



**Flourish: “Seeing a generation of girls set free to flourish to their full potential.”:  
Leamington Spa & Warwick: Girls’ mental health and wellbeing:**

With pressures for unrealistic ideals in all areas of life - from body image to relationships - low self-esteem and mental health problems are increasingly holding this generation of girls back. Flourish aim to see a generation of girls set free to be confident and released into their fullest potential. Flourish are receiving increasing numbers of referrals from schools, parents and local agencies as they build trust in the community and demonstrate the positive impacts of this vital work.

The Trusted Executive Charitable Foundation (TTECF) has been supporting Flourish’s development and growth since August 2018 with a series of grants totalling £15,500 (@Aug2021).

**Flourish appoint a new director:**

Jenny Dean is the new Director of Flourish. As an ex Social worker Jenny brings a wealth of experience to her role & is only too aware of the limitations of the public sector in supporting young girls who are experiencing mental and emotional health issues.

Jenny supports a wide network of volunteer mentors who work on an individual basis with the young people. They have reacted creatively to some of the challenges of the Lockdown and limited opportunity for social interaction.

One young person in year 11 and had become very anxious through the first lockdown. This resulted in her not being able to leave her home and having increased anxiety about getting Covid and other germs. She started to have negative thoughts which included the fear that others didn’t want to be her friend. She was missing a lot of school and was at risk of becoming a school refuser. A mentor from Flourish was arranged and mentoring took place on Zoom due to the above worries. After a particular intervention the young people explained that: *‘I found it hard to open up at first but I’m glad I did because I feel better. Flourish has really helped my self esteem and anxiety’*. She was also able to reflect in her mentoring sessions that she was able to catch negative thoughts and stop them.

After the mentoring she managed a full day at school and noted that *“Because of my Flourish mentoring I wasn’t frightened to go back to school and I was surprised by that”*. She was also able to sit her exams which was something that she had not thought possible before the mentoring

As the mentoring was coming to a close her parents were very anxious about the support ending. Flourish found funding to continue the support for a further 6 weeks; following which she actually said that she did not need any more sessions. She was confident enough to go out and be sociable on her own, which was a significant achievement.

Through their mentoring Flourish are seeing sustained life changing transformation in many of the young people they support.

Numbers of “at risk” individuals being referred to Flourish are increasing. This increasing demand is challenging their capacity to meet it, whilst still providing the same level of care and support.

Flourish’s mentoring is a great example of The Nine Habits of Trust - particularly: coaching, consistency, humility, and kindness - creating sustainable transformation within the lives of young people and in their community.

<http://www.ttecf.org.uk>

<https://trustedexecutive.com/nine-habits-of-trust>