

Clear View

January 2018
Issue 3

Sharing Talents

Community Links services from Kirklees in partnership with Thrive at Connect showcased local talent for World Mental Health Day. This included various artwork submitted by service users.



Check inside for some of the feedback and pictures from the Sharing Talent Event...

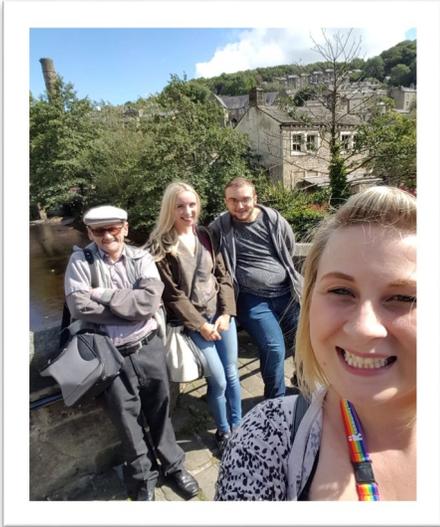
Inside this issue

Trips, festivals and more.....	2
Volunteer updates.....	2
Fairy village.....	3
Welcome new staff.....	4
Sharing Talents.....	5
Brain in Hand.....	6
Leeds Pride.....	7
Poetry and Art.....	8
Newsletter team.....	10

Check out the new projects developed following your feedback

- Get Involved!
- You said it ...we did it!

Trips, festivals and more feedback...



Hebden Bridge Trip

Huddersfield Food Festival Feedback – 2017

“Being a service user with CLEAR a small group of us attended the Huddersfield Food Festival with two members of staff. I found the whole experience very enjoyable, the atmosphere among the crowd was electric, everyone seemed to be having a good time. The food on display was excellent and tasted delicious. Thank you, CLEAR for a wonderful day out.”

James Hunte

Creative Writing Feedback “I really enjoy the warm ups at the beginning, like the word bag where you pick random words and use them to write a story. I’d like to do more work around poems and work on becoming better at writing poetry. Really enjoy the group, it’s very well structured and relaxed.” Anon

Volunteer update

More ...



Volunteers promoting the Clear Service at South West Yorkshire Partnership Annual Meeting at Huddersfield Town Hall

Hello from the Volunteer Team! Since the last newsletter there have been some exciting changes. We are sad but also very happy to let you know that Jon M and Haleema have both moved into full time work within Community Links. They are missed but we wish them all the very best with their new roles.

We are thrilled to welcome our volunteers Hannah, Adam, Norman and Demi to the team, who are supporting client activities over both our Huddersfield and Dewsbury sites. In fact, all our volunteers have been travelling cross site to help out and get involved in Clear groups, training, promotions and outdoor activities.

A big **THANK YOU** from us all.

Thank you to David for supporting us for over one year already! And Dawn, Michelle and Jon for more than two years! The consistent, motivated and dedicated attitude of our volunteers makes the VC job a joy.

Abi McDonald, Volunteer Coordinator

Fairy Village



Fairy Village

The Saturday Group is already well known for its artistic creations, but with the exception of the graffiti art murals in reception all of its work has focused on individual expression. This was all to change when one service user inspired the group to make something a little more special. Thus the Fairy Village came to life. With plans to build homes for the fairies, a carousel, village pond, magical train and forest there was plenty of work to be done. The group came together as one and though many worked on individual parts, they had a collective vision in mind. And all of this was possible because of one idea.

“This was all to change when one service user inspired the group to make something a little more special”

It took nearly three weeks to put the whole village together and add all of the finishing touches. From origami lily pads across the surface of the pond, to the sandpit, slide and swing painstakingly built for little fairies to play in. The last addition to this grand masterpiece was the fairy castle, built by Lauren Bradley, whose determination and enthusiasm throughout this project has made it not only possible, but wholly successful.

Hannah Bailey





“**Confidence and Communication Skills**” training will be delivered at Huddersfield on the 19/01/2018, for Community Links clients (ask staff for details).

“**Sing your socks off**” -will continue to run in Huddersfield and Dewsbury. The Huddersfield session has been extended for 2 hours as requested by the group there.

Volunteers have been involved in shaping the courses/groups, projects.

The **Mindfulness course** is currently running for 6 weeks, having been developed and given a new structure.

The **Feedback group** was developed with the aim to improve the service and discuss based on the clients feedback..

Food and Mood group is back and will be running again at the Dewsbury site.

The **LGBT group** will be started at both sides this quarter. The group have also developed a diversity Board, located at the Dewsbury office.

Group Art projects were requested and are now included on the current weekend sessions. See the itinerary for details.

Welcoming new staff

Our new staff member Kate is based at the Dewsbury site. She kindly took part in this interview for the newsletter.

1. Before working at CLEAR, what was the most unusual or interesting job you've ever had?

K: I did an events and graduation role following the traditional style at Leeds University.

2. How did you first come to learn about CLEAR?

K: I was looking for the mental health services in the area and I found information about the service on a website.

3. What is your role at CLEAR?

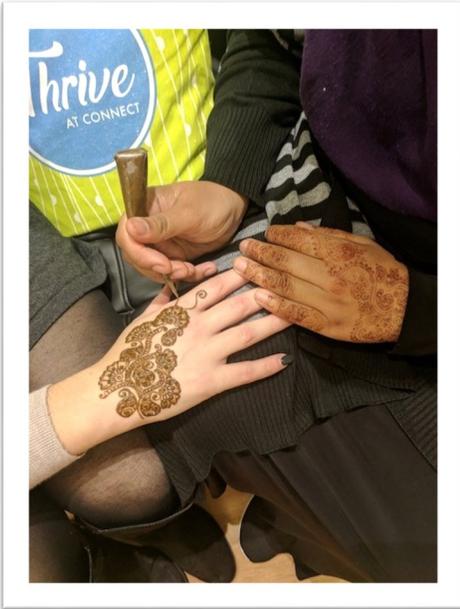
K: Recovery Support worker

4. So far, what has been your favourite project at CLEAR?

K: I have to say restarting the Food and Mood course :)

5. Any random facts you could share with us?

K: I used to run for the West Yorkshire athletics team!



Henna session

Sharing Talent 2017 : feedback and pictures

"Being a part of the Project Go group, I felt really proud to see everyone's ideas and hard work come together. It gives you a sense of achievement and it's fantastic to see all of the art work, poetry and watch all of the performances. I think it's wonderful to showcase what people can do on World Mental Health Day, rather than focus on the negative aspects of suffering with a mental health illness. Plus any opportunity to put a microphone in my hand makes me happy!"

Hannah Bailey

"I think it's wonderful to showcase what people can do on World Mental Health Day..."



Thrive Thought Tree

"The event was an enjoyable afternoon showcasing great talent and lots of lovely singing." Anon

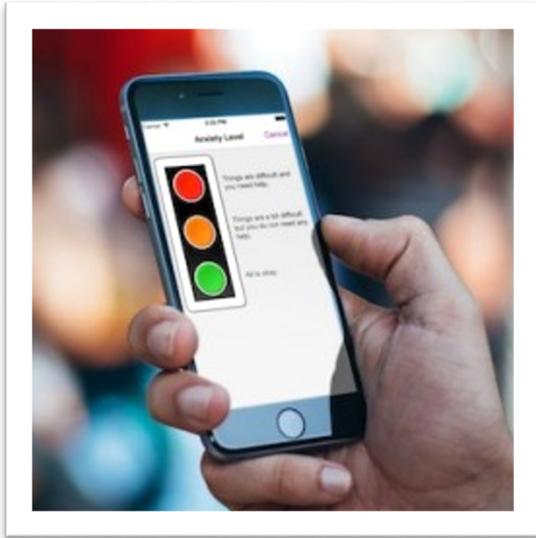
"When I attended the Sharing Talents event I really enjoyed walking around all off the exhibits, and each of them had a tale to tell, I could not pick out a favourite as they were all quite awesome, one I found interesting is the photographs of the buses as this brought back many memories from my childhood, and the artist had informed me of when and where he had taken them".

David Adamson



The singing group from Clear performing their songs!

Brain In Hand



Traffic light system

Brain in Hand is an app which Clear are trialling in partnership with Kirklees Council. There are currently ten service users who are using it across the Dewsbury and Huddersfield sites.

The app can help with peoples mental health and also enables people to become more independent and assist in managing their mental health better. You can tailor the app to suit your own lifestyle. The app has a diary function and you can use this as a daily schedule or reminder for important things.

“...it will come up with a list of solutions that you have already inputted.”



braininhand
personal technology for independent living

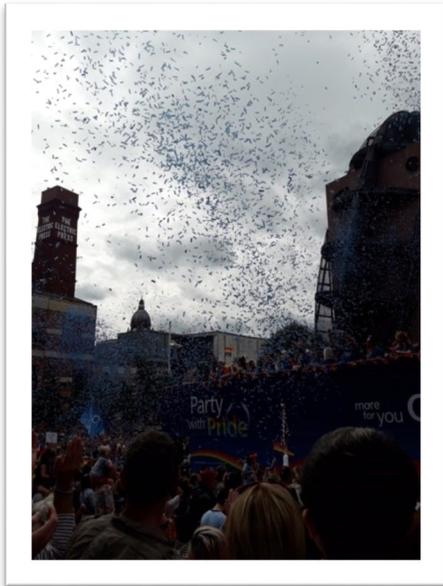


The app also has other features for example you can put in common problems you face and then add your own problem solving tips to help you solve any issues as they happen.

If there are certain things that cause you daily issues, such as an anxiety, then you can use Brain in Hand as a tool to help with finding solutions.

“One example of how I have used it is when you are travelling on the bus or train you feel anxious and feel like people are staring at you. Examples of solutions I could use are things such as distract yourself by calling or texting a friend, or going on Facebook. It's good that you can tailor it to suit your needs etc. Another feature in the app is the traffic light system. It has green, amber and red buttons. This can be used to monitor my mood.”

Lewis Stefaniv



Leeds Pride 2017

Leeds Pride Trip 2017

Employees Michelle and Lauren enabled services users Becky Steeples and Lewis Stephaniw, with the assistance of volunteer David Adamson, to attend the Leeds Pride 2017 celebration.

An amazing time was had by all! On arrival they got right into the extravaganza and spent time marching in the parade, sporting a Community Links banner, not to mention a few bells and whistles!

“I felt a sense of belonging that I hadn’t experienced before...”

Thoughts...

“This was the first time that I felt able to attend a Pride event due to lack of self-confidence and not knowing anyone like me to go with.

I felt a sense of belonging that I hadn’t experienced before and was able to make a new friend with a good connection of understanding that inspires me to be more confident within myself.”

Becky



“At first the amount of people watching the parade made my anxiety sky high, but because I was with Becky, David, Lauren, Michelle and other people from Community Links I felt more at ease. It made me feel less anxious. I felt really comfortable being at Pride to be able to be myself, because I was with friends and other members of the LGBT community.” **Lewis**

Poetry and Art



Matter of Time

I don't know how to be well,
It's never been something I've really done,
Each week is something to get through,
When I leave my house it's a battle won.
My clothing clean and hair pristine,
They're a rare sight both together,
And if it seems I'm present only half the time,
It's because I've a silent storm to weather.
Sometimes it seems it's true to say
Two steps forward, ten steps back,
But when I see how far I've come,
I know that that's a load of jack.
So even though I'm still so far
From the place I want to be,
Where I can reach out, take someone's
hand again,
Feel a sense of serenity.
Even though it's still a struggle
And being well isn't known to me,
I know it's only a matter of time
Before I'm standing on my own two feet.

Hannah Bailey

Hey CLEAR, you're so cool
Everyone always smiling
While I got the blues
Remember to always work hard
And one day too, your dream will come true
Don't ever say, what if I did this
No more heartache or pain
No teardrops to wipe away
Remember to ask for help
And don't go it alone
Because you won't make it better.

James Hunte

Quotes

"Thus let me live,
unseen, unknown; thus unlamented let me
dye; steal from the world and not a stone;
tell where I lye."

Alexander Pope

"Life is simple; fill what's empty,
empty what's full and scratch where it itches."

James Hunte



The Dark Side Moth

The Dark side Moth creeps silently through the crack in the open window. Oblivious to all, it lurked in the shadows, eyeing up its targets.

The sound of cracking wings! Thumping through the air! They took over the room, rising above the sound of the DVD.

It had wings spanning ten feet wide!
As it hurtled! Fiercely towards our faces!
Spitting its venom, as it spluttered its gibbly gobbily moth language.

Its fury body! And piercing eyes! Sent fear through my bones.

I was determined to catch it and put it outside. Switching more lights on, I was sure it would head to the light. But this was no ordinary moth! It was a Moth from the Dark side!!

Becky Steeples

Jokes

Knock knock: who's there?
-The door.

What do you call a camel with three humps?
-Pregnant

Why did the banana go to the doctors?"
-Because he wasn't peeling well

Neil Coulson



When is Luke Skywalker's birthday ?

-May the forth of course!

James

Why did the man with one hand cross the road?

-To get to the Second Hand Shop! **Sonia B**



Meet the Newsletter Team!



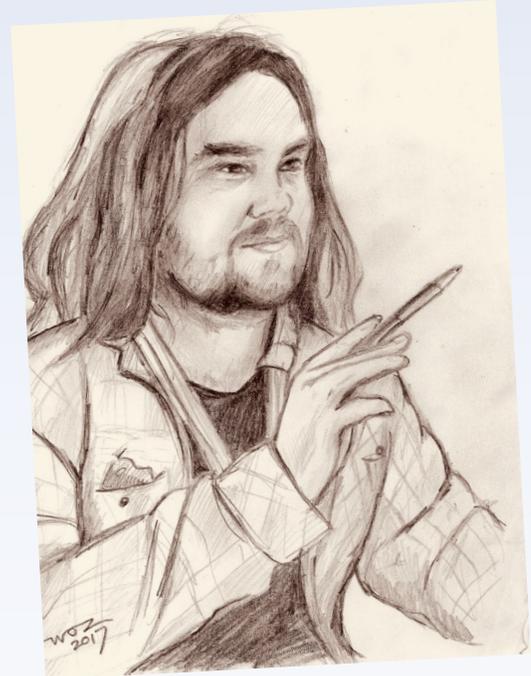
Hannah Bailey - Chief Manager



Becky Steeples - Chief Executive



Lewis Stefaniw - Managing Director



David Adamson - Chief Roving reporter

Special thanks to our client Warren Anstiss for the drawings submitted for this page!

For more of Warrens work you can visit his Instagram profile: [artist_woz](#).

Thank you!

A big thank you to all service users/volunteers for their on-going commitment to the Clear Service alongside all the Clear staff. We appreciate all your feedback and creative input in developing our groups/courses and new projects.



Get involved

We will continue to run this quarter the Newsletter group every fortnightly with the aim to develop the next Clear newsletter. The group will run as a co-production project lead by the volunteers Hannah Bailey and David Adamson.

All meetings will run in January and March at Huddersfield and February at Dewsbury.

For more information see the timetable or get in touch your key worker.

CLEAR Huddersfield - 01484 519097

CLEAR Dewsbury - 01924 465054

www.commlinks.co.uk/clear

[Facebook.com/CommunityLinks](https://www.facebook.com/CommunityLinks)

@CLKirklees



CLEAR Huddersfield - 01484 519097
CLEAR Dewsbury - 01924 465054
www.commlinks.co.uk/clear
[Facebook.com/CommunityLinks](https://www.facebook.com/CommunityLinks)
@CLKirklees

