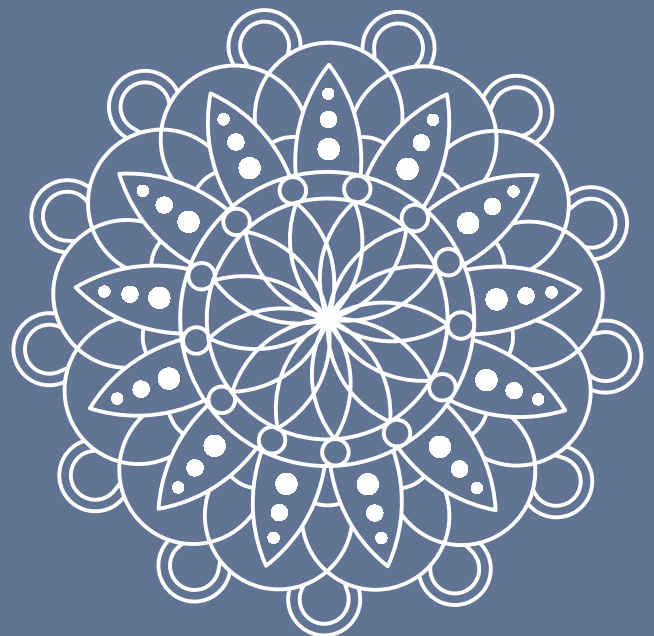


# CLEAR

Inspiring hope  
Inspiring change

## Quarter 4 January - March 2024



# Highlights

## Indoor Gardening

In our Quarterly timetable group you suggested we run an indoor gardening group for those who don't have access to a garden. We held our first session this quarter and you loved it, so much so we are doing another next quarter. You have suggested we develop an indoor community garden!!



*"You thought of everything"  
and  
"It was good to get your hands dirty!"*

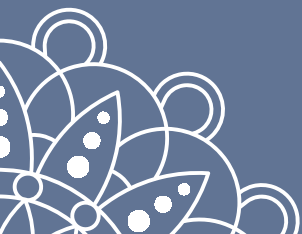
## Creative Groups Spotlight

During our Winter quarter we did lots of fun creative things in service and outdoors. We painted to music Kandinsky style in Warhol Wednesdays, We visited Leeds Art Gallery and Museum, we enjoyed a peer led paracord making session, and attend the STRUT event in Dewsbury. To name but a few. You really seem to be enjoying our creative sessions, please make sure to let us know if there is anything in particular you would like us to try or if you have a skill you would like to share in a group.

*"I really enjoyed the session, as he explained everything well and I learned a new skill"*



*"I couldn't come in to groups, I struggled with that - now I can. I didn't have the confidence before, I do now. This is a big thing for me. I couldn't do crowded rooms at all. I can now. I hadn't been on a train for 25 years. I went on the art trip other day and got on the train. I discovered there's nowt to it. I am ok with getting the train now by myself now."*



# News

I sent a letter to all our clients updating you on the changes to our service following our successful bid to retain the CLEAR contract. You should all have received this now, as I said in the letter, please get in touch if you have any queries about this. We have established ourselves at connect housing where we are able to deliver our 2 most popular groups each week- Art and mindfulness, feedback from you suggests you like this venue better!!

**Team updates:** Lauren our Deputy manager has permanently joined our Bradford Dementia Hub service. Lindsay and Hannah were both successful in interviews for the posts of Deputy manager and Senior support worker respectively. Well done to all.

## Volunteers

We supported two students on placement during Q4. Hannah Harvey enjoyed her placement so much she has applied to become a volunteer with the service, this is what she had to say:

"Loving the new space. Very calming. I like the video and background. The space already feels safe to me. Feeling exhilarated"



To Krista, Lindsay, Hannah, Stuart, Michelle, Shauna, Despina, Emily, Andrew, Katie, Hayley, Denise, Maz, Adam, Abi and all the wonderful clients

Cosh, where do I start...?

Firstly, I just want to say thank you all for being so welcoming and supportive whilst I've been on placement with CLEAR. I will miss you all deeply.

Thank you for helping me find my passion for creativity again, and for allowing me to bring this into the service. I've loved each challenge thrown at me and have enjoyed learning about mental health along the way. Equally, I've adored getting to know you all as individuals, you've each taught me something valuable and I can't show enough appreciation for that.

Thank you for helping my confidence grow, my imagination run wild and for showing me that it's okay to not be okay.

After being here for the past few months, I can honestly say that I would love to go into mental health support for my future career and I will remember this experience for the rest of my life

WOW comments

Lindsay - thank you so much for offering me this experience, you've been so supportive throughout it all and have been a great mentor

Katie - my knight in shining armour, thank you for trusting me with the clients in Washal and running with whatever crazy ideas I've got

Shauna + Adam - thank you for trusting me to shadow some assessments whilst being here. It has helped me to understand the process so much better and has taught me to just sit and listen to people

Thank you again for this experience, it has been amazing! Take care of yourselves

Best Wishes,

Hannah Harvey 😊

# Projects

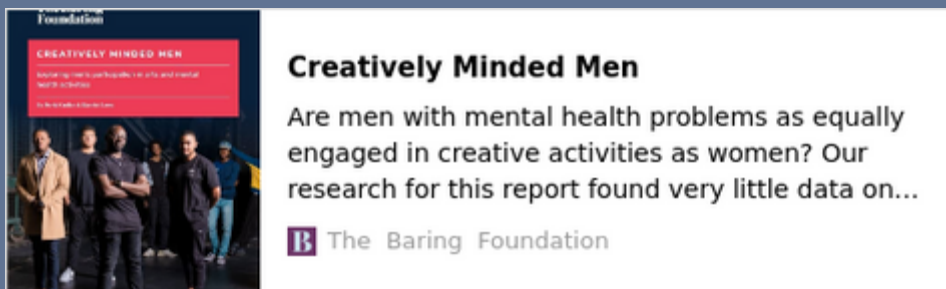
## BIH

After several successful years of hosting Brain in Hand support in Kirklees, the Brain in Hand licence arrangement with CLEAR came to an end on 28th February 2024. Rebecca and Michelle have done an excellent job supporting BiH users with information and support around the transition. We held two engagement events where users got the opportunity to meet people from the Brain in Hand organisation to find out more and raise any concerns.


All Brain in Hand users know they can access CLEAR if they feel, they would like to access groups and face-to-face support.

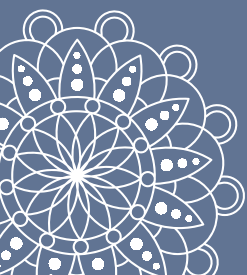
## Mens Talk

Men's Talk was one of eleven case studies in a new report by the Barings Foundation: The Barings Foundation is an independent foundation working to improve the quality of life of people experiencing disadvantage and discrimination. They aim to achieve this through making grants to voluntary and other civil society organisations and by adding value including through promoting knowledge and influencing others. Creatively Minded Men asks whether men with mental health problems are as equally engaged in creative activities as women? paragraph text



The image shows a screenshot of a report cover. On the left is a thumbnail image of the report cover, which features a red header with the title 'CREATIVELY MINDED MEN' and a photograph of a group of men. To the right of the thumbnail is a text box containing the following information:

**Creatively Minded Men**  
Are men with mental health problems as equally engaged in creative activities as women? Our research for this report found very little data on...  
 The Baring Foundation



# Partnerships



## IASK

Volunteer co-ordinator Abi and RSW Taz visited the IASK team to deliver a mental health awareness workshop. Taz reports; *“We began by doing a short presentation on what CLEAR provides and how it works for clients. This was to give the IASK team a good understanding of how we can support their clients.*

*We then discussed ways to respond and actions to take if someone is feeling suicidal, suffering from suicidal ideation or in crisis, this included questions to ask and signposting. We gave out leaflets for the services we discussed and Clear referral forms.”*

IASK staff said the workshop was helpful and detailed and that they felt better equipped to deal with clients that present with mental health. One worker said that they could see how knowing this information could help to save someone's life and that it's good to have knowledge of this to help anyone in a crisis and that everyone should be aware of the things we discussed today. Well done guys.

**Carers Count:** We are continuing to work with Carers count offering carers our popular Scrap Journal Project. This will be held at Carers Count in Empire House. The sessions will be co-facilitated with a Carers Count Volunteer. Our established scrap journal group will join the carers as a partnership project. We have many talented members of the group already and there will be opportunity to peer lead sessions if anyone is interested.

**Give A Few Words Showcase :** Maz attended Lawrence Batley Theatre and presented a brief talk about CLEAR and his involvement with the project. The showcase was attended by many individuals, services and partners connected to the project including corporate and banking services.

**Tech Together Group:** Exciting news to share. We have joined together with Richmond Fellowship and will be co-hosting our wonderful Tech Together sessions, these will happen once a month at the media centre 😊 Our fab peer leads Rodney and Hailey will be running the sessions just as they do here but with a focus for beginners.

They are having a launch on Thursday 28th March at Media Centre – 3-4.30pm feel free to bob down yourself and have a gander – tea and biccies available.

Following this they will host once a month and we will host a session once a month also – our sessions will be open to all levels.

## What you said



*"I am totally different now to when i first started like i am a totally different person - it was only six months ago that i started. My confidence has grown enormously. My self esteem and sense of self worth has also grown a lot and this has happened because of the support i have had from the workers here as well as the peer support in sessions. I feel that i can be completely myself. It is a safe space I feel I belong. No one judges."*

*"I think the service is very important for people like myself and it makes a massive difference to people's lives for the better.*

*i can't think of any ways the service can improve at this time but i will think on it."*

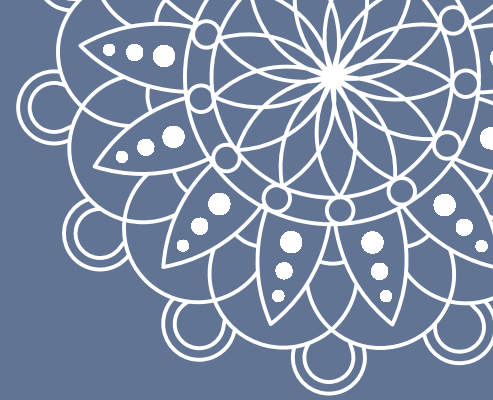
*"Everybody is very supportive, staff as well as peers. I really feel a sense of community and belonging when i come here. i feel vey accepted and able to be myself which is extremely important to me.*

*I have been given lots of support especially from my key worker. The welcome session was very informative and very thorough which gave me a very good sense of what to expect. I was very anxious at first - a ball of anxiety - and she put me at ease about the service. I found that very helpful."*

*"Last two key workers actually seemed that they care - I didn't know that that was their job- They always listened and went above and beyond. Any problems I had got sorted straight away.*

*I have enjoyed all of the groups I have done and the one off trips I have done. I did three animal therapies which I enjoyed very much. I enjoyed the barge trips very much. I found them very relaxing."*

# Infographics



249 people used our service

## 58 Referrals



57% Identified as Male



42% Identified as Female



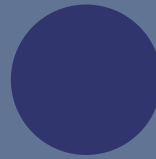
1% Identified as Non-Binary



Dementia 19%



Physical Disability 2%



Hidden Disability 2%

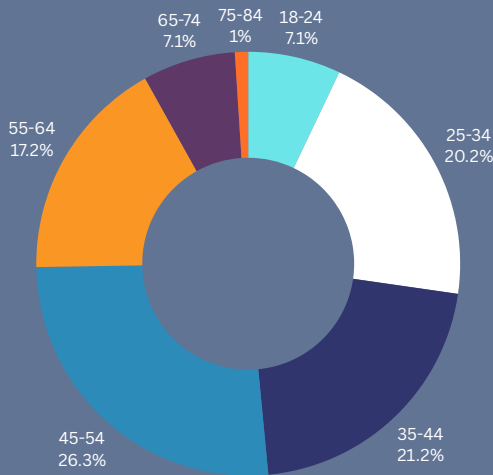


Learning Disability 19%

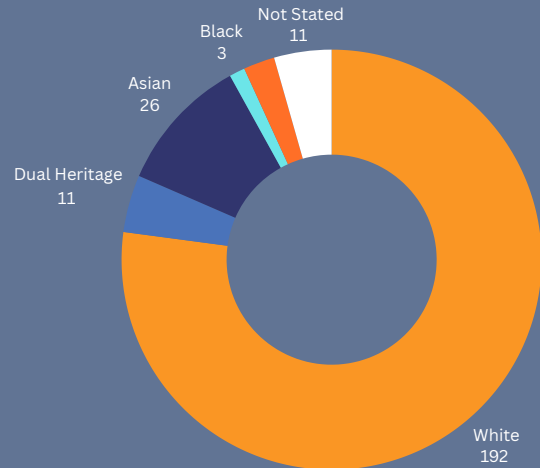


Ex Service 3%

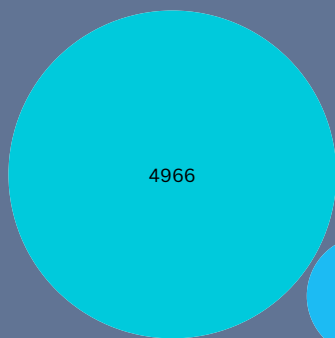
### Age Breakdown



### Ethnicity Breakdown



Total Leaving Service: 53

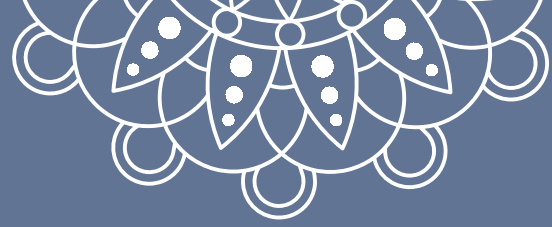


Goals Achieved

100%

# Outcomes

## CASE STUDY



PERSIST & RESIST - Stoic Philosophy – The motto that keeps \*\* going. In \*\* own words: *"I had been retreating into myself and didn't notice. Before I came to CLEAR \*\* from Mind had said that I would be walking and smiling again and now I am. What had happened to me in ten years of marriage was a lot of struggle and bad luck. We had lots of bereavement; friends, family and suicide. My wife had depression and the girls were growing up. It fell on to me to get the family through. I was the rock. Then Covid hit. "I am going to be the strong one" I said to myself. Shortly after that my wife announced she wanted to split up – which was not surprising. After that - when I was alone, I could grieve. When I was at work I was in a daze. It all began to pick at me. I then started with having panic attacks. I knew I was not well. I went to Empire House related to Mind Services and saw \*\* for counselling. It was \*\* who said to me that I would be smiling again – at the time it did not feel like it. She recommended CLEAR to me.*

*I came to CLEAR almost a year ago. The biggest thing for me here at CLEAR was meeting other people who has similar problems. It was a deal maker. It opened my eyes to a lot of things. Especially not judging people. Hearing people's stories and how they got through gave me strength. Mindful Mondays set my week up and Art on Fridays set me up for the weekend. The art stuff was good. I noticed there was quite a bit of laughter, which was good. It was nice. I felt lifted when I would leave. I would get rid of stress. I would walk down to CLEAR and I would love it!*

*I now have become more approachable. I am more open and able to connect more with people. I am confident to talk to folk and much more open. I now have a job I very much like and enjoy because there is laughter there as well. I bring into the work place the stuff I have learnt from art group as well and have created 'the box of the week' or 'the pallet of the week' for fun. It is a bit of fun and a challenge. I have become more giving too. I make flapjacks or brownies for work folk. I want to give back and I recommend CLEAR to others. I am currently doing a course on mental health on line, also and I am reading more, more on philosophy I enjoy. Since coming to CLEAR I have become more purposeful with mindful practice and keep to a morning routine with affirmations and meditation. I find this helps and keeps me in a good flow, a good routine. Folks now say to me " – you are too positive!" or "You are too happy" and that is me! That is what I am like and I like it!"*





# What's coming



Our new contract to deliver the CLEAR service commences in April, we are busy planning a fun service Launch, this will be held on 20th of May and open to all. We will circulate an invite ASAP so keep a look out for an email coming your way shortly. Please come along for a delicious lunch, a quiz and to find out more about the new service.

In June staff from the Working Together Better Partnership will be coming together for a networking day, we are currently planning a number of joint events throughout the coming year and our June meet up will be a fun way to generate some ideas.

At CLEAR we value our team and make sure we offer opportunity for people to develop and learn new skills. 5 members of our team will be completing mentoring and coaching training in Q1

The wellbeing of the team is hugely important to us, I have also begun to offer a Monthly wellbeing session for the team, this mainly involves Yoga sessions and mindfulness but we have plans to do a gong bath session soon.

Team volunteering day 8th May!!

We will be heading over to the Rest Stop Service in May to help them get their garden ship shape for the spring and summer months. As a team we commit to doing a volunteering day each year, this allows us to give back, experience volunteering and also have a great day bonding, thank you to Abi and Sam for organising.



Q1 - Barge Trip

Q1 -  
Huddersfield  
Heritage Walk

Q1 - Art in the Park