



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

Context:

We are women supporting girls. This generation of girls. Girls from all walks of life, who are dealing with anxiety, pressures, low self-esteem and issues that are holding them back from being where they want to be. Growing up can be challenging, and at times feel overwhelming and lonely. We believe every girl we work with has the potential to grow and flourish with a newfound confidence and stronger emotional resilience.

Our programmes and resources crafted by Flourish drive effective one-to-one mentoring and group sessions that support positive mental wellbeing and help young girls to flourish – gaining a higher self-esteem and stronger emotional resilience.

As a Warwickshire based Christian charity, we support our whole community with kindness and respect. Working with parents, schools and local volunteers to provide engaging programmes that transform the lives of young girls.

The Trusted Executive Charitable Foundation (TTECF) has been supporting Flourish’s development and growth since August 2018 with a series of grants totalling £25,500 (@Aug2022).

August Update:

Trustee Growth.

Steve Larke (one of TTECF’s Trustees) has provided guidance on marketing what Flourish do, how to better engage current trustees and recruit effective trustees to the trustee board. This has resulted in the trustee board doubling from, 4 to 8 trustees in the space of 4 months! Flourish’s new recruits include a charity business specialist, ex child protection social worker, managing partner of a Special Educational Needs (SEN) organisation providing vital SEN support to schools across the West Midlands and Coventry’s Diocese Leadership Mentor. This growth has come as Flourish has grown massively in the last 2 years, which has created a need to have governance structures and teams in place to reflect and support this growth.

Volunteers

Flourish continues to develop its incredibly dedicated and skilled volunteer base to support the delivery of our mentoring and group services. Over the last 12 months we have recruited, trained, supervised and supported 12 new volunteer mentors, this has increased our volunteer mentor team to 21 people. Over the 2021/22 academic year Flourish have mentored 56 girls and delivered 672 sessions across 11 local schools.

Reason to Celebrate

At the end of the academic year, as mentors come to the end of their mentoring journeys with the girls they have supported we are hearing so many success stories; stories that show the tangible impact on this generation of girls. One of our sessions in the mentoring takes the mentee through a process of answering a range of questions about their strengths, skills, and character which they right on pieces of paper and then put in a jar. They are also given the challenge to look record encouragements/ positive comments from friends/ family/ teachers through the week, and to add those into the jar. The aim is to raise their self esteem, by providing them with tangible evidence of how fantastic they are. One of our mentors shared recently that their mentee had engaged so well, and was so impacted by this self esteem session, that she immediately shared the

self esteem jar and the tools she'd learnt with her friends at break and her mum once she'd got home.

This mentor also shared that her own granddaughter who had been mentored by Flourish still uses and looks at her self esteem jar 5 years on at the age of 19!

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>