

NEWSLETTER

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

HELLO

Hello and welcome to the Autumn edition of our newsletter. The months seem to be going fast and we find ourselves already on the lead up to Christmas! We have really enjoyed the easing of restrictions and have loved seeing many of our young people and host families face to face again. There's been lots happening at SLEAP so keep reading to find out about what we've been up to!



LIFE'S A BIT EASIER WHEN YOU'VE GOT SOMEONE TO TALK TO!

Our new wellbeing service is officially up and running! Here at Thrive we offer a range of different sessions so our young people receive the support that best suits them. We offer wellbeing sessions which are a chance to talk things through and have a chat to someone about how things are going. This might be just going for a walk, meeting for a coffee or just having a chat over the phone. We offer counselling sessions which is an opportunity to talk about any problems, challenges and feelings in a safe confidential environment. We are also in the process of developing group therapy sessions so watch this space for more information!

ON THE FIRST DAY OF CHRISTMAS MY TRUE LOVE GAVE TO SLEAP....

We're excited to share about our Christmas campaign that we are launching - SLEAP's 12 days of Christmas! For each of the 12 days of Christmas, we have suggested some food gifts that we would really appreciate for our young people.

You can pick one or as many as you want. Just bring them to us on the 13th December between 9 and 4 so the team can say hello and thank you. We're at 247 Leyland Lane, PR25 1XL. For more information call us on 01772 623603.

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| DAY 1 Beans with sausages | DAY 7 Pasta sauce |
| DAY 2 Fray Bentos pies | DAY 8 Tinned vegetables |
| DAY 3 Curry sauces | DAY 9 Cans of corned beef |
| DAY 4 Pot noodles | DAY 10 Different types of soup |
| DAY 5 Tinned potatoes | DAY 11 Meals in a tin |
| DAY 6 Tuna in a tin | DAY 12 Microwavable rice |



LEARNING ABOUT AUTISM



an international speaker and author but - as if all that wasn't already impressive enough - she was also one of our original SLEAP host families and welcomed many homeless young people into her home. With this training we were encouraged to think about how we communicate and, for example, to be more aware of the 8 sensory systems, breaking tasks down into small steps and so much more.

UNIVERSAL CREDIT CUT COULD INCREASE HOMELESSNESS

Universal Credit claimants of all ages have been receiving an additional £20 a week as part of a raft of measures to support those affected by the pandemic introduced by the government in March last year. Analysis by Centrepoin found that claimants under 25 would lose more than a quarter of their income (25.2 per cent) should the uplift end.

Prior to the uplift, under 25s received around £15 a week less than older claimants meaning many young people were forced to choose between food and paying the bills. Now many claimants will struggle to find the money to pay for rent and bills, with almost seven in ten worried about how they will afford food and other essentials and over a third saying they will need to borrow money or ask for a loan. SLEAP, together with almost 50 charities working with young people who have experienced care and homelessness have written an open letter to the Chancellor asking him to reconsider his decision to end the Universal Credit uplift.



CHRISTMAS POP UP SHOP



Mike and Maggie sorting through clothes donations ready for the pop-up shop.

In December we will be hosting a special evening for all the young people we support to help them get ready for Christmas. Buying presents or clothes can be a real challenge when you are struggling to pay your bills. Using a system of 'vouchers', our young people will be able to come in and choose some presents so they can give them to others. They may be choosing for their family, friends and host families. They will also have the chance to pick up some clothing items that they can choose for themselves.

GOOD NEWS

We love it when we hear from our young people who are doing so well after being on Supported Lodgings. This young person was happy to share some of their experience of living with a Host Family.

How did you feel before coming onto Supported Lodgings?

I remember meeting my support worker for the first time and feeling terrified. I was a bit unsure about Supported Lodgings because of the uncertainty of what it would be like.

What was it like living with a Host Family?

At first it was scary because I've never really had a nice person offer me a roof over my head. Living with a host family and having a home made me feel human again. After the initial couple of weeks, it felt more like being with an actual family rather than a host family.

What changed for you since being on Supported Lodgings?

I was able to enjoy doing the little things again like using the kitchen to make myself a brew and going to the gym.



HOW CAN I GET INVOLVED?

- Become a host family.
- Volunteer (attending group activities, 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.