



**Army Welfare Service**  
Maurice Toye House  
Alderhsot  
GU11 1PL  
Telephone: 07773242312  
Email :sarah.magee651@mod.gov.uk



---

## Title Rap Therapy Project

---

Ref

Many thanks to Rap Therapy for the project in Alderwood school for our year 10 boys group. The boys have all enjoyed the last four weeks and looked forward to the sessions with energy and enthusiasm. It was fantastic to watch them grow in confidence and develop their own styles and interpretation of how to use words and rhyme to develop a powerful message that was theirs. The boys told us how much they enjoyed recording their work and working with Katie and are sad that the project has ended.

Having worked with this group for the last twelve months the power of this project is hard to quantify. As a result of this project I believe this group will now be perceived among their peers very differently and they have a deeper understanding of each other as well as a stronger bond as a group. For young males this age it can be hard to share personal feelings but rap therapy has enabled this to be a way of opening up and exploring feelings and then sharing them in a safe space.

Many thanks to Katie

Warm regards

Sarah Magee  
Army welfare Services

