

inClear

Timetable January - March 2026

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Social Media - Follow us on:

Facebook - <https://facebook.com/inspirenorth.clear>
and Instagram @Clear_Kirklees



Scan QR code for
more group info on our
website

January

Monday	<p>Mindful Mondays <i>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</i></p> <p>Beat the Monday Blues</p> <p>Mens Peer Support Group</p> <p>Hearing Voices Peer Support Group</p>	<p>11am - 1pm</p> <p>1pm - 2pm</p> <p>2.30pm - 4.30pm</p> <p>5.30pm - 7pm</p>
Tuesday	<p>Tranquil Tuesdays</p> <p>Time Travel Tuesdays</p>	<p>1pm - 2.30pm</p> <p>5.30pm - 7pm</p>
Wednesday	<p>Warhol Wednesdays</p>	<p>11am - 12pm</p>
Thursday	<p>Scrap Journal <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</i></p> <p>18-30 Group</p>	<p>1pm - 3pm</p> <p>5.30pm - 7pm</p>
Friday	<p>Art Group <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</i></p> <p>All Together</p>	<p>11am - 1pm</p> <p>1pm 3pm</p>
Saturday	<p>Arts/crafts/social and board games</p>	<p>10.30am - 12.30pm & 1.30pm - 3.30pm</p>

February

<p>Monday</p>	<p>Mindful Mondays <i>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</i></p> <p>Beat the Monday Blues</p> <p>Mens Peer Support Group</p> <p>Hearing Voices Peer Support Group</p>	<p>11am - 1pm</p> <p>1pm - 2pm</p> <p>2.30pm - 4.30pm</p> <p>5.30pm - 7pm</p>
<p>Tuesday</p>	<p>Tranquil Tuesdays</p> <p>Time Travel Tuesdays</p>	<p>1pm - 2.30pm</p> <p>5.30pm - 7pm</p>
<p>Wednesday</p>	<p>Warhol Wednesdays <i>(Session cancelled 4th Feb for staff training)</i></p>	<p>11am - 12pm</p>
<p>Thursday</p>	<p>Scrap Journal <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</i></p> <p>18-30 Group</p>	<p>1pm - 3pm</p> <p>5.30pm - 7pm</p>
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<p>Saturday</p>	<p>Arts/Crafts/Social and Board Games</p> <p>Drop in</p>	<p>10.30am - 12.30pm & 1.30pm - 3.30pm</p>

March

Monday	<p>Mindful Mondays <i>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</i></p> <p>Beat the Monday Blues</p> <p>Mens Peer Support Group</p> <p>Hearing Voices Peer Support Group</p>	<p>11am - 1pm</p> <p>1pm - 2pm</p> <p>2.30pm - 4.30pm</p> <p>5.30pm - 7pm</p>
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Saturday	<p>Arts/Crafts/Social and Board Games</p> <p>Drop in</p>	<p>10.30am - 12.30pm & 1.30pm - 3.30pm</p>

Activities, Trips and Events

Please contact a worker to sign up and see posters in service for more info

January

Winter Warm Hub

Friday 23rd Jan 3pm-4.30pm

Online 'Burns Night' Session

Sunday 25th Jan 2pm-3pm

Yoga

Friday 30th Jan 10.30am-11:30am

February

Lunchtime Organ Concert

Monday 9th Feb 12:30pm - 2pm

Chinese New Year Themed Crafts and Snacks

Tuesday 17th Feb 3pm - 4.30pm

Bradford Media Museum Trip

Thursday 19th Feb 10am - 4pm

Online 'Meditation and Body Scan'

Sunday 22nd Feb 1.30pm- 2.30pm

Yoga

Friday 27th Feb 10:30am - 11:30am

March

International Womens Day Meet Up

Sunday 8th Mar 11am - 2pm

Piece Hall and Halifax Trip

Tuesday 10th Mar 10am- 3.30pm

Nature Walk

Thursday 19th Mar 10am- 3.30pm

Yoga

Friday 27th Feb 10:30am - 11:30am

Burns Night and Meditation (Online)

Sunday online sessions focusing on all things Scottish to celebrate Burns Night in Jan! And an online body scan and relaxing meditation session in Feb (Held on Microsoft Teams)

Winter Warmer Hub

Get cosy at Clear and focus on your wellbeing at our Winter Warmer session.

Bradford Media Museum

Pack your lunch all ready to head out for a fab day out at Bradford Media Museum and walk around various permanent and temporary Exhibits

Chinese New Year

Come along to join in with some New Year crafts to celebrate moving into the 'Year of the Horse'

Yoga

Join us on the last Friday of the month at Clear for some gentle Yoga activities, no experience needed, everyone welcome!

Organ Concert

Join us to attend a lunchtime organ concert at Huddersfield town hall. See poster for more details

Piece Hall and Halifax

Explore Halifax and have a mooch around Piece Hall and the Halifax Markets with us!

International Women's Day Meet Up

Come along to our Sunday meet up to celebrate International Women's Day! See poster for details

Nature Walk

Join us for a pleasant nature walk as we move towards springtime, see poster for details!

Ask us about how you can get involved with CLEAR and Inspire North...

We have lots of Co-production and involvement opportunities across Clear and our parent company - Inspire North; including our Timetable Planning meetings, Client Focus groups, Recruitment and Selection Training and Client Voice panel. Some of these are paid opportunities. Ask Staff for more details.

Keep up to date by checking our notice boards regularly for upcoming Groups, Events, Projects, Activities and Courses...