



SHEFFIELD FLOURISH

END OF YEAR REPORT 2024-25

Sheffield Flourish Team

Staff: = 5 (FTE)

Board: = 8

Pam Stirling - Chair
Peter Walker - Treasurer
Brendan Stone - Trustee
Shirin Teifouri - Trustee
Nick Bax - Trustee

Franz Von - Trustee
Adelaide Chibanda - Trustee
Ben Dorey - Trustee
Katy Kendall - Trustee

VISION: Our communities and organisations are mental health friendly and people who live with mental health conditions are valued within them.

AIM: People with mental health conditions are valued and can find the resources they need to rebuild their lives and flourish

VALUES: ★ We stand for hope and positive change ★ We strive to be inclusive and respectful ★ 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 ★ We value the knowledge, ideas, and skills of people living with mental health conditions

Sheffield Flourish will use a blended approach to support a mental health-friendly city



Digital information, guidance, tools, and storytelling



Face-to-face events and activities

Coproducing with people with lived experience

Supporting mental health infrastructure alongside health, education and VCS partners



Building a vibrant and inclusive mental health community



Enabling innovation and enterprise opportunities

OUTCOMES FOR INDIVIDUALS:

People will experience reduced social isolation and exclusion

People will have improved emotional and mental well-being

People will feel more supported and connected

People will enhance their self-care

People will enhance their skills and knowledge

COLLECTIVE IMPACT:

1. People with mental health conditions will have the confidence, skills, knowledge and connections to lead the life they want to.
2. Our communities and organisations are mental health-friendly and people who live with mental health conditions are valued within them.

OUR NUMBERS

Support



- 575** people attended our community enterprise groups
- 613** community enterprise groups delivered
- 135** new members joined
- 33** virtual session delivered
- 70** volunteers have given their free time to support our community

Digital Reach

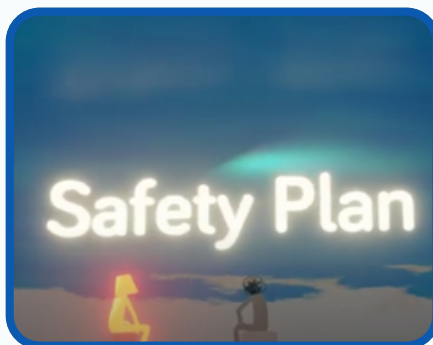


- 93000** users of the Mental Health Guide
- 23900** users of the Sheffield Flourish website
- 38747** socials reach
- 12** received digital devices
- 21** received sim cards with data
- 30** people received digital inclusion training on the inpatient wards

Launched a paper version of the Sheffield Mental Health Guide

"I would say that it (the Sheffield Mental Health Guide) is a genuinely helpful resource, one that is quite necessary with the large amount of people who need help with their mental health...it is a brilliant resource."

Focused Digital Themes



Suicide Safety Plans



Keeping Warm
in Winter



LifePath - virtual
reality

OUR IMPACT

Our annual community survey looks at our impact. This year we had a particular focus on digital inclusion and the potential for a digital mental health passport.

76

people completed our annual Community Survey

Who is accessing Sheffield Flourish?

70% of people have a mental health diagnosis

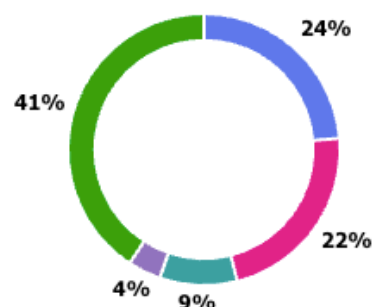
82% of people were struggling with their mental health when they first attended Flourish

41% of people are also accessing SHSC for support

25% of people have had a period in hospital due to their mental health

5. How did you find out about Sheffield Flourish?

Sheffield Health and Social Care	18
Friends or family	17
Social Media	7
GP	3
Other	31



60% of people have been accessing Flourish for longer than 12 months

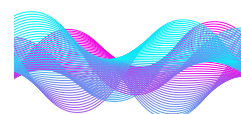
What are people accessing?

The most popular activity according to our attendance figures continues to be CAST art group with 32% of overall attendance.



Open Door Music provides five different groups per week for people to participate in different forms of music and has the highest number of regular attendees.

75% of people said they used our digital tools for mental health support and information.



The Sheffield Flourish website and Facebook page was the most popular digital space for community members wanting to find Flourish information and news.

How are we doing?

How would people describe Sheffield Flourish in 3 words?

24 respondents (36%) answered Friendly for this question.



84% feel their mental health had improved because of their involvement with Flourish.

82% feel more connected to a community or that their social network had grown as a result of Flourish.

71% feel they have developed new skills or knowledge through Flourish

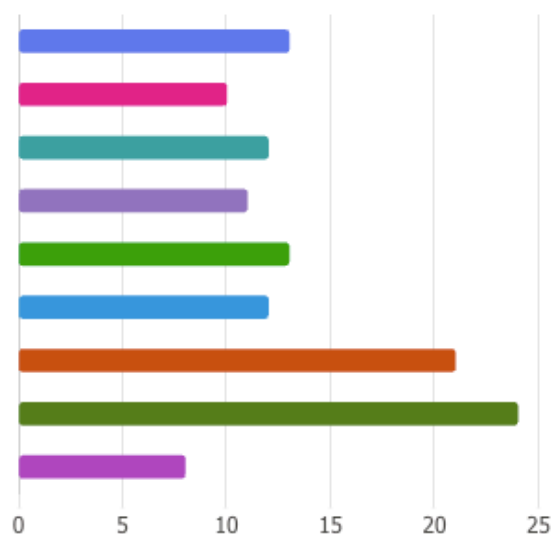
92% feel more confident about making informed decisions about their mental health through their involvement with Flourish,

What could we be doing better?

Most participants report moderate to high confidence in using digital tools, but a significant minority still face barriers such as lack of confidence, preference for non-digital methods, and confusion with technology.

20. Do you experience any of the following barriers when using digital platforms?

● I don't feel confident using digital tools	13
● My internet connection is unreliable	10
● I haven't received enough training or support	12
● I don't have access to the right device or software	11
● I'm concerned about privacy or data security	13
● I find them confusing and hard to use	12
● I prefer non-digital methods	21
● I don't experience any barriers	24
● Other	8



64% said a mental health passport would be useful, yet practical barriers remain, including uncertainty about its benefits and a preference for face-to-face support, indicating a need for clearer communication and support around its adoption.

COMMUNITY GROUPS

Brunsmear Awareness FC



Activity 1: men's football team with weekly training sessions and competitive matches

Activity 2: women's football team with weekly training sessions

Activity 3: mental health friendly football league

Key partners: SHSC Health Coaches and Sheffield and Hallamshire FA.

2024-25 Achievements:

- 78 attendees over the year
- 15 matches supported
- BAFC Ladies finished 3rd in the newly developed league. out of 6 clubs.

"I have been playing on Wednesday nights for a few years now and while things have been tough for me, having that space to go to and having such lovely ladies to play footie with is a way keeps me going."

"The football has improved my access to social environment with others. I have found it a lovely community to be part of. It's something that should be continued and invested in."

CAST



Activity 1: weekly art group

Activity 2: weekly writing group

Activity 3: monthly artist gathering

Activity 4: annual exhibition

2024-25 Achievements:

- 125 attendees over the year
- Better Connected Art Exhibition received over 30 submissions

"I like the fact that they are so relaxed and casual. There's no pressure and I can come and go as I like, sometimes I just read or chill."

"Comfortable, nice people, expanded my friendship group. I find value sharing my writing and listening to other people's responses."

"Some times have been harder than others due to personality/ mental health clashes, but 99% of the time, I have really enjoyed myself. I always say that Sheffield Flourish Art group has saved my life and my relationship. Life is enjoyable now."

Connected Worlds



Storytelling and art-based courses to connect people and provide a creative space for them to tell and transform their stories of everyday life.

2024-25 Achievements:

- 15 attendees over the year
- Course focused on spirituality and mental health.

"Discussing spirituality doesn't happen very often. It is a gap. This course created an excellent opportunity for this to happen in a creative and safe space."

"This was an important course. I loved to talk to and learn from people from different Faiths and cultures. I realise I mainly mix with other white middle class folks and this is very limiting."

'What a privilege it has been to be part of it. Incredible luxury... It has helped me process the stuff I've been growing through in terms of healing and general dealing with life. I've been so busy and hit burnout but our meetings gave me so much strength and nourishment.'

'The workshops opened my eyes to other ways of self-care. We found out that physical, mental and spiritual health are all very closely related and if you take care of one, improvements in the others will come. I learned a great deal from other group members in this session.'

The Learning Space



The Learning Space provides educational sessions and learning opportunities using the values and tools of coproduction and codesign. A key focus is getting lived experience voices into the policies and activities of the mental health system.

2024-25 Achievements:

- 181 people took part in sessions
- LifePath XR advisory groups looking at virtual reality tools in partnership with Sheffield University, Human Studio and the AMRC.
- Codesign of a wellbeing resources in partnership with OT's from SHSC.
- Various coproduction workshops looking at a new mental health hub pilot in Gleadless and Heeley.
- Codesign and user testing of the Safe2Share feedback tool on the inpatient wards.
- Financial inclusion workshops in partnership with NatWest Bank.

"Co-production- wonderful group-supportive and educational."

Very positive and helpful. They are highly creative and productive sessions.

Oasis



Activity 1: weekly wellbeing gardening session

Activity 2: gardening business offering income and work experience for people with mental ill-health

2024-25 Achievements:

- 124 people attended Oasis wellbeing gardening
- New gardening group at Beach House, in partnership with SHSC
- We made the sad decision to cease operating the contract gardening service as the model was not working in terms of resources spent versus the benefits delivered for the charity.

"Well...since starting oasis gardening my social skill and social interactions have increased. Considering I have spent 36 years in the mental health service it helps me to feel part of the community."

"Welcoming, peaceful, supportive, useful, supportive, caring, fun, awesome, amazing, progressive, supportive, friendly, amazing, friendly, helpful, relaxed, welcoming, flexible."

"Coming gardening is like a holiday...or a day out."

"I am enjoying going to the oasis gardening group. It is relaxing and peaceful. I like helping to grow food."

Open Door Music



Activity 1: weekly jamming session

Activity 2: weekly music production session

Activity 3: weekly singing group

Activity 4: weekly music improvisation session

2024-25 Achievements:

- 122 attendees over the year
- Relaunch of the monthly Artist Gathering at Hagglers

"Good place for people to support through shared love of music."

"Very positive and helpful. They are highly creative and productive sessions."

"My experience to start off with has been nervous, though after a few weeks, I have felt more comfortable and more positive in coming to the groups."

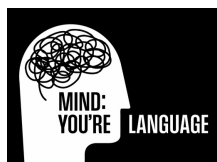
"Very friendly and inclusive space, I always have a great experience."

"Excellent! More friends mandem:)."

Supporting the Health System and Community



We continued our longstanding partnership with SHSC, supporting them to co-produce and co-design services, policy and practice in partnership with people with lived experience of mental ill-health.



Supporting with coproduction in research in areas such as digital inclusion, storytelling and community recovery.



We were awarded a SHSC Shine Award in recognition of being a key partner in user voices in mental health care.



Working with Public Health on developing peri-natal resources and storytelling.



We have continued to work closely with VCS partners across the city, particularly in solidarity following the race riots that were witnessed across the country.

Changes to Flourish's Leadership



After 15 years steering the organisation, Pam Stirling, one of the founders of Flourish and Chair of the Board of Trustees stepped down from her leadership role.

"We should all be enormously proud of what we have achieve working together in Flourish. We set up to be a channel to link people to their possibilities and to do things differently. I know that it is never enough, but we have achieved a lot."

Nick Bax and Adelaide Chimbanda have stepped into the role of Co-Chairs following Pam's departure. We wish her well and it is a tremendous loss to the organisation.

Thank you to all our staff, volunteers, associates, donors and board members who continue to help Flourish thrive.

