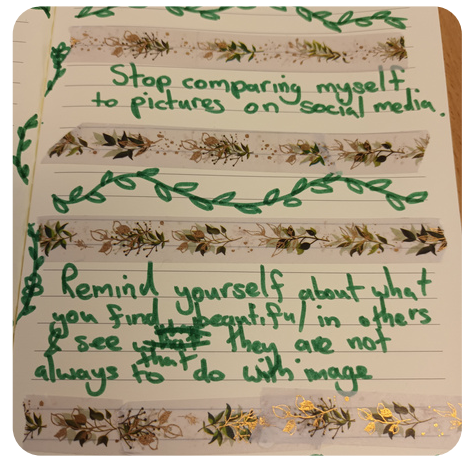


Course Overview

The 9 girls who took part in our Kenilworth Centre community course all came from the same school, but some of them had not met! It was great to see them discuss their shared experiences as well as learning new things about the people around them.

The girls engaged in some amazing crafts led by our volunteer, Heather. They made beaded bracelets, painted positivity pebbles, and created 'sock bunnies' in our final session before Easter. Although the crafts were varied, the girls all put in fantastic effort throughout and showed individuality and creativity with their final products.

The final session was a real celebration of the positive work the girls had done, complete with homemade brownies from our volunteer, Becki! Each girl took away a plant in a pot they had painted as part of their crafts. We hope the girls (and their plants!) will flourish in the future!



"The Flourish Course has helped me feel better about myself."

Changes & Impact

A needs assessment questionnaire was undertaken at the start and the finish of the course using the Warwick-Edinburgh Mental-Wellbeing scale & the Rosenberg Self-Esteem scale.

100% of the girls said they would recommend the Flourish Course to a friend.

56% of the girls saw an improvement in their wellbeing. In particular, one girl saw an 89% increase in her wellbeing by the end of the Flourish Course!

3 girls saw an increase of over 20% in their self-esteem.

What has been the best thing about this course?

What have you learnt through the course?

"I have learnt to value myself more. I am less self-conscious about myself and I feel like a weight has been lifted off my shoulders!"

"The most helpful sessions were about friendship values and thinking about how to look positively at yourself."

"The best part was designing our t-shirts. I also liked drawing on the positivity rocks."

"I've learned how to look at myself more positively."

"I enjoyed things like decorating the t-shirts and the pebbles as I found it calming."

"I learned that sometimes negative emotions can become positive if you have the right mindset."

"I liked how you could get really creative."

"I learned what a good friendship is."

"The Flourish Course has helped me socialise better and speak more."

*"I have learned how to become
me again!"*

