

GRIT:

GROWING
RESILIENCE
IN TEENS



SELF FUNDED PACK FOR PARENTS & CARERS

2026

www.gritcharity.org

Registered charity no: 1176272

GENERAL PRACTICE
AWARDS 2024

WINNER

Clinical Improvement Award:
Mental Health

WHO ARE GRIT?

Growing Resilience in Teens (GRIT) is a community based, early intervention service which supports young people aged 11-24 in Hitchin, Letchworth and surrounding areas to improve their mental health, wellbeing and resilience through a unique combination of non-contact boxing, Health and wellbeing coaching and Psychoeducation.

GRIT's current funding enables us to provide 1:1 coaching, free at the point of access, to young people aged 11-24 who are registered with a GP (Doctor's) surgery in Hitchin, Whitwell, Letchworth, Baldock, or Ashwell.

For young people registered with a GP surgery outside these areas, although we do not currently have dedicated funding available, we remain committed to making our support accessible and therefore are delighted to offer a self-funded option for families who would like to fund sessions themselves.

"I have become more confident in myself and I have pride in the things I achieve and I don't care what others think of me anymore. I've also seen a big improvement in my mood and these sessions have really helped me"

1:1 COACHING

What is 1:1 Coaching?

1:1 coaching provides a safe, supportive and goal-focused space for young people aged 11-24 years old. Across a structured block of 6 sessions, your young person will work towards a clear goal while developing practical life skills that support their long-term wellbeing.

Coaching focuses on building confidence, developing emotional regulation skills, managing stress, anxiety, or feelings of overwhelm, and improving motivation and self-awareness.

We use our unique **Four Corners Method** which includes the use of boxing metaphors. 1:1 coaching does not generally include the non-contact boxing element; however, some light pad work and stances may be incorporated.

Coaching is not therapy, counselling, medical treatment, or crisis intervention. It does not diagnose or treat mental health conditions. If specialist or therapeutic support appears more appropriate, this will be discussed with the young person and their parents or carers.

“My 1:1 coaching sessions have helped me be able to talk more openly about how I feel about certain things, and how I can manage stress.”

WHAT TO EXPECT

Start with a no commitment Chemistry session

Every coaching journey begins with a no commitment, 30-minute Chemistry Session. This gives your young person the opportunity to meet their coach, explore what they would like support with and decide whether coaching feels like the right fit.

The Coaching Sessions

Sessions are interactive, practical, and tailored to your young person. They include a supportive check-in to understand how your young person is feeling, exploration of their current challenges, introduction of practical tools and strategies and agreement of small, manageable actions between sessions.

Sessions last up to 1 hour and are typically held fortnightly to allow time for practicing new skills between appointments.

Where and When Sessions Take Place

Sessions are available face-to-face in Hitchin, in school (where agreed), or virtually via Microsoft Teams. Sessions are scheduled during the coach's working hours and should be treated in the same way as a medical or other health appointment. Therefore, we ask families to work around the coach's availability wherever possible. This may mean collecting your child from school and returning them after their appointment. Please note, if your young person's availability is very restricted, there may be a longer waiting time.

WHAT OUR YOUNG PEOPLE HAVE TO SAY

"It's been very helpful for me mentally and physically and I've noticed an improvement in my mental and physical health since starting GRIT."

"GRIT has given me hope over the last couple of years and been the only thing to look forward to."

"I really enjoyed GRIT it was the only thing I looked forward to in the week, and it's quite amazing how different I look at certain situations and try not to be a part of a bad situation."



WHAT PARENTS HAVE TO SAY

"I feel like I have my daughter back, she is happy again and talkative instead of the shadow of herself that would sit in silence staring into space, obviously she still has episodes but I feel we can talk about them now and her panic attacks seem to have fizzled out, you can see she still has issues sometimes but she has learnt how to deal with them better."

"When my son first started coming to GRIT he was in a lot of trouble at school. He thought he was coming to GRIT to learn to fight, but that is not the case. He has done so much more than that. He has learnt skills, discipline and about the way his mind and body work. He is much calmer and doesn't get into so much trouble anymore. Thank you!"

"GRIT gave my daughter the confidence to share her experience with us whilst also helping her recognise the validity in her feelings, to talk through her challenges and to empower her to develop skills and strategies to deal with these.

We don't know what the future holds, but early intervention has meant this is being dealt with in the first 6 months of becoming an issue, rather than waiting until unhealthy behaviours become entrenched and normalised, which would have serious health implications and potentially necessitate more resource-intensive and longer term interventions. Thank you again for this helpful and potentially trajectory-changing support"

