



# **Timetable July - September 2025**

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# JULY

## Mindful Mondays

Held at Connect Housing, 21 Bond Street,  
Dewsbury, WF13 1AX

11am - 1pm

Monday

*\*Please note Mindful  
Mondays will be held  
at a different  
location on 21<sup>st</sup> and  
28<sup>th</sup>*

## 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 4<sup>th</sup> Floor Empire House,  
Wakefield Road, Dewsbury, WF12 8DJ

1pm - 3pm

## 18-30 Group

5.30pm – 7pm

Friday

## Art Group

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

11am - 1pm

## Yoga

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 Session: Words In Mind  
13th - Greenhead Park Walk  
20th - Wilton Park Walk  
27th - Tolson Museum Trip

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

# AUGUST

## Mindful Mondays

Held at Connect Housing, 21 Bond Street, Dewsbury,  
WF13 1AX

11am - 1pm

Monday

*\*Please note all  
groups are  
cancelled on  
Monday 25<sup>th</sup> August  
due to the Bank  
Holiday*

## Beat the Monday Blues

-Music Group

1pm – 2pm

## 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

## Warhol Wednesdays

-Art Group

11am – 12pm

## Scrap Journal Project

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

1pm - 3pm

Thursday

## 18-30 Group

5.30pm – 7pm

## Art Group

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

11am - 1pm

Friday

## Yoga

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

Sunday

3rd - Online Session: Gameshow Shuffle

10th - Greenhead Park Walk

17th - Wilton Park Walk

24th - Sip N Tell Huddersfield

31<sup>st</sup> - Beaumont Park Walk

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

# SEPTEMBER

## Mindful Mondays

Held at Connect Housing, 21 Bond Street, Dewsbury,  
WF13 1AX

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

## Tranquil Tuesdays

-Mindful Group

1pm – 2.30pm

Tuesday

## Time Travel Tuesdays

-History Group

5.30pm – 7pm

Wednesday

## Warhol Wednesdays

-Art Group

11am – 12pm

## Scrap Journal Project

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

1pm - 3pm

Thursday

## 18-30 Group

5.30pm – 7pm

## Art Group

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

11am - 1pm

Friday

## Yoga

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

Sunday

7th - Online Session: Name That Tune  
14th - Greenhead Park Walk  
21st- Wilton Park Walk  
28th - Sip N Tell Dewsbury

\*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*

## JULY

**Castle Hill Walk**

Tuesday 22<sup>nd</sup> Afternoon Trip

**Tolson Museum Trip**

Sunday 27<sup>th</sup> 11am  
Meet at Clear Office to catch bus

**10 Pin Bowling Dewsbury**

Tuesday 29<sup>th</sup> Times TBC

**Royal Armouries**

Thursday 31<sup>st</sup> Times TBC

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## AUGUST

**10 Pin Bowling Huddersfield**

Friday 15<sup>th</sup> Times TBC

**Quiz Evening**

Wednesday 20<sup>th</sup> 5:30pm - 7pm  
Room 3, Clear Office

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## SEPTEMBER

**Mystery Day Trip**

Thursday 4<sup>th</sup> All Day Trip

**World Mental Health Day -  
Lantern Making Workshop**

Monday 15<sup>th</sup> Drop In 10am-4pm  
Room 3, Clear Office

**Blackberry Foraging**

Wednesday 17<sup>th</sup>, 10:30am - 12:30pm  
TP Woods

**Women's Circle Dewsbury**

Monday 22<sup>nd</sup> 1pm-3pm  
Sensory World Cafe, Dewsbury

**Women's Circle Huddersfield**

Tuesday 23<sup>rd</sup> 11am-1pm  
Room 3, Clear Office

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# Sip N Tell

Join us for a chilled out chat and a cup of joe at some of your favourite local coffee spots! The perfect Sunday activity - whether you're sharing stories or just in need of a friendly face and a frothy latte, this is your space to unwind and connect.

## Quiz Evening

Think you're the quiz-ness? Then join us for a quizzical evening packed with laughter, friendly competition and plenty of tea, coffee and biscuits. Whether you ace it like Einstein or bluff it like a boss, you're in for a night that's anything but trivial (puns strongly encouraged, knowledge optional).

## Royal Armouries

Join us for a trip to the Royal Armouries, where you can explore thousands of objects from the past to the present day. These include Japanese samurai armour and swords, famous movie props, the armours of Henry VIII, and even a huge armour for an Indian war elephant.

## Mystery Day Trip

Pack your sense of adventure – we're off on a mystery day trip to a destination that's shore to delight! Will there be fish and chips? Maybe. Donkey rides? Possibly. A chance to stroll where "she sells seashells"? Highly likely. Let's just say, if you fancy a fair breeze off the North Sea and a day of classic coastal charm, you can sign up via a member of staff!

## Blackberry Foraging

Grab your baskets - it's blackberry season. Join us in TP woods whilst we search for wild blackberries. Whether you're an expert forager or just in it for the fresh air and sweet rewards, this trip is the perfect way to savour September. Sign up via a member of staff.

## World Mental Health Day Lantern Making Workshop

Join us to shine a light on World Mental Health Day with our Lantern Making Workshop. This drop-in session will run from 10am - 4pm at the Clear Office and provides a supportive environment to express creativity and raise awareness about mental health.

## Women's Circle Autumn

As the leaves change and the season shifts, join us in the Autumn Women's Circle — an open space to connect, reflect, and recharge together. Whether you're seeking connection, clarity, or calm, this circle is a beautiful way to honour yourself and the season's rhythms.

## 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...**