



Our Story



About us

At Flourish, we believe that life is richer when it's shared. Everyone has something to offer, and communities thrive when people feel seen, heard, and valued just as they are.

In a world where many feel disconnected - from themselves, from each other, and from faith - Flourish offers something different. Rigid structures, busy lives, and surface-level interactions can leave people feeling isolated and unseen. We believe that what people really need is space: to breathe, to ask big questions, and to feel they matter. That's why we're creating community spaces rooted in love, presence, and possibility.

We are a Bristol-based charity, part of the Bristol and South Gloucestershire Methodist Church family, committed to creating spaces where everyone can belong. Each one is unique, shaped by the people who gather there, but all share our core values: presence, belonging, vulnerability, and kindness.

Flourish is faith-based but not bound by formality. We are inspired by the example of Jesus - his radical love, his compassion for the marginalised, and his call to live in community. We don't preach; instead, we share our faith through how we love, how we show up for one another, and how we create spaces of curiosity, reflection, and connection.



We're here to listen, to learn, and to journey with others as we explore what it means to be human, to belong, and to grow. We believe that when people feel safe, supported, and part of something bigger, they can truly flourish.

Whether you are full of questions, full of faith, or somewhere in between - you're welcome here.

You might be thinking:

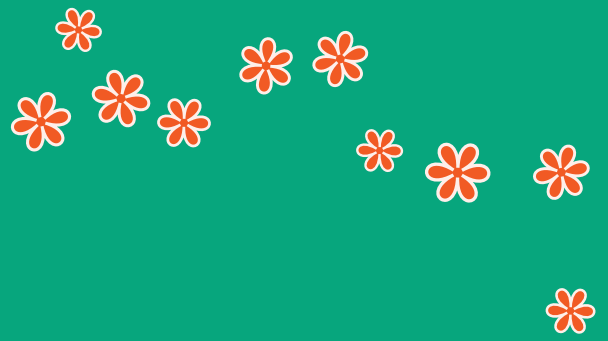
"I'm not religious, but I'm curious"

"I used to go to church, but it doesn't feel like home anymore!"

"I believe in something...I just don't know what"

You are not alone. Many of us are asking the same things. What matters isn't having all the answers - it's being willing to show up, to listen, and to share life alongside others.

If you're looking for a space where you can be yourself and feel at home,
Flourish is for you.



Flourish exists to reduce isolation, challenge exclusion, and nurture personal and spiritual wellbeing through inclusive, faith-rooted community spaces. Inspired by Jesus, we walk alongside people as they discover belonging, meaning, and connection.

We are part of the Methodist Church and are rooted in profound values, of community immersion and social justice. We carry these enduring values with us, constantly reflecting on what it means to be a community of faith in the ever-evolving world we inhabit.





Our Values



Belonging

Everyone deserves to feel safe, welcomed, and valued – just as they are. We create spaces where people of all backgrounds, identities, and beliefs can bring their whole selves and find connection.



Co-creation

We don't have all the answers. We listen, collaborate, and shape our communities together. We believe the best things grow when they're grown together.

Presence

We believe in showing up. Taking time. Sharing life. Being genuinely bothered about one another, especially when it's messy or uncertain.



Authenticity

We value honesty, vulnerability, and being real with one another. Everyone's story matters, and we make space for people to explore, question, and grow at their own pace.




Hope

Inspired by the life and teachings of Jesus, we believe in a more just, loving, and connected world and we try to live that hope through our actions.



What do we do?




Flourish creates and nurtures community spaces across Bristol and South Gloucestershire – places where people can connect, slow down, and be themselves. These spaces look different in each neighbourhood, but all are shaped by shared values of welcome, curiosity, and care.

Some are hosted in cafés, community halls or church buildings. Others meet in homes, gardens, or local parks. What connects them is the atmosphere: unhurried, open, and built around conversation, creativity, and shared life.

Each space is co-created with the people who use it. That might mean gathering regularly for reflective conversation, exploring spirituality in everyday life, creating something with your hands, or simply making time to be together without pressure or performance.

There's no fixed formula and no expectations. Whether you're looking for connection, meaning, friendship, or space to breathe, you're welcome to join us. We believe that something sacred happens when people come together with openness and care. That's where flourishing begins.





The Flourish way of life

In the Flourish community we will



be genuinely bothered about people we meet



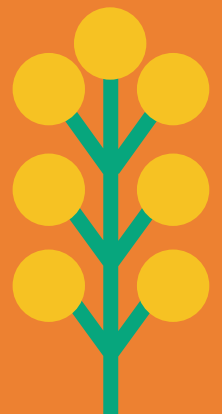
value the gifts and uniqueness each person brings
to this community and their place in it



make time to be with people and share life
with vulnerability and genuineness



support each other on the wanderings and
wonderings of life



FAQs

So... what is Flourish, exactly?

We're a charity based in Bristol and South Gloucestershire, creating gentle, welcoming community spaces where people can come together, slow down, and just be themselves. Each space looks a little different, but they're all shaped by shared values like curiosity, kindness, and connection.

Do I need to be religious to come?

No, not at all. Some people involved with Flourish have a Christian faith, some are spiritual in their own way, and some don't believe in anything in particular. Everyone's welcome, wherever you're coming from and wherever you're at.

What actually happens in a Flourish space?

That depends. Some groups gather to chat or reflect, some do something creative together, and others just make time for connection without any kind of agenda. The common thread is that they're relaxed, open, and shaped by the people who come along.

Is this a church by another name?

We get asked that! The short answer: no. Flourish is faith-based - we're inspired by the life and example of Jesus - but we're not trying to build a new church. There's no preaching, no pressure, and no set formula. Just space to be, explore, and belong.

How do I find a Flourish space near me?

You can drop us a message and we'll let you know what's nearby or if something's starting soon. We'd love to help you find a space that feels right for you.

Can I start a Flourish space myself?

Possibly, yes! If the Flourish values resonate with you and you're up for co-creating something in your own community, let's have a chat. We'll support you to shape something that fits your local context.

Do I have to pay to join in?

No, Flourish spaces are free and there are many ways of getting involved. If there's ever an optional activity or shared meal with a small cost, we'll always make that clear ahead of time and it'll never be a barrier to joining.

Who's behind all this?

We are part of the Methodist Church but we are a small and evolving group of workers, community members, volunteers, and supporters who care deeply about people and place. The project is still in its early stages, but we're already seeing signs of life in the communities we walk alongside.

Get Involved

We'd love to connect with you.

Whether you're curious about visiting a Flourish space, thinking about starting something in your own community, or just want to learn more, you're warmly invited to reach out.

There's no pressure and no expectations. Just a conversation, a cup of tea, and a chance to see what might grow together.