



inspire Nclear

Timetable April - June 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**

April

<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>Warholl Wednesday</p> <p>Creative writing <i>15th & 29th</i></p>	<p>11am - 12pm</p> <p>5.30pm - 7pm</p>
<p>Thursday</p>	<p>Scrap Journal <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12</i></p> <p><i>8DJ</i></p> <p>18-30 Group</p>	<p>1pm - 3pm</p> <p>5.30pm - 7pm</p>
<p>Friday</p>	<p>Art Group <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12</i></p> <p><i>8DJ</i></p> <p>All Together</p>	<p>11am - 1pm</p> <p>1pm 3pm</p>
<p>Saturday</p>	<p>Arts/crafts/social and board games</p> <p>Batley Sundays - 2nd Sunday of every month <i>Rest Stop, 25 Trinity street, Batley, WF17 7JZ</i></p>	<p>10.30am - 12.30pm & 1.30pm - 3.30pm</p> <p>12pm - 2pm</p>
<p>Sunday</p>	<p>Green Head Park Walk & Picnic- 26th</p>	<p>1pm - 3pm</p>

May

<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 Wednesday</p> <p>Creative writing <i>13th & 27th</i></p>	<p>11am - 12pm</p> <p>5.30pm - 7pm</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>
<p>Friday</p>	<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>
<p>Saturday</p> <p>Sunday</p>	<p>Arts/Crafts/Social and Board Games</p> <p>Drop in</p> <p>Batley Sundays - 2nd Sunday of every month <i>Rest Stop, 25 Trinity street, Batley, WF17 7JZ</i></p> <p>Toby Carvery Sunday Lunch - 24th</p>	<p>10.30am - 12.30pm &1.30pm - 3.30pm</p> <p>12pm - 2pm</p> <p>1pm -3pm</p>

June

Mindful Mondays

Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX

11am - 1pm

1pm - 2pm

2.30pm - 4.30pm

5.30pm - 7pm

Monday

Beat the Monday Blues

Mens Peer Support Group

Hearing Voices Peer Support Group

Tuesday

Tranquil Tuesdays

1pm - 2.30pm

Time Travel Tuesdays

5.30pm - 7pm

Wednesday

Warhol Wednesdays

11am - 12pm

Creative writing

10th & 24th

5.30 - 7pm

Thursday

Scrap Journal

*Held at Carers Count 4th Floor Empire House, Wakefield Road,
Dewsbury, WF12 8DJ*

1pm - 3pm

18-30 Group

5.30pm - 7pm

Friday

Art Group

*Held at Carers Count 4th Floor Empire House, Wakefield Road,
Dewsbury, WF12 8DJ*

11am - 1pm

All Together

1pm - 3pm

Saturday

Arts/Crafts/Social and Board Games

Drop in

**10.30am - 12.30 pm
&**

1.30pm - 3.30pm

Sunday

Batley Sundays - 2nd Sunday of every month

Rest Stop, 25 Trinity street, Batley, WF17 7JZ

12pm - 2pm

Crow Nest Park solstice Walk - 21st

11am - 1pm

Activities, Trips and Events

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

April

Wild Garlic Foraging & pic nic

Thursday 9th 11.00am-2pm

The Barge Trip

Friday 17th 10am - 3.30pm

**Cooking Group
for Ethnically diverse people**

**Wednesday 22nd 10.30am -12.30pm
Meet at CLEAR 10.15am**

**Spring Walk Green Head Park
Walk & picnic**

Sunday 26th 1pm - 3pm

May

**Cooking Group
for Ethnically diverse people**

**Wednesday 6th 10.30-12.30pm
Meet at CLEAR 10.15am**

Ten pin bowling Dewsbury

Tuesday 12th 11am - 12.30pm

World Bee Day

**Flower Pot Painting while learning about
the ecosystem and bees**

Wednesday 20th 4.00pm - 5.30pm

Toby Carvery Ainley Top

Sunday 24th 1pm - 3pm

June

**Cooking Group
for Ethnically diverse people**

**Wednesday 3rd 10.30 - 12.30pm
Meet at CLEAR 10.15am**

Client Involvement

Tuesday 9th 3.30pm 4.30pm

Money on the mind...

Wednesday 17th 12.30pm - 2.00pm

**Crow Nest Park
Summer Solstice Walk**

Sunday 21st 11am- 1.00pm

Wild Garlic Foraging & pic nic

Thursday 9th April 11.00am-2pm. Meeting at CLEAR 11am to get the bus to Longwood and forage around Longwood Edge Woods for wild garlic. Bring a picnic with you to enjoy in the woods.

The Barge Trip - Shepley Bridge Marina

Friday 17th April 10am - 3.30pm £5.00 deposit / non -refundable .
Meeting at shepley Marina to then enjoy a relaxing boat ride along the canal.

CLIENT INVOLVEMENT

Tuesday 9th June 3.30pm-4.30pm CLEAR Come and have your say

Cooking Group for Ethnically diverse people

Wednesday: 22nd April 10.30am / 6th May / 3rd June - 10.30am - 12.30pm Meet at CLEAR 10.15am to go to St John's Resource Centre, 29 St John's road, HD1 5DX. We will prepare, cook and eat together. All ingredients are provided. We will cook vegetarian and halal. We will explore tastes & flavours from around the world with a new recipe each month. Come and enjoy food together.

Spring time walks & Sunday dinner

Sunday 26th April - Green Head Park Picnic 1pm - 3pm

Sunday 24th May Toby Carvery Ainley Top - 1pm - 3pm

Sunday 21st June - Crow Nest Park - 11am - 1pm

Pots and Seeds

Wednesday 20th May 4 - 5.30pm Come along to join in with decorating your own plant pot - using plants! - Take some seeds away and grow your own plant in the pot you have designed

Money on the mind workshop

Wednesday 17th June 12.30 - 2pm A workshop on savvy ways to help save money. taste test with cheaper alternatives and recognise when it is better to pardon a so called bargain!

Workshops and Courses

Workshops on CONFIDENCE and ASSERTIVENESS will be happening. See the notice board for this information. Courses on ANXIETY - what it is and how to manage your anxiety better will be running. Ask your key worker or any member of staff for more 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...