

www.shape360.org



SHAPE 360

Comprehensive strategies for
meaningful societal change.

The mission to end homelessness.



Andrew Graham, Founder of THRIVE360

Homelessness is not a label, it's a circumstance. There are many more complexities around homelessness than can be solved by "get a job," or "stop abusing substances." Often, simple life conditioning, mental well-being, bad luck, addiction, environment, cultural, or geographical factors can expose people to a heightened risk.

As an easily influenced young man with a zest for life, our founder was an habitual sofa-surfer, through circumstances outside of his personal and mental control. During service in the Army and Police, Andrew saw the impact of a lack of social structure for many, with all too often devastating results, losing far too many people of whom he had encountered facing this life defining social plight.

Andrew is on a mission. A mission to end 'Not by choice homelessness.' SHAPE is an acronym for an holistic approach created by the charity's founder, Andrew Graham, aimed at giving structure, stability and furthermore, security, to those experiencing, or at risk of, this debilitating life event.



What we stand for:

- **Support for the people who need it most;**
- **Health** - both mental & physical;
- **Aspirations** - defined by Attitude and Aptitude;
- **Purpose** - empowered by personal and professional goals;
- **Environment** - ensuring a safe, progressive and secure place to call home and, 360 - ensuring that the process is a never-ending cycle of personal support, providing structure, stability and security.





A Holistic Approach to Addressing 'Not By Choice Homelessness'

Introduction

Learn about our comprehensive strategies for tackling homelessness and fostering meaningful societal change. SHAPE 360 is a holistic initiative designed to address not by choice homelessness through comprehensive support systems alongside physical solutions such as our modular homeless villages . Our approach tackles the root causes and promotes sustainable solutions.



Understanding 'Not By Choice Homelessness'



Systemic Issues

Homelessness often arises from systemic issues such as economic instability, lack of affordable housing, and inadequate social services.

Complex Needs

Understanding the diverse and complex needs of individuals facing homelessness is critical to providing effective support and interventions.

Tailored Support Programs

Creating tailored support programs that address the root causes of 'not by choice' homelessness is essential for meaningful change.



Comprehensive care

01

Physical Well-Being

Addressing physical health is fundamental to our holistic approach, focusing on fitness, nutrition, and medical care.

02

Mental Health Support

Mental well-being is equally important; we provide resources and support for stress management and emotional resilience.

03

Emotional Growth

Well-being is equally important; we provide resources and support for stress management and emotional resilience.



Building Community Connections

Building strong community connections is crucial for creating a supportive environment. Our initiatives aim to foster relationships with industry and reduce social isolation among individuals experiencing homelessness.

Establishing Peer Support Groups

01.

Safe Sharing Space

Peer support groups create a safe environment for individuals to openly share their experiences and feelings.

02.

Fostering Connections

These groups encourage participants to build meaningful connections, enhancing their support network and friendships.

03.

Building Resilience

Through shared experiences, participants learn coping strategies and resilience, empowering them to face challenges together.

04.

Sense of belonging

Our support groups foster a sense of belonging, making individuals feel valued and understood within the community.



Fostering a Sense of Community

Importance of Community

A strong sense of community plays a vital role in enhancing emotional and social well-being for individuals.

Social Interaction

Encouraging social interactions through activities promotes relationships and strengthen community bonds.

1

2

3

Community Events

Organising community events helps encourage participation and brings people together for shared experiences.



Outreach programmes and community involvement



Community Engagement

Our outreach programs actively engage the community to raise awareness about homelessness and its challenges.



Volunteer Involvement

Involvement from local organisations and volunteers is essential to enhance our outreach efforts and support those in need.



Supportive Network Building

Building a supportive network among local organisations and volunteers strengthens our outreach programs and enhances community impact.





Health: Promoting Physical and Mental Well-Being

Prioritising health is key to holistic well-being. We offer regular check-ups, mental health support, and wellness workshops to empower individuals to lead healthier lives.



Regular Health Check-Ups and Mental Health Support

Comprehensive Health Services

Access to regular health check-ups ensures early detection and management of potential health issues. Mental health support is vital for emotional well-being, offering counselling and therapeutic interventions.

Wellness Workshops and Initiatives

1

Healthy Living Focus

Our workshops emphasize the importance of healthy living, providing participants with practical knowledge and tools for better nutrition and lifestyle choices.

2

Self-Care Strategies

We introduce effective self-care strategies that empower individuals to prioritise their mental and emotional well-being.

3

Stress Management Techniques

Participants learn various stress management techniques to enhance their ability to cope with daily challenges and improve overall well-being.



Collaborations for Addressing Addiction and Recovery Roadmaps



Partnership with Health Organisations and other Charities

Collaborating with local health organisations enhances our capacity to support individuals facing addiction challenges effectively.

Creating Recovery Roadmaps

We develop personalised recovery roadmaps to guide individuals through their journey toward overcoming addiction.

Support and Resources

Our programs provide vital support and resources that empower individuals to recover successfully from addiction.



Aspirations: Vision and Goal Setting

Empowering individuals to dream and set goals is key to their journey. We provide tools and workshops that encourage vision and create actionable steps for achieving personal aspirations.

Vision Board Sessions

Visualising Dreams

Vision board sessions allow individuals to creatively visualise their dreams and aspirations, making them more tangible.

Fostering Motivation

These sessions promote motivation by encouraging participants to focus on their goals and aspirations.

Clarity About Future

Creating a vision board helps individuals gain clarity about their future and the steps needed to achieve their goals.



Career Counselling and Skills Training

1

Equipping with Skills

Our programs are designed to equip individuals with essential skills needed in today's job market, enhancing their career prospects.

2

Career Counselling Support

We provide personalised career counselling to guide individuals in their job search and career path decisions.

3

Enhancing Employability

Our focus on practical skills and career readiness helps improve employability, making candidates more competitive in the job market.

Workshops on Resume Writing and Interview Skills

- 1** **Resume Writing Skills**
Our workshops focus on helping individuals craft effective resumes that stand out to employers and highlight their strengths.
- 2** **Interview Preparation**
We equip attendees with essential interview skills to enhance their performance and confidence during job interviews.
- 3** **Boosting Confidence**
Our workshops aim to boost participants' confidence, ensuring they approach job applications with a positive mindset.



Nurturing Overall Well-Being Through Environmental Factors In Our Properties

1

Impact of Natural Light

Natural light enhances mood and increases productivity. Incorporating it into spaces promotes overall well-being.

2

Role of Greenery

Integrating plants and greenery into our environment improves air quality and promotes mental relaxation.

3

Comfortable Facilities

Comfortable and inviting spaces are essential for well-being. They encourage relaxation and positive interactions.

Do you want to help make a difference?

Do you want to know more?

Do you wish to donate?

To become part of the movement,
contact us now.



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Thank you!