



Sheffield Flourish



Reflections Report April 2016 - August 2017

With thanks to all our friends, funders and supporters



Sheffield Health and Social Care **NHS**
NHS Foundation Trust



The
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Of
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Foreword

Welcome to this report on Sheffield Flourish April 2016 to August 2017 which details the work that has been done by a community of people who want to bring about changes in the world of mental ill health and its consequences. Creating and recognising value in everyone, and aiming for equality is the Sheffield Flourish concept.

It has been an extraordinary 18 months for all those working on our projects. We are very grateful to all those who have provided time and resources: members of Sheffield Flourish, staff and volunteers, our contractors, sponsors, grant givers and investors. And we hope that everyone will have joined with our aims and our hopes and that because of Sheffield Flourish people living with mental health conditions will flourish.

As I write this a couple of people are moving on: Julie Edwards, a founding director, has given freely of her warmth, sense and values. Roz Davies, managing director, has managed our changes and broadened our horizons with zest and drive and an abundance of ideas.

We now look forward to welcoming new people and partnerships and working collectively to continue to challenge stigma and inequality and make a positive difference to the lives of people living with mental health conditions.

Pam Stirling, Chair

Foreword

It has been a privilege to work alongside a growing community of talented, kind and committed people. In a difficult climate, people have shared their time, energy and creativity as facilitators, artists, gardeners, occupational therapists and in so many other ways. This experience has proven that everyone has something to offer and contribute to making this world a better place.

With relatively little financial resource and an enormous amount of goodwill and in-kind support, we have built a national-award-winning digital wellbeing hub and we have grown our network and collective voice. We have also learnt about how complex, tough and often unfair this world is for people living with mental health conditions, something we need to continue to work hard to challenge.

We live in a city which is abundant in people and organisations who care about building a better, fairer future. My hope for the next leg of the Sheffield Flourish journey is that it will continue to strengthen and grow relationships with people, groups, networks and organisations, and that it will reach deeper and offer solidarity, friendship and hope to people who live with mental health conditions from many different backgrounds. Strong, cohesive communities which respect diversity and are bonded by common values and purpose will be a powerful defence against this increasingly complex and uncertain world.

Roz Davies, Managing Director

Introduction



Introduction

‘The concept that profound expertise is located within a community who have traditionally been defined by what we ‘lack’ – by deficit and difficulty – entails a paradigm shift!’

Professor Brendan Stone, Board Director Sheffield Flourish

This is a report reflecting on the journey of Sheffield Flourish (Recovery Enterprises) from April 2016 to August 2017. It provides an introduction to the purpose, values and theory of change of the organisation and a timeline and explanation of the journey. The report includes details of the Board Directors, Facilitators and Volunteers and features some stories of people who have been involved in Sheffield Flourish. It then goes on to showcase all the different online and real-life activities which are supported through Sheffield Flourish. Finally, the report provides a summary of feedback gathered in many different ways, finishing with a reflective summary and a look to the future.

All quotes are from members of the Sheffield Flourish community, shared through surveys and other feedback mechanisms.

Purpose and Values

AIM: We support people living with mental health conditions to use their skills, ideas and talent to build the lives they wish to lead.

MISSION: We support people living with mental health conditions to build new connections and relationships defined by solidarity, friendship, and hope; to realise their ideas, skills, and talents; and to have their knowledge, critiques, and voices heard, respected, and acted upon. We challenge stigma and discrimination, and engage with the social contexts which underpin, cause, or exacerbate distress or illness.

VISION: We are working together to co-create a city and region in which the identities, expertise, insights, aspirations and abilities of people living with mental health conditions are valued and supported, and where communities and organisations are mental health friendly.

VALUES:

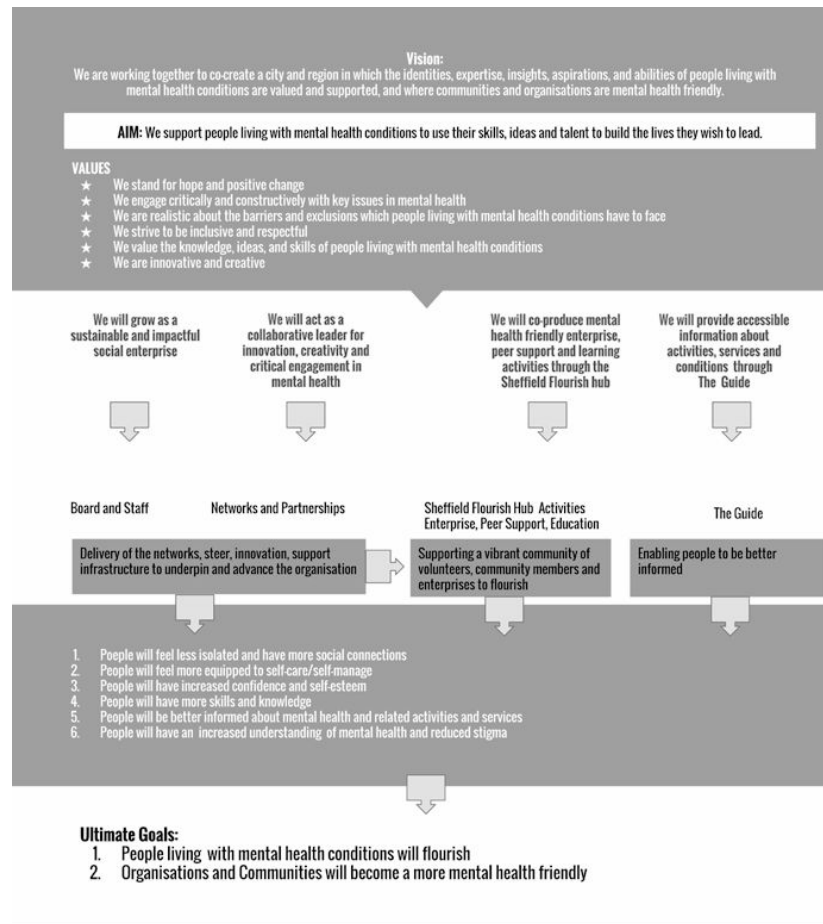
- ★ We stand for hope and positive change
- ★ We engage critically and constructively with key issues in mental health
- ★ We are realistic about the barriers and exclusions which people living with mental health conditions have to face
- ★ We strive to be inclusive and respectful
- ★ We value the knowledge, ideas and skills of people living with mental health conditions
- ★ We are innovative and creative

Theory of Change

The Sheffield Flourish theory of change and monitoring and evaluation framework was developed and adopted in June 2016. They sit alongside the business plan as living documents to explain the purpose, guide decisions, demonstrate impact, and understand improvements can be made.

All activities will contribute to one or more of the following outcomes:

1. People will feel less isolated and have more social connections
2. People will feel more equipped to self-care/self-manage
3. People will have increased confidence and self-esteem
4. People will have more skills and knowledge
5. People will be better informed about mental health and related activities and services
6. People will have an increased understanding of mental health, and reduced stigma



The Journey so far....

Our journey began in 2012 when a small group of like-minded people got together with a shared idea around valuing the talents and enterprising ideas of people living with mental health conditions. The [Recovery Enterprises](#) charity was born. In the early years, Recovery Enterprises provided support to three grassroots community enterprises, [CAST](#), [OASIS](#) and [Hudson & General](#). The Board was ambitious to grow the scale of the impact and, with a new digital expert Board Director, began to make plans for a 'digital hub', with the help from a successful [Big Lottery](#) funding application and support from [Sheffield Hospitals Charity](#) and [Sheffield Health and Social Care NHS Foundation Trust](#). In May 2015, with a Managing Director in post, the co-design of Sheffield Flourish, the digital wellbeing platform, began. By July 2016, with the help of around 200 people, three new members of the team, the [University of Sheffield](#), [Human Studio](#) and [Hive](#), [Sheffield Flourish](#) Beta was launched. In the last year, the hub and community have grown, as volunteers and contributors shared their stories, insights and ideas. Monthly events co-hosted by a variety of partners have taken place and our digital ambassadors have gone out into care homes, community and NHS venues to help other people go online. The organisation changed its working name to [Sheffield Flourish](#). New formal and informal partnerships were formed including with [Care Opinion](#), [Manor and Castle Development Trust](#), [Healthwatch Sheffield](#), [Brunsmeor Awareness FC](#) and [ESP](#). New community enterprise activity has taken place, including the [Compassion Convoy](#) and [Rotherham Flourish](#). The [Sheffield Mental Health Guide](#) moved in with two new staff in April 2017, and [Sheffield Flourish](#) were also delighted to win a regional award for Patient Driven Digital Innovation. We were able to celebrate with the whole [Sheffield Flourish](#) community when we became UK Digital Charity Leader 2017 in June.

Timeline

