

Winter Edition Newsletter 2016-17

Support to Recovery

Promoting Positive Mental Health



01484 539 531



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www.s2r.org.uk



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 'Nature in You' courses, running during Autumn, have been helping people to have fun outdoors and relax in their environment.



We have been drawing, cooking, foraging and lots more, all using mindful techniques in the outdoors.

Our participants said:

“I would recommend it to anyone needing to slow down”

“I have gained a sense of connectivity with myself, others and nature”

“...it gets you back in touch with nature and our natural humanity”

One course was held at Reinwood Infant School for parents and carers, giving the adults the chance to play too.

We can also offer special taster sessions to groups, such as the workshop we ran with Chart Kirklees (Lifeline) which looked at slowing down in the urban and natural world.

Look out for our next 'Nature in You' courses at S2R Create Space starting in the new year, or take part in our one-off water walks or urban walks. If you are interested in a bespoke taster 'Nature in You' session please get in touch. For other outdoor activities such as allotment groups or garden upcycling, check out our timetable.

Positive Partnerships:



Local artist Darren Baker, official Artist for the 2016 Olympics and the Profession Footballers Association, whose hyper-realism work includes a commissioned portrait of HRH Queen Elizabeth II is a leading advocate of how visual arts and creativity can have a positive effect on well-being. Darren is a supporter of S2R and had pledged to donate regularly to S2R through his own charity, The Leanne Baker Trust.



Darren wanted to ensure people in Kirklees could gain appropriate support or signposting in an enjoyable and creative way, this would be a legacy in memory of his sister Leanne.

So far S2R have created decorations for Darren's fundraising trip to walk the Great Wall of China, we have received a further donation of high quality artistry provisions through Darren's connections and are looking forward to many more great joint working opportunities in the near future.



Years of Dedication!

Everyone at S2R would like to say a special thank you to David Wright OBE who recently retired from S2R's Board of Trustees after 28 years! David has been a well-known councillor in the area and was Mayor of Kirklees in 1992-3 when he chose Concern for Mental Health (now known as S2R) as his charity of the year. David worked tirelessly to improve access to quality mental health services for people of Kirklees. David also provided opportunities, guidance and support to S2R and will be sorely missed by us all.



S2R'S Well-being Project:

We would like to thank and congratulate one of our volunteers, Matt Allen. Matt attended several of our courses and then kindly offered to volunteer. Over the past year Matt has worked alongside our well-being facilitators to deliver the Ways to Well-being course as well as generally helping out at our open days and welcome sessions. Matt recently gained full time employment locally, so we wanted to take this opportunity to give him our best wishes for the future.



Following a successful pilot last year S2R are working in partnership with Honley High School to develop a series of Mental Health Awareness sessions which will be delivered to their year 9 pupils. In addition, in the New Year, S2R will be talking to each year group at a series of mental health focussed assemblies. We hope to continue to develop a long-term working relationship with Honley High School and other schools.



During the past 6 months S2R have been working closely with Kirklees Police to help them further develop their well-being offer to staff. One of our facilitators, Lou, has recently worked alongside PC Elaine Burke and Christine Pickavance from the Samaritans to design and deliver some Peer Support training. Additionally we have supplied work from local artists to brighten up their refreshment area and have supported the 'Crafty Sew and So' local craft group, who are based at S2R, to produce a textile wall hanging which will decorate the police stations' new well-being room.

Feedback from Our New Building Launch Day:

“Congratulations on a wonderful new positive mental health space ... well done to all!”

Nuala Riley Community Networker –
Connect Housing

“Had a wonderful time and met some very interesting people...You have an amazing place with amazing people and I know what a huge impact this is making to people like me. Please keep up the great work you are doing.”

Debs Taylor - Creative Minds
Peer Project Development Worker

“Delighted to have been able to attend - Loved the space, it's nooks and crannies and quirks. The basement and outdoor space are perfect for some of the more outdoorsy-related activities too.... and 10/10 loos, of course!

I took the tranquillity back to the office with me, and turned a crisis around on Friday afternoon. Putting that down to my spell at your space! ;-)”

Fiona Loughnane -
Housing Adviser (complex needs)

“was lovely to meet you and I’m really impressed at the new space”

Toby Hornsby - Account Executive Eastwood &
Partners Ltd

“Terrific open day”

Alex Feather
Creative Minds Project Development Worker (Kirklees)

“I did have a walk to your new premises over the weekend; it looks fantastic”

Ashley Jackson – Artist

“Fab premises, good luck in your new home”

Carl Sykes, Community & Business
Relations Manager, Syngenta

“Great to see the fantastic new home of S2R officially opened”

John Travis, Chief of staff to Jason McCartney MP



“Head down there today - well worth a visit!”

Jane Mackay – Service Manager,
Touchstone

We are really looking forward to a future alongside S2R and the incredible work you do. You have done an amazing job with the premises and all of you should be very proud.

The Leanne Baker Trust

“...the room was buzzing and I hope Saturday went just as well for you as Friday did. What a fabulous space you have created there, with so much potential and enabling such important work. You and the team should all be very proud of what you have achieved and I look forward to seeing S2R going from strength to strength.”

Alison Monkhouse
Kirklees Council – Learning &
Organisational Development





WINTER COURSE PROGRAMME 2016/17

Anyone who is over the age of 16 can attend these courses, please book in advance to avoid disappointment. Courses are hosted at S2R Create Space unless stated otherwise. You can book online at www.s2r.org.uk, by phone, or call into S2R Create Space.

Carers Create
Every Wednesday
and Friday
10am—1pm
£2 per carer

Regular Quiz Sessions
Mornings and
Afternoons
Coming Soon!

S2R Information Sessions
Every Tuesday
11am - 1pm
Starting:

Knitty Gritty Social Knitting Group
Coming Soon to S2R
Register your interest now!

NAME	DATE AND TIME	DETAILS	COST
Carers Create	Every Wednesday and Friday 10am - 1pm	Carers Create is a group aimed at adults who care for another adult. It's a great way to take some time out to feel better by doing something creative and gain support from fellow carers.	£2 per carer materials included
Cemetery Road Community Allotment Group	Cemetery Road, Birkby 11am - 1pm (Every Wednesday starting 8th February)	A social place perfect for growing food and plants, meeting new people and sharing or learning new skills. No gardening experience needed.	FREE
Festive Wreath Making Course	Saturday 10th December 10:30am - 12:30pm (2 week course)	Create a textile wreath embellished with an assortment of buttons, sequins, dry felting, ribbons and more.	£12 per session/ £24 full course materials included
Nature in You Water Walk	Friday 16th December 10:30am - 12:30pm (1 Day Workshop)	Enjoy the calming effects of water on this gentle canal walk.	FREE
Natural Decorations Workshop	Saturday 17th December 11am - 3pm (1 Day Workshop)	Learn how to make your own natural decorations, including a natural seasonal wreath.	FREE
Nature in You Food and Singing	Tuesday 20th December 11am - 2pm (1 Day Workshop)	Celebrate the growing year through enjoying seasonal food, by the fire with a cappella singing.	FREE
S2R Yard Fix-up	Wednesday 4th January 11am - 1pm (1 Day Workshop)	Help us to improve the S2R yard to make it a relaxing outdoor space.	FREE

Wire Jewellery Course	Saturday 7th January 10:30 am - 12:30 pm (4 week course)	You will learn a variety of wire jewellery techniques to create rings, pendants and earrings.	£10 per session/ £40 full course materials included
Nature in You Water Walk	Wednesday 11th January 11am - 1pm (1 Day Workshop)	Enjoy the calming effects of water on this gentle canal walk.	FREE
Mosaic Club	Thursday 12th January 1pm - 3pm (6 week course)	Learn how to use broken tiles, plates, shells, glass, beads and lots more to create mosaic masterpieces.	£6 per session/ £36 full course materials included
Be Well	Saturday 14th January 1pm - 4pm (1 Day Workshop)	Come along to this informal session, learn simple steps we can all take, to look after our mental health and well-being.	£3 per person
Painting and Creating Course	Monday 16th January 11am - 1pm (6 week course)	Have a go at several types of painting as well as collage, mono-printing and pastel drawing.	£3 per session/ £18 full course materials included
S2R Yard Fix-up	Wednesday 18th January 11am - 1pm (1 Day Workshop)	Help us to improve the S2R yard to make it a relaxing outdoor space.	FREE
Nature in You Course	Thursday 19th January 12:30pm - 2:30pm (4 week course)	Discover time for yourself, ways to create, relax and connect with the outdoors, so that the natural you can emerge.	FREE
Energising Moving Meditation Workshop	Thursday 19th January 5:30pm - 7pm (1 Day Workshop)	Energising Moving Meditation Workshop: Learn techniques to increase your energy flow for the new year.	£5 per person
Garden Upcycling Course	Tuesday 24th January 10:30am - 12:30pm (4 week course)	Share or learn new skills for reusing different materials to make garden planters and furniture.	FREE
Ways to Well-being Welcome Session	Tuesday 24th January 10:30am - 11:30am (1 Day Workshop)	An informal one hour session to help you decide which of our well-being courses is right for you.	FREE
Silk Painting Workshop	Tuesday 24th January 1pm - 3pm (1 Day Workshop)	Create unique pieces of art on silk, using gutta, outliners, and a wide range of vibrant silk paints.	£15 per person materials included
Nature in You Urban Walk	Wednesday 25th January 11am - 1pm (1 Day Workshop)	Learn techniques for remaining calm and open to life's experiences, so you can relax and enjoy urban life.	FREE
Winter Weekend Well-being	Saturday 28th January 10:30am - 1:30pm (1 Day Workshop)	Enjoy a unique workshop with activities designed to promote relaxation, play, reflection and creativity.	£15 per person
Winter Wildlife Course	Monday 30th January 6pm - 8pm (2 week course)	Join us to learn how to make different feeders and habitats for wildlife this winter.	FREE

Ways to Well-being Course	Tuesday 31st January 10:30am - 1:30pm (5 week course)	Come along to learn some simple self-help tips to help you feel more positive and cope better with life's challenges.	£3 per session/ £15 full course
Creative Writing Course	Tuesday 31st January 12:30pm - 3:00pm (6 week course)	An introduction to writing for pleasure. You will be encouraged to create a few characters, write about a memory, plan, plot and write a short piece of non-fiction for a magazine.	FREE Eligibility requirements apply. Contact Kirklees College - Wiseminds, to find out more.
Denim Flowers Workshop	Tuesday 31st January 1pm - 3pm (1 Day Workshop)	Up-cycle pieces of denim into a variety of different flowers that can be used as brooches, necklaces, headpieces and more!	£7.50 per person including materials
Tolson Tidy (Tolson Museum Memorial Gardens)	Wednesday 1st February 11am - 1pm (1 Day Workshop)	Join us at Tolson Museum Memorial Gardens to help tidy the flowerbeds, ready for spring.	FREE
Energising Moving Meditation Workshop	Thursday 2nd February 5:30pm - 7pm (1 Day Workshop)	Energising Moving Meditation Workshop: Learn techniques to increase your energy flow for the new year.	£5 per person
Memory Books Course	Friday 3rd February 9:30am - 12:00pm (6 week course)	Using your own memories, create a themed memory book with a variety of techniques including paper making, entrapment and textured paper. Please bring any photographs or items you may want to include to your first session.	FREE Eligibility requirements apply. Contact Kirklees College - Wiseminds, to find out more.
Beginners Loom Weaving	Friday 3rd February 1pm - 3pm (4 week course)	Using Sampleit Looms, you can learn how to weave and create your very own fabric, which can become anything from wearable items such as scarves, to artistic wall hangings.	£5 per session/ £20 full course materials included
Floral Crowns Workshop	Tuesday 7th February 1pm - 3pm (1 Day Workshop)	Learn how to create your own perfect floral crowns using foam and paper flowers that will last.	£15 per person materials included
Metal Stamped Jewellery Workshop	Friday 17th February 2pm - 4pm (1 Day Workshop)	Make personalised jewellery using a variety of fonts, symbols and imagery. Experiment with various kinds of metal and colouring techniques.	£25 per person materials included
Natural Well-being Products	Saturday 18th February 11am - 3pm (1 Day Workshop)	Learn how to make different products including soaps, scrubs and candles to improve your well-being using natural ingredients.	£2 per person (contribution towards materials costs)
Be Well	Saturday 18th February 10:30am - 1:30pm (1 Day Workshop)	Come along to this informal session to learn some simple steps we can all take to look after our mental health and well-being.	£3 per person

Tolson Family Gardening (Tolson Museum Memorial Gardens)	Monday 20th February 11am - 1pm (1 Day Workshop)	Join us at Tolson Museum Memorial Gardens for propagating plants and lots for all the family to do.	FREE
Book Sculptures Workshop	Tuesday 21st February 1pm - 3pm (1 Day Workshop)	Turn vintage books into works of art using a variety of folding and cutting techniques. These can be used as flat pieces of art or hung as mobiles.	£10 per person materials included
Winter Weekend Well-being	Saturday 25th February 10:30am - 1:30pm (1 Day Workshop)	Enjoy a unique workshop with activities designed to promote relaxation, play, reflection and creativity.	£15 per person
Wild Colours	Monday 27th February 6pm - 8pm (2 week course)	Learn how to make your own traditional paints and dyes using natural materials.	FREE
Nature in You Wild Woods (Beaumont Park)	Tuesday 28th February 10:30am - 12:30pm (1 Day Workshop)	Rediscover inner and outer resources for a wild wood experience, using bush craft and meditation.	FREE
String Art Workshop	Tuesday 28th February 1pm - 3pm (1 Day Workshop)	Use nails and brightly coloured string to make vibrant pieces of art.	£8 per person materials included



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