

Changing Futures Newsletter

Hello and welcome to our quarterly newsletter!

What happened in January?

Women's Tree Planting

H, Justine, Poppy and Lowri spent a frosty January morning planting trees outside the new temporary women's accommodation 'Duffield Place'. They were planting some new trees, replacing the ones which were removed when it was built.

Our female associates co-designed physical aspects of the accommodation and what support would look like for its future residents. We're looking forward to having a tour inside the accommodation towards the end of the year.



What does involvement with Changing Futures mean to you?

During an activity at our January Volunteer Group, we each described our involvement during Changing Futures in one word. Here are the words we came up with....

inspired
worthy self-confident
self-rewarded
privileged purpose
empowered

What happened in February?

Meet Haf

Meet our newest member of the Changing Futures Team – Haf. He's started his role as Volunteer and Associates Manager. If you haven't met him yet you will in due course!

“Hello everyone, I'm Hafeez, people call me Haf for short. I'm 35, from Sheffield but lived in Rotherham for the last 10 years with my wife and son. I like to spend my free time with family and I've got 3 sisters and a younger brother, it's always nice to see them. I'm into sports, mainly footy and cricket but enjoy boxing, UFC and whatever's on really. I like films, series and enjoy a bit of game time on my PlayStation (although I always end up in the doghouse when I play).

I've spent 5 years in prison from the age of 21 for supplying class A drugs, it's shaped who I am today. I've worked in homelessness services and mental health services over the course of my career. I'd consider myself a kind and caring person who is always willing to help people. I appreciate a good laugh especially in the workplace. I'm all about positivity and good vibes but of course I understand people have a bad days. I'm looking forward to meeting everyone I'm going to be working with. I'm approachable and down to earth so if you need anything please always feel comfortable to ask”



Co-production Training Sessions

We have facilitated 2 co-production training days so far this year. The first took place in February and was delivered to 12 different individuals, 5 different organisations and 5 different council departments. We're looking forward to running more training sessions throughout the year. And piloting our intermediate training session.

Below is feedback from this first two session – thanks to Carl, and John for facilitating these sessions with Lowri, Kate and Vic.

“Thanks again for the training, I thought it was excellent, and has really helped me kick off our journey on co-production”

“I really enjoyed today’s session. Extremely useful – very interactive (not easy when delivering remotely!) and lots to take away”.

“Thank you so much for delivering the co-design training last week. I thought it was amazing and so thought provoking”.

Screen-printing workshop at Archer Project’s Award Winning Social Enterprise ‘Printed by Us’

Lowri and a group of associates had a chance to attend one of Printed by Us’s screen printing workshops at their base in Orchard Square. We had a fantastic afternoon and enjoyed getting creative learning how to screen-print our own t-shirts and cards – which we were able to take away with us. It was a relaxing and supportive environment, encouraging mindfulness and getting a chance to learn about how their work inspires and creates positive change. Thanks Emily/James for facilitating such a great and engaging session!



What happened in March?

Making Every Adult Matter Trip to York Data Event

The theme was 'Learning Through Data'. Different Changing Futures areas gathered in York to discuss the challenges around data and how we overcome them to measure change at system level for people experiencing multiple disadvantage.

We looked at how often we use data in our personal and work/volunteering lives and different ways we can measure improvements and positive impacts that the programme is having.



National Expert Citizens Group Trip to Birmingham

Lowri, Lewis and some of our National Expert Citizen's Group took a trip to Birmingham for an in person meet up. The theme for this quarter, was issues around engagement in substance misuse services. We discussed topics like what an ideal caseworker would look like and what skills/experience they possessed, how we measure progress for people with substance misuse issues at a national level.

Importantly we were involved in discussions with governmental colleagues who currently work on the country's 10-year alcohol/drug strategy plan.

What's the NECG (National Expert Citizens Group) and how do YOU get involved?

The NECG brings together members from the different Changing Futures areas around the country. Members then answer questions either supplied by the government/services or raised by the NECG to get feedback on members experiences. The group aims to make sure that those who have lived experience of multiple disadvantages are involved in shaping the systems/services that support others with multiple disadvantage.



The Homewards Programme

The Homewards programme aims to end all forms of homelessness. On the 19th March, Sheffield welcomed the programme's founder, Prince William, to meet local people and organisations. There were opportunities for individuals to share more about their experiences of homelessness, talk about initiatives that already work well, and discuss how we can build more networks and partnerships.

Some of our associates and Changing Futures team attended the event at Millennium galleries as those in attendance started to shape our local homewards programme and shared more about our city's aspirations, challenges and priorities. Prior to this, Peer Support Worker Poppy and Associate Paige attended an event at Parson Cross library to share their ideas and support.



Housing Independence Work Update from Lewis

“Over the last 10 months our Lived Experience Associates have been working closely with Sheffield City Council commissioners to procure temporary housing services (Housing Independence Services) for people at risk of/experiencing homelessness in Sheffield. This process has involved co-designing parts of the service specification, identifying what’s important to service users in practical ways and most recently they have been moderating (choosing) which organisations will hold the contracts for the next 5 years!

A standout of the process has been the council’s commitment to the meaningful involvement of people with Lived Experience in all aspects of co-design; they have demonstrated a continued motivation to develop more inclusive practices, adapt to unfamiliar working practices and provide opportunity for our associates to develop and progress, is inspiring and encouraging in equal measure!”

Changing Futures Wins Gold!!!

As a programme, we decided to apply for a ‘Lived Experience Charter award’ we were lucky to be one of 7 organisations out of just under 60 to be awarded a gold award. By having this status, it demonstrates that we have quality standards, good practice, and commitment to attract, recruit and develop colleagues with lived experience.

Kate and Tom were heavily involved in the task group collating all the evidence needed together. We’re all thrilled with the result!



Positive Activities Update from Tom

“Positive activities programme was a huge success in 2023/24 with around 3900 participants in recovery receiving free activities across the city.

I’d like to take this opportunity to thank everyone of you involved in anyway. I am pleased to let you know that the programme has been funded again for 2024/24. We only have half the funding which was available last year so have had to make some changes.

In order to let existing activities grow and provide an ongoing offer to those in recovery, it was decided that rather than take on a new cohort of organisations, we would offer continuation funding to existing organisations who went through the co-commissioning process with panels of SYHA associates last year. Any organisations who wanted to carry on with their activities were asked to respond and numerous datasets were carefully analysed by SCC and SYHA before a decision was made on who would get funded for 2024/25.

Going forward, we have set aside another small pot for a second round of micro funding to try and help more grass roots organisations off the ground so they can also come on board and provide activities in Sheffield. We don’t yet know exactly when that will happen but we do know we’re going to need a panel of five Associates to take part in the Co-Commissioning process. The only criteria for who can be on the panel is that you either weren’t on one last year or you were only on one of the three. If you’re new to SYHA or haven’t been on one of these panels before, please don’t be afraid to put your name forward, it’s a very simple process and everyone will receive all the help and support needed along the way.”

If you would like to take part or are interested but maybe have some questions; please drop Tom an email, call or text and he will be happy to put your name down or chat/answer any queries. Note: If we have too many people, it will come down to simply choosing out of a hat as before.

Please see the next page for details of all currently funded positive activities providers...

What activities are available?

<p>Bloom Heeley, Meersbrook, Gleadless Valley</p> <p>Framework City Centre, Burngreave</p>	<p>‘Gardening to Feel Good’ groups for women in recovery from mental health issues.</p> <p>Person centred programme of activities for women engaging with Street Outreach including: Life skills, Physical activities, crafts.</p>	<p>Facebook: https://www.facebook.com/people/Bloom-Sheffield/100064541542461/ General Email: Jane@bloomsheffield.com Referrals: cath@bloomsheffield.com</p> <p>Tel: 07971987561 Office: 0800 066 5358</p> <p>Email: stephanie.haines@FrameworkHA.org aimee.lowe@FrameworkHA.org</p>
<p>Haven</p>	<p>Multiple activities including walks, picnics and meditation. For survivors of domestic abuse.</p>	<p>These activities are limited to those already working with Haven.</p>
<p>RiteTrax City Centre</p>	<p>Weekly evening music drop-in, 121 sessions in multiple music based vocations, group therapeutic sessions (e.g skills development, reflecting on music). Dry/alcohol-free music</p>	<p>Facebook: https://www.facebook.com/ritetrax/?locale=en_GB Tel: 07709 958848 Email: info@ritetrax.co.uk</p>

	events/gigs once a month. For all in recovery from multiple disadvantages.	
The Archer Project City Centre & S8	Screen Printing classes, therapeutic activities with horses and sessions training greeters at Sheffield Cathedral. For vulnerable adults who visit The Archer Project.	Tel: 0114 2636970 Facebook: www.facebook.com/archerprojectsheffield/ Email: ContactUs@archerproject.org.uk Web: www.archerproject.org.uk
The Art House at St. Matthew's City Centre	Evening Pottery and Art classes with a cooked meal and drink provided. For adults in recovery from multiple disadvantage.	Tel: 0114 2723970 Facebook: www.facebook.com/arhousesheff/?locale=en_GB Email: info@arhousesheffield.co.uk Web: www.arhousesheffield.co.uk
Endeavour Training Fir Vale, green & blue spaces in & around Sheffield.	Person centred outdoor activities such as walking, canoeing, fishing, paddle-boarding, conservation, orienteering and bush craft. For adults in recovery from multiple disadvantage.	Tel: 0114 2438219 Email/Referrals: Katie.Leather@endeavour.org.uk Web: www.endeavour.org.uk
Ethel Trust Victoria Quays,	Day experiences on a community barge along the	Tel: 07722 678168 Facebook: www.facebook.com/ethelbarge/ Email: ethelbarge@gmail.com Web: www.etheltrust.co.uk

Tinsley Marina.	Sheffield and Tinsley Canal. For adults in recovery from multiple disadvantage.	
Space To Breathe Citywide inc. Westfield, Burngreave, Chapletown.	Mindfulness sessions, wellbeing courses and one-off groups. For adults who have experienced mental health challenges.	Tel: 0114 2412 794 Facebook: www.facebook.com/SpacetoBreatheCIC/?locale=en_GB Email: info@spacetobreatheuk.com Web: www.spacetobreatheuk.com
Stocksbridge Community Leisure Centre Stocksbridge	Health & fitness, multi-sports, swimming/soaking, knitting & support groups. For adults in recovery from multiple disadvantage, elderly Men & Women and fathers facing/recovering from mental health challenges.	Tel: 0114 288 3792 Facebook: www.facebook.com/stocksbridgeclc/?locale=en_GB Email: admin@stocksbridgeclc.co.uk Web: www.stocksbridgeclc.co.uk Referrals: csh@stocksbridgeclc.co.uk
Target Housing Citywide	Person centred activities such as fishing, cooking, budgeting, gym, team building etc. For Target Housing service users as well as other adults in recovery from multiple disadvantages.	Tel: 0330 202 0403 Facebook: www.facebook.com/TargetHousing/?locale=en_GB Email: info@targethousing.org.uk Web: www.targetsheffield.org.uk

<p>Food Squad</p> <p>Fridays at Theatre Deli, Cuthbert House, Arley Street, Sheffield S2 4OP</p> <p>(Between Bramall Lane and London Road.)</p>	<p>Drop in for food and companionship .</p> <p>10:00-12:00 Hot drinks, beans/jam/marmite on toast.</p> <p>12:00-14:00 hot vegan meal and pud.</p> <p>All welcome.</p>	<p>Tel: 07564873098</p> <p>Instagram: @foodsquadsheff</p> <p>Email: foodsquadsheff@outlook.com</p>
<p>Life After Crisis</p> <p>Venue varies – Around Firth Park/Burngrave area, call or email for details.</p>	<p>‘Care Café’ recovery activities - Saturday lunchtime.</p> <p>A therapeutic space to unwind, connect and socialise.</p> <p>Activities vary from week to week, please call or email for details.</p> <p>All are welcome.</p>	<p>Tel: 07482 642514</p> <p>Email: lifeaftercrisis1250@gmail.com</p>