

## **Teacher Testimonials:-**

### **Victoria Howard, Head of House, Bridge of Don Academy**

“Emerging from the pandemic we have seen several young people's mental health and confidence decline. The targeted input from Flourish has been indispensable as we look to meet and support these needs. Pupils speak incredibly positively of their experience. The Flourish team have worked quickly to establish effective positive working relationships with young people who have allowed them to uncover inner strengths these young people didn't know they had. “

Lynda Logie, Classroom teacher, Bucksburn Academy

The class hosts a total of 10 young people with varying additional support needs. The young people in the class are vulnerable and struggle with communication, poor self-esteem and challenges self-regulating. The Flourish project has been great in immediately getting pupils active and encouraging positive self-talk. Pupils have been encouraged to support and compliment each other, and this has helped young people to feel more comfortable with accepting a compliment and a boost of confidence - this task is now part of our weekly tasks! The daily 'toothbrush challenge' has encouraged healthy habits in our young people. The project is really helping to bring the class together, whilst supporting our school and class ethos of We developing good mental health, confidence and positive choices. The targeted support provided by the Flourish team has been invaluable to the development of our young people and have provided our young people with lasting relationships with the team delivering the programme. The feedback we have received from young people has been positive and with every new cohort we look forward to hearing their views. Thank you Flourish team!”“together we achieve’

### **Ola Walburn, Head of House, Bridge of Don Academy**

We have sought support from the Flourish project for around three years now with a focus on developing good mental health, confidence and positive choices. The targeted support provided by the Flourish team has been invaluable to the development of our young people and have provided our young people with lasting relationships with the team delivering the programme. The feedback we have received from young people has been positive and with every new cohort we look forward to hearing their views. Thank you Flourish team!”

### **Neil Hendry, Headteacher, Lochside Academy**

“There can be no doubt that the last two years has been very challenging for so many young people as they have dealt with lockdowns and the impact on their daily lives. The work undertaken by Leanne Seal from Kings Church has been invaluable in supporting a number of our S1 and S2 pupils as we move towards what is the ‘new normal’. The Flourish programme has supported our young people to develop resilience, confidence, promoting positive self-esteem and a more positive sense of self. The pupils have enjoyed the sessions and the feedback has been overwhelmingly positive and it has raised their awareness of the own mental health and self-esteem. I can pay this work no bigger compliment than telling you we have funded further Flourish groups using our Pupil Equity Fund. Sadly, however this has limitations so external funding would allow more young people in our city to benefit from this work.”

The Next 2 Years

Last year we had a large donation of funding given to us, which allowed us to put all the first years at Northfield Academy through the project in addition to the schools we were already in. We trained more volunteers and paid for all the resources with this. However, now that funding has finished, we are projecting that 2025 will run at a similar (if not smaller) number of young people as 2024. This year without that same funding available we are not aiming to increase in numbers but are hoping to sustain and solidify where we are currently at as we are continually acquiring smaller pockets of funding. With any new funding, we hope to increase our staffing. Currently, we have 1 staff member working 15 hours per week. Our sustainability rests in our incredible volunteer team where, last year, we saw 31 active volunteers give 1243 hours to The Flourish Project. This year, with any funding acquired we aim to increase our Staff hours to ensure the projects we run are efficient and well supported, with the maximum impact on the young people. We will also train at least 8 new facilitators to deliver the project so that we can respond to the school's increasing need for the project. Next year, with staffing costs hopefully funded we can focus on growth, taking on more schools and ultimately reaching more young people to improve the mental well-being of young people across our city.