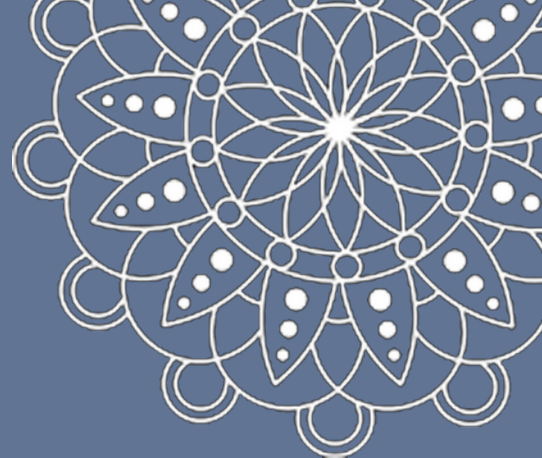


CLEAR

Inspiring hope
Inspiring change



Annual Report 2022-23



Welcome

Introduction

Hello, and welcome to our 2022/23 Annual Report, this year we have faced challenges with the increased cost of living, disruption to travel and the continued recovery from Covid.

We are extremely proud of how the CLEAR team has faced these challenges with innovation, versatility, and passion. We have pioneered new ways of thinking and working, with coproduction always at the front and centre. We have not only enhanced our existing groups, but we have also expanded our offer into new areas and spearheaded new thinking to deliver an outstanding and flexible service to our clients.

Meet the Team

This year we have seen some changes to the staff team, whilst we have been sad to say goodbye to those who have moved to pastures new, we have also welcomed new members who have quickly found their feet and are valued members of the team.



Operating this year

Suicide prevention

We continued our work to reduce stigma around mental health and increase suicide awareness, all staff have been trained in SafeTalk to help those with thoughts of suicide: 'Tell, Ask, Listen, and Keep Safe'.

You can approach anyone on the team if you need support.

We also worked with Kirklees council this year to host the Yorkshire "Speak their name" suicide memorial quilt roadshow. The quilts were made by families and friends bereaved by suicide and are very moving to see.

We held talks and workshops about loneliness, mental health and sport and shared some mindful activities.

Please get in touch if you would like to know more



*"I feel
that CLEAR has
contributed to me still being
here and not taking my life.*

*CLEAR has also supported me
to quit smoking.
My asthma has improved
due to this.."*

*"Thank you for the invite today, it was
so interesting, filled the soul with
compassion and love for it all again.*

So beautifully and respectfully done."



Volunteers

16 volunteers across the year supported us to deliver groups.

Volunteers are a crucial part of the service, and we are lucky to have worked with so many passionate and supportive people. We have started a very exciting partnership with DASH developing a volunteer project called 'translate to wellbeing' this is to support those of you whose first language is not English to participate in groups more fully.

We had training from Solace to better understanding working with interpreters for our 1:1 sessions, we have been putting this learning into good use.

Here is what our Volunteer Bassimer has to say:



"I feel lucky that I volunteer with CLEAR, I'm learning new skills and the staff are very kind" Basema.

Co-production

Co-production is at the heart of what we do and it's been an exciting year at Clear for it!

We worked closely with you to build up a dynamic range of activities throughout the year via our quarterly timetable planning sessions such as: Tech Together, mixed Peer Support Group, and Warhol Wednesdays, you have designed and delivered some of these groups and individual sessions too!!

You have trained to sit on interview panels, you have joined the Inspire North board of trustees, you have shared stories and opinions in your 'voice in Kirklees' newsletter and other client focus groups, and several of you have starred in films to promote different aspects of our service

"This is what I want. If we are involved, then we decide what our recovery is and how we grow with it".

Outcomes

What people said...

*"I feel
very relaxed
and equal to everyone.
I love CLEAR, its great.
I have already
recommended it
to my
family"*

*"I am
out of the
house more which
is huge
for me."*

*"It's helped
me knowing how I
can release
my anger, and what
things mean:
like trigger, behaviour and
also trying
to learn how to control
my anger.....
it's also the people around me..
everyone listens and I
think this has improved
my confidence".*

*"I enjoyed
the variety and
that we don't do the same
thing every time we come.
Coming to the course gives
us a chance to socialise
and meet people that
are in the same boat and I
learn things from them.
It helps coming
out.".*

*"I come
in
"pissed off"
and leave
calm".*

*"I am
out of the house
more which is huge
for me.
I am getting to know
more people.
It is helping my existing
friendships as well".*

*They (CLEAR)
were helpful in
what i needed to do...
My key worker
supported me to help reach
my goals...Everyones
been really
lovely and
understanding".*



Men's Talk

Men's Talk is CLEAR's creative advocacy project for men, using theatre and film making to encourage men to talk.

Now part of the commissioned service, Men's Talk has continued to develop this year:

With continued support from Creative Minds, MT Digital has purchased new equipment, developed new skills and with support from Creative Frame has produced commissioned films for Kirklees Council and Leeds Mind.



"Sharing lived experience on film is something our volunteers have never done before and felt nervous about, but the Men's Talk team's professionalism and support meant that volunteers felt confident and made the day of filming very enjoyable. "

-Leeds Mind

A tour of a new " Men's Talk" performance is planned for later this year following its' successful launch in March 22.



"It's given me such wonderful moments and memories that I can take into my future"



Brain in Hand

We appointed a new brain in hand co-ordinator and assistant this year, and since then the provision has gone from strength to strength.

We have recently seen the highest number of referrals since BiH was rolled out. We have several new referral services such as DWP, Kirklees Council Adult Social Care and Family Support.



We have held stalls at mental health, disability, and carer events, delivered training to services and promoted Brain in Hand at a number of meetings using our new marketing materials.

We have introduced 1:1 meetings with users and 6 month reviews. From monitoring information, we have identified a variety of uses for the app from anxiety related to menopause and support following stroke, around 90% of recent referrals are neurodivergent. Gaining a good understanding of people's challenges allows us to offer a more person-centred approach.



*"I find
it nice that
my phone asks me
how I feel!"*



Click here for more
information



90%

of you were satisfied with our service.

75%

of you said your health and wellbeing had improved.

88%

of you said you'd been involved in planning your support and setting goals.

75%

of you said you could manage your mental health better.

88%

of you said you felt informed about what support is available.

88%

of you said you felt part of a community and had a sense of belonging.

Case Studies



I feel like I am mellowing and I understand it isn't an overnight fix. I still get angry, I still have situations now where family or friends shout at me. I tell them 'I didn't do a 6 week Anger Management course for you to shout at me'. I then walk away from the situation. Even now I scan through the papers to remind myself.

The course helped me see things from others point of view.

I am now stepping back and taking time to reflect before acting. Before

the course I would normally just see things through my eyes. In the relationship we are both working together more now, we are communicating better and sharing roles within the household.

I'm taking the lead on diffusing arguments, I want to be a good parent, I want to be there for my kids.

I've decided to do further courses and workshops at CLEAR such as the Assertiveness workshop and the Anxiety Course.



P was an HGV driver before becoming unwell. Following a family breakdown and a period of homelessness, he joined CLEAR and soon after, the Men's Talk project. Two years on and he has become an active member of the community, using his new skills and confidence to encourage other men to seek support and to talk about their mental health.

He worked with members of the local South Asian community to produce a series of films about mental health and with a young woman who had been bereaved by suicide to tell her story.

In recognition of his contribution, he has recently been nominated for a Kirklees Adult Learners Award.



Client Statistics

264
Referrals



Male 61%



Female 37%



Non-Binary 2%

Ethnicity



White



Asian



Dual Heritage



Black

Age



18-24



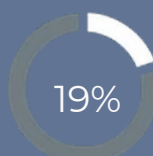
25-34



35-44



45-54



55-64



65+

Disability



Dementia



Physical
Disability



Hidden
Disability



Learning
Disability

17,418
daytime
hours

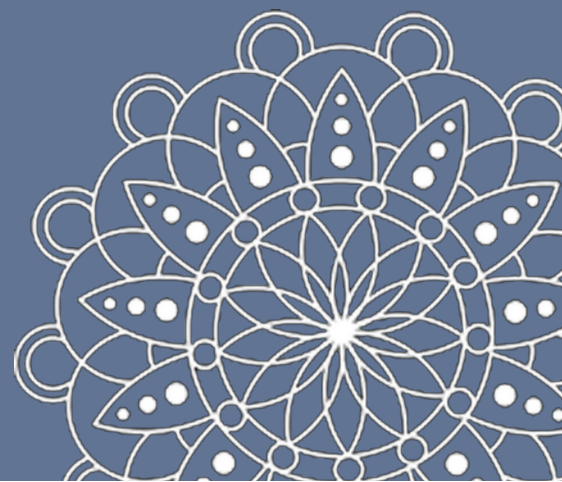
2,992
evening
hours

2,857
weekend
hours



CLEAR Finance 2022/2023

	Q1 Apr-Jun	Q2 Jul-Sep	Q3 Oct-Dec	Q4 Jan-Mar	Total
Income					
Grant Received - Revenue	158,988	152,088	167,892	167,892	646,860
Other Income	0				0
					0
Total income	158,988	152,088	167,892	167,892	646,860
Costs					
Employee costs	116,704	119,389	130,998	140,469	507,561
Agency Worker costs	0	181	5,421	13,582	19,184
Staff training costs	962	1,705	366	1,715	4,747
Travel	766	1,547	639	219	3,170
Advertising and stationery	884	562	441	2,463	4,350
Office Equipment/Furniture	1,195	1,954	2,315	2,239	7,703
Office Telephone and postage	616	57	767	158	1,598
Mobile Phones	280	383	505	594	1,761
Rent & Service charges	5,485	9,050	11,278	10,615	36,428
Heat and Light (Huddersfield only)	138	340	0	1,611	2,089
Insurance (buildings)	0	0	0	0	0
Office Cleaning	1,192	975	479	1,062	3,708
Computer Expenses	3,909	3,899	4,351	5,894	18,053
Renewals and repairs	0	40	(251)	1,574	1,363
Activities	2,396	1,197	2,596	12,574	18,763
Sundries	344	149	466	104	1,063
Interpreter Fees	0	0	0	0	0
Legal Fees	0	0	0	0	0
Direct Costs	134,871	141,426	160,370	194,873	631,540
Contribution to Overheads Cost					0
Contribution to Overheads Cost	24,116	10,662	7,522	(26,981)	15,320
Total Costs	134,871	141,426	160,370	194,873	631,540



Developments

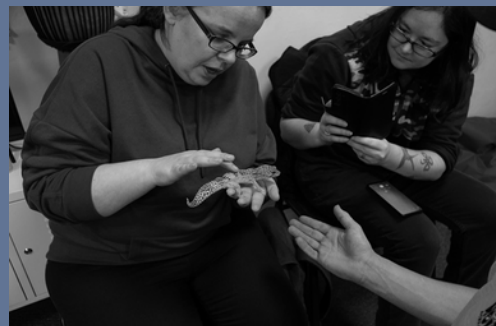
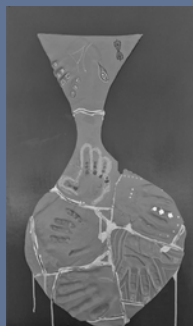
What next? 2023-24

We are very excited to be involved in our organisation pilot to become trauma informed. For us becoming trauma informed means recognising the widespread impact of trauma, stress, and adversity on everyone. We aim to integrate our learning about trauma into policies, procedures, language, culture, practices, and settings. This is a hugely beneficial project for both you our clients and our colleagues, and we look forward to making significant progress towards this goal over the next year.

We spoke to you about how you thought we were doing; you had some valuable insights to share with us.

You said you thought our workers are client focused and care about what you say. You said you felt supported, and that CLEAR is a safe space. You also told us our promotion and external communication could be better.

We have begun to address this with your input and are looking forward to rejuvenating our website on your recommendation.



We spoke to you about how the cost of living and disruptions to travel are affecting your ability to travel into our Dewsbury service, as a result we are expanding our offer in the coming year, look out for exciting online and community group offers on our timetables.

To make sure we continue to develop our staff to offer you the best service we will be investing in training such as sign language, advanced group facilitation, Trauma informed and cultural competency.

This year our service contract is up for renewal, we will be asking you for feedback to help us develop what we do to make sure you get the best from us.

Working Together Better

Working Together Better (WTB) Partnership Development

The Partnership comprises seven voluntary sector organisations: Carers Count, CLEAR, Hoot creative arts, Richmond Fellowship, S2R, Touchstone and Women Centre; commissioned by Kirklees Council and NHS West Yorkshire Integrated Care Board.

We are Working Together Better to:

- Improve community mental health services for people & with people
- Ensure services are accessible to all
- Increase positive outcomes
- Enable independence and resilience
- Increase prevention & early intervention



As a collective we meet monthly to progress these aims. Some areas of work we have focused on this year are:

- We worked with the council to develop the 'Open up' web page on the Live Well Kirklees website, you can see it here:
<https://www.livewellkirklees.co.uk/open-up/>
- We have published quarterly your voice in Kirklees newsletter, you can see an example here:
<https://avoiceinkirklees.wixsite.com/yourvoiceinkirklees>
- We developed a Working Together Better presentation detailing the work we do together and as individual services. We used this to promote at several statutory and 3rd sector services in Kirklees. Overall reaching more than 80 refers.
- We delivered a number of events in the community together such as Lantern Parade for World Mental Health Day, Pride, and Shine - an event celebrating creativity in mental health. All with a view to raising awareness and reducing stigma around mental health.
- We offered the BIH app free of charge to our clients across the partnership.
- We developed a strategic steering group. Together we created a strategic plan for the group in which objectives for the coming year have been identified, this will include new posts to support the work involved.





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