

ROCK
STEADY

ROCKSTEADY STORIES

Transforming Children's Lives

Making music education fun, supportive and inclusive and ensuring no child is left behind.



HARRY'S STORY

Harry disliked going to school as his anxiety would sometimes prove so overwhelming that he struggled to even leave the house.

Having been introduced to Rocksteady through a school bursary place, he's been learning the electric guitar and this has proved a real lifeline for him as mum Nicky explains:

"Rocksteady has given Harry a great escape from everything and it means that he looks forward to going into school all week, just for his band lesson on a Thursday".

"It gives him an opportunity to spend time with children that he otherwise wouldn't know how to approach, and he gets an instant reward as he sees his skills as musician improve each week. He's not just learning guitar though; teamwork, confidence and not giving up are all skills that will be with him for life and will shape who he is as an adult."

Harry is thriving with Rocksteady, mum Nicky says: "Watching him perform at his concert was an amazing experience, my rockstar in training!"





JAMES' STORY

James, year 6, has a true rock star story. Diagnosed with Autism, a sensory processing disorder, Irlen Syndrome, ADHD, Hypermobility, Anxiety, and some co-ordination problems, he faces several daily challenges; but this hasn't stopped him from rocking out and having great fun with his Rocksteady bandmates.

Having originally started learning guitar, then later switching to drums, James can't wait for his lessons as mum Kirsty explains:

"James absolutely loves it and it's been great for him. His confidence has improved, and it really helps with his mindfulness as he's able to sit and focus on something and then show others what he's learnt. Hearing him practice the drums, whilst singing and cheering is brilliant."

James' conditions mean that he needs things explaining as simply as possible and he may not ask for help when he needs it, but this hasn't been a problem as Kirsty adds:

"His teacher is fantastic. We regularly talk about changes to James' needs and any other information that will help them work better together. It's just so easy and it gives James something to look forward to each week."

EMILY AND HOLLY'S STORY

Sisters, Emily and Holly, years 6 and 4, have developed a serious passion for music as a result of their Rocksteady experience.

Both sisters have greatly benefited from the lessons and concerts, but for Emily in particular, it's helped her overcome anxiety issues. Learning new skills and performing in front of others has provided a massive boost to the girls, and their family thinks it will help them in their future careers.

Their Dad, Chris is so proud: "Emily and Holly really love being part of the lessons and feel like real stars on stage. Emily suffers from anxiety, so to see her up on stage is fantastic and seeing Emily and Holly up there brought me and my parents to tears!"

"Their interest in music is largely down to the lessons. Rocksteady is up there with the best money I've ever spent."

"I still watch their concerts back often" adds Chris. "Especially the one where Holly is playing solo. You can actually hear her 'Pops' [grandfather] crying on the video and my parents went straight out and bought her an electric drum kit after the show."





MARSHALL'S STORY

Having been diagnosed with Autism and Sensory Sensitivities, including loud sounds, Marshall had previously worn ear defenders or just not attended lessons if music was played at school.

So, when he asked for drumming lessons with Rocksteady, his mum was understandably concerned. Determined to give Marshall every opportunity, she contacted Rocksteady and was reassured that all our teachers are sensitive to the differing needs of children, so she signed him up.

All her worries quickly faded. Marshall loved the lessons as his mum, Emma explains:

"It was clear that he loved it from day one and because it's taught in a small group, Marshall found that he could focus without being distracted."

Drumming has helped Marshall with his fine and gross motorskills, and he's also found it beneficial in expressing emotions, improved concentration and helped him make friends

Emma adds: "He now can't wait to go to school on a Monday for his Rocksteady lesson, whereas before it was a major struggle after being out of routine over the weekend."

SETH'S STORY

Former Rocksteady student, Seth Grey (17), is already causing a stir in musical circles with his unquestionable talent having secured a top five place at the 'International Young Guitarist of the Year' competition.

Seth was only six years old when Rocksteady visited his school to run a free live assembly and music workshop. Already playing instruments at home, he jumped at the chance to take part in lessons to develop his skills and play in a band. Playing keyboard at first and later switching to guitar, Seth just loved learning the instruments in such a fun environment. Although it was about far more than that, as he explains:

“Teamwork and perseverance were just some of the skills Rocksteady taught me. To learn some of the trickier songs, you really needed to work together and being part of a band helped to push me on and get me to where I am today.”

Seth and his former Rocksteady bandmates went on to perform at several live events, having a lot of fun along the way. “Rocksteady opened up a whole new world of music and friendship for me” Seth explains. “I built friendships that lasted way beyond the lessons themselves and the experience inspired me to explore different genres and artists, that have since influenced my own music.”

Today his compositions focus on a unique blend of classical orchestral and metal music, and it was this unusual sound that earned him a top five spot in the 'Young Guitarist of the Year' competition. Take a look at Seth's outstanding guitar skills and show him some support by visiting his YouTube channel:

<https://www.youtube.com/@SethGreyGuitarist>

