

28 young people from across East Ayrshire who were experiencing poor mental wellbeing and/ or were at risk of disengaging from secondary education participated youth work sessions delivered by CentreStage online and in person in small groups over a 10-month period. Instrumental and vocal sessions were provided which led to opportunities to learn wider sound and video production, song-writing and creative writing techniques, and young people also had the opportunity to attend an intensive 3-day online band camp.

Direct Impact 100% of the young people showed improvement health and wellbeing, as well as improved school attendance and increased engagement in learning.

Feedback from young people:

“I want to help at CentreStage when I go back to school. They have baby classes and I want to go to college to study childcare. I want to learn to do front of house as well because I like talking to people now. I’m more confident now and I don’t get angry or kick off as much.”

“It’s about believing in yourself and havin’ a good time... I like that my mum sees me here and that she’s joined the women’s choir too. She’s happier now and we’re going to be in a show in November.”

Feedback from teachers:

“The flexibility and compassion that your staff are offering our young people is really making a difference. We have seen marked improvement in the engagement and mental wellbeing of the young people who attend the programme”

“This is a wonderful programme which helps support the growth and development of our young pupils. Their confidence, self-belief and outlook after this program is amazing.”

Feedback from parents:

“I’m so proud of C. I cannot believe that someone who was failing English has now had her writing published. She’s so excited to go back to school and to tell her teachers...Onwards and upwards for our wee lassie.”

“F has always struggled with self-confidence and limiting beliefs because of her disability. Because she was able to be included in all the online sessions, she got to meet the other young people and build relationships...when the sessions began in person, she was able to take part in everything, even singing solo which she had been told at school she wasn’t good enough to do. Her dream has been to be part of a music theatre group and now, she’s now part of one at CentreStage. It’s brilliant.”

Feedback from youth workers:

“It has been amazing to see the change... From having no self-belief and such a poor relationship with mum, she is now smiling and confident with a strong group of friends. Since school returned in August, she has attended every day and is looking forward to performing onstage.”