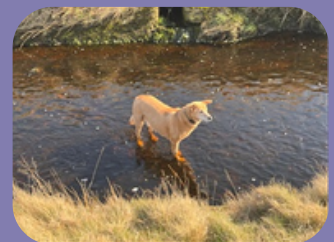




CLEAR QUARTER 4 REPORT

JANUARY - MARCH 2026

Inspiring Hope
Inspiring Change



HIGHLIGHTS

Throughout Q4 we've enjoyed a fantastic mix of one-off events, giving everyone lots of opportunities to try something new and get involved. These included our Burns Night and International Women's Day meet-ups, yoga sessions, nature walks, Chinese New Year-themed crafts and snacks, the Winter Warm Hub, an online Burns Night session, and trips out to the Piece Hall and Halifax – to name just a few!

One event that really stood out took place in February, when we brightened up a cold, wintry lunchtime with a visit to the Town Hall for a lunchtime organ concert. We had a fabulous time – the organ itself is an incredible instrument and hugely impressive, and the music was absolutely beautiful. It definitely put a spring in our step and was such a lovely way to spend the afternoon. As always, please keep feeding back your ideas about what you'd like to see happening in the service. You're very welcome to attend our quarterly timetable planning sessions, where you can help shape what we offer.

You may have noticed the service has felt a little "upside down" recently while we've been decorating. All our communal rooms have now had a fresh lick of paint, and the whole place is looking much brighter. Flooring changes are hopefully next – we're not quite finished yet, so watch this space!

"loved the organ concert. It was one of the best things I've done. It was amazing."



GROUP NEWS

We're really pleased to share that we've partnered with The Rest Stop service in Batley and are now using the Changes building next door to host fortnightly Sunday sessions. It's a great space, with a lovely outdoor area and a kitchen, and it's easy to get to – just a short walk from Dewsbury train station. We're excited about this new partnership and are very open to exploring different ways of using the space.

Looking ahead, we're hoping to run a variety of courses from there, including anger management, sleep support, and anxiety sessions.

In terms of attendance this quarter, our most popular groups were Creative Saturdays, with an impressive 27 people attending across the quarter. This was followed by Tranquil Tuesdays with 18 attendees, and All Together with 15.



"I really enjoy the groups. I feel this is lots of support. It is the only interaction I get and I love it. I like the Saturday group as it is a drop in and I can come and leave when I want.. I really enjoyed the winter warm hub and making the kindness calendar"

CO-PRODUCTION

We've been doing some really positive co-production work this quarter. A former client has shown an interest in developing our Sleep Workshop after attending one last year. Using feedback from him, alongside feedback from other participants, we met to review the workshop and made a number of changes. One of the main updates is that the workshop has now been developed into a two-session course.

The client is also keen to gain experience supporting the facilitation of a group, so we've agreed that he will support us in delivering the upcoming Sleep Workshop next quarter. It's been great to see people wanting to get involved and build their skills in this way.

We'll also be co-producing a CLEAR film with the Men's Talk digital group, which will highlight the service and the work we do. There will be plenty of opportunities to get involved in this project, so if you're interested, please let your key worker know and we'll be in touch.

Finally, we have a client involvement session coming up on 9th June, 3.30–4.30pm. This is your chance to have your say, share ideas, and help shape the service going forward – we'd love to see you there.



OUTREACH

Celebrating Collaboration: The Community Quilt
During Q4, participants at The Fields worked together to create a beautiful Community Quilt, which is now proudly displayed at Field Lane I & N School. Thirteen local residents took part, collaborating to design and sew a vibrant piece that celebrates creativity, connection, and community spirit.

The feedback has been overwhelmingly positive. Participants shared how the sessions helped build confidence, reduce feelings of isolation, and gave them valuable time for themselves, while being part of something meaningful and shared.



"I feel like I can do anything with my day now"

"Clear has helped me be creative and learn new skills and take my mind off stressful things"

TRAINING

This quarter, we attended some excellent training delivered by Pride of Romany, which focused on the mental health needs of Romany people and the barriers they can face when accessing support. This was a really valuable session and has helped strengthen our understanding and awareness.

We've continued to deliver regular in-house learning sessions as part of our team meetings. Topics covered this quarter have included risk management, how to be a more environmentally friendly service, and the Five Ways to Wellbeing. We also spent time exploring how the Five Ways translate into our day-to-day work – asking questions like how they link to the groups we offer and whether we're covering them all in a meaningful way.

Alongside this, we held a workshop focused on reviewing our timetable to ensure we're responding to client feedback and keeping our offer varied, relevant, and engaging.

We also continued to strengthen our neurodiversity (ND) understanding by delivering a second round of neurodiversity training. This time, the training was extended to other I&N services, including KDH and The Rest Stop Service. The response was really positive, and we're aiming to share this training more widely with our WTB partners in the coming months.

I will be more aware of language and proactive in making sure those with neurodevelopmental conditions are and feel supported based on the information and advice given in the training.

There are more characteristics associated with neurodevelopmental conditions than the typical ones you would expect and to be aware of how powerful language is when communicating as something as simple as the wording of a question can have a lot of influence.

VOLUNTEERS

It's been a lively and productive quarter for volunteering, with brilliant energy across our teams. Our regular volunteers continue to make a huge impact in groups week on week, with really encouraging feedback about the difference they're making — especially within wellbeing sessions. We've also welcomed fresh faces into the volunteer community, including a new student placement and a social media volunteer. Recruitment has been busy, with new volunteers lining up to get involved across groups and outreach. Alongside this, we've kept things flexible and supportive, checking in with volunteers as life and other commitments shift. We've also relaunched our quarterly volunteering drop-in sessions, making it easier for people to find out what's on offer and how to get involved. Next up, we're looking forward to celebrating National Volunteers' Week — a perfect chance to say a big, heartfelt thank you to everyone who gives their time and talent.

PARTNERSHIPS

INTERNATIONAL WOMEN'S DAY

To mark International Women's Day, the Women's Centre hosted a lovely event at their service, which we were pleased to be part of. We delivered a CLEAR Mindful workshop, with around 20 people attending. The event had a fantastic atmosphere, including an amazing art exhibition on display, and workshops delivered by all members of the WTB partnership. Carers Count also supported the event by hosting workshops in their space, allowing the day to be spread across two floors and making great use of the building.

At the end of the day, we came together for a debrief with WTB facilitators. We led a grounding and breathing exercise, which was really well received. CLEAR information was available on the shared WTB information desk, and a number of timetables and referral forms were taken.



SMOKING CESSATION

This quarter has been about strengthening our offer and making it easier for people to access support when they're ready. While we haven't worked with many new people yet, we have received a referral and will be starting support with them shortly.

We've been working closely with the WTB partnership to improve how people are referred into smoking cessation support. Together, we've created a new referral poster, which is now on display across services, including at CLEAR. We're also using a new WTB referral form, designed to make the process quicker and clearer for both staff and clients.

We're currently planning a meeting with the council to explore their new approach to smoking cessation, which includes providing vapes and incentives to support successful quits. This could help us offer more practical, accessible support to people who want to reduce or stop smoking. To make sure clients receive the best possible support, one of our workers also attended a two-day training course focused on the link between mental health and quitting smoking, as well as learning about new medication options. This means we're better equipped to offer understanding, informed, and tailored support when people choose to take that step.

If quitting or cutting down is something you're thinking about, support is available – reach out to your key worker to find out more.

WHAT YOU SAID

"As a company you have definitely gotten me out of my shell, I was quite timid when I first came due to an abusive relationship. My key worker went over and above to support me alongside other organisations and I will be forever grateful for this. I am now free of that relationship and able to get along with my life."

"I have really enjoyed my time at Clear, I have had some periods of absence where my physical health has stopped me going though. Each time I have been welcomed back and it's been great. I have met some amazing people and also, a lady who has become a very close friend of mine. We have been away and to musicals etc. Without coming to Clear I wouldn't have built up the confidence to do any of that. It's been great to talk about things going on in my marriage, I have felt really supported and listened to, and with the death of my brother it was great to have someone to talk with. I was nominated for an award within the community for writing a piece about my brother and the feeling of pride I got when I recognised some faces from Clear in the crowd was amazing. I'll be sad to go but have achieved so much in my 2yrs, and I cannot thank Clear enough for what they have done for me."

"My support worker has been understanding and encouraging supporting me in a gentle way to in planning goals and making changes. Yoga group has been better than I ever expected both for me physically and mentally and I use the breathing techniques in my everyday life when feeling overwhelmed."

I did the course on managing anxiety – the courses are good that Clear offers. I found it useful and it gave me insight into things. I am in a better place with my anxiety. That's improved a lot. I have learnt strategies to deal with it. I still refer to those things I learnt from the anxiety course. I used to feel 'I need to get to Clear' and be anxious to get here, now I feel OK and better about managing without Clear. The need is not as great anymore and I can manage things better myself now. I tell myself: 'it will pass' and it does. I don't have to carry it all on my own nor put myself last. I don't put myself last anymore. I am not the fixer and I don't have all the answers and that is OK. I notice it more if I go into old habits. I have more of a grasp of what it is to check in with myself. It is much more profound. It has been interesting to me how things develop and put things into practice and make it part of one's life. I have done a 360 turn, and it has had a profound impact on me and I will miss it, but I know I will be OK.

My confidence and self-esteem has grown. I have learnt to be calm and quiet, I don't need to be singing and dancing to be heard anymore or to show I exist like I used to do. I feel I am maturing and learning. I am looking after myself better and starting to love myself. I have discovered what self-care is. It is everything to me in my life now. . I am better at building in boundaries for myself now and I continue to be working on that. I was a mess when I first came to Clear but I am not now. I am now accessing other services: carers count, cgl, women centre and now seeking smoking cessation"

"I don't have an issue with confidence, but I still find the groups help me with my confidence with people from different walks of life. It lessens my perception of people judging me. I feel more at ease."

INFO GRAPHICS



225 people used our main service
&
147 people engaged with outreach

64 Referrals



60% Identified as Male



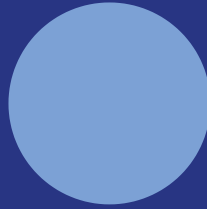
36% Identified as Female



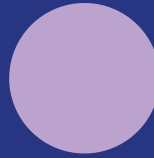
4% Identified as Non-Binary



Learning Disability 25%



Dementia 4%



Hidden Disability 6%

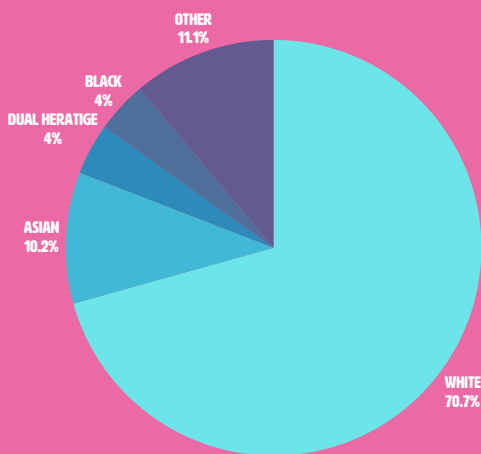


Physical Disability 1%

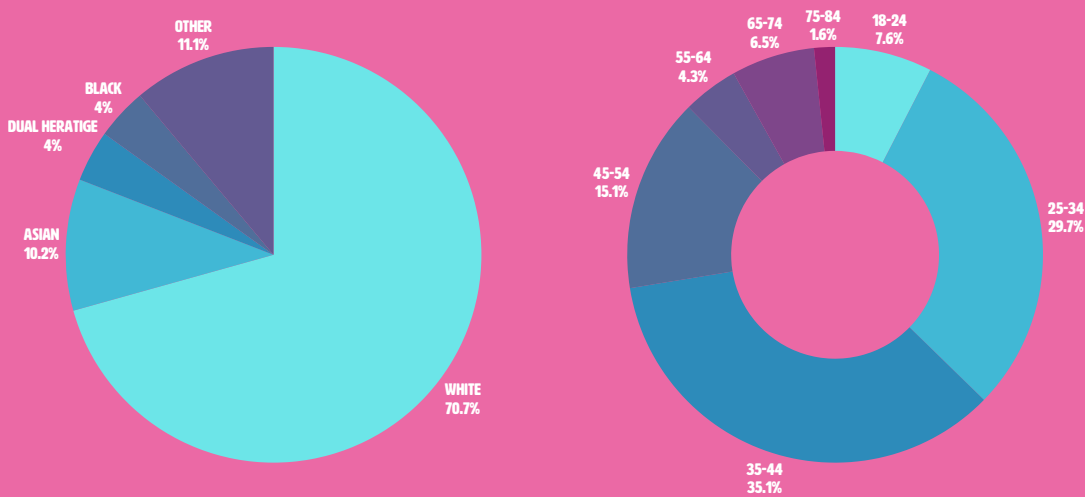


Ex Service 1%

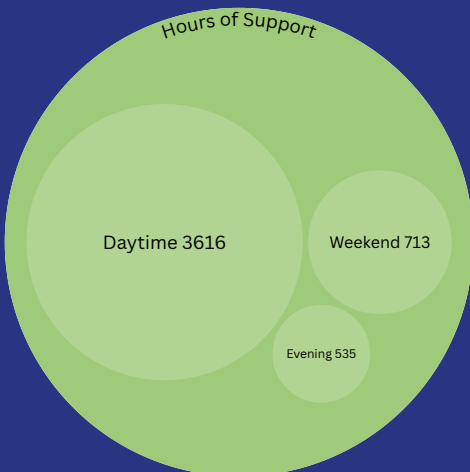
ETHNICITY



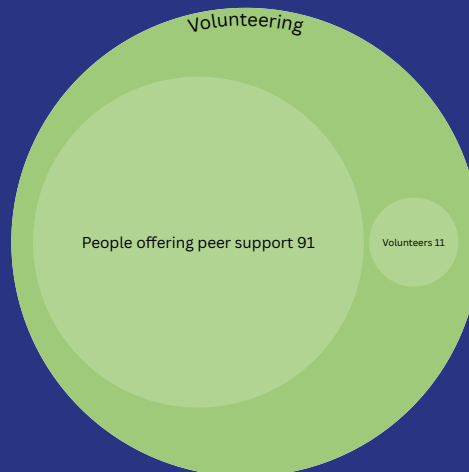
AGE



Hours of Support



Volunteering



OUTCOMES - CLIENT CASE STUDY

When A was referred to CLEAR by his psychologist and Community Psychiatric Nurse, he was at a very low point. He described feeling overwhelmed by low mood and suicidal thoughts, and struggled to see any way forward. Traditional therapy didn't feel right for him at that time – he felt he already understood the roots of his difficulties and didn't want to revisit them. Instead, he was encouraged to try something more practical and supportive, focused on day-to-day wellbeing. That's when he decided to give CLEAR a try.

At the start, A was living with chronic pain and mobility issues, alongside significant mental health challenges. These impacted his confidence, motivation, and sense of self-worth, and had begun to affect his relationships with family. Simply getting through each day felt exhausting.

Together, we worked with A to identify what he wanted to change. His goals focused on improving relationships with his family, finding ways to manage daily pain, building self-worth, and learning techniques to support his mental wellbeing. Support was shaped around his strengths, limitations, and what felt achievable for him.

A began attending Mindful Monday groups, where he learned practical mindfulness and breathing techniques. While he had tried breathing exercises before, he found that learning them in this supportive group environment helped everything "click". Over time, he began using these techniques independently to manage pain, low mood, and anxiety, noticing a real difference in how he coped day to day.

Alongside group work, regular one-to-one sessions provided a space for A to talk things through, be heard, and work at his own pace. Some sessions focused on strategies; others were simply about having the space to offload – both were equally important.

Acceptance also became a key theme, particularly around living well within his physical limits rather than battling against them.

As his confidence grew, A became actively involved in co-producing a "What is Mindfulness?" workshop, supporting others and contributing his own lived experience. This was a significant step in rebuilding his sense of purpose and value. Unexpectedly, he also discovered a talent for art through group sessions, which became another source of pride, enjoyment, and ongoing personal growth.

Over time, the impact of these changes became clear. A reported improved self-esteem, better pain management, and increased motivation. Most importantly to him, his relationships with his children and grandchildren strengthened, bringing a renewed sense of connection and meaning. He also gained confidence to continue learning and trying new things, including yoga and courses at the Recovery College.

After two years with CLEAR, A described feeling more hopeful, capable, and engaged with life. He continues to use the skills he's learned, maintain connections made through the service, and take active steps to look after his wellbeing.

"I am grateful I came to CLEAR. I've learned a lot, found things that really work for me, and rediscovered my confidence. It helped me keep going."

This journey reflects how practical, relationship-based support can help people move from crisis toward stability, confidence, and a renewed sense of purpose – at their own pace, and on their own terms.

WHAT'S COMING

We've got lots of exciting things coming up over the next few months and wanted to give you a little heads-up!

Our team is planning a sponsored walk to help raise money for the World Mental Health Day Lantern Parade. We've already started training and are aiming to hold the walk in early autumn.

Keep an eye out for posters in service with full details coming soon – watch this space! To celebrate World Bee Day, we've got a fun and creative session planned – flowerpot painting, alongside learning a bit more about bees and the importance of our ecosystem.

We're also really pleased to share that we've been awarded a small pot of funding to deliver additional sessions in the Denby Dale ward. We're working alongside other WTB partners to plan this, with activities starting over the summer and early autumn as part of our Denby Dale project. We've got a Money in Mind session coming up on 17th June, focusing on money, wellbeing, and practical support.

Finally, our social media is now fully up and running! Give us a follow to keep up to date with upcoming sessions, service news, and external events happening locally. If you'd like to get involved or want to know more about any of the above, just speak to a member of the team.

Q1 MONEY IN MIND

Q1 WORLD BEE DAY

Q1 CREATIVE WRITING

TIMETABLE QR CODE



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EMAIL: [CLEAR.HUDDERSFIELD@INSPIRENORTH.CO.UK](mailto:clear.huddersfield@inspirenorth.co.uk)

SOCIAL MEDIA - FOLLOW US ON: FACEBOOK;

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WEBSITE: [WWW.INSPIRENORTH.CO.UK/OUR-SERVICES/GET-HELP-AND-SUPPORT-PAGE/CLEAR/](http://www.inspirenorth.co.uk/our-services/get-help-and-support-page/clear/)

**WORKING
TOGETHER
BETTER**