



Eden's story*

Find out how Creative Mentoring has supported Eden to build self-confidence, independence and positive connections in the community.

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

"I'm so proud of Eden, they've shown so much personal growth and development since I first met them."

Phoebe*, Creative Mentor

"I know you have really enjoyed the sessions and the progress you have made is fab."

Supporting Adult

"I feel like a child! The paint can go wherever you want it to go and no-one will tell me off! It's really fun."

Eden*, Young Mentee

social justice for young people

through arts, culture and creativity

the mighty creatives



background

Eden was 17 years old when she was referred to our Creative Mentoring service. She was enrolled with a college but was not attending. Eden was really struggling with her self-confidence and getting out and about. It was hoped that, by referring Eden for Creative Mentoring, she would gain confidence from some positive connections with people in her community whilst building up independence.

who was Eden matched with?

Eden was matched with Phoebe, an accomplished illustrator and visual artist. Phoebe is a very compassionate and nurturing Creative Mentor, who we felt would support Eden with their creative interests and personal challenges. Phoebe also knew the local area, which would prove beneficial when forming relationships out in the community.

what happened next?

The sessions got started straight away in the community where Eden and Phoebe got on well from the beginning. Phoebe developed Eden's growing interest for art through lots of varied and exciting activities such as watercolour painting, ink work, pottery painting and photography.

From there, they established a base at a local library where Eden's love for art grew so much that they shared a wish to work towards achieving a Bronze Arts Award. This was supplemented by lots of exciting trips to other places to fuel their creativity. Phoebe was constantly impressed with how Eden's confidence was growing with every session.

"I've seen so many changes in you since I met you - perhaps because you're enjoying art so much, but I'm so impressed with how positive you are in other areas of your life too." - **Phoebe, Creative Mentor**

what was a key moment?

There were several key moments:

- Eden displayed her ability to interact and form friendships with the library staff and members of the public within the local area.
- Eden was reluctant initially about travelling independently to their venue, but it didn't take long for her to manage walking on their own to and from sessions.
- Eden also showed immense strength during one of their trips. Eden was nervous about the train, but Phoebe talked it over before boarding, explaining every stage of the journey and what would happen. By the time they were on the train home, Eden was showing confidence, excitement and talking about future journeys they wanted to take!

what progress has been made?

Eden has shown "moderate progress" in **Idea Generation** (improving from a 3/5-5/5) and "some progress" in **Participation and Engagement, Teamwork, Relationship Building** and **Communication** (all improving from a 4/5-5/5), along with **Problem Solving** and **Self-belief** (both improving from a 3/5-4/5).