

## Lucy's Story

My name is Lucy, I am 25 years old and live in the London Borough of Redbridge. I have loved drama since I was at high school. I decided to do a course at the Downshall Centre through Spare Tyre, as I wanted to have something interesting to do and make new friends.

I joined the Go inc To Work programme after completing courses with Spare Tyre. It was for people with disabilities and an opportunity for me to work on my writing for directing, which is what I am the most interested in and I feel comfortable in.

Since being on this project I have worked with:

- A mentor. He has helped me very much as he has worked with me in a way that is fun and brings out the best in me. If I did not have a mentor I do not think I would have written stories and brought back ideas that I had years ago that turned out to be really good. It was great writing a piece on the computer as the story was unexpected and a brilliant idea. My mentor inspires me with his ideas and really gets me writing.
- We have a Co-ordinator in place that helps us find out information about acting and she has been very helpful. I know that she is helping us as we know her very well.

I have worked as:

- A workshop leader, support worker and actress for Spare Tyre through the assisted employment scheme. I really enjoyed my time as a support worker on another one of the courses they were running for another group. I think this was a good way of introducing me into work within a safe environment. I liked getting to know the new students and it has worked out well as some of them have now joined us on the assisted employment programme. It is good as they already know some of us.

If you are looking to get into work you need to be aware that:

- 1) If you come up with ideas you need to write them down as soon as you can so that you can look back over them in the future.
- 2) Make sure that you understand everything that is going on and have it explained to you clearly so that you do not forget.

If you would like to contact someone about this story please call the Co-ordinator of the Go inc To Work assisted employment scheme Claire Taylor on 020 8597 7883 on Mondays and Tuesdays or email [inc.Theatre@redbridge.gov.uk](mailto:inc.Theatre@redbridge.gov.uk). The web address is [www.sparetyre.org](http://www.sparetyre.org)