

Spring Edition Newsletter 2017

Support to Recovery

Promoting Positive Mental Health

S2R

**CREATE
SPACE**

Promoting Positive Mental Health



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S2R Create Space



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



South West Yorkshire Partnership 
NHS Foundation Trust



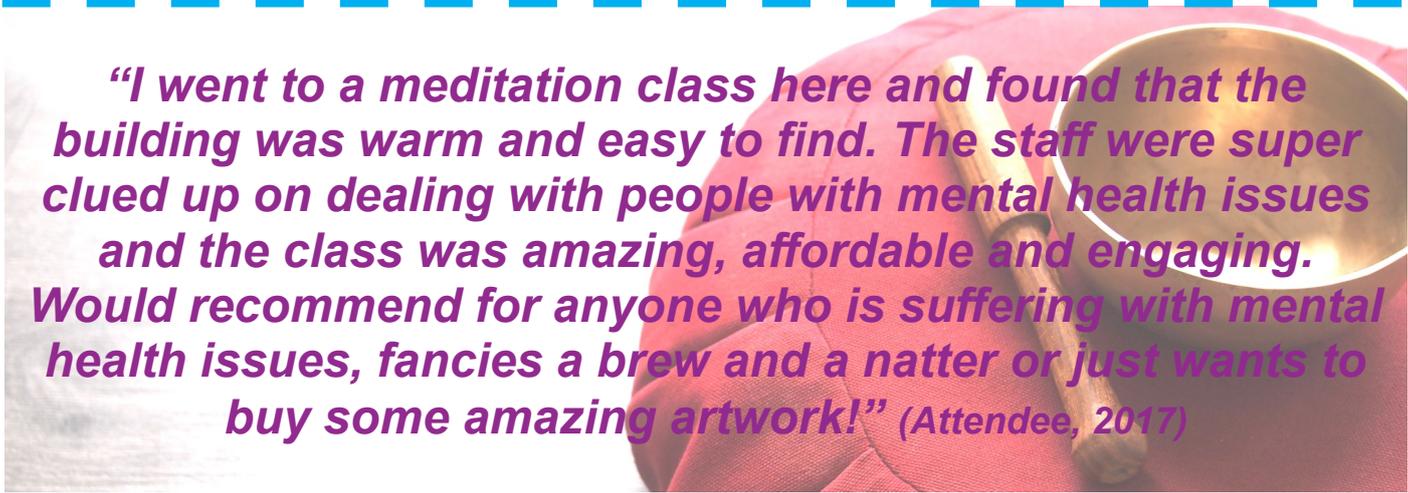
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“The communion of people is what I will take away from the course. I come here for the sweetness and generosity and that’s why I keep coming to things at S2R” (Attendee, 2017)

Weekend Well-being:

This year we have launched our new seasonally themed weekend well-being sessions. These experiential 3 hour sessions are designed as mini-retreats where people can take time out of their busy lives to try out a number of techniques and activities that promote relaxation and a sense of calm. Examples of activities included in Weekend Well-being are: meditation, mindfulness, energising movement, colour and mood and connecting with our creativity. We now deliver Weekend Well-being sessions one Saturday a month. If you come along to one of these sessions between March and May: we will be focusing on the energies we can connect to in Spring.



“I went to a meditation class here and found that the building was warm and easy to find. The staff were super clued up on dealing with people with mental health issues and the class was amazing, affordable and engaging. Would recommend for anyone who is suffering with mental health issues, fancies a brew and a natter or just wants to buy some amazing artwork!” (Attendee, 2017)

Positive Partnerships:

We have been very busy since the New Year delivering well-being courses in Create Space as well as continuing our partnership working with the local Police and Honley High School. Staff at S2R were invited to run a week of assemblies at Honley High School, as part of their Mental Health Awareness Week. We gave 15 minute presentations to all of the 5 year groups. The feedback has been very positive, with pupils seeking further information. In June, S2R will be hosting an event for a group of Year 10 pupils from Honley High, who will be researching different aspects of mental health in order to share their learning with Year 7 pupils.

Our partnership working with Honley High School continues to develop and our Well-being Facilitators will be in school during the first 2 weeks in March to deliver a series of 9 Mental Health Awareness lessons to all Year 9 pupils at the school.

The Great Outdoors Project:

Nature in You

In this series of 'Nature In You', participants came together to explore and express their perspectives on the 4 universal elements, taking part in practical activities involving Fire, Air, Water and Earth.

“Doing a course like this would have been unheard of for me before but this is a fabulous space to start to feel better in”

“I became the spirit of the element. I came to the session feeling really tired but now I feel energised”

“I really felt able to be in the present moment which is not normal for me”

Garden Upcycling

Over 4 weeks, attendees transformed unwanted items and materials into useful garden furniture to take away or give to others.

“When I’m on my own I don’t have the confidence to experiment with these things but I can try things out here and put it into practice at home.”

“I loved it, you get to try out lots of things, and I’ve never done sawing before!”



Work Days

TGO’s new season of work days in the community started with **The Tolson Tidy**. Friends of Ravensknowle park came together with TGO volunteers from further afield for seasonal gardening in the Museum grounds.

Join our workdays and find out why they are so good for us.

Working outdoors can help with all of the **5 ways to wellbeing**. **Connect** with other volunteers, **be active** digging, clearing and cutting back. **Keep learning** new skills like planting and tool use. **Take notice** of the place you are in and the difference you have made by **giving** some of your time and skill, to help make

NEW Weekly Groups:

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	Tuesday Work Days 10:30am - 1:30pm, FREE.	Carers Create 10am - 1pm, £2 per carer.	Knitty Gritty 10:30am - 12:30pm, £1.50 per person.	Carers Create 10am - 1pm, £2 per carer.
Reminiscence Games 1:30pm - 3pm, £1.50 per person.	S2R Info Sessions 11am - 1pm, FREE.	Cemetery Road Allotment Group 11am - 1pm, FREE.	Mosaic Club 1pm - 3pm £6 per person	Quiz Sessions 1:30pm - 3pm, £1.50 per person.

To find out more about these weekly sessions, visit: www.s2r.org.uk/whats-on

Is it a Bird, or a Plane ... No it's Meeeee!!

For some reason I have agreed to do the longest zip wire in the UK.. Why? I DON'T KNOW!!

I have always been up for a challenge and when this was suggested at first I said NO CHANCE, but then I had a conversation with one of the peer supporters on our Well-being project. He explained how he had to push himself to attend for the first session and the hurdle of the unknown was an incredible feeling to overcome and the sense of achievement after attending was in his words "awesome".

So I thought it would be a good way to truly push myself out of my comfort zone to do something that could raise a smile (at my expense) and also some funds towards information and events during Mental Health Awareness week (8th-14th May). These events will be at our venue Create Space, the T.T.T events will feature: Taster sessions; Time to talk; and Take away information throughout the week for anyone to try.



Please visit the *What's On* page of our website to sponsor me!

Tesco Bags of Help:



Thank you to everyone who voted for S2R in Tesco's Bags of Help scheme during January

– WE CAME FIRST!

The money we receive will be used to help update our courtyard and sessions held there.

Music Night

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

Friday 12th May, 6.30pm - 9:30pm

Tickets £5 per person

All proceeds go to S2R

Included in ticket price:

- Live Music from: Hokum; Boo Sucliffe; & Band of Jays
- Dry Bar: offering a range of non-alcoholic drinks and "mocktails"
- Homemade Pasty & Pea Supper