



The St Aubyn Centre Therapeutic Education Department Creative Arts Programme

Evidence shows that creativity is important for our wellbeing for many reasons. Here at T.E.D. we aim to provide opportunities for young people to engage in a range of creative activities including:

- Therapeutic creative arts groups
- Individual 1:1 tuition and guidance
- Achieving arts qualifications including GCSE, A level, and the Trinity Arts Award (equivalent to GCSE grade D-G)
- Art therapy

We believe that offering a tailored arts programme for each individual can help with:

- Connecting to inner creativity and a sense of playfulness
- Building resilience through creative exploration and problem-solving
- Improving social and group skills
- Exploring and expressing feelings and experiences
- Improving self-esteem by achieving new creative skills and gaining new experiences
- Positively and safely managing risk

The creative arts programme is tailored to meet the needs of every young person, including those with learning disabilities, those who are gifted and talented, and those from different socio-cultural, ethnic and religious backgrounds. Young people are introduced to a wide range of artists and art movements which reflect and extend the diversity of our student population.

At the core of our ethos is to create a containing environment and a culture of safety and mutual respect where creative expression is encouraged in all its forms, and young people are invited to forge a personal and meaningful connection to their artwork. Our art spaces are equipped with a range of facilities and equipment for drawing, painting, print-making, sculpture, animation and photography.

We were awarded the prestigious Artsmark Gold award this year for our exceptional commitment to arts provision for every young person at our school which we aim to continue to build upon.

We also offer individual and group outings to museums, galleries, and other creative events in the local community, and our links to these organisations mean we can signpost young people to continue accessing support through creative activities in the community after they leave us.

Our creative arts programme is continually evolving to meet our young people's needs, and any feedback is welcome from young people and their parents/carers.