

DEWSBURY: YOUR HEALTH IN MIND

This project is supported by the Dewsbury Councillors' Ward budgets

SEPTEMBER 2021 SCHEDULE

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

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, WF12 9DU	Every Monday (Except Bank Holidays) 11:00 - 13:00	An opportunity to learn green-fingered skills and put them to use in good company, growing plants for local greenspaces and improving this 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.
Work Days* Various locations around Dewsbury	Every Tuesday 11:00 - 13:00	Help look after community greenspaces through 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.
6TH - 12TH SEPTEMBER		
Café Connections* Della Vita, Unit 1a Hoyle Head Mills, Earlsheaton, Dewsbury WF12 8JJ	Monday 6 th , 13 th , 20 th & 27 th September 10:00 - 11:00	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.
Café Connections*	Tuesday 7 th , 14 th , 21 st & 28 th September Session 1: 13:00 - 14:30 in Ravensthorpe Session 2: 14:00 - 15:00 in Dewsbury	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! Session 1 will be held at Ravensthorpe Greenwood Centre, Huddersfield Rd, Dewsbury WF13 3JR and session 2 will be held at Cloggs Coffee Shop, 6 Tithe Barn Street, Dewsbury WF13 1NL. *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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NAME	DATE AND TIME	DETAILS
Mindfulness In The Park* Earlsheaton Park, Park Street, Dewsbury, WF12 8AG	Wednesday 8 th September 11:00 - 12:00	Take a moment for yourself and learn what 'being mindful' is all about in a warm and friendly environment. Please bring a blanket or camping chair to sit on and meet us by the playground. No booking required. Please note that in the event of bad weather, this session will not run. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
13TH - 19TH SEPTEMBER		
Dewsbury: A Taste of the Outdoors* Crow Nest Park, Heckmondwike Road WF13 2SG	Sunday 19 th September 11:00 - 16:00	Cooking demonstrations of recipes from the people of Dewsbury. You'll find out how to make these delicious dishes and where the recipes come from. There will be fire-lighting and cooking demonstrations throughout the day. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.
20TH - 26TH SEPTEMBER		
Jewellery Making* Thornhill Lees Community Centre, 53 Brewery Lane, Dewsbury, WF12 9DU	Wednesday 22 nd & 29 th September 10:00 - 11:30	Come along and have a go at creating your own jewellery. You'll learn about tools and techniques, as well as the benefits of crafting for wellbeing. Suitable for beginners. All materials will be provided. *Part of the Dewsbury Your Health in Mind project, supported by the Dewsbury Councillors' Ward budgets.

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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 **Kirklees**
COUNCIL