

Life & Soul is a local charity in Tunbridge Wells working with children and young people age 5-25. We deliver assemblies, mentoring, resilience workshops, relationships education and Play Therapy in local primary and secondary schools and at a hostel for homeless youth.

The aim, through all our work with young people, is to raise their self-esteem and help them accept and celebrate who they are, discover their voice, gain knowledge and be empowered to make wise life decisions.

"MEETING YOU HAS CHANGED MY LIFE FOR THE BETTER. I'VE REALISED THAT I'M NOT GOING TO LET MY PAST AFFECT MY FUTURE."

Tunbridge Wells hostel girl

By supporting our work, your donation will go directly towards changing young lives.

lifeandsoul.org.uk



**PINK** stands for Protection. Inclusion, Nurture, and Kindness. It is a weekly mentoring project for homeless young people at a hostel in Tunbridge Wells. The residents are predominantly young mums under age 21 who are often from broken backgrounds, unstable relationships and abusive pasts. We are privileged



Thankfulness iars

to come alongside them sharing food, craft and conversation to talk through any challenges they are currently facing.

The work is incredibly important to us; many of those we meet have experienced heart-breaking circumstances and situations so painful we cannot even write them down. We believe that each person should have every opportunity to reach their full potential, so the sessions have been developed to meet individual support needs. All sessions are designed to raise self-esteem through intentional conversations, whilst injecting light-hearted fun and laughter into our time with them.

Within this context we have identified patterns contributing to young homelessness and young pregnancy. These insights direct all our prevention work within primary and secondary schools.

We are grateful to the crèche volunteers who look after the babies and toddlers enabling the young mums to have time for themselves during PINK each week.

> The team remains in contact with *PINK* attendees after they move into their own accommodation. We celebrate their achievements

whilst supporting them through new challenges. Insights gained throughout are fed back into our PINK activities, ensuring we continue to prepare the next generation of hostel residents for successful independent living.

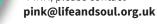
> For more information about PINK, please contact

THE ACTIVITIES FUN, BUT I HAVE SO MUCH KNOWLEDGE I DIDN'T HAVE BEFORE, MY ANXIETY LEVELS HAVE DROPPED AND I FEEL I CAN DEAL WITH SITUATIONS BETTER, ESPECIALLY MY FEARS. 'IT'S SO NICE TO HAVE A GROUP OF LADIES THAT TAKE THE TIME

"PINK WAS THE HIGHLIGHT

OF MY WEEK, NOT ONLY ARE

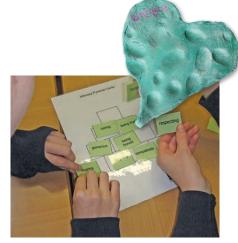
TO LISTEN AND CARE." Former hostel girl





Life & Soul deliver Personal. Social. Health and Economic (PSHE) Education sessions in local secondary schools to help empower young people with knowledge to make wise and healthy choices.

Our aim is to create a relaxed, respectful and safe environment within which young people are encouraged to think, consider consequences, discuss and make their own choices around relationships, sex and well-being.



Every lesson encourages the young people to see themselves, and others, as valuable and unique, worthy of treating with respect.

The topics and content covered are:

Healthy relationships - Exploring qualities of healthy friendships and relationships. Considering the place of sexual activity within a relationship.

**Sexual well-being –** Discussing physical, emotional and social consequences of sexual activity; including choices and consent.

Sexual health - Discussing safety against and the consequences of STIs, including HIV and AIDS.

Pornography – Identifying the messages lacking in pornography (reality, respect, relationship and responsibility). Exploring its impact on individuals, relationships and society.

**Sexting -** Thinking about the real messages behind, potential consequences of, and protection from images we send, or are sent.

Media messages and me - Encouraging analysis of images in the media and the impact on body image and self-esteem. Empowering young people to challenge unhealthy messages.

Emotional well-being - Exploring positive coping strategies when learning how to handle emotions.

Our PSHE lessons are delivered in weekly courses across a term, or in a workshop format, and are tailored to meet the age and needs of the group.

We have delivered adapted versions within church youth groups, primary school PSHE, and to parenting groups such as those with children in mental health crisis.

To get in touch about PSHE lessons, please contact pshe@lifeandsoul.org.uk

"I REALLY APPRECIATE EXTERNAL ORGANISATIONS TEACHING US ABOUT THIS STUFF, I WOULDN'T BE SO OPEN IF MY TEACHER WERE TO TEACH IT.""

Life & Soul PSHE workshop.



Schools





## 100% of students mentored through *Connect* stated they benefited from their mentoring.

**Connect Mentoring** provides trained mentors who give one-to-one support for local secondary students who need someone to listen to, support, encourage and empower them through whatever challenges they are currently facing.

All our volunteer mentors are screened, trained, follow schools' safeguarding guidelines and are regularly supervised. They use a solution-focused approach to mentoring, which empowers young people to seek resolution within their control.

The mentors have received training on issues such as anger and anxiety and attend regular training.

"I HAVE BECOME MORE
CONFIDENT TO TELL OTHERS
HOW I FEEL. I FEEL MORE FREE
BECAUSE I DON'T HAVE
EVERYTHING BOTTLED
UP INSIDE ME.""
Mentee

Each mentor meets students within the school during school hours for 30-minute sessions, typically once a week, for 6-10 weeks, depending on need.

Our hope is to see as many students as possible achieve their full potential, both inside and outside of school.

If you would like to find out whether Connect is available in your school, you need help getting a referral, or have any other enquiries, please contact connect@lifeandsoul.org.uk





**Unlimited** is a six-week self-esteem and resilience-building course for children in school years 5 and 6 who have been identified as needing a boost before going on to secondary school. We aim to help tackle the ever-increasing mental health crisis by encouraging a positive self-image and showing how each child is unique, with a crucial role to play in life. We strive to call out the gold in each individual child!

Unlimited runs weekly throughout each short term and covers:

**Our Uniqueness and Strengths** – aim: To understand it is good to be unique, to celebrate each other's differences, and know that we all have a unique role to play in life.

Body Image – aim:
To understand that what
is on the inside is more
important than what is
on the outside. To be
comfortable in knowing
that who we are is more
important than how we look.

Worries and Fears – aim: To understand that sharing the things we worry about helps us to cope well with them and stops them becoming too heavy for us to carry.

"MY SON FOUND THE EXPERIENCE
LIFE-CHANGING. SINCE WORKING WITH
UNLIMITED HE IS ABLE TO COPE WITH DIFFICULT
RELATIONSHIPS AT SCHOOL AND DEAL WITH
ANY ANXIETIES THAT ARISE. HIS CONFIDENCE
HAS GROWN, AND HE HAS REALLY COME
TO KNOW, UNDERSTAND AND ACCEPT
HIMSELF THANKS TO THE SESSIONS.""

Parent of *Unlimited* student

**Anger** – aim: To understand that anger is a normal emotion and to learn different ways to manage anger in a healthy way.

**Friendships** – aim: To understand what makes a good friend and different ways to help heal damaged friendships

**Feelings** – aim: To understand the different feelings and emotions we all have and how to respond to them in a healthy way.

Parents can access our 'Growing Resilient Children' TOOL KIT on our website: **lifeandsoul.org.uk/unlimited/** 

The *Unlimited* program has been a huge success with teachers, who valued the positive impact it had on children.

If you are a teacher and would like to book *Unlimited* for your school, please contact **unlimited@lifeandsoul.org.uk** 







Life & Soul want to reach as many children as possible to tell them how special and unique they are. The talented team write and present assemblies to the majority of local primary schools, bringing to life biblical messages in an interactive, all-inclusive and fun way. The popular assemblies come in series of three and meet the government's requirement for daily collective worship.



Our assemblies are little pieces of theatre

showing children how they are all precious and valued. Each episode in the series is a reminder for children to accept self, celebrate their skills and talents and receive wisdom. Our aim is for them to make good life choices so they can be the best version of themselves

Children love our assemblies and squeal with delight when they realise Life & Soul are visiting with our latest series.

We reach thousands of children through our assemblies each year.

For enquiries about our assemblies, please contact assemblies@lifeandsoul.org.uk

"LIFE & SOUL CONTINUE TO DELIVER GREAT ASSEMBLIES. A CONSTANT ASSEMBLY 'REFUSER' WAS ENCOURAGED IN TO SEE LIFE & SOUL: HE HAS ATTENDED ASSEMBLIES EVER SINCE!"





**Play Therapy** is a form of counselling which responds to the emotional and mental health needs of children through play. It allows a child to build a trusting relationship, one to one with a trained professional in a safe and confidential space.

Children can choose to use a wide variety of creative media such as sand, paint, clay, role play and music to express and explore how they are feeling and to work towards resolving difficulties they may be experiencing.

Play Therapy can help children who may be struggling to cope with issues such as depression, anxiety, anger, bereavement, abuse, family breakdown, illness or low self-esteem.

We would usually start with 12 sessions and then look to extend to more sessions if necessary.

We currently only offer our Play Therapy work within schools. We have good relationships with parents/carers and have seen that Play Therapy can have a positive impact on the whole family.

For any enquiries about Play Therapy, please contact playtherapy@lifeandsoul.org.uk



"X REALLY OPENED UP
AND THE SESSIONS REALLY
HELPED HIM MOVE ON FROM
ISSUES THAT HAD BEEN AT
THE FRONT OF HIS MIND
FOR NEARLY 2 YEARS.""
Parent of child who attended
Life & Soul Play Therapy



## for young lives

## Your donation of

£5 per month could pay for one child's Unlimited session £10 per month could pay for one child's Connect Mentoring session £25 per month could pay for one child to receive Play Therapy £60 per month could pay for one PSHE education session

- Email office@lifeandsoul.org.uk
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- Watch us on Vimeo vimeo.com/193369028

## To donate: lifeandsoul.org.uk/#donate

Cheques can be made payable to *Life & Soul Youth Work* Direct payment to Life & Soul with Account number: 65699511 Sort code: 08-92-99

Life & Soul Centre, Christ Church, High Street, Tunbridge Wells, Kent TN1 1UT Life and Soul Youthwork is a registered charity (1153304) and a registered company with charitable status (08574869