

Changing Futures Monthly Newsletter

Hello and welcome to our new monthly newsletter! We will be sharing this monthly with associates and any relevant services/organisations to share the work we are doing and our upcoming opportunities.

Nottingham Changing Futures Paid Us a Visit...

At our last volunteer group, we were joined by Nottingham Changing Futures! It was a fantastic day sharing experiences and learning about the wider programme.

We enjoyed lunch and got a chance to mingle. We broke out in table group discussions looking at different areas of multiple disadvantages, the positives, and negatives of peer support and whether it works. We also discussed the different activities both Changing Future cities have run.

Later on we were joined by Sheffield Changing Futures Support Workers – Natalie, Dan and Tom. They came to speak to us about their roles. It was insightful and interesting to hear about the wider part of the programme. And we thank them massively for their contributions to this volunteer group.

A great day was had by all! 😊



Changing Futures Recent Women's Group Sessions!

“Me and my female peers done some work on how to make our women's group more welcoming and how we can spread awareness of the changing futures project so that more women can get involved. After brainstorming this we took a walk to Greggs and got a meal deal and took it to the peace gardens. Kate and Lowri brought some crisps, cookies, and fruit. We sat down and were just able to talk about things to each other and the staff. It was a lovely day, and it was different to our normal meetings.”



← **Hear from Coproduction Associate Poppy who is now one of our Changing Futures Peer Support Workers!**

Hear from Justine about our latest Women's Group which was facilitated by her below!

“For July's women's group we planned to get arty and to chill out with some mindful painting. I briefly introduced the materials and techniques and then without further ado we were straight into mixing, blending and splashing the paints.

The session was relaxed and social with zero pressure to accomplish a masterpiece! Some of us practised brush strokes, others doodled flowers and Lowri completed a super cute picture of her dream dog!

The time passed by very quickly, as it often does when absorbed in the creative process. It's well known that painting can increase self-awareness, self-compassion and expression as the mind and body slow down and allow us to be connected to ourselves in the present moment. The most important yet most difficult stage is to silence that pesky inner critic and simply give ourselves permission to 'play' without fear of criticism and judgement. I think we all got past that first hurdle without too much trouble and doodled away with the rather nice new brushes whilst chatting and joking for a couple of hours.

One of the privileges of coming together in a place of safety and mutual encouragement is that we can all connect whilst enjoying the flow of a creative activity. Most importantly it's a time and place to remind ourselves and one another that the nagging voice that tells us 'I'm not good enough' can pipe down! We now have a good stash of art materials for other sessions!”



Our Upcoming August Opportunities...

Monthly Volunteer and Associates Group

Our next volunteer & associates meeting - A chance to discuss ongoing opportunities on the Changing Futures programme and socialise as a group!

When is it?

Friday 4th August 12pm – 3pm at South Yorkshire Housing Association. Lunch provided!

How do I sign up?

Please contact Lewis (l.goodyear@syha.co.uk)



HIS Coproduction Sessions –

Starting from this month we will be running a group of workshops focusing on Housing Independence Services in Sheffield.

Workshop One – Focus is to understand what support people experiencing multiple disadvantages want and need in the city. We will spin this on it's head and look at a bad version first!

When is it and how do I sign up?

The first workshop is on Monday 7th August 10am-12:30pm – Pizza lunch included!!! At South Yorkshire Housing Association. Please contact Lewis (l.goodyear@syha.co.uk) to sign up.

Workshop Two – The purpose of this workshop to get ideas and feedback that can inform the committee paper and specifications for services that the council is retendering.

When is it and how do I sign up?

Tuesday 8th August 10am-12:30pm (lunch provided) At South Yorkshire Housing Association.

Please contact Lewis (l.goodyear@syha.co.uk)

Workshop 3 - At this session we'll look at 2 services to explore what a good service like this looks like, and what it helps people to do. There'll be two discussion groups – one for each service, and participants can join just one or both if they're interested. Halfway through each session there will be an opportunity to switch groups.

When is it and how do I sign up?

Friday 11th August. 1:30pm lunch, workshop 2-4pm at South Yorkshire Housing Association. Please contact Lewis (l.goodyear@syha.co.uk) if you would like to attend.



Women's Only Session – Help Co-design the Women's Safety Survey

What is it?

Justine Adams (Changing Futures Commissioning Officer) wants our involvement in coproducing a women's safety survey. With it going live in September.

The hope is to get women's thoughts in the city around engaging with services/their safety worries around this. This will be then fed back to services.

There will be an opportunity to complete the survey yourself once it's gone live too.

When is it?

Friday 11th August 11:30-13:30 at South Yorkshire Housing Association.

Light brunch provided.

How do I sign up?

Please contact Lowri (l.anderson@syha.co.uk)



Women's Group – With Guest Speaker!

Our next women's group. A safe space for any women with lived experience of multiple disadvantages.

This group we are welcoming our very own Peer Support Worker – Leah 😊 to give a talk/Q and A about her lived experience journey, getting into employment and staying focused and on track in recovery.

When and where is it?

Friday 18th August 11:30-1:30pm at South Yorkshire Housing Association. Food will be provided.

How do I sign up?

If you would like to attend, please contact Lowri (l.anderson@syha.co.uk)



Diary Management Support

It's been expressed to us by some volunteers (and some have asked) for some time management/diary planning support. We have bought some diaries that can be given out.

Please get in touch with Lowri and Lewis if you want to sit down, fill out the diary and we can update it with any of our opportunities you'd like to attend.



AUGUST 2023

MON	TUE	WED	THU	FRI
	1	2	3	4 Volunteer and Associates Group 12pm-3pm
7 HIS Workshop 1 10am-12:30pm	8 HIS Workshop 2 10am-12:30pm	9	10	11 Women's Safety Survey Co-design 11:30-1:30pm HIS Workshop 3 1:30pm-4pm
14	15	16	17	18 Women's Group – Guest Speaker! 11:30am-
21	22	23	24	25
28	29	30	31	

Please note -

Please note these are sessions open to all associates. There are other things going on that are only for those involved in the particular pieces of work that aren't on this calendar, e.g. the Coproduction Training Pilot and Service Peer Audits. If you're unsure of any dates or times please contact Lowri, Lewis or Kate 😊

The Women's Survey Session and Women's Group is only open to those that identify as female or non-binary and feel that this is the right space for them.

Coming soon –

- Theatre style board-membership training
- Co-facilitation opportunities for our Coproduction Training package to Sheffield Services
- Peer Mentor Volunteer Support & Development Group
- Recovery Month activities & stall