

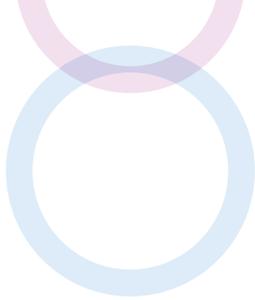
THE BENEFITS

Through our work in schools, pupils have experienced a range of benefits including:

- Better equipped emotionally to deal with personal challenges
- Increased emotional regulation skills
- Reduced anxiety and depression

“In my time working with John* he seems to feel safe, secure and confident in his working environment. I have no doubt from speaking to him, reading his own feedback and monitoring him on a daily basis that the work of Creative Therapies has had a significant, positive impact on John.” - Teacher, St Paul’s Primary School Whiteinch, Glasgow

(*name has been changed)



WHO WE ARE

Creative Therapies is a registered charity formed in 1996. Our team of registered therapists and professional artists take a person-centred approach to support and promote well-being for the most vulnerable people in our communities, through the use of music, dance, drama and visual arts.

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Creative Therapies is a company Limited by Guarantee
Registered Charity number SCO24982



★ SHINE ON

SUPPORT FOR SCHOOLS TO
REDUCE BARRIERS TO LEARNING



WHAT IS IT?

Shine On is Creative Therapies specialist schools programme that provides creative and therapeutic solutions designed to assist schools with pupils who require additional support.

The programme operates within the school framework helping pupils to develop skills for life through focused and responsive sessions and interventions, enabling pupils to re-engage with learning, reduce confrontation and build emotional intelligence and understanding.

Shine On can help your school achieve the following outcomes:

- An equal playing field ensuring all children have the same opportunity to succeed
- Improved and increased engagement with education
- Improved educational outcomes of vulnerable, challenging and at risk pupils
- Improved psychological, and emotional, health and wellbeing
- Improved school, family and social relationships
- Improved pupil's self-esteem and confidence

WHO'S IT FOR?

Shine On is aimed at pupils who are in danger of disengaging or have disengaged from education. They may be experiencing a range of challenges such as, psychological, emotional or mental health challenges; difficulty in managing and expressing emotions; hyperactivity and inattention; conduct problems, and; peer relationship issues.

WHAT'S INVOLVED?

We use a wide range of non-intrusive arts therapies interventions to develop a nurturing therapeutic relationship, creating a safe space to explore fears, discover strengths and build resilience. Schools are able to identify the pupils who will benefit most and we work closely with staff to design a bespoke service, where sessions are tailored to the needs of each child.

