

Miley's Story

Miley arrived at her first Active Fusion camp feeling unsure, but quickly grew in confidence, made new friends and became a positive role model for younger children. Through new activities and leadership opportunities, she has developed her confidence while continuing to enjoy being active.



"Miley has gone from being quite reserved when she first arrived to becoming more of a social butterfly. She now confidently interacts with other children, makes new friends and gets involved in different activities."

Daisy Guttridge, Sports Coach at Active Fusion



Miley arrived at her first Active Fusion camp feeling unsure about what to expect. Although she was already an active young person who enjoyed playing football and attending boxing, she did not know anyone at camp apart from her brothers and was unsure how she would settle into a new environment. What quickly became clear, however, was just how much Miley would thrive when given the opportunity to meet new people, try different activities and become part of the group.

For Miley, being active is something she already enjoys. Outside of camp, she spends time playing football and attends a boxing club, and when she is not doing organised activities she enjoys being outdoors, usually playing in the park or forest. When asked what she enjoys most about camp, her initial answer was simply "everything". She particularly enjoys discovering and trying new activities, giving her something different to look forward to rather than spending the day at home.

As the week progressed, Miley became increasingly settled and confident. She quickly began making friends and became a real "social butterfly", confidently speaking to other children and getting involved in activities. The welcoming relationships built by the coaches also helped Miley feel comfortable enough to share her own interests and ideas, including suggesting games she would like to play.

“It’s fun because you can make new friends.”

Miley

The variety of activities has been another important part of Miley’s experience. She enjoys having the opportunity to take part in games and activities that she might not usually have access to at home, keeping her interested and motivated to get involved.

As one of the older children attending camp, Miley has also been given opportunities to take on additional responsibility. She has helped to look after younger children, supported activities and assisted with setting up equipment. These opportunities have allowed Miley to demonstrate leadership, take ownership and become a positive role model for others.

Her confidence has continued to grow throughout the camp. The young person who initially arrived feeling apprehensive is now comfortable approaching coaches, sharing her ideas, talking about her hobbies and helping other children. This change demonstrates the impact of creating an environment where young people feel welcomed, trusted and encouraged to be themselves.

Miley has also been signposted to Active Fusion’s girls’ football sessions, giving her an opportunity to continue developing her football skills and staying involved beyond the camp. With her existing passion for sport and the confidence she has developed during her time at Active Fusion, this provides a positive next step for Miley.

For Miley, the camp has been about more than simply staying active. It has given her the opportunity to meet new people, build friendships, discover new activities and develop her confidence and leadership skills. Most importantly, she has found an environment where she feels comfortable sharing her interests, taking responsibility and getting involved.



“It’s fun because you can make new friends. We get to play different games than we could at home, and the coaches are fun.”

Miley

