



END OF YEAR REPORT 2025-26

Sheffield Flourish Team

Staff: = 6 (FTE)

Board: = 8

Nick Bax - Co-Chair
Adelaide Chibanda - Co-Chair
Peter Walker - Treasurer
Shirin Teifouri - Trustee

Franz Von - Trustee
Brendan Stone - 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



- 483** people attended our community enterprise groups
- 589** community enterprise groups delivered
- 185** new members joined
- 43** virtual session delivered
- 59** volunteers have given their free time to support our community

Digital Reach



- 129500** users of the Mental Health Guide
- 35800** users of the Sheffield Flourish website
- 48659** socials reach
- 7905** users of the Sheffield Suicide Support and Prevention website
- 2940** paper mental health guides distributed
- 41** people received digital inclusion training on the inpatient wards

"Thank you for making it possible and putting my words out. Everything is perfect and I have reviewed everything on social media and the website. It's wonderful."

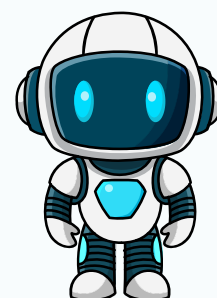
Focused Digital Themes



Mental Health Services Explained Leaflets



Mental Health Passports



AI

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: SHPU Health Coaches and Sheffield and Hallamshire FA.

2025-26 Achievements:

- 102 attendees over the year
- 15 matches supported

"Everyone was very friendly and welcoming the first time I attended. I was very excited to get back into playing football as it had been over 10 years since I last played. I was very nervous the first time, but I really enjoyed it and was glad I took the plunge and went along."

CAST



Activity 1: weekly art group

Activity 2: weekly writing group

Activity 3: monthly artist gathering

Activity 4: annual exhibition

2025-26 Achievements:

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

I have really enjoyed coming to Flourish Art group. This is only my 3rd time but I really like coming. It gives me a full 2 hours to concentrate on my painting. The people are really friendly and welcoming there.."

"Love the art group- like how it's unstructured, and can do whatever you want. ."

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.

2025-26 Achievements:

- 6 attendees over the year
- Course focused on coping with chronic pain

"I have made lots of friends and I am learning new stuff.."

"The Way I Flourish was the first of its kind for me. And was life-changing because I made lifelong friends, discovered how much I like to write and I also found my voice through it. Other Connected Worlds workshops have also been great, encouraging me to keep writing and allowed me to be inspired by others."

"It was great group warm understanding and compassionate."

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 health system.

20245-26 Achievements:

- 705 people took part in sessions
- Codesign on the new mental health hub planned for Gleadless and Heeley.
- Mental health awareness sessions for trainee plumbers at Sheffield College.
- Culture of Care feedback on the mental health wards.

"It's really brought on my confidence!"

"Mental Health Passport Co-production- wonderful group-supportive and educational."

Oasis



Gardening groups that support people to connect with nature, learn horticultural skills and build social connections.

2025-26 Achievements:

- 141 people attended Oasis wellbeing gardening
- Gardening group at Beach House, in partnership with SHPU
- Part of the Growing Together partnership with 5 other green focused charities.

"I have a great experience since I started to join a gardening group, because the group are very friendly and I felt happy with them."

"Oasis gardening has been incredibly welcoming and healing."

"I really look forward to gardening every week. I have learnt so much about plants but also been able to help with building beds, painting signs and general maintenance. The tea break is my favourite bit!"

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

2025-26 Achievements:

- 126 attendees over the year
- Monthly artist gathering session at Haggglers Corner

"I've learnt a lot and grown as a musician."

"Great, lovely welcoming atmosphere, kind people who care and understand what you're going through."

"Cast Art and Cast Writing I go regularly. guitar lessons- gone a few times. Music jamming- too overwhelming. Music production- just went once. I like the groups where there is clear structure and focus. It's nice to have something to do every week."

Supporting the Health System and Community



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



As part of the Synergy Alliance we ran a new service for carers supporting people in crisis. Over the year we supported 11 carers to navigate the system and think about their own emotional needs.



Following the feedback through the Gleadless and Heeley coproduction work, we have been looking at the development of citywide mental health passports and suicide safety plans. We are looking to develop and launch these digital tools over the next 12 months.



We have fully aligned our volunteering processes between Sheffield Flourish and SHPU, which has ensured volunteers get the right level of support, training and supervision relevant to their volunteer role. We had 59 active volunteers over the year.



2026 will mark 10 years since the launch of Sheffield Flourish and the charity officially changed its name from Recovery Enterprises. We are planning a celebratory event during the summer.

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

