

# GROW ME BE HAPPY

*We are York Road Project*

## GETTING STARTED

The act of caring and nurturing plants is well known to have a positive effect on people. There has been significant research done that suggests a person's health during an illness is improved quicker simply because indoor plants remove toxins from the air, renew the oxygen in a room and positively impact mental health and well-being. The small amount of care and nurturing given to a plant improves our well-being, emotionally and mentally and can do something as important as giving someone a purpose. Adding blooming flowers and attractive leaves to one's room/s can improve mood and help a person to relax.



## A BEAM OF SUNSHINE

"The mental health and well-being of our clients, staff and volunteers is of the utmost importance to us here at YRP. Studies suggest that from simply planting, growing and nurturing a plant, it can have a really positive impact on your wellbeing. We thought we'd do something different this year as we approach Spring 2021, we really wanted to create a little ray of sunshine and hope for the year ahead. The campaign will allow us to provide each client, staff and volunteer their very own box with everything they need to grow their Sunflower along with informative leaflets on managing their mental health and wellbeing. We're also asking those of you at home to join us by planting your own seeds and share your progress on social media as we create that beam of sunshine across Woking and the surrounding areas"

**Cherisse Dealtry (Chief Exec)**



# DAILY MOOD TRACKER

Use this to track those good days and the days you may have found a challenge. By using a simple tracker it allows you to look back at trends, focus on the things that may impact you whilst also positively look back on the days that went well and relevelatively positive.

DAY: **M T W T F S S** DATE: \_\_\_ / \_\_\_ / \_\_\_

## FEELING/S:

 <b>HAPPY</b> <b>JOYFUL</b> <b>CONTENT</b> <b>RELAXED</b>	 <b>PRODUCTIVE</b> <b>MOTIVATED</b> <b>ALIVE</b> <b>EXCITED</b>	 <b>AVERAGE</b> <b>NORMAL</b> <b>FINE</b> <b>OKAY</b>	 <b>SAD</b> <b>LONELY</b> <b>DEPRESSED</b> <b>INSECURE</b>	 <b>ANGRY</b> <b>ANXIOUS</b> <b>FRUSTRATED</b> <b>ANNOYED</b>
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## HIGHLIGHT/S:

## CHALLENGE/S:

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## WHAT WENT WELL?

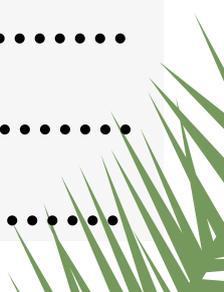
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## WHAT WAS LEARNT?

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# WORDSEARCH

Can you find all the words in our special positive thinking word search?  
Let us know how you get on via our social media channels @YorkRoadProject

L	U	F	I	T	U	A	E	B	D	E	C	P	B
D	M	A	S	T	E	M	A	Y	A	G	I	O	E
S	H	A	U	N	A	A	L	D	T	A	L	S	V
C	O	C	R	E	V	Z	D	Z	P	L	T	I	A
C	M	K	R	D	A	I	E	S	O	N	D	T	R
T	E	N	E	I	L	N	N	V	A	O	D	I	B
A	L	O	Y	F	U	G	E	I	L	H	E	V	A
O	E	W	E	N	E	D	L	G	I	A	T	I	G
I	S	L	O	O	D	L	E	R	S	P	P	T	N
A	S	E	C	C	I	E	L	O	H	P	E	Y	I
U	N	D	E	R	S	T	O	O	D	Y	C	M	K
I	E	G	B	D	S	D	L	M	L	A	C	T	O
I	S	E	I	H	C	A	O	A	U	L	A	B	W
S	S	D	V	O	R	E	S	P	E	C	T	E	D

- UNDERSTOOD
- VALUED
- BEAUTIFUL
- POSITIVITY
- CONFIDENT
- BRILLIANT
- CALM
- RESPECTED
- WOKING
- ACKNOWLEDGED
- BRAVE
- AMAZING
- HOMELESSNESS
- ACCEPTED
- HAPPY
- SURREY
- LOVED

Play this puzzle online at : <https://thewordsearch.com/puzzle/2043624/>

## MUSICALLY HAPPY



**Music is known to improve moods and brighten up many-a-day.**

Did you know that Woking has a community radio station, 'Radio Woking'? They play great music and love hearing how we are getting on as a charity. You can tune in via the Radio Woking app, DAB Radio, or online at: [RadioWoking.co.uk](http://RadioWoking.co.uk)



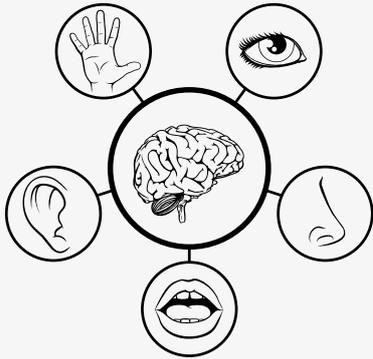
## WATER YOURSELF TOO!

Did you know a steady supply of water keeps your circulation flowing smoothly, aids with digestion and weight loss, eases joint movement, and helps your body absorb the nutrients in your food? It's also proven that water is important for maintaining good mental health.

Dehydration may increase risk of anxiety and depression, let's water ourselves too!



# COPING TECHNIQUES



## 1) GROUNDING

Grounding is a particular type of coping strategy that is designed to "ground" you in, or immediately connect you with, the present moment.

### Think about:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste



## 2) LET IT OUT

Whether it's watching a funny film that'll make you laugh out loud or watching something that will make you emotional and cry, sometimes letting it all out may just help. How about giving this technique a go?

**"Scream shout and let it all"**



## 3) PERMA

Martin Seligman, designed the PERMA solution as he believed that the below five elements can significantly help people work towards a life of fulfillment, happiness, and meaning.



Find the things that make you happy and can make you fully engaged. You could even put goals on challenging yourself in the activities you enjoy.

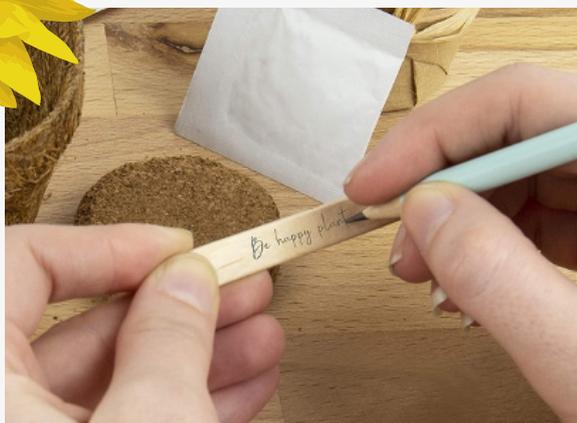
Focus on your relationships with your family and friends, and find ways to connect with others, even if it does not come naturally to you at first.

Find the meaning of your life and what gives you a sense of purpose. It's different for everyone.

## 4) TALK

Never be ashamed to pick up the phone and speak with someone about your mental health and well-being.

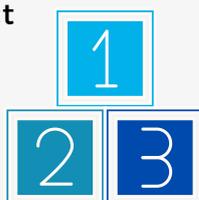




## GET INVOLVED

If you are planting a Sunflower seed or 2 be sure to share your progress over the coming weeks and months. Simply post on social media channels such as Twitter and Instagram using #GrowMeBeHappy and be sure to tag us in using @YorkRoadProject

AS EASY AS...



## HOW TO HELP US IN 3

### 1) Tell us

If you know of anyone at risk of or experiencing homelessness/rough-sleeping please let us know via phone on 01483 728739 or via e-mail [info@yorkroadproject.org.uk](mailto:info@yorkroadproject.org.uk).

### 2) Support us

Find out about the many ways you could donate to us or support us with items that we need via our website [YorkRoadProject.org.uk](http://YorkRoadProject.org.uk).

### 3) Share us

Tell your friends, family and acquaintances about us and the work we do.

## SUPPORT AVAILABLE

In Woking and the surrounding areas, you can find a number of charities/non-profits that may be able to help you. These include;



### Mind : Woking

Providing advice, support and training to empower individuals and organisations to help promote and manage good mental health and wellbeing for all.

**Web:** [wokingmind.org.uk](http://wokingmind.org.uk)

**E-mail:** [info@wokingmind.org.uk](mailto:info@wokingmind.org.uk)

**Tel:** 07860 349739



### Catalyst

Offers support, guidance and activities to increase wellbeing for people affected by stress, anxiety and depression.

**Web:** [Catalystsupport.org.uk](http://Catalystsupport.org.uk)

**Text:** 07909 631623

**Call:** 01483 590150





# **#MENTALHEALTHAWARENESSWEEK**

**ADDITIONAL CONTENT ADDED IN THE FOLLOWING PAGES**





# L'S STORY

## HOW I MANAGE MY MENTAL HEALTH

I used to beat myself up regularly about the mistakes that I have made, it made me feel depressed and trapped. I have always been a deep thinker so there have been many times I've let my mind run away from itself, thoughts would become less positive as a result of my overthinking and would turn to negative ones instead.

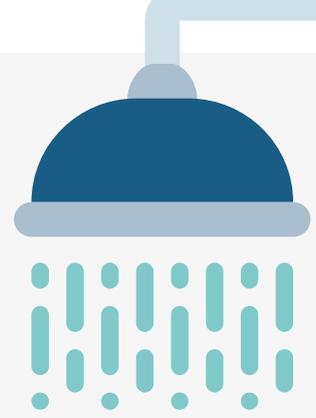
As soon as I started to forgive myself and started to realise that my past doesn't necessarily define who I am I was able to move forward with a much clearer head.

Your mistakes are lessons and as long as you learn from them then its okay.

I realised this is not healthy and I needed to retrain my brain to think positively and almost disregard the negative thoughts.

I still prepare myself for the worst but ultimately always have a can do attitude.

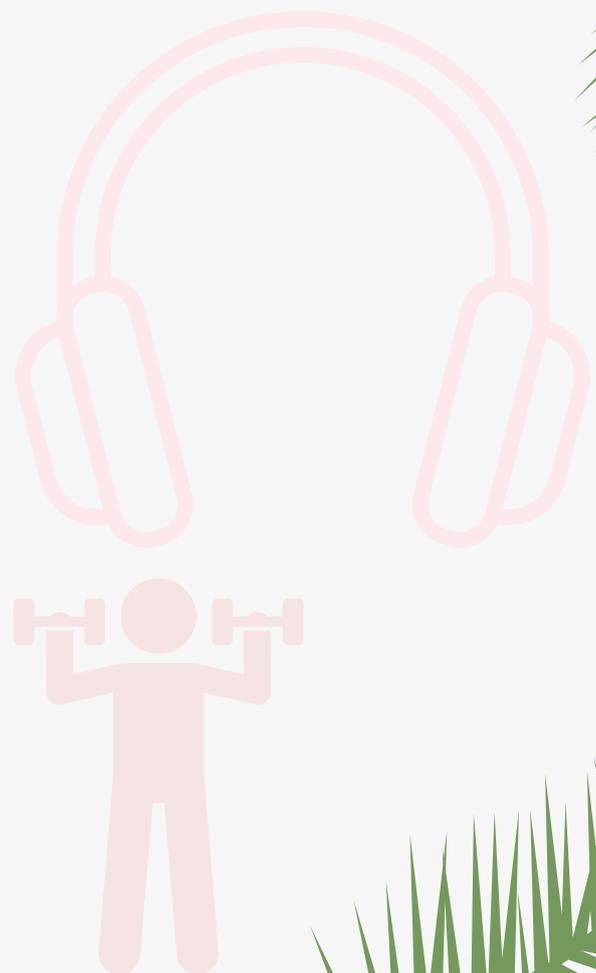
My children ground me the most. If I ever feel lost I remember my purpose, my purpose to be the absolute best version of myself so that my children can benefit the most.



## HOW I UNWIND

Music, good food, fresh air, exercise, good company and light mediation help me destress. Depending on the stress I will do 1 or more of the following things;

- Go for a walk whilst listening to music
- Have a shower
- Eat some good, healthy food
- Call or meet up with a friend that understands me
- Exercise

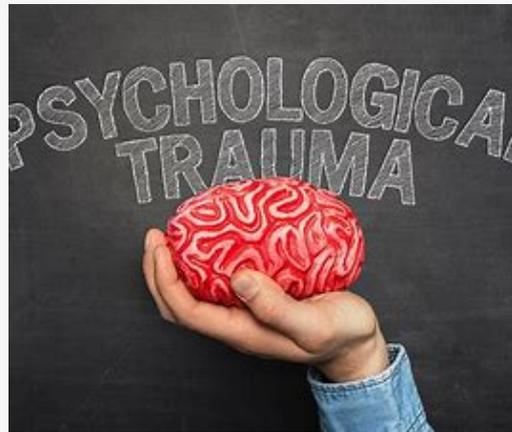


# WHAT'S THE LAST YEAR BEEN LIKE FOR YRP?

It's no surprise to us that the primary support need for clients presenting to our services is Mental Health (MH). In the first 3 months of last year our services faced their biggest challenge ever. We moved from our 11 bed Night Shelter to a Conference Centre with an adjoined Hotel to accommodate as many people as we could during lockdown. We have remained here at these premises since, offering a total of 200+ beds to both men and woman, couples and those with dogs.

As a staff team we have continued to work to make sure that no one has to rough sleep here in Woking. We have followed Government guidelines to keep both our staff and clients as safe as possible and many of us have been fortunate enough to have had both vaccines in the last few months.

It has been a testing time for us as individuals as well as the charity itself. We, like you, have struggled with not being able to see our friends, our families, some of us for more than a year. Staff have suffered losses during the last year like many. The resilience staff have has been one of our proudest achievements of 2021, they have continued to put our clients at the forefront of everything we do, to keep them safe, fed, supporting them with referrals to services but most of all listening to them when they have been scared and uncertain of the future.



## PHYSIOLOGICALLY INFORMED ENVIRONMENTS

Many of the clients we support have at some point in their lives experienced some kind of trauma which has then led to them seeking services like ours.

There are many terms used now to describe those who have struggled with drug or alcohol addiction, who have been in and out of the care system, struggled financially to keep a roof over their head, or spent time in prison. You will hear terms such as 'multiple disadvantaged' which means **a person experiences a combination of homelessness, addiction, re-offending behaviour and/or mental ill health at the same time.** or 'complex needs', which means **someone described with two or more needs affecting their physical, mental, social or financial wellbeing.**

## CONTINUED....

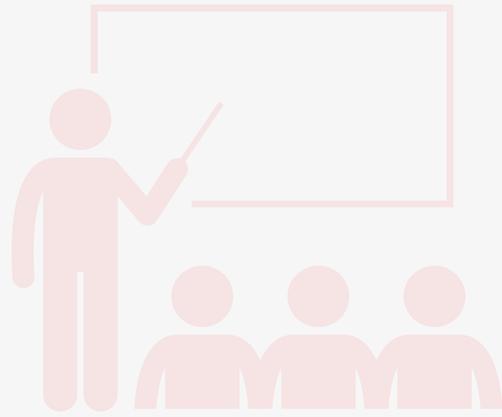
Many of those we work with here at YRP have had some form of traumatic event that has had an impact on how they live and interact in society. We realise that for many of our clients there is no easy 'fix' but that we will be with them along their journey for as long as they want us to be,

There are four main types of trauma, Acute trauma, Chronic Trauma, Complex Trauma and System Induced Trauma.

Trauma for many of our clients can result in early childhood such as being removed from the family home. The death of a loved one, domestic violence, bullying, physical or sexual abuse.

Psychologically informed environments (PIE) are services that are designed and delivered in a way that takes into account the emotional and psychological needs of the individuals using them and working in them. Any service working with vulnerable people can become a PIE and a wide range of homelessness services have adopted the model.

We as a Charity have really looked at how we can support every client we work with. We have looked at our environment and how we make it a more user friendly, welcoming place to stay and access services. We take time to listen to our clients and come from a non-judgmental way of working to build trust and understanding of our clients lived experiences.



We offer training to staff ongoing and as part of teams development we offer Reflective Practice which helps us be conscious of the influence of our beliefs, values, qualities, strengths and limitations.

It helps us evaluate and reflect on experience's or an event so we can develop a new perspective and be able to identify and adopt appropriate changes to how we work to better understand our clients and ourselves.

**ARE YOU ON SOCIAL MEDIA?  
@YORKROADPROJECT  
SAY HELLO!**



# WRITTEN TO US.. WITH LOVE!

I commend the staff here without any reservations. Each staff member has their own expertise, care and compassion at the top of their list of priorities.

I have never wanted for anything while here, the fact that I have a roof over my head, the security and safety of knowing there is food, water toiletries has made it easier for me to cope.

Most importantly there is guidance and true time spent just listening to me vent on many occasions truly listening to me and giving me sound advice and direction in uncertain times.

I was just beginning my journey to release myself from addiction and it was one of the most difficult things any person can do in my opinion. I had withdrawals, I was angry, I was emotional. I felt that there was no hope. Anytime I felt like this I was able to speak to my keyworker Teresa and Julian, I could talk to them without feeling like I was being judged in any way, they would put me at ease within minutes.

Conversations progressed over time spent with the staff and i started to feel empowered, invigorated and ready to progress with my plan to be the best version of myself possible.

All in all I would say to anyone who is in the position of homelessness, addicted to anything and suffering from any type of mental health issues, your first step should be contacting York Road Project.

Ultimately YOU have to WANT to change for anything positive to truly happen, the team here will do everything in their power to help.

I owe them alot even though they would never expect anything in return.

You have got this! You have the strength the and the will, find your reason, find your purpose and you will get through this hardship.

We all need help sometimes, you just have to be truthful with yourself.

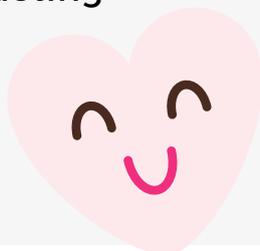
In a world full of problems, be the solution. Keep your head up and stay focused.

Much love and light to anyone feeling alone in the dark.

**This was written by one of our clients, we as staff love what we do and these kind words make what we do so worthwhile.** We are proud of what our clients can achieve and since this was written this client has moved on from us into other accommodation. We will keep in touch and we are always here should they need us on there journey to offer support and guidance.

**We are York Road Project.  
#WeAreYRP**

## THANK YOU



# THE DAFFODIL HUNT

Somewhere in this booklet, we've hidden a daffodil, can you find it?

If you spot the daffodil be sure to post about it on Facebook, Twitter or Instagram tagging us in @YorkRoadProject and using #GrowMeBeHappy.

Daffodil's are one of the easier plants to grow and look after. Have you grown one before?

## READY, STEADY... ART!

It's your time to shine! Take a moment to get creative and think spring, . Share your amazing masterpieces on social media using #GrowMeBeHappy tagging us in @YorkRoadProject.

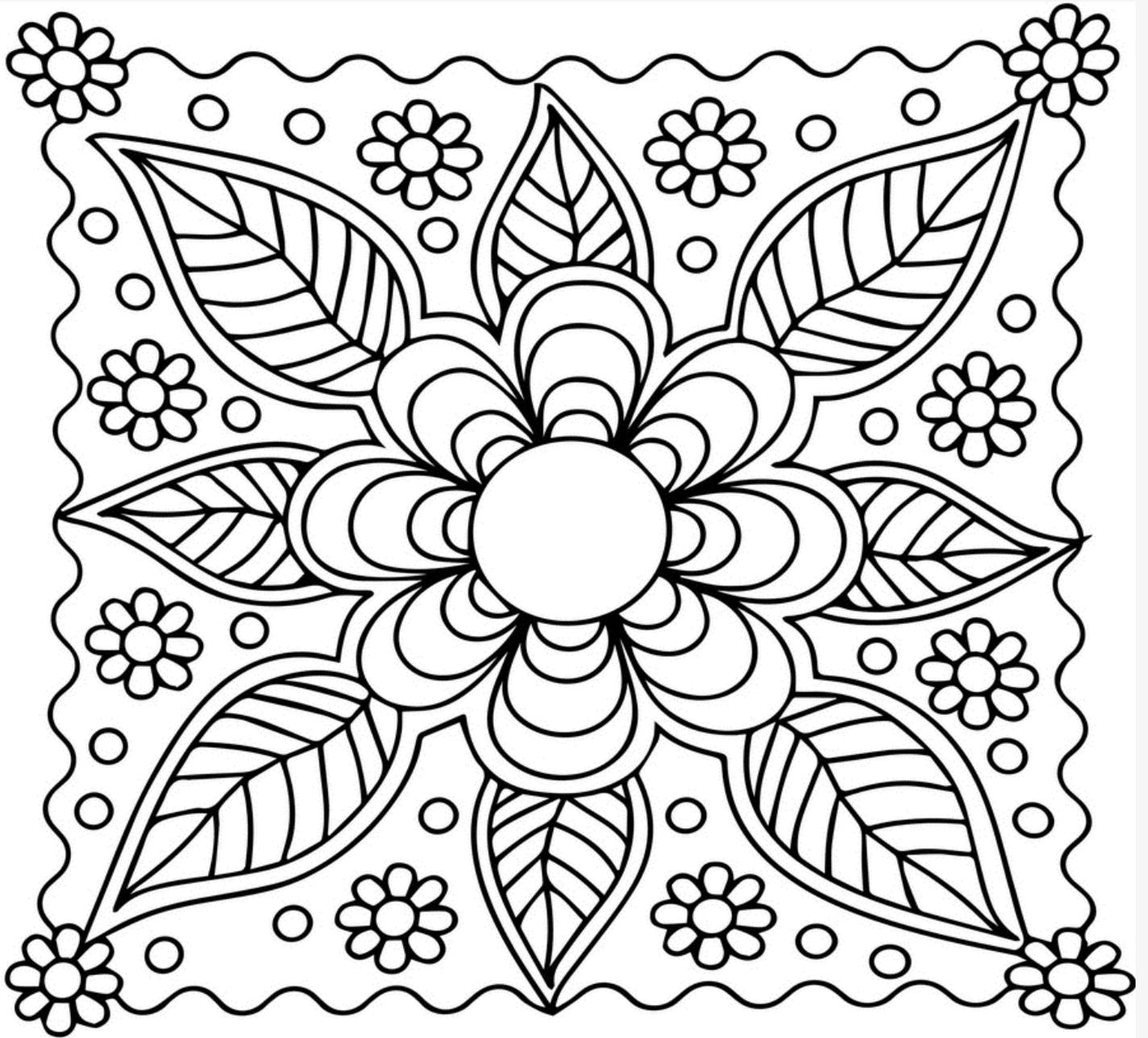
Name your art piece:

Your name:

Age:



# ADD A SPLASH OF COLOUR



## THANK YOU

We'd like to take the opportunity to thank everyone that made this campaign possible. Your support is appreciated and allows us to continue with the work we do.

Special thanks to:



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 **York Road Project**

