



Informing | Inspiring | Improving Lives

Getting to know...

...Aaron. One of our inspirational clients turned volunteers.

So Aaron, what made you reach out to Shine?

I had been diagnosed with borderline personality disorder - it affects your mood and how you interact with other people - and it was having a really negative impact on my life and was even affecting my work. I knew I had to do something about it, so I went to the doctors and they recommended that I get in touch with Shine.

I must admit, I was hesitant and sceptical at first. I'd done therapy before and it hadn't worked for me. It always felt too scripted. But Shine was different.

What made Shine work for you?

It's coaching, rather than therapy, and instead of feeling scripted, it's tailored to you.

I felt like Caroline, my Coach, really 'got me' on a personal level. She helped me to see other people's point of view, guide my emotions and connect with myself.

A MASSIVE 'THANK YOU'

We're delighted to announce that Shine has secured four years of funding from the National Lottery!

Using funds raised by National Lottery players for good causes, we're able to continue doing our amazing work, helping more people and making our community thrive. We're part of a family of fantastic organisations making communities across the UK a better place to be, and we couldn't be prouder.

Shine has already grown into a team of qualified Coaches with a vast breadth of experience between them. With this funding, our Coaches can widen the reach of their life changing work, as we're now able to expand our services across the whole of Lancashire.

We have already raised the profile of anger, through our work with Recovery College, who provide help and assistance for people experiencing anxiety, depression and other mental health issues. Now, because of the funding from the National Lottery, we can continue this fantastic work. We can run courses and deliver more workshops, to encourage others to seek help and break down barriers.

We have plans to run a pilot which will focus on working outdoors and exploring the benefits of doing this to improve mental health and reducing anger. We are also having development talks with various football community groups across Lancashire about how we can work together and raise our profile.

All this enabled by the fantastic players of the National Lottery. **WE CAN'T THANK YOU ENOUGH!**

I had always felt a great deal of guilt and shame about my anger, and this was a barrier that Caroline helped me to overcome. She got me to realise that anger is just another emotion and to accept it for what it was.

Any practical advice for men experiencing anger?

I've learnt a valuable but simple technique of counting back from ten when I'm feeling angry. It helps calm me and 'snaps' my brain back.

And finally, what's next for you on your journey with Shine?

I really felt like I wanted to give something back and try to help others in a similar situation to myself. So, I became a Shine volunteer and began helping to run workshops with clients. I share my story and try to get people involved.

The other volunteers all have similar backgrounds and experiences and it honestly feels like a family to me. It's a safe place to be yourself. Eventually we'd like to set up and run our own support group and continue the good work - it's all thanks to our amazing connection to Shine.

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'Anger' - What does it mean?

"an emotion characterised by tension and hostility arising from frustration"

The word 'anger' often has negative connotations, and can be associated with aggressive and hostile behaviour. Many of our clients describe experiencing feelings of shame and guilt when talking about their anger and the fear of being judged or misunderstood, can often stop people seeking the help they really need.

Coaching with Shine aims to help men understand these feelings and accept them, rather than try to suppress them. We want to move away from thinking about anger as a taboo subject, and talk about it openly and honestly.

The language we use can help. Some people prefer to use the words 'stress' and 'conflict' instead, perhaps seeing them as words that are easier to relate to, and perhaps more accepted in society.

However we refer to it, anger is a basic, natural human emotion that most people will experience at some point in their lives. Only when this anger becomes frequent and uncontrolled, can it begin to negatively affect personal or social well-being, and this is when Shine can help. Making those first steps to make contact and seek that help, could turn your life around.

Check out our very own **YouTube** channel

Tune in to watch interesting and inspiring contributions from our coaches and volunteers....

