

THRIVE Holiday Club run by Invictus Well-Being

Case Study

Invictus Well-being is an established Children and Young person's mental health charity so, making connections using HAF funding, with local schools and young people in Bradford has been a natural progression. Our club name, THRIVE, underpins our ethos of wanting to see young people flourish and gain confidence in a supported environment.

Recently the BACP (British Association of Counselling Professionals) published an article on their website highlighting how important mental health provision is for young people - one of the quotes is, 'Using NHS data the charity (Young Minds) revealed an alarming rise of urgent referrals of under-18s to more than 3,000 in April, the first time on record that numbers exceeded 3,000 in a single month.' (BACP, August 2023)

Invictus Well-being is fully invested in the mental health and well-being of children and young people and strongly believes that prevention and early intervention through educating about mental health and well-being can be an extremely successful tool.

Our THRIVE Holiday Clubs are based on this same ethos - we have a balanced mix of fun activities that promote and encourage good mental health and well-being. This is achieved by young people engaging in activities such as arts & crafts, sports, developing relationships, mindfulness, healthy eating and inviting family members to join us too! We structure the week around well-being themes such as 'All About Me', 'Coping Strategies', 'Communication', 'Co-ordination', 'Collaboration', 'Self-Care' and 'Gratitude'. We find that the balance of focused creative and sporting activities allow all children to engage in a way that develops their confidence and awareness of their own and others well-being.

The THRIVE Holiday Club team are from a variety of work and cultural backgrounds such as social care, education, sports and arts. They are all trained and supported in how Invictus likes to run clubs. With all these tools we are able to fully support children with Social, Emotional and Mental Health issues. In addition, we also support and signpost parents and carers by being approachable and encouraging open discussions where applicable and appropriate.

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At each of our clubs we have had children diagnosed with ASD. One boy who attended had never been to a holiday club before and in school is supported on a one-to-one basis. He came not knowing any of the other children and feeling very hesitant. Club staff were able to support him with developing his independence, integration and resilience. He attended every single day consecutively for eight days. This was achieved by having positive conversations with, not only the young person but also his parent, and then implementing reasonable adjustments to be fully inclusive and supportive.

Invictus Well-being feels that we offer a unique approach to our THRIVE Holiday Clubs. We use our expertise in children and young people's well-being and mental health to open up a safe space for them to learn and explore.

