



Timetable October - December 2025

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<div>Monday</div>	<div>October</div> <div>Mindful Mondays</div> <div>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</div> <div>Beat the Monday Blues</div> <div>-Music Group</div> <div>Mens Peer Support Group</div> <div>Hearing Voices Peer Support Group</div>	<div>11am - 1pm</div> <div>1pm – 2pm</div> <div>2.30pm – 4.30pm</div> <div>5.30pm – 7pm</div>
<div>Tuesday</div>	<div>Tranquil Tuesdays</div> <div>-Mindful Group</div> <div>Time Travel Tuesdays</div> <div>-History Group</div>	<div>1pm – 2.30pm</div> <div>5.30pm – 7pm</div>
<div>Wednesday</div>	<div>Warhol Wednesdays</div> <div>-Art Group</div>	<div>11am – 12pm</div>
<div>Thursday</div>	<div>Scrap Journal Project</div> <div>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</div> <div>18-30 Group</div>	<div>1pm - 3pm</div> <div>5.30pm – 7pm</div>
<div>Friday</div>	<div>Art Group</div> <div>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</div> <div>All Together</div> <div>*waiting list – sign up through keyworker</div>	<div>11am - 1pm</div> <div>1pm 3pm</div>
<div>Saturday</div>	<div>Arts/crafts and board games</div>	<div>10.30am – 12.30pm & 1.30pm – 3.30pm</div>

November

Monday	Mindful Mondays <i>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</i> Beat the Monday Blues <i>-Music Group</i> Mens Peer Support Group Hearing Voices Peer Support Group	11am - 1pm 1pm – 2pm 2.30pm – 4.30pm 5.30pm – 7pm
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Thursday	Scrap Journal Project <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</i> 18-30 Group	1pm - 3pm 5.30pm – 7pm
Friday	Art Group <i>Held at Carers Count 4th Floor Empire House, Wakefield Road, Dewsbury, WF12 8DJ</i> All Together <i>*waiting list – sign up through keyworker</i>	11am - 1pm 1pm 3pm
Saturday	Arts/Crafts and Board Games Drop in	10.30am – 12.30pm & 1.30pm – 3.30pm

December

Note : Timetable runs until 22nd December - for Christmas and new year see Christmas timetable

Monday	<p>Mindful Mondays</p> <p>(last session 15th December until the new year) <i>Held at Connect Housing, 21 Bond Street, Dewsbury, WF13 1AX</i></p> <p>Beat the Monday Blues <i>-Music Group</i></p> <p>Mens Peer Support Group</p> <p>Hearing Voices Peer Support Group</p>	<p>11am - 1pm</p> <p>1pm – 2pm</p> <p>2.30pm – 4.30pm</p> <p>5.30pm – 7pm</p>
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Saturday	<p>Arts/Crafts and Board Games</p> <p>Drop in</p>	<p>10.30am – 12.30pm & 1.30pm – 3.30pm</p>

Activities, Trips and Events

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

OCTOBER

Lantern parade Crow nest park Dewsbury

Rosehip gathering Tp Woods

Healing Energies - earthing meditation
Howlands centre Dewsbury

Howarth and Bronte museum
Limited space signup with keyworker

Yoga

Thursday 9th October

4pm-7:30pm

Thursday 16th October

1pm-3pm

Wednesday 22nd October

10am - 11am

Thursday 23rd October

9am - 4pm

Friday 24th October

10:30am-11:30am

NOVEMBER

‘What is Mindfulness?’ Workshop

Healing Energies - Pilates
Howlands centre Dewsbury

Bradford media museum

Healing Energies - Wellbeing balancing
Howlands centre Dewsbury

Yoga

Friday 14th November

2:30pm - 4:30pm

Wednesday 5th November

10am -11am

Thursday 20th November

10am - 4pm

Wednesday 26th November

10am-11am

Friday 28th November

10:30am - 11:30am

DECEMBER

Healing Energies - Yoga
Howlands Centre, Dewsbury

Coping with Christmas with tea and cake

Clears Winter event

Women's circle Huddersfield

Leeds Christmas Market

Women's circle Dewsbury

Wednesday 10th December

10am - 11am

Thursday 11th December

1pm-2:30pm

Wednesday 17th December

Details coming soon

Thursday 18th December

1pm-3pm

Thursday 18th December

**see poster for details*

Friday 19th December

**see poster*

Bradford Media Museum

Pack your lunch all ready to head out for a fab day out at Bradford Media Museum and walk around various permanent and temporary Exhibits

Hawarth and Bronte Parsonage

Explore Hawarth during spooky season and be guided around the parsonage museum learning about the fascinating Brontes which captured the imagination of generations.

‘What is mindfulness?’ workshop

Client led work shop open to clients and the working together better partnership employees exploring what mindfulness is and more....

Yoga

Join us at Clear for monthly Yoga sessions healthy mind, healthy body!!

Rosehip Foraging

Rose Hip Foraging- Recipiee to make simple Rose Hip Syrup- an old-fashioned winter remedy for boosting viatmin levels and keeping colds at bay.

Leeds Christmas Market

The market offers a delightful array of handcrafted gifts, delicious food and drink, and traditional entertainment, making it a must-visit destination during the Christmas season.

Women’s Circle Winter

Join us for a spiritual open sharing circle, seasonal activity, holistic rituals and learn about seasonal celebrations, in this female only space.

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...