



Hamzah's story*

Find out how Creative Mentoring supported 18-year-old Hamzah* to build his confidence and self-belief following a difficult journey to the UK.

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

"Seeing Shannon and Hamzah's relationship grow week by week has been a privilege – I love seeing what they have been up to!"

Supporting Adult

"Hamzah has developed amazing insight into the things that were getting him down previously and has discovered that being curious and open to new experiences is a wonderful antidote to stress and anxiety."

Shannon*, Creative Mentor

"I have learned a lot and was excited every week for our sessions together."

Hamzah*, Young Mentee

social justice for young people

through arts, culture and creativity

the **mighty** creatives



what happened next?



The sessions started off positively and typically involved days out photographing or meeting at a local arts centre to do some drawing or photo editing. During this, Hamzah was attending college but was always happy to make time for the sessions - something he looked forward to every week. At the arts centre, Shannon and Hamzah built up a rapport with the staff, who loved showing Hamzah around their current exhibitions and sharing more about the artwork created.

what was a key moment?

So many! Mainly in terms of Hamzah and Shannon's relationship and their moments of laughter, but also the times when he trusted Shannon to open up a little more about his experiences prior to arriving in the UK. Hamzah's delight at things like a monkey puzzle tree or a llama at the zoo or the stage at the theatre were also great moments. Most of all, seeing Hamzah's self-belief and confidence grow more with every session.

what progress has been made?

Hamzah has shown "moderate progress" in **Confidence** and **Self-belief** (3/5 to 5/5). "Some progress" has been made in **Participation and Engagement, Teamwork and Relationship Building** (4/5 to 5/5); **Idea Generation, Communication and Planning and Budgeting** (3/5 to 4/5). The progress has been maintained for **Motivation** (5/5) and **Problem Solving** (4/5), but the service deliveries from this referral show that Hamzah is determined to do well and give everything a try. As sessions progressed, it was clear to see that Hamzah maintained a high level in these areas and continually demonstrated how good he was when incorporating these skills during creative activities during sessions.

background

At the time of referral, Hamzah was 18 years old and had a difficult time on his journey to the United Kingdom. He suffered from traumatic experiences, had a lot of worries and other challenges since arriving. For a period, Hamzah was also moving accommodation to a different town whilst still attending college and studying for exams. It was felt that a Creative Mentor would support Hamzah during this overwhelming time and help to develop his creative interests, alongside strategies to help with his mental health.

who was Hamzah matched with?

Shannon was the Creative Mentor we matched with Hamzah. Shannon is an artist specialising in drawing and painting, as well as a very experienced Creative Mentor who is happy to adapt to a young person's interests if needed. We felt Shannon would be a great match due to Hamzah's love of drawing and painting and would be able to nurture Hamzah through the other challenges that were happening in his life at the time.

"Creative mentoring has helped you realise that drawing, walking and going to the gym are all things that help you stay mentally well."