

February 2023 Newsletter



Dear Friends,
Although Christmas may be a dim and distant memory, please let us take this opportunity to wish you a Happy New Year. The beginning of 2023 has been an exciting time for Love4Life: with us looking back over what we have achieved and hopeful of the future ahead.

Christmas Gifts



The Big-Give was a wonderful success. We are so grateful for everyone who donated. These donations ensured we were able to supply Christmas gift bags to our young people.

Over 100 presents, containing bath bombs, stationery and essential toiletries were given out across Leicester, Loughborough and Derby. These presents help reinforce the message to our young people that they are worth something and people do care about them.

Lauren's Story

Lauren (name has been changed) was referred to Love4Life at 15 as she was struggling with feelings of depression and self-worth. Lauren suffered badly with acne affecting her mental health. She distanced herself from people as she didn't feel she deserved friends: keeping her facemask on in all social situations to help her hide.

Youth Worker, Fawn, has worked with Lauren to identify her feelings and help her understand how messages of identity and body image from the media were affecting her. Lauren engaged well with the work and her confidence grew session by session. Fawn was overjoyed when Lauren told her that she had ditched her facemask and had been to town with friends for the first time.

Fawn said, "The change in her is incredible. Lauren attended every session with an open mind and has taken all support and guidance on board: incorporating it into all aspects of her life. I am so proud of her".

Lauren's mental health has improved dramatically, and she said, "Before my 1-2-1 sessions, I would describe my life as a mess. I could never get out of the dark place my thoughts and feelings would take me. 1-2-1 sessions have helped me tremendously and I am forever grateful and thankful that I got the opportunity to grow and discover myself."

Hello and Goodbye

We say goodbye to two valued members of Love4Life staff: Linda and Tori.

Linda was originally a Love4Life young person and became a sessional worker supporting groups in the Derby area. Linda has left to focus on her studies at university.



Tori has been supporting both the delivery team and Admin and Marketing during her placement year of university. We wish them both the very best.

We are pleased to welcome Abbie to the team as a new sessional worker for Derby. Abbie has experience of teaching dance and performance skills to young people. She has a great passion for supporting young people to believe that they can achieve their goals and ambitions.



Enterprising Women Event



The last Thursday of January was the first event of the year for Enterprising Women, hosted by the Chamber of Commerce. The theme was 'Enterprise within the Community'. We were asked to speak alongside other local charities to highlight the opportunities and challenges for non-profit organisations at this time.

Fundraising

On Sunday 29th January, the streets of Leicester were vibrating with the sound of pounding feet: brave racers were completing the Leicester 10K. Among the runners were Tilly Robinson, our Loughborough Co-ordinator and Jonathan Kerry, Chair of Trustees. Tilly was inspired to take up running by our previous CEO Aimi McCaffrey and wanted to complete the challenge, running the longest distance she had ever run. Congratulations to both for crossing the finish line and raising funds for Love4Life.

We Need You!

We are looking to recruit a diverse group of trustees to support our team. Are you passionate about supporting and empowering young people? We are particularly interested in hearing from people who have expertise or experience in HR, marketing, fundraising or youth work.

If you are interested please contact our CEO:
louise.adams@twentytwenty.org.uk



Celebration event

We are excited to be getting ready for our annual Celebration Event on Wednesday 26th April. We would love for you to attend to celebrate our young people and our Charity. If you wish to attend please RSVP below.

Thank you for your ongoing support
Love4Life x

