

☎ 01872 261147 (tel:01872261147)

admin@clearsupport.net

(mailto:admin@clearsupport.net)

CLEAR

Emotional Trauma & Therapy Specialists

(./.)

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Inside out Project

Inside Out offered covid-confident connections from inside to out with supported routes into work and training - a blend of wellbeing support, fun community based projects and routeways to work and training. The Inside Out Projects - Inside Out West Cornwall and Inside Out Coast to Coast - were funded by the European Social Fund.

Give us a shout at Inside Out

If you were not working, lived in west or mid Cornwall & need a post-lockdown boost to get back into work or training we could support you on your journey.

Email or

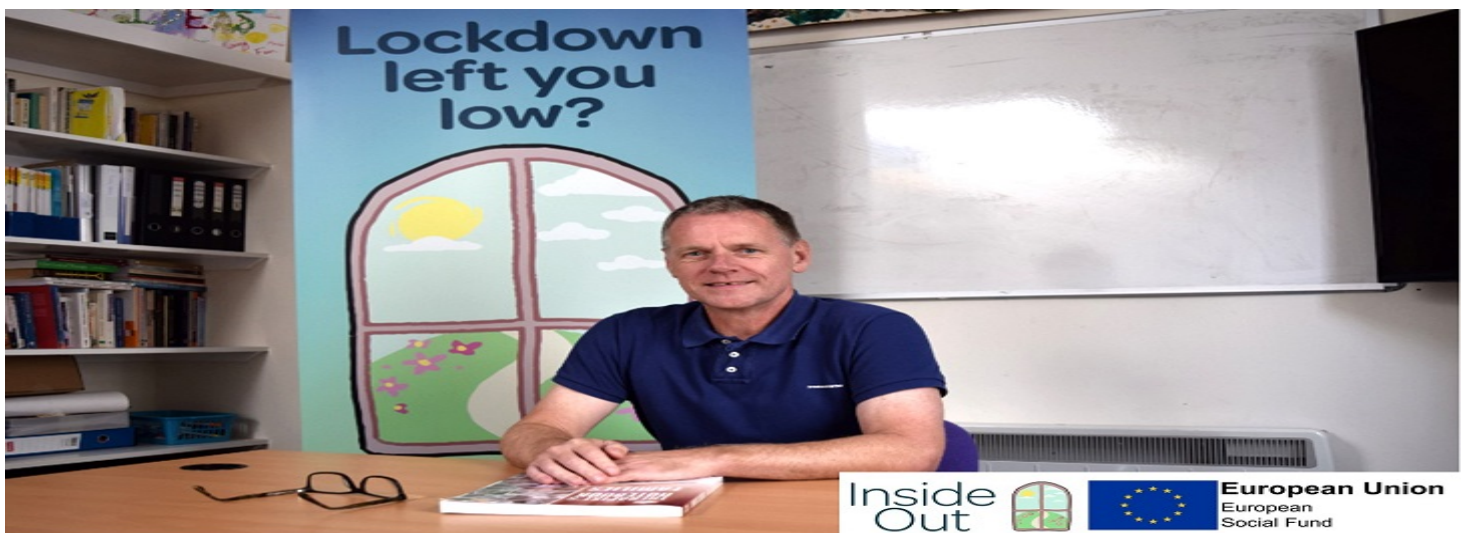
In West Cornwall **Call Nathan**

[EXIT \(https://www.google.com/\)](https://www.google.com/)





In Mid Cornwall Call Sean



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Wellbeing Support

Regular check-ins with Maria, Sean and Nathan from CLEAR.

Support to move into Work

Get into Care
Training - Work Experience - Jobs

Inside Out   **European Union**
European Social Fund

Formal training,
practical experience
and 1-2-1 coaching
to help you get the
job you want in care

Give us a shout at Inside Out! Call Sean on
07483392211 or email insideout@clearsupport.net
Inside Out covers specific communities in Mid and West
Cornwall, contact us for details

Get into **Care** - training, work experience, and 1-2-1 coaching to help you get into a job

Get into Support Work

Mental Health First Aid ~ Safeguarding L3
Connect 5 ~ Peer Support Training

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A range of skills and
qualifications to
prepare you to work
as a mentor, adviser
or support worker

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07483392211 or email insideout@clearsupport.net
Inside Out covers specific communities in West and
Mid Cornwall – contact us for details

Get into **Support Work** - mental health first aid, safeguarding, Connect 5, peer support training,
preparation for work

Get into Construction

Training ~ CSCS ~ Experience ~ Jobs

Whether you are just starting out or need to reboot your skills, we can help with practical work and training



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Inside Out covers specific communities in West and Mid Cornwall – contact us for details

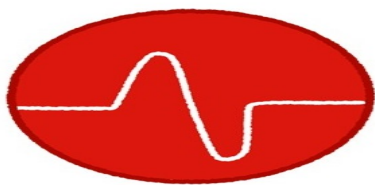
Get into **Construction** - CSCS course, work experience, 1-2-1 coaching to help you get a job

Connect 5 with CLEAR

CLEAR is accredited to deliver Connect 5 which was developed by Public Health England & Health Education England. Connect 5 promotes a self-help philosophy, through the five ways to wellbeing: Be physically active, Connect with other people, Give to others, Pay attention to the present, and Learn new skills

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to help people to better understand, manage and improve their mental health. Sessions are very interactive, encouraging participation and open discussion.



Successful graduates from June 2021 Connect 5 Course.

Wellbeing Wednesday

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WELLBEING WEDNESDAY CHECKLIST

- ☐ Drop-in to see us at CLEAR
- ☐ Enjoy a cuppa and a chat
- ☐ Get into your creative side
- ☐ Connect with others
- ☐ Find out more about Inside Out
- ☐ Any or all of the above

10am-1pm, 7-8 Cathedral Lane, Truro

Call Sean on 07483 392211 or email

insideout@clearsupport.net

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Drop in to see us at the CLEAR offices in Truro - for a chat, tap into your creative side and find out all about how Inside Out can help you on your journey into work and training!

Lanner Methodist Church Community Exchange - August and Sept 2022

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Community Exchange

**Lanner Methodist Church Hall TR16 6ET
Tuesday 6 September 10am-1pm**

- **Connect with others**
- **Bring if you can, take what you need**
- **Help to combat the rising cost of living**
- **Advice and support with work and training**
- **Activities, refreshments and a friendly face**

**Give us a shout at Inside Out
call Sean on 07483 392211
email insideout@clearsupport.net**



A great opportunity to connect with others, visit the clothes bank and get advice and support.

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Gone Fishing - July 2022

'The sun shone, the fish were all whoppers and everyone had a great time'

A great activity for new referrals and existing participants

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Go Inside Out!

Thursday July 28th ~ St.Erth. Booking Essential



Enjoy a day of fishing and connection with nature
Find out more about Inside Out and how we can
help you with wellbeing, training and work

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Give us a shout at Inside Out! Call Nathan on
07737 128375 or email insideout@clearsupport.net

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and Mid Cornwall - contact us for details

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And in **August** too!

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Trelissick - Spring 2022

Getting out and about is often an important first step on your journey into work and training - these activities did just that by promoting wellbeing through new connections and skills!

Go Inside Out!

Get out and about with Inside Out!

Trying something new
could be the wellbeing
boost you need!
Join us at Trelissick
Gardens for activities,
information and a grand
day out!

Bushcraft 31/03/2022

Archery 21/04/2022

Axe and Spear Throwing 12/05/2022

Canoeing 17/06/2022

Wellbeing, connection and skills for people
who are out of work. Booking essential.

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Refurbishment of Cathedral Lane, Truro - January 2022

Repainting internal corridor and kitchen; and new flooring for kitchen to enhance use of Grade 2 Listed Building in Cathedral lane, Truro.

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Transforming the garden at Trelya, Penzance - October 2021

Revamping their garden space, into an inspiring and safe outdoor area for all the children and families they support.

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Wellbeing with Clay September 2021



A session using the touch, use and visual natures of clay in an exercise in mindfulness, including the practical application of the principles in Connect 5. With the air dry clay resulting for many in a beautiful pot or sculpture as a result of the session.

The power of active exploration of a surface or object through touch – haptic perception – together with a visual perception are explored in their roles in helping us explore the world and communicate.

Wellbeing Family Day August 2021 - Tremenheere, Penzance

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Nine adults and seven children weaved their way around some beautiful sculptures that fitted seamlessly into the surrounding landscape – with people that had completed Connect 5 using the five ways of being, whilst exploring the terrain and sharing their knowledge with others

 **Find out more here: (281 KB)** (</dashboard/documents/downloads/365-family-wellbeing-day>)

Volunteering at Mousehole Rock Pool, July 2021

Inspired by their experiences with Inside Out community activities some of the participants volunteered at the revamp of Mousehole Rock Pool

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Safeguarding Course - July 2021



The course provides an understanding of how to protect vulnerable children, young people and adults and how to support and signpost people to further help. This includes signs to look for and active listening techniques. Included is the legislative background to safeguarding.

Community Activity June 2021 - Allotment Week, Connor Downs

Helping tidy up the communal spaces and prepare an overgrown allotment for growing fruit and vegetables in a community growing space in Connor Downs.

([/images/roto_2.jpg](#))



Clearing an overgrown space for planting fruit and veg

(/images/DSC_0383_2.jpg).



Some of the team

Community Activity May and August 2021 – Reinvigorated a community space at Morrab Surgery, Penzance

“The space is now ready for use by the surgery, its staff and patients – a great gang of people from the project and a fab result” **Craig Little**, Rebuild Southwest

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Before

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After

Community Activity April 2021 - helped Incredible Edible Helston build a community garden



Jen, one of the Inside Out participants who helped in the build said: "This Inside Out activity is absolutely **incredible** in every sense - I am so looking forward to seeing the fruit & veg growing" **EXIT** (<https://www.google.com/>) ?

More information about the **Inside Out (/adults/inside-out)** project can be found here.



Child Protection and Prevention Support

(/)

📍 Godolphin House, 7-8 Cathedral Lane, Truro
TR1 2QS

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✉ admin@clearsupport.net
(mailto:admin@clearsupport.net)

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CLEAR charity is registered in England and Wales.

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- ▶ Snowdrop Sunday (/news/snowdrop-sunday)
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