



Rose's story*

Find out how Creative Mentoring helped Rose* to build confidence, develop life skills and realise her own resilience through a variety of art forms, including photography, clay and painting.

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

"It has been wonderful to hear all the positive things Rose has been doing and achieving under your [Amanda's] guidance."

Supporting Adult

"I have loved working with and getting to know Rose and it has been a pleasure to watch her emerge and grow in so many different ways. I am so proud of all she has achieved."

Amanda*, Creative Mentor

"I feel more confident and brave about things. Yes, I'm proud of what I've done."

Rose*, Young Mentee

social justice for young people

through arts, culture and creativity

the **mighty** creatives



background

At the time of referral, Rose was 15 years old and had been care experienced for around 18 months. When in mainstream school, it was identified that Rose struggled in class, being unable to process and regulate emotions in a healthy way, and preferred an alternative way of learning due to worries on top of the demands of life. There were many adults supporting Rose at the time, but it was felt that she would really appreciate an adult who was there just for her, giving her undivided attention – which is where Creative Mentoring came in.

who was Rose matched with?

We matched Rose with Creative Mentor Amanda, who is a very talented artist with visual arts and crafts skills, who also shared Rose's love for animals. Furthermore, Amanda is a deeply compassionate and nurturing Creative Mentor who would be able to give Rose the time she needed to pursue her interests.

what happened next?

Rose and Amanda worked intensively together for four months as their sessions were part of a longer-term contract. They would meet a few times a week and undertake many varied creative projects, such as photography, clay and painting a canvas in memory of a beloved pet.

The sessions mainly revolved around their shared love for animals, and this was discussed at every opportunity! **"I loved chatting about animals with you and looking at photos of your chinchillas and hamster."** Some of the trips out included visits to a local alpaca farm, pet shops, and walking in nature to appreciate the different animals they could see. It was great to see Rose show more confidence as the sessions went on, opening up more and reflecting with Amanda on some of her challenges. **"I have noticed that you are making so many more of your own decisions and you are much more resilient when you feel things do not go as you planned them - these are life skills!"**

what was a standout moment?

There was a session near the very beginning of the Creative Mentoring, where Rose and Amanda were sat on the lounge floor creating a wooden star, facilitating a new level of engagement. They both had sustained conversations about shapes, colours and techniques and solved problems together, laughing when things went wrong. Amanda thinks this is the moment they connected and bonded, as Rose felt heard and that her opinions and choices were valued. The star is still pride of place on her wall.

what progress was made?

Rose's progress shows "Significant progress" in **Participation and Engagement** (improving from 1/5 to 4/5), **Confidence** (improving from a 1/5 – 4/5), **Teamwork** (improving from a 1/5 – 4/5), **Ideas Generation** (improving from a 1/5 to 4/5), and **Relationship Building** (improving from a 1/5 – 4/5). "Moderate progress" was shown in **Motivation** (improving from a 2/5 – 4/5), **Communication** (improving from a 2/5 to 4/5), **Problem Solving** (improving from a 1/5 – 3/5), and **Self-Belief** (improving from a 1/5 – 3/5).