

# December 2023 Newsletter



Dear Friends,

This Autumn term has been very busy and full of incredible stories from groups, 1-2-1s and fundraising events!

We just wanted to say thank-you for your support so far. From reading our newsletters and following us on socials to donating time and resources. It really is appreciated.

Congratulations to all our young people who completed their Love4Life Group sessions and graduated recently. Youth workers and young people celebrate their time with Love4Life during their last session by holding a graduation ceremony: complete with gown and hat, certificate and gifts.



As we say goodbye to some of our young people, we say hello to new starters. We are currently supporting over 200 young people via 1-2-1 sessions and groups across Derby, Leicestershire and Leicester. This term, we are thrilled that new groups have successfully started in Coalville, Eyres Monsell, Soar Valley, Syston and Osmaston.

# Community Group Work



During October half term, some of our young people attended a mindfulness workshop at the John Lewis community room involving artwork, music and essential oils.

Haymarket Shopping Centre also invited us to come and host a group for Bubble Tea and Games, which our young people loved. A big thank-you to both venues for helping us give our young people great experiences!

## Love4Life RSE

We offer paid workshops to support schools and other organisations to deliver the RSE national curriculum and wider PSHE objectives. Our staff are accredited RSE Educators and have received amazing feedback from local schools recently!

‘ The Relationship and Sex Education sessions were great. The students were so engaged by how relatable the youth workers were and it was great to have experts in to deliver the session for us!’

Teacher @De Lisle Academy



# Good News Stories

## Mel's story

Mel struggled with mental health and self-harm; she never thought that she would be able to perform on stage. After seeing a Love4Life youth worker, who helped her with techniques to manage anxiety and build confidence, she's now a musical theatre student. Mel is performing at a black tie event at her college soon and is feeling confident. We are so proud of Mel and also the hard work of our youthworkers who help to make these good news stories happen.

## Madison and Sienna

Well-done to our young people who won our Love4Life Christmas Card Competition! Our winners visited Fox-print in Loughborough to see their designs printed and come to life!



## Charity of the Year 2024!

We have two organisations who have chosen us as their charity of the year for 2024.

Thank you to:

Loughborough  
University

RAG



Centro Lounge  
Loughborough

**CENTRO LOUNGE**

# Fundraising

September-Leicester Rotary Quiz

Raised £1,175

October-Abseil Event

Raised £3,198

November-Love4Life Curry Night

Raised £960



In September, Love4Life staff, family and supporters flexed their brains and gathered to raise money for Love4Life and Leicester Rotary's chosen charity. Our next event was on a rainy day in October when members of Love4Life staff and Rotary volunteers bravely abseiled off a bridge to raise funds! And recently we had our Curry Night at Chef and Spice, which was a fantastic evening with a turnout of around 70 people .

Thank you to all those that who took part!



## The Big Give Christmas Challenge

With your help, we reached our target and beyond! The total raised was £4426 with gift aid included. Every penny raised goes towards helping over 400 young people a year across the East Midlands so thank you again for your kindness.

From all of us at Love4Life, we wish you a Merry Christmas and a Happy New Year.

Thank you for your ongoing support,  
Love4Life x

