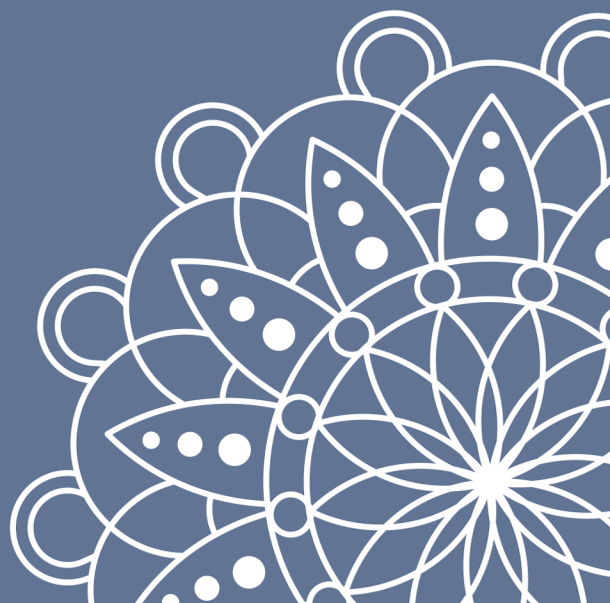
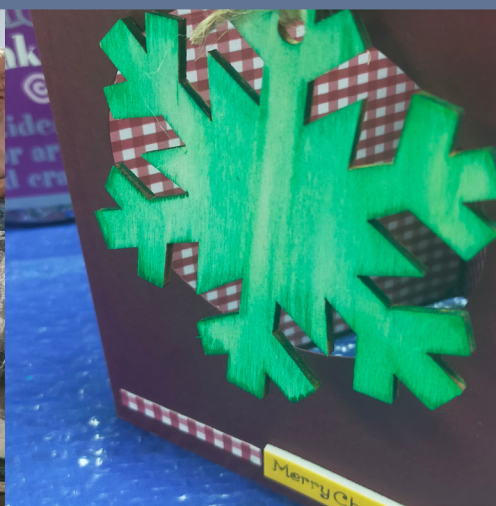


# CLEAR

Inspiring hope  
Inspiring change

## Quarter 3 October -December 2023



## Highlights

In November one of our clients designed and delivered a Trans Awareness Session a number of clients and workers attended and the session was informative, thought provoking and humorous.

Following on from the day we have amended our welcome session to 'just ask' around pronouns

You suggested we celebrate Remembrance Sunday by making poppy broaches ahead of the Day. We made some beautiful pieces together.



Four people who completed the most recent Huddersfield Anger Management course requested an extra follow up session to review their progress after the course. From this they have set up their own WhatsApp group so they can stay in touch and support each other moving forwards. They aim to meet every 3 months in person to check in!

October was Black History Month.

Our Creative Writing group brainstormed some examples of black excellence and black icons. They also engaged in some themed writing activities as well as learning more about the lives and work of some inspirational black women.

## Trans Awareness

*'this has been the best session I've been to- there needs to be more sessions like this where we are just being open and honest and tackling the big discussions e.g. like homelessness etc- client also said something along the lines of it being good that it is a person with first hand experience'*



*Mens Peer Support Group enjoying a Christmas outing to Toby Carvery!*

*Clients at the Creative Writing group said they 'enjoyed the session' on Black History and that it was 'informative'... they were not aware of everyone that was mentioned prior to the session.*

*The session received good feedback people especially enjoyed 'writing from a different perspective'.*





# News

The second edition of Clearly Connected is out. Created by two of our wonderful clients. Make sure you scan the QR code to check it out!



We are currently recruiting for a Deputy Manager position the interviews will be held in January.

Two members of the team completed Menopause Seed training. As a result we have introduced 'freshen up' sanitary boxes in our toilets they are freely available for clients and staff.

Our British Sign Language course, organised by a client with support from Dewsbury workers is now available. 6 people have signed up to attend so far to learn basic BSL skills - Fantastic!

Our referral form is in the process of getting revamped based upon client feedback that we gathered during the Client Consultation. This is part of our ongoing work to make Clear a more Trauma Informed service!

## Volunteer Highlights

Workers and volunteers enjoyed getting together for a Christmas catch up, everyone brought in a dish and lots of lovely food was eaten!

There have been 4x new volunteer inductions between October and December.

Our Kirklees Volunteering Quality Award assessment has been renewed and we passed with flying colours!

We attended the annual 'Wrap n Chat' with Third Sector Leaders Kirklees - Wrapping presents for asylum seekers and refugees working with iASK service.

*"It's been a positive experience working with CLEAR service. They are a friendly yet professional team! Mental health is a massive crisis in the asylum world and clearly deteriorating. CLEAR's services are vital to our clients. We look forward to working with them more throughout 2024."* - iASK service



# Projects

## Brain In Hand

23 referrals came through between October and December.

All 60 licences are in use.

*"I would recommend Brain in Hand to people because it's helpful for prompts and reminders...for me to get up and do things. Knowing I have the app I don't feel so alone."*

## Mens Talk

Men's Talk Tour Following the summer break, the Men's Talk Tour continued into the autumn with four more performances. The SHiP Annual Conference – Leeds Ship is a leading voice for housing associations who provide supported housing. Performed in front of 80 delegates Men's Talk scored highly on their evaluation matrix: "Your session got one of the highest scores of the conference with 71% given you 5/5 13.6% given you 5+/5 (which wasn't even an option !!) 3.2% said 5++ / 5 (which definitely wasn't an option!!) 13% said 4/5"

## Mens Talk Digital

Adult Learners Award Men's Talk were thrilled that Paul Berry was recognised for his contribution to his community at the Adult Learners Award Ceremony held at the University of Huddersfield.

*"It was a lovely night. It was quite emotional to hear my journey read out. Imposter syndrome can be a bitch and at times I feel I've not done enough to deserve such positive recognition. So thank you for seeing me the way you do – it really does help me to drive myself forwards on the days when my confidence is lacking"*





# Partnerships



In October, Clear and the WTB partners held a World Mental Health Day lantern parade in Dewsbury Town Centre.

Clients and the general public were invited to bring along their own lanterns and join in as we travelled a route together around Dewsbury centre. We were joined by Handmade Parade and their amazing creations. Stalls, music and activities were provided from the partnership services and a fab time was had by all - It was even covered in the local papers!

*"...Brilliant event that raised awareness and brought people together"*



We supported 8 people on the most recent CST course at Huddersfield. Clients were referred in from Memory Clinic and KDH service.

Clear attended the The Sidings Community Event at Thornhill Lees Community Centre in November. This had been arranged by the GP practice, faith and community leaders in order to provide information and advice to the predominantly Asian community whom the practice highlight can have difficulty acknowledging & seeking support for mental health needs.

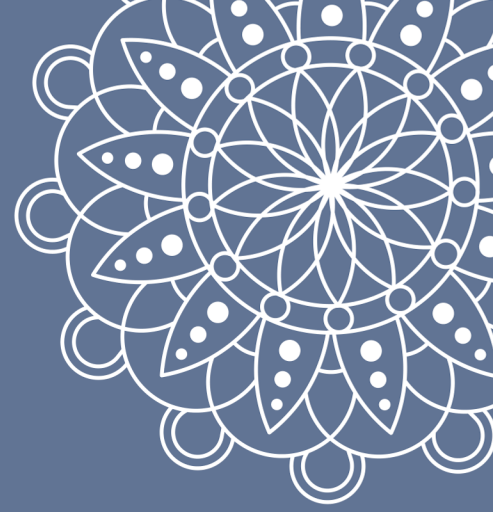
We attended the big Christmas Lights switch on in Huddersfield. We had a stall where we promoted CLEAR and the WTBP, 2 people completed a referral form at the event. We talked to passers by and joined in with the festive cheer!



In December, Clear staff ran an Anxiety workshop for carers at Carers Count.

Feedback was that the participants had found the session 'engaging' 'good' and 'useful' but also wished that the session could have lasted a bit longer.

# What you said



*Has CLEAR helped you?*

*"100% it is one of the best things I have done...*

*I was isolating myself too much. Coming here and meeting people, meeting nice people, opened my eyes. I don't have to be alone. I can do things like this.*

*I had done another service before, but it wasn't for me. It was alright – Here it was deeper, people could share stuff. I said stuff that I needed to say"*

*CLEAR has helped me turn things around, develop a positive mind set... the strategies I've learnt are working well and am learning to both pace myself and be more gentle with myself.*

*'I enjoy coming to the service, I feel safe and, I find coming here is relaxing and is helping me with my confidence. Also I have really enjoyed the outdoor events.*

*I am socialising with people more. I feel more confident. Learning new skills eg Art*

*CLEAR is friendly, open, easy to talk to, humour...able to receive feedback. I feel listened to.'*

*I wish \* had attended CST before now as \* enjoyed the course and I feel like it did him a lot of good. \* looked forward to going to the course each week and felt it was nice meeting new people. They appreciated the group size and said the course has opened up other things for them e.g. the idea of attending other groups in future.*

# Infographics



219 people used our service

## 78 Referrals



60% Identified as Male



39% Identified as Female



1% Identified as Non-Binary



Dementia 20%



Learning Disability 19%



Hidden Disability 3%

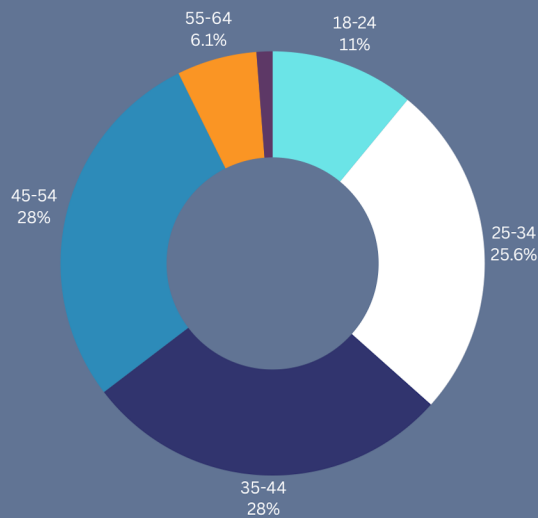


Physical Disability 2%

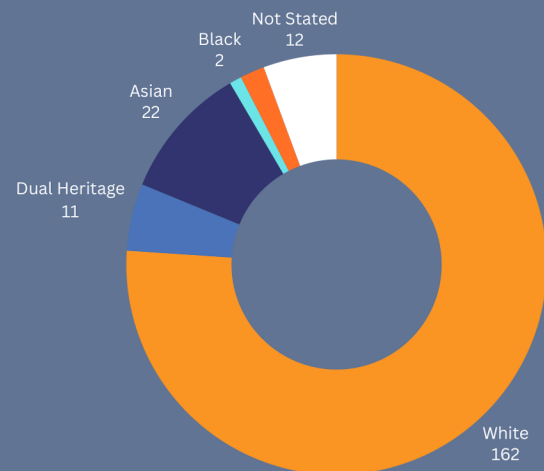


Ex Service 3%

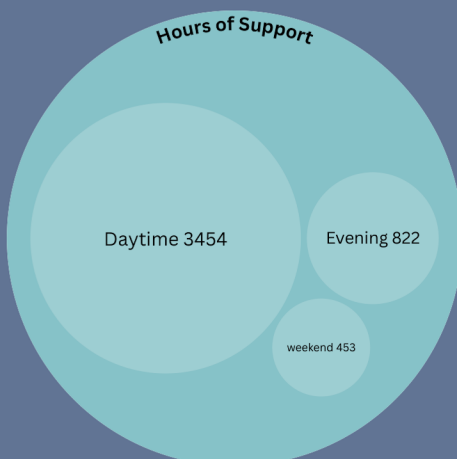
### Age Breakdown



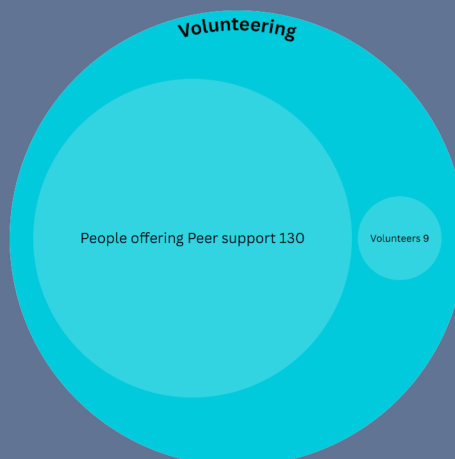
### Ethnicity Breakdown



### Hours of Support



### Volunteering



Total Leaving Service: 37

Goals Achieved 36%



# Outcomes



## CASE STUDY

### My Journey with CLEAR

"It was 2 years ago feeling lost and alone that I was referred to CLEAR. With little optimism I attended the welcome session and then my assessment.

How would I fit in? Would I walk through the door for the first time?...

With trepidation I entered a group at Huddersfield called Words In Mind. It was wonderful. Like minded people sharing poetry and writing both personal, and from their favourite writers.

From then on I attended more groups, like Creative Writing. Having the opportunity to explore my creativity was awesome and to learn from others was invaluable. Being able to be myself with others who had an understanding of mental health pressures was very comforting.

Eventually I took the risk of performing my poetry at the Lawrence Batley Theatre. I was nervous at first but realising that everybody wanted you to do well helped me settle into performing.

A few months later I was introduced to Men's Talk. A group of men with lived mental health issues creating theatre about their experiences. For me it was magical and through drama games and sketches I developed the confidence to perform.

Who would have believed a lonely depressed alcoholic could turn their life around? But I did thanks to a random referral to CLEAR by my social worker."





## CASE STUDY

Client M Was referred to CLEAR via Brain In Hand.

Prior to attending CLEAR client M struggled on a daily basis with Fibromyalgia M described feeling lots of pain, confusion, fatigue and forgetfulness.

Whilst attending CLEAR M has enjoyed several groups including Creative Writing, Peer Support Group, Scrap Book Journaling and also Arts and Crafts. From early in their journey M stated they had benefited so much from Clear already and their 'confidence has been boosted so so much'. M said that *'even on the days when I am not feeling too good, knowing I can attend Clear that day spurred me on to get up and ready.'*

Having enjoyed the Creative Writing so much, M enrolled on a writing course at Kirklees Recovery College. During this time M's brother, who M was very close to, passed away. Creative writing helped M process emotions and M wrote a poem about the loss. This was nominated for a Kirklees Adult Learner Award for Over Coming Barriers, which M won!!

M has enjoyed co- producing and leading on some sessions within the Clear Art group making positivity jars and is planning to do more of this in the future. M has said being part of the CLEAR groups has given them *'the confidence to go onto do other things outside of Clear'*, and the experience of winning the award has left M on a high.

Prior to attendance at CLEAR M's relationship with their partner was strained. With support from the service M has addressed some of these issues, M and their partner are having mediation sessions. Going through this process has led to M's partner exploring their own mental health and any support they may benefit from. Addressing their problems together has had a big impact on their relationship resulting in a positive outcome for them both.

M has said they have really benefited from the time at CLEAR and is looking forward to their remaining time with the service.

# What's coming

We will be hosting a St David's Day celebration with a quiz on all things Welsh and other fun activities to join in with!



Keep your eyes peeled for upcoming promotion of our Women's Circle event in March. A safe space to nurture, share and join in with a fun seasonal activity.

Upcoming Trip to Leeds Art Gallery to go and see the exhibition 'Found Cities, Lost Objects' ...it addresses themes ranging from safety and navigation to concepts of belonging and power.



We will also be doing a bit of Indoor Gardening next quarter and will be holding a session where you can create your own window box to grow herbs/ veg and edible flowers!

Q4 - Anxiety Course

Q4 - Gong  
Workshop

Q4 - Reiki Session