

February 2024 Newsletter



Dear Friends,

It has been an incredibly busy and rewarding start to our new year and we can't wait to share our news so far with you. With new groups, brilliant staff, incredible trustees and supporters and varied fundraising events, it's going to be an exciting year.

Although Christmas seems like a long time ago now, we had to show you some of the experiences that our young people had! Over Christmas, our youth workers planned creative Christmas activities and provided a safe space for young people to celebrate. Leicester solicitors, Howes Percival were very generous and donated some gorgeous Christmas gifts so they could be given at groups with Christmas snacks and drinks. It is important to us that our young people feel valued and supported at what can be a difficult time for some.



Say hello to our brilliant new staff!



Ella Getty
Derby Youth worker



Gracie Smith
Sessional Worker



Sophie Mouzakitidis
Leicester Sessional

Sian's Story

At the heart of everything we do is our young people. The following story shows why we are passionate about Love4Life and the impact we have. Sian was 14 when she was referred to Love4Life because she was having difficulty controlling her anger, and was having outbursts in class. The other students began to bully her and this only made her more angry and anxious so she had started to skip lessons. Her teacher referred her to us for individual coaching sessions to support her.

Her youth worker explained her role, and how she hoped to help her to be able to control her anger and start to feel better about herself. She made it clear that Sian could decide if she wanted to attend the sessions, and also that she could have a say in how the sessions were run.

One week Sian bounced in and proudly reported that she had had a 'heart to heart' with her English teacher, and said with surprise how good it felt to trust another adult. However, we recognised that Sian would need some ongoing support to ensure she remained happy at school and engaged with friends. With her permission, she was referred to the school counsellor, something she would never have contemplated before and once our 1-2-1 sessions were complete we invited her to attend a Love4Life group.

Her mum got in contact and said "I cannot thank you enough. You are the only person who has offered any real help. She's been lost in the system for four years until you supported her. You're the only person she feels comfortable opening up to and I'm so grateful for you."

Fundraising-Save the Date!

UPCOMING EVENTS

Get in touch with Lara on
07789931256 or at
lara.best@love4life.charity
for more information



APR
04



DERBY QUIZ NIGHT

APR
14



DOUBLE DONATION WEEK!

MAY
02



ABSEIL

Thank you so much for your ongoing support.

To keep up to date with what we are doing, please follow us on our social media channels by clicking on the link below.

https://linktr.ee/love4life_charity

Love from the Love4Life Team

