

THRIVE

An outdoor therapeutic programme for young people



Do you have pupils who need support to improve their mental health?

WHAT IS THRIVE?

Thrive is an outdoor therapeutic programme that supports young people with their mental health. We offer specialist and bespoke programmes to support vulnerable young people with the aim of increasing wellness. We work with small groups to create a supportive space.

Our sessions include:

- Outdoor survival skills and nature connection in a quiet woodland setting
- Practical conservation tasks
- Time spent reflecting and sharing in group discussions

Working together in a team, sharing, being listened to, and being outside in nature, can aid mental health.

STAFFING

The Thrive programme is run by Kate Hedges, an experienced youth worker who has been with The Green Team for almost 20 years. We ask that a member of school staff accompany the pupils and gets involved with the programme. This way the good work done out in nature can be transferred into school enabling meaningful relationships to develop between pupils and staff for ongoing support.

NEXT STEPS



Email Kate to find out more, request an application form or arrange a meeting.

Alternatively, check out our website to download the application form.

PUPIL SELECTION

Select young people that you feel may benefit most from this programme. In our experience S3 and above are able to make the most meaningful transformation.

Pupils may have experienced bereavement, anxiety or depression, social isolation, poor relationships, stress, or low self esteem.

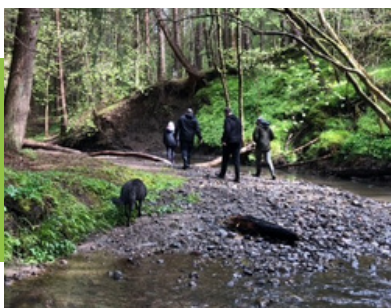
Generally, it work best if pupils are selected, and then given the chance to opt in. Being outdoors in the woods is not for everyone!

PROGRAMME AVAILABILITY

The Thrive programme is a 6 week programme which runs during term time and within school hours.

Please get in touch to find out our current availability.

Minibus transport can be provided.



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

