



Rap Therapy Reference from Tender Education and Arts July 2019

Tender Education and Arts have been using different art forms to deliver Healthy Relationship Projects to primary schools in Croydon throughout 2019. We partnered with Rap Therapy to work with a group of Year 6 children and we were hugely impressed with Bishma and his team. Bishma immediately understood our goal and tailored his workshops to dove-tail with the overall aims of our project.

The Rap Therapy team clearly have lots of experience working with children and young people and it shone through. They easily created a fun, positive and dynamic learning environment allowing the children to explore positive relationships while simultaneously working on their interpersonal, communication, literacy and music skills. The team also showed great sensitivity and professionalism in working with vulnerable young people and the workshop was a safe and inclusive space where children could take risks in expressing themselves and trying something out. It was amazing to see the children working on their rhymes and channelling their imaginations into writing and music.

We saw evidence that the Rap Therapy approach of having small groups of 8-10 children is hugely beneficial, we saw the self-confidence and self-efficacy of the participants grow from week to week as well as their ability to work as a team, support and lift each other up. Bishma and his team are positive and attuned adults who understand their roles as role-models in the classroom and modelled positive and uplifting behaviour throughout the project.

From a project-management point of view, communication between ourselves and Rap Therapy was always clear, fast, straight-forward and easy. Bishma and his team were able to be flexible and responsive to any last minute changes that arose, they were able to work with sensitivity and to a high professional standard within a challenging and changeable environment. We would not hesitate to partner with Rap Therapy again in the future, their approach is fresh, positive and professional and what they offer is of huge value to the school community and beyond.

Sincerely,

Lisa Hayes
Whole School Approach Co-ordinator