



Image: Racool_studio on Freepik

Sophie's story

Sophie* was 17 years old when she was referred to our Creative Mentoring service. Sophie had just experienced several changes, including placement moves in the months prior. She was not in education or training and was in the process of applying for college courses and working out her options for the future.

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

I am very proud of Sophie for how much she continues to grow and face her fears.

Rebecca*, Creative Mentor

Sophie is coming out of 'downs' a lot quicker and writing with Rebecca is a great help to her.

Sophie's Carer

I am happy all day when I know Rebecca is coming and always happy when she's with me.

Sophie, Mentee



social justice for young people

through arts, culture and creativity

the **mighty** creatives



Rebecca to encourage and praise Sophie for the skills she showed in her writing.

There were some key moments of growth for Sophie that included visiting a local museum and a local library, which was particularly difficult due to experiences in Sophie's life. Other key moments involved Sophie using her writing to explore past experiences and her current situation. This all resulted in increasing Sophie's communication skills, her understanding of herself, and empathy towards others - especially her Carer. Sophie and Rebecca received an extension to their time, building their relationship and Sophie's confidence. This involved attending a regular writing and poetry night together, where Sophie has allowed Rebecca to read out some of her writing to the group and has then received positive feedback – something Sophie had struggled to receive well in the past.

what was a key moment?

Rebecca has worked hard to connect Sophie with clubs and have conversations regarding her future. This included introducing Sophie to a writing/ arts organisation, which has since offered her a paid internship (that can be fulfilled alongside her upcoming college course). Sophie showed real resilience, as the meeting where she was offered this opportunity had come after a tough day. Before the mentoring process Sophie wouldn't have been able to focus on this meeting, but she was able to see the importance and ended up securing the role. Sophie has also grown in her awareness of other people's feelings, particularly her Carers.

what progress has been made?

When compared to the original referral, and what the referrer shared as the key issues, we can see that there has been progress in these areas:

Confidence has improved from 3/5 to 4/5.

Communication has improved from 4/5 to 5/5.

Self Belief has improved from 3/5 to 4/4.



Image: Freepik

background

Sophie was really struggling with self-confidence, had a diagnosis of ADHD and, therefore, issues with concentration. According to her social worker, she also struggled with maturity. This played its part in Sophie regularly staying in her room all day. It was hoped that, by referring Sophie for Creative Mentoring, she would gain confidence through exploring her passion for writing while getting to know her local community, including clubs and youth groups that would support her to make friendships.

who was Sophie matched with?

Sophie was matched with Rebecca, an accomplished writer who uses her own writing and encourages others to use their writing to explore emotions, feelings and the world around them. Rebecca is also from the local area and knows the community well; she has several local contacts and connections which would allow Sophie to get to know people and the local community. Rebecca also has a long history of working with teenage girls with confidence issues.

what happened next?

The sessions started in the home and Rebecca took her time in building a relationship with Sophie through writing and their shared love of reading and writing. Rebecca shared some of her own writing, which encouraged Sophie to share hers and allowed