

## NEWSLETTER

**HELLO**

Hello and welcome to our Summer 2021 newsletter! The sun is shining, Covid restrictions are easing off and we are all wondering what the next months will bring. We know this is a time of joy for some but also of apprehension and anxiety for many others. Here at SLEAP, we continue as busy as ever. We have some new faces in the team, group sessions have started to happen again but we have also come across more young people sleeping rough than we have seen in a long time. This is something that always worries us and we have plans for new and better ways to respond. Watch this space!

**WELCOME JULIE**

We are so excited to welcome Julie to the SLEAP team. Julie has worked within housing and homelessness for many years so she brings a lot of experience to the role and has already started getting out and about, meeting young people and connecting with different organisations and agencies. Julie enjoys spending time with family and friends and loves going on holidays. When she started she said it "felt like coming home" - we love this! We know Julie will fit right in with the team as she was a host family for our emergency service years ago!

**LETS GET ACTIVE!**

With restrictions easing we have been doing more activities outdoors. Earlier in the year we connected with an organisation called Active Lancashire who deliver sports and physical activities to help improve wellbeing. So far we have had games in the park and mini sports sessions like pop up badminton and table tennis which our young people have been loving! We also have lots more fun activities planned for the summer.



## THRIVING

As we begin to develop THRIVE, our approach to wellbeing, we want it to be much more than just a service for young people. We want it to impact on our direct practice and also how we care for our own personal wellbeing. We want talking about mental health to be the norm within our service and we want to encourage both staff and young people to talk freely about how they are feeling. We recently gave all of our staff a little mood badge, to

stick on their screen, where they can check in with themselves each morning. It's a chance to reflect on how we are feeling and to look out for each other and be there when needed.

## WELCOME TO OUR NEW TRUSTEE - TONY MATTHEWS

Trustees play a really important role in charities. They give strategic guidance to the organisation and make sure that it does what it is set up to do. They are volunteers that share their time, knowledge and passion for free - and we're so grateful for our Trustees.

Tony has only recently joined us but he already feels like he's always been around - that's probably because we've already got him doing all sorts 😊! Tony has a professional background in Data and IT Management. He worked for busy NHS Trusts in Manchester and Lancashire and can remember when they first started using computer systems in the hospitals - you'd be surprised how recent that was. How did they ever manage before??? Besides visiting his family who are scattered around all sorts of wonderful places, Tony loves his bike and cycling for really long distances. We're seriously impressed. Welcome Tony!



## VOTE SLEAP!

If you're popping into a Tesco in the local area this summer, look out for the blue token voting boxes! One of the options at the moment is '**Yummy Food you can Cook - Showing vulnerable young people how to cook on a budget using recipes and advice from older generations in the community!**'. This is our project and we want to share the wisdom from older generations with our young people. We will be filming tips and recipes to make yummy food on a budget and share them on. So if you're shopping then remember to cast your vote!

## **WELL DONE!**

One of our amazing young people has recently completed a level 2 course! They agreed to answer a few questions for us on what they enjoyed about the course and their future plans!

### **What did you enjoy about the course you have just completed?**

I completed a Level 2 course in Joinery and Carpentry. I enjoyed learning new skills and meeting new people.

### **What are you planning on doing next?**

I would like to continue studying and I'm hoping to find a level 3 apprenticeship in Joinery.

### **What do you see yourself doing in the future?**

I would love to set up my own business in Joinery.

### **How has being on SLEAP helped you to achieve your goals?**

Being on SLEAP has given me somewhere safe to live with support, this has meant that I can do my studying and get out of my comfort zone by trying new things.



### **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.