

## START CASE STUDIES



### Case Study 1

Person A is a 14 year old male who was referred through the youth offending team. Person A has a criminal record and had been excluded from mainstream education and at the time of START was attending a tuition centre. Person A also has ADHD which in the past had been misunderstood and dealt with by simply being removed from any group situation where he may have been deemed 'disruptive'.

When person A joined the course, it became evident how the ADHD manifested itself in a very quick loss of attention. Person A would interrupt others, become quickly frustrated, angry and would attempt to disrupt others within the group. Instead of removing Person A from the session, the creative youth worker worked closely alongside Person A to help him adopt strategies to deal with his frustration. Person A was desperate to be an actor and therefore the disciplined approach to the acting exercises really gave a structure which helped Person A focus and feel that he was succeeding. It was really important that Person A received a great deal of praise and he thrived on this as it was quite clear that he had rarely heard positive things from both peers and those who were teaching him.

Person A grew incredibly over the 6 weeks of the programme from not being able to concentrate on a simple warm up game to doing complex character work and learning all of his lines for the final sharing. Person A took to the main speaking part in the performance and did so with great confidence and flair. Person A's progress was noted by not only the staff team but his YOT workers who remarked on how co-operative and willing to listen Person A.

Person A completed the programme with 100% attendance even despite tearing his ankle ligaments during performance week and making sure he was there for rehearsals despite being on crutches. Since completing the course Person A has received a place in school to complete his GCSEs and joined the Lyric Young Company where he enjoyed acting classes.



## Case Study 2

Person B is a 19 year female. Person B has been in the care of social services from an early age and is estranged from her family. Person B currently lives independently in a hostel and left school before achieving any formal qualifications.

Person B really wanted to do the programme to develop her skills in the performing arts because she had always enjoyed drama at school but never had the opportunity to pursue this due to a number of barriers growing up.

During the one to one process it became apparent that Person B was severely lacking in confidence and self esteem. It was ensured that our creative youth worker implemented achievable targets for Person B through the individual learning plan which meant that she had things to work towards. Initially person B was shy and unaware of her own abilities and talent so the team ensured she received a great deal of positive affirmation which she thrived on.

Person B completed the entire programme of START with % 100 attendances which demonstrated Person B's commitment and dedication to the programme and desire to succeed and achieve. Person B flourished during the course and became a team leader rallying other members of the group and ensuring everyone was giving maximum effort. Person B was willing to try any challenge that was presented and would often come in early because she was enjoying the course so much.

Person B took a key role in both the films and in the final sharing and it was noted by many audience members how much stage presence and natural flair she had for the arts.

Since the end of the project Person B has signed up to become a member of the LYC and has done a trial on the Lyric under 5's 'Messy Play' sessions where she received great feedback and will now be used as a support freelancer moving forward which is paid. Person B is really excited about the future and is keen to pursue a career in the media and has applied for placements with the BBC and the WAC training programme.