

# SLEAP

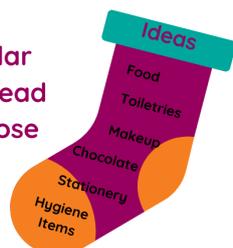
SUPPORT & LODGINGS FOR YOUNG PEOPLE

## HAPPY NEW YEAR!

Happy New Year everyone! 2020 was a challenging year for many of us and it looks like it's set to continue over the next few months. We've been overwhelmed by the generosity of people in the community and we are so thankful to everyone who has supported us throughout 2020. Keep reading to find out more about some of the things we have been up to.

### SLEAP SUPPORT & LODGINGS FOR YOUNG PEOPLE Christmas with a twist

Turn your calendar  
inside out and spread  
some cheer to those  
around!



## CHRISTMAS WITH A TWIST

In December we launched our Christmas with a twist campaign and the response from the local community was AMAZING. We were able to make sure that every SLEAP young person and their families received presents and food over the Christmas period. Even now we can help fight the January blues by sharing a little happiness with all these nice treats. Thank you again to all of the organisations and people who took part in this.

## 25 YEARS!

Last year was our 25th year as a charity and we didn't let a pandemic stop us from celebrating! With help from a lot of people and children in local schools, a 1000 paper people chain was designed to represent 1000 young people that have been helped by SLEAP. It was over 100 meters long and we were really excited to show it to the Mayor of South Ribble, Jane Bell! Thank you again to everyone that helped us make this happen.



## TIME CAPSULE

Something we did in late 2020, was to bury a time capsule in a secret location, to be dug up sometime in the future. It has a lot of fun items and messages for the people of the future. It also contains a speech about the year 2020, key newspaper articles, a message from the Mayor of South Ribble, poems and pictures about the lockdown and young people's thoughts about SLEAP. We also included a USB stick with Gary Barlow's "Sing."



We chose this song because of the line in the song "And see a thousand voices celebrate." We recognise that SLEAP has helped over a thousand young people during the past 25 years and it's as if they were celebrating with us! Talk about finding an alternative way to celebrate a 25th anniversary in a lockdown year!

## OPEN FOR BUSINESS

We are still open and ready to help so if you come across anyone that you think could do with a helping hand then please just get in touch. We work across Preston, South Ribble and Chorley. SLEAP is open to 16-25 year olds from any background. Besides helping with accommodation needs, we are here if someone needs help with:

- Sorting out benefits, paying rent or bills
- Writing a CV and applying for jobs
- Getting back into training, education or work experience
- Managing money and dealing with debts
- Finding out where to get help with medical issues
- Getting help with food, clothes or furniture
- Getting referred to other services
- Chatting about feelings and emotions
- Reducing feelings of isolation
- Providing a range of life-enhancing skills
- Learning new skills to become more independent
- and a whole lot more!

For more information on how we help visit our website at [www.sleap.co.uk](http://www.sleap.co.uk). You can get in touch by giving us a call (01772 623603) or sending an email to [admin@sleap.co.uk](mailto:admin@sleap.co.uk).



## IT'S A WINNER!

One of our SLEAP young people has won joint first place in a national poetry competition from Centrepunkt. He volunteers as a Young Person in the Lead for the National Lottery and as he was due to attend media training, he decided to put his story into poetry. This helped him to be able to express his feelings and emotions and get these across to politicians and the likes, of what it was like to be homeless in the past. He left home at 14 to escape abuse and slept rough for 2 years. Look out for this poem being read out in the near future, by our Mayor Jane Bell. Keep reading for a little preview of the poem called Visions of my Past.



## VISIONS OF MY PAST

Thud, thud, thud as she walked to my door, the moment I had been waiting for like the day before, sat on my bed watching the creek in the door, praying to God one who I've never spoken to before. With my arms around my knees tucked to my chest, a vision came over me seeing me walk out the door, feeling light yet fearless I grabbed my bag and walked ignoring the screaming and shouting as I walked to the front door turning to say il be back if you hurt anymore, the first time I've seen her stand and think hearing the words of retribution. With her evil hanging in the air I walked outside took my first free breath, I cried not knowing my future, I had no visions of the future or my next moves to make, so I walked like the apostles did like the times before me, I followed the path to a place of familiarity closer to my home town, I thought I couldn't turn to anyone because they wouldn't believe me.

## 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.