



Dear Friends,

Since our last newsletter, our dedicated youth workers have been busy arranging summer activities throughout Derby, Leicester, and Leicestershire. These events create a secure space and exciting opportunities for our young people, while we pause our weekly 1-2-1s and group delivery during the summer.

The turnout was phenomenal, and the girls had opportunities to take part in a wide variety of sessions. These included bowling,

LazerQuest, fitness classes, art workshops, mindfulness stone painting, a trip to a fire station, an Escape Room challenge, and pizza making!

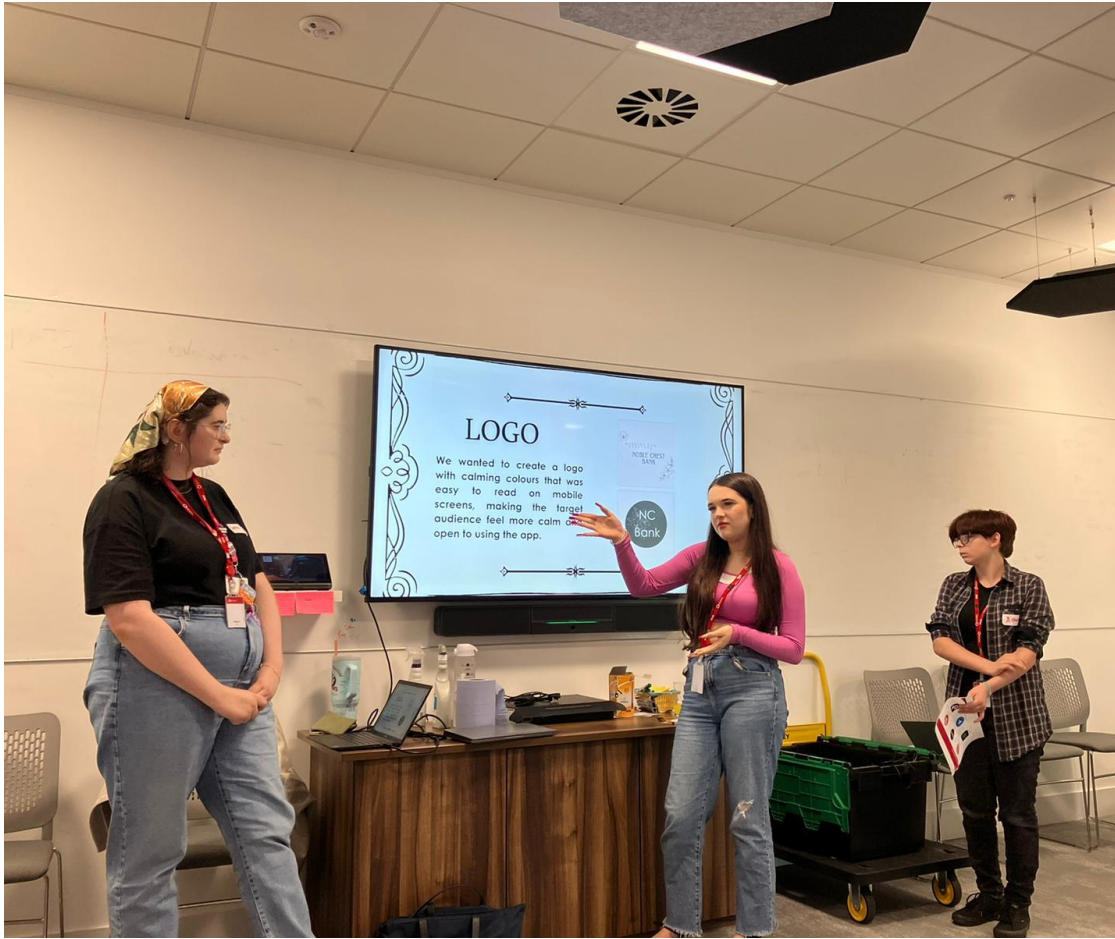




Summer Stories

Our summer activities do more than just spark joy; they play an integral role in fostering the growth of our young people. Our youth workers share so many stories about the positive influence these groups exert on boosting self-esteem and promoting confidence. One of our young people from Derby was originally tentative to take part in the summer fitness session due to low confidence and body image. However, after coming to the Love4Life Lazer Quest session and having a blast, she confided in her youth worker that she would like to try the power lifting fitness class. After the fitness session, she was so pleased with herself for trying it! It really highlights how important these opportunities are to our young people.

In Loughborough, the Access Group WISE (Women in Sales Empowered) team organised a tech session. It was an inspiring opportunity for our girls to witness the power and potential of women in the tech world. Initially apprehensive, the young people were really excited to work in groups to design and present a safety app. One person started the experience feeling very nervous and finished by standing up in front of the whole group to present their idea! Thank you very much to Sylwia Tekieli, Olivia Molloy and Sarah Cooper for making us so welcome: what a remarkable experience!













Eliza



Tilly



Nicola

Sadly, we have some goodbyes to say to some of our wonderful staff. Eliza has left our Derby team to move across the country and to go travelling. Tilly has an exciting opportunity within the NHS to work in mental health in education and Nicola has accepted a job with the Fire Service. We are thrilled that Nicola will be working with us as a sessional worker when she can. Congratulations and we wish you all the best in your new adventures.



Dionne  
Derby Youth Worker



Laila  
Leicestershire Co-ordinator



Sophie  
Leicester Youth Worker

Welcome to our brilliant staff Dionne, Laila and Sophie. In July, Dionne made a great addition to our Derby team as a youth worker. Massive congratulations to Laila who will be our new Leicestershire Co-ordinator: moving from her Leicester youth worker role. And well-done to Sophie who has moved from her role as Leicester sessional worker to Leicester youth worker. We are so excited that they are working with the Love4Life team and can't wait for the year ahead. Our Love4Life team have made a flying start to the term with 17 weekly groups currently running across Leicester, Derby and Leicestershire.



Finally, thank you so much for your ongoing support whether it's reading our news on social media, attending our events or donating your time or resources.

You can follow us on **social media**, **fundraise** or **book a place** at one of our exciting upcoming events by **clicking on our LinkTree**.

Warm Regards,  
The Love4Life Team

