



Image: Freepik, pvproductions

Aiden's story*

Find out how Creative Mentoring has helped Aiden to build confidence, self-belief and problem-solving skills by making mistakes (and learning from them!) through music production and lyric writing.

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

"I feel Aiden and Harrison are making real progress together."

Supporting Adult

"What you achieved, both musically and personally, was incredible and I left on an absolute high."

Harrison*, Creative Mentor

"I made mistakes, but it's calm."

Aiden*, Young Mentee

social justice for young people

through arts, culture and creativity

the **mighty** creatives

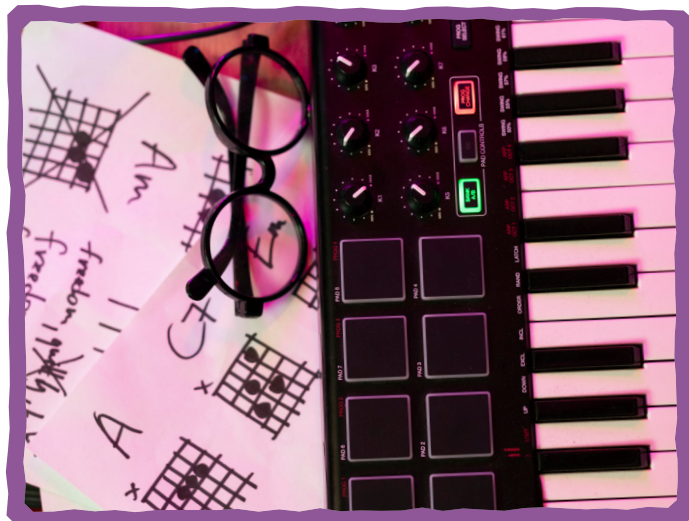


Image: Freepik

“What an amazing afternoon that was! I left the session with a real buzz, and I’m so excited for next week.”

There was then a mixture of online and in person sessions. Together, Aiden and Harrison created a song, where Harrison discovered Aiden’s instinctive talent for lyric writing.

what was a key moment?

During one of their longer in-person sessions, Harrison worked with Aiden on a new music track. At the beginning, Aiden was reluctant to continue after making mistakes recording lyrics. By the end of the session, he learned to keep practising and pushed himself to move past the mistakes and make them a part of the process.

“I made sure to emphasise your huge growth in confidence over a single day: how at first you weren’t able to carry on after a mistake but learned to do this after practicing; how you pushed yourself to stick with the song rather than starting fresh; how you excelled as a vocal performer; how you became less self-critical.”

what progress has been made?

Aiden’s progress shows:

“Some progress” in **Confidence** (improving from a 4/5 – 5/5), **Communication** (improving from a 3/5 – 4/5), **Problem Solving** (improving from a 4/5 – 5/5), and **Self-Belief** (improving from a 4/5 – 5/5).

From the service deliveries recorded by Harrison and the scores above, Aiden has made great progress in the short time he worked with Harrison. This was maintained throughout the time they worked together, showing that Aiden was making progress emotionally as well as creatively.

background

At the time of referral, Aiden was 15 years old and facing many challenging changes, moving from different carers, school settings and having to travel long distances to maintain this. As such, Aiden found it difficult at school, struggling with friendships and consequences. It was hoped that Creative Mentoring would help Aiden to build a positive relationship, supporting him with the adversity he was facing.

who was Aiden matched with?

Harrison was the Creative Mentor we matched with Aiden. Harrison’s practice is predominantly in music and theatre, something that aligned well with Aiden’s personal interests. Additionally, Harrison is very experienced in working with young people facing similar challenges to Aiden.

what happened next?

To begin with, the sessions took a while to schedule due to the distance between Harrison and Aiden, along with Aiden’s other commitments. However, as soon as they met for their initial session at a local library, they formed a bond straight away, playing games and cracking jokes. Aiden showed a real competence for using the music software, writing lyrics and composing tunes, which really impressed Harrison.