



Spirit of the Rainbow Heron Annual Report April 2019

Spirit of the Rainbow Heron has successfully completed its third year of operation and we should like to share this year's activities and achievements.

Rainbow Heron Late Night Café

Set up as a different model to promote mental wellbeing in 2017, our flagship project has completed its second year: opening every last Sunday of the month at the MIND Wellbeing Centre from 6pm till 10pm, offering a safe relaxing space, a variety of creative activities, peer support, individual self-care plans, board-games, light refreshments, information and advice - staffed by our part-time Project Coordinator and Deputy Café Coordinator, along with a small dedicated group of well-trained volunteers.

www.facebook.com/RainbowHeronCafe

Sheffield Mental Health Activism Group

Set up as a separate activity with training and support from Campaign Bootcamp, the group meet regularly, focussing on what changes we want to make for the future. We have developed a manifesto (see attached) for promoting young people's mental health in Sheffield and a plan to achieve the first aim – *free community spaces for young people to meet and support each other*. We have had some funding support from Food Works and She Works (via SOUP) and shared our work so far with Women's Equality Hub.

Online Chatroom

Set up in 2018 on a weekly basis as an experiment to see how this method could help support young people's mental health as an alternative to attending the café, this was funded by the Rainbow Heron Small Grants Fund and has included use of written **Chatstep** and live stream **Instagram**. It now runs mid-monthly on Sunday evening, to alternate with the monthly café at the Wellbeing Centre

Wider Collaboration and Influence

In 2018, our **Stakeholder Workshop** brought together staff, trustees, volunteers and partners to review the ethos and progress of the Rainbow Heron Late Night Café project. For **Festival of Debate 2018** we ran **Art, Activism, Young People and Mental Health** at Quaker Meeting House in collaboration with Vibe, Chilypep, Young Healthwatch and COSS. Our Coordinator was invited to speak and lead activities at the Lord Mayor's city-wide event **Suicide prevention: A big conversation**.

A **YOUth Matters** event with Vibe and STAMP arose out of the Festival of Debate.

We also partnered the Theatre Delicatessen event featuring Jess Gibson's show **Work in Progress** for **Time to Talk Day 2019**.

Social media

Our excellent blog, written by student volunteers, provides regular posts covering a wide range of topics and insights relating to self-care and mental health. Visitors to the blog have tripled in the past year (now 450+) with people coming back to view again. We aim to add our e-newsletter content on the blog in future. We also share our work on Twitter and Instagram. <https://rainbowheroncafe.wordpress.com/blog/>

Our future plans

In addition to our regular activities, please look out for our one-off events, for example:

Festival of Debate 11th May 2019 “Mad Pride: Changing the way we talk about mental health”, organised by our **Sheffield Mental Health Activism Group** in collaboration with **The Art House**. *“How do you define yourself and your mental health? How do you wish others to interact with you? What messages do you have for the world? Bring ideas to create into art for debate - placards, poems, pamphlets - which we will share online and continue debating after the event.”*

<https://www.facebook.com/events/2262257584054185/>

World Mental Health Day 10th October 2019. We have been invited to partner **Theatre Delicatessen** in celebrating this day, to curate an evening featuring local poets along with a performance by Colin Bramwell of his new show **Umbrella Man*** and helping to provide a safe space and creative activities for everyone attending

*<https://broadwaybaby.com/shows/umbrella-man/735697>

We are also very happy to have been invited to be part of the new **Sheffield City Council Mental Health Partnership Network**, the exciting new initiative which brings together a range of organisations to coordinate and progress holistic plans for developing mental health in the city.

Our legal and financial status

Spirit of the Rainbow Heron is legally constituted as a Small Charity, with a Board of Trustees that meets quarterly to review, support and progress our work. Trustees are elected on an annual basis at our AGM. We have a charity bank account with Unity Trust. So far the project has been funded from the legacy left by Dora Rachel Franks Daniel.

We are looking at ways to become self-supporting after April 2020 and welcome any offers of future partnership and/ or financial support.

Contacts

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