

Showing up changed everything

For Ryan, school was never just about lessons, it was about everything happening around them. Unsettled home life. Poor sleep. Hunger. Low confidence. By the time he arrived at Fresh Futures, showing up each day felt like too much to ask.

At times, he disengaged completely. Walking out of lessons. Refusing to take part. Pushing people away before they could get too close.

But Fresh Futures didn't see a "disengaged student." We saw a young person who needed the right support, at the right time.

We adapted everything around him.

Shorter days to begin with. Later starts when mornings felt impossible. One-to-one support instead of overwhelming group settings. Someone checking in, every day. And when things at home were tough, we didn't ignore it, we stepped in. Practical help, including food for his family, eased pressure where it mattered most.

Gradually, Ryan began to re-engage. He stayed longer. Took part more. Built trust with staff who never gave up on him.

His attendance - once as low as 26% - has steadily risen, alongside his confidence and willingness to try. Ryan's journey isn't perfect. But it is progress.

Fresh Futures didn't change everything overnight but we changed enough for him to keep going. And sometimes, that's what changes everything.

