

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

NOVEMBER 2021 SCHEDULE

Here's what's coming up in our face-to-face, Zoom and Facebook sessions this November

YOU MUST BOOK BEFORE ATTENDING ANY OF OUR SESSIONS

To book a Dewsbury YHiM session, call 07895 510433 or email: contact@s2r.org.uk



FACE-TO-FACE SESSIONS

Please wear a face covering when attending indoor sessions (unless medically exempt) and keep a 1m distance from others wherever possible.

NAME	DATE AND TIME	DETAILS
REGULAR SESSIONS		
Lees Holm Park Growing Group* Thornhill Lees Library, 53 Brewery Lane, Dewsbury WF12 9DU	Every Monday (Except Bank Holidays) 11:00 - 13:00 Facilitated by: Elizabeth & Amina	An opportunity to learn green-fingered skills and put them to use in good company, growing plants for local greenspaces and improving the park in Thornhill Lees, Dewsbury for the community. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Outdoor Skills & Nature Confidence* Boothroyd Academy, Temple Road, Dewsbury WF13 3QE	Every Monday starting on the 8 th November (Except Bank Holidays) 12:30 - 14:30 Facilitated by: Andy	Learn outdoor skills like; shelter building, compass reading, cooking over a campfire and foraging, as well as how to feel confident in the outdoors, and how to enjoy what nature has to offer. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Chickenley Crafts & Nature* Chickenley Community Centre, Princess Road, Dewsbury WF12 8QT	Every Monday starting on the 8 th November (Except Bank Holidays) 13:00 - 14:30 Facilitated by: Nicky	Join Nicky as you discover ways to bring the inspiration of nature into your art and craft projects. Suitable for beginners. Materials will be provided. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Work Days* Various locations around Dewsbury	Every Tuesday 11:00 - 13:00 Facilitated by: Andy	Help look after community greenspaces via practical conservation tasks in and around the Dewsbury area. Tools are provided, bring your own gloves. If you have any support, access/mobility needs, please contact us to discuss before booking as unfortunately not all outdoor sites are fully accessible. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
Café Connections* Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL	Every Tuesday 14:00 - 15:00 Facilitated by: Nicky	Has lockdown left you feeling like there's nowhere to go and nothing to do? Then come along to our Café Connections to meet some new people and boost your emotional wellbeing. Plus you'll get a drink of your choice and a delicious cake too! *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

Support to Recovery
 PROMOTING POSITIVE MENTAL HEALTH



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FACE-TO-FACE SESSIONS

Age restrictions apply: some sessions are family-friendly, others are for 18+ years, so please check when you book to make sure the session is suitable.

NAME	DATE AND TIME	DETAILS
<p>Wednesday Wanderers*</p> <p>Earlsheaton Park, Cross Park Street, Dewsbury WF12 8AG</p>	<p>Every Wednesday 10:00 - 11:00</p> <p>Facilitated by: Nicky</p>	<p>Join our friendly group for a gentle stroll around Earlsheaton Park and the surrounding area. We will meet by the swings in the park. Feel free to bring a warm drink with you.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
<p>Friday Wanderers*</p> <p>Crow Nest Park, Heckmondwike Road, Dewsbury WF13 2SG</p>	<p>Every Friday 09:30 - 10:30</p> <p>Facilitated by: Waheeda</p>	<p>Join this friendly, women-only group for a gentle stroll around Crow Nest Park. We will meet at the front of the museum. Feel free to bring a warm drink with you.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
8TH - 14TH NOVEMBER		
<p>Beginners Embroidery*</p> <p>Boothroyd Academy, Temple Road, Dewsbury WF13 3QE</p>	<p>Tuesday 9th November 12:30 - 14:30</p> <p>Facilitated by: Kim</p>	<p>Come and learn some beginners embroidery techniques that can be used as building blocks for larger projects. To book your place, email: A.Reeve@focus-trust.co.uk or call: 01924 450289 and ask for Mandi.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>
29TH NOVEMBER - 5TH DECEMBER		
<p>Invisible Mending*</p> <p>Boothroyd Academy, Temple Road, Dewsbury WF13 3QE</p>	<p>Tuesday 30th November 12:30 - 14:30</p> <p>Facilitated by: Kim</p>	<p>Learn how to repair and patch clothing in a way that celebrates the repairing process and turns it into a work of art! To book your place, email: A.Reeve@focus-trust.co.uk or call: 01924 450289 and ask for Mandi.</p> <p>*Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.</p>

These sessions are open to Dewsbury residents aged 16+ only.

To keep everybody safe, there will be a limited number of places on each session.
We ask that you please only attend a session if you have booked in advance.

Hand sanitising stations are available at the allotments and polytunnels.
Please bring your own refreshments.

Please do not attend if you feel unwell or if you have symptoms of COVID-19.

DEWSBURY: YOUR HEALTH IN MIND!



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This project is here to reinvigorate you and your community by helping you to access and enjoy the amazing, green open spaces in your area. We can introduce you to a range of activities you can take part in that will boost your physical, emotional and social wellbeing.

ARE YOU FEELING...

- ◆ Disconnected or isolated from others and your community?
- ◆ You have lost the confidence to get out and enjoy your local area?
- ◆ That you would like to rediscover your "get up and go"?



If you live in Dewsbury and would like to find out how you can get involved, please get in touch by email: contact@s2r.org.uk or call/text **07895 510433**

You can also visit our website: www.s2r.org.uk/dewsbury-your-health-in-mind and join our [@WildDewsberrries](#) Facebook group

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PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL