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Paul's story

Paul* was 24 years old when he was referred for Creative Mentoring. He was experiencing a challenging period in his life and struggling to manage his mental health, which led to him being admitted to a Psychiatric hospital and spending some time in prison.

*Names have been changed to protect the young person's identity.

"He had obviously prepared this and worked on it during the previous week, as the lyric was consistent every time he rapped. I was impressed with how he controlled what he was doing."
David*, Creative Mentor

"It was great to see where Paul was at day one (when we received referral) to where he is now. It is like two different people! You can see the positive impact sessions have had on him in terms of his focus and dedication - and his ambition to improve his writing and performing skill set".
Levi, TMC Youth Programme Coordinator

"I really appreciate the fact you are honest with me."

Paul, Mentee



social justice for young people

through arts, culture and creativity

the mighty creatives



As sessions progressed, they started to create music together. David would create the backing music with Paul's involvement, and Paul began to write and perform his own lyrics over the backing music. Having a focus each week had a positive impact on Paul. He would record a song, take it away to reflect on, and return the following week with amendments. Paul and David have recorded three songs together so far, and it is clear to see the sessions have motivated Paul by allowing him to participate in a 'purposeful activity' - one that means a lot to him and which he is proud of.

what was a key moment?

Paul became more confident recording his lyrics as the weeks progressed. Initially, he would 'freestyle' on the tracks that were produced. But, as he became more comfortable with the recording process, he would practise during the week before sessions to ensure his lyrics were in time with the music. This was a massive achievement and demonstrated Paul's focus and dedication to creating music. It also showed he was consciously trying to improve his rapping abilities.

what progress has been made?

Using our Measures of Progress tool, Paul has shown progress in the following areas (captured during mid-point evaluation):

Participation & Engagement

- improving from a 3/5 to 4/5.

Problem Solving - improving from a 2/5 to 3/5.

Communication - improving from a 2/5 to 3/5.

Although there appears to be 'no progress' in Confidence, Motivation, Teamworking, Relationship Building, Planning & Budgeting or Self Belief, we have seen massive progress in Paul since he started his Creative Mentoring journey. These scores have been captured during a mid-point evaluation, as the sessions have not completed yet.



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background

At the time of the referral, Paul had already made significant progress in terms of his mental health and it was felt that Creative Mentoring would help Paul to take part in 'purposeful activity'. Paul had a keen interest in music and the aim of the referral was to channel this passion in a 'pro social way' that would help to motivate him.

who was Paul matched with?

Since Paul had a keen interest in music, he was matched with Creative Mentor, David. David's creative disciplines are music and verbal/written arts. It was felt that David would be a good match due to his experience in creating music with previous mentees and also his calming, nurturing and encouraging nature. David is a Trauma-Informed Creative mentor and this also played a part during the matching process. Overall, David possessed the necessary skills required to achieve the objective the professionals desired.

what happened next?

They began their sessions with Paul wanting to show David around the area he is from, as he felt this would enable them to get to know each other better. They discussed being positive, doing the 'right thing' and the sorts of behaviours that get in the way of being positive. From the onset, they were able to begin building a good relationship.