



Annual Report 2016-2017, Reflections

With thanks to all our friends, supporters and funders

Our purpose

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.

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

Foreword from the Chair of the Board

Welcome to this report on Sheffield Flourish April 2016 to August 2017 which we are very pleased to present. It 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. The work is to connect people, to provide opportunities for safe connections and development for individuals and groups. The report gives the statistics which tell funders how we're doing, and just as importantly gives narratives of people and what difference Sheffield Flourish has made for them.

It also details how Recovery Enterprises took up the working name Sheffield Flourish last year, and the RE projects and the digital hub merged to become a bigger whole. While we were sad to lose our first name, it has become clear that Flourish is bigger and bolder than Recovery. Creating and recognising value in everyone, and aiming for equality is the Flourish concept. Winning prizes, becoming the Digital Charity of the year is important in rewarding hard work and gaining respect and hopefully more resources, but equally important is seeing how confidence and interests have developed for an individual and within a community.

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.

- Pam Stirling, Board Director

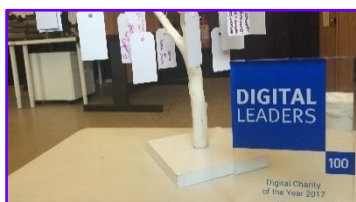
Update from the Managing Director

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 year we have collectively raised our game and grown a national award winning digital hub visited by over 11,000 users in its first year. Between April 2016 and August 2017 participants have been involved in more than 32,000 hours of real life activities supported by 57 volunteers.

Together we have contributed to improving confidence, connections, skills and knowledge, challenging stigma and unleashing some of the amazing potential we have in our people and place. Thank you to everyone who has been involved. - Roz Davies, Managing Director

Achievements



- ★ Won a regional 'Patient Driven Digital' award and became national 'UK Digital Charity Leader of the Year'



- ★ Secured new contracts with Sheffield City Council to deliver the Sheffield Mental Health Guide and Sheffield Flourish Community Champions with partners Manor and Castle Development Trust



- ★ Launched Sheffield Flourish Digital Well-being Community Platform and a Digital Ambassadors Programme



- ★ Supported 8 community enterprises/activities: CAST, OASIS, Brunsmear Awareness FC, Rotherham Flourish, Hudson and General, Compassion Convoy, ADHD Peer Support Group and Digi-Discussion Group

Impact

- ★ More than 11,000 users viewed over 86,000 pages of the Sheffield Flourish website between July 2016 (launch) and August 2017. There are now 139 plus stories with the most popular having been viewed 427 times.
- ★ 5 new enterprises/activities have been set up, 26 people said they had moved along their enterprise journey, 26 people submitted enterprising ideas to our competition and 10 people got involved in enterprise support activities.
- ★ 57 people got involved in volunteer activities, ranging from digital inclusion to creative arts and from gardening to workshop hosts.
- ★ 58% of the people who responded to our community survey said they live with disabilities and 31% have caring responsibilities.
- ★ We carried out an on-going community feedback survey and a snapshot online survey of how people felt Sheffield Flourish had impacted on them. 85% of people felt more connected, 60-81% of people felt more confident and reported an increase in peer support, 82% learnt new skills, 81% found out about and got involved in new activities, and 83% of people felt better about themselves.
- ★ Our insight panel tracking study results highlighted that being involved led to an increase in confidence, a sense of value, social connections and social support.

Community feedback

'I think it's kind of like a beacon in the dark because so much is disappearing from mental health services because of all the cuts, despite you keep hearing of money being invested and the reality is that it's being cut. And to have something new and positive and vibrant appearing in that context is really amazing.'

'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.'

'Like anything Flourish organises, it was hugely positive and enjoyable and tackled the issues needing to be discussed head on but sensitively.'

'Just being around people who truly understand and who do not judge you for having mental health problems is a huge emotional support.'

'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!'

Get involved

 www.sheffieldflourish.co.uk
 @ShefFlourish
 SheffieldFlourish
 info@sheffieldflourish.co.uk
 www.sheffieldmentalhealth.co.uk
 0114 273 7009

If you're involved in something that's mental health friendly our team of Creative Content Producers can help tell the story on our website. We've also trained up a team of Digital Ambassadors who can visit your organisation to help you get online and use Sheffield Flourish.

If you'd like to support us, we'd really appreciate you gifting your time, resources, or even a donation.



Human



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Winner 2017