

Clear

CLEAR QUARTER 3 REPORT

OCTOBER - DECEMBER 2025

Inspiring Hope
Inspiring Change



HIGHLIGHTS

Winter event

In December, we brought the year to a close with our truly magical Winter Event, the culmination of weeks of preparation throughout November and December as groups across the service worked together to make the day unforgettable. Our Warhol Wednesday's group hosted shadow-puppet workshops and crafted an original story, complete with sound effects created by the Beat the Monday Blues group. Meanwhile, the Mystery History group explored winter traditions from around the world and designed a quiz for everyone to enjoy. We even headed outdoors to forage for natural wreath-making materials, and our cooking group cooked up a storm producing an incredible spread of winter-inspired dishes from different countries. Coming together as a service to create this event felt special, meaningful, and a real celebration of the community spirit at the heart of what we do. Keep an eye out for more opportunities to get involved in 2026. You can watch our fabulous show here: <https://photos.app.goo.gl/DAafjzgP1QJS3hNRA>



"The staff had put in a lot of hard work and time and effort. It was noticed and appreciated."

"I enjoyed the winter event. It got me out of the house and I collected horse chestnuts like I did when I was a lad."

GROUP NEWS

We've had a wonderfully busy quarter across all our groups, filled with creativity, learning and plenty of shared talent. Many of you have brought your own skills, knowledge and passions into sessions, from fascinating history presentations in History Mystery to the incredible culinary expertise shared in the cooking group. Together, we've helped bring major events to life, including the Lantern Parade (more on that later) and our magical Winter Event. It's been a season full of fun, collaboration and genuine community spirit. The work happening in the cooking group has been especially inspiring, so here we're shining a light on one memorable session from October.

Our group prepared Tawa - also known as Tepsi - a much-loved traditional Kurdish casserole. The dish is made by layering tomatoes, potatoes, onions, aubergines and other vegetables, with a spiced tomato sauce added between each layer to build rich flavour. All of the ingredients shown in the photo were generously donated by Mackinleys, an African and Caribbean food store based in the centre of Huddersfield. While the Tawa baked, we played games and enjoyed each other's company. The group had a wonderful time, with one participant sharing just how special the experience felt.



"It was good to bring foods from my country to share with people and watch them enjoy it, sharing in this way makes me feel like I have a family, eating together and playing games"

CO-PRODUCTION

This quarter, we've seen some brilliant co-production within our Time Travel Tuesday group, and we wanted to share the highlights with you.

J took the lead in planning and delivering two of our sessions after approaching staff with an idea they were excited about. They chose the topic themselves, created their own PowerPoint at home, and talked through their plans with staff over the phone. On the day, J arrived early for a bit of set-up support, but delivered the sessions independently.

J's two sessions focused on Ancient Mesopotamia, exploring religion, culture, and how some beliefs have changed—or stayed the same—over time. The group got really involved, joining in discussions and sharing their own thoughts. J told us they felt confident about how it all went, and we're now supporting them to plan another session for January.

Winter Quiz Project

Alongside this, the Time Travel Tuesday group worked together on a research project for our Winter Event. Everyone explored the history of different winter traditions from around the world, choosing whichever culture or celebration interested them most.

To support the project, staff introduced the theme, provided tablets for research, and offered prompts and examples to help structure the work. For anyone who preferred not to use technology, we provided printed materials instead. As the project developed, we worked together to decide how to present the group's findings, which led to the idea of creating an interactive Winter Quiz. The group helped write the quiz questions and put everything into a PowerPoint ready for the event.

The impact

The project gave everyone the chance to work in a different way—choosing your own topics, researching independently, and shaping how the final presentation looked. Engagement was high throughout, and the quiz went down really well at the Winter Event. Many of you told us you felt proud of what you created, and we were proud to see the group's hard work come together.

'When I first started at Clear, I had no self-confidence and felt like I couldn't talk to people - the idea of running a session would've been so daunting. Since working with Clear things have been going better for me and now I look forward to the idea of hosting, so that I can teach people something new and hopefully even make people laugh. Doing these sessions has even made me consider volunteering with Clear in the future, so that I can keep doing what I'm doing.'

OUTREACH

This quarter, we continued running our outreach sessions at BBest Schools Hub, Manorfield School, and Field Lane. Many of you told us that you wanted to make things you could take home, so we planned sessions around that feedback. Together, we created decorated tote bags and clay magnets, which were a big hit. The sessions were well attended, and it was great to see how much everyone enjoyed getting hands-on with the projects.

Looking ahead to next quarter, we'll be continuing these outreach sessions and introducing a new idea: a community quilt. Each school will have the chance to contribute their own square, and once it's finished, the quilt will be displayed in the venue for everyone to see.

They made it easily accessible and fun to learn and do. It was nice speaking to the others there too.

I felt welcomed by Clear and it allowed me to meet with other individuals in similar situations.

TRAINING

This quarter, we took part in a mix of mandatory training and additional learning sessions, including some that really got us thinking. One of our project leads designed and delivered training on neurodiversity, a topic that is very close to their heart due to their own lived experience and that of their family. Because of this, the session felt personal, honest, and grounded in real-life understanding. The training was thorough and thought-provoking, giving us all plenty to reflect on. Some of the key takeaways included the importance of recognising different communication styles, understanding sensory needs, and creating environments where people feel safe to be themselves.

We're now offering this training to our WTB partners and other services within Inspire North, with the next session planned for January. The session highlighted not only why this work matters, but also how essential it is to listen to people's lived experiences and adapt our services so they truly meet people's needs.

If you're interested in sharing your own experiences or getting involved in co-production, please speak to your keyworker—they'll be happy to support you.

Moving forward I will think about different ideas and points raised in the training and how we as a service overall can adapt

Thinking around how service can be welcoming to people who are neurodiverse but also that not one size fits all in any respect- ie: there will never be a service that meets everyone's individual needs but we can make services more agile and responsive

VOLUNTEERS

"The group is so supportive of each other it's wonderful to be a part of it"

Our Hearing Voices Group Volunteer independently led her first session after shadowing and co-facilitating for 7 weeks. The volunteer is very passionate about the group and the support it offers. And is able to use skills gained from family lived experience

our volunteer co-ordinator did a talk at Huddersfield University (alongside the Volunteer Services Manager from Third Sector Leaders) on the value of volunteering to the Social Sciences students at Huddersfield University.

This is the second year she has been invited to talk. She used AI to assist in creating an engaging talk for that age group. Following up with an introduction to Clear and volunteer opportunities and how that journey can lead to a good career path.

And a few words from our student placement Summer;

"Hello, I am Summer and I am a student at the University of Huddersfield; I have been doing my placement at CLEAR which is a mental health charity. During my time here I have learned a whole lot of new skills, including public speaking which I have always had trouble with due to my anxiety. Being able to meet new people has really boosted my confidence also, I started off my journey here barely getting involved in groups, now I look forward to them. The staff have always been super supportive and if you are in need they will help where they can which has been an amazing experience. I would definitely be interested in volunteering here once my placement has ended, as I genuinely enjoy the environment and the people within."

PARTNERSHIPS

WTB LANTERN PARADE FOR WORLD MENTAL HEALTH DAY

For 2025, the Working Together Better Partnership proudly brought back the Lantern Parade at Crow's Nest Park — and what a magical celebration it turned out to be. In the lead-up to the event, we worked closely with Patrick from Creative Outpost Arts in Sheffield to run four lantern-making workshops with clients from across the partnership. Together, we created a collection of imaginative, community-made lanterns, including a Tench fish, a giant toadstool, and even a very hungry caterpillar complete with its lettuce. Throughout September, clients, staff, and volunteers at both the Clear and Carers Count offices put in an incredible amount of effort to design, build, and decorate these beautiful lantern puppets.

Then came the big night. On a clear October evening, in honour of World Mental Health Day, we gathered in Crow's Nest Park to walk together with our lanterns and celebrate community, creativity, and connection. Around 100 people joined us throughout the night, filling the park with light, colour, and a wonderfully supportive atmosphere. It was a joyful reminder of what can happen when we come together — a true celebration with our Working Together Better partners.

If you'd like to relive the evening, or see what it was all about, you can watch the video created by our Men's Talk group by pasting this link into your browser:

<https://youtu.be/pQBB6PeoSgM>

What a fabulous night — we're already looking forward to the next one.



"The highlight for me has been talking to people as it helps build confidence and everybody coming together and Seeing all the lanterns"

SMOKING CESSATION

This quarter, two people completed their stop-smoking journey with us at Clear and both successfully quit tobacco.

Each person chose the approach that felt right for them. One decided on an "abrupt quit," choosing a date and stopping completely from that point. The other preferred the "cut down to stop" method, gradually reducing how much they smoked before setting a quit date. With a mix of nicotine patches, vaping products, and regular support sessions, both reached their goal of becoming smoke-free.

One person, shared some lovely feedback about his experience. He's now completely free from tobacco and plans to slowly reduce the nicotine in his vape until he moves to a nicotine-free option. He told us the support was "great" and that coming to Clear felt comfortable and familiar, which made it easier to talk openly. This client had tried stop-smoking support through his pharmacy before, but found the behavioural support at Clear especially helpful because we had more time to focus on what he needed.

We now have two trained Stop Smoking Advisors at Clear, meaning we can offer even more support to anyone thinking about quitting.

This quarter, we also attended a Stop Smoking Event in Leeds. The session covered how local services help people quit and included useful information from Trading Standards about illicit tobacco and vapes — knowledge we can now pass on to you to help keep you informed and safe.

WHAT YOU SAID

MY CONFIDENCE HAS GROWN ALOT SINCE I HAVE BEEN WITH CLEAR AND SETTING GOALS WITH MY KEYWORKER. I FEEL I HAVE BEEN ABLE TO BE OPEN WITH HER AND FELT LISTENED TO AND UNDERSTOOD. MY MAIN GOALS WERE TO BE MORE ASSERTIVE AND TO WORK ON BUILDING RELATIONSHIPS WITH OTHERS I HAVE ACHIEVED THESE GOALS

I WILL SET GOALS WITH CLEAR IN THE NEAR FUTURE. I FEEL I HAVE RECEIVED A BRILLIANT AMOUNT OF SUPPORT FROM CLEAR WHILST USING THEIR SERVICE. I FEEL COMFORTABLE AT CLEAR I CAN BE MYSELF NO MATTER WHAT AND BE ABLE TO PUT MY THOUGHTS ACROSS EVEN IF THEY COME OUT JUMBLED UP AS STAFF MAKE THE EFFORT TO UNDERSTAND ME, BECAUSE OF THIS I FEEL LESS STRESSED

I LIKE HOW RESPONSIVE THE STAFF ARE WHEN I NEED SUPPORT FROM THEM. THEY GIVE ME GOOD IDEAS TO HELP ME WHEN I AM STUCK WITH THINGS. I ENJOY THE SENSE OF ROUTINE CLEAR HAS HELPED ME ACHIEVE FOR THINGS AS THIS ALLOWS ME TO MANAGE MY TIMES A LOT BETTER.

HAD I NOT BEEN AT CLEAR I WOULDN'T HAVE MADE THE PROGRESS I HAVE AND MAY WELL HAVE SPIRALLED, MY MENTAL HEALTH DETERIORATING FURTHER. I WOULDN'T HAVE HAD THE SPACE TO BREATH AND REALISE THAT THERE IS MORE TO LIFE THAN WORRYING AND STRESS. I WOULD NOT BE WHERE I AM TODAY, I AM ALSO LEAVING HAVING MADE A REALLY GOOD FRIEND IN ANOTHER CLIENT FROM THE TIME TRAVEL GROUP, SOMEONE THAT I CAN BE MYSELF WITH AND THAT FEELS REALLY SPECIAL. I THINK CLEAR IS SUCH A UNIQUE SERVICE AND I'LL ALWAYS THINK BACK ON IT FONDLY FOR THE PART IT HAS PLAYED IN MY LIFE.

I AM STILL UP AND DOWN BUT WITH CLEAR IT FEELS MORE MANAGEABLE HAVING TEH SUPPORT THERE WHEN I NEED IT, I FEEL LESS ALONE. THE SERVICE WAS RECOMMENDED TO ME BY ABI (CLEAR VOLUNTEER CO-ORDINATOR), I MADE MY REFERRAL AND GOT AN APPOINTMENT STRAIGHTAWAY . MEETING OTHER PEOPLE AND BEING ABLE TO TALK HAS REALLY HELPED ME. BEFORE CLEAR MY DEPRESSION WAS CONSTANT BUT MY MOOD HAS SLOWLY IMPROVED AND MY LOWS ARE NOT AS FREQUENT.

STAFF AT CLEAR ARE KIND. I LIKE ATTENDING WEEKEND DROP-IN SESSIONS AT CLEAR AND CHATTING WITH PEOPLE. I FEEL LIKE MY ENGLISH SKILLS HAVE IMPROVED. I WISH I COULD CARRY ON ATTENDING.

INFO GRAPHICS



261 people used our main service

&

xxx people engaged with outreach

78 Referrals



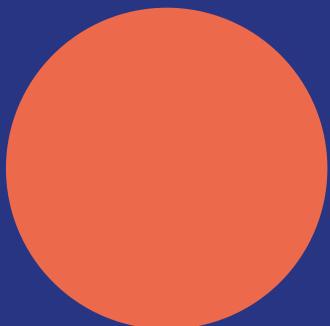
58% Identified as Male



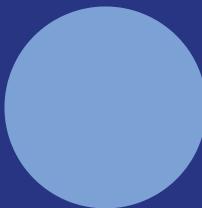
37% Identified as Female



5% Identified as Non-Binary



Learning Disability 19%



Dementia 3%



Hidden Disability 5%

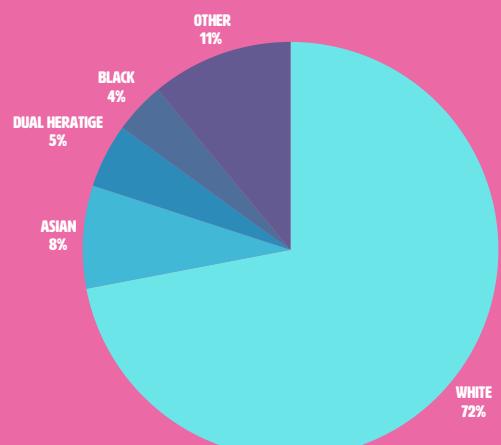


Physical Disability 1%

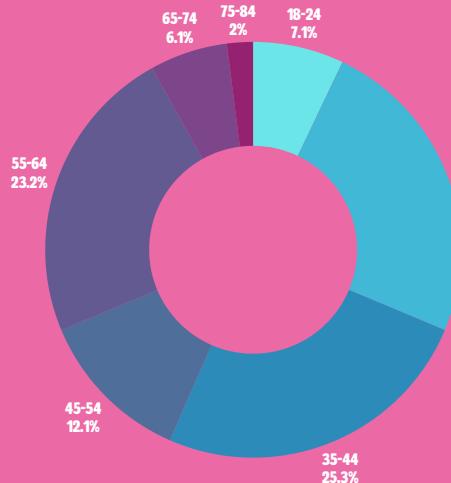


Ex Service 1%

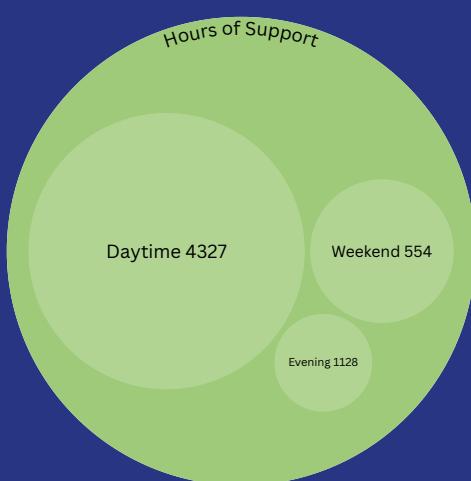
ETHNICITY



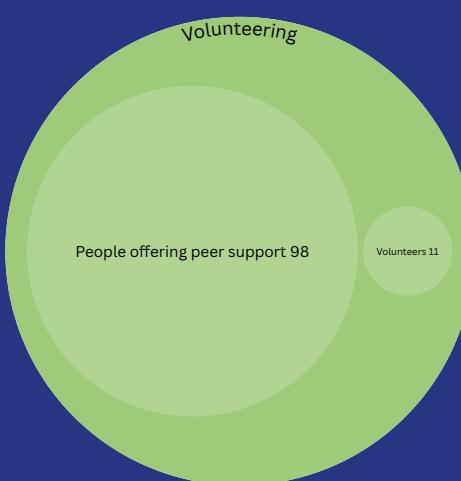
AGE



Hours of Support



Volunteering



OUTCOMES - CLIENT CASE STUDY

The individual entered the service during a period marked by significant life changes, including a recent bereavement and a house move. These events coincided with a time when family relationships were under strain. Despite these challenges, the individual approached the transition as an opportunity to establish stability and improve overall well-being.

After settling into new accommodation, the individual began attending structured wellbeing sessions, including mindfulness and creative art groups. Engagement in creative activities such as drawing and painting was entirely new for them, and participation contributed to increased confidence and a sense of personal achievement. Regular meditation sessions also supported emotional regulation and relaxation. Through consistent attendance, the individual developed new social connections within the groups.

The individual reported that the group environment felt safe and supportive, which encouraged participation and interaction with others. Peer support became an important aspect of their experience, contributing positively to their sense of belonging and recovery. They expressed that the combination of peer connection and practical wellbeing techniques had a meaningful impact on their progress.

Over time, the individual adopted a day-by-day approach to managing their wellbeing. They described a shift in how they viewed themselves, noting increased comfort and contentment living independently. They also maintained a positive relationship with their child, enjoying time together while valuing the independence of their own space.

Family relationships gradually improved, with increased communication and positive shared experiences contributing to a stronger sense of connection. The individual identified noticeable progress in their ability to manage thoughts and emotions, which supported ongoing mental wellbeing.

Alongside attending the service, the individual had been involved with a Recovery College, including some facilitation work. Due to challenges related to pain management, they chose to pause facilitation duties to focus more fully on their own learning and wellbeing. They continue to attend Recovery College courses when possible and intend to remain engaged after leaving the Clear service. The individual expressed confidence in their readiness to move on from the service, noting that they had developed skills and strategies to support their continued recovery. They plan to maintain their creative activities, continue meditation practices, and may explore future opportunities for co-production.

WHAT'S COMING

Happy New Year to everyone! We're excited to share what's coming up over the next few months, and there's plenty to look forward to.

We'll soon be re-launching our social media presence, so if you'd like regular updates, news, and reminders about what's happening across the service, do give us a follow. Your feedback matters, and after recent conversations with some of our regular attendees in Dewsbury about visibility, we'll also be starting a promotional drive across Kirklees - particularly in North Kirklees. If you enjoy being part of the service, please feel free to spread the word to anyone you think might benefit.

Our usual programme of groups and courses will continue, along with some special one-off sessions throughout the year. You can find full details in the service or on our website.

We also wanted to let you know that the Huddersfield office will be getting a fresh new look as we begin some redecoration work. We're aiming to keep disruption to a minimum, and we really appreciate your patience while this takes place.

We're looking forward to a positive and busy year ahead, and we're glad to have you with us as part of the community.

Q4 WINTER WARMER HUB

Q4 BURNS NIGHT ONLINE

Q4 LUNCHTIME ORGAN CONCERT

TIMETABLE QR CODE



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