



**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).

## **October ‘23 Update:**

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### **Growing strong:**

Reflecting on the last year, we have a huge amount to celebrate and be grateful for. Funding from TTECF has contributed to our successes highlighted below:

- We have supported 188 girls who have seen an improvement in their self esteem and wellbeing.
- We have recruited and trained a further 10 incredibly gifted and relatable female volunteers to increase our capacity as demand for our services continues to rise.
- We piloted parent/carer and professional workshops focusing on teenage brain, self esteem, communicating with teenagers and how Flourish resources from the online hub can be used to support the young people in their care.
- Our promotional video was premiered and has been used by schools to demonstrate what support is available and by churches to encourage support.
- We were invited to the House of Lords to speak about body image anxiety and what we’re doing to support girls locally ahead of the Online Safety Bill.
- We have been awarded some of our biggest funding to date through Henry Smith Charity and Children In Need.

Flourish have ambitions to deepen our offer of support locally, further establishing our partnerships with local schools and communities to ensure our support is available for more girls over the coming year. Our priority development areas this year include trustee recruitment (Chair and Treasurer), developing our primary school offer and further integrating the voice of the girls we work with into every aspect of Flourish

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## Expanding the team:

Sarah is our newest member of the team and is settling in well to Flourish life.

Sarah says:

*"I am really excited to join the Flourish team as the new Group Delivery Lead.*

*I have been working with young people as a secondary history teacher and form tutor for the past 15 years. This new role will enable me to continue to help support young people in schools in a different way.*

*I hope to encourage more girls to engage with the different courses Flourish has to offer, and also to develop new groups to help support girls in the Leamington and Warwick area."*



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>