

Flexible Learning in Residential Care

“I think I’ve done really well lately with Maths and English, as well as all the work experience. I’ve enjoyed doing different things like the Code of Conduct and learning about health and safety for my Hair and Beauty ASDAN. I understood everything I learnt this term. I love doing short activities and always remember what I’ve learnt. I also enjoyed observing customer service, doing some cleaning, and helping out in the hair salon.”

Before joining Fresh Start, the student found it difficult to access the community due to social anxiety and the impact of OCD rituals, which created barriers to leaving the house. Now, just two terms later, she has made tremendous progress in engaging with education, accessing her local community, and planning for the future.

Although she experiences anxiety when speaking to new people, her placement through the Hair and Beauty ASDAN course has become a safe space where she is beginning to grow in confidence. She has started to feel more comfortable in this new environment and has even begun asking questions of her colleagues, marking an important step forward.

Her journey is a powerful example of how practical, hands-on learning can help young people build confidence and prepare for real-world careers. Whether observing customer service or independently testing hair products, she has consistently demonstrated curiosity and commitment.

Through travel training sessions at Fresh Start, she has developed the confidence to use public transport and explore areas further afield.



She has also visited museums and parks, tried food from different stalls, and learnt to cook new dishes through the Foodwise ASDAN course. Along the way, she has discovered a genuine love for history and nature.

With her learning journal as both a record and a guide, she is not only documenting her progress but also shaping her future. Her active engagement in sessions and her willingness to embrace new experiences have been remarkable. In just two terms, she has truly flourished, even expressing a desire to pursue employment after completing her functional skills exams.