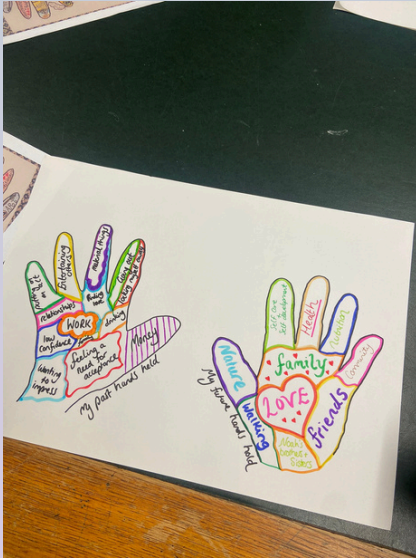


# THRIVE



LEEDS  
SANCTUARY



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“It's been a wonderful group for me. I've connected with some lovely women and learned things about myself. Thank you.”

“

“The sessions were so positive that they made us happy.”



“Can you tell I'm different? I just feel like I've turned a corner since last week. I'm feeling so much more positive like I can see a worthwhile future.”

”

# About Thrive

“Thrive” is Leeds Sanctuary’s Wellbeing Programme.

Thrive directly addresses several priorities identified in the Leeds Health and Wellbeing strategy, sharing many of its goals and aspirational outcomes. Health and Wellbeing is one of the three key pillars of Leeds’ “Best City” Ambition.

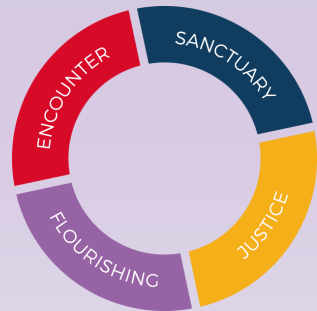
The programme incorporates approaches and evidence-based research from a wide range of disciplines including psychology, health and wellbeing education, social science and coaching, but differs from many programmes in that it has an emphasis on flourishing; on thriving rather than simply surviving.

Thrive uses a trauma-informed approach to create safe spaces where people can work on themselves as individuals; explore interpersonal relationships; develop ideological beliefs and philosophies around community, equity and justice-seeking; and be inspired to live a fulfilled life.

# About Leeds Sanctuary

Leeds Sanctuary's mission is to create opportunities in Leeds where belonging, flourishing and transformation take place.

Through the development of safe (sanctuary) spaces for those on the margins, we enable supportive relationships to develop and bring about change in people's circumstances and society.



We work in partnership with many organisations and are always looking for new ways of connecting. Leeds Sanctuary is a Christian project for people of all faiths and none, part of the Yorkshire West Methodist District.

# About our Wellbeing Practitioner



The Thrive Framework was developed by our Wellbeing Practitioner, Sam Havis.

Sam worked for 15 years in perinatal education and adult learning with a research focus on digital health literacy. She worked for the University of Worcester as a Tutor on the Educational Studies degree programme, before setting up a successful national bakery business and cafe. Five years later, having burnt - out, she

sold the business and began to ask, "what does wellbeing mean, and what do I need to have a good life?"

Her extensive research and reading was put into action when she joined the team at Leeds Sanctuary, which enabled her to share her passion for supporting others to live life well. Sam's current areas of focus are women's empowerment through friendship; young people in the transition to adulthood; and the community needs of LGBTQ+ people.

# Themes

Individual	<p>Emotional intelligence is key to emotional wellbeing – understanding ourselves and others helps us navigate challenges in life, and build our resilience.</p> <p>We believe that the potential for living a good life and experiencing joy is in our own hands; we don't always have choices about what happens to us in life, but we always have a choice as to how we react to it.</p>
Interpersonal	<p>Good relationships and connections are crucial to health and happiness – research shows us that the protective qualities of close relationships and supportive communities are more fundamental than any other aspect of wellbeing for our physical and mental health.</p> <p>That being said, we also know that relationships can be damaging, and really test us, so how can we connect with each other in healthy ways?</p>

Ideological	<p>We are part of a bigger picture - injustice, inequality and oppression affect our own and others' wellbeing - and healthy anger is a motivating factor to fight to do the best for our planet and all life that inhabits it.</p> <p>No one exists in isolation; we are a part of multiple communities, a part of humankind and a part of the natural world, and working in community to support a common cause can help us feel better connected to each other and the world around us.</p>
Inspirational	<p>We need to see our life as a whole and not just the moment we are living in today, to truly understand why it's important to focus on wellbeing throughout our lives.</p> <p>Reflection on a whole life lived means considering what we want our life to mean, what we want to leave behind, and asking the question, "what does a good life look like?"</p>

# Topics

Being Enough	Being enough explores our mindsets and resilience - how we handle the ups and downs of life. Choosing to live a joyful life is in our hands, and "being enough" is about developing the emotional intelligence to make good choices in our lives. It supports relationships and gives us tools to cope with whatever life throws at us.
Ideas explored: resilience, informed decision making, self-efficacy, locus of control, acceptance, cultivating gratitude and mindfulness.	
Connecting	Connecting recognizes the supreme importance of strong supportive relationships in our lives for happiness, health and longevity.
Ideas explored: community and belonging, creating opportunities for encounter, loneliness and isolation, nurturing strong relationships (communication, forgiveness, honesty) and recognizing unhealthy relationships	



A Place in the World

A place in the world acknowledges that this isn't just all about us as individuals; we are a part of something bigger and we need to take our share of responsibility for our local and global communities. We need to acknowledge that we directly affect others' wellbeing, and explore our responsibility to the natural world that we are a part of.

Ideas explored: justice, activism, volunteering, altruism, kindness and community.

Flourishing

Flourishing is how we thrive and not just survive. It is about living our best lives, using the special gifts we have been given as human beings. Many philosophers suggest that happiness always has a reason, whereas joy is happiness unattached to a reason. When we flourish, we have joy in life. A key concept in flourishing is play, as through play, we experience joy, creativity and achievement.

Ideas explored: creativity, humour, fun, music, beauty, challenge and achievement.

# Topics

Self – care	<p>Self – care is one of the basic building blocks to wellbeing. Without healthy bodies and minds, and a sense of safety, we are not free to flourish and live our lives to the full. Palliative care nurses often report that people regret working hard all their lives and then being unable to enjoy their retirement due to poor health, but most of us know what to do in order to be healthy, so this topic also explores the reasons why behaviour change is difficult.</p>
<p>Ideas explored: healthy eating, physical activity, sleep, substance abuse, work/ life balance, burnout, meditation, mindfulness and sanctuary.</p>	

# Programme Delivery

No two expressions of Thrive are the same, as each one is uniquely tailored to the specific audience needs, and topics are selected for their relevance to the needs identified. Whether it's a 1-hour interactive talk to 50 Sixth-Form students on Protecting Mental Health, a rolling programme of 20-minute workshops for University students on Physical and Mental Health and Wellbeing, or an 8-week Wellbeing and Empowerment Course for multi-generational, multi-ethnic women living in Burley Park, the underlying Individual, Interpersonal, Ideological and Inspirational themes consistently underpin the content.

Thrive can be delivered through a mixture of activities and workshops which are rooted in evidence and based on adult learning principles. Answers are not in a book, they are inside each of us. Our aim is for Thrive sessions to be visual, conversational, practical, reflective and fun.

# Example Sessions

## Surviving Uni Workshops

Audience: Small groups of University students.

Format: Rolling programme of 20-minute sessions.

### Sessions Included:

- Mindset – what do we believe about ourselves and why? Can we change our beliefs?
- Moving home after Uni – building a new relationship with parents built on mutual respect
- Toxic positivity vs Toxic negativity – being real, social media traps, coping strategies, resilience
- Willpower – understanding the relationship between motivation, opportunity, consequences and reward
- Resolving conflict – why it arises, how to communicate well, where and when to compromise.

# Example Sessions

## Wakefield College Workshops

Audience: A large group of Sixth-Form students.

Format: 30-minute interactive presentation.

### Topics Included:

- Preparing for life after college
- Young people and mental health statistics
- What are you looking forward to?
- University students' experiences and advice
- Promoting positive mental health and wellbeing.

# Example Sessions

Burley Lodge Centre

Audience: Wildflowers Women's group for multi-generational, multi-ethnic women with a focus on wellbeing and empowerment.

Format: 8 x 1-hour sessions.

S1. Being Good Enough	Topics: Self esteem, family beliefs, limiting beliefs, comparing ourselves to others, perfectionism and control, what I appreciate about myself, fear of failure
S2. Feeling Positive	Topics: Mindfulness, cultivating gratitude, happiness vs joy, what's in our control/out of our control
S3. Taking Care of Yourself	Topics: Your body at 100, Healthy eating, exercise, sleep, reducing stress

S4. Standing Up for Yourself	Topics: Boundaries, saying no, people pleasing
S5. Who's there for You?	Topics: Support networks, love languages, toxic relationships, finding your tribe
S6. Fun, Play and Flourishing	Topics: Favourite toy or game, types of play, how to put play back into our lives, hobbies, humour, music
S7. Finding your Purpose	Topics: Ikigai (what are you good at, and what are you passionate about) making the world a better place, earning a living. talking to my future self
S8. Your Place in the World	Topics: Giving to your community, what makes you angry, seeking justice, volunteering

# Feedback



“—

“The group has been a really positive experience for me. Connecting with other amazing women who have gone through challenging events in their lives is very healing. I came to the group expecting to be someone who was helping but of course I ended up being helped and healed too. I’m grateful that this opportunity to share came into my life when it did and for the wonderful support this group has given me. Thank you.”

“—

“At first I thought it would be difficult but the energy the group harboured was love and above. Straight away I felt a sense of welcome and belonging and nurturing connection and environment to be, feel and grow. I appreciate the seed that was planted for this group and want to be a part of its branches going into the future – thank you!”



# Feedback

“—

“The group is something that has helped me immensely. Being able to spend time with other women who completely understand what I’ve been through, and to meet others who haven’t experienced Stillbirth but have shared their life events with me has been the biggest help in my recovery to date. Mindful walking, yoga, arts and crafts and just chatting with a cup of tea have been a perfect way to spend time together and create a life long bond. The group really opened my eyes to the fact that people are always going through something, experiencing their own pain, and the relationships we have can be an invaluable support to making it through each day. I’ll be forever thankful to the group and the ladies I’ve met along the way.”



To discuss the Thrive Framework and how we might be able to support people in your community or organisation, please get in touch.

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