

Flourish Fundraising Pack!

Thank you for your help to raise vital funds for Flourish!

First thing to do is have a think about how you would like to fundraise and who you might invite along. If you are doing a sponsored silence, it's likely you'll be on your own! However, if you are putting on a bake sale, then you will need to choose a time and day and then invite as many people that you know to come along!

Think about advertising your event or activity on social media – it might be that your friend who lives in Devon would like to buy a friendship bracelet from you, or maybe your aunt in Newcastle wants to support your sponsored cycle ride!



Need some help with ideas?

Bake sale

Sponsored silence

Sponsored walk/run/cycle

Swim 20 lengths of your local pool

Read-a-thon

Make friendship bracelets and sell them – you could even take orders for specific colours!

Give something up – will your friends & family sponsor you to give up chocolate for a week/month?!

Shrove Tuesday – hold a pancake flipping contest!

Paint/draw pictures for your family and charge a fee

Make & sell Valentine's Day cards



Share your challenge and tag us!



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Flourish is here to support girls locally to improve their self-esteem, mental and emotional wellbeing.

Growing up can be challenging, and at times feel overwhelming and lonely. We support girls from all walks of life who may be feeling worried, sad, angry or stressed, or struggling with low-self-esteem. Our goal is to help every girl we work with to grow and flourish with a newfound confidence and stronger emotional resilience.

Our approach is to make young girls feel heard, known, seen and supported. We provide personalised programmes and resources, crafted by Flourish, to drive effective one-to-one mentoring and group sessions, helping girls to recognise their self-worth and live to their full potential.

flourish mentoring

Flourish mentoring creates a safe space for self-esteem to be nurtured, emotional resilience built and a toolkit for life developed. Girls are individually matched with a trained female mentor for 12 sessions. Our bespoke resources offer a direction to the mentoring, an opportunity to look at the challenges they face and see change. The mentoring contains support tailored to the individual, practical tools, creative activities and tangible takeaways.

flourish REBUILD

The Flourish Rebuild course is a group programme which consists of 7 weekly sessions focusing specifically on understanding emotions and building emotional resilience. Participants build both a physical and mental 'toolbox' of coping mechanisms and strategies. The sessions offer a safe space to explore and identify emotions together.

flourish course

The Flourish course is a group programme which consists of 8 weekly sessions to build and strengthen self-esteem and mental wellbeing. These cover a different topic each week including: friendships, discovering worth, managing emotions and positive self-talk. Each session is filled with games, crafts, discussion and creative journaling to develop positive self-esteem.

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