



**Name:** Mya Hopkins

**Age:** 17

**Time involved with the Garage:** 1 year

**Activities:** Creative Foundations Course, Jungle Book Summer Production and Senior Theatre

### **“The Garage team are really supportive”**

Mya started at the Garage as a Big Breaks participant a year ago, having been referred by her brother’s social worker. When she first walked through the door of the Garage she felt *“nervous and scared”* but once she got to know the staff she felt *“safe”*. She first took part in the 10 week Creative Foundations course, trying out different creative skills activities and learning about behaviour and trust. She got to know other participants and learnt that she didn’t *“need to stress about being with other people”*. Garage staff feel that the Creative Foundations course helped her understand what the Garage could offer and feel that she had a voice and could express herself.

She then took part in Jungle Book playing 2 roles of Mowgli’s mother and one of the mosquito narrator team, complete with goggles and scarf! She enjoyed being one of the older participants, but did find some of the younger participants’ behaviour a bit challenging. She was proud that she helped enforce the ground rules, explaining to them that they needed to listen to instructions and take it seriously. The Jungle Book staff felt that Mya was a real leader and role model - thinking of others and working well as part of a team.

Mya says that she is now comfortable with talking to different people and telling them about her situation. She has also helped other young people who have just come to the Garage and are feeling nervous, telling them that *“if you don’t do it, you’ll never know what it feels like”*.

Mya has just joined the Senior Theatre group and is looking forward to learning different ways to communicate in drama. She wants to carry on with the Garage because she knows the staff and feels happy and comfortable here.

