



WHAT'S ON GUIDE
APRIL – JUNE 2017



What's On?

Welcome to Thrive – a new community and creative space in Dewsbury. We showcase local artwork and run a variety of events throughout the year.

Over the next few months we have a busy programme of enjoyable and interesting activities for you to take part in. From craft making to music right through to Tai Chi, you'll be sure to find an activity that is right for you!

Come along and join in the fun – let's get together and make things happen.

PAIN PEER SUPPORT

Dates: Every Tuesday from 18 April

Time: 11.00am - 2.00pm

Cost: £2 per session to cover costs of refreshments and basic materials

Book: Please call Amanda on 07543 579843 or email psamanda@mail.com

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Pain Peer Support (PPS) is a warm and friendly group offering support to people who experience chronic pain. The group helps people tackle isolation and build confidence and resilience, through meeting others at these relaxed and informal sessions.

The group gets together for activities like art, quizzes, bingo, creative writing or just having a chat over a cuppa and cake.



BOND STREET CRAFTERS

Dates: Every Friday from 21 April

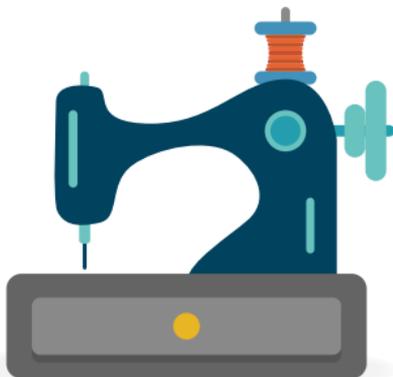
Time: 1.00pm - 4.00pm

Cost: £1 donation per session to cover costs of refreshments and basic materials

Book: Please email Trisha Ridley on patriciaridley75@yahoo.co.uk

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Are you a knitter and natterer? Do you like sewing, embroidery or card making? Are there other crafts you'd like to try? Come along and join our friendly group every Friday, where you can bring your own craft project or come along to try something new. Why not just join us for a cuppa and a chat?



HEARING VOICES GROUP

Dates: Fortnightly on a Monday, from 24 April

Time: 2.00pm - 3.30pm

Cost: Free

Book: Please call Connect Housing's Mental Health Services Team on 0300 5000 611 or Pathways on 01924 481060

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Do you, or anyone else you know, hear voices? Come and meet other people that share similar experiences in this new peer-led support group. These sessions offer a safe haven for people who hear, see or sense things that other people don't and allow people to come together and support one another.



LET IT GO – YOGA

Dates: Every Monday from 24 April

Time: 5.30pm - 6.30pm

Cost: Free to those who meet the low income criteria or £4 if booked and paid in advance or £5 for drop in attendance

Book: Please email Dipa Mistry on wellbeingyogaflow@gmail.com

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Run by Dipa Mistry, these sessions will give you a release after the challenges of the day. The sessions use a mix of physical postures, breathing and relaxation practices and are accessible for all levels. No equipment required – just wear comfortable clothing.

"I'm not bendy like a pretzel, I can't stand on my head for hours and I'm still not the most 'zen' person you have ever met! So don't worry if you can't touch your toes and you're not floating on a cloud."

Dipa



KIRKLEES COLLEGE: ART COMBO

Dates: Every Tuesday for five weeks, from 25 April

Time: 9.30am - 11.30am

Cost: Free

Book: For more information call Helen Jones on 01924 423893 or enrol at the first session

Art Combo will allow you to get in touch with your creative side, even if you don't think of yourself as the 'creative type'. This course will allow you to try a variety of different drawing and painting techniques using different materials. You will experiment with sketching, watercolours, charcoal and pastels. Art Combo is a great way to develop your skills, so come along, get creative and surprise yourself! All resources are provided.



WELLNESS RECOVERY ACTION PLANNING

Dates: Every Tuesday for 11 weeks, from 25 April

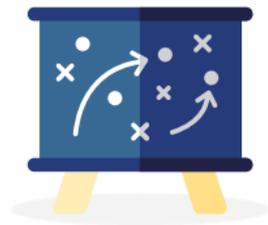
Time: 1.00pm - 4.00pm

Cost: Free

Book: Please call Kirklees Recovery College
on 01924 481060 for more information

Wellness Recovery Action Planning (WRAP) helps you notice when things don't seem quite right in your life and helps you get back to feeling your best. This course is run by people who use their own WRAP plan and they will help you create your own. This course will:

- Support you to develop a list of activities for everyday wellbeing
- Help you identify triggers and early warning signs to create action plans
- Improve your resilience and enable you to make meaningful changes



WISEMINDS: TAI CHI

Dates: Every Wednesday for six weeks, from 10 May

Time: 12.30pm - 3.00pm

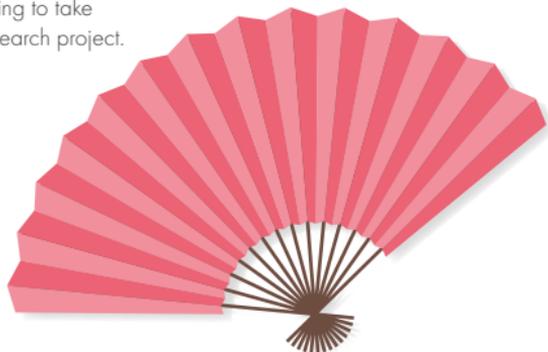
Cost: Free*

Book: Please call Gillian on 01484 437156
or email wiseminds@kirkleescollege.ac.uk

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This Tai Chi course run by **Wiseminds** combines deep breathing and relaxation with slow, gentle movements. Over six sessions you will learn about the origins of Tai Chi and its potential benefits as you practice its basic movements. This is a practical course and it's important that you wear comfortable clothes.

*Participants must be willing to take part in the Wiseminds research project.



IMPROVING SLEEP: MAKING A MEANINGFUL CHANGE

Dates: TBC

Time: 1.00pm - 2.30pm

Cost: £5 for the full course or £1 per session to cover costs of course materials

Book: Please call Connect Housing's Mental Health Services Team on 0300 5000 611

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Sleep plays an important role in keeping us healthy, emotionally strong and better equipped to manage the challenges of daily life. When we don't have good sleep, our concentration is affected, things become harder and we can feel less like ourselves.

Using a range of techniques and sleep tools, this course will support you to understand your sleep routine and the principles of sleep theory.



COMMUNITY LINKS: SING YOUR SOCKS OFF

Dates: Every Friday from 27 April

Time: 1.15pm - 2.15pm

Cost: Free

Book: Please call Community Links on
01924 465054 for more information

Love music? So do we! **Community Links
Engagement and Recovery Service (CLEAR)**

offers a great music group which aims to improve wellbeing by bringing people together to sing and play. We have hundreds of songs to choose from, musical instruments to try, and all musical abilities are welcome. The group is mental health and dementia friendly and is for anyone who wants to reach their goals or simply have fun.



ACTION FOR HAPPINESS: EXPLORING WHAT MATTERS

Dates: Every Thursday for seven weeks,
from 27 April

Time: 1.00pm - 3.00pm

Cost: A £2 donation per session to cover
costs of handbook and refreshments or you
can pay £14 in advance for the full course

Book: For more information contact Lindsey Gibbs
on 0300 5000 611 or 07912 242315

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Exploring What Matters is a course designed to help people discover how to live a happier and kinder life. Designed by the charity **Action For Happiness**, it is intended for people of all backgrounds who would like to be part of a more compassionate and caring society. You can find out more online at: www.connecthousing.org.uk/happiness

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ACTION FOR HAPPINESS

SURVIVORS GROUP

Dates: Fortnightly on a Friday, from 28 April

Time: 12.00pm - 2.00pm

Cost: £1.50 donation per session to cover costs of basic materials

Book: Please call Connect Housing's Mental Health Services Team on 0300 5000 611

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The Survivors Group is a warm, friendly and non-judgemental group for people who have experienced mental illness. The group helps people to tackle isolation and build confidence through activities and outings. Recent highlights have included art workshops, cooking sessions, circus skills and a trip to Tropical World.

New members are always welcome.



RICHMOND FELLOWSHIP: ASSERTIVENESS AND COMMUNICATION

Dates: Thursday 18 May

Time: 10.00am - 3.00pm

Cost: Free*

Book: Please contact Hannah Moradi from
Richmond Fellowship on 01484 434866

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This one-day workshop looks at how assertiveness and communication can affect our everyday lives. If you ever feel that people take advantage of your kind nature or you wish you could communicate in a different way, then this course is for you. The course will help you develop assertiveness skills and will provide practical techniques for good communication – all while having some fun!

*Please contact Richmond Fellowship for the criteria requirements.



RICHMOND FELLOWSHIP: CONFIDENCE TO WORK

Dates: Every Wednesday for six weeks,
from 14 June

Time: 1.00pm - 3.00pm

Cost: Free*

Book: Please contact Hannah Moradi from
Richmond Fellowship on 01484 434866

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This course looks at ways to improve your confidence, how to disclose health conditions or disabilities, being prepared for interviews and how to think like an employer. If you are trying to find employment but would like extra support to build your confidence and to know what to expect from the interview process, then come along and we can help.



*Please contact Richmond Fellowship for the criteria requirements.



Did you know?

Thrive is available for hire! If you are looking for a space for your activities or to hold an event then look no further.

At Thrive we've got the perfect solution. Whether it's running an activity or holding a meeting we can help! We have three unique spaces available which are:

- A sharing, inspiring, have a go creative space
- A happy, friendly, get a brew cafe space
- A talking, thinking, try it out meeting space

If you're interested, get in touch using the contact details on the next page. We'd be happy to help.



Fred's Thought
HAPPINESS
NEVER
INCREASES
BY
BEING
SERVED.



Ingredients
1 cup of love
2 cups of kindness
3 cups of compassion
4 cups of generosity
5 cups of gratitude
6 cups of forgiveness
7 cups of patience
8 cups of understanding
9 cups of wisdom
10 cups of hope



A HAPPY
FRIENDLY
GET A BREW
**CAFE
SPACE**

Get in Touch

For more information about Thrive, what's on or to hire the space please contact:

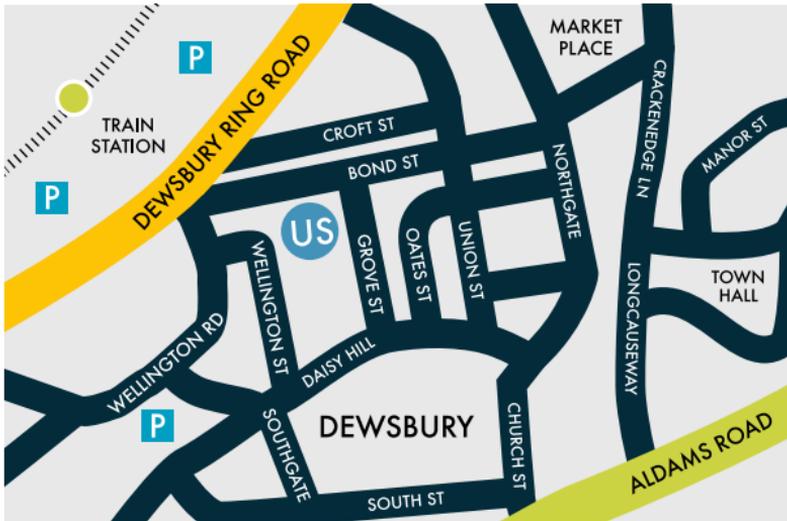
Nuala Reilly

Community Networker

T: 0300 5000 600

E: hello@thriveatconnect.org

Visit Us



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Dewsbury
WF13 1AX

 hello@thriveatconnect.org

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Our passion is for a fairer society,
where people's homes, health
and happiness matter.

Connect
housing 