7th November	10am - 4pm	Full Day Session Over 18's only	£45 per person Booking Essential
Promotional Photography Masterclass	Thursday 12th November	1 - 3pm	£6 per person or all 4 Masterclasses for £20	£6 per person
(1) Creative Collage Day Workshop	Friday 13th November	10am-12pm	Explore collage and develop new skills	£9 per person Booking Essential
Jewellery Making Course	Saturday 14th November 4 week course	2 - 4pm	Discover how to make your own beautiful jewellery to take home!	£10 per person Per session Booking Essential
Portfolio Building Masterclass	Thursday 19th November	1 - 3pm	£6 per person or all 4 Masterclasses for £20	£6 per person
Branding Masterclass	Thursday 26th November	1 - 3pm	£6 per person or all 4 Masterclasses for £20	£6 per person
(2) Creative Collage Day Workshop	Friday 11th December	10am-12pm	Explore collage and develop new skills	£9 per person Booking Essential

PLEASE BE AWARE BOOKING IS ESSENTIAL FOR ALL COURSES. IF YOU ARE INTERESTED IN ANY OF THE PROJECTS OR SERVICES THAT S2R PROVIDE THEN PLEASE DO NOT HESITATE TO CONTACT US.

SEE OVER FOR CONTACT DETAILS

UPCOMING EVENTS

REVENUE CHAMBERS



Our wonderful team member Sue Oakwood retired at the end of August this year. From everyone at S2R we would like to thank Sue for all her hard work and wish her the very best for the future. But fear not! Sue will be returning to run the next Meditation and Mindfulness Course in October.

ACTIVITY	DATE	TIME	DETAIL	COST
Ways to Wellbeing Programme	Welcome session: Thursday 17th Sept	10 - 11am	Intro session Fun Quiz	£15 for the 5 week course
"	Then from Thursday 24th September For 5 weeks	10am - 1pm	Develop personal resilience and learn how to cope with stress & Improve wellbeing	"
Meditation and Mindfulness	21st October to 9th December 8 week course	10am - 12pm	Live life with confidence and positivity	£80 waged, £24 unwaged. Adults Only <i>Booking Essential</i>

THE GREAT OUTDOORS

NEW STAFF IN THE GREAT OUTDOORS TEAM

We would like to extend a very warm welcome to the new staff members who recently joined our TGO project- Jade and Cathryn! There will be a full feature on our new staff in the next S2R Newsletter.

Participants are responsible for making their own way to and from the venues.

ACTIVITY	DATE	TIME	DETAIL	COST
Cemetery Rd Allotment	Every Monday & Wednesday	11am - 1pm	Cemetery Rd Allotment Huddersfield	Free of Charge
Growing Ashbrow Project	Every Tuesday	9.30am - 12pm and/or 1pm- 3pm	Ashbrow School Huddersfield	Free of Charge
Friends of Greenhead Park	Every Wednesday	2.15 - 4pm	Greenhead Park Huddersfield	Free of Charge
Dewsbury Country Park	Every 2nd Tuesday of the Month	10.30am - 2pm	Dewsbury Country Park, Dewsbury	Free of Charge
Horticulture Course	Starts Mon 7th September	11am - 1pm	Cemetery Road Allotment	Free of Charge

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Support to Recovery, Revenue Chambers, St. Peter's Street, Huddersfield, HD1 1DL

Tel: 01484 539531 Email: contact@s2r.org.uk Website: www.s2r.org.uk