

Changing Futures Monthly Newsletter Recovery Month Edition!

Hello and welcome to our September newsletter. September is a particularly exciting month as it is recovery month! We look forward to celebrating with our volunteers and community and raising awareness of drug and alcohol issues.

“To me, recovery means experiencing a bountiful ‘new life’ an ongoing process of growth and self-change. Acceptance and regaining self-belief”.

“I can’t go back to yesterday, because I was a different person then”.

“For me, recovery month is a chance to share positive outcomes of sobriety and involvement with service”.

"Looking back now, I can see that I could easily have become addicted and know a few of my 'party-friends' who did. I realise I was too relaxed about this risk and know that I was very lucky! Now I'm regularly surrounded by people who are in recovery, I also know it's possible to not only recover, but to thrive and be successful, which if I'm honest I didn't know I fully believed. So, more awareness of this and more meaningful opportunities for people in recovery is vital, it impacts so much!"

“Recovery for me has meant many things. Recovery has given me freedom and purpose where before I had neither.

I can now see a future with a meaningful purpose, and I still remember the days when I could not see past the next hit of heroin now, I set personal goals to strive for, sounds boring but I live for it. Family connections improve, personal friendships are now happening in my life on deeper levels like never before, because I'm no longer lost to my addiction. ”

“I find myself thinking I’m on a mission to get all the things in life that I couldn’t have before because of my addiction. I feel like I’m making my dreams happen, I’m on ‘mission possible!’

“Only you can do this, but you cannot do it alone. Was the first quote I heard in rehab. Living in Sheffield’s Recovery Community has empowered me to make good choices and live my best life. I’ve found my tribe and a safe space.”

“Happy to still be alive, nature is brilliant when you’re not face down in the mud”.

“Recovery is about taking back control and being responsible for all areas of your own existence. From maintaining solid relationships to paying the bills. From realising your actions have consequences to holding down a job.

It's about taking the harder yet more fulfilling route in life.”

“My Recovery means the world to me. Life is so much better without drink and drugs, I’m not high on life and loving it. Choose Life!!!”



What happened in August?

Housing Independent Service Coproduction Sessions

We were joined by members of Sheffield Council for 3 coproduction sessions. Some Housing services in Sheffield that support people experiencing multiple disadvantages are being recommissioned.

Our associates were able to give their thoughts on what would make a good/bad service. And if we could wave a magic wand what would all the recommissioned services be able to do. It certainly gave everyone some food for thought.

Details of the reflection workshops for this opportunity are included further on in this document 😊



August Women Only Opportunities

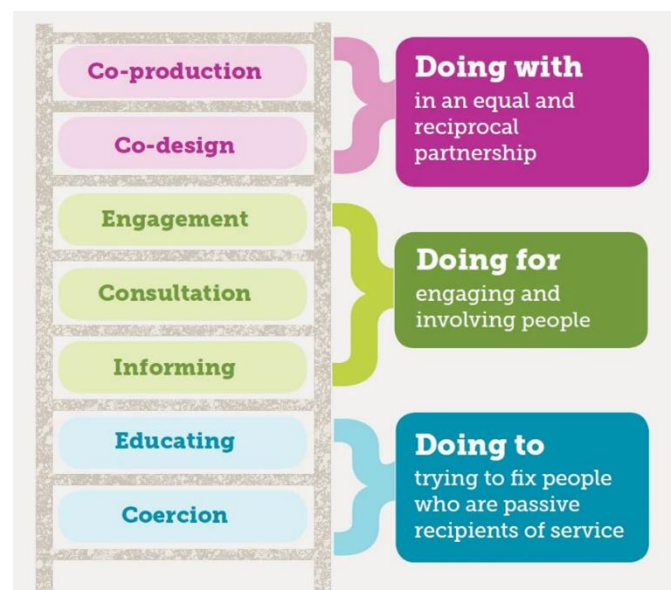


This month we were joined by Justine (Commissioning Officer for the Changing Futures Programme). We helped with the first steps of co-designing a survey for women. Focusing on what stops them engaging with services in Sheffield with worries around safety. The results of the survey will be used to support organisations to respond effectively to Women's safety concerns and improve their experiencing gaining access and using a service.

At our monthly women's group, we were joined by Leah – our very own Peer Support worker at Changing Futures. She gave a talk on her lived experience journey. It was uplifting and insightful to hear about how Leah got to where she is today. I think I speak for all those in attendance that we all left feeling empowered and seriously inspired!

We launched our Coproduction Training!

We ran our first online Pilot session of our training. We were lucky to be joined by colleagues from Rethink, Mind and Shelter. We had great feedback and are looking forward to delivering it to more services soon. Thank you to those associates who co-facilitated and co-delivered the session!



See below which organisations were awarded funding to deliver positive activities to those living with multiple disadvantage in Sheffield!

South
Yorkshire
Housing
Association



Positive Activities Programme.



What is the Positive Activities Programme?

In partnership with Sheffield Changing Futures and Sheffield Drug and Alcohol Coordination Team, SYHA have distributed grant funding to local organisations delivering Positive Activities to adults in recovery across Sheffield. Through the Positive Activities fund we are working with local organisations to help create a meaningful, diverse and exciting programme of activities for adults facing multiple disadvantages in Sheffield. For more info visit www.syha.co.uk/positive-activities/

What activities are available?

<p>Adira City Centre, Wicker</p>	<p>Black hair and beauty courses & mentorship training for members of the Black Community in recovery.</p>	<p>Email: Adiraboard@adira.org.uk</p>
<p>Bloom Heeley, Meersbrook, Gleadless Valley</p>	<p>'Gardening to Feel Good' groups for women in recovery from mental health issues.</p>	<p>Facebook: https://www.facebook.com/people/Bloom-Sheffield/100064541542461/ Email: https://www.bloomssheffield.com/contact-us</p>
<p>Firvale Community Hub Firvale</p>	<p>Activities targeted towards BAME adults in recovery from 'dual diagnosis' including: Gardening. Economical cook and eat sessions. Health walks. Art sessions. Interfaith education activities.</p>	<p>Tel: 0114 2619130 Email: info@firvalecommunityhub.org.uk</p>
<p>Framework City Centre, Burngreave</p>	<p>Person centred programme of activities built for women engaging with Street Outreach including: Life skills. Peer support groups. Physical activities. Crafts.</p>	<p>Tel: 07971987561 Office: 0800 066 5358 Email: Claire.Kirby@FrameworkHA.org</p>
<p>Haven Walkley, City Centre</p>	<p>Activities for survivors of domestic abuse including: Arts and crafts. Mindfulness. Dance/Zumba. Baking/cake decorating. Alpaca treks. Walks/picnics.</p>	<p>Tel: 0114 2130590 Referrals: haven.referrals@haven.cjsm.net General Email: admin@havenorg.uk</p>
<p>RiteTrax City Centre</p>	<p>Activities for those in recovery from various needs including: 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 events/gigs once a month.</p>	<p>Facebook: https://www.facebook.com/ritetrax/?locale=en_GB Tel: 07709 958848 Email: info@ritetrax.co.uk</p>

<p>The Archer Project</p> <p>City Centre & S8</p>	<p>Screen Printing taster classes, therapeutic activities with horses and sessions to train as greeters for Sheffield Cathedral. For vulnerable adults who visit The Archer Project.</p>	<p>Tel: 0114 2636970 Facebook: www.facebook.com/archerprojectsheffield/ Email: ContactUs@archerproject.org.uk Web: www.archerproject.org.uk</p>
<p>The Art House at St. Matthew's</p> <p>City Centre</p>	<p>Evening Pottery and Art classes with a cooked meal and drink provided. For adults in recovery from multiple disadvantage.</p>	<p>Tel: 0114 2723970 Facebook: www.facebook.com/arhousesheff/?locale=en_GB Email: info@arhousesheffield.co.uk Web: www.arhousesheffield.co.uk</p>
<p>Endeavour Training</p> <p>Fir Vale, green & blue spaces in & around Sheffield.</p>	<p>Person centred outdoor activities such as walking, canoeing, fishing, paddle-boarding, conservation, orienteering and bush craft. For adults in recovery from multiple disadvantage.</p>	<p>Tel: 0114 2438219 Email: info@endeavour.org.uk Web: www.endeavour.org.uk</p>
<p>Ethel Trust</p> <p>Victoria Quays, Tinsley Marina.</p>	<p>Day experiences on a community barge along the Sheffield and Tinsley Canal. For adults in recovery from multiple disadvantage.</p>	<p>Tel: 07722 678168 Facebook: www.facebook.com/ethelbarge/ Email: ethelbarge@gmail.com Web: www.etheltrust.co.uk</p>
<p>Space To Breathe</p> <p>Citywide inc. Westfield, Burngreave, Chapletown.</p>	<p>Mindfulness sessions, wellbeing courses and one-off groups. For adults who have experienced mental health challenges.</p>	<p>Tel: 0114 2412 794 Facebook: www.facebook.com/SpacetoBreatheCIC/?locale=en_GB Email: info@spacetobreatheuk.com Web: www.spacetobreatheuk.com</p>
<p>Stocksbridge Community Leisure Centre</p> <p>Stocksbridge</p>	<p>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.</p>	<p>Tel: 0114 288 3792 Facebook: www.facebook.com/stocksbridgeclc/?locale=en_GB Email: admin@stocksbridgeclc.co.uk Web: www.stocksbridgeclc.co.uk Referral/enquiry form: www.stocksbridgeclc.co.uk/community-engagement/</p>
<p>Target Housing</p> <p>Citywide</p>	<p>Person centred activities such as fishing, gardening, cooking, budgeting, getting out into nature, team building etc. For Target Housing service users as well as other adults in recovery from multiple disadvantage.</p>	<p>Tel: 0330 202 0403 Facebook: www.facebook.com/TargetHousing/?locale=en_GB Email: info@targethousing.org.uk Web: www.targetsheffield.org.uk</p>



Our September Opportunities!

Monthly Women's Group

This session has a jam-packed agenda...

- Justine from the Core Team will be joining us to talk about how you can be further involved with the Women's Survey going forward – including service visits.
- We will be discussing the upcoming Domestic Abuse service tender opportunities starting towards the end of the month.
- Upcoming Bloom Visit in October
- And more!
- There will be a focus on recovery, and we will be talking about what recovery means to you. It'll be a safe and empowering discussion amongst peers.

When is it?

Friday 15th September 11:30-13:30

How do I sign up?

Please contact Lowri (l.anderson@syha.co.uk / 07570 297590)



Peer Mentor Session

(Please note this session is only open to volunteers who have completed the Level 2 Peer Mentor course with us)

What is it?

The aim of the session is to provide a space for peer mentor volunteers to come together, meet with each other, and to discuss support going forwards.

You will be involved in decisions of how the time can be used and how often. This first session will be used to help shape futures sessions.

When is it?

Tuesday 19th September 1:30pm-4pm. Light refreshments provided.

How do I sign up?

Please contact Lowri (l.anderson@syha.co.uk/07570 297590) or Tom (t.hartley@syha.co.uk/07971480133)



Housing Independence Reflection Sessions Workshop 1 Reflective Session

This will be an opportunity to look back at the previous workshops you attended and get an overview of what the Council has done with the information you provided!

When is it?

Friday 22nd September between 11am-1pm At South Yorkshire Housing Association. Lunch will be provided and as the council is funding lunch there will be a thank you for your time.



Workshop 2 Specifications and Tender Workshop

This will be an opportunity to say what you think should be in the Tender Specifications, you will be supported to understand what this workshop is about on the day!

When is it?

Wednesday 27th September between 12pm-2pm At South Yorkshire Housing Association, Lunch provided.

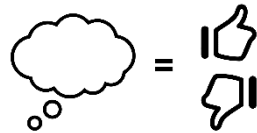


Workshop 3 Specifications and Tender Workshop

This will be an opportunity to say what you think should be in the Tender Specifications, you will be supported to understand what this workshop is about on the day!

When is it?

28th September between 12pm-2pm midday At South Yorkshire Housing Association, Lunch provided.



There will also be a thank you for your time if you can also attend **both** the 2nd and 3rd sessions. As these are one off sessions being delivered by the Council.

To sign up to any of the above sessions
please contact Lewis
(l.goodyear@syha.co.uk/07970399427)

2023 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
11	12	13	14	15 Women's Group 11:30am- 1:30pm
18	19 Peer Mentor Session 1:30pm- 4pm	20	21	22 Housing Independence 1 11am-1pm
25	26	27 Housing Independence 2 12pm-2pm	28 Housing Independence 3 12pm-2pm	29

Coming soon –

- Theatre style board-membership training
- Co-facilitation opportunities for our Coproduction Training package to Sheffield Services
- Workshop to review our service, and to look at expectations and progression.

**COMING
SOON**