



DREAMARTS JOB DESCRIPTION

Job Title	Inspiration Academy Project Therapist
Organisation	DreamArts
Responsible to	Programme Director
Salary	£33,000 pro-rata
Contract period	3-year fixed contact
Hours & Location	1 day per week. <u>HQ</u> : DreamArts HQ, 34 Grosvenor Gardens, SW1B OHW. Delivery: Pimlico Academy and various primary schools and youth settings around SW1.

‘DreamArts has a profound impact on the lives of young people and is a model of exemplary practice.’ - The Royal Central School of Speech & Drama, Impact Study

DreamArts has a mission; **to transform young lives by fusing arts and therapy.** For over two decades, DreamArts has worked directly in the community, making a difference to the lives of over 500 young people each year in some of London’s most deprived areas—empowering them to explore who they are, build positive relationships and develop emotional wellbeing.

Our award-winning projects put young people in control: from devising new mini-musicals and immersive theatre, to young carers curating photography exhibitions and young refugees touring their original beatbox plays across the UK. Alongside this, our free therapeutic services offer vital support as mental health crises among young people continues to grow.

PURPOSE OF THE JOB

We are looking for a team member who is **passionate about applying therapeutic approaches in non-clinical group settings**, can **inspire and support** young people to take the lead in devising their own work, and committed to **delivering wellbeing through creativity**. You’ll bring a therapeutic lens to help shape a pioneering new school engagement project, developed in **partnership with local primary and secondary schools and youth clubs**. As part of the DreamArts family, you’ll benefit from ongoing professional development that explores the fusion of arts and therapy.

Project Overview

The Inspiration Academy will support Years 6-8 to engage with education, strengthen attainment and wellbeing, develop leadership skills, and build a sense of belonging. It is part of a new **Belonging Partnership** which represents a unique opportunity over 3 years to make a difference to young people during one of the most challenging periods of their lives. The partnership will enable us to track progress and share practice, with multiple perspectives available to assess how young people have benefited, including teachers and parents/carers. We know how rare such opportunities are and we are therefore hugely excited about it.

DreamArts' contribution to the partnership is the Inspiration Academy, designed to reach 150 pupils in 5 primary schools annually. Of these, 30 young people identified as at-risk of disengagement receive tailored group-based support as they transition to Pimlico Academy.

Year 6 students from partner primaries will choose and explore a meaningful issue and lead a **creative campaign** for their school community. Those at risk of disengagement will work alongside peers, taking on positive roles that reshape their self-perception.

A week-long **summer intensive** will equip at-risk students with a 'toolkit' to navigate the academic, social, and emotional challenges of secondary school. Once at Pimlico Academy, they'll train as **Inspiration Ambassadors**, delivering workshops to future cohorts.

Additionally, **Family Express** will provide parents/carers with a creative space to explore challenges alongside their children and other families, strengthening relationships and resilience. Through these opportunities, young people will be supported to build a sense of belonging within their schools and within their wider community.

RESPONSIBILITIES

The Project Therapist will work alongside the Project Lead and provide a group-based creative therapeutic approach to the planning and co-delivery of the Inspiration Academy. You will help identify mental health and educational needs and co-develop strategies for reducing barriers to participation so that young people can:

- Explore who they are
- Build positive relationships with peers and adults
- Improve their sense of belonging within their school community

Key duties

1. Apply a relational approach underpinned by the PACE model (Playfulness, Acceptance, Curiosity, Empathy—PACE training will be provided). This includes

supporting the Project Lead and other staff in how PACE can be put into practice within the project and beyond to support ongoing wellbeing.

2. Develop relationships with and ensure DreamArts delivery meet the needs of young people and parents/carers at every level, including:
 - i) Delivering projects which give participants the opportunity, through creativity, to explore and understand their experiences, values, thoughts and feelings
 - ii) Deliver work that will build positive relationships
 - i) Empower participants to be able to make positive life choices that build their sense of self and belonging
3. To support strong partnerships with the Belonging core partners; Futures Academy, St Andrews Youth Club and London Tigers. This will include attending Team Around meetings, sharing information and developing best-practice in delivering collaboration outcomes.
4. To co-deliver Creative Campaigns within 5 primary schools (Pimlico Primary, Millbank Academy, St Gabriel's, Burdett Coutts, and St Barnabas), working with their staff to develop an offer that meets the needs and logistics of their school. Each campaign offer will be 10 weeks, with weekly sessions of 1.5-2hrs per campaign. You will work with school staff and the Project Lead to identify and assess the needs of the cohort, account for these within your planned approaches and developing strategies for emerging needs as delivery develops.
5. To co-plan and co-deliver an Inspiration Academy week-long summer holiday programme to support young people identified as being at risk of school disengagement, supporting their transition to secondary school.
6. To co-plan and co-deliver a Family Express programme of work for targeted Year 7 and Year 8 families, offering support that draws on established theory and practices, e.g. attachment, neuroscience, systemic.
7. To co-plan and co-deliver an Ambassadors scheme developing peer leaders who can put their skills into practice across the Belonging programme.
8. To help identify young people who would benefit from further mental health interventions; this includes liaising with the Futures Academy Navigator and the St Andrews Child-Wellbeing Practitioner and supporting access to continued support.
9. To support the collation of Creative Campaigns online to act as a celebration of young people's work within the wider community and act as a resource for other educators and youth providers.
10. To work as part of a professional team in the delivery of a high quality service. This includes co-planning and co-facilitating sessions with the Inspiration Academy Lead.

This must include devising session-by-session plans, and a project scheme of work within the context of DreamArts Theory of Change.

11. Liaise with co-delivery staff from collaboration partners, in particular staff from partner and stakeholder schools, and the St Andrews Youth Club Child-Wellbeing Practitioner who will be part of the delivery team for the Transitions Academy project and the Ambassador scheme. This will include drawing on your therapeutic knowledge and experience to inform good practice.
12. To implement programme monitoring and evaluation systems underpinned by our Theory of Change and tracked by the DreamArts bespoke Outcome Star and within the evaluation framework developed by the Belonging partnership. This will include contributing to end of project reports for each Campaign and delivery strand, and an annual report with input from partners and including the voice of parents/carers and participants.
13. Support and encourage Inspiration Academy participants to continue their development through further positive activities with Belonging partners, within DreamArts (e.g. Experiment weekend programmes or Carers Express) and/or opportunities offered by our network of referral agencies.
14. To co-lead 'Re-Groupings' sessions that bring participants together. The 'Re-Groupings' will include refresher activities and games, offering the chance to share ideas and tips and to further build their support networks. This includes: 1) reviewing how they are using the approaches they practiced, ii) refresh some aspects of the approaches and/or provide additional tips, iii) signposting to and support the access of additional services for participants and families that may require additional support.
15. Support the evaluation of Belonging which will seek to demonstrate the effectiveness of the programme and disseminate our approach and best practice to other organisations and stakeholders. This will include an annual reflection between partners and stakeholders to share learning and shape future years.
16. To attend Reflection Space and Therapeutic Lens sessions to support your own practice and to help the project meet the wellbeing needs of participants.
17. To attend regular supervision, team and other appropriate meetings as directed by the Programme Director
18. To report to the Programme Director in the development of the overall programme and undertake any reasonable work DreamArts so requires.

PERSON SPECIFICATION

ESSENTIAL

1. A therapeutic qualification
2. Proven track record of supporting the development of marginalised young people
3. Proven track record of building relationships with young people and families
4. Excellent interpersonal skills
5. Excellent communication skills
6. Experience of liaising with community groups, senior internal and external colleagues and organisations
7. Working knowledge of current issues within youth mental health and wellbeing
8. Working knowledge of safeguarding
9. High level of initiative

DESIRABLE

1. Experience of producing arts-based programmes for children and young people and/or communities.
2. Experience in working with young carers
3. Experience of working within London
4. Experience of supporting young people during their transition from primary to secondary school.

Important information required

Because the person appointed to this post has access to young people we follow strict procedures for checking our staff. This means that if you are invited for interview you will need to bring with you, a current passport or driving licence with a photo, and all documents that show any changes of name from birth to now (deed poll, marriage certificate etc).

You will also have to complete a *"Disclosure of Criminal Background"* form. **Having a criminal background does not automatically discount you from being appointed**, but you are obliged to disclose **ALL** convictions, including those considered spent. However, failure to disclose convictions is considered gross misconduct and makes a person liable to dismissal. If you want to discuss whether you are eligible for employment, please contact the Director Graham Whitlock for a confidential discussion.

We will include a personal interview in the selection process where we will talk with you about your motivation, values and attitudes in relation to your work, in order to test the qualities outlined on the person specification.