



# Harry's story\*

The names of the young person and Creative Mentor have been changed to protect the young person's identity.

A trip to the theatre was an exciting point in Harry's journey, where he clearly enjoyed himself immensely and reacted so well to an unfamiliar environment with lots of strangers.

Tina, Creative Mentor

The changes to his understanding of emotions, his ability to express his feelings, and the relationship he has built with his mentor shows real growth in these areas.

James, TMC Youth Programme Coordinator

I feel confident, focused, excited and calm... this isn't where I thought I would be.

Harry, Mentee



fighting for the creative voices

of children and young people

the mighty creatives



## what happened next?

Harry and Tina have spent 20 hours working together so far, with a focus on writing and performing a play, doing improv activities, and using these to explore feelings, emotions and decision making.

To start their work together they used fun drama activities like story cubes to create stories and used a script so they could attempt different accents. These early sessions were fun and drama-focused, and the relationship between them grew quickly with Harry beginning to open and share his feelings.



From their relationship being built, they were able to look at how emotions can be shown and portrayed, and how to recognise these emotions in other people.

A trip to the theatre was an exciting point in Harry's journey, where he clearly enjoyed himself immensely and reacted so well to an unfamiliar environment with lots of strangers. Harry also developed the ability to express his feelings through questions whenever he didn't understand something.



## background

Harry was ten years old at the time of his referral for Creative Mentoring. He was struggling in school due to finding it difficult to concentrate and engage with any adult-led activities. Harry was perceived to often seek attention from his peers in school through silly comments, and he found building relationships with adults extremely difficult due to some attachment difficulties. Harry's behaviour towards adults could be disrespectful and cold – instead of expressing his feelings, he would pretend that he didn't care. He would not do anything for, or with, adults that he didn't already have a relationship with, and it took him an extremely long time to let adults in. Harry was seen as always putting up barriers.

## who was Harry matched with?

It was identified that once Harry had built a relationship with an adult, his true character would be on full show: having fun and telling jokes! Energetic by nature, with a passion for dance, Harry had recently joined a singing, dancing and acting group which he loved. Due to his interests and lively personality, Tina\* was chosen to work with Harry since she has a calm approach and is a dance and drama practitioner. With links to these arts nationally, Tina could support new opportunities for Harry.



### what progress has been made?

Using the 8 measures of progress tool, we can see progress across several areas:

- Participation & Engagement has improved from 2/5 to 3/5.
- Relationship Building has improved from 3/5 to 4/5.
- Self-Belief has improved from 2/5 to 3/5.
- Ideas Generation has improved from 3/5 to 5/5.



### what's next?

Tina will continue to work with Harry as he transitions into secondary school, hoping to see him continue to feel empowered when expressing his feelings by building on the progress that has already been made.



### what positive changes were seen?

Expressing his feelings and emotions in a healthy way has been a real positive change. This impact was seen when Harry visited the secondary school he would be joining the following year, where he was amazing at communicating with new people.

Harry even said himself that he felt it had gone well, despite feeling a little overwhelmed by the number of people. In a conversation about how he was feeling after visiting the new school, he said he felt confident, focused, excited, and calm and then commented that this was not where he expected to be.

### what impact has Creative Mentoring had on Harry?

For a referral that was driven by Harry's struggles with self-expression and difficulties building relationships with adults, the changes to his understanding of emotions, his ability to express his feelings, and the relationship he has built with his mentor shows real growth in these areas.