

EcCoWell – Flourish House – Mental Health workshop – Leah Middleton

Although numbers were small at our workshop, the three people who took part seemed interested. I went through the wellbeing activities at Flourish, why they are set up and how, and we discussed sustainability, and how small voluntary organisations can manage to keep their aims and objectives clear, whilst applying for external funding from funders that have their own agendas.

We talked about how funding can actually inhibit activity sometimes.

It was also interesting that the Zumba class at Flourish had a majority of men attending, and the Healthy Weight Management group is almost 50% men. This is different from the findings of your first speaker, and underlines the idea that wellbeing activity is based not only on the activity, but on the group that runs it; members at flourish trust each other, and once that happens, traditional activities can open out greatly.

