

## NEWSLETTER

# SLEAP

SUPPORT & LODGINGS FOR YOUNG PEOPLE

### HELLO

Hello and welcome to the Summer edition of our newsletter! It's been a busy few months at SLEAP, from visiting churches to welcoming new host families and even moving offices! There's been lots of exciting things happening which we can't wait to tell you about, so keep reading to find out more!



### THANK YOU!

We're very grateful for the Year 6 pupils at Bretherton School who wanted to do a collection for SLEAP earlier in the year. We were overwhelmed with their generosity as we packed a car full of food and toiletries and also individual gift bags of goodies with heart shaped messages tied onto each one! We would like to say well done to Year 6! You are all fabulous.

### PARTNERSHIP WITH INSPIRE YOUTH ZONE

We are going to be starting a drop-in at Inspire Youth Zone in Chorley. This is a great opportunity to work in partnership with other agencies supporting the young people of Chorley & South Ribble. Inspire is an ideal location to meet up with young people for an informal chat and a brew. We plan to hold drop-ins at Inspire on a regular basis - watch this space for developments!



### CHURCH VISITS

For the last few months we have been running a host family campaign. As part of this we have had the opportunity to visit different churches in the area and tell them all about the work we do at SLEAP. We have loved meeting and talking to so many different people. Everyone has been so welcoming and friendly so thank you for having us!

## CRAFTS FOR EVERYONE

Thank you to all the wonderful ladies at the Crafts for Everyone group. They have been making these lovely hearts and raising money for SLEAP in the process. They have been a huge support to SLEAP over the years and we are so grateful for everything they do!



## WELCOME HOME

It's been lovely to welcome some new host families to SLEAP. We have always been so blessed to have wonderful host families who have opened up their homes to young people and have had a passion to support them! If you would like to find out any more information about becoming a host family then get in touch and we'll be happy to chat with you.

## SUPPORT A SMALL LOCAL BUSINESS

On our recent visits to local churches we had the pleasure to come across and try Northbrook Barn Sausages, an initiative of Wellfield Church. It's a newly established business but the pioneer behind it has many years experience in the meat trading business. Hand made production is on Mondays and the pop up shop is open between 3.30 and 4.30 - couldn't get more fresh than that! Definitely worth giving it a try and supporting a small local business.



## PRESTON WELLFEST

We were at Preston Wellfest a few weeks ago for mental health awareness week. It was great to chat to so many different people and tell them about THRIVE, our wellbeing service. If you know anyone aged 16-25 years old who would like any support with their emotional health then get in contact. We can offer 1-1 counselling, group work and wellbeing sessions.



## WE HAVE MOVED!

SLEAP have moved offices and we are now busy getting them ready before we can open up for everyone. The new address is Trafford Buildings, Unit 2, East Street, Leyland, PR25 3NJ just off the McDonald's roundabout. Now we have more space to have 1-1 rooms, meeting and training rooms and we are much more central and easier to get to! We're planning to have an open day soon so keep an eye out for more information! Our phone number is still the same.



## EASYFUNDRAISING

Did you know that whenever you buy anything online from your weekly shop to your annual holiday, you could be raising free donations for SLEAP with Easyfundraising? There are over 4,000 shops and sites on board ready to make a donation including eBay, Argos, John Lewis, ASOS and M&S -and it won't cost you a penny extra to help us raise funds. If you would like to sign up for this then follow the instructions below!

1. Go to the Easyfundraising website and join for free.
2. Every time you shop online, go to Easyfundraising first to find the site you want and start shopping.
3. After you have checked out, the retailer will make a donation to SLEAP at no extra cost to you whatsoever!

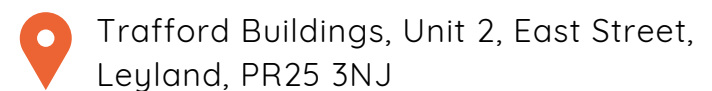


## HOW CAN I GET INVOLVED?

- Become a host family.
- 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!



## 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.