

NEWSLETTER

# SLEAP

## SUPPORT & LODGINGS FOR YOUNG PEOPLE

### HELLO

Hello and welcome to the winter edition of our newsletter! Christmas has already come and gone and we're excited to share with you some of the things that we have been up to, from Christmas parties to pop up shops and even news on a new drop-in that we are going to be launching in March! So grab a tea or coffee and enjoy catching up with everything we've been doing! 😊



### THANK YOU!

In December we launched our 12 Days of Christmas campaign and the response from the local community was amazing. We're so grateful to everyone who donated food. We were able to make sure that every SLEAP young person and their families received presents and food over the Christmas period. We also have enough food to give to young people who need it throughout the rest of the year!!

### POP UP SHOP

In December we ran a Christmas pop up shop. Young people were able to come and select some free gifts which they could then give to family for Christmas. There was a selection of clothes, toiletries and toys to choose from. As we all know, it's not just about the 'receiving' of gifts but also how good it feels to 'give' and unfortunately, not all young people are in a financial position to be able to do this, thus the idea was born. This was a real success and the young people who used it thought it was a great idea. We had Christmas music, mince pies and wrapping paper to boot.



## CHRISTMAS PARTY

We had such a fun time at the SLEAP Christmas party. We ate food, played games and also had the chance to celebrate some volunteers and staff who have been with us for a very long time! It was also lovely to have Jane Bell, the Mayor of South Ribble join us and present some long service awards.



## DO YOU WANT TO MAKE A DIFFERENCE IN SOMEONE'S LIFE?

We have launched a campaign to recruit more Host Families. Do you have a spare room and are passionate about supporting young people? If so, then why not consider becoming a host family and support a young person back into independence? If you would like to chat about this or need anymore information then you can call us on 01772 623603.

## DROP-IN

We're excited about our new drop-in that we are going to be running from Plungington Community Centre on Brook Street in Preston. We're having our first drop-in on the 1st March 2022 which will run from 11am to 2pm each Tuesday. This drop-in will be for single, homeless young people to access information, advocacy and practical support. We are looking forward to this fantastic opportunity to work alongside other agencies and professionals in Preston. We would like to thank Ben Clayton, Centre Manager for giving us the opportunity to use the Centre.





## BREAKFAST BEFORE BUSINESS (BB4B)

Each month we attend BB4B which is a networking meeting full of lovely people who support each other. BB4B is a great opportunity to learn about other businesses in the area and the wonderful work they do! They have always been a great support to SLEAP. The bacon butties are also an awesome treat to start the day with!

## YUMMY FOOD YOU CAN COOK

We've got our grant from Tesco Community - thank you so much to everyone who voted for us with the blue tokens. Now we're busy bringing this project to life. If you have a quick and easy recipe and want to take part, get in touch. We want to film lots of recipes and tips for our young people to have a go at.



## 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.