



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.

Growing up can be challenging, and at times feel overwhelming and lonely. Through our Flourish mentoring programme we provide girls with the tools to look after their mental health and the space and confidence to get their voices heard, changing their (and our) world. The impact is powerful: 72% of participants feel more aspirational, 83% have seen a positive improvement in their self-esteem and wellbeing, and 100% of our beneficiaries would recommend us to a friend.

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 £36,500 (@Aug2023).

August ‘23 Update:

Volunteers:

We’re excited to share that we’ve just recruited and trained **10 incredible local women to join our mentoring team!** Through these caring, passionate and dedicated women, equipped with our effective and creative resources, we can provide relatable role models for girls and young women (aged 10-18) locally, giving them a safe space to talk, share their concerns, and explore challenges and goals.



Here's what new mentor Sandra has said:

“I could see a need for more extensive emotional support for teenage girls and have been inspired by how Flourish provide this in such an accessible and uplifting way. I was delighted to be able to offer my skills to help girls navigate their difficulties and better prepare them to fulfil their potential. Mentor training has been great fun. Comprehensive resource packs alongside open and thoughtful discussions with experienced mentors has given me the confidence to tackle the role with enthusiasm. It was a joyous experience to train with a likeminded group, all of whom want to make a positive difference in the journey of the next generation of young women.”

Another year of transforming lives:

This summer term we’ve been privileged to be able to support over **120 girls** and more than **50** parents/carers and professionals through:

- **10 Flourish group mentoring programmes** (Flourish course and Rebuild) in 5 schools/ community settings to benefit **65 girls**

- **173 one-to-one mentoring** sessions delivered to **37 girls** across 11 schools (4 primary and 7 secondary) and community settings
- NEW **Self-esteem and Managing through Change workshop** delivered to 20 Year 6 girls to support them with the transition to secondary school
- **3 FAB (Flourish Advisory Board) project group sessions** with girls working with Compton Verney exploring the impact of nature on wellbeing whilst creating their own dyes, artwork and a sensory garden
- 4 Parent/Carer and 1 Professionals **Flourish Workshops** delivered to 56 adults caring for young people about understanding the teenage brain, communication and sharing some Flourish tools and techniques

"I have learnt to believe in myself more and that I am not my mistakes. I have learnt that I am worthy and loved by others." (Flourish course participant, summer 2023)

Body Image Anxiety

38% of young people in the UK have compared themselves to people on social media and felt bad about themselves (Mental Health Foundation) and 60% of young people have felt bad about themselves after looking at particularly harmful content on social media (Dove).

We were honoured to be invited to Bishop of Gloucester Rachel Treweek's event in the House of Lords to hear young people share their views with MPs, Peers, academics and representatives from business and charities about body image and the impact of social media in advance of the Online Safety Bill.

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>