

Changing Futures Newsletter April-July 2024

Hello and welcome to our quarterly newsletter!

Good Work Skills/Changing Futures Celebration Event

This fantastic event took place at the beginning of June to celebrate the successful collaboration between Changing Futures and Good Work Skills. Associates have had the opportunity to join the Good Work Skills programme to take part in training sessions over a few months to support them with their involvement with us and preparing them for working in strategic spaces!

Attendees enjoyed a welcome from Helen Phoenix, Head of Work and Wellbeing, followed by guest speaker, Dave Higham, Founder and CEO of the Well Communities, which is a provider and champion of quality, life-changing drug and alcohol abuse treatment and training services in the Northwest.

James, Paul, Becky, Ryan, Edd gave fantastic presentations about their journeys. Everyone was blown away. We're hoping to run this training again but delivered by the Changing Futures Team – Watch this space!



1-1 Support Offer Update

This is just a friendly reminder, that if you're a co-production associate you can have access to 1-1 supervision with a member of the team.

What is supervision?

Supervision is an opportunity for you to have access to a 1-1, safe space with a member of the team which focuses on your wellbeing and progression and development.

How can supervision help me?

During supervision, you set goals and actions to support this. This isn't mandatory, but it's a great opportunity to have regular conversations around supporting towards the next step in your journey. This doesn't need to be employment, but can be thinking about your changing futures involvement or involvement elsewhere!

How do I sign up?

Please contact any of the team to discuss further 😊



Intermediate Training Session Launch

We successfully launched our Intermediate Co-production Training in July. We were pleased to be joined by Ferdy, who talked about his experiences of co-production and supported us with the session. He was brilliant and attendees gave wonderful feedback about how much he had inspired them throughout the session.

This is some of the feedback that was received by the attendees –

“Thank you very much - wonderful to be part of such a motivated and enthusiastic group. Looking forward to pooling resources and finding opportunities together.”

“Absolutely wonderful training - really useful and definitely want to be part of the network please.”

“Thanks to everyone for today it's been a really good session, feeling inspired and empowered by you all.”



Colourful Conversations: how we should probably talk less and listen more.

“For volunteer group this month I presented a workshop based around the four-colour model of personality. The primary objective was to improve self-awareness, enhance communication styles, improve conflict resolution skills, foster collaboration, and promote personal growth. I preprepared a personality quiz from which the participants could identify their dominant colour and designed accompanying slides to explain the ideas in a fun and colourful way.

We explored the four types and their individual characteristics, communication and decision-making styles. We looked at the relationship between core and moderated behaviour. We then reflected on the situations in which adapting our communication with respect to the communication styles of others can result in more considerate, productive, and cooperative communication.

Overall, the session was well received. The group found the slides and resources helpful in explaining the concepts. They were intrigued to recognise one another’s unique personalities and self-reflect on how they could use the insights and resources for future growth and awareness. It was interesting to observe that associates with a wide range of ages and backgrounds all took something useful from the session. There was a consensus that the session had been fun and enlightening and that a future follow up would be well attended.”



Zizzi Trip!

To celebrate volunteer involvement for certain pieces of work, we went on a trip to Zizzi. It was great to socialise as a group and celebrate all the hard work which had been put into the Peer Audits, NECG, Positive Activities Fund Peer Evaluations, Domestic Abuse Recommissioning and Acquired Brain Injury work.



New Team Member!

Welcome to Leigh, who In July started as a Peer Support Worker, jointly working at SYHA and with the Rough Sleeper Team in the council.

“Hi, my name is Leigh. I’m from Sheffield born and bred. I’ve encountered many difficulties growing up, including growing up around a lot of alcohol and drugs, which led me to start experimenting at a very young age. I found myself completely lost and not knowing what to do with my life. My lifestyle was all I had, and I swiftly became an addict. My drug of choice at the time was spice which rendered me in a state of psychotic depression. Due to this, in my early 20’s all my relationships fell apart and I ended up street homeless. This was an extremely tough experience. No-one is ready for a time when they find themselves on the streets. All I had to get me by was the drugs I was taking which in turn led me to break the law and do things I would not normally do to feed the addiction. I was stuck in a cycle which made my mental and physical health decline even further.

After initially being rejected by the council for housing, eventually I managed to fight to get accommodation at Victoria Court Projects. During this time, I was still battling with my addictions and my mental health. Eventually I was offered the flat in which I still reside now. For another 8 years I continued to battle with addiction and mental and physical health to the point where I could not see any way out. I started interacting with the drug services in Sheffield which started to help. Then COVID happened. In this time, I took advantage of being alone and the world being on lockdown and decided to start exercising regularly and reduce my substance intake. Here I began to recover. It was a slow process, but I continued to contact the drug services and met my girlfriend down at Sidney Street. Since engaging with these services, I have now been fully sober for almost 3 years. I managed to get to college and was awarded a diploma in Countryside and Wildlife management and then jumped into work as a Rope Access Technician and then later as an arborist. However, I’ve always wanted to help people out of bad situations like the one I was in and to be able to help people like the way I’ve been helped. I felt like I was in a position after being sober and stable for this long that I was finally able to do some good. I was referred to Goodwork from my therapist who found me the role, so a big thanks to them! Look forward to working with everyone and making positive change.”



What's Coming up?

Digital Inclusion Training Opportunity!

To all associates, we are excited to announce that, during September, we will be launching our 'Digital' training offer. We have co-developed this training, with associates, to ensure that the training is both relevant and accessible to as many of you as possible. Below I have provided an outline of courses content to give you an idea of how the course might benefit you! We have already had lots of interest but are now in the process of creating registers for September, if this sounds like something you would benefit from and want to secure a place can you let me know, you can do this by email: l.goodyear@syha.co.uk or by texting me on 07970-399427.

- Pre-Entry Essential Digital Skills: An Introduction to using computers and digital devices (4 weeks)
- Entry Level Digital Skills: Using digital skills to save money (3 weeks)
- Entry Level Digital Skills: Getting to grips with Microsoft Office (11 weeks)

If you would like an informal chat about the course, then please contact me (see above) to arrange to make this happen!



Homelessness Prevention Strategic Board

As some of you will know, we have the ambition for you, our associates, to have the opportunity to have meaningful inclusion on one of a number of Sheffield City Councils strategic boards, these are the spaces where some of the strategic decisions are made about what services are developed in Sheffield, and how monies should be spent!

We are now looking for associates that have had experience, the more recent/relevant the better, of homelessness (in Sheffield ideally) to be a part of this process! Initially, we hope to create a pool of associates who feel motivated to work towards involvement in these spaces, however we will fully support you on this journey; providing all relevant training/guidance to enable you to feel confident and meaningfully contribute to the strategic narrative around homelessness in Sheffield as part of the S.C.C Homelessness Prevention Strategic Board.

We will be promoting the opportunity in September 2024, watch this space!

Co-Production Network Launch.

As a programme, we are continually motivated to promote the benefits of inclusion, diversity of contribution and collaboration in the way we work. Through this process we have identified the need for a space, in Sheffield, where stakeholders, partners, lived experience experts and voluntary organisations/charities can come together to share resources, learning, best practice, ideas, learning, problems and collaborate on projects. Improving the way we work, think, and learn.

This will allow us to, collectively, improve the systems that support people experiencing multiple disadvantages to improve their circumstances and realise their potential.

We are especially keen for ***your involvement*** and will be ***promoting opportunities shortly***, we have an in-person event on Monday 23rd September between 9:30-1pm, and would like your ideas about ***'what is important to you about co-production in the city?'***



Upcoming Weekly Coproduction Associate Meetings!!

We will shortly be working on creating a weekly meeting for Associates to review work, updates and meet prospective organisations and senior leaders who are interested in Copro, as well as working on our internal volunteer roles. Watch this space for an opportunity to coproduce.

