

Activities



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‘Being challenged to write poetry and then share it is something new in my life and something I thought I would have no talent for whatsoever. So it was a nice surprise for me to find a new and enjoyable challenge in my life. Also being around people who have experienced a similar life of periodic depression has helped me acknowledge that yes I have mental health issues to deal with, and I am not a failure for having had these experiences’.

We support a range of grassroots real-life and online community enterprise activities, which fit with our purpose and values.

While each activity has its own unique set of characteristics, all enable people to feel valued and connected to others.

Community-building is messy and comes in all shapes and sizes, and depends on where the energy, interests and connections lie. This makes it difficult to amalgamate the impact of all of them, so we have provided a summary of the focus and impact of each activity in the following section.

We have also collected feedback in a variety of ways, which will be summarised in the subsequent section.

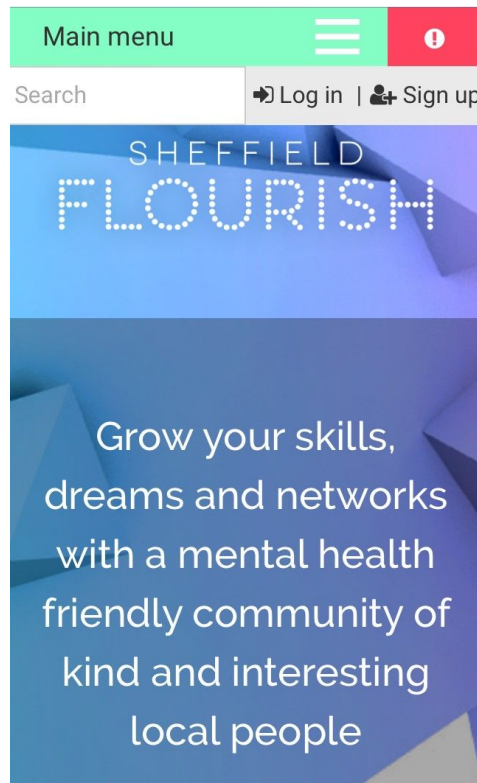
Sheffield Flourish Stories

'Helps me to connect with other people with mental health problems and share encouragement and positive ways forward.'

Storytelling helps build relationships between tellers and listeners and this can be a powerful source of peer support and support for self-care. There are now [over 139 stories](#) on the Sheffield Flourish website. The stories cover a whole range of topics and insights told in many ways, including a poem about living with psychosis, a blog post challenge on the idea of 'manning up', a film about managing depression through crate-making and some slam poetry on everyday living with eating disorders.

Sheffield Flourish stories are shared by community members, occasional contributors and volunteer creative content producers who live with mental health conditions. The volunteer editing panel moderates and edits content. Since April 2016, [40 volunteers](#) have been involved in co-designing and delivering Sheffield Flourish. Between July 16 (launch) and August 17 the site was visited by [11,329 unique users](#) with [86,960 page views](#). The most popular story had [427 views](#).

FOR MORE INFO: <https://sheffieldflourish.co.uk/our-stories/>



Sheffield Flourish Meet-Ups

'I love that there are real life events in conjunction with the online experience. This is quite unusual and very valuable.'

Each month, the Sheffield Flourish Editing Panel has chosen a theme for stories and a related meet-up. **11 meet-ups** were co-hosted with a range of partners and in different locations. Some examples include mental health history with the University of Sheffield, community cultures with ShipShape Sharrow and photography with Shmapped. An enterprise competition to shine a spotlight on ideas emerging from the community which could help build a more mental health friendly Sheffield was held, with **26 amazing ideas** submitted. Altogether **volunteers** contributed **572 hours** and **participants** spent **2750 hours** involved in Sheffield Flourish meet-ups.

FOR MORE INFO: <https://sheffieldflourish.co.uk/upcoming-activities/>



Digital Ambassadors Workshop

'Really good workshop, very helpful and helped me understand more and get me onto Flourish. Feeling confident!'

Sheffield Flourish has designed a training programme for volunteers living with mental health conditions to learn how to become digital ambassadors. Together with the volunteer co-ordinator, they have gone out to many different places including wards, swimming pools and community venues, to support others to go online and use digital resources such as Sheffield Flourish, The Guide and Care Opinion, in order to help them with their mental health and wellbeing.

Between April 2016 and August 2017 11 workshops were held, volunteers contributed 231 hours and 131 participants spent 1,441 hours involved in learning.

FOR MORE INFO: <https://sheffieldflourish.co.uk/our-team/digital-ambassadors/>



Digi-Discussion Group

'A great way to explore digital and share ideas and move forward together'

The Digi-Discussion Group started in October 2016 and aims to explore digital resources and the benefits and issues they bring for people living with mental health conditions. The group brings NHS staff, people living with mental health conditions and others together to grow our collective digital understanding.

The group meets on [a monthly](#) basis with an average of [5 people](#) attending each session.



ADHD Peer Support Group

'A safe place where people understand the struggles!'

The ADHD group started in November 2016 after people identified that there was no existing group for people living with ADHD in Sheffield. It is a facilitated group designed around peer support, and a safe space where people can share experiences, ideas and empathy.

Between November 2016 and August 2017 the group has met 10 times with an average of 6 people attending each session.

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ADHD Adult Peer Support Group

Do you have or relate to the symptoms of ADHD? Please come along to our group which is peer-led and supported by people living with ADHD

When: Second Wednesday of every month

Dates: March 8th April 12th May 10th June 14th July 12th August 9th September 13th Oct 11th Nov 8th Dec 13th

Where: Stafford Road Victoria Centre, Victoria Community Enterprise, Stafford Road, Sheffield S2 2SE

Time: 6-7.30pm

Wednesday 8th March 2017
Living well with adult ADHD – practical strategies to help you perform well in daily life.

About the speaker:
I am an Occupational Therapist working for Sheffield Adult Autism and Neurodevelopmental Service. I have been learning about ADHD in adulthood for the past 10 years mainly from the experience of service users and members of my own family. I have also completed specialist training in adult ADHD, visited different services in England, and completed a research study focussing on Adult ADHD, employment and education. I am particularly interested in how ADHD affects people in their daily functioning and non-medication based ways of helping people improve their lives. From supporting people with ADHD I have learnt lots of useful tips and strategies for managing some of the common effects of ADHD. I continue to provide specialist OT interventions for adults with ADHD and also share my experiences and knowledge with other health professionals by running training sessions on adult ADHD.

Sheffield Mental Health Guide



‘The steering group process has involved co-operation, challenge, inclusion, and diverse ideas with concord and compromise.’

In April 2017, Sheffield Flourish was commissioned by Sheffield City Council to rebuild and deliver the Sheffield Mental Health Guide. A steering group has been set up to co-design the next version of the site. Sheffield Mental Health Guide is a comprehensive searchable directory of mental health and wellbeing related services and groups in Sheffield, as well as other useful information and self-help resources. There is also a supplementary phone line and email query service run by information coordinators.

Between April 2017 and August 2017 we had **12,400 unique users** visit the site. **72%** of these people were **new visitors**. Our information coordinators **referred to 1,084 services** in Sheffield, and we gathered 135 pieces of feedback which we are using to improve the new website.



MORE INFO: <http://www.sheffieldmentalhealth.org.uk/>

Rotherham Flourish

'I love the empathy I love that everybody understands what everybody's going through'

This art-based project uses different expressive media such as storytelling, creative writing, poetry, and painting to explore unheard narratives of trauma, fragmented identities, displacement, (un)recovery, solidarity, flourishing, and hope. During the course, participants who come from different backgrounds and age groups create a community through creative solidarity, compassion and friendship.

8 participants who came from different backgrounds and age groups (from 17 to 66 years old) completed the **first 10 week course**. The course continues, and Rotherham Flourish participants have also got involved with other Sheffield Flourish activities.

MORE INFO: <https://sheffieldflourish.co.uk/stories/shirin-teifouri-rotherham-flourish/>



CAST

'I'm dyslexic and when I left school I had hardly any education because I was constantly moving around. I love to write poems, and I've really dedicated my life to it. About anything and everything. I find it very therapeutic.'

CAST are a group of people from all walks of life who are passionate about arts for mental health and wellbeing. Activities include weekly arts for wellbeing, creative writing and photography workshops, monthly artist gatherings, publications such as [Keys to the Door](#) and an annual exhibition (this year the theme was '[Bridges Not Barriers](#)'). In 2016/17 CAST collaborated with a range of partners including Sheffield Health and Social Care NHS FT, St Mary's, IGNITE and Sheffield City Council Parks Dept.

CAST is run by volunteers and has received small grants from a number of local trusts. This year they have launched a range of cards sold in venues across the city.

During 16/17 [volunteers](#) contributed over [4,349 hours](#) and [participants](#) spent over [26,245 hours](#) involved in CAST activities.

MORE INFO: <https://sheffieldflourish.co.uk/cast/>



Oasis

'Oasis has helped me feel more positive after several episodes of clinical depression'

Oasis gardening provides an opportunity for people to learn how to grow and produce, and to meet others at its allotment and polytunnels. It sells produce to staff at Sheffield Health and Social Care NHS FT. Oasis also has a contracting service which carries out maintenance work on private gardens, allotments, gardens of student landlords and the grounds of company property.

From April 2016 to March 2017 **28 Participants and Volunteers** spent over **860 hours** involved in Oasis activities.

MORE INFO: <https://sheffieldflourish.co.uk/gardening-for-recovery-at-oasis/>



Brunsmeer Awareness FC

It's a way of meeting people...it's very good to have a friendship with people with similar illnesses at a similar stage in life'.

Brunsmeer Awareness Football Club is a consortium of Sheffield Health and Social Care NHS FT, Brunsmeer Football Club, the Football Association, Sheffield United Football Club and Sheffield Flourish.

Weekly sessions are undertaken with new players joining this year. The team have competed in tournaments and two players have completed the FA level 1 coaching course. Around 20 players have attended sessions between April 2016 and March 2017.

MORE INFO: <https://sheffieldflourish.co.uk/brunsmeer-awareness-fc/>



Compassion Convoy

'Your workshop was moving and thought-provoking'

Following attending a Compassion Conference, Tammy Raines was inspired to spread the word about the benefits of compassion and self-compassion in mental health services.

Tammy worked with Sheffield Flourish to set up the Compassion Convoy during 2016/2017. The project aimed to co-produce resources which would help build a more compassionate workforce in SHSC as part of the wider work of Sheffield Flourish and Sheffield Education Exchange.

Lots of resources were found and shared through workshops and partnerships with other people and organisations.

MORE INFO: <https://sheffieldflourish.co.uk/stories/compassion-convoy/>



Hudson and General

'I call this my medicine and I use it as my coping mechanism'

Andrew Hudson is a senior engineer in a large company. He suffers from depression.

The making of crates and products from reclaimed timber helps him with achieving good mental health.

He also uses his crate-making enterprise as a platform for talking to the public about mental health, including by sending a letter with the products he sells,, taking his 'disguised mental health stall' to craft fayres and speaking at events and in workplaces.

MORE INFO: <http://www.hudsonandgeneral.com/>



Education Exchange

Sheffield Flourish has begun to work in partnership with Sheffield Health and Social Care NHS FT and the network Sunrise to build an Education Exchange.

It will be a city-wide, blended physical and virtual, community-led education and learning hub (with spokes), based on solidarity, and co-designed for sharing skills, knowledge and friendship, to help people living with mental health conditions to (re)build the lives they wish to lead.

The next steps will involve opening up the partnership to like-minded people and organisations across the city and beginning the next stage of development.

