

mytimeactive  
artstrain



**10 YEARS  
IN THE  
MAKING**



**GLEN, 20**

**Student | Songwriter**

***“My highlights with ArtsTrain was recording at The Pool in Bermondsey, it was an amazing experience that will stick with me for life. Also the constant creative advice from Gawain and Abimaro to just be me will always stay with me. I’ve met some really great friends from the programme which I’ll hopefully have for life.***

***Whenever I’m feeling off or down, even ten minutes at the piano just playing will make me feel better. When I go to a rehearsal for one of my bands, making music with other people I find is one of the most effective ways to improve wellbeing, the weightless feeling you get afterwards is untouchable. It always works, every time”***



**TIA, 18**  
Student

***“I was mentoring on a project with Bromley Children Looked After Summer School and I have always been interested in music, so when the opportunity to be part of the ArtsTrain project came up I was more than thrilled to take part.***

***I am soon to start an apprenticeship in nursing so music has been put aside for now but will always be part of how I am. Music will always be something I do to unwind and relay my emotions.***

***Music will always be there when other things or people are not. It is who I am and without it I would have not become the person I am today. “***



**ABIMARO, 31**

Singer | Songwriter | Music Leader

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*“Through ArtsTrain I learnt how to better help others access their creativity. I worked with such inspiring tutors and young people and really got to appreciate the vital role music plays in the community and in young people’s development...”*

*Working with young people to help them create original material was and still is one of my favourite things to do.”*



**KOJO, 22**  
Session Singer

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***“Music plays a huge part in my everyday life, I’m working on craft everyday and I’m currently pursuing a career in the music industry under every aspect of performance.***

***The main thing that has stuck with me from ArtsTrain is the hunger to succeed in music. The day me and some of my friends performed at the Clapham Common festival in 2011, seeing first hand what it’s like to be an established artist in London and the respect and love you receive purely because of your music is something that I realised I wanted for myself.***

***I have at times struggled with self-belief and self-worth but music and all passions alike have always been therapeutic to me.”***



**PERI, 25**

Holistic Psychotherapist + Coach

***“If you take it seriously, ArtsTrain takes you seriously, and I feel like that’s what young people need and that’s what they want. ArtsTrain goes above and beyond and are not like any other organisation that I’ve come across doing similar things. They really, really care about young people.”***

***ArtsTrain took me on as a mentor for other young people, and I helped to facilitate workshops at such a young age. And it’s like ‘who is giving you these opportunities to this degree and actually give you money for it?’. It’s so empowering as a young person to be involved and be taken seriously. They took me seriously and respected me as a person and as an artist. And that’s still on my CV that I did that.”***



**DONNA, 17**  
Student

***“When first arriving at ArtsTrain, I was not a very confident artist and I didn’t believe in my own ideas, nor how talented I could be if I put myself out there. After being pushed to put myself out there more and to develop my own style, I have been able to successfully write my own songs, arranging the accompanying parts as well. Confidence is such a great skill to have to better myself in every aspect of my life and studies, especially in music and theatre studies.*”**

***After completing A level music, I wish to go to university to get a degree in music, as well as my teaching qualifications. I want to teach music, sharing my own passion and acting as a catalyst for others.”***



**LE-TROY, 16**  
Student

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***“ArtsTrain has given me new skills to help me with my anxiety, the breathing help to calm me down and if I’m stressed I sing and that helps me too. I would like to continue using music to decrease my stress levels. I feel singing and listening to music helps to reduces it. I really don’t want to be a performer but I’m sure I’ll use music in some kind of therapeutic way to help me relax.***

***I have learnt that I can be more confident in what I do and to face my fears and challenge them with positivity.”***



**RYAN, 22**

Music Artist | Learning Mentor in a PRU

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***“Arts Train was amazing for my confidence and personal development. It allowed me to hone my craft at various events and shows and gave me a great start to my career as an artist.***

***I have always remembered about the importance of sending a positive message out there to the public and writing clean and clever lyrics.***

***Music is the best creative outlet. It allows you to express yourself and put your feelings into music.”***



TROY, 22  
Entertainer | Freelance Music Production

***“Music and the Arts play a huge part in my life today. During my time with ArtsTrain I began taking my poetry and performing more seriously. I was fortunate enough to be awarded for my work by ‘Foyle Young Poet’s of The Year’ and ‘Slambassadors’.***

***Laying this foundation gave me more confidence in my abilities and having a supportive space to develop my crafts inspired me to pursue my passions in music, poetry and entertainment further both at university and beyond.***

***ArtsTrain gave me the opportunity to be a part of something greater than myself and unlock my potential. I believe that creativity is essential for people’s wellbeing.”***



**OZZIE, 22**  
Freelance Musician

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***“I got involved with ArtsTrain through the community sessions. I met loads of different artists and people and had the chance to network.***

***ArtsTrain helped me build confidence, it helped me build courage and boldness; it helped me be me. I would also say don't give up, make sure you are going for everything”***