



Dear friends,

We've had a vibrant and inspiring Spring Term here at Love4Life! Across Leicester, North Leicestershire and Derby, our dedicated team has been busy delivering **17 weekly Love4Life Groups** and supporting **82 young people through weekly 1-2-1 sessions**.

We are very excited to share that our Leicester team has just launched a new group at Winstanley School!

Before we dive into this term's highlights, we wanted to share some of the incredible feedback we've received from the young people and families we work with. It's always moving to hear just how much of an impact Love4Life is having:

"Love4Life has helped me so much. I understand that the world isn't actually scary and it's just my brain thinking that it is."

"It's honestly helped me so much with my mental health."

"We have seen her confidence grow so much more in the last few months; it's been really nice. We've seen her laugh and smile so much these last few months. Something we haven't seen her do in almost 2 years."

These stories remind us why we do what we do and why your support matters so much. Let's take a look at what we've been up to this term...



Easter Activities,

This Easter, we were absolutely blown away by the generosity of our friends at [The Leicester Rotary Club](#) and [Swadlincote Netball Club](#), who donated over 200 [Easter Eggs](#) for our young people. These sweet treats brought huge smiles and went down an absolute treat. Thank you both for your kindness and support!

Our Leicestershire girls also had the chance to get creative during the holidays with a [fun fashion workshop](#). They rolled up their sleeves, let their imaginations run wild and designed their own unique T-shirts to take home. It was brilliant to see their confidence shine through in such a creative space!





Celebration 2025

Our annual Celebration Event took place on Thursday 3rd April 2025 at the NSC Arena in Loughborough, and what a fantastic evening it was! Over 200 young people, families, and supporters came together to celebrate the achievements and growth of our incredible young people and dedicated team.

This year, our girls truly shone, showing incredible courage and confidence through a variety of performances, including singing, flute playing, dance, and poetry. We also enjoyed uplifting speeches, well-deserved awards, and even a few fun, light-hearted awards for our staff!



★ "Honestly, the young people last night absolutely blew me away! Their confidence to go on stage, them making friends and just embracing everything was so beautiful to see." — Fawn Kitson, Derby Coordinator.
The energy in the room was contagious, and the positive feedback has been pouring in ever since. Keep an eye on our socials - more highlights and photos from the evening will be shared soon!



**DERBY AWARD
WINNER**



**LEICESTER
AWARD WINNER**



**LEICESTERSHIRE
AWARD WINNER**



**WINNER OF THE
AIMI MCCAFFERY STAFF AWARD
FAWN KITSON**



**DELIVERY STAFF AWARDS -
PRESENTED BY OUR YOUTH BOARD**



**A BIG THANKYOU TO OUR SPONSOR - THE HR DEPT
LEICESTER AND NORTH WEST LEICESTERSHIRE**



Staff Goodbyes



KIRSTY BIRCHALL

Kirsty has returned to her passion of working directly with children and young people, starting her own tutoring firm. Supporting children who need extra support with their education.



ALISHA ROBERTS

Alisha has gone to work with Teen Health at Leicestershire County Council, supporting young people as a Healthy Relationships worker.

Welcome to Our New Staff Members



NATASHA GILBERT

With a passion for empowering young people, our new Leicester Coordinator, Natasha, brings a wealth of experience in community work and youth mentoring. She's dedicated to building confidence, encouraging positive choices, and creating spaces where every young person feels valued and heard.



SOPHIE POLE

Sophie joins us as a marketer and trainee fundraiser after completing her Master's Degree in Business at Manchester University. She's excited to learn new skills, collaborate with the team, and bring fresh ideas to our work.



CHARLIE'S STORY

When Charlie joined Love4Life, she was overwhelmed by anxiety, struggling with emotional outbursts, toxic friendships, and poor attendance at school. Growing up in an unstable and unsupportive home, she felt isolated and directionless, caught in a cycle of low self-worth and negative influences. She needed someone to truly listen - someone who believed in her potential even when she couldn't see it herself.

That's where our youth workers came in. Through consistent one-to-one sessions, Charlie was given a safe, non-judgmental space to talk openly about her struggles. Her youth worker introduced practical coping strategies, simple tools like chewing gum or throwing ice to help manage intense emotions. These small steps had a big impact, helping Charlie find calmer ways to handle her anger and anxiety. She also learned how to set boundaries and distance herself from toxic relationships, gradually growing in confidence and self-belief.

A pivotal moment came when Charlie was attacked by someone she had once trusted. With the support of her youth worker, she found the strength to speak up and report the incident to the police. Today, Charlie attends school regularly, is achieving better grades, and is making positive choices for her future. Your support can help us reach more girls like Charlie - because every young person deserves to feel safe, supported, and seen.



As we wrap up this edition of our newsletter, we want to say a heartfelt thank you for your continued support. Whether you're reading our updates, sharing our message, attending events, or giving your time and resources - every action you take helps change lives.

We're especially excited about our upcoming [Golf Day in June](#) - a fantastic opportunity to enjoy a great day out while raising vital funds for our work. If you'd like to get involved, book a place, or find out how you can support, we'd love to hear from you.

A promotional poster for the Charity Golf Day 2025 at Willesley Golf Club. The poster features a green and white color scheme with golf-related imagery. At the top left, the text "Charity Golf Day 2025" is in large black font, with "WILLESLEY GOLF CLUB" below it in green. To the right is a circular Love 4 Life logo. In the center, it says "Join us for a day filled with golf, competitions and making a difference!". Below this, two green buttons specify "Date: Friday 20th June" and "Time: 11am - early evening". On the left, a circular inset shows a golfer on a green, with a green circle below it stating "14 BALL ENTRY £400". At the bottom, a green banner says "REGISTER NOW!" followed by contact information: "Contact us: lara.best@love4life.charity 07789931256". The background of the poster shows a golf course with trees and a golf bag in the foreground.

Don't forget, you can [follow our latest news](#), [fundraise for us](#), or [sign up for events](#) by visiting our [LinkTree](#).

Warm Regards,
The Love4Life Team