

Stories



Juliet's Sheffield Flourish Story

'Getting involved in Flourish has given me a sense of being understood and accepted for who I am. Being involved gives me a purpose and something to look forward to each week. A big difference in my life since being involved with Flourish is that it has given me a confidence to share my writing, which is something I have never done.'

'I have learnt through the Flourish groups, meetings and writing on the website that I am not unique in my experiences of depression/anxiety and fears. It helps me to feel accepting of myself, helps me to be less judgemental about myself.'

Juliet first got involved through participating in the Rotherham Flourish sessions. She then began contributing stories to the Sheffield Flourish Digital Wellbeing Hub and attending meet-ups, and is now helping organise the Rotherham Flourish sessions. She is in the process of becoming a member of the editing panel. Her powerful story and work inspired two students to produce a beautiful animation.



Shirin's Sheffield Flourish Story

'Working with Sheffield Flourish has been inspiring. This is the first time in my life as an immigrant in the UK that I feel I belong to a 'community' and have a 'home'. It has also inspired me to design and create Rotherham Flourish which is an art-based project that seeks to build 'community' and creative solidarity by bringing isolated people from different backgrounds and age groups together to rethink the narratives of mental health difficulties, stigma, fragmented identities, displacement, (un)recovery, hope and flourishing.'

Shirin first got involved in Sheffield Flourish as a steering group member and has since become an Editing Panellist and a Board Director. She is also the founder of Rotherham Flourish.



Rob's Sheffield Flourish Story

'Although it's not the reason I got involved with Sheffield Flourish, I've been exploring living with mild anxiety over the last 12 months. My involvement with Sheffield Flourish has helped as I enjoy the different events and the chance to write or make videos about them. It has helped me get to know people in Sheffield and the city itself.'

Rob is journalist by trade and joined Sheffield Flourish as a creative content producer volunteer. He can also often be found down at Oasis Gardening. He has produced some wonderful stories and videos of Sheffield Flourish activities and events including the [Schmapped Meet-up](#) and [Gardening for Recovery](#).



Keith's Sheffield Flourish Story

'I joined Sheffield Flourish four years ago. I was looking, I suppose, for involvement, something organised and purposeful that makes the kind of demands you get in a job – but less time-consuming and more flexible! Being part of an organisation always has both rewards and frustrations. The work has been intellectually stimulating, especially when it has led me into learning more about mental health, recovery and wellbeing through reading up on research and discussing with people in and outside of Flourish. Talking to people who have joined CAST and Oasis gives a reality and substance to all the theory and, perhaps most important of all, makes the effort seem very worthwhile.'

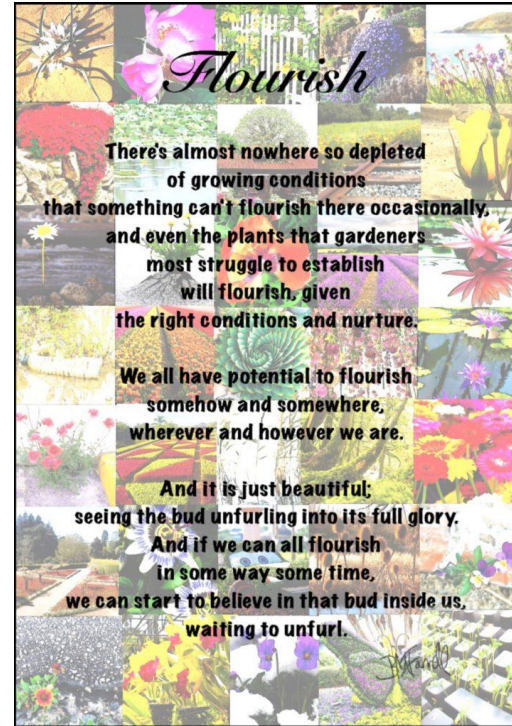
Keith is a long-standing and experienced Sheffield Flourish volunteer who has contributed to the organisation and community enterprises in many ways, including bringing his expertise in grant applications and business developments.



Becky's Sheffield Flourish Story

'It has been good to contribute to something helpful and hopeful. I have enjoyed reading other people's stories and writing my own. I have enjoyed the monthly meetings when I can get to them.'

Becky is a talented writer and artist who began volunteering with Sheffield Flourish in the same month the digital wellbeing hub was launched. Becky produced the fantastic Flourish poem and montage which adorns the walls of the Sheffield Flourish office. She has also written a range of insightful stories and poems including ['An Upward Descent'](#) and ['The Truth about Robin Hood'](#).



Liz's Sheffield Flourish Story

'Sheffield Flourish has introduced me to different ways of working with people. Thinking about different ways to connect others to things in Sheffield, and people to people. It's been amazing to have an organisation that has exceptionally high hopes for people with mental health difficulties and is not afraid to stand up and say that - an organisation that reaches out without fear.'

Liz is an occupational therapist with an interest in digital. She got involved with Sheffield Flourish in the early days, as a member of the steering group, and has gone on to be involved in the editing panel. She has set up activities such as the ADHD Group and the Digi-Group. She is currently leading a project about building digital understanding across occupational therapists and beyond.

