



“LYT has essentially altered the overall trajectory of their lives.”

Independent Evaluator, LYT’s BIG Impact Report, June 2017

Junior Youth Theatre, 12-14s Case Study

Roman first took part in an outreach session run at a Pupil Referral Unit in 2016 before joining a performance project for 12-14s. During the first sessions, he found it difficult to speak clearly and loudly. He struggled to focus and cooperate with his peers when rehearsals became more serious. He was not confident with his lines and would blame others in his group when the scene was not flowing. Once, he became so frustrated, he walked out of a rehearsal. Tutors asked his mum to provide additional support at home with learning his lines. He later told LYT:

“I didn’t read through the whole script until the Saturday before intensive week. I realised I had the most lines and then I thought I had to learn it.”

Roman persevered to perform in the final production. He was able to better manage his emotions in the group, telling a member of staff that when he got frustrated, he made himself sit down and stay in the room. He said:

“I started to crack under pressure as we got closer to the end when we had to perform. I wanted to do it, but I was scared I was going to mess up. I wanted to show my family that I don’t give up on doing stuff... I have developed in public speaking. I have started to be more bold, and not being scared to do stuff.”

Roman continues to face significant disadvantage, including receiving a late diagnosis of Autism. He is not currently in education, but is part of LYT’s Technical Theatre, Senior Youth Theatre and Arts Award projects. His mother says:

“LYT has been a life-line. He’s been isolated for a year at home. It’s given him an opportunity to be with his peers, develop relationships and build his confidence.”

Participant’s name has been changed.



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Step Up Programme, 16-24s Case Study

Emily found school stressful. She had difficulty coping with the workload and dropped out of A-levels after one year. The stress and anxiety around what to do next caused her health issues, and put her part-time job in jeopardy. During this time, she barely left the house and suffered from low mood. She had taken part in LYT as a child. When she saw the Life Skills project, she thought it offered the right support to build her confidence and help her to gain the courage to take the next step.

After the project, Emily successfully applied for the role of backstage assistant on LYT's Young Touring Company. She became better at expressing herself, worked well with other members and was able to try out new things outside of her comfort zone. Although Emily was worried she wouldn't be on time to sessions, she was one of the only ones to attend every session on time. She learned that she was interested in solving problems and would work on project tasks at home in her own time.

You can help transform the life trajectories of young people like Roman and Emily

LYT is a registered charity with an annual fundraising target of about £250,000. Each year, we work with over 250 young people aged 3-24 in sustained projects, and over 700 more through outreach activities. We rely on the generosity of a range of supporters to make our work possible. To find out more about how you can help improve the life chances of local young people, please visit:

lewishamyouththeatre.com/supportlyt



Emily told us:

"It's helped brighten my future, it isn't as dark as it used to be...I got out of the house more and actually socialized and was able to express my interests along with listening to other youths...I've learnt new things, I've gained knowledge as well as teaching others in return. It's made me seem happier. [The project] opened the door and opened my eyes to so many more opportunities."

With LYT's support, Emily is now a part of the National Youth Theatre's prestigious Playing Up accredited drama course – working towards the equivalent of 2 A-levels. She believes the last year with LYT has changed her life.

Participant's name has been changed.