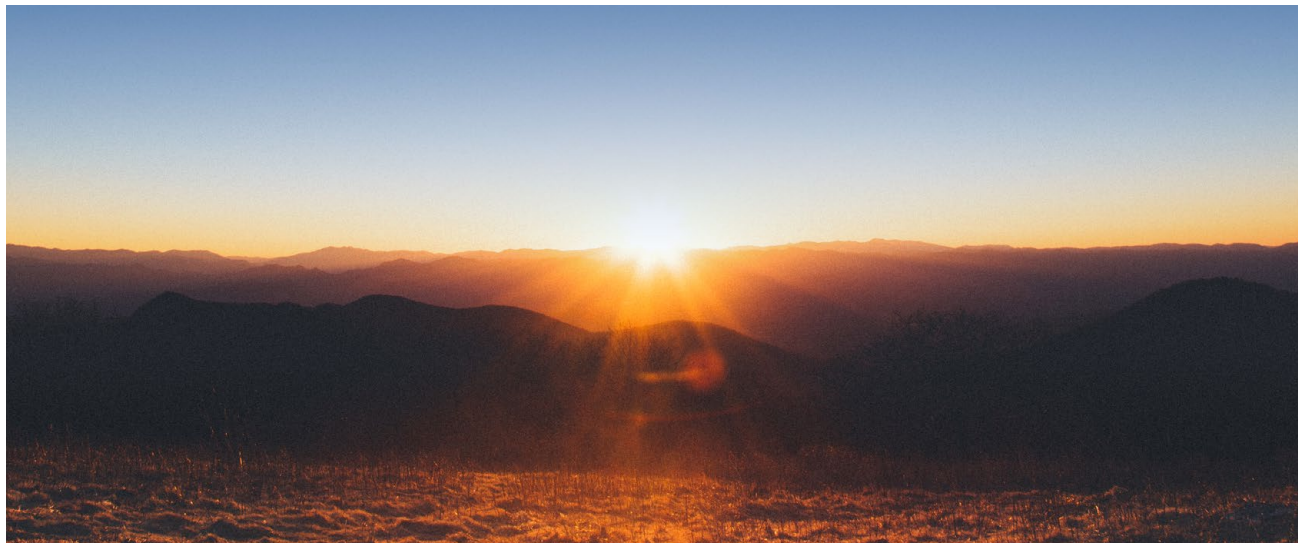




WELCOME

What a year! With everything that has been going on, it has been a while since we were last in touch. However, we have not been idle, we hope you enjoy catching up with what we have been doing in these strange times.

Firstly, we praise God for all his wonderful provision and gracious care of the team and young people we work with over the last months. When Covid hit in March and the schools and hostel closed their doors we weren't sure when or how we would be back. We explored new ways of delivering support online, but felt God telling us to wait... so we did. We furloughed the team from March until the summer and prayed.

When the schools opened in September we hit the road running... with new practices in place and Covid careful resources, lesson plans and procedures all adapted to fit in with each school's

guidelines, we certainly learnt the art of flexibility and rapid adaptation! The Covid restrictions have hugely impacted young people; increased anxiety and uncertainty coupled with a reduced ability to socialise make it harder for them to cope with life's ups and downs. We have seen demand for the support we provide increase significantly.

We are so thankful for all your prayers and support, God has truly carried us and blessed us and we pray he blesses you too.

With love from all the Life and Soul Team x x

If you would like to know more about how you can be involved in our work please do get in touch with us. You can also follow us on Facebook and Instagram.

 www.facebook.com/lifeandsoulunbridgewells

 [instagram.com/lifeandsoultw](https://www.instagram.com/lifeandsoultw)



A WORD FROM OUR NEW CEO...

I am really looking forward to working with the talented people at Life & Soul in supporting the young people of Tunbridge Wells and beyond.

My vision is based around John 10:10, that we would bring the good news of life in all its fullness through Jesus; teaching young people that they are unique, valuable and loved.

Sarah Finch



PRIMARY SCHOOLS



ASSEMBLIES

Nick and Jenny finished delivering their three-part assembly 'robot' series based around *truth* in many of the local primary schools, all with fantastic feedback from pupils and teachers alike.

They then wrote and rehearsed a brand new superhero series and were about to take this into schools in March of 2020 when Covid hit. These assemblies are now on ice until the schools are fully open again and holding whole school assemblies.

They have now written and put together three brand new video-chat style assemblies to be available online. These will be sent to all our schools asap.

UNLIMITED, OUR SELF-ESTEEM AND RESILIENCE BUILDING COURSE FOR KS2

The Primary schools have also welcomed the extra support we can provide through Unlimited, our resilience and self esteem course for year 5 and 6 pupils.

Since September we have delivered this to 18 pupils in Claremont and Fordcombe.

More sessions are booked in for St James and Groombridge once schools are open again.

It has been brilliant to welcome Sarah Taylor back from maternity leave and she is enjoying being back in Unlimited with Jenny.



PLAY THERAPY

Currently, there is a huge demand for this service as Covid has placed so much pressure on families. We were so thankful that Em was able to work with children again through play therapy in term 2.

Her work with children was quickly seeing positive results. Since schools have closed and restrictions have tightened, play therapy has again had to be paused but we hope it won't be long before this vital work can start again.





SECONDARY SCHOOLS



CONNECT MENTORING

In spite of Covid restrictions, schools have been keen to have Connect Mentors back in since September as they value the support this brings for the mental well-being of their students. We have seen a significant increase in demand for mentoring since schools re-opened. Throughout the Autumn term, we had 12 mentors seeing 31 students in schools every week and the waiting lists are longer than usual. We are so thankful to our team of mentors who volunteer their time to support individual young people. We are also grateful for the new volunteers; a number of new mentors were trained and deployed in November. We plan to provide another training course once restrictions lift again. If you think you might be interested in finding out more, with a view to becoming a mentor yourself, then please do get in touch with our lovely Connect Co-ordinator, Mary, at maryw_connect@lifeandsoul.org.uk.



PSHE (PERSONAL SOCIAL HEALTH AND ECONOMIC EDUCATION)

Over lockdown young people have been spending even more time online for learning and socialising, therefore increasing their potential exposure to the more harmful effects of social media and imagery. In response to this, and requests from schools, we have written and delivered two new lessons on parenting and gynaecology, and pornography and sexting, which we have delivered along with our updated Relationships and Sex lessons.

The new Relationships and Sex Education guidelines will become law in schools from September 2021. Two members of the team have been trained by the Christian charity ACET in delivering high quality RSE, following the new guidelines, and were asked to consult for one school on how to develop their new RSE curriculum. The approach is to encourage young people to think through consequences, respect themselves and others as unique and valuable, and empower them to treat relationships and sex as precious gifts. Excitingly, due to a very generous donation, we have been able to expand the team. Sarah Taylor has joined Ali and Kate, helping us to keep up with the increasing demand for lessons.

Our lessons are so valued in schools that the team have been invited to continue going in, even with schools now closed. They are delivering their lessons live to pupils at home, over the schools' online teaching platforms. Yet again, the team are working hard to adapt the resources so that they work well via this new medium.

A WORD FROM OUR TRUSTEES...

On behalf of the trustees of Life & Soul, I am glad to be able to convey our grateful thanks for your continuing support of the charity through the pandemic. We want to thank Ali Tranter for the continuity she has provided as Acting Team Leader since Karen Hickson-Smith stepped down in April after eight years. We wish her well with her new job in social transformation.

We are delighted that Sarah Finch has taken up her appointment as CEO of Life & Soul from 1st January 2021. Sarah has many years' experience of working with young people and of leading and managing an organisation. We have every confidence that Sarah will work well with the team in this new season, both consolidating the work already being done and bringing fresh ideas.

We are also really pleased to welcome Kate Green on board who has done a marvellous job with our finances since April. Our grateful thanks go to Rachel for her continued support of Kate in this role and of Life & Soul in general.

PINK MENTORING



Sadly PINK as we knew it has been on pause since March as the SAHA Homeless Hostel Covid guidelines have meant that group activities in the hostel had to be stopped. We were able to hold a summer PINK session in the grounds of the hostel to catch up with residents, but unfortunately restrictions have tightened again.

In response to this we decided to trial a one to one mentoring programme similar to Connect. This has proved very successful so far and we would love to expand it. The hostel are very appreciative of this mentoring support for their residents and for our flexibility in changing the format of the service we offer to the young people.

PLEASE PRAY FOR...

- God's protection and love to surround all the young people we aren't able to currently meet with
- The provision of more volunteer Connect mentors, especially men
- Protection for team members who are working in schools during this time
- Wisdom for us all to know God's plans for the work of Life & Soul
- Funding to expand our work to meet the growing need



If you shop online, you can support through your purchases, at no extra cost; simply register through www.bit.ly/GIVELS

Every purchase you make via the website will raise much needed funds for us.

MONTHLY DONOR

This time of year can be particularly expensive so people often find it easier to give each month, rather than in one go. Please click on the 'About Us' menu link on our website and select 'make a monthly donation,' or complete the form below.

