

Impact Report

2023/24



Giving young people the tools to build confidence and resilience and make positive choices for their health and relationships

Of the young people who completed an intervention with us last year...

88%

felt more confident

88%

had greater self-worth

84%

improved their understanding of relationships

75%

made progress in all 3 areas

“Love4Life has given me a reason to leave the house.”

“Love4Life was one of the best things I could have possibly done for my mental health.”

“My daughter has become the best version of herself, she is so much happier which makes me so much happier:).”

Fundraising

£30

pays for a 1-2-1 session for a girl who is struggling with life

£100

provides art, craft & cooking supplies for a community group

£500

helps fund a community group in a deprived area, giving girls hope for the future

Our team would like to thank our amazing supporters for all that they have done for us over the past year, and for donating over **£400,000 to enable us to carry out our work!**



Love4Life specialises in empowering vulnerable girls aged 11-18 to develop their self-esteem, build confidence and form positive relationships. Love4Life offers group and 1-2-1 support to referred young people across **Leicestershire, Leicester & Derby** as well as delivering relationship and sex education workshops in schools.

“2023-24 has been a pivotal year for Love4Life, during which we have created a strong and resilient base for the charity.

The skills of our staff have enabled our reach and support to expand, and our reputation grows stronger day by day.”

494

young people were supported... over 100 more than last year!

16

Love4Life groups held each week

1,666

1-2-1 sessions held

Love
4Life

Why Love4Life?

“75% of parents reported that their child’s mental health has deteriorated while waiting for support from CAMHS” (Mental Health Foundation 2018)

“58% of teenage girls polled said they follow influencers online of which more than a third say influencers make them feel they need to change the way they look” (BBC News 2023)

96%

of our young people agree or strongly agree, 'Love4Life is useful to them'

100%

of 110 respondents recommend Love4Life

