



Love4Life Summer Swim

Participant Pack
June 2024



First things first... thank you!



Thank you for signing up to take part in Love4Life's **Summer Swim Challenge 2024**. We really appreciate your support.

This pack contains some more information, a few useful resources for your fundraising and how you can help **spread the word about Love4Life**. We can also create personalised fundraising resources too.

We'll be in touch throughout the challenge with words of encouragement and to see how you're getting on. If you need anything in the meantime do not hesitate to get in touch.



Fundraising

All participants are expected to fundraise for Love4Life during the challenge. We have created a JustGiving page to raise money for the challenge which you can view [here](#). Cash sponsorship forms can also be provided if you need them.

Share our story with your supporters

Many young people face a variety of challenges including **poor mental health, living in poverty, unhealthy relationships and difficulties at home.**

Love4Life's mission is to **empower** these young people to develop the tools they need to build the **confidence** and **resilience** to make positive choices in all aspects of their lives.

Our youth workers deliver 1-2-1 solution-focused coaching and coordinate 16 community groups. We use arts, games and discussion to deliver vital **emotional and social support** on a range of topics including **self-esteem, confidence and healthy relationships.**

Social Media Inspiration

During the challenge, why not post a picture of yourself after (or before!) a swim?

Here is some fun water-themed inspiration for your picture captions:

- It's going swimmingly!
- When I swim, I always try to make a splash!
- If you don't like swim puns, you probably have a dry sense of humour
- Water you waiting for - sponsor me now!
- I was going to tell a water pun but I didn't want to dampen the mood
- Feeling rather buoy-ant
- Pool hair, don't care
- Don't be koi, visit my fundraising page

Make sure you tag us if you do post about your swim progress!



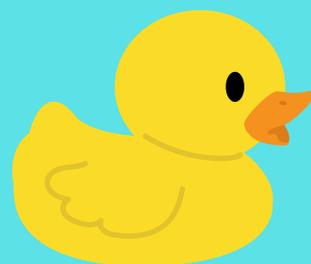
I'm taking the plunge!



I'm taking on **Love4Life's Summer Swim Challenge** and will be swimming **20km** in June.

All funds raised will support vulnerable teenage girls in **Leicester, across North Leicestershire & Derby** to overcome the barriers they face.

Please help me to reach my fundraising target - this will be no easy challenge! You can find the link to my **JustGiving page** in the caption below or send me a message.



Why is Love4Life important?

Lola's Story

Lola witnessed her mother's death a few years ago which has had a major impact on her mental health, her education and her relationships. She believed that her mother's death was her fault, that she could have stopped it. She also feels that she must be strong for her younger sister, who was just seven at the time.

Lola had extremely low self-esteem and few aspirations for the future. Through working with her, Alisha helped her to understand that there was nothing she could have done differently, that it is ok for her to be happy again and that she can achieve anything she puts her mind to.

Over the three months that Alisha has been supporting Lola, Lola has become more positive, she is able to find happiness in each day and has developed coping mechanisms to help her when the grief starts to become overwhelming. She is determined to do well in her GCSEs and finding out what the future holds, confident that she can tackle anything life throws her way.

Lola's journey with us demonstrates why donations are so important to us. By taking part in our Summer Swim Challenge, you are helping more girls like Lola access the support they need.