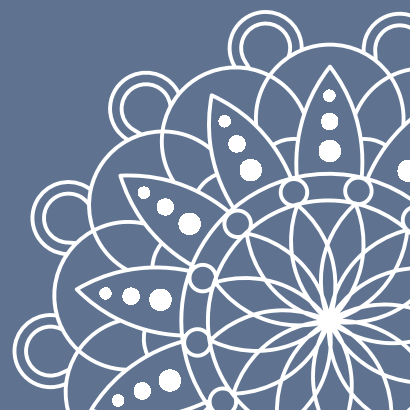
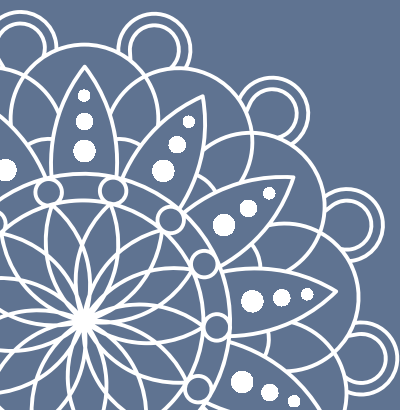


CLEAR

Inspiring hope
Inspiring change

Quarter 1 April - June 2024



Highlights

CLEAR is 10 years old!!!!

In June we celebrated our new service launch and begun celebrating 10 whole years of CLEAR!!

Thank you to everyone that visited us on the day we had so much fun!! Desi's Gong session went down a treat!! Please keep an eye out for further celebrations through out the year



'I never knew you did so much, its great to see, I'm hearing good things from the clients I refer, and the gong session was AMAZING'

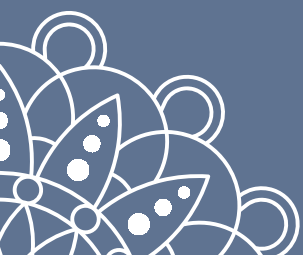
'Absolutely fascinating tonight. I thought I knew quite a lot about Huddersfield, but I certainly learnt some facts tonight. One of my favourite sessions.'

During our spring quarter we had lots of fun outdoors. We did a heritage walk around Huddersfield learning lots of new things about the area, we took art outside to parks across Kirklees. We went on one of our ever popular barge trips and much more!!

We also visited the royal Armouries in Leeds, went on many walks and did some more indoor gardening!! And we all learnt more about the history of the Gypsy, Roma and traveller communities.

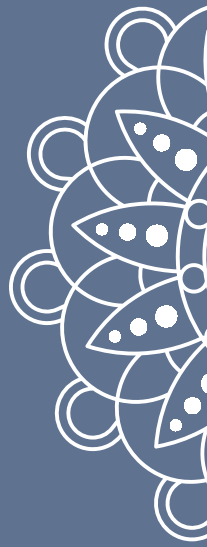


'I found the session very eye opening, it was interesting to learn the history of the traveller community & helped reveal the origin of untrue myths & propaganda against these people. It also helped me appreciate their unique culture and interesting history'



News

We had a very wet and cold Pride in June! But it was amazing to see the community still out and enjoying themselves whatever the weather.



Thank you to volunteers, clients and workers for supporting the pride event and speaking to the public about the Clear service It was a good day.

Moving more for our mental health was the theme for Mental Health awareness week this year, we planned in lunchtime movement sessions for workers across the week, we went for a walk, practiced yoga and had a go at pilates!! it was fun and lifted our mood.



Volunteers

We did our Annual team Volunteering day in June. the team headed over to the 'rest stop service' and helped them tidy up their garden in time for summer, it was a lovely warm day and we managed to transform the space - its amazing what you can achieve when you work together.



I just wanted to drop an email to say, thank you SO much to you all. Yourselves and your team was absolutely amazing yesterday and our garden, well.. wow! Looks incredible!

If there is anything at all that our service can do to support you, please do let us know. Please do pass our thanks on to the other team members who were with you, I don't have their email addresses.

Thank you again 😊

Sam



Projects

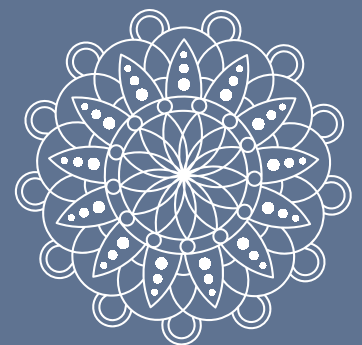
Engagement Work

Our new engagement lead has had a busy quarter visiting different areas of Kirklees with a focus on North Kirklees. She has been researching what groups already exist in different areas and what the gaps are. She has been speaking to different communities to find out what people want. From this research we have identified 2 areas that we are hoping to work with, Batley and Dewsbury Moor. Keep your eyes peeled for more info!!

We will be launching a survey in Q2 based around what your 'Dream Service' would look like. Please look out for them in service, its a great opportunity to have your say and feed into what we do!!

Mens Talk

Mens talk have been busy as usual!! this quarter they have launched their new theatre project which will cover men's physical and mental health, it has the catchy if controversial title 'talking Bollocks' Recruitment will take place over the summer and the devising stage will happen in autumn, if you would like to get involved in this fun and important project, please contact Stuart Hawkes, details on the flyer.



MT Digital's Paul Berry was invited to be a panel member when his short film, "The Saddest People have the Brightest Smile", was shown as part of a British Urban Film Festival event at Dean Clough in Halifax The event, Up North, Down South was supported by South West Yorkshire Partnership Trust and Creative Minds. Paul spoke about his experience of making the film and took questions from the floor. He also received a written commendation from Dr Clare Anyiam-Osiqwe, Co Chair of

Partnerships



We welcomed our Working together Better Partnership 'Strategic Lead', Petra, who started in the new post in June, just in time to attend our brilliant WTB workers away day!!

Workers from all seven organisations spent the day together getting to know each other and getting to sample some of the great workshops on offer across the whole partnership.

I introduced the day giving a brief history of the partnership and sharing some key aims we have as a partnership over the coming years.

The day was so fun and it was great to bring everyone together. We asked everyone to think of ways people from services can link in together and we are planning a follow up session to see how we have done!!

'Amazing workshops- I attended EFT with Hannah and knot making with Andy, both were brilliant!!'

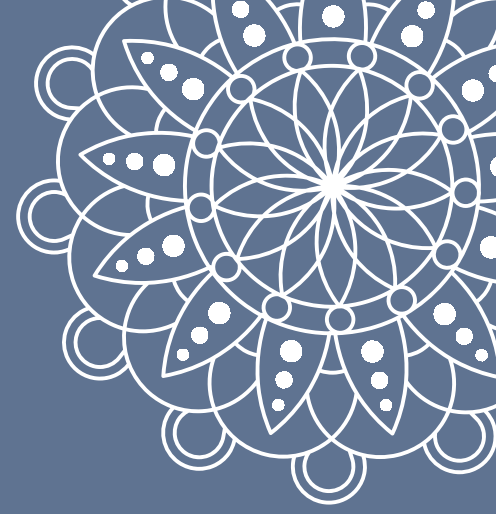
We even made up a song together!!

Working Together Better Song:
Walk together barefoot
You've left your shoes behind
Looking for eternal springs
To leave your troubles behind
Ask yourself why.....
Cos there's reason to try
Ask yourself why.....
Cos there's reason to try

'Great event-need more regularly. Have more network time as it went past really quickly'



What you said



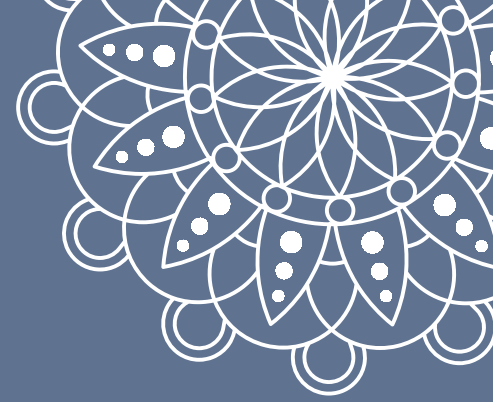
'I found the calmness, confidence, non-judgemental approach was very helpful. I felt I listened to, and welcomed and things were taken into consideration. My mental health has completely changed and has been on a really good level for the longest time ever. I have ways that I deal with my daily life now that is different and i can achieve my goals. I have self belief. Long may the service continue and help others.'

'I find the workers are open, friendly and honest and approachable. I am finding it easier to socialise with people and I look forward to coming to groups'

'I am able to be myself here. I do not feel the need to hide my identity. The service is inclusive. At first I was unsure but now I am not as shy. I am more hyper bubbly like I have come out my shell. I am confident to say my thoughts and opinions. I am more confident in myself and confident I will be heard. My key worker sees change in me too and we discuss this. I feel I have come a long way.'

'Staff listen and give me a lot of support with things I struggle with, it is a safe space and I know what I say what leave the room. Staff are brilliant and I can chat to everyone of them. I think Clear do a lot, more than enough.'

Infographics



260 people used our service

84 Referrals



55% Identified as Male



45% Identified as Female



2% Identified as Non-Binary



Dementia 13.5%



Physical Disability 2%



Hidden Disability 5%

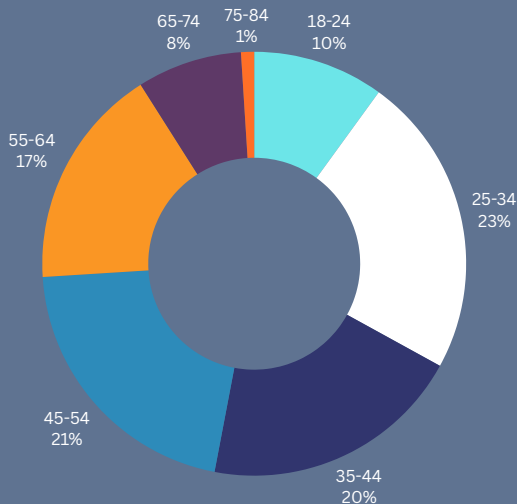


Learning Disability 22%

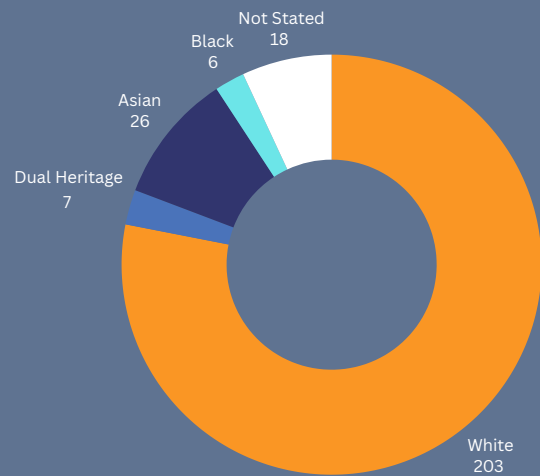


Ex Service 2.5%

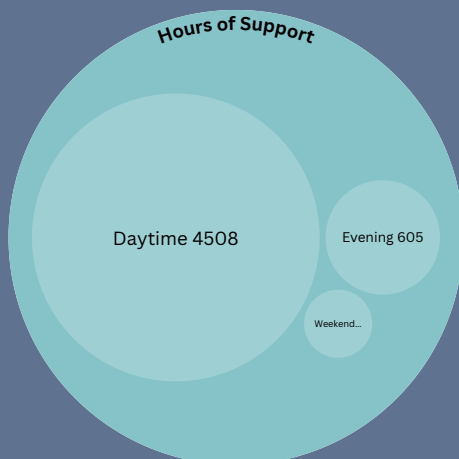
Age Breakdown



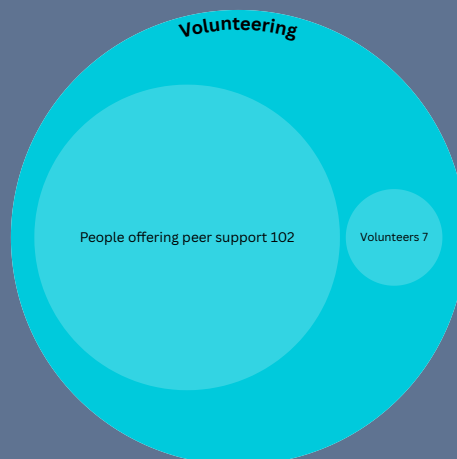
Ethnicity Breakdown



Hours of Support



Volunteering



Total Leaving Service: 54

Goals Achieved

100%

Outcomes



Before accessing Clear I was isolated, living alone with very little interaction with people, as a result I was feeling lonely. I was experiencing low mood, had very little motivation and lost interest in my hobbies. I had lost my confidence and was feeling hopeless about the future. My carer referred me into the Clear service and as a result of coming to regular groups my mood has somewhat improved as has my confidence. I have met some good friends as it's the same people each week. I really enjoy the group; it is a lively and fun and gives me something to think about. I feel less isolated as I get to interact with people face to face, which is very important for me as I have always been a sociable person. I enjoy being around a mix of people who I can speak to and share in my hobbies, particularly sport. Being among a diverse bunch of people of all ages, makes feel more in touch with the world and a part of society.

The clear service has helped bring about these changes as it is a very social and supportive space where I can feel safe. It is an inclusive and encouraging environment, taking into consideration what I enjoy and like doing and incorporating it into the group. I also get to have input on outings and trips, which is a really enjoyable part of the service. As someone who used to love traveling and going on adventures, I get to do this with Clear and particularly enjoy the barge trips which bring back happy memories of my fishing days and the angling club. At clear I feel valued, and coming each week gives me something to look forward to and breaks up my week.

J is currently at the end of her second placement with the CLEAR service. She came back the service following the COVID pandemic. During her time at CLEAR most recently, J attended a number of our groups at both our sites in Huddersfield and Dewsbury. This included our Art groups and mindful/meditative groups.

J felt that the service has helped her massively and she is a "different person in every way". She said she was a "nervous wreck" and very anxious before coming to CLEAR, but attending groups and getting support from her workers at CLEAR has helped her be OK in herself.

J has struggled with alcohol but did not want to access support for this when she first came into the service. Her worker had suggested getting support from CGL during her time at CLEAR and earlier this year J started accessing the service for support around alcohol. She feels like going to CGL "was the best thing she ever did" and her worker 'planted the seed' and made her aware of what support she could when she was ready.

J feels that if she had not attended CLEAR, she would have been very isolated. The groups got her out and helped her confidence come back. Overall, her experience at the CLEAR service was good and she enjoyed the group sessions.



What's coming



Beat the Monday blues

Come join us for our exciting new group which is launching in July. Beat the Monday Blues is a group open to anyone and everyone, no musical ability necessary. We will simply follow the sounds of music, we may focus on a particular genre of music e.g. rap/brit pop as well as exploring different heritage of types of music/instruments

Alongside some weeks focusing just on a particular well known singer and trying to follow certain beats e.g. following We will Rock You with patting legs or drums etc

Do you want to stop smoking? in the next couple of months we will be re- launching our smoking cessation offer, look out for posters in service or speak to your keyworker.



For more information about what's on in service please check out our website, you can use this QR code as a direct link or go to:
www.commlinks.co.uk/?service=community-links-engagement-and-recovery-service



Come to our Quarterly Client Focus Group and share ideas for groups you would like to see or deliver yourself!!!

The group will be held on Thursday 15th August 1-3pm at Huddersfield office.

Q2 - Gong sound
Immersion

Q2- Womens
Circle

Q2 - Autumn walks