



# ANNUAL REPORT 2024-2025



Inspiring Hope  
Inspiring change



# WELCOME

Welcome to our 2024/25 Annual Report!

It's been a vibrant and productive year for us. We've delivered a range of exciting groups and courses, expanded our outreach efforts, and proudly established a presence within the BBEST school hubs in Batley. Most notably, we celebrated 10 incredible years of the CLEAR service! All of this has been made possible with your continued input and ideas. Thank you for being an essential part of our journey and contributing to the ongoing success of the service!

## MEET THE TEAM

### Meet the Team

Here's our wonderful team! Over the past year, we've continued to grow and evolve. Many team members have created new groups and engaged in valuable training to ensure our service remains safe, inclusive, and welcoming for all.

Some of the training highlights include:

Advanced Group Facilitation

KUF (Knowledge and Understanding Framework)

ASIST (Applied Suicide Intervention Skills Training)

We're also proud to have welcomed our first Support Worker Apprentice and enrolled two of our managers onto NVQ Level 5 training, further strengthening the team's expertise and development.



# OPERATING THIS YEAR



This year, we set out to better understand what was already available across North Kirklees and where the gaps were. Through our research, we identified Batley as an area in need of more group activities. In response, we teamed up with BBEST schools and quickly launched a series of term-time groups, open to the whole community. We're thrilled to say these have been a real success!

In Dewsbury, we continued to run our much-loved groups at Connect Housing and Empire House. Over in Huddersfield, our home base, some of our most popular sessions this year have included Tranquil Tuesday, Warhol Wednesday, and the long-standing favourite All Together.

Even better, many of this year's new groups were inspired by your ideas. Thanks to your suggestions, we introduced new sessions like Women's Circle, Yoga, and Beat the Monday Blues, to name just a few.

We've also made the most of the outdoors, enjoying local walks, museum visits, and picnics, proving once again that connection and wellbeing don't always need four walls.

Thank you for being such a vital part of this journey. Your input, presence, and enthusiasm continue to shape everything we do.

**'I FOUND THE CALMNESS, CONFIDENCE, NON-JUDGEMENTAL APPROACH WAS VERY HELPFUL. I FELT LISTENED TO, AND WELCOMED AND THINGS WERE TAKEN INTO CONSIDERATION. MY MENTAL HEALTH HAS COMPLETELY CHANGED AND HAS BEEN ON A REALLY GOOD LEVEL FOR THE LONGEST TIME EVER. I HAVE WAYS THAT I DEAL WITH MY DAILY LIFE NOW THAT IS DIFFERENT AND I CAN ACHIEVE MY GOALS. I HAVE SELF BELIEF. LONG MAY THE SERVICE CONTINUE AND HELP OTHERS'**

**WE SUPPORTED A  
TOTAL OF 513 CLIENTS  
THIS YEAR  
WOW**

**INSPIRE  
NORTH**



# VOLUNTEERS

## Welcoming New Volunteers

This year, nine new volunteers joined Clear, bringing with them a wide mix of experiences, ages, and backgrounds. Some came to give back during retirement by supporting others with their mental health, while others joined to build confidence and skills for future work in community support, counselling, and mental health services. Whatever their reasons, each new volunteer brought care, kindness, and energy to our community.

## In2Care Kirklees

We set up a new referral pathway this year through In2Care Kirklees, for people who want to explore working in the Care Sector. Thanks to this new link, we've welcomed a steady stream of volunteer applications bringing more friendly faces and helping hands to Clear.

## Student Placements

We were also lucky to host two brilliant students from the University of Huddersfield's Health and Social Care degree:

Student A joined three regular groups each week, helped plan activities around BAME wellbeing, and supported community outreach at the Hudawi Centre with our partner IASK. They completed training and became a valued part of our team.

Student B took part in four regular groups and, after building confidence with staff support, went on to co-lead two sessions! They also helped clients design beautiful quilt squares for our 10-year anniversary project. As a Hong Kong national who had encountered challenges in previous placements due to language barriers and interpersonal difficulties, their experience at Clear was very positive. Their creative writing skills were especially appreciated by both clients and staff.



# OUTCOMES

## What people said.....

I FEEL LIKE I HAVE BEEN LISTENED TO THOROUGHLY AND NOT HAD TO GO OVER MY STORY LOTS OF TIMES. THE SERVICE IS VERY WELCOMING FROM THE FIRST INFO SESSION TO NOW. I HAVE HAD ISSUES WITH HOUSING AND IT HAS NOT BEEN TOO MUCH TROUBLE TO GET SUPPORTING LETTERS, EVEN MY WORKER WASN'T IN IT WAS DOWN BY ANOTHER WHICH IS AMAZING. I LOVE THE GROUPS THEY ARE CHILLED AND FRIENDLY, I HAVE MET SOME GREAT PEOPLE AND LOVE THE PEER SUPPORT VIBE THEY HAVE. MY 1:1 SESSIONS HAVE BEEN GREAT, I FEEL LIKE I HAVE BEEN ABLE TO SPEAK AND NOT BE JUDGED, PURELY JUST LISTENED TO WITH ANY ADVICE ETC GIVEN AFTERWARDS, ESPECIALLY AFTER I HAVE BEEN SO ILL RECENTLY, THERE WAS AN UNDERSTANDING I DIDN'T NEED TO ATTEND UNTIL I WAS WELL ENOUGH. MY CONFIDENCE HAS GROWN A LOT THROUGH DOING GROUPS AND I AM KEEN TO GET STARTED AGAIN AFTER MY STAY IN HOSPITAL. MY RECENT SCARE HAS MADE ME LOOK AT THINGS DIFFERENTLY AND I WANT TO HELP MYSELF NOW. FROM MY EXPERIENCE SO FAR I CANNOT FAULT THE SERVICE AT ALL, EVERYTHING HAS WORKED FOR ME FOR THE BETTER.

I RECENTLY COMPLETED THE ANGER MANAGEMENT COURSE, IT HAS REALLY HELPED ME TO BE MORE IN CONTROL OF MY EMOTIONS AND HAS HAD A POSITIVE IMPACT ON MY RELATIONSHIPS WITH FAMILY AND FRIENDS. I FEEL MORE CONFIDENT IN DEALING WITH SMALL CONFLICTS WITH MY STEP CHILDREN NOW, THEY SEEMED MASSIVE BEFORE BUT NOW ARE MANAGEABLE

HOW IT HAS HELPED ME IS THE SENSE OF COMMUNITY, BEING ABLE TO BE MY AUTHENTIC SELF, NOT HAVING TO HIDE MY MENTAL HEALTH ISSUES AND BEING ABLE TO TALK OPENLY WITH PEOPLE. NOT BEING JUDGED BY MY PEERS OR SUPPORT WORKERS. THAT IS MASSIVE FOR ME. BEING SUPPORTED BY THE WORKERS AS WELL AS MY PEERS IS MASSIVE FOR ME. IT HAS MADE SUCH A BIG DIFFERENCE FOR ME. THE BIGGEST THING FOR ME IS BEING MYSELF. IT MAKES ME FEEL LIKE I BELONG AND I AM NOT AN OUTCAST LIKE IN THE REST OF THE WORLD. I HAVE TO PRETEND TO BE NEUROTYPICAL IN THE REST OF THE WORLD BUT I DO NOT HAVE TO DO THAT AT CLEAR. ""MY SELF ESTEEM IS BETTER AND MY SELF CONFIDENCE IS BETTER.

· EVERYONE IS SO HELPFUL IF I NEED ANYTHING THEY CAN HELP ME- IF I NEED SOMEONE TO TALK TO THEY ARE ALWAYS THERE- EVERYONE IS SO UNDERSTANDING ABOUT MY BELIEFS- CLEAR HELPED 100%. I LIKE THE WARHOL WEDNESDAYS LEARNING TO DO DIFFERENT THINGS - I'M LOOKING FORWARD TO TODAY'S SESSION. I RECOMMEND TO PEOPLE THE SERVICE - A PLACE FULL OF FUN

I WAS VERY LATE DIAGNOSED IN 2023 WITH BPD - I DID RESEARCH ABOUT IT AND SINCE COMING TO CLEAR I FEEL MUCH BETTER IN MYSELF AND MY CONDITION AND MEETING OTHERS WITH THE SAME CONDITION HAS HELPED ME MASSIVELY. " "I AM MORE CONFIDENT TO GO OUT AND ABOUT BY MYSELF AND MEET NEW PEOPLE AND GROUPS IN OTHER PLACES" " I FEEL I AM IN CONTROL OF MY LIFE MORE NOW" "EVEN THOUGH I AM GOING THROUGH A VERY TERRIBLE AND DISTRESSING TIME AT THE MOMENT - I CAN COPE WITH IT BETTER BECAUSE OF THE SUPPORT I HAVE HAD AND I AM GETTING FROM CLEAR" "I AM MORE RESILIENT. I AM STILL WORKING ON THAT. I COPE MUCH BETTER THESE DAYS



# MEN'S TALK

## Men's Talk 24

Following a series of successful performances in 2023, the men were keen to continue to share their work.

During 2024 bookings were made by a wide range of organisations taking the men across the north of England for performances in Sheffield, Manchester and Leeds.

Audiences included University students, civil servants, health professionals, service providers and service users:

Men's Talk finished the year with performances for Wakefield Samaritans and for service users who joined us The Mission in Huddersfield.

*"Men's Talk has really engaged me in positivity. My suicidal thoughts have diminished and I am committed to work hard for a good outcome".*

*"Men's Talk is all about engaging in doing work as a cohesive group. Unlike individual therapies Men's Talk relies on you being a team player and supporting each other"*



Growing skills and reputation has led to further commissioned projects this year, including the production of a short film for Leeds Mind, focussing on their Batley based service for young people who have been bereaved through suicide.

*"Working with MT Digital has been a fantastic experience from start to finish. Communication throughout the process was clear, timely, and professional, ensuring we always felt informed and supported".* Leeds Mind

MT Digital successfully hosted their Annual Showreel event showcasing a range of work created throughout the year, including their work in support of the White Ribbon Campaign..."It starts with men..."

IT STARTS WITH MEN 



# ANNUAL STATISTICS

**Referrals**  
**298**

**Ethnicity**

**Age**

**Disability**

**Daytime Hours**  
**18,068**

**Evening Hours**  
**3,384**

**Weekend Hours**  
**3,268**

**Non Binary**  
**3%**

**Female**  
**43%**

**Male**  
**54%**

**White**  
**74%**

**Black**  
**4%**

**Asian**  
**19%**

**Dual Heritage**  
**3%**

**18-24**  
**10%**

**35-44**  
**20%**

**55-64**  
**17%**

**25-34**  
**23%**

**45-54**  
**20%**

**65+**  
**10%**

**Learning  
Disability**  
**19%**

**Dementia**  
**10%**

**Hidden  
Disabilities**  
**4%**

**Physical  
Disabilities**  
**2%**

# DEVELOPMENTS

**NEXT YEAR, WE'RE EXCITED TO KEEP EXPANDING OUR OUTREACH WORK, BRINGING FLEXIBLE, RESPONSIVE SESSIONS INTO MORE LOCAL AREAS, SHAPED BY THE NEEDS OF THE PEOPLE WHO LIVE THERE. WE'RE ESPECIALLY COMMITTED TO DEEPENING OUR UNDERSTANDING OF GYPSY, ROMA, AND TRAVELLER COMMUNITIES, AND WE HOPE TO BUILD MEANINGFUL CONNECTIONS THAT LEAD TO INCLUSIVE, RELEVANT SUPPORT.**

**WE'RE ALSO TAKING IMPORTANT STEPS TO STRENGTHEN HOW WE SUPPORT NEURODIVERGENT INDIVIDUALS. THROUGH FOCUSED RESEARCH AND LISTENING CLOSELY IN DEDICATED FOCUS GROUPS, WE AIM TO MAKE OUR SERVICE AS WELCOMING AND ACCESSIBLE AS POSSIBLE FOR EVERYONE.**

**ANOTHER BIG CHANGE ON THE HORIZON IS OUR REBRAND. AS COMMUNITY LINKS JOINS FORCES WITH FOUNDATION UNDER THE INSPIRE NORTH UMBRELLA, YOU'LL START TO SEE A NEW NAME AND LOOK—BUT THE SAME HEART AND PURPOSE.**

**WE'LL BE INVESTING TIME AND ENERGY INTO MAKING SURE PEOPLE KNOW WHO WE ARE, WHAT WE OFFER, AND HOW TO GET INVOLVED BECAUSE ONE OF THE THINGS WE HEAR MOST OFTEN IS: "WE DIDN'T KNOW YOU WERE HERE!"**

**WE'RE CHANGING THAT—TOGETHER.**



# WTB PARTNERSHIP

In 2024/25 we continued to play an active role in the Working Together Better Partnership (WTBP), a Kirklees group of seven local mental health charities. Together, we offer open and friendly support for adults to help them find their way to better mental wellbeing by boosting their confidence, building resilience and making connections.

Across the partnership we provide:

- Creative activities
- Nature based and wellbeing activities
- Information and support
- Advocacy
- Employment and peer support
- Counselling
- Groups using therapy approaches

This year, we've deepened our partnership, brought in new people, built trust, and started to shape a shared identity that values each partner and our joint work. We collaborated across four groups:

- Steering Group for setting direction
- Operations Group for projects and practice
- Comms Group for our shared voice
- Neurodiversity Group for developing ideas to better support neurodivergent people in our teams and communities.

Two central team members joined the partnership this year, one focusing on strategy and one on diversity and community engagement. They've helped us drive forward big goals like shared communications and participation, developing a new neurodiversity project and beginning our Theory of Change as part of evaluating how we work together.

We also co-designed and co-facilitated successful community events:

- A WTBP Partnership Day for staff across the partnership to connect and learn,
- A wellbeing fair for World Mental Health Day in Dewsbury,
- Our first Volunteer Celebration event, and
- A lively and buzzing International Women's Day gathering with wellness activities and workshops.

Our comms group has been busy supporting these events. They have also developed a new website and a tagline so it's easier for people to access the right support no matter which partner they come through.

