



INFORMATION FOR WORKERS REGARDING THE THRIVE PROJECT

INTRODUCTION

Hive has worked for over 30 years to promote and deliver creative activities to communities across Bradford. In our unique non-traditional learning environment, with access to areas for visual arts and well-equipped workshops for crafts, we provide opportunities for personal development through courses and creative space.

Hive considers creative activity to be a vital contributor to good health and delivers specific programmes of activities to enhance participant's wellbeing. Our approach is based on the 'Five Ways to Wellbeing' developed by the New Economics Foundation. These Ways to Well-being are:

- Connect
- Be Active
- Take Notice
- Keep learning
- Give.

Hive provides opportunities for participants to explore these pathways to wellbeing in our open access community arts centre.

Hive has received funding from The Big Lottery to deliver the Thrive Project over five years. The Project offers opportunities for adults living with Mental Health illness to engage in free creative arts courses and one-off events. Volunteers will support participants throughout the arts and crafts sessions, and participants will be encouraged to access Hive's core programme of activities including drop-in, WEA courses, projects and volunteering opportunities.

OUTCOMES FOR THE PROJECT

In this project, through participation in creative activity in small friendly groups, we aim to give people the opportunity to:

- build confidence
- improve well-being
- reduce social isolation.

As the Thrive course ends after 10 weeks, participants can move from the Thrive Project sessions to participation in one of Hive's other project sessions, volunteering, independent drop-in and classes as appropriate.

ABOUT HIVE AND THE PROJECT SESSIONS;

The Thrive Project arts and crafts courses are for people living with, or in recovery from, mild to moderate mental health distress who would be interested in accessing arts/crafts activities, gaining skills, forming new social networks and progressing onto volunteering.

Hive is a Community Arts Centre and not a statutory mental health organisation, we are open to the public as a drop in centre and other classes and groups will be held at the same time as the Thrive sessions.

Hive can get very busy and crowded at times. Our courses and general activities are very popular and although we will endeavour to schedule the Thrive sessions at quieter times, this cannot be guaranteed.

The Thrive project is only suitable for people who are comfortable working as part of a group. Group size for each free course will be around a maximum of 10 people, including Volunteer supporters, plus Tutor.

Thrive Project courses are most suitable for people who are at a stage where they are ready to move on and looking for regular (creative) activities in a 'mainstream' non-mental health setting that is understanding and supportive. At the end of each course we give guidance in accessing further arts/crafts courses at Hive that are open to the general public (and any opportunities in the local area). These further opportunities may not be supported in the same way as the Thrive sessions and may have a fee attached.

HEALTH AND SAFETY – Please read carefully:

There is a large studio and fully equipped pottery and wood working rooms all of which contain the necessary tools and equipment for those activities. **We take Health and Safety very seriously and regularly undertake to risk assess all our session activities, workshop facilities, equipment, tools and substances thoroughly; however most equipment is available and on view at all times.**

Therefore a degree of awareness regarding one's own personal safety is required to access these sessions. It is the referrer's responsibility to risk assess whether the service user is able to take part in the session. Hive may have to contact the worker if the activity is not suitable for the participant.

There is a small carpark at the rear of the building off Crowgill Road for the use of Hive and Kirkgate Centre patrons. The entrance to Hive is located in the car park.

If you are unfamiliar with Hive we would like to invite you to visit at a time convenient for you and have a tour of our studio/workshop facilities. We can discuss the sessions and what we can offer generally. In this way you can get a feel for Hive and how we work and decide if our project and building is suitable for your clients.

If you would like to book a group tour for your colleagues and/or clients then our 'Morning Coffee' or 'Tea-time Tour and Talks' can be an hour well spent in becoming familiar with the Hive layout, ethos and atmosphere, meeting our welcoming staff and current users.

Hive facilities include an open access coffee/lunch area and refreshment conveniences. Many people enjoy a coffee and eat a packed lunch in our friendly coffee area.

THE ARRANGEMENTS

- We will provide high quality free 10 week courses in variety of arts and crafts areas. Teas/coffees and biscuits are provided.
- Sessions will be supported by volunteers who will have received training (delivered by Keighley Volunteer Centre) in supporting people experiencing mental health distress and also have skills in the above arts and crafts areas.
- Sessions will take place throughout the year roughly following the usual academic terms. Participants are asked to book onto one of the courses and to attend regularly. However, there can be unavoidable cancellations which we will tell participants about in good time if possible. **These are not drop-in sessions.**
- Other free creative sessions in a variety of arts areas e.g video, Eco Arts, Photoshop or Creative Writing take place in short blocks at differing times of the year – look out for updates by poster or email! We will always let participants know of other opportunities available at Hive.
- Thrive courses will be completely free to participants and participants will be encouraged and guided to access other activities at Hive as the course ends. Many of these are also free eg The Worn Stories Project drop-in groups, some have a course fee attached.
- Unfortunately at this time we can only offer participants **one** 10 week course in the project lifetime.
- Participants will be invited and supported to become Volunteer mentors on subsequent Thrive courses if desired, or signposted to other Volunteering opportunities as appropriate.

- Participants can become Hive members at a cost of £15 per year if they wish. Membership runs from July to July and membership fees during this period are charged proportionally. As a Member of Hive, participants are welcome to attend Hive drop-in and/or enrol on our WEA classes at other times subject to availability. You do not need to be a member to access Thrive sessions.
- Carers/support workers/befrienders are very welcome to accompany participants. However it is important that you let us know if you will be attending, so rooms do not become too crowded.
- Hive is an open access building and we cannot prevent participants from leaving the session or building if they wish to at any given time.
- Participants must be able to make their own way to and from Hive, unfortunately we cannot provide help towards transport costs except for inducted Volunteers.
- Sessions are run with small groups so that participants develop confidence in participation and engaging with this unique learning experience.
- **Please note:** the Thrive Project is aimed at people living with Mental Health Illness as their primary diagnosis: it is **not** suitable for those with moderate to severe learning disabilities.
- Please note that Hive **does not** have **childcare/crèche facilities**. Children can come to Hive, although the Thrive Project sessions are not aimed at children and groups will be adults only. Children must be closely supervised at all times to a maximum of two children per adult for over 5 years and one child per adult for under 5 years. Children remain the responsibility of their carer at all times.

Thank-you for taking the time to read this information sheet.

If you have any questions about the project, Hive's activities or just want to phone and book for a look round and a chat please don't hesitate to contact Rachel Lee on 01274 598928 or email rachel@hivebradford.org.uk.

