

CREATIVE MINDS CONNECT

Case Study

When "A" first joined Creative Minds, they were struggling with anxiety, confidence and a sense of identity and belonging. School attendance was very low, friendships were difficult to maintain and the future felt uncertain.

Creative Minds became a consistent and supportive part of their life. Over several years, A attended regularly, built trusted relationships with peers and adults, explored their creativity and developed confidence in expressing who they were. During this time, they navigated significant personal challenges, including a lengthy wait for an autism assessment and diagnosis.

Despite finding education difficult, A successfully secured a place on an Art based course in College. Travelling independently and attending college represented a huge step forward. There were challenges along the way, but they persevered and completed the course.

Now aged 18, A has accepted a place at university and will move away from home in September to begin an Arts Foundation year. For a young person who once struggled to attend school and imagine a future for themselves, this is a remarkable achievement.

As one of our longest-standing members, A also became a young leader within the group, offering encouragement and support to newer participants.

When leaving Creative Minds, they shared: ***"Thank you for being there for me for the past few years. I'm really grateful for everything you've done. I'm glad you've made a group to make young people feel welcome and safe."***

A's journey demonstrates the power of long-term, relationship-based support. Creative Minds did not change their path overnight, but it provided a place to belong, grow in confidence and take positive steps towards adulthood and independence.