

August 2023 Newsletter



Dear Friends,

We've had a busy summer! During the summer holidays, Love4Life takes a break from its regular delivery, but that doesn't mean the support stops. Instead of holding the normal Love4Life groups, we hold our Summer Activities.

This year the calendar has been full: with activities ranging from Craft and Chill at Shoezone's Chill Out space to visits to the Tarmac quarry in Mountsorrel. These activities are just as important to the growth and development of the young people that we support as our Love4Life groups are.

Leicestershire

- Fire Station and Tarmac Visit
- BBQ and Games
- Stone Painting with the WI
- Lazerquest



Derby

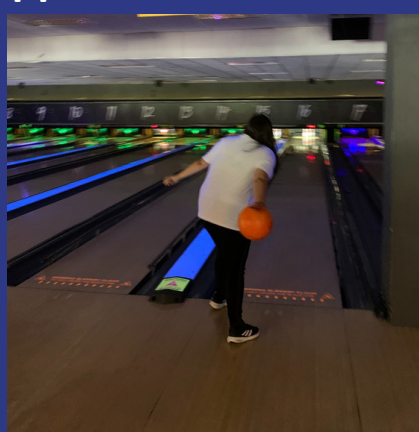
- Bowling
- Lazerquest
- Milkshakes



Leicester

- Graffwerk Workshop
- Shoezone Crafting
- Lush Facemasks
- Blaby Mini Golf

Summer Activities help us to keep in touch with the girls during a time which can be challenging as their normal routine and support are disrupted. These activities encourage young people to try new things, mix with new people and push their boundaries. Jasmine started attending Love4Life in May and was incredibly shy and nervous. We have been so impressed over summer to see her making friends with other young people and putting herself forward to be team captain in some of the games. The Summer Activities have helped her grow in confidence in a supportive environment.



Ali and Dee are both quiet and find it hard to join in; during the Craft and Chill session, it was great to see them getting to know each other. They had taken themselves away from the group and started a game of pool together, chatting and laughing. This is a huge step forward for both these girls.

These are just a snapshot of the benefits young people gain from Summer Activities, but they are numerous and help us to keep creating opportunities for growth.

**Love4Life Youth Board
King Power**



Jade, Neo, Chloe and Imy from our Youth Board were invited to King Power to meet with Diversity and Inclusion Manager-John Olaleye. Here's what they had to say...

'My time at King Power Stadium with John from LCFC was honestly fantastic. The LCFC team put together two fun-filled sessions which included a lot of discussion. I had the most fun when we got to look inside the stadium and John was explaining the ways he clears his head at work. It made the experience feel more personal.'

'Throughout my time at King Power, I was able to express my opinions about why women and young girls stop playing sport. I felt as though John was really understanding and he was willing to listen to any points that I expressed. I felt that my experience there was vital in order for me to grow my experiences surrounding football and to help make change. Overall it was a really lovely day.'

New Staff

A massive welcome to all of our new Love4Life team members.



Lara Best
Fundraiser



Harriet Selby
Leicestershire Youth Worker



Eliza Bunce
Derby Youth Worker



Sophie Fahey
Leicestershire Youth Worker



Congratulations



Bethan went on her maternity leave in April to have baby Cassandra. Mum, dad and baby are all doing well.

Nic is going on maternity leave at the end of August to welcome our second Love4Life baby this year!

Save the Date



Upcoming Events

- Quiz Night - 27th September
- Charity Abseil - 1st October
- World Buffet Night - 7th November

Get in touch:
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Thank you for your ongoing support
Love4Life x

Winner



The
Henry Smith
Charity
founded in 1628

