

## Year 12 Student Profile: Courtney Cox



**“I was giving up. I was letting life affect me too much and I just didn't care about work anymore. I wasn't focused on my work, because it just didn't matter to me. The FF programme motivated me to finish my coursework and revise for my upcoming exams. I managed to pull myself together just in time to achieve 3 B's, 4 C's, 2 D's and 2 E's. All of which are much higher than I would have achieved without FF.”**

We had been working with Courtney and her year group for a year when at a programme (3-5th April 2009) she stood up and read the following, we think it speaks for itself.

“The taste of the chocolate on my tingling tongue. The sounds of the Jacksons echoing around the room. The smell of the musty rooms as we literally jump in and collapse on the bed. The feeling of this shirt brushing against my skin as I dance around like crazy. This feeling is amazing. I actually think I may have seen the top of the world today and I'm not even kidding.

Feel good music. The best friends in the world. More support than I could ever imagine. A family that love me to pieces. A realisation that I am somebody. A belief in myself, and chocolate. Man I've got the world. And I'm not gonna lose it now. I just seem to keep taking skips, jumps and leaps forward. Now I'm gonna try to build a wall behind me so I can't fall back. I don't want to fall back. This means willpower.

I keep saying it – how much of a difference these guys can actually make to someone, but it's bloody true. To think about how I was before I was even introduced to them, and to how far I've got now. So I guess it wasn't all down to them, but a large part of it has been. I can't even explain how fantastic it is. Every time I come to a workshop with them it picks me up so much more. I guess you could say I've learnt how to live. With myself. With my thoughts. With those problems. Ex-problems. This is a feeling you have to experience for yourself before you can actually realise the

impact I guess. Talk about opening my mind, I've opened my eyes and it's the best thing I could ever have done.

To think, this time last year I was a year 11 totally letting myself slip beneath the world, and now I'm sitting here wearing a future foundation shirt, part of the team, able to help other people. That transformation is inexplicable. Even to be on the other side of a one-to-one conversation feels like such a privilege. An achievement.

Smiles and happiness, fun and laughter, and positive thoughts, that's what my world is full of now. Full of. It truly is better than anything I've ever felt before.

This place is full of emotion, and I'm being pulled in, for once in a really good way. I can see how I need to help people, which probably means how to help myself even more. It's like I'm a new person, and for a long while I guess I never thought it was possible. That stage of me is over. I believe now. I can do anything I want if I want it hard enough.

My options are open and I am free.

Thankyou for giving me the world at my feet. Thankyou for letting me take it.

**Courtney has attended the FF Revision Weekend and Sixth Form Induction. She was so enthused by our work that she applied to be a student mentor on the Step Up programme and our National Youth Leadership Summer Residential. Her role was to help other young people through the programme and support programme operations.**