

# No5 School Transitions Project

7<sup>th</sup>-10<sup>th</sup> April 2026



Our 'School Transitions' Easter Project is a 4 day series of Creative Expressive Wellbeing workshops to help support young people who feel they may struggle with varying school transitions through creative and performing arts.

This project is open to young people starting Year 7, 8, 9 or 10 in September who who may be struggling with school, or feeling nervous about moving up to a different year group.

Over the course of the week, young people will have the chance to engage in a variety of creative activities and skills workshops that are both fun and empowering. These include:

- ▶ **Music** - Explore song writing, lyric creation, playing instruments, and music production
- ▶ **Dance and Movement** - Use physical expression to boost confidence and creativity
- ▶ **Drama** - Dive into theatre, performance, and production, gaining skills in acting and stagecraft
- ▶ **Spoken Word** - Develop your voice through poetry, storytelling, and spoken performance
- ▶ **Technical Producing** - Learn the behind-the-scenes skills of music production and technical support
- ▶ **Storytelling** - Capture the entire experience of the week through video, photos, and audio, creating a meaningful record of the journey

This project offers a supportive and creative environment for young people to express themselves, build confidence, and develop new skills to face the upcoming school year with strength and resilience.

During the week, young people will be supported by our delivery team of specialist creative practitioners. Alongside two No5 counsellors.

By taking part in April, you will also be invited to a 5-day programme in August to build on the skills and friendships from April.

Since 2022, we have supported 80 young people through our School Transitions Project. They who told us they built friendships, relationships confidence and skills throughout the week, and that they were feeling happier. Them and their parents told us they had a positive transition into their next academic year after the project.

Previous groups professionally recorded songs and filmed and produced accompanying music videos! Watch them here: [Stand Together](#), [Lost and Found](#), and [Shine](#).

*"Thanks so much for organising this event. L enjoyed it more than I thought he was going to! Transition into new school is going really well- again better than anticipated. We really appreciate L being involved."* – Feedback from a parent of a young person who attended the project in 2022

Read more about last year's project in our [School Transitions 2025 Impact Report!](#)

#### Additional Information:

- ▶ The sessions are **free to attend and include a free lunch** each day
- ▶ The group size is limited to **35 young people** – spaces fill up quick!
- ▶ **School uniform is not required to be worn** but we recommend young people wear clothes and shoes they can easily move around in
- ▶ To register your young person, **please complete the registration form** including anything we need to know about your young person that will help the team make sure they get the most out of it, and any dietary requirements

## Day Plans

**Location:** The Abbey Junior School, 30 Christchurch Rd, Reading RG2 7AR

**Timings:** The sessions will run from 10am to 3pm (with drop off from 9:30-10:00am and pick-up from 3:00-3:30pm)!

### Day 1 – Tuesday 7<sup>th</sup> April

Kick off the day by meeting the group and the facilitator team, with some fun ice-breakers to help everyone get to know each other.

There'll be plenty of breaks throughout the day, plus time to chill, play games, and dive into music and drama sessions where we'll start creating together.

Before heading home, we'll all come together for a quick reflection to wrap things up.

## **Day 2 – Wednesday 8<sup>th</sup> April**

On Day 2, we'll start by catching up with the group and kicking things off with a quick warm-up.

Today is all about creativity! We'll be focusing more on developing and shaping our ideas in the creative sessions, bringing everything to life.

There'll still be time to chill, take breaks, and play some games, arts and crafts but the main focus will be on creating and building on what we've already started.

To end the day, we'll come together for a reflection session to share progress and look ahead to what's next!

## **Day 3 – Thursday 9<sup>th</sup> April**

On Day 3, we'll start by catching up with the group and kicking things off with a quick warm-up.

Just like Day 2, today is all about creativity! We'll be focusing on developing and shaping our ideas in the creative sessions, bringing everything to life.

There'll still be time to chill, take breaks, and play some games, but the main focus will be on creating and building on what we've already started.

To end the day, we'll come together for a reflection session to share progress and look ahead to what's next!

## **Day 4 – Friday 10<sup>th</sup> April**

On the final day, we'll kick things off with a music mixing session in the morning, getting hands-on with sound and bringing our creations together.

After lunch, you'll have some time to plan which areas or creative pieces you want to focus on as you bring everything together.

In the afternoon, it's the final chance to put the finishing touches on your projects, making sure everything is ready to go.

To wrap up the week, we'll all come together one last time to reflect on our journey, celebrate what we've created, and look back on everything we've achieved

## Meet The Team

No5

No5 Young People offer free, confidential counselling and mental health support and outreach to support young people aged 11-25 in Reading. No5 love working in the community with local groups, voluntary organisations, and national schemes, who share their passion for supporting and providing opportunities for young people!

### Dee Booth- Counsellor

Dee is currently in the final year of her counselling training and has 16 years of experience working as a parent coach supporting families and young people.

Dee has experience supporting young people who are finding school difficult, including those struggling with anxiety, low motivation, emotional regulation, and relationship challenges.

My approach is compassionate, collaborative, and grounded in the belief that every young person has the capacity to grow and thrive when they feel properly understood and supported.



### Niv - Counsellor

Niv is a qualified Young People's counsellor, who has been a part of 'No5 Young People' since 2020. She supports young people through counselling in local secondary schools. Niv has been a part of No5's targeted project that supported young people at risk of permanent exclusion from school. She is also a Course Facilitator for No5's Training Team for CPCAB Level 5 Diploma in Counselling Young People.

Niv is a Commerce graduate from University of Mumbai, India. Prior to her counselling journey, her previous experience has been in finance and E-commerce operations.

Niv is currently training to be a Classical dancer in Indian dance form called 'Kathak', which is traditionally known as Storytelling dance and is famous for its expressive hand gestures and intricate footwork accompanied by anklets made of bells!

## Gemma - Theatre Director



Gemma is a Theatre Director, Lecturer in Theatre & Performance at the University of Reading and Associate Director for Community at Reading Rep Theatre. Gemma trained at Birmingham School of Acting and later St Mary's, Twickenham, and she is currently completing a doctorate examining barriers to theatre for working class children. She has directed work which has been shown on London's West End and internationally.

Gemma's current work is rooted in the diverse communities that live in Reading emboldening people young and old to use theatre a tool to self-express, and creating theatre that is dynamic, inclusive and innovative.

## CHRIS MITCHELL

*Composing · Producing · Performing*



## Chris - Composer and Producer

I am a classically trained composer and producer. Credits include: "Ruckus" (BFI Future Film Award and a BAFTA nomination); "Watching and Waiting" (MOBO); "Who Killed Alfred Oliver" (Rabble Theatre/BBC Radio); "The Boy In The Shed" (Shoreditch Pictures), "Mountain" (HLA/Simon Ratigan). I also run my own recording studio in Reading, Clear Sky Studio, and have been developing community projects including "Music for Healing" and "Reading Global Festival" These have led to wonderful collaborations with University of Reading, Reading Borough Council, Rabble Theatre, Reading Minster, St Laurence Church, and No5 Young People.

## Emily - Drama Practitioner

Emily is a Drama practitioner, Director, Stage combat instructor, and Fight Director. She has had the privilege of collaborating with esteemed organisations and educational institutions such as RABBLE Theatre, Make/Sense Theatre, Guildford Shakespeare Company, The Shakespeare Globe, Performance Preparation Academy, and Bristol Old Vic Theatre School. Emily is driven by a strong passion for empowering young people, using theatre, play, and storytelling as powerful tools for fostering personal growth, well-being, and inclusivity.



## Josh - Drummer and Producer

Josh is a professional drummer and producer who has worked alongside No5 Young People several times supporting the School Transition Week. After graduating from The Academy Of Contemporary Music with a bachelor's degree, he has been playing drums live and in studios across the UK and Europe. Josh has also been a drum teacher and assisted students with their drum grades and assessments. Proficient in the tech side of music, Josh has engineered and produced records in the studio. During the School Transition week, Josh works alongside producer and composer Chris Mitchell to help the young people bring their musical ideas and creations to life.



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Starting Point provide mentoring and create opportunities for young people aged 11-25.

They are passionate about seeing transformation in the lives of local young people who face disadvantage and offer them a starting point for a brighter and more hopeful future!

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### Simon - Creative Lead

Simon Ray is the Creative Lead at Starting Point Studio. With many years experience in graphic design and publishing, Simon leads the creative work experience programmes – giving young people an opportunity to learn media skills and express themselves creatively on real-world projects. He is mad about fonts, street-art, music and the colour yellow.

