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| Extras |  |  |  |
|  |  |  |  |
| **Thurs 21st April** | National Tea Day | 1:00-3:00pm |  |
| **Mon 25th April** | Attic Stories/ Open Mic Night (Lawrence Batley Theatre – speak to Worker) | 7:30-9:30pm |  |

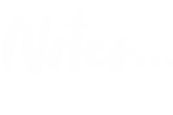
**Thurs 26th April** BAME Group2:00-2:30pm

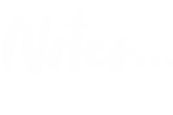
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| **Monday**  **(Office closed 18th April – Easter Monday)** | Mindful Mondays | 11am – 1pm |  |
| **Tuesday** | Creative Writing  Music Group | 2pm – 4pm  5:30pm-7:30pm |  |
| **Wednesday** | Men’s Group | 5:30pm-7:30pm | Square |
| **Thursday** |  |  | Square |
| **Friday**  **(Office closed 15th April – Good Friday)** | Acupuncture  *(please sign up via keyworker)*  Hearing Voices Peer Support  *(please sign up via keyworker)* | 10:30am-11:45am  1pm-2:30pm |  |

**CLEAR Dewsbury Timetable**

***(Starting from Monday April 4th)***

**April**



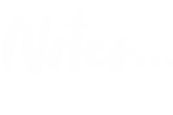




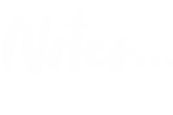
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| **Monday**  **(Office closed 2nd May – May Day)** | Mindful Mondays | 11am – 1pm |  |
| **Tuesday** | Creative Writing    Music Group | 2pm -4pm  5:30pm-7:30pm | Square  Square |
| **Wednesday** | Men’s Group  (**No group on 11th May**) | 5:30pm-7:30pm | Square |
| **Thursday** |  |  | Square |
| **Friday** | Acupuncture  *(please sign up via keyworker)*  Hearing Voices Peer Support  *(please sign up via keyworker)* | 10:30-11:45am  1pm – 2.30pm | Square |



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| **Wens 11th May** | Eid Celebration | 4-7:00pm |  |
| **Thurs 12th May** | Animal Therapy  (limited space – sign up through a Worker) | 10:30am-12:00pm |  |
| **Mon 16th May**  **Wens 25th May** | Movie Night  Barge Trip  (From Shepley Marina – Mirfield  Sign up through a Worker) | 5:30-7:30pm  10:30pm – 4:00pm |  |
| **Thurs 26th May** | BAME Group | 2:00 – 3:30pm |  |



**May 2022**



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| **Mon 6th June** | ‘Fri-da Mind onto Canvas’  (Art session at the Huddersfield office) | 1:00- 2:30pm |  |
| **Fri 17th June**  **Thurs 30th June** | Outdoor Meditation  (At the Huddersfield Allotment –  Speak to Worker for details)  BAME Group | 11:30-1:30pm  2:00-3:30pm |  |
|  | **See Posters for further events to follow** |  |  |
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**June 2022**



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| **Monday** | Mindful Mondays | 11am – 1pm |  |
| **Tuesday** | Creative Writing    Music Group | 2pm-4pm  5:30pm-7:30pm | Square  Square |
| **Wednesday** | Men’s Group | 5:30pm-7:30pm | Square |
| **Thursday**  **(Office closed 2nd June -Spring Bank)** |  |  | Square |
| **Friday**  **(Office closed 3rd June – Jubilee Bank Holiday)** | Acupuncture  *(please sign up via keyworker)*  Hearing Voices Peer Support *(please sign up via keyworker)* | 10:30am-11:45am  1pm – 2.30pm | Square  Square |

**EXTRAS**

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Creative Weekends

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Description automatically generated

Come join us for our Creative Weekends including Board Games, Movies and Arts and Crafts.

**Drop-in times:**

**SATURDAYS** @ Huddersfield office – **11am till 1pm** and **2pm till 4pm**

**SUNDAYS** @ Dewsbury Office -**11am till 1pm** and

**1.30pm – 3.30pm**







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| **Social Media**  **Follow us on:**  Instagram: @Clear\_Kirklees  Twitter:  CL Kirklees  www.facebook.com/CommunityLinks |  |  |  | **Movie Nights**  Sample snacks and relax in front of your favourite films  16th May  5:30-7:30pm. |  |  |
|  |  |  |  |  |  |  |
|  |  | **EID Celebration**  **11th May**  Join us for festive food and fun at a venue to be confirmed – See the posters for details |  |  |  | **Animal Therapy**  **12th May**  See a selection of creatures live in the CLEAR office! |
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|  |  |  |  | **Ask about our Courses in Anxiety, Confidence, Sleep & Mindfulness**  (speak to your Key Worker) |  |  |
|  |  |  |  |  |  |  |

**Barge Trip**

**25th May**

See posters – Sailing from Shepley Marina, Mirfield!



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**Clear Huddersfield**

32-34 Lion Chambers, John William Street, Huddersfield, HD1 1ES

01484 519 097

[clear.huddersfield@commlinks.co.uk](mailto:clear.huddersfield@commlinks.co.uk)

**Clear Dewsbury**

26 Bond Street, Dewsbury, WF13 1AU

01924 465 054

[clear.dewsbury@commlinks.co.uk](mailto:clear.dewsbury@commlinks.co.uk)



