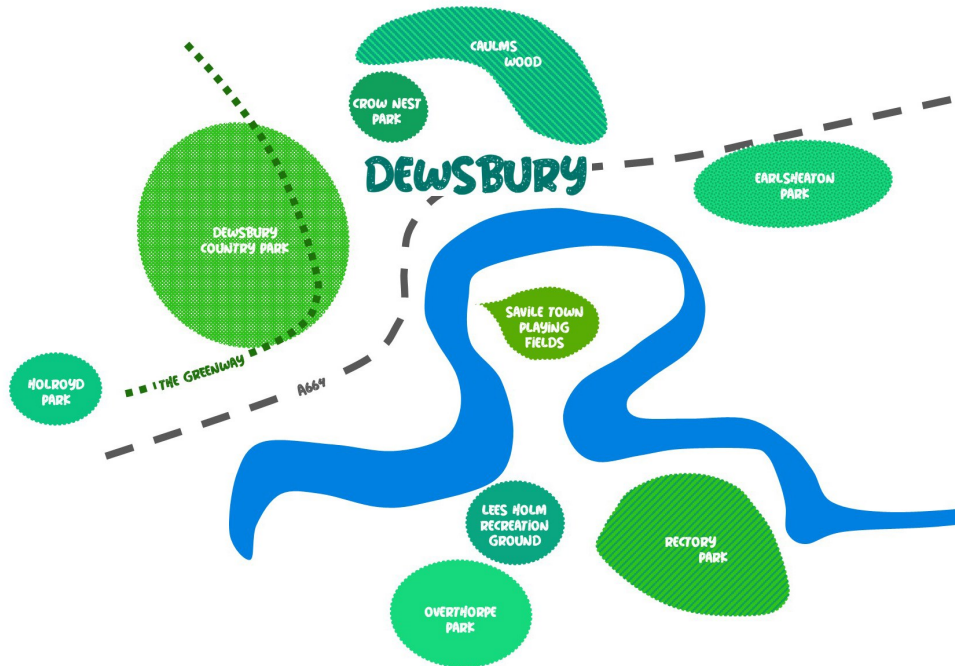


# DEWSBURY: YOUR HEALTH IN MIND!



## GET IN TOUCH:

If you live in Dewsbury and would like to find out how you can get involved, email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call 07895 510 433



If you represent an organisation, service or community group that would like to find out more please email: [contact@s2r.org.uk](mailto:contact@s2r.org.uk)

You can also scan this QR code to visit our website: [www.s2r.org.uk/dewsbury-your-health-in-mind](http://www.s2r.org.uk/dewsbury-your-health-in-mind)



Registered Charity 1122199 | Limited Company 6418312

# DEWSBURY: YOUR HEALTH IN MIND!



This project is supported by the Dewsbury Councillors' Ward budgets

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”?



**Support to Recovery**  
PROMOTING POSITIVE MENTAL HEALTH



# DEWSBURY: YOUR HEALTH IN MIND IS HERE FOR YOU:

Bringing together a Dewsbury-wide project, for you and your community, aimed at supporting emotional health and wellbeing for Dewsbury people.

We will be working with you, across Dewsbury, linking up supportive services, organisations and groups that are local to you.

We will help to provide opportunities for you and your community to engage with healthier outlooks and wellbeing, build confidence and reduce feelings of isolation.



Local women's group



Crow Nest Park



Local photography club

## We will provide gateways to:

- ⇒ Activities you can do outdoors, on your front doorstep, in local parks, gardens or at community venues with others.
- ⇒ Introducing you to local groups and building social connections.
- ⇒ Helping you to access and try new activities together with others.
- ⇒ Joining in with like-minded people, to take care of your environment or to kick-start something new.

# DEWSBURY: YOUR HEALTH IN MIND, WILL:

- ◆ Provide fun, outdoor, wellbeing activities which can be undertaken easily by groups, families or as an individual, including: eco crafts, walking, cycling and much more!
- ◆ Help you to develop good habits for a healthier lifestyle, through easy to follow hints and tips and connecting you with existing wellbeing support in your area.
- ◆ Set up online platforms so you can find out what is happening locally, communicate with others and link-up with a variety of different people and groups.
- ◆ Organise activity planning sessions so you can find ways you might like to join in and help your community, gain new interests and share your skills.
- ◆ Reach out to individuals and communities who have limited or no internet access.
- ◆ Support individuals and groups to reconnect and restart, following on from the pandemic.