



Image: Freepik

Faye's story*

*The names of the young person, Creative Mentor, and other supporting adults have been changed to protect the young person's identity.

Faye was much more confident in explaining what she wants and why this week, which is a huge improvement.
Sophie, Creative Mentor

With a huge transitional period ahead for Faye, we're keen for the Creative Mentoring sessions with Sophie to continue over the summer to ensure she has the right support.
Nadia*, Carer

A trip to London with Sophie would be my perfect day.
Faye, Mentee

fighting for the creative voices
of children and young people

the mighty creatives



what happened next?

When Sophie first met Faye, Faye was in a very low mood and used very little eye contact. As time went on, Faye began to open up to Sophie about some of her current fears and uncertainties, which allowed Sophie to alter her mentoring style to a more holistic-based approach.

Together, they worked with clay and made water colour artwork for Faye's bedroom. They also created a creative collage for a few weeks and introduced cross stitching. They even went on dog walks and began planning for a trip to London.



Image: Freepik



With Faye's Year 11 exam period fast-approaching, this proved a very stressful time for her - so having the support from Sophie was extremely fundamental. They created artwork that Faye even used as a positive reference point for her upcoming exams. They started making and designing a cross stitch, which Faye could continue independently as a mindfulness activity to help with the pressure of exams. They worked on this for a few weeks while Sophie supported Faye with her revision. Sophie even helped Faye to make a revision plan in between creative activities like collaging and taught her relaxation techniques that Faye was able to try and



Image: Freepik

background

Faye was 15 years old when she began her Creative Mentoring journey. She was a Looked After Child living in a children's residential home, with a love for drama, performing arts, and karate. Faye also struggled historically with her mental health and self-harm. This increased during transitional periods in her life, so a Creative Mentor was requested to offer a different approach at support.

who was Faye matched with?

Faye was matched with Sophie*, a brilliant Creative Mentor who had lived close to Faye and knew the neighboring areas well, with strong networks within the cultural sector. Her creative practice revolved around music, verbal and written arts, and experience working with young people with additional needs. When TMC's Youth Programme Team were considering suitable Mentors for Faye, Sophie was seen as a perfect match.

Faye and Sophie have been working together for 36 hours over 11 months throughout the school year. Sophie has helped to empower Faye and was flexible and patient in her approach, which contributed to such a positive and long-lasting relationship.

Our vision is to inspire children and young people to harness the power of arts, creativity and culture for positive change.

themightycreatives.com

the **mighty** creatives



what progress has been made?

Using our 8 Measures of Progress tool, we have identified significant progress during Faye's Creative Mentoring journey. **Participation and Engagement** and **Self-Belief** have both moved from 1/5 to 5/5. There was moderate progress made with the areas of **Teamwork** and **Relationship Building**, both moving from 3/5 to 4/5. **Confidence** also increased from 3/5 to 5/5, as did **Communication**.

Faye also was able to advocate for herself towards the end, recognise when she needed support, and ask for the help.

were there any challenges?

There were a few weeks where Faye and Sophie didn't meet up due to varying outside factors, but Sophie continued to stay persistent. After two or three sessions away and lots of patience, Faye and Sophie finally met up for a Creative Mentoring session - and the results were great!

Faye was able to reflect on some of the positive experiences with her exams, using lots of eye contact with Sophie and really engaging in their conversation. Faye even introduced Sophie to all her Key Workers at the home and opened up about her difficult relationships in life.

what were some key moments?

Sophie listened to Faye's wishes during previous sessions; she arranged a dog walk for the two of them and a trip to London in the summer, as Faye said this would be her perfect day. In their final session together, Faye was able to advocate for herself with the support of Sophie. She was able to clearly recognise and identify what boundaries she wanted to put into action in her life, and what support she would need when starting in her new setting. They even did roleplay to put some of these new skills and boundaries into practice.



what happened next?

With Faye due to start at a new setting in September 2023, both she and her carers were particularly keen for the Creative Mentoring sessions to continue over this upcoming transitional period.

The sessions were extended for a further six hours, which took place over the end of the summer, to ensure that Faye had the right support during a potentially unsettling time.