

**FIND OUT MORE,
AND SIGN UP TO
OUR COMMUNITY**



SHEFFIELD
FLOURISH

JOINING US

WELCOME TO SHEFFIELD FLOURISH

Community is everything to us, so we're really pleased you're thinking about joining us. We made this pack to give a bit of an introduction about who we are and how we work to potential community members - if you'd like to join us you can fill in and return the form on the back.



In here you will find:

- Who we are.
- How our groups work.
- How to get involved, and a 'group agreement' which explains how our groups run and helps keep everyone safe.
- A form with a few questions for you to answer which you can fill in, cut off and give back to us. We'll use your answers to get you signed up, stay in touch with you, and to anonymously help with funding for the charity.

WHO WE ARE

We're a community

We are a community mental health charity. We've been around since 2012, putting on activities and making digital tools to support people's mental health. We're a small team but we're supported by a fantastic community, our partner organisations, volunteers and supporters.

We're here for you

You can chat to us in lots of different ways. We can also talk to you about your options for mental health help and support in Sheffield.



0114 273 7009



info@sheffieldflourish.co.uk



4 Windrush Way, Sheffield, S3 8JU



/SheffieldFlourish



@ShefFlourish



/SheffieldFlourish

We're a busy community

Have a look at our website or our latest leaflet for a full list of what we're up to, but the list includes art, drama, football, gardening, mental health peer support, music, and writing.

We also deliver four websites, and can help you get online and use them.

HOW OUR GROUPS WORK

Anyone is welcome

We know it can be hard to access support if you are lonely, or experiencing mental health difficulties or distress, which is why all our groups are free and open to everyone. Anyone who wants to get involved is welcome.



They're fun

Our groups are mental health friendly, but they aren't mental health focused. We know that this city is home to talented, creative and smart people who just happen to experience mental health issues. This is why we set up our groups: informal, safe spaces to meet like minded people and get busy with things you enjoy.

We're always open to considering new ideas for activities too!

HOW TO GET INVOLVED

Sign up and read our guidance

There's a form on the back of this pack - fill it out and hand it back to us (or fill the form in online at:)

You'll need to stick to our guidance, including the Group Agreement below, and things like health and safety guidance and specific group rules. It keeps everyone safe!



Volunteering

Once you've got involved, you might find you want to get even more involved! We recruit volunteers to help run groups, exhibitions, as writers and storytellers, as digital ambassadors and more.

Feedback

We welcome feedback on everything we do, it helps us improve. We also take complaints, where needed. If you have feedback or a complaint just give us a call or send us an email.

GROUP AGREEMENT

The following group agreement applies to all activities that happen under the Sheffield Flourish umbrella. By participating in group activities, you agree to follow these guidelines during sessions.

- **Confidentiality** – some things, like personal details and situations, should not be repeated or shared. If in doubt, check with the person. It's also worth thinking about what you share.
- **Respect** – respect others peoples' opinions (as long as they don't cause harm to others). Respect personal space. Be mindful of how your actions might affect others.
- **Time out** – you're welcome to leave the group at any time if you need a time out. Ask the group leader where to go.
- **Kindness** – it's important that we make all members feel included, and celebrate our diversity.
- **Helping others** – the best bit about our groups is the support members give to each other. If someone looks like they're struggling see if you can help, while respecting their boundaries.
- **Phones** – please consider the disturbance your mobile phone might cause. Keep it on silent, or pop out to take the call.
- **Honesty** – if someone's behaviour is causing you discomfort try to raise it with them if that feels possible. If not, speak to the group leader.
- **No violence** – no violence, verbal abuse or bullying.
- **Policies** - you agree to abide by our health and safety guidelines and other organisational policies.

SIGN UP FORM

Please circle the name of the group you are joining

Connected Worlds

CAST art

CAST writing

Brunsmeer Awareness
FC football

Flippin'Mental
Drama

Oasis Vegetable
Growing

Open Door
Singing

Open Door Music
Production

Open Door
Music Jam

Other (please give details)

Your name

Your phone no.

Your email (optional)

Your emergency contact

(please give the details of your Support Worker here, if relevant)

Their name

Their phone no.

Their email (optional)

Their relationship to you

SIGN UP FORM

Is there anything about your physical or mental health that would like us to be aware of or that would help us to support you in attending the group?



When did you start being involved?

(put the month and year, or if you're a new attendee write 'new')

Why did you choose this group?

What do you hope to get out of joining the group?

Would you like to receive our email newsletter? (please circle)

Yes / No

Where did you hear about us? (please circle)

Word of mouth

Website

Poster/flyer

Other (please give details)

