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CLEAR

Emotional Trauma & Therapy Specialists

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Supporting adult survivors
of sexual abuse and
other emotional trauma ...

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Adults

Who Dares Works

CLEAR was one of 17 Cornwall based social enterprises delivering Who Dares Works in West Cornwall and the Isles of Scilly, part of the National Lottery Community Fund 'Building Better Opportunities' programme in England. CLEAR helped people who had experienced abuse, violence or other traumatic events, the impact of which prevented them moving forwards into work, training etc.



Led and managed by Active Plus, Who Dares Works was supported with £3.3 million investment from the National Lottery Community Fund and the European Social Fund.

From April 2017 to December 2019 Who Dares Works helped 850 people who are not in work and face the biggest barriers and challenges to connecting or reconnecting with education, training and work.

The project was extended until December 2022 with a further investment of £3.2 million for supporting a further 830 people.

CLEAR was a specialist support partner for Who Dares Works, helping people who have experienced abuse, violence and other traumatic events. These events may have happened some time ago, but their impact on people's health and emotional well-being was preventing people from moving

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forwards and often making them believe that they are not able to succeed with training or hold down a job. We provided support through EMDR therapy, trauma-focused CBT, person-centred counselling and adult psycho-education.

Feedback from Clients who are part of Who Dares Works included:

"Very good. It has helped me deal with bad memories and has given me the tools to move forward."

"Positive results for me - helping me to make sense of my sadness and anxiousness - without this I would not have been able to continue moving forward with my life."

Many people started their journey with Who Dares Works through an introductory course delivered by military veterans from Active Plus. They used their skills, experience and expertise to build confidence, motivation and the self-belief to take the next steps towards training and work. Alongside these courses, people could tap into a range of specialist support to overcome specific barriers and a host of work related activities from volunteering to community projects, taster days to work experience and everything in between.

Who Dares Works participants could also get fully involved in the development, delivery, promotion and evaluation of the project through weekly Community Clubs, coproduction workshops, skills-share activity, community projects and by becoming Who Dares Works Ambassadors.

Referral to the Who Dares Works project was via Active Plus - 01872 300236 / whodaresworks@activeplus.org.uk (<mailto:whodaresworks@activeplus.org.uk>)



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