

SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

HELLO

Hello and welcome to the Spring edition of our newsletter. What a strange few weeks it has been! It's been sad to hear about so many people suffering from the effects of the Covid-19 outbreak and at the same time it's been wonderful to see people stepping up to help and support those vulnerable in our community. Although the SLEAP team have been working remotely we are still very much active, supporting young people and host families on the phone, online and delivering food parcels to those who need them. In the meantime, here are some news items that will hopefully bring a smile to your face.

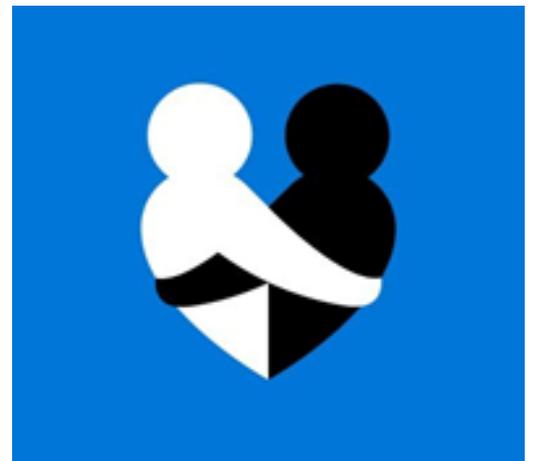


HAPPY BIRTHDAY SLEAP!

This year we are celebrating 25 years of becoming a registered charity and what a wonderful 25 years it's been! SLEAP has helped over 1000 young people and watched most of them grow and move on into confident young adults. We have had amazing host families through the years who have selflessly opened their homes to care and support young people. Over the coming months we will be sharing some facts and memories of SLEAP so keep tuned and if you're not already, then follow us on social media by clicking on the links at the bottom of the newsletter.

NEIGHBOURLY

For the last few years SLEAP has been working with Neighbourly. Neighbourly partners with local stores such as M&S, Aldi, Lidl and Asda and helps them to make a positive impact on their communities by donating volunteer time, money and weekly surplus food collections. We are very grateful that Neighbourly has recently given us a grant of £400 which will help SLEAP to continue supporting people who are affected by the COVID-19 outbreak.





EVERYBODY FEELS BETTER WITH A HAIRCUT!

Dawn is one of the amazing people in the community helping those at SLEAP. Dawn has been supporting SLEAP for the past few years, by offering free haircuts to all our young people which helps them to feel better about themselves and grow in confidence. Dawn has over 30 years' experience as a Master Craftsman in Hairdressing and Barbering, she has also been teaching hairdressing and barbering at local colleges for over 13 years. She is one of our community heroes and we want to say a huge thank you to Dawn and her team at Crown Barbers for all the support they give to SLEAP young people!

WHILE YOU'RE BUSY SHOPPING ONLINE...

There are many ways that you can help support SLEAP and one option is to use easy fundraising every time you shop online! Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them - at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's completely FREE! Click on the link to get started www.easyfundraising.org.uk/causes/sleap/



IT'S A WRAP!

During the recent months of winter, SLEAP took part in an initiative - WRAP UP LANCASHIRE - where the local Rotaries placed clean bins near supermarkets and other popular places to enable the public to donate unwanted coats of all shapes, sizes, styles and colours. They then sorted and delivered coats to our charity (and others) to be used by our SLEAP young people, who were then able to select a coat in a size and colour of their choice to keep warm during the cold winter months.

OUR FIRST RESIDENTIAL

At the beginning of March, we took a small group of young people on a residential to Borwick Hall. We had lots of fun doing outdoor activities and team building games. While we were there, the young people spent time reflecting on the positive and negative experiences of professionals they have been helped by. Young people explored their past experiences and opened up about aspects of their lives they had not talked about before. We are planning to use what we learnt from them in our future training of volunteers and host families.





DEMENTIA FRIENDS

In February 2020, SLEAP organised a Dementia Friends Information Session, led by Dementia Friends Champion, Keith McIntosh. This was part of our young people's Buzz activity sessions. Understanding more about dementia and how it can affect others, is something our young people wanted to do, as they are involved in activities in the community of Buckshaw Retirement Village. The young people (along with staff, trustees and a SLEAP host) gained a better understanding of dementia and the small things we can all do to make a difference to the lives of people affected by dementia.

HOW CAN I GET INVOLVED?

- Become a host family.
- Befriend a young person.
- 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.