



iClear

Timetable April - June 2025

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Social Media Follow us on:
Instagram: @Clear_Kirklees



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April

Mindful Mondays

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

11am - 1pm

Monday

*Service closed 21st due to bank holiday
no groups

Beat the Monday Blues

-Music Group

1pm – 2pm

2.30pm – 4.30pm

Mens Peer Support Group

5.30pm – 7pm

Hearing Voices Peer Support Group

Tranquil Tuesdays

-Mindful Group

1pm – 2.30pm

Tuesday

Time Travel Tuesdays

-History Group

5.30pm – 7pm

Wednesday

Warhol Wednesdays

-Art Group

11am – 12pm

Thursday

Scrap Journal Project

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

10.30am - 12.30pm

*Service closed 18th due to bank holiday -
No groups

Yoga session

- (No session 4th & 11th)

10.30am-11.30am

All Together

*waiting list – sign up through keyworker

1pm - 3pm

Saturday

Arts/Crafts and Board Games Drop in

10.30am – 12.30pm &
1.30pm – 3.30pm

Sunday

6th - Online -Quiz
13th - Sip and tell
20th - Online Easter quiz
27th - Colne Valley Museum

*Sign up with worker
& see posters for more info

May

Mindful Mondays

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

11am - 1pm

Monday

Beat the Monday Blues

-Music Group

1pm – 2pm

*Service closed 5th & 26th due to bank holiday - No groups

Mens Peer Support Group

2.30pm – 4.30pm

Hearing Voices Peer Support Group

5.30pm – 7pm

Tranquil Tuesdays

-Mindful Group

1pm – 2.30pm

Tuesday

Time Travel Tuesdays

-History Group

5.30pm – 7pm

Wednesday

*Service closed 21st due to Staff Away Day - No groups

Warhol Wednesdays

-Art Group

11am – 12pm

Scrap Journal Project

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

1pm - 3pm

Thursday

18-30 Group

5.30pm – 7pm

Art Group

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

10.30am - 12.30pm

Friday

Yoga session

10.30-11.30am

All Together

*waiting list – sign up through keyworker

1pm 3pm

Saturday

Arts/Crafts and Board Games Drop in

10.30am – 12.30pm & 1.30pm – 3.30pm

4th - Wilton Park Forest walk and Museum

11th - Armitage Bridge walk

18th - Online Session: Words in Mind

25th - Beaumont park walk

Sunday

*Sign up with worker & see posters for more info

June

Mindful Mondays

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

11am - 1pm

Monday

Beat the Monday Blues

-Music Group

1pm – 2pm

Mens Peer Support Group

2.30pm – 4.30pm

Hearing Voices Peer Support Group

5.30pm – 7pm

Tuesday

Tranquil Tuesdays

-Mindful Group

1pm – 2.30pm

Time Travel Tuesdays

-History Group

5.30pm – 7pm

Wednesday

Warhol Wednesdays

-Art Group

11am – 12pm

Thursday

Scrap Journal Project

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

10.30am - 12.30pm

Yoga session

10.30-11.30am

All Together

**waiting list – sign up through keyworker*

1pm 3pm

Saturday

Arts/Crafts and Board Games Drop in

10.30am – 12.30pm & 1.30pm – 3.30pm

1st - Morrisons cafe

Sunday

8th - Online Session: General knowledge quiz
15th - Picnic in the park
22nd - Piece Hall trip

~~*Sign up with worker~~
& see posters for more info

Activities, Trips and Events

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

April

Wild Garlic foraging

-Longwood Edge Woods

Thursday 10th 11am - 1pm

Barge Trip

Friday 11th - All Day trip

Healing Energies group

-Emotional Freedom Meditation

Wednesday 16th 10am - 11am

-Howlands Centre, School St,
Dewsbury WF13 1LD

Healing Energies group

-QiGong Session

Wednesday 30th 10am - 11am

-Howlands Centre, School St,
Dewsbury WF13 1LD

May

Healing Energies group

-Kundalini Yoga

Wednesday 14th 10am - 11am

-Howlands Centre, School St,
Dewsbury WF13 1LD

Introduction to Emotional freedom techniques

Friday 23rd 1pm - 4pm

Healing Energies group

-Reflexology

Wednesday 28th 10am - 11am

-Howlands Centre, School St,
Dewsbury WF13 1LD

June

Quarterly Client Focus group

Monday 2nd 3pm - 4.30pm

Healing Energies group

-Remedial self help massage

Wednesday 11th 10am - 11am

Women's Circle Summer

-Dewsbury (Sensory world café)

Thursday 19th 1pm - 3pm

Women's Circle Summer

-Huddersfield

Friday 20th 10am - 11am

Healing Energies group

-Reiki

Wednesday 25th 10am - 11am

Wild Garlic Foraging

Join us in TP woods to forage wild garlic. We'll learn a little about the plant, it's benefits and how to use it. Recipes included for you to try at home. Bring a basket or container to put your wild garlic in along with some lunch or snacks to enjoy in the woods. Meet at Clear reception at 11 am. Will need bus fare also- bus fares may increase from April onwards.

Quarterly Client Focus Group

Come along to share your thoughts and ideas with us, see poster for more details.

Healing energies groups:

Emotional Freedom Meditation – Using EFT (Emotional Freedom Techniques) and Guidance Cards, we will use this session to drift off into a relaxing meditative state and deeply reflect and embody the messages that the cards bring to us.

QiGong – This ancient Chinese exercise helps move energy through the body to help core strength, keep limbs supple and to promote healing in the body.

Kundalini Yoga – Come experience the revitalising practice of Kundalini Yoga, often called “Yoga of Awareness” helps you activate energy within your body and feel more focused and energised.

Reflexology – This session will highlight the key techniques of Reflexology and how this can be used to improve health and improve energy flow.

Reiki – Reiki is an ancient Japanese practice of healing the body and mind by drawing energy from the world around us, using a deep meditation and Reiki Master to guide the energy to where I bodies need this most.

Introduction to Emotional Freedom Techniques

Learn the history and benefits of EFT and learn 3x different useful techniques within the EFT umbrella that can be used at home to support health and wellbeing and self-care techniques.

Women's Circle Summer

Come and celebrate the Summer Equinox, with an open sharing circle and guidance cards and energising meditation

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...