

# MAY & JUNE SCHEDULE 2019



Mental Health Foundation

S2R  
**CREATE SPACE**  
Promoting Positive Mental Health



#MentalHealthAwarenessWeek

13-19 May 2019

NAME	DATE AND TIME	DETAILS	COST
<b>REGULAR SESSIONS</b>			
<b>Peace Pit Growing Group (Deighton)</b>	<p><b>Every Monday</b> 10:30 - 14:30</p> <p><i>*No sessions on Monday 6th &amp; 27th May*</i></p>	Learn and share horticultural skills at the Polytunnels, whilst helping to grow plants for volunteer groups across Kirklees.	<p><b>FREE</b></p> <p>Join us for either the full session or part of it, depending on what suits you.</p>
<b>Weaving Club</b>	<p><b>Every Monday</b> 13:00 - 15:00</p> <p><i>*No sessions on Monday 6th &amp; 27th May*</i></p>	Whether you're new to weaving or fancy a refresher, why not come along and have a go? Learn how to set up a table-top loom and try a range of weave patterns and techniques.	<p>£5 per session</p> <p>All equipment and materials provided but feel free to bring along any specific materials you want to use.</p>
<b>S2R Information Sessions</b>	<p><b>Every Tuesday</b> 11:00 - 13:00 (Drop - in)</p>	<p>This is the entry point to S2R. Come along to find out more about what S2R can offer, courses, workshops and opportunities.</p> <p>If you've been before, you're welcome to call in and find out what we have coming up.</p>	<b>FREE</b>
<b>Lonely Arts Club</b>	<p><b>Every Tuesday</b> 11:00 - 13:00 <b>and Every Saturday</b> 13:00 - 15:00</p>	<p>A regular, social, creative group. Come along and work on your own creative painting or drawing project, or have a go at sketching the still life objects we provide.</p> <p>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.</p>	<p>£2 per session</p> <p>Please bring your own equipment and materials.</p>

<b>Work Days (Various Locations)</b>	<b>Every Tuesday</b> 10:00 - 14:00	Help look after community greenspaces, including Norman Park in Birkby and Kirklees footpaths, through practical conservation tasks.	FREE Meet at S2R Create Space at 10:00
<b>Writer's Cafe</b>	<b>Every 1st &amp; 3rd Tuesday of each Month</b> (7th & 21st May; 4th & 18th June) 11:00 - 13:00	Join like-minded creatives and share your experiences, creative writing practice, questions and ideas. Tea and coffee facilities included.	£2 per person
<b>Creative Vibes</b>	<b>Every Tuesday</b> 16:30 - 18:00 <i>*No sessions on Tuesday 28th May*</i>	Art & craft group for young people (12 - 18's) and their parents or guardians. Come along and try a new creative technique each week! Such as paper crafts; eco crafts; textiles and more.	FREE
<b>Cemetery Road Community Allotment (Birkby)</b>	<b>Every Wednesday</b> 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.	FREE
<b>Sticks &amp; Stones</b>	<b>Every Wednesday</b> 13:00 - 15:00	Enjoy a social, supportive group. Have fun together, try new things and make new friends! Find out how to keep and feel safe in your community! Gain confidence so you know what to do if you don't feel safe!	FREE <i>*This group is intended for anyone who may feel vulnerable in the community.*</i>
<b>Knitty Gritty</b>	<b>Every Thursday</b> 10:30 - 12:30	Peer-led knitting, crochet and sewing circle, intended for those with previous experience. Bring your own materials.	£2 per session
<b>Carers Create</b>	<b>Every Friday</b> 10:00 - 13:00	Carers Create is a group for 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 & £1 per cared for person materials included
<b>1ST - 5TH MAY</b>			
<b>Rag Rug Brooches</b>	Wednesday 1st May 13:00 - 15:00 (Workshop)	Create your own brooches using rag rug techniques, suffolk puffs and buttons.	£6 per person  <i>*Please be aware this session will be delivered on the 1st floor accessible only by stairs*</i>
<b>Wire Jewellery</b>	Saturday 4th May 10:30 - 12:30 (4 week course)	You will learn a variety of wire jewellery techniques to create rings, pendants and earrings.	£40 per person, can be paid in instalments. Materials provided.

## 6TH - 12TH MAY

### S2R will be closed on Bank Holiday Monday 6th May

<b>Pom Pom Garland Workshop</b>	Tuesday 7th May 13:00 - 15:00 (Workshop)	Come along and enjoy making you're own pom pom and tassel garland for you're home.	£10 per person Materials provided
<b>May Walk</b>	Tuesday 7th May 13:00 - 15:00 (Walk)	Join us for gentle and relaxing walk around Hall Bower. We will be catching the train to Berry Brow. Please wear appropriate footwear and clothing.	FREE Meet at S2R Create Space at 13:00
<b>Photography Club (Marsden)</b>	Tuesday 7th May 17:00 - 18:30 (Walk)	Meeting at Marsden railway station at 5pm for a short walk to take photos. With the days lengthening we'll be photographing signs of spring as well as some landscape views. Come along and meet with likeminded people, interested in Photography. Led by keen amateur photographer Alan Stopher, this session is suitable for over 18's, all abilities.	FREE Sturdy footwear will be advisable as the canal towpath can be muddy. Please bring your own camera.
<b>Allotment Walk &amp; Welcome</b>	Wednesday 8th May 11:00 - 12:30 (Walk)	Thinking of coming to the allotment, but struggle to make the first steps in getting there? Come and join us for a gentle walk to our Cemetery Road Allotment site in Birkby, meet the group and get stuck in if you like!	FREE Meet at S2R Create Space at 11:00
<b>Button Pictures</b>	Thursday 9th May 13:00 - 15:00 (Workshop)	Make a button heart or star (or any shape available). Embellish a heart or star with buttons, beads and anything glittery. An ideal present or just to keep for yourself.	£5 per person Materials provided
<b>Bee Happy</b>	Friday 10th May 13:00 - 15:00 (3 week course)	In week 1 we will look at what is involved in bee keeping. Week 2 we will get the bus to visit the apiary in Lowerhouses and in week 3 will create a wildflower garden. No experience needed.	FREE All equipment provided

## 13TH - 19TH MAY

### Mental Health Awareness Week

<b>Chair Yoga</b>	Monday 13th May 11:00 - 12:00 (Workshop)	A fun and therapeutic yoga session: stretch, breathe and take part in mind exercises to help you become fitter, more relaxed and meet new people. <i>*Made possible by TESCO Bags of Help Fund*</i>	FREE *Please be aware this session will be delivered on the 1st floor accessible only by stairs*
<b>Layering in Monoprints</b>	Monday 13th May 13:00 - 15:30 (3 week course)	Learn about planning a print and how to layer with monoprints to create a set of 10 prints. We will be using some shapes from nature and different ink colour combinations.	£18 per person Can be paid in instalments  *Please be aware this session will be delivered on the 1st floor accessible only by stairs*

<b>Body Image 'Fashion Drawing vs Life Drawing'</b>	Wednesday 15th May 10:30 - 15:30 (Day Workshop)	Looking at the way fashion drawings put the ideal figure on a pedestal and elongate the body to create unrealistic proportions. We'll start by drawing from examples in the morning to get to grips with the human shape. This can be in charcoal, ink or watercolour. After lunch a special guest: rugby player for the Giants, Vicky Brook, will sit for us and we'll do some drawing from life. <b>*Made possible by TESCO Bags of Help Fund*</b>	£8 per person  *Please be aware this session will be delivered on the 1st floor accessible only by stairs*
<b>Garden Upcycling</b>	Thursday 16th May 13:00 - 15:00 (4 week course)	Learn how to use hand tools and new skills for reusing materials to make garden planters for community groups.	FREE
<b>Summer Upcycling &amp; Alterations</b>	Thursday 16th May 16:30 - 19:00 (6 week course)	Ready for the summer, turn those charity shop finds into fashionable clothing! Suitable for over 19's. Please bring with you an item of clothing from home or a charity shop bargain that you would like to adapt.  *Please be aware this session will be delivered on the 1st floor accessible only by stairs*	This is a Kirklees College course. Advance booking required as places are limited. Tel: 01484 437070 Email: <a href="mailto:ace@kirkleescollege.ac.uk">ace@kirkleescollege.ac.uk</a>
<b>Self Defence</b>	Thursday 16th May 18:00 - 19:00 (Taster Session)	Intended for beginners to help you build confidence and feel safer. This is a hands on session so please wear loose, comfortable, clothing and sensible footwear.  <b>*Made possible by TESCO Bags of Help Fund*</b>	FREE
<b>Natural Lipsticks &amp; Foundations</b>	Friday 17th May 13:00 - 15:00 (Workshop)	Come and learn how to make natural lipsticks and foundations, experiment with colours and learn how to do it at home.	£5 per person
<b>Campfire Crafts</b>	Friday 17th May 12:30 - 14:30 (Workshop)	Learn bush craft skills around the campfire, as well as having a go at different fire lighting techniques and cook some food on the rocket stove.	FREE
<b>20TH - 26TH MAY</b>			
<b>Trip to Peace Pit</b>	Monday 20th May 11:00 - 12:30 (Bus Ride)	Thinking of heading to Peace Pit Growing Group, but don't know how to start? Join us and we'll show you the way, introduce you to the group and you can even stick around if you fancy it!	FREE Meet at S2R Create Space at 11:00
<b>Bat Walk</b>	Monday 20th May 21:00 - 22:30 (Walk)	Join our volunteer from West Yorkshire Bat Group for a nocturnal stroll on the Grimescar Valley, starting at Norman Park, to learn about these fascinating creatures. Bring a torch and wear suitable clothing for a 4km ramble.	FREE Meet at Norman Park at 21:00
<b>Felt Jewellery Workshop</b>	Tuesday 21st May 13:00 - 15:00 (Workshop)	Come along and create you're own bespoke felt ball jewellery to wear.	£12 per person Materials provided

<b>Crow Nest Park Walled Gardening</b>	Thursday 23rd May 10:00 - 12:00 (Workshop)	Help the Friends of Crow Nest Park as they develop their walled garden and try out lots of other outdoor activities.	FREE Meet at Crow Nest Park at 10:00
<b>Intro to Origami</b>	Thursday 23rd May 13:00 - 15:00 (Workshop)	Come along and try some amazing paper folding techniques! Learn to make different animals and ornaments out of paper.	£5 per person Materials provided
<b>Bee Happy Wildflower Workshop</b>	Friday 24th May 13:00 - 15:00 (Workshop)	Help us create a wildflower habitat suitable for bees and everyone to enjoy in Birkby.	FREE Meet at S2R Create Space at 13:00

## 27TH MAY – 2ND JUNE

**S2R will be closed on Bank Holiday Monday 27th May**

<b>Kumihimo Braiding</b>	Tuesday 28th May 13:00 - 15:00 (Workshop)	This is a really engaging, easy to grasp, form of braiding using a disc to enable you to make professional looking jewellery.	£8 per person Materials provided
<b>Forest Bathing</b>	Tuesday 28th May 17:00 - 19:00 (Walk)	Take notice of the natural world around you as we practise grounding, through different relaxing and mindfulness activities.	FREE Meet at S2R Create Space at 17:00
<b>Candle Making</b>	Wednesday 29th May 13:00 - 15:00 (Workshop)	Create your own poured candles using soy wax, scents, decoration, jam jars, vintage tea cups and more.	£15 per person Materials provided *Please be aware this session will be delivered on the 1st floor accessible only by stairs*
<b>Dalton Community Garden (Ravensthorpe and Dalton Library)</b>	Friday 31 <sup>st</sup> May 10:30 – 12:30 (Event)	Join us for the launch of Dalton Community Garden! We will be doing a bit of gardening and tiding in the Stay and Play area, sowing seeds for you to take home. There will also be some refreshments and horticulture information on offer.	FREE

## 3RD - 9TH JUNE

**Volunteers Week! 1st - 7th June**

<b>String Art</b>	Monday 3rd June 13:00 - 15:00 (Workshop)	Use nails and brightly coloured string to make vibrant pieces of art.	£8 per person Materials provided
<b>Honley Woods Walk</b>	Tuesday 4th June Meet at 11:30 (Walk)	Join the Walketeers for a woodland walk from Honley to Meltham approximately 1 hour. Catching the bus from Huddersfield Bus Station at 12:00 noon.	FREE
<b>Volunteers Week Celebration</b>	Thursday 6th June 11:30 - 12:30 (Event)	Join us to celebrate and show appreciation for our wonderful volunteers! All welcome, whether you currently volunteer, have done in the past, or would like to find out more about volunteering. Refreshments and cake provided!	FREE *Made possible by TESCO Bags of Help Fund*



<b>Bee Happy</b>	Friday 7th June 13:00 - 15:00 (3 week course)	In week 1 we will look at what is involved in bee keeping. Week 2 we will get the bus to visit the apiary in Lowerhouses and in week 3 will create a wildflower garden. No experience need.	FREE
<b>Wire Jewellery Short Course</b>	Saturday 8th June 10:30 - 12:30 (2 week course)	During this Wire Jewellery Course we will be producing the following: <ul style="list-style-type: none"> <li>● A basic swirl</li> <li>● A chain</li> <li>● Rings</li> <li>● Pendants</li> <li>● Earrings</li> </ul>	£20 per person Can be paid in instalments Materials provided
<b>10TH - 16TH JUNE</b>			
<b>Carers Week! 10th - 16th June</b>			
<b>Bold is Beautiful</b>	Monday 10th June 10:00 - 12:00 (8 week course)	A course focusing on colour mixing, colour combinations and the human shape. We will mainly work with acrylic paint to really see how colour and combinations of colour can bring a painting to life.	£40 per person Can be paid in instalments *Please be aware this session will be delivered on the 1st floor accessible only by stairs*
<b>Oil Painting Continued</b>	Monday 10th June 13:00 - 15:30 (8 week course)	This is a course for novices and advanced painters alike, who would like some guidance in using oil-paint.	£56 per person Can be paid in instalments *Please be aware this session will be delivered on the 1st floor accessible only by stairs*
<b>Concrete Plant Pots</b>	Tuesday 11th June 13:00 - 15:00 (Workshop)	Learn how to create mini concrete plant pots, with a range of up-cycled moulds and lots of ways to create texture or change the shape of the pots. There will also be some small plants you can put in your brand new plant pots too!	£12 per person Materials provided
<b>Allotment Walk &amp; Welcome</b>	Wednesday 12th June 11:00 - 12:30 (Walk)	Thinking of coming to the allotment, but struggle to make the first steps in getting there? Come and join us for a gentle walk to our Cemetery Road Allotment site in Birkby, meet the group and get stuck in if you like!	FREE Meet at S2R Create Space at 11:00
<b>Cook A-llot (Birkby)</b>	Wednesday 12th June 13:00 - 15:00 (Workshop)	Join us on the allotment for a veggie BBQ and find out more about the community allotment group. If you're new to the allotment why not take advantage of the Allotment Walk & Welcome? See details above.	FREE Meet at Cemetery Rd Allotments, Birkby
<b>Carers Create Carers Week Event</b>	Friday 14th June 10:00 - 13:00 (Event)	Join us for a coffee morning with plenty of cake! Help raise awareness and celebrate carers! There are 6.5 million people in the UK who are carers. They will be looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.	FREE *Made possible by <b>TESCO</b> Bags of Help Fund*

## 17TH - 23RD JUNE

### Learning Disability Week! 17th - 23rd June

<b>Luv2MeetU Speed Dating</b>	Monday 17th June 13:30 - 16:00 (Event)	Join us for an opportunity to meet and speak to other people interested in dating and developing a relationship. This event is part of Learning Disability Week and is open to both members and non-members of Luv2MeetU.	£3 per person Places limited. please book: 01274 655956 / luv2meetU@hft.org. uk
<b>Marbling &amp; Book Binding</b>	Tuesday 18th June 13:00 - 15:00 (Workshop)	We'll be using Japanese stab binding techniques to create books with a variety of decorative stitching.	£8 per person Materials provided.
<b>Solstice Sunrise (Castle Hill)</b>	Friday 21st June 4:00am - 6:00am (Walk)	Celebrate the longest day of the year on Castle Hill as we observe the solstice sunrise. Wear suitable clothing and footwear.	FREE Meet at Castle Hill
<b>The Great Get Together at S2R</b>	Friday 21st June 12:00 - 16:00 (Event)	Join us for an afternoon of food, refreshments and socialising. Get a henna tattoo, join in with the One World Craft Group and have a go at some world dance too! All welcome, all activities optional.	FREE
<b>Bee Happy Wildflower Workshop &amp; Picnic</b>	Friday 21st June 13:00 - 15:00 (Workshop)	Help us create a wildflower area at Greenhead Park for bees and people to enjoy. Then join us for a picnic as part of National Learning Disabilities Week and The Great Get Together.	FREE Meet at S2R and walk to Greenhead Park
<b>24TH - 30TH JUNE</b>			
<b>Trip to Peace Pit</b>	Monday 24th June 11:00 - 12:30 (Bus Ride)	Thinking of heading to Peace Pit Growing Group, but don't know how to start? Join us and we'll show you the way, introduce you to the group and you can even stick around if you fancy it!	FREE Meet at S2R Create Space at 11:00
<b>Natural Lipsticks &amp; Foundations</b>	Thursday 27th June 13:00 - 15:00 (Workshop)	Come and learn how to make natural lipsticks and foundations, experiment with colours and learn how to do it at home.	£5 per person
<b>Campfire Crafts</b>	Friday 28th June 12:30 - 14:30 (Workshop)	Learn bush craft skills around the campfire, as well as trying fire lighting techniques and cook some food on the rocket stove.	FREE

Remember to book in advance!

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## Thank you



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

- Age restrictions apply to some of our courses. If you are under 18 please check if the sessions are age appropriate when you book.
- Courses are hosted at S2R Create Space, unless stated otherwise.
- All sessions require advance booking. For courses and workshops with a fee attached, please pay for at least the first week when you book to secure your place.
- Full course fees are due, even if you do not attend one or more of the course sessions, fees can be paid in installments.



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