

THE GREEN TEAM SUPPORT YOUNG PEOPLE TO LEARN ABOUT AND CONNECT WITH NATURE, THEMSELVES AND OTHERS.

OUR THRIVE PROGRAMME DELIVERS OUTDOOR THERAPEUTIC ADVENTURES PROMOTING MENTAL WELLBEING FOR YOUNG PEOPLE.



THE GREEN TEAM

CONNECTING YOUNG PEOPLE WITH NATURE

## THRIVE INFORMATION SHEET

### Thrive: Who is it for?

The programme is designed for **young people aged 14-18 who are experiencing mental health difficulties**. In addition they may experience other challenges in their life. Young people may:

- have a diagnosed or undiagnosed mental health issue
- be experiencing social isolation
- be dealing with a specific adverse experience such as bereavement or family break down

Young people from a variety of backgrounds and life experiences are welcomed. Young people may be excluded from school, be a school non-attender, have social work involvement, be looked after, accommodated or in kinship care, be a young carer or have sporadic support at home.

Thrive offers an on-going multi-agency programme. This means that **individual young people across Edinburgh can be referred (anytime) to our Thrive programme**.

**Please note:** Due to the vulnerable nature of the young people in this group, we are unable to accept applications for young people with behavioural issues. Young people must be able to work in a group setting. Please get in touch to discuss an application if preferred.

### Thrive: What is it?

**Thrive is a place for young people to be themselves, relax, try new things, and discover how to make things better for themselves.** The programme aims to gently encourage young people to get involved in new activities in a supportive group setting outdoors. The programme supports self reflection and group sharing.

### Through the Thrive programme, young people will:

- make an impact and contribute to practical conservation projects using tools
- be involved in outdoor living skills and nature connection activities such as fire lighting, shelter building and wildlife activities
- take part in activities and learn strategies to support mental wellbeing
- have a safe space to talk about things in their lives in our wee special group
- have respite from daily life
- Have their individual needs addressed through small groups with high levels of support



### Thrive: When does it run?

**Thrive programmes are on going, long term, midweek programmes.** They run each Monday during term time from Tynecastle High School. We ask that referring agencies support young people to attend the session with reminders, and taxis where needed.

### Thrive: What Next?

1. If you support a young person who could benefit from this programme please get in touch and [complete the application form](#) which you can download from our website.
2. Suitable applications will be accepted or held until a place can be offered.
3. Initial 1:1 meetings will be arranged prior to the first group session for assessment and information. It is requested that a support worker or family member accompany the young person for the initial meeting.
4. If space allows, the young person will be accepted on a 2 week trial basis. After that the young person will be offered a place on a term by term basis.
5. Don't hesitate to [get in touch with Kate](#) Hedges, Thrive Programme Leader, if you have any queries.