



CLEAR QUARTER 1 REPORT

APRIL - JUNE 2025

**Inspiring Hope
Inspiring Change**



HIGHLIGHTS

As many of you will now be aware, we have officially merged with our sister company, Foundation, under the Inspire North umbrella. This exciting development marks a new chapter for us all.

You may have noticed our new website while it's not quite perfect yet, we're actively working behind the scenes to refine it. Your patience is appreciated, and we welcome any feedback you may have to help us improve it.

As part of this transition, you'll also start to see new branding introduced. We're moving away from the familiar blue and yellow of Community Links and embracing a broader, more vibrant colour palette that reflects the diversity and energy of Inspire North.

We'd love to hear your thoughts on these changes please do let us know!

GROUP NEWS

In other news this quarter, we've made the most of the fantastic weather by delivering a range of engaging and enjoyable sessions. From garlic foraging and springtime walks to creative music workshops, expressive art groups, and grounding practices in our Meditation Monday and Tranquil Tuesday sessions it's been a season full of energy and connection.

In addition to these activities, we've continued to deliver our core courses, including our well-attended Anger course. This has supported many individuals in developing practical tools to better understand and manage their emotional responses.

'finding it interesting to see how all the strategies can come together to form a plan to stop me getting so worked up. Particularly with retiring in the near future.'



CO-PRODUCTION

Healing Energies Group – Free Holistic Therapy Tasters Just for You

We're really excited to invite you to the Healing Energies Group – a new series of free holistic therapy taster sessions happening in the Dewsbury and North Kirklees area.

Whether you've always been curious about things like Reflexology, EFT (Emotional Freedom Techniques) or Kundalini Yoga, or you're just looking for new ways to support your wellbeing, this is a great space to explore in a relaxed, friendly setting.

What makes this group special is that it's co-produced with clients. Two Clear clients have been involved from the start – helping to shape the idea, write the funding bid, and design sessions that are meaningful and accessible. They've also been out there spreading the word and getting others involved.

Each session is built around what clients have said they'd like to try. You'll get a chance to experience something new, learn simple techniques you can use at home, and take away resources to explore things further if it feels right for you.

The feedback so far has been amazing – people have found the sessions calming, interesting, and a really helpful way to try out therapies they might not have considered before.

If that sounds like something you'd enjoy, keep an eye out for our next session. We'd love you to join us.

"I LOVE THESE WEDNESDAY SESSIONS. THEY ARE VERY WELL LEAD, AND I LEARN SO MUCH FROM THEM"

"THE REIKI WAS A FANTASTIC SESSION; I AM A REIKI MASTER AND FELT IT WAS GREAT TO DO THIS SESSION"

OUTREACH

Our outreach sessions are really going from strength to strength!

We've continued to run our regular term-time sessions with the Batley BBest school hubs, where we're seeing some lovely engagement with familiar faces returning each week.

Alongside this, we've been out and about connecting with even more people – including sessions at the Brunswick Centre, Al Hikma Centre, the Parent Carer Group in Batley, and more recently, returning to Carers Count for additional sessions.

It's been brilliant to see the interest and energy growing in each space, and we're excited to keep building on this momentum in the coming months reaching new communities, creating safe spaces, and continuing to offer support where it's needed most.

Watch this space – there's more to come!



"I ENJOY THE WAY THIS SESSION WAS DELIVERED. IT MADE A LOT OF SENSE THE WAY YOU PUT THINGS HANNAH. ITS ALL VERY RELEVANT TO MY LIFE AT THE MOMENT."

TRAINING

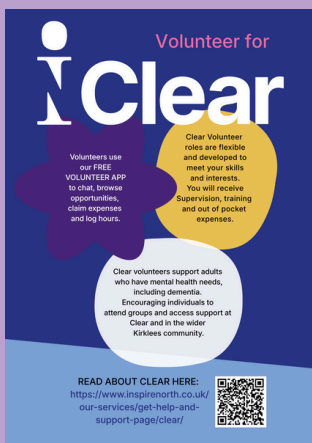
Three members of our team are currently working towards NVQ qualifications, each contributing to their personal growth and the continued development of our service.

Our fantastic apprentice is completing a Level 3 qualification in Social Care.

Hannah, our dedicated Senior Support Worker, is undertaking a Level 5 Leadership and Management qualification, which she's finding incredibly valuable for her professional development.

I'm currently studying for a Level 5 Coaching qualification. It's been a great opportunity to reflect, grow, and develop both personally and in ways that will benefit our team and ultimately, you.

VOLUNTEERS



We have been busy this quarter looking at branding and trying to make sure all our services at Clear are a reflection of the main service, our volunteer coordinator has done a fabulous job re designing all of our Volunteer material.



PARTNERSHIPS

COOKING GROUP

Our monthly cooking group for culturally diverse communities has got off to a fantastic start! Thanks to generous donations from McKinley Caribbean Shop, we cooked up a storm in our first session — sharing delicious food, culture, and great company.



WTB

We joined our working together better partners on June 19th at Crows Nest Part to celebrate carers week and the great get together, we had a great day together meeting new people and spreading the word of the partnership!



SMOKING CESSATION

We have worked with 3 clients this quarter to stop smoking. things are going well, with one of the clients working with us to Co produce a workshop within Clear around mental health management . We are continuing to promote and if we get more than 4 clients we will create a group.

WHAT YOU SAID

IT IS A SAFE SPACE. I LIKE COMING HERE. BECAUSE I AM NOT ON MY OWN IN MY HOUSE THINKING... IT EASES THE BURDEN OF LIFE, BEING HERE. GROUPS HELP. HAVING GROUPS STOPPED ME FROM COMMITTING SUICIDE." "THE PEACE I HAVE INSIDE ME WHILE I AM HERE. I GET TO KNOW WHO I REALLY AM. I HAD MY FEELINGS IN DRINK AND DRUGS AND NOW I AM SEEING MY OWN REALITY." "I MADE A BEE HIVE AND NOW I AM THINKING OF WHOM TO GIVE IT TO. ""I FORGET ABOUT MY PROBLEMS WHEN I WALK THROUGH THE DOOR."

"I LIKE THE SMALL GROUPS WHERE EVERYBODY IS THERE FOR THE SAME REASON" "EVERYBODY IS THERE FOR THE SAME THING WHICH MAKES ME FEEL LESS ANXIOUS, MORE RELAXED AND CALM." "MEETING PEOPLE WHO ARE STRANGERS AND THAT IS OK BECAUSE WE ARE ALL THERE FOR THE SAME REASON" "AND EVERYBODY IS NON JUDGEMENTAL" "IT FEELS LIKE A SAFE SPACE AND IT IS NICE TO SEE FAMILIAR FACES"

"I LIKE THAT THERE ARE COURSES AND WORKSHOPS AND I COME HERE TO DO AND LEARNING FROM PEOPLE IN A SIMILAR SITUATION" "WE ARE WORKING TOGETHER AS PEOPLE WHO ARE ON THE SAME LEVEL" "MAKING CONNECTIONS"

"I NOW HAVE A REASON THAT IS NOT A CHORE TO GO OUT OF THE HOUSE WHEN I AM FEELING ABLE TO."

"IT IS NICE TO WANT TO GO TO CLEAR AND SEE A FAMILIAR FACE, IT IS A SAFE SPACE."

FOR ONE THING - ALL THE SERVICE USERS ARE ALL HERE FOR THE SAME REASONS ALTHOUGH WE HAVE DIFFERENT STORIES. IF I WAS SOMEWHERE ELSE I WOULD PUT ON A BRAVE FACE WHERE AS HERE I CAN SAY - 'MY MIND IS SCREWED UP.' NORMALLY I WOULD BE RESERVED ABOUT SAYING THAT TO SOMEONE ELSE ELSEWHERE. " IT IS A SAFE SPACE FOR SERVICE USERS/CLIENTS TO BE OPEN AND FREE ABOUT HOW THEY FEEL AND FEEL SAFE TO SPEAK ABOUT IT. IT IS WELCOMING. "STAFF AND SERVICE USERS ARE APPROACHABLE WHICH IS NICE. WE RESPECT EACH OTHER" "IT IS A CHANGE TO WHAT I WAS BEFORE - I DON'T WORK. I DON'T RECEIVE BENEFITS. " " GENERALLY THE ONLY REASON I GET OUT OF THE HOUSE IS TO GO FOR COFFEE WITH MY WIFE OR GO ROUND THE VILLAGE. NOW I COME HERE, IT IS SOMETHING TO LOOK FORWARD TO." "I CAN SEE ANYWHERE WHERE YOU CAN IMPROVE YET."

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.

ENCOURAGING ME, OFFERING ME ONE TO ONE MEETINGS, LETTING ME GET THINGS OFF MY CHEST IN THE MEN'S PEER SUPPORT GROUP. RUNNING A USEFUL ANGER MANAGEMENT COURSE. INCREASED MY CONFIDENCE. CREATED SOME GREAT FRIENDSHIPS

ANGER MANAGEMENT COURSE: GREAT GROUP WITH GREAT MODULES. EVERYONE FELT COMFORTABLE ENOUGH TO OPEN UP. LOVED THE 6 9 PERSPECTIVE TAKING EXERCISE. USING TOOLS TO HELP CALM UNHELPFUL RESPONSES TO ANGER

INFO GRAPHICS



326 people used our service

78 Referrals



51% Identified as Male



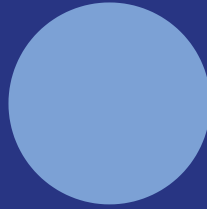
45% Identified as Female



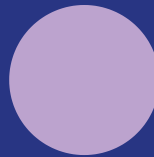
5% Identified as Non-Binary



Learning Disability 16%



Dementia 6%



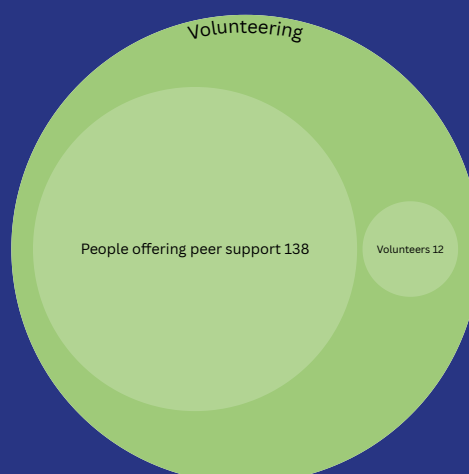
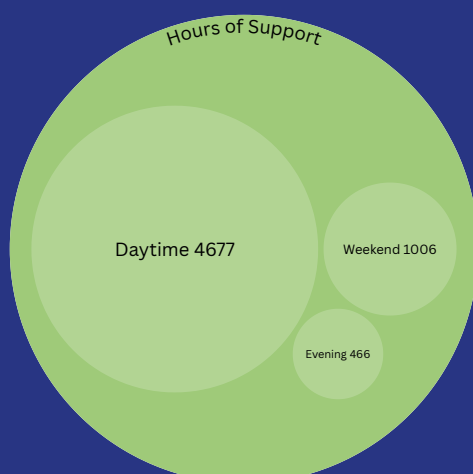
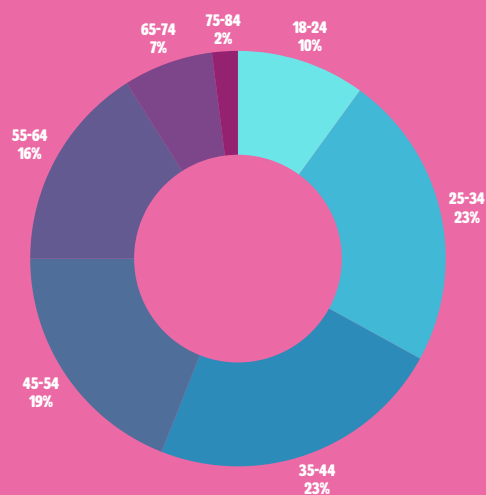
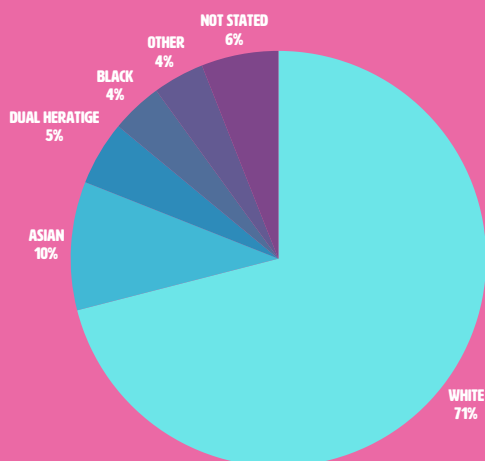
Hidden Disability 2%



Physical Disability 1%



Ex Service 1%



OUTCOMES - CLIENT CASE STUDY

Background

The client, a retired professional with a background in education and extensive volunteer experience supporting mental health through the Samaritans, joined CLEAR in 2025 following a significant life change. After many years of caring for a chronically ill partner, she experienced bereavement in 2024. Although she maintains good relationships with family and friends, she now lives alone in a large, isolated house that feels increasingly unmanageable and emotionally burdensome.

Current Challenges

The client's home is situated on a steep hill and physically distanced from neighbours, exacerbating her feelings of loneliness. She describes herself as "feeling isolated," and acknowledges that she may still be in a period of grief. The house is currently up for sale, as she is seeking to move into a more accessible, community-oriented environment. However, the lack of interest from potential buyers is a source of anxiety and contributes to her sense of being "stuck." She reports difficulties sleeping and an ongoing sense of worry about her future.

Referral and Motivation

The client was referred to CLEAR by her local community hub. After viewing our timetable and attending a Welcome session, she expressed interest in joining several activities. During her initial assessment, guided by the Five Ways to Wellbeing framework, she identified a strong desire to reduce social isolation, build new connections, and spend less time alone in a space that reinforces feelings of worry.

Engagement with CLEAR

In her first two weeks, the client attended Time Travel Tuesdays and the CLEAR 10-Year Celebration. She gave highly positive feedback on both experiences. She described the history session as "amazingly detailed" and "superbly put together," adding that it was both enjoyable and educational. She particularly appreciated the presentation style, which she described as "relaxing, welcoming, and well presented." At the anniversary celebration, she found the speeches and performances "inspiring and emotive" and especially enjoyed the creative pebble painting activity, which she saw as a welcome moment of calm. She commented on the warmth of the atmosphere and expressed appreciation for the sense of shared experience among participants.

Outcomes and Reflections

Although still early in her journey with CLEAR, the client reports feeling encouraged by the community spirit and looks forward to attending more sessions. She has already found value in spending time with other attendees and listening to their stories. Her engagement with the group is helping to restore a sense of connection and purpose, while gently supporting her through ongoing grief and life transitions.

Future Intentions

The client plans to continue participating in sessions and events, with the goal of rebuilding her social world and finding a new rhythm in her life post-loss. She is also exploring future opportunities to contribute in meaningful ways, now with an intention to prioritise her own wellbeing.

WHAT'S COMING

We're thrilled to be gearing up for this year's World Mental Health Day celebrations!

We're especially excited to announce the return of our much-loved Lantern Parade at Crow Nest Park.

In the lead-up to the event, we'll be hosting a series of lantern-making workshops across both North and South Kirklees so keep an eye out for posters and announcements in your area to get involved!

More details about the main event will be shared soon watch this space!

Q2 BLACKBERRY FORAGING

**Q2 LANTERN MAKING
WORKSHOPS**

Q2 10 PIN BOWLING

TIMETABLE QR CODE



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TOGETHER
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