



Inspiring Hope  
Inspiring change

# WELCOME

Welcome to Our 2025–2026 Annual Report

We are delighted to share another successful year at Clear. Over the past 12 months, we have delivered a diverse and engaging programme of groups and courses, supporting individuals across our community. A particular highlight was the return of our much-loved Lantern Parade to celebrate World Mental Health Day, bringing people together in a joyful and meaningful way.

This year, we have also deepened our understanding of neurodiversity and have made important adaptations to our systems and approaches to better meet the needs of those we support.

None of this would have been possible without your continued involvement, feedback, and ideas. Thank you for being such an important part of our journey and for contributing to the ongoing success of our service.

## MEET THE TEAM

We are proud of our dedicated and passionate team, who have continued to grow and evolve over the past year. Team members have developed and delivered new groups and have actively engaged in a range of training opportunities to ensure our service remains safe, inclusive, up to date, and welcoming for all.

Some of our training highlights include:

A course exploring the relationship between mental health and smoking cessation

Pride of Romany training, which focused on the mental health needs of Romany communities and the barriers they may face when accessing support

Neurodiversity training delivered by a team member with lived experience. This has been extremely well received and is now being extended to our WTB partners, with plans for wider rollout

Our NVQ learners continue to make strong progress towards their qualifications and are expected to graduate later this year. These courses have played a key role in developing leadership and coaching skills across the team.



# OPERATING THIS YEAR



This year has been such a joy in service, one of our best. The biggest highlight has been seeing so many of you step up to design and deliver your own group sessions. From time-travel workshops to cooking groups, you've shared skills, passions and lived experience in ways that make our space feel inclusive, safe and welcoming for everyone. We finally decorated too! The reception now has a comfy sofa, a bookshelf and clear info about what's happening in service and externally. The kitchen has a new table and chairs so you can sit, chat and take a breather. We've refreshed our branding in line with Inspire North, but still very much "us" the new postcards are a firm favourite. We've launched social media, updated the website to make it easier to use, and started a promotion drive because so many of you have told us how important Clear has been in your recovery, and we want more people to know we're here. Our outreach offer has grown as well, with regular workshops in the Batley School Hubs throughout term time. And of course, the Batley Hub quilts have been a standout - a beautiful example of creativity, connection and community impact. It's been a successful year all round, and we'd love to hear any ideas you have to help shape the service even further.

'clear offers much more than talking therapies and such. I feel the service is unique in that it offers a huge amount of support individually if needed and as part of a group or groups or special activities that really help with recovery. I have learned so much both from key workers and members of groups that I take part in.

Other peoples experiences have enhanced my understanding of the breadth of mental health issues and that I am not alone with mine. I have been given techniques to help me deal with my mental health.'

**WE SUPPORTED A  
TOTAL OF 534  
CLIENTS AND 442  
PEOPLE THROUGH  
OUR OUTREACH  
PROJECTS  
THIS YEAR  
WOW**

**INSPIRE  
NORTH**

# VOLUNTEERS

## Welcoming New Volunteers

It's been another brilliant year for volunteers at Clear. We've welcomed eight new people into the team, most of them young people who are studying, working and still finding the time to volunteer because they want to build skills and experience in mental health. That kind of commitment really does make a difference. Five of our existing volunteers have stayed in their roles for over a year now, which means they've built strong, trusting relationships with clients and staff alike. Two volunteers who moved on this year have gone straight into full-time roles in the care sector, which is exactly the kind of progression we love to see. Two of our volunteers also shared their stories at the Working Better Together partnership event in December, which was a proud moment for all of us. And a huge celebration is due for one volunteer who received our Client Support Medal for her consistent, dedicated support. She's volunteered an incredible 275 hours this year, regularly supporting the All Together group and Saturday Creative group, as well as helping on courses like Anger Management, Anxiety and Cognitive Stimulation Therapy with the Memory Clinic. She's also stepped in to plan sessions, facilitate groups and shadow assessments. She's a hugely valued member of the Clear team.

## Student Placements

We've also had two fantastic student placements this year — one Health and Social Care student from the University of Huddersfield and one Psychology student from Leeds Trinity University. Our Huddersfield student balanced significant caring responsibilities alongside university and placement work, and by offering a structured, supportive environment we were able to help her grow in confidence, facilitation skills and frontline client work. She also gained experience as part of the wider support team, attending events and team meetings. Our Leeds Trinity student has been busy across our North Kirklees groups and outreach projects, bringing fresh energy and insight to the work.

## Employee Volunteering

This year our staff team also began an employee-volunteering partnership with Kirkwood Hospice — a charity that's been providing free care for people with life-limiting illnesses since 1987. We spent a day sorting clothing and electricals for their shops and photographing higher-end outfits for eBay using the mannequins. It was a meaningful, hands-on way to support a brilliant organisation, and we've already booked two more dates to continue our contribution.



# OUTCOMES

## What people said.....

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.

"When I came here, I was introverted, nervous and timid. I was shy and wouldn't talk to anyone. Now I am outgoing, talk a lot, extroverted and I talk to anyone now, even strangers. I will dance in the street to my music, and I am not bothered about people looking at me. Example a college kid complimented my hair, and I gave him a high five. I would never have done that before coming to groups. Coming to groups has helped me connect with people and talk to people. Now I am confident to talk to people. I am no longer that timid person I used to be."

The caring approach has helped me most. The fact that the service is willing to tailor and offer what is best for me has helped immensely. I am now a lot more confident, I have higher self esteem. I feel I am worth something in life again. I am much more able to cope with life and what it throws at me now.

I have made so much progress in managing my anger, I am now more able to express my feelings and communicate better with family which has strengthened my relationships. They have all commented on how much calmer and open I am. I keep some of the anger materials on my wall as reminder that this is still something I need to work with, but I feel I have come so far from when I first came into Clear.

"I really enjoyed my 2 years at CLEAR, The MPSPG was a great support network for me and I met some lifelong friends along the way"

# MENS TALK

Men's Talk, CLEAR's applied-theatre project for men, began the year with a series of performances across West Yorkshire for a range of partners, including the Samaritans Regional Conference and the Baton of Hope event in Leeds.

In November, the project was shortlisted for "Campaign of the Year" at the National Men and Boys Award in London.

The men also began the process of creating a new piece of theatre exploring masculinity and mental health, which we plan to share during 2026



Association for Male Health and Wellbeing



"Man Made Theatre" – in rehearsals

Health and Wellbeing "Man Made Theatre" – in rehearsals

"Men's Talk is fundamentally a story of hope, a unique way of engaging with men and our communities to show that no matter how bad things get, if you can reach out for support things can get better, you can re-connect with yourself and others and find strengths and talents within yourself that you never knew you had". – Ruth Kettle CEO Inspire North

MT Digital

Clear's film-making project for men continued to develop. 2025 saw a significant increase in commissioned work – including projects with Kirklees Involvement Network, Create and Bloom and Inspire North.

MT Digital were proud to be involved in Cultures of Film, an exhibition hosted by the University of Huddersfield, featuring film-makers from across Kirklees.

Supported by Creative Frame CIC, the project has subsequently been commissioned to document and create short films in support of Culture Labs, in partnership with the University of Huddersfield during 2026.

Men's Talk continues to attract interest from outside of the organisation, with case studies featuring in a number of reports by Leeds and Huddersfield Universities, as they develop the case for Creative Health.



# ANNUAL STATISTICS

**Referrals**  
219

**Non Binary**  
5%

**Female**  
40%

**Male**  
55%

**Ethnicity**

**White**  
79%

**Black**  
4%

**Asian**  
11%

**Dual Heritage**  
6%

**Age**

**18-24**  
8%

**35-44**  
25%

**55-64**  
20%

**25-34**  
24%

**45-54**  
16%

**65+**  
8%

**Disability**

**Learning Disability**  
22%

**Hidden Disabilities**  
5%

**Dementia**  
5%

**Physical Disabilities**  
1%

**Daytime Hours**  
16,342

**Evening Hours**  
2,741

**Weekend Hours**  
3,038

# FINANCE

CLEAR Financial Analysis						
Community Links Project No: 7231						
Period 2024/25						
0						
Value		Apr-Jun	Jul-Sep	Oct-Dec	Jan-Mar	Total
Return Cost Category		1	2	3	4	Grand Total
Income	Grant Received - Revenue	177,290.48	177,290.51	177,290.52	177,290.52	709,162.03
	Other Income	4,500.00	9,000.00	6,750.00	19,171.00	39,421.00
<b>Costs</b>		<b>172,790.48</b>	<b>168,290.51</b>	<b>170,540.52</b>	<b>158,119.52</b>	<b>669,741.03</b>
	Employee costs	129,264.59	119,641.70	113,242.89	129,011.60	491,160.78
	Agency Worker costs	-	528.00	2,652.00	1,770.00	4,950.00
	Staff training costs	1,775.49	1,554.28	- 1.13	633.67	3,962.31
	Travel	960.17	824.01	482.07	987.42	3,253.67
	Advertising and stationery	705.74	442.18	172.40	477.99	1,798.31
	Office Equipment/Furniture	363.19	8.05	31.29	379.66	782.19
	Office Telephone and postage	97.50	479.19	559.35	462.16	1,598.20
	Mobile Phones	396.06	26.42	850.08	199.71	1,472.27
	Rent & Service charges	4,061.25	4,212.90	186.86	3,606.38	12,067.39
	Heat and Light (Huddersfield only)	639.00	- 3,346.33	529.29	691.54	- 1,486.50
	Office Cleaning	65.66	388.87	537.17	344.14	1,335.84
	Computer Expenses	3,635.14	3,753.01	3,735.71	4,287.88	15,411.74
	Renewals and repairs	89.36	888.92	249.00	1,414.95	2,642.23
	Activities	732.63	288.33	375.01	622.71	2,018.68
	Sundries	628.20	113.02	215.92	339.60	1,296.74
	Interpreter Fees	-	-	1,551.13	585.21	2,136.34
	Legal Fees	-	4,139.51	1,500.00	3,923.29	9,562.80
<b>Total Costs</b>		<b>143,413.98</b>	<b>133,942.06</b>	<b>126,869.04</b>	<b>149,737.91</b>	<b>553,962.99</b>
Central Cost	Central Cost	23269.61	23080.17	22938.71	23396.08	92684.56
<b>To be reinvested in the service</b>		<b>6,106.89</b>	<b>11,268.28</b>	<b>20,732.77</b>	<b>15,014.47</b>	<b>23,093.48</b>
<b>Total Costs</b>		<b>172,790.48</b>	<b>168,290.51</b>	<b>170,540.52</b>	<b>158,119.52</b>	<b>669,741.03</b>
<b>Under/Overspend</b>		-	-	-	-	-

# DEVELOPMENTS

**WE'RE EXCITED TO BE GROWING OUR ANNUAL WORLD MENTAL HEALTH DAY CELEBRATION. THIS YEAR, WE'RE TEAMING UP WITH WTB PARTNERS, DEWSBURY MOOR RUGBY CLUB, CREATIVE SCENE, AND THE BATLEY SCHOOL HUBS TO MAKE THE EVENT BIGGER, BRIGHTER, AND EVEN MORE ROOTED IN THE COMMUNITY. WE CAN'T WAIT TO BRING SOME LIGHT FILLED CELEBRATION TO CROW'S NEST PARK.**

**WE'RE ALSO WORKING CLOSELY WITH PARTNERS TO DELIVER A 10 WEEK SERIES OF SESSIONS IN THE DENBY DALE WARD THIS AUTUMN, WIDENING ACCESS AND MAKING SURE SUPPORT REACHES THE PEOPLE WHO NEED IT MOST.**

**OUR JOURNEY CONTINUES TOWARD BECOMING A SERVICE THAT IS TRAUMA-INFORMED, NEURO-INCLUSIVE, AND WELCOMING TO EVERYONE IN KIRKLEES. BY LISTENING TO YOU, LEARNING, AND ADAPTING, YOUR NEEDS AND EXPERIENCES HELP SHAPE THE WAY WE GROW.**

**WE WILL BE CONTINUING TO RUN A ROLLING PROGRAMME OF PROMOTION AND OUTREACH, MAKING SURE MORE PEOPLE KNOW WHO WE ARE, WHAT WE OFFER, AND HOW TO GET INVOLVED.**

**AND OF COURSE, THIS SITS ALONGSIDE OUR COMMITMENT TO DELIVERING A QUALITY SERVICE SHAPED BY YOU. YOUR FEEDBACK GUIDES OUR GROUPS, COURSES, AND PRIORITIES, SO PLEASE KEEP TALKING TO US, SHARING YOUR IDEAS, AND HELPING US BUILD SOMETHING THAT REALLY REFLECTS OUR COMMUNITY.**

# WTB PARTNERSHIP

Across 2025/26 we continued to be very committed to partnership working across Kirklees, especially as part of the Working Together Better Partnership where we come together with seven community mental health charities to help adults in Kirklees find their way to better mental wellbeing.

Each charity brings its own strengths – including creative and nature-based activities, employment and peer support, advocacy, information and advice, counselling and therapeutic groups. By working together, we can offer people a wide range of support and make sure help feels joined-up and complimentary.

Much of this work happens behind the scenes. Partners meet regularly to share learning, plan projects, develop joint communications and agree priorities. We also share expertise – for example around neurodiversity – so that everyone across the partnership can offer the best possible support.

During 2025/26, Working Together Better:

Developed a shared “Theory of Change”, setting out the impact we want to have on mental health in Kirklees and how we will achieve it together

Listened to local people through community consultation to understand what matters most to them about mental health and wellbeing

Set up a simple internal referral system, so people can move between partners smoothly (with consent) and get the right support at the right time

Created a Participation Strategy to ensure lived experience shapes all our work

We also delivered four much-loved community events:

A vibrant and intimate International Women’s Day celebration in Dewsbury with creative and wellbeing workshops

A summer event at Crow Nest Park for Carers Week and The Great Get Together with information stalls, games, Tai Chi and music-making

The return of the Lantern Parade to Crow Nest Park for World Mental Health Day

A Volunteer and Peer Champion celebration in December, thanking those who make our work possible

