



LEGENDS PROGRAMME

SUMMER REPORT

2022



#makingadifference



“

OVER 100
YOUNG PEOPLE

were supported by our Legends Programme this summer, all of whom have had some form of contact with the care system or are deemed a disadvantaged young person. We are proud to have been able to continue providing a source of support to each one of them, helping them to feel less isolated.

”

Lucy Wheatley,
on behalf of the YLF Legends
team





A message from **LUCY WHEATLEY** Legends Manager



LEGENDS SUMMER ROCKING ON AGAIN!

It has been a really challenging time across the world since the pandemic.

This had a huge impact on people's lives with many being left with more mental health concerns, anxieties, and feelings of isolation.

So our Legends team have worked hard over the summer to offer a bespoke programme for the young people that allows for more social interaction, supports their well-being and builds confidence and resilience.

Some activities were completely new to the young people and these have helped them come out of their comfort zones. In addition, the familiar group activities have helped put them at ease as they know what to expect and helped to strengthen their established friendships.

I am so proud that we have been able to provide such an extensive summer programme this year that has offered over and above, and I am thrilled that we have been able to maintain continued support for our children and families who needed us.

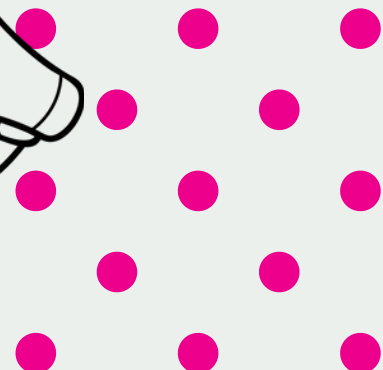
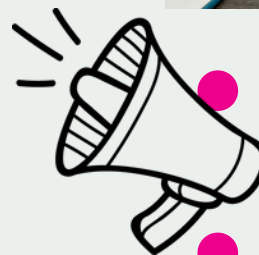
This would not have been possible without the support of our funders and partners, and so many people who have given their time, and resources to bring the programme to life.

We do not underestimate how fortunate we are to have this support and we are so humbled and grateful for it.

We hope you enjoy reading our Summer Report.

Thank you!!

**WE CAME BACK WITH
A BANG!**



During summer 2022

21 **ACTIVITIES**

in total
for our young people
this summer



3 **OVERNIGHT
RESIDENTIAL
TRIPS**

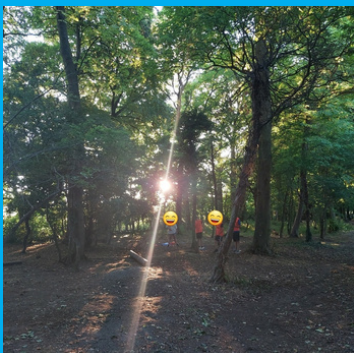


100+

young people were
supported

800

hours of
face-to-face
youth work



ACHIEVEMENTS and highlights



LEGENDS PROGRAMME SUMMER!

Our young Legends were excited for the summer! With 3 residential away and heaps of other fun activities, everyone was ready for a summer of fun, social engagement and resilience building! And even our staff were excited, ready and raring to go!



SOUTHEND BEACH FUN!

The Swale Legends decided to carry on their newfound summer tradition of going to Southend for the day! They enjoyed their usual routine once there, involving lots of exploring, and they headed out on Jetstream Tours Boats! Such a great day out in the sun!



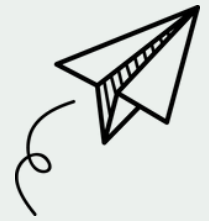
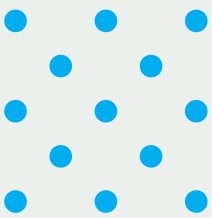
ON YOUR MARKS, GO!

Our Swale Legends kicked off the summer by having an all-time classic sports day! There were egg and spoon races, a sack race, and the good-old relay around a track! What a way to break into the summer holiday with team building games in the sun!



JUMP, JUMP, JUMP AROUND!

Our newly established Maidstone Legends group headed out to their first ever activity with us! This was great for them to develop their friendships further and try out new experiences together! They rather enjoyed trampolining and then a meal at the end! Welcome to you all!



TEAM HOLIDAY!!

Our Gravesham and Sittingbourne Legends were in for a whole heap of teamwork challenges as they headed out for a residential weekend together! There was a lot of learning new skills and confidence building. They all also enjoyed spending time together with other young people in the similar situations - what a team!



THANET'S FLIP OUT FUN!

Our Thanet Legends headed out to their local trampoline park to enjoy some time jumping around and burning off all the excess energy they always seem to have! Lots of older young people teaching the younger ones some great tricks, what great teamwork and of course fun!



CLIMBING TO THE TOP!

Our Maidstone Legends had their first experience of The Climbing Experience in Maidstone, and what a day it was! The young people were sooo speedy by the end that they managed to get to the top of a wall in seven seconds! That was crazy fast! Well done guys!



DONT LET ME DOWN NOW! INFLATABLE FUN!

Our Medway Legends had a great time heading to St Andrew's lake waterpark! They took on the inflatable assault course and for some this was a rather challenging activity due to past trauma, but they pushed through and smashed it!





BUOY BOATING FUN!

Our Gravesham Legends enjoyed a five-day trip away on a working barge! Sailing the rivers and challenging themselves with tasks from manning the sails to dropping the anchor was a real experience, but they did it all with so much passion and pride! Well done Gravesham for your top team work!



REST-IDENTIAL WE WISH!

Our last residential of the summer involved our Medway young Legends in the full heat of summer. Luckily we had the chance to be in the water a lot to cool down! But this also helped them to overcome some more water fears of their own!



UP THE GILLS!!

We have recently been blessed to have local footballer and YLF Ambassador, Luis Binks, support us by providing Gillingham FC football match tickets. It was a delight to be able to take our young people along to the game and enjoy the buzz of a football stadium. Come on you Gills!!



SUMMER PARTY FINISH!

To finish the summer off, we were really pleased to be able to have our annual summer BBQ in the grounds of Clive Emson's home, where the young people enjoyed team games, swimming and of course some delicious food! Thank you to Clive for supporting us once more!

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"It was tough work
sailing a barge...
I learnt a lot from it
though!"

”

Young person who
went on a barge
residential away.

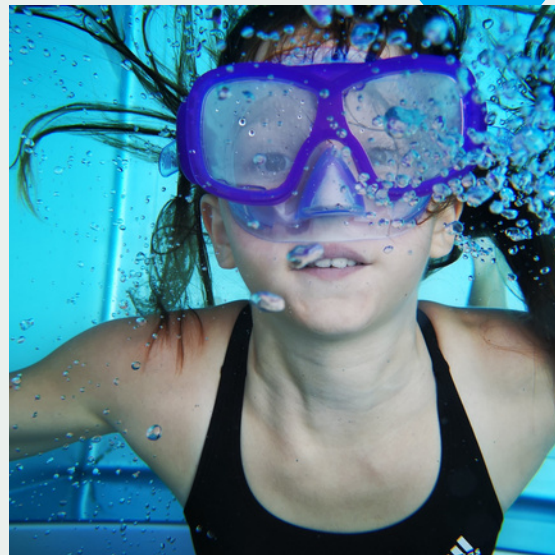


STEPHANIE'S Story.....

Stephanie is 10 years old and has been a part of the Legends activity programme for the last two years.

She always expresses how much she enjoys it, apart from this one time... Read below to find out what happens next!

Last Summer, 2021, Stephanie's carers dropped her off to an activity. They had told her it was a water-based activity and Stephanie wasn't sure about it but went along anyway.



Stephanie arrived to see it was an inflatable assault course on a lake and worried that she wouldn't be safe. Even after the staff spent time coaching and encouraging Stephanie to give the activities a go, she didn't want to join and asked to go home.

Over the past year, Stephanie's carers have been working on helping her to feel more confident in the water, and she also started having swimming lessons.

Because of her fear, YLF's Legends leaders at the youth group would offer Stephanie activities that were not involving water to start with, and decided to later help work towards facing her fear when she was ready.

Then this summer, the water-based activity at the inflatable assault course was offered to all Legend members who wanted to take part and Stephanie said yes! She said she felt more confident and willing to go back to the water park and try the assault course.

She was really nervous at first, but after some encouragement and support from the Legends leaders and her friends she had made over the past year, she was able to swim over and enjoy the park!. She was thrilled with herself and we were all proud of her. Stephanie said she had so much fun and looks forward to doing this again another time too!

Thank you to Stephanies's carers, friends and Legends leaders for all their help!





FEEDBACK

from young people and carers

"Before joining the group I was too anxious to join any groups and didn't have friends to play with. I have now made new friends at the group who I can also meet up with and play with at other times. It helps me get out and be active and have fun. Otherwise I would have nothing and would be very lonely and unhappy. It helps me with my social skills and to try new things.

Thank you!"

LEGENDS YOUNG PERSON

"Being part of YLF definitely puts a smile on my face - also I get to know I'm not the only child in care."

SAM, LEGENDS YOUNG PERSON

"The summer activities are really good as they give me something to look forward to. I have also tried some new things that I would not have had the chance to do before. It has boosted my confidence and I am making some good friends which I didn't have before."

LEGENDS YOUNG PERSON

"As a family we appreciate all the support you all give to Luke at the group and all the activities he's been able to access through Young Lives Foundation. Luke enjoys the group, it has definitely helped with his mental health and well-being, and it's boosted his confidence to try different things that he wouldn't do at home. Luke has enjoyed doing the kayaking, laser-tag, PGL, and Mote Park with the group. We thank you for all you do and we hope it can continue."

PARENTS OF LUKE, LEGENDS YOUNG PERSON

Resources and LINKS

Please visit our YouTube Channel and follow us on our social media channels for regular updates, news and videos:

www.facebook.com/Legendsylf

www.twitter.com/Legendsylf

www.instagram.com/Legendsylf

www.youtube.com/channel/UCsEKgNGGaLEko7TMZp7gfsW

Also check our website and blog for further information about our work and impact - and don't forget to sign up to our newsletter. Thank you.

www.ylf.org.uk/legends

www.ylf.org.uk/blog

Please note that all information and activity reported in this report is correct as of September 2022 and in line with current government procedures and guidance.



♥ #thankyouforalloursupport ♥

Supporters and **FUNDERS**

The Legends Programme would like to thank the following grant makers, supporters, donors, businesses and organisations for their continued support.

We would also like to highlight our gratitude to all individual donors who have given support to our Legends. Thank you!



**THE DOROTHY
WHITNEY
ELMHIRST TRUST**





LEGENDS

programme



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