

Rose's story*

Find out how Creative Mentoring has helped Rose to connect with both her peers and adults, while also strengthening her communication skills.

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

"I have seen Rose and Amanda's journey from start to finish and the difference has been amazing to see – I am so happy that Rose is looking to the future with more confidence in herself."

Supporting Adult

"Rose had several conversations with the owner of a small cat charity and was able to hold eye contact and, most of all, laugh. A beautiful sight."

Amanda*, Creative Mentor

"I like that there are no rules, no pressure and that you always stay and don't 'dip.'"

Rose*, Young Mentee



the mighty creatives



background

At the time of referral, Rose was 15 years old and had been care experienced for around 18 months. She had already completed a successful long-term period of Creative Mentoring with her Creative Mentor Amanda – this had seen Rose's confidence blossom and so it was decided to continue with their work together, with the hope of supporting Rose into potential career/volunteering opportunities that aligned with her passion of animals.

who was Rose matched with?

Creative Mentor, Amanda was the mentor who had been working with Rose. She is a very talented artist with visual arts and crafts skills, who also shares Rose's love for animals. Amanda is a deeply compassionate and nurturing Creative Mentor who had built up a very close bond with Rose over their original sessions, so it made sense for them to continue together.

what happened next?

Having worked intensively together previously for four months, the sessions were less frequent and focused more on next steps for Rose once the extension ended. Initially they looked together at different dog/animal charities as Rose loved the idea of being a part of creating happy endings for animals. Together, they visited an animal charity where Rose was in her element.

"I was amazed at your confidence and bravery as we were somewhere completely new and with people you had never met before. I was also so impressed at your ability to talk with people there and to share your own knowledge of animals with the owner."

This led on to visiting a dog day care centre, which Rose is now planning on attending every week to volunteer.



"What a way to end our sessions with you being so strong and in such a great place!"

To top everything off, Rose also achieved her Bronze Arts Award during the extensions, which is a huge accomplishment. During their time together, Amanda also built up a good relationship with Rose's key staff at home, and ensured that they were involved with the Creative Mentoring approach so that this could be sustained after the work came to an end, which has had a positive impact not just on Rose but the adults around her as well.

what was a key moment?

In their final session together, Rose and Amanda visited a much larger animal rescue and rehoming centre for a private tour around. Rose showed even more confidence and went through some doors first which had never happened before. They saw horses and cats and learned a lot about the different roles in a larger organisation. During the visit, Rose was focussed, energised and obviously excited – she felt this could all be in her reach. This alone was one of the most pivotal and rewarding moments of the contract – Rose was following her ambitions and her dreams!

what progress has been made?

Rose's progress shows: "Making great progress" in Communication (improving from 5/10 to 8/10), Self-belief (improving from a 3/10 – 6/10), Teamwork, Relationship Building and Emotional Wellbeing (improving from a 4/10 – 7/10), Participation and Engagement (improving from a 5/10 – 8/10). Rose has "started to make progress" in Motivation (improving from a 4/10 – 6/10), Creativity (improving from a 7/10 to 8/10), Resilience and Agency (improving from a 5/10 – 7/10).

Throughout the original contract and extension, Rose has made huge leaps and bounds in all areas. Her ability to connect and converse with other adults and young people was hugely enhanced by the experiences she accessed during their visits in the sessions. The relationship with her staff at home has been nurtured by Amanda's approach and involving them with the Creative Mentoring process, leaving a legacy that will continue to be built upon.



