

INTRODUCTION

Welcome to the latest Life & Soul newsletter. We are excited to share with you what we have been up to since our last Newsletter in March.



CONNECT



Our volunteer mentors are in high demand, helping many young people who are struggling with all the changes, uncertainty and upheaval of living through a pandemic. We want to thank all our wonderful volunteers for the time they so generously give and for the compassion and wisdom they demonstrate when mentoring the young people, they make a huge difference to the lives of the teenagers they work with.

"X seems happier and more able to articulate how she is feeling. She has told me the sessions have helped her to communicate better at home."

TEACHER TALKING ABOUT CONNECT MENTEE

RSE

Our Relationships and Sex Education team had to be super flexible and were regularly adapting lessons so that they could be taught in a Covid-secure way, sometimes to larger groups than usual, or even online from the office! They worked creatively to ensure that the young people would learn about the choices they have, what healthy relationships are and how to value themselves and make wise decisions.



UNLIMITED

"I just wanted to thank you for what can only be described as a truly transformational course. My daughter absolutely loved it – the topics were on point, she was able to be creative and she came home visibly more confident and happy as a result. She uses the tools you taught her on a daily basis."

PARENT

Feedback like this shows just how effective Unlimited is at helping children to value themselves, manage their emotions and grow in confidence and resilience. >>

BACK TO SCHOOL!

When schools re-opened in March many were quick to have us back in so that we could continue to support young people.



ASSEMBLIES

Most schools are still being cautious about whole school gatherings so the Assemblies team have produced two series of fun and engaging online assemblies which are available to view on the Life & Soul website, do go and take a look. Our wonderfully creative and talented assemblies team, Nick and Jenny are going to be diverting their energies into other areas within Life & Soul for now as the demand for whole school assemblies has reduced dramatically due to Covid. The amazing Mike at High Hopes will continue to meet the demand that is there.

PLAY THERAPY

Positive parent feedback has shown that Play Therapy continues to be valued and beneficial, to both the children who experience a safe and confidential place to explore their emotions, as well as families, who see a marked difference in attitude, confidence and self-esteem in the children who've had it.

"You have given my child coping strategies for when things aren't going well at home. They are now more confident and happy, thank you, I'm so grateful."

PARENT OF CHILD ATTENDING
PLAY THERAPY

TEAM AND TRUSTEE AWAY DAY

One windy, grey Saturday at the end of September we had a great time away together. We started with pastries and finished with lunch and in between we filled lots of post-it notes with encouragements, plans and ideas.

SUPPORTED BY prospect
arts



The team and Trustees



The team



The Trustees



GROWING THE TEAM

In the week before half term, we were so blessed to host Tara Gretton from Solution Revolution who came to further develop the skills of our staff team and all our volunteer mentors in the Solution Focused approach that we use in our mentoring.

It was so great to all be learning together and everyone left at the end of the day, inspired and encouraged in their practice.

In September we were also excited to welcome seven new mentors on our initial training course for Connect Mentoring.

SUPPORTED BY



Tara Gretton



HOW YOU CAN HELP

Please partner with us in prayer, we can do more when we go in God's strength! There are a list of prayer points opposite.

- We would like to revamp our website to make it more relevant and to provide resources for teachers, parents and carers to access outside of the services that we provide. We would also like to produce a promotional video that eloquently shows what we do as a charity. We need £4,000 to fund this, please consider giving a one-off donation towards these projects, the details of how to give are below.
- Are you on social media? Life & Soul regularly post on Facebook and Instagram, we would love you to follow us, like, comment on and share anything that is relevant to your own stream or any groups you think might be interested. The more we spread the word the more we can help young people.
- You can fundraise for us with almost no effort or cost on your part. You can make us your chosen charity on Amazon Smile or Give As You Live. With Christmas coming this could be a good time to sign up. All you need to do is visit their websites, register and select Life & Soul as your chosen charity. Then whenever you purchase something online just go via the two websites and anything you buy will result in a donation to help us continue our work.

REGULAR GIVING

There are estimated to be 3500 young people in Tunbridge Wells with mental health problems but they are having to wait too long for the support that they need. Please help us to help them before they reach crisis point.

- £15 a month could provide one mentoring session for one young person.
- £90 would provide a whole course.

PRAYER POINTS

- For schools to stay open so all young people can access the learning, social opportunities and support that they need.
- That doors will open for Life & Soul into new schools so that we can reach more young people.
- For God's favour to be on our fundraising activities and funding applications so that we have the resources that we need.
- Please give thanks for the wonderful trusts, churches and individuals who support our work financially or by giving their time.
- For young people themselves, that they would know who they are and be confident, discover their voice and place in the world.

TEXT LIFEANDSOUL to 70085 to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you would like to give £5 but do not wish to receive marketing communications, text **LIFEANDSOULNOINFO** to **70085**.

Or to donate online, please follow this link: lifeandsoul.org.uk/#donate

Contact us at email@lifeandsoul.org.uk if you would like to volunteer.