



# ANNUAL REPORT

## 2017-2018

## WHO WE ARE

Sheffield Flourish is a charity which works collaboratively on innovative digital and community projects, recognising the untapped strengths of people who have experienced mental health challenges.

Sheffield Flourish is our flagship website, and features personal stories about mental health in the city. It is a sister website to the Sheffield Mental Health Guide, a co-produced information resource. Within the city, we support five community enterprises representing the diverse interests of our community: Brunsmeer Awareness FC, CAST, Connected Worlds, Oasis and Open Door Music.

### SHEFFIELD FLOURISH BOARD:

Pam Stirling - Chair

Andrew Wood - Treasurer

Brendan Stone - Trustee

Nick Bax - Trustee

Jane Ferretti - Trustee

Andrew Hudson - Trustee

Shirin Teifouri - Trustee

Rachel Warner - Trustee (appointed Oct 2017)

Julie Edwards - Trustee (stepped down Oct 2017)

Ben Dorey - Associate Trustee

John Rigby - Associate Trustee

## FOREWORD FROM THE CHAIR OF THE BOARD



Welcome to the Annual Report for Sheffield Flourish for 2017 / 18, in which we detail what we've been doing over the year. As well as reporting back to the Flourish Community, this report also tells our funders more about what we've achieved with their money.

It is warming to read what people say about how they have benefitted from being part of Sheffield Flourish. Their comments are illustrations of the Flourish aim to provide channels through which abilities and achievements can be expressed, and ways found out of difficult and troubling times. In this way the new provision of the Mental Health Guide is a channel in the same way that Oasis or Brunsmeer Awareness are channels.

All our projects are produced by wide groupings of people with different and differing interests and abilities: we work to bring them together. This seems particularly important at a

time when individuals can be left feeling responsible for their own mental health in a time of great inequalities and decreasing community resources.

As you will see, this has been a year of change as old friends have moved on and new friends have joined. The Trustees / Directors want to thank everyone who has played a part in Sheffield Flourish over the year: individuals, projects, funders, staff, and friends in general. Good luck to all!

- Pam Stirling, Board Director

## UPDATE FROM THE MANAGING DIRECTOR



My first Sheffield Flourish event was the launch of the Sheffield Mental Health Guide, which took place just before I joined this small but ambitious charity in February 2018. It was clear from the atmosphere in the room that day that this organisation has managed to create an environment which encourages sharing, support, and the cross-pollination of ideas.

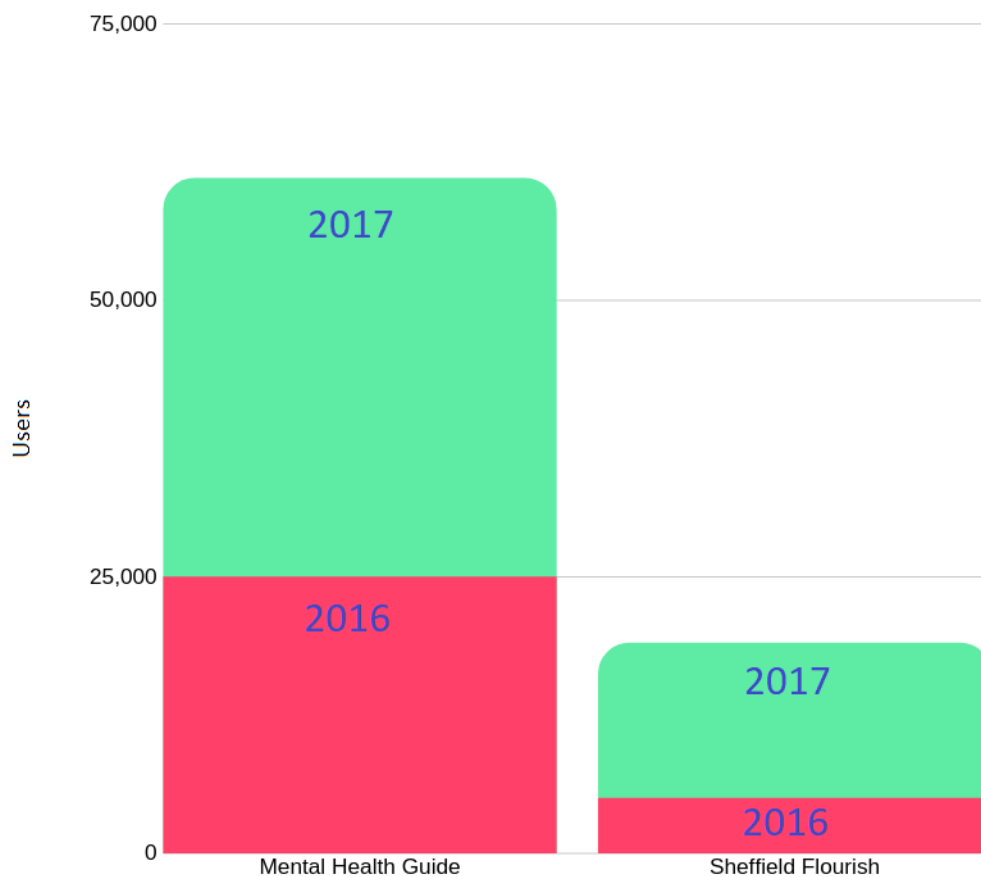
I was excited to join a charity enjoying considerable growth, and I know everyone here is hugely grateful for the contributions made by my predecessor, Roz Davies.

We have an excellent staff team here, of seven dedicated people. We are all part time, but we manage to get a lot done. Our volunteer network is much bigger, and the time and talent which is gifted to this community by our volunteers is worth shouting about. It's exciting to see our enterprises continue to grow, and especially worthwhile seeing the connections people are making within Sheffield Flourish. A huge thank you to everyone for your hard work this year.

This coming year I'm looking forward to getting to know and work with our talented community in developing our enterprises even further, and in continuing to offer innovative digital platforms designed for and by Sheffield people. Have a look below at 'our plans for the future' to find out more. Or, as always, get in touch if you have ideas or want to be involved in helping to grow what we do.

- Josie Soutar, Managing Director

## IMPACT: OUR YEAR IN NUMBERS



35,962 users on Sheffield Mental Health Guide (over 10,000 more than the year before)

13,629 users on Sheffield Flourish (up 37% compared with the year the website launched)

1503 hours of volunteering (68 volunteers were engaged and supported during this year)

388 people were engaged in digital skills development through a variety of peer and VCS groups

161 people were supported through our community enterprises

105 stories published on the Sheffield Flourish Digital Hub that promote mental health equality, raise awareness and use mental health experiences as an opportunity for reflection and discovery.

## A YEAR OF ACHIEVEMENTS



- April** Sheffield Mental Health Guide team join Flourish and we move to new offices
- May** Recovery Enterprises name changed to Sheffield Flourish
- June** DL100 Digital Charity of the Year, Mental Health Guide steering group begins
- July** Sheffield Flourish website refreshed
- August** Mental Health Guide development begins
- September** Community Champions programme launched
- October** CAST's Annual Exhibition, CAST a Light
- November** Talking Benches launched in the Winter Gardens, an idea from our competition
- December** New NHS Alliance Award for excellence in coproduction
- January** Relaunched the Sheffield Mental Health Guide
- February** Brunsmeer Awareness win Y&Humber Academic Health Sciences Network Award
- March** Oasis started planning work at the Longley acute admissions ward engaging patients in the outdoor space

## COMMUNITY FEEDBACK



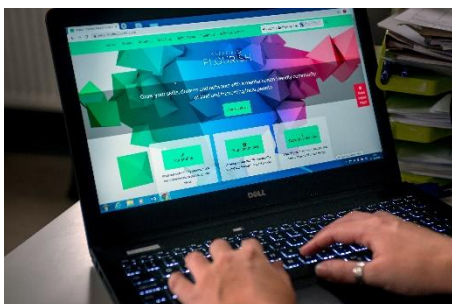
*"You are all like microbes in the soil, in a good way. That moves out of our plant pot. So long may you go on and flourish and grow our abilities."*

*"I learned something new I didn't know before. I was made aware of new or other aspects on several things I had known before. I spoke to lovely people who provided me with useful information which may help me caring better for my mother."*



*"The football team has helped me build my confidence up as I am able to socialise with other people who are going through similar problems and are able to talk as well as let off steam through playing sport."*

*"I love writing and I find it easier to express my emotions rather than verbally (talking) to people. I suffer from anxiety stress disorder and this (CAST) helps a lot."*



*"I had never turned on a computer or typed my name, I now can do both. I am very proud of myself."*

*"I come to Oasis for social interaction in a fun creative environment that helps me feel better"*

## PLANS FOR THE FUTURE

1. Continue developing the Sheffield Mental Health Guide, including adding a 'My Support Platform' for bookmarking services, making support plans and more.
2. Developing the 'Education Exchange' and getting more partners on board
3. Improving how we evaluate our outcomes and impact using our Theory of Change
4. Work with partners and broaden our associate network to respond to the needs of the Sheffield Flourish community
5. Interactive Website – look at opportunities for making the hub more interactive
6. Adopt a more targeted approach to our digital inclusion offer and pro-actively work with partners supporting communities that are most digitally deprived.

## WHAT DRIVES OUR WORK

**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 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
- We are realistic about the barriers and exclusions which people living with mental health conditions have to face
- We engage critically and constructively with key issues in mental health

SHEFFIELD  
FLOURISH

Massive thanks to all our friends, supporters  
and funders. We couldn't do any of this  
without you.

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