

THRIVE

An outdoor therapeutic programme for young people



Are you supporting a young person with their mental health?

WHAT IS THRIVE?

Thrive is an outdoor therapeutic programme that supports young people to improve their mental health. We work with small groups to create a supportive space.

During the sessions, young people will:

- make an impact and contribute to practical conservation projects using tools
- be involved in outdoor living skills and nature connection activities eg. fire lighting, shelter building, wildlife activities
- have a safe space to talk about things in their lives

Thrive is a place for young people to be themselves, relax, try new things, and develop self-help strategies.

STAFFING

The Thrive programme is run by Kate Hedges, an experienced youth worker who has been with The Green Team for almost 20 years.

The programme is supported by additional staff and volunteers.

We ask that referring agencies support young people to attend the session with reminders and taxis where needed.

NEXT STEPS



Please visit our website for more detailed information and to download the application form.

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WHO IS THRIVE FOR?

The programme is designed for young people who are experiencing mental health difficulties and may also be experiencing 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 issue such as bereavement or family break down

Young people from a variety of backgrounds and life experiences are welcomed.

START ANYTIME

Thrive offers an on-going multi-agency programme. This means that a young person aged 13-17 across Edinburgh can be referred (anytime) to our Thrive programme that takes place each Monday during term time. The programme is open ended to offer continuity and maximum potential for increasing wellness, subject to reviews between all parties.



The Green Team is an Edinburgh based charity which has been supporting the development of practical, social and self-care skills through activities in nature for over 25 years.

REGISTERED CHARITY NO: SC029319

