

WHATSON @ CLEAR JAN - MAR 2021

ZOOM Groups

What

Men's Group (weekly)

Men's Quiz (weekly)

MakeSpace (Fortnightly)

BAME Support Group

(monthly) A safe supportive space for people from Black, Asian and Minority ethnic backgrounds to meet and share experiences around mental health.

Scams and Fraud awareness workshop (one off)

Breath work for Anxiety and Trauma Recovery (one off)

The workshop will look at the importance of the breath for emotional self-regulation and it's relationship to the Brain's Fight-Flight-Freeze responses.

Ghost Stories (Creative Writing) (one off)

Anxiety Workshops

Looking at coping techniques, wellbeing, and self care.

When

Monday @ 1pm

Weds @ 7pm

Fri @ 12pm - 2pm

Thurs 18th Feb

Tues 23rd Mar

2-3pm

Tues 9th Feb @ 2pm

Weds 10th Feb
@ 1.30pm-3.30pm

Weds 24th Feb @ 2pm

Dates and times TBC

Please sign up to the interest list via you keyworker

Phone Groups

What

Meditation Monday (weekly)

A taster of different meditations, relaxation techniques, mindfulness exercises on the phone.

Creative Writing (fortnightly)

In this group we do creative writing activities, talk about literature and share what we have already written. All abilities welcome.

Words in Mind (fortnightly)

. We read poetry, short stories, quotes, song lyrics, anything with words in! After reading each poem we have a little chat as a group, usually about the poem and what it made us think about.

All Together (weekly)

Every Friday we host a group phone call with regular attendees from the Huddersfield CLEAR All Together group. We briefly check in with everyone, then go on to do activities, such as quizzes and other brain teasers. The group has limited numbers so is suitable for clients with Dementia.

When

Mon @ 10.30am- 11.45am

Limited spaces available
please book via keyworker

From 5th Jan; Tues @ 2pm-4pm

Limited spaces available
please book via keyworker

From 12th Jan; Tues @ 2pm

Limited spaces available
please book via keyworker

Fri @ 1pm-2pm

Limited spaces available
please book via keyworker

Outdoor Groups

What

Wellness in the Woods,
Eden's Forest, Honley.

Run by Eden's Forest in partnership with Clear, spend some socially distanced time in the beautiful outdoor setting of Honley woods. Get involved with chopping wood for the campfire, forest crafts, meditation in nature and wellbeing walks around the local area. You will need to dress for the weather and wear suitable shoes.

Due to the current ongoing Covid19 situation we have had to suspend our outdoor groups and events apart from Wellbeing in the Woods.

Please check back with us April to June to see updates on outdoor groups.

When

Please speak to your keyworker for times and dates and to book a place.

Extras

Get involved:

Co-production

Do you want to know more about how to help shape the Clear service. Speak to your keyworker for various upcoming opportunities.

World Bipolar Day - Tues 30th March.

Join us on Tues 16th Feb on Zoom to help plan this day.

We are looking for individuals to help us plan and deliver an awareness event surrounding World Bi-polar day, please speak to your Keyworker or a member of staff.

Social Media - Instagram, Facebook and Twitter

We are always looking contributions to our social media platforms, if you have a poem, a creative writing piece, art work, book/film/radio or TV recommendation, or you would like to share your Clear story please get in touch.

February 2021 marks LGBT+ History month - if you have any artwork, book reviews, poems etc from LGBT+ artists and authors, please speak to your Keyworker so we can share these on Social Media.

Redesigning our Timetable

Tue 9th Feb -Phone group

Weds 10th Feb - Zoom group

Join us at one of the groups above to help redesign our timetable. Please contact us to sign up.

Stop Smoking Support

We are delivering support for quitting smoking, this includes 1-2-1 support with a trained Advisor and access to Nicotine Replacement Therapy. We will also be running a weekly peer support group with other organisations in the Kirklees Working Together Better Partnership in Kirklees. If you would like to know more please get in touch with any questions.

