

# Clear View

September 2017  
Issue 2

## Summer Celebration 2017



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The inside scoop on summer at Clear...

## Show The Love 2017 campaign

In conjunction with the Canal & River Trust, clear adopted a quarter of a mile stretch of the Huddersfield Broad Canal, which starts where the waterway meets the River Calder near Cooper Bridge. The towpath team visit the canal on a fortnightly basis to undertake general activities such as maintaining a garden, planting trees, painting locks and widening paths.

The canal adoption offers those suffering from social anxiety to improve their physical and mental health. The canal is the perfect natural setting for the team and they are always coming up with their own ideas of ways to improve the space. Clear members were more than willing to 'show the love' to their bit of the Huddersfield Broad for the national **Good News Day Show The Love 2017** campaign. In response to this project, the clear team produced a small garden in the form of a heart-shaped setting of winter pansies to be enjoyed by all who pass.

**"...come together to tackle climate change by 'loving' their local environment. "**



The 'show the love' garden was completed by cascades of bunting stretching from nearby trees, which were made by a class-based group at clear. The Good News Day nationwide campaign encourages individuals, companies and clubs to come together to tackle climate change by loving their local environment. "The canal is a popular venue for the group and we can usually count on a core of about eight or so members attending," said clear support worker Liz Philpot, "They are a very friendly group and we alternate the canal visit with other projects".

**Clients of  
Clear and  
Frog Life  
service**



# Volunteering for Clear



David at clear's stall



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*“...we have one of the Pokémon characters pinned to our tent”*

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## An Interview with David and Haleema...

**Saturday 3<sup>rd</sup> June 2017.** Volunteers David and Haleema helped set up and run a stall at Newsome Community Fun Day to promote the clear service and Volunteering. Volunteer Coordinator Abi interviewed them for our newsletter.

**VC:** Thanks for giving up your Saturday to come along and support our service. How do you like our stall and how do you think it's going so far?

**D:** We are getting quite a bit of interest considering we are outside and next to the very popular inflatable football pitch!

**H:** Yes, even though the majority of guests are children we are still getting people coming to talk to us and read the board.

**D&H:** We think it helps that we have one of the Pokémon characters pinned to our tent! (Referring to the find Pokémon game taking place across the fair).

**VC:** If someone came to the stall and asked you what a typical day was like as a clear Volunteer, what would you tell them?

**H:** I'd say that I participate in the groups, my favourite being the All Together Group which is aimed at those experiencing memory problems. As Volunteers we can get involved and take part, becoming a part of the group and then helping as needed and even being involved in ideas for future activities.

Continued...

D: I help in Creative Saturdays, Men's Group and All Together in Dewsbury. I help some individuals who may struggle to keep up with the rest of the group and explain more one to one what we are doing next. Also, during Men's group I take part and join in with the other members and we discuss what's going on in our lives and ways to get through stuff.

H: As someone who hasn't been through services personally, it's like you get an inside view of what's going on and what difficulties people face. During the Sunday group last week I was helping a service user with a book sculpture and ended up taking mine home to finish it as homework!

D: As an ex service user it's interesting to now be involved from a different perspective.

**VC:** Does this help you see how far you have come?

D: Yes because when staff show the trust they have in you it really means a lot.

H: It's really nice and feels rewarding when you're given a bit of extra responsibility.

D: I'm very grateful to the staff at clear for encouraging me to move on to Volunteering because I may not have had enough confidence otherwise.

**VC:** What are you both doing after this event today, any plans?

D: My Mum hasn't been feeling well so after here I'll go to eat dinner with her and my brother, then just spend the evening there watching films.

H: It's my birthday today so I'm going to go into town for a bit of a look around the shops. We are observing Ramadan at the moment so I'll meet friends and family to eat somewhere later in the evening.

VC & D: Happy Birthday Haleema! And Happy National Volunteers Week to all our Volunteers!

## Carers Count Service



**Louise Spencer**

I work at Carers Count, an organisation which supports adult carers, who care for adults and children with Disabilities within

Kirklees. We offer free information, advice, advocacy and sign posting services to support Carers. **We are based at the Brian Jackson House, New North Parade, Huddersfield, HD1 5JP,**

It's often difficult for Carers to know where to turn for advice and information as services continually change and develop. Our team are here to listen and help guide you through the system. We also offer a free magazine twice a year to those who register with us, to keep you up to date with new services.

We run a range of support groups and training sessions which are free and held throughout Kirklees. I am attending the clear services Welcome Sessions on Tuesdays (alternating, one week at Dewsbury and the next at Huddersfield.)

I look forward to meeting you and explaining more about our service in person at the Welcome Sessions.

**Tel: 0300 012 0231**

**email: [info@carerscount.org.uk](mailto:info@carerscount.org.uk)**

## Summer Celebration 2017



Fishing on a rainy day...



**“Party at Huddersfield today, I enjoyed it and all the staff worked very hard. The food was great. I enjoyed the quiz” Barbara**

“I would like to thank Jill and the clear staff for all their hard work in organising the summer celebration. I found the whole experience of the day super cool and enjoyable. The food was delicious and creative to suit everyone’s needs. The photo booth was such a laugh, just look on the Facebook page. All the clear staff and other organisations who attended on the day were only too helpful to make it a great day for us”.

Thank you Clear for a lovely day! **James**





More fun on the beach...



Creative corner

*"Tombola was spectacular especially, as I was doing it!"  
Adam*



## More creative writing and art

### Murmurs

Malevolent numerations  
Gather from the ground  
A cacophony of cackles  
Which cease to simmer down  
A whirlwind of emotions  
To drown this beating heart  
A measure of indignity  
As Life falls apart.

**Adam Frost**



### What is Love?

Love is a million & one things  
Love is Learning to forgive  
Love is saying I Love You  
Love is saying Sorry  
Love is Crying  
Love is Grieving  
Love is showing Respect  
Love is Living in Peace  
Love is never wanting to be Apart  
Love is Sharing  
Love is helping each other  
Love is not Judging People  
Love is setting yourself Goals  
Love is being true to yourself  
Love is never Giving Up  
Love is turning a negative into a Positive  
Love is falling in Love  
Love is a million & one things

**James Hunt**

## Masks men wear

Why aren't men allowed to cry  
Behind masks they have to lie  
By the unspoken emotions they are  
held down  
I want to ask for a little help from my  
friends  
I don't know how to ask or to make  
amends  
Behind my long sleeves my injuries I  
conceal  
I cannot admit to people that this  
numb pain is real  
My happiness was too easy for angry  
world to steal  
I cannot show the world my inward  
rage  
I feel the need to lock it up in my  
emotional cage  
It's either pain or blankness, they  
never rest  
I refuse to end it now, nor at the  
moment do I want to go to the place  
that's the best  
I don't know why men feel they  
should not cry  
Over generations our pains we were  
forced to deny  
From this current situation I want to be  
free  
Getting tired of being up and down  
and all the negativity around me  
I wish the pain around me would just  
be gone  
As a guy I should not be embarrassed  
to have someone to lean on  
Just because we become weak  
doesn't mean we are any less strong.

**David Adamson**



## Queen Mab

The Odd Bad Snatcher  
When you think you see a  
shadow  
Out the corner of your eye  
When you wave "hi" to a friend  
But a stranger passes by.

As you pass the entrance  
Of an alley that a group of teens  
Walk through, but as you turn  
Your head to see them, there is  
No -one there but you

When you tell this to your parents,  
Your friends and colleagues too,  
Your need to be real careful  
As that's when I'll come for you

As I am always watchful,  
I have spies all around  
And I am looking, always searching  
For the odd one's who stand out.

**J.P.**



### *How am I*

A whisper on the breath  
A vortex of insecurities  
That spins a living death.  
Yet if you took courage,  
Reached in through the void  
You may simply find a person  
Not a thing to avoid.

**Adam Frost**



**Adam Frost**

## Get involved ...

Next quarter a new group will run every fortnightly with the aim to develop the clear newsletter. The group will run as a coproduction project lead by the volunteers Hannah Bailey and David Adamson.

All meetings will run at the Huddersfield office every fortnight on a **Thursday from 11:00-13:00** starting from 05/10/2017.

For more information please get in touch with the Dewsbury or Huddersfield office or via your key worker.

## Thank you

A big thank you to all staff and service users for your on-going commitment to the clear Service. We appreciate all your feedback and creative input.

Thank you for your hard work throughout the past quarter in helping us to develop courses, groups and our service.

Special thanks to our current volunteers and service users that have contributed to organise the summer celebration, interview sessions, peer support groups and other developments.

Special thanks to Hannah Bailey and James Hunt for their contribution in developing the second edition of the clear newsletter.

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