

# MAX EDGE NEWS



## A Decade of Strengthening - and Celebrating Communities

What started as an idea in 2016 has gradually and positively grown into a unique way of working which strengthens and celebrates communities.

With a natural emphasis on the people of St Helens, where we are based, we have also supported communities in the Liverpool City Region, Greater Manchester and - thanks to our online resources - across the globe.

We still wholeheartedly believe that people, given the right opportunities and support, at the right time, can make significant changes in their lives and begin to fulfil their potential.



## Maintaining Focus

Our core purpose has always been to support individuals, communities, and organisations to improve wellbeing, resilience, confidence, and life opportunities, particularly among people facing disadvantage or multiple barriers.

The past ten years have seen a huge shift in the sector, with changing needs and demands, significantly reduced funding, and the unexpected arrival, and impact of, Covid.

However, we avoided mission drift and continued to follow our Mission and Aims, now more relevant than ever, as increasing numbers of people experience the reality of barriers holding them back.

And one of the *best* parts of our work has been the partnerships we've made along the way.



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## More than workshops

Face-to-face sessions are our bread and butter, but over the years we have expanded our reach through:

- Digital content, including podcasts and online resources focused on mental health, self-care, and personal effectiveness.
- Guided Journals, now totalling three, on the subjects of Health, Relationships and Acceptance
- Support and wellbeing for staff and volunteers in other organisations
- Business support, assisting companies to meet their social values through meaningful community projects
- Excess stock clearance and foodbank support from within the logistics industry

Our work supports better mental health by reducing financial stress and anxiety, increasing dignity and creating stronger connections within the community.

Dave Sheridan, Managing Director of Maximum Edge CIC said:



*"Ten years sounds like a long time, but to us, it's just the beginning. We look forward to developing new opportunities and partnerships over the next ten years and beyond, which continue to help us in the communities we support".*

