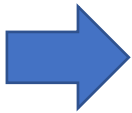


## Changing Futures Monthly Newsletter

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.

**Hear from Coproduction Associate H about her recent involvement with women only opportunities at Changing Futures!**



*"I really enjoy being part of Changing Futures Women's Group with SYHA. We meet monthly and do various things.*

*Recently we were involved in a coproduction opportunity with DACT, this was a great opportunity which several of us were able to do.*

*DACT really wanted our input in the recommissioning of the Domestic Abuse Service in Sheffield. We met several times to chat about how the service is due to be renewed & they asked us to help interview various groups of service users & staff. We were fully supported & trained, by both Changing Futures & DACT. We got some really useful information which we were able to feedback. It was a good experience for both learning & being part of a team.*

*We've also recently had a guest speaker at our Women's Group - Sue Curr. She gave us a presentation about her own recovery from alcohol dependency, and her life now. Many of us could relate to her issues, which made it comfortable and easy. We had a Q&A section too, so I asked her what helps her stay sober, she told me she now has a reason why, finding your own Why, is the key. I look forward to our women's group each month, & now the weather's nice, we're planning a picnic for our next."*

**Written By Coproduction Associate H Lovell**



At the start of June, we had our first run through of our coproduction training that was codesigned by our volunteers and some also co-delivering it. We were joined at the run through by colleagues from Rethink, Project 6 and Healthwatch. It was great to get their positive feedback and contribution. We will be rolling out to services soon and we're all very excited about it – watch this space 😊

### Coproduction Training Update!



## Recently some of us attended an event in Manchester.....



*“My name is Ferdinand, and I am an associate with Changing Futures Sheffield. I was given the fantastic opportunity to attend a liaison and diversion conference in Manchester, hosted by Revolving Doors, a charitable organisation championing long-term solutions for justice reform by amplifying lived experience voice of people with contact with the criminal justice system.*

*I found the conference really informative and was appreciative of the opportunity to share my voice and over 3 decades experience of disadvantages. Conferences such as this allow the lived experience community a chance to share their voice and have meaningful involvement in the creation/development of a framework that will support and set the ‘gold standard’ for diversion services across England.*

*It was a very informative experience and allowed me the opportunity to connect with/network with other like-minded people with lived experience! I would like to thank Changing Futures Sheffield for providing me with this opportunity”*

**Written by Coproduction Associate Ferdinand**

## Did you know we have a Peer Mentor course? Hear more about it and what one of our associates thought below!

### What did you like about the course?

*“It was engaging and Sue our trainer helped me feel passionate about it and made me think about different pathways afterwards. I’m hoping for a job in the future 😊”*

### What skills did you learn?

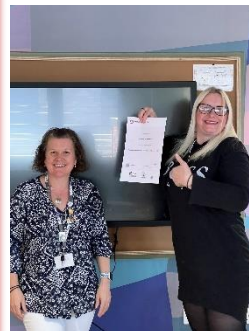
*“LOADS! How to use my life experiences to help others, how to work by yourself and stay safe and how to adapt to lots of different situations and more.”*

### Have you been able to use these skills in everyday life too?

*“Absolutely. With my children and staying calm in certain situations.”*

### If someone was thinking about doing the Peer Mentor course but wasn’t sure, what advice would you give them?

*“JUST DO IT! It’s made me grow as an individual and a stronger woman. I told another volunteer to sign up and they have loved it.”*



**We have a course starting soon so if you’re interested, please get in touch with our team to arrange an initial chat.**

**It is Level 2 accredited and delivered by Crisis.**

**Photos above are from our last volunteer group where certificates were given by Sue – Peer Mentor Trainer to those who had completed the course!**

## **Our July Opportunities...**

Feel free to get in touch with one of our team to go through our upcoming opportunities in person and we can help getting them into your diary 😊

### **Ongoing Crisis IT Training Sessions**

Crisis have developed some fantastic new training that has been running for a few weeks now. It focuses on lots of different areas to upskill your IT knowledge and confidence.

### **When are they?**

#### **The sessions taking place in July are...**

- Monday 3<sup>rd</sup> July 10am-12pm
- Monday 10<sup>th</sup> July 10am-12pm
- Monday 17<sup>th</sup> July 10am-12pm
- Monday 24<sup>th</sup> July 10am-12pm

### **How to sign up?**

Spaces are limited due to there only being a certain amount of loan laptops from Crisis. So please contact Lowri ([l.anderson@syha.co.uk](mailto:l.anderson@syha.co.uk)) to confirm your space. Those that have already been attending you have your space! 😊



## **Monthly Volunteer Group**

Our next monthly volunteer group. This one is going to be a bit different as we have volunteers and paid employees from Changing Futures Nottingham to take part. The day will run slightly different, but we want as many people as possible there to support the day and share all the amazing contributions you've made both individually and collectively.

### **When is it?**

Friday 7<sup>th</sup> July 12pm – 3pm at South Yorkshire Housing Association. Lunch provided!

### **How do I sign up?**

Please contact Lewis ([l.goodyear@syha.co.uk](mailto:l.goodyear@syha.co.uk))



## **National Expert Citizens Group Relaunch Session!**

The NECG is back! This is a great opportunity to become involved in tackling different issues, getting your views heard and feeding into governmental policy. We would encourage you to attend our launch session and to hear more about this opportunity.

### **When and where is it?**

Wednesday 12<sup>th</sup> July 12:30 – 2pm



### **How do I sign up?**

Please contact Lewis ([l.goodyear@syha.co.uk](mailto:l.goodyear@syha.co.uk))





## **Project 6 Training**

We're very lucky to have had Project 6 delivering some fantastic training at SYHA over the last couple months. The last two training sessions are taking place in July!

## **Suicide Awareness Training Project 6**

The course will cover:

- What constitutes suicidal thoughts and feelings.
- Looks at how talking about suicidal thoughts and feelings can be beneficial.
- How to spot the signs in someone who may have suicidal thoughts.
- How to communicate with the person experiencing suicidal thoughts and feelings
- How to support someone who is feeling suicidal
- Recognizing actions to take when someone is feeling suicidal including being aware of external organisations for help and support

## **When and where is it?**

Thursday 6<sup>th</sup> July 10am-1pm at South Yorkshire Housing Association

Light refreshments will be provided.

## **How do I sign up?**

This session is open to volunteers who have done/are doing or are signed up to do the next Peer Mentor Course. If you would like to take part, please contact Lowri ([l.anderson@syha.co.uk](mailto:l.anderson@syha.co.uk)).

## **Self – Care Training Project 6**

This course will introduce you to the importance of self-care, understand the 5 Ways of Wellbeing and to consider the opportunities for maintaining your own mental health.

### **When and where is it?**

Tuesday 18<sup>th</sup> July 10am-1pm at South Yorkshire Housing Association.

Light refreshments will be provided.

### **How do I sign up?**

This session is open to all volunteers. If you'd like to take part, please contact Lowri ([l.anderson@syha.co.uk](mailto:l.anderson@syha.co.uk))

## **Understanding Relationships and Co-dependency Project 6**

The course will look at the different kinds of relationship that can lead to co-dependency, and covers:

- What is Co-Dependency.
- The Warning Signing of a Co- Dependent Relationship
- Reporting concerns

### **When and where is it?**

Wednesday 26<sup>th</sup> July 10am-1pm

Light refreshments provided.

### **How do I sign up?**

This session is open to all volunteers. If you'd like to take part, please contact Lowri ([l.anderson@syha.co.uk](mailto:l.anderson@syha.co.uk))



## **Women's Group**

Our next women's group. A safe space for any women with lived experience of multiple disadvantages. Past groups include a lived experience life coach guest speaker and social picnic!

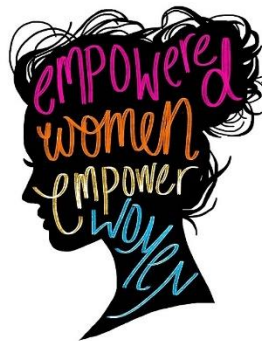
Agenda for this group TBC 😊

## **When and where is it?**

Friday 21<sup>st</sup> July 11:30-1:30pm at South Yorkshire Housing Association.

## **How do I sign up?**

If you would like to attend, please contact Lowri ([l.anderson@syha.co.uk](mailto: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.

# JULY 2023

MON	TUE	WED	THU	FRI
26	27	28	29	30
3 IT Training 10am-12pm	4	5	6 P6 Training Suicide Awareness 10am-1pm	7 Volunteer Group 12pm-3pm
10 IT Training 10am-12pm	11	12 NECG Relaunch 12:30pm-2pm	13	14
17 IT Training 10am-12pm	18 P6 Training Self-Care 10am-1pm	19	20	21 Women's Group 11:30-1:30pm
24 IT Training 10am-12pm	25	26 P6 Relationships & Co-dependency Training 10am-1pm	27	28
31	1	2	3	4

Please note these are sessions open to all associates. There are other things going on that are only for those that signed up – e.g Peer Auditing.

Our 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.