

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

HELLO

Hello and welcome to the Spring edition of our newsletter. What a year it has been! Approximately this time last year, none of us knew how our lives were going to change so dramatically during the last 12 months. We're sure you're all now looking forward to some warmer weather, easter eggs and hopefully an end to some of the restrictions. In the meantime, dive into the spring with a flourish, put a spring in your step, and enjoy all the blossoms springing up everywhere. Here are our latest news items that will hopefully bring a smile to your face 😊

IT'S OFFICIAL!



We're so excited to announce that we have been given a new 3-year grant from the big lottery community fund! This means that we will be able to continue delivering all of our current services and also develop a new wellbeing service offering counselling and emotional support to young people. Watch this space for more news on this new service!

THE GREAT SLEAP BAKE OFF

A few weeks ago some of our young people took part in a baking competition. Each young person was given a bag of ingredients and instructions on how to bake gingerbread men. They all did a wonderful job of making and decorating them and they looked delicious! There was definitely more than one winner! 😊



WINE AND CHEESE NIGHT

Earlier this month some of our host families and staff gathered on Zoom and we had a wine and cheese evening. Little bags full of wine, cheese, biscuits and olives were delivered to each host family before the zoom meeting and we had a lovely time drinking wine, eating cheese and catching up with each other!



GOOD LUCK LORNA!

Lorna has worked for SLEAP for 12 years and will be leaving at the end of this month. Lorna has helped hundreds of young people over the past 12 years and has supported them into independent living. One young person said "I will never forget what Lorna did to help me and all the advice she provided me when I was having a rough time" We will miss Lorna so much but we are excited for everything the future holds for her.

IT'S NOT TO LATE

There's still time to apply to become part of the SLEAP team. We have a vacancy for a Support Worker at SLEAP. If you are passionate about supporting young people then why not apply? Just head over to our website at www.sleap.co.uk for more information and instructions on how to apply. If you're feeling a bit unsure about whether to apply then maybe this little quote from Lorna will persuade you 😊



**Join our
team!**

“This is a great place to work! There are so many reasons why this is the case but here are some of them: there is a strong supportive culture that fosters mutual support amongst staff and trustees, there is a culture of trust and staff are encouraged to know that their work is meaningful; there is a clear and communicated vision in the work environment; even although the staff team is small, professional growth is a priority and staff are encouraged to develop new skills and try out new ideas; trustees and staff actually care for each other, for the host families and the young people. And last but not least, there is a very generous annual leave allowance 😊”

HAPPY EASTER!

As Easter is nearly upon us, on 29th March 2021, SLEAP teamed up with Active Lancashire to organise an Easter egg scavenger hunt for young people in Worden Park. All the clues were hidden beforehand and then each young person was given their first clue in the car park, which led them to the next set of clues all over the park, in order to help them find the hidden eggs. This was great fun, provided physical exercise and boosted well-being from being outside in the fresh air and being in a large open green space. The event was finished off with a socially distanced picnic in the park.



HOW CAN I GET INVOLVED?

- Become a host family.
- Volunteer (attending group activities, helping in the office, sharing a skill)
- Fundraise or donate.
- Provide volunteer experience for a young person in your business or company.
- If you are someone that prays then please pray for us.

KEEP IN TOUCH

We would love to keep in touch with you!



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THANK YOU

We hope that you've enjoyed reading about everything we have been up to recently. Thank you for your continued support.

From all the team at SLEAP.