

Sharing Voices

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Poetry from the Khushi Group

The Long term Khushi group members welcomed Lilly to their Thursday Session.

The group ran successfully, we discussed options for mental wellbeing and the ladies read out a beautiful poem.

Over the next few weeks, we will be doing light exercises and poetry.

You can read one of the poems titled 'I am' over on our website.

Good Luck for the future!

We would like to say a massive thank you to Shama for her expertise and hard work during her time at Sharing Voices. Also a big congratulations to her as she will be starting her new full time role.

Thank you from the entire SVB Team

New and Exciting projects...

Lilly, Zahid & Faisal are now working with 10 different places of worship.

In March 2021 we have delivered one training session (with lots more planned) of 'BAME Children and Young Persons Mental Health Awareness' for members of Places of Worship - Teachers/Faith Leaders and other key members.

We have delivered Mental Health Champion peer to peer support for 2 Masjids where 12 young persons have been trained up to provide Mental Health peer to peer support.



Congratulations Lilly!

We would like to congratulate Lilly in her new position as Service Delivery Manager, Bame Women.

A note from Lilly- I am looking forward to developing this post and making some positive changes.



Mental Health Awareness Week 10th-16th May 2021

Our top tips on connecting with nature to improve your mental health

- Get out into nature

If you can, try to spend time visiting natural places - green spaces like parks, gardens or forests – This can help you reduce your risk of mental health problems, lift your mood and help you feel better about things. If it feels daunting to get outside, try going with a friend or relative, [.https://www.alltrails.com/england/west-yorkshire/bradford](https://www.alltrails.com/england/west-yorkshire/bradford) have some great options for local walking trails.

-Combine nature with creativity

Try combining creativity with your natural environment. This could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood. Noticing the beauty of nature and expressing this creatively can help you find meaning and an emotional connection to nature.

-Have fun with Nature

Allow yourself to experiment and try new things. If you've always wanted to try planting, now is the time to try! You can get lots of tips for first time gardener's on the internet.