

Being heard for the first time

When Aiden arrived, he didn't trust school, or the people in it.

To him, adults didn't listen. They didn't understand. And school felt like somewhere he was always getting things wrong.

His attendance had already dropped. His behaviour pushed people away. And underneath it all was a young person struggling to communicate, to fit in, and to feel understood.

Fresh Futures took a different approach.

We didn't rush in with discipline, we started with relationships. Taking time to listen. To understand how he saw the world. To help him recognise how his words and actions affected others - without shame or judgement.

They introduced creative ways for him to express himself, especially through music and writing. What once felt like punishment, became something he could trust.

At the same time, we worked closely with his family to unlock the right support, ensuring his needs were recognised and properly understood.

The change didn't happen overnight but it happened.

Aiden began attending more regularly. He started engaging. He learned how to pause, reflect, and communicate differently.

Today, he walks into college with greater confidence, stronger relationships, and a growing sense of self-belief.

Fresh Futures didn't just keep Aiden in school, we helped him feel heard for the first time.

Your support helps young people like Aiden find their voice - and be understood.

