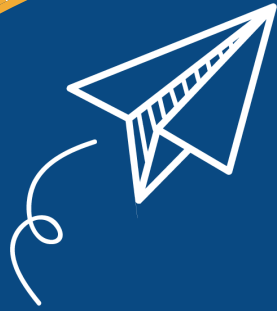




**THE  
YOUNG LIVES FOUNDATION**

**LISTEN ● SUPPORT ● EMPOWER**



Kerrie has been my Independent Visitor for over a year now and when I moved to new foster carers she carried on visiting me and made sure I felt ok.



We have done lots of stuff together and been to places like the zoo and theatre, but I like just going for walks and getting cake!



We don't even need to do different stuff all the time; I like doing the same stuff because it is our thing between us.



**NATHAN, YOUNG  
PERSON**

**LISTEN**



**SUPPORT**



**EMPOWER**



# The Young Lives Foundation

## Who We Are

The Young Lives Foundation (YLF) is a charity that listens, supports and empowers disadvantaged young people in Kent, through Advocacy, Mentoring, Befriending and Activity Programmes.

YLF is an award-winning children's charity dedicated to offering guidance, support, and opportunities to individuals facing significant challenges, including those in care, transitioning out of care, or dealing with trauma and educational difficulties.

By taking a holistic approach, YLF empowers those it supports, fostering resilience and creating positive, lasting impacts within local communities.

## Our Vision

We want all young people to live in communities where they are **heard**, are **safe** and **supported**; with opportunities to **thrive**.

## Our Mission

**We aim to support young people to thrive through highly effective and accessible programmes where they:**

- ☆ are given a voice, are heard and empowered
- ☆ are supported by consistent adults through times of challenge and change
- ☆ have opportunities and resources to be happy and thrive

**+10,000**

voluntary  
hours given  
per year

**+2,700**

vulnerable young  
people supported  
each year

**94%**

of young people feel  
listened to and  
supported

**£630k**

generated through  
fundraising every  
year



### DID YOU KNOW...

10,000 voluntary hours saves us approx £122,100 every year - every volunteer hour makes a difference!

# Our Values

Our values serve as guiding principles that help us to remain aligned with our mission, vision, and overall purpose.



Transparent and honest with strong moral principles and clear about what we do and why

Integrity



We are a charity that genuinely cares about young people and is driven by our passion and setting high standards

Passionate

Recognising and valuing the contributions and support of others, always saying thank you for the gifts of time, money and support

Grateful

A 'can do' charity, agile and adaptable to change. Open to new ways of working with courage and ambition to learn, grow and offer value

Innovative & Flexible

Respectful

Treating all people equally and fairly

Stable & Consistent

Offering long term support and a stable presence in our communities and people's lives

Listen • Support Empower  
the Young Lives foundation



My advocate was there to make sure I had a positive move from my foster placement. I can't thank them enough for all the help in my meetings. I have always felt comfortable talking to my advocate and know I can trust them to do what they say and help if they can.

**JAMIE,  
YOUNG PERSON**



# The Young Lives Foundation

## What We Do

The Young Lives Foundation (YLF) provides a number of Advocacy and Youth Programmes designed to support, guide and build skills and personal development.



- ☆ **Advocacy & Rights**
- ☆ **Children in Care Council**
- ☆ **Befriending**
- ☆ **Accompanying Adults**
- ☆ **Independent People**
- ☆ **Appropriate Adults**



- ☆ **Legends Youth Hubs**
- ☆ **Care Leaver Mentoring**
- ☆ **School Mentoring**
- ☆ **Community Mentoring**
- ☆ **Corporate Mentoring**



- ☆ **Advocacy & Hardship Funding Support**
- ☆ **Care Packs & Campaigns for Care Leavers**
- ☆ **Drop-in & Participation opportunities**
- ☆ **Mentoring & Transition Support**
- ☆ **Peer Support Groups & Alumni Support**
- ☆ **Apprenticeships & Training**



## DID YOU KNOW...

Every year, over 200 YLF volunteers help us to deliver our programmes of support. AND our donors and funders give over £600,000 a year to allow us to maintain our service to the community. Without this support we could not operate.

## ☆ Advocacy & Rights

YLF Advocates offer independent support, helping young people express their feelings and understand decisions impacting them. They promote self-advocacy, resolve issues, and ensure young voices are heard, respected, and considered in decision-making.

## ☆ Appropriate Adults

An Appropriate Adult ensures fair and proper conduct while a young person (10-17) or vulnerable adult is in police custody. Required by law, this role is usually filled by a parent or carer. YLF volunteers step in when needed, dedicating over 10,000 hours annually to support detainees' rights and understanding.

## ☆ Accompanying Adults

An Accompanying Adult supports unaccompanied children in immigration age assessments, ensuring fairness and understanding. They help the child understand procedures and rights, and observe social workers' conduct. While there are no statutory guidelines, assessments must follow legal standards for fairness.

## ☆ Befriending

Our Befriending programme supports young people in care by connecting them with trained volunteers who provide advice, companionship, and long-term interest in their well-being. These Independent Visitors offer consistency amid frequent changes in their lives, helping them develop social skills, build self-esteem, and gain confidence in exploring new interests.



## ☆ School-based Mentoring

YLF school mentors support student mental health, emotional wellbeing and resilience. They provide young people with a safe environment to access an independent, trusted person to share their problems and feelings.

## ☆ Community Mentoring

YLF Mentoring focuses on enhancing skills, behaviour, and relationships based on goals set by young people at risk of offending or social exclusion. Volunteer mentors guide them to build self-esteem, improve relationships, and engage in positive community activities, including safe online mentoring and gaming sessions with the Legends team.

## ☆ Legends Programme

The YLF Legends Programme offers a fun, supportive environment for disadvantaged young people in Kent to engage in new experiences. Activities include weekly groups, half-term events, overnight camps, day trips, and educational opportunities, with participants actively forming valuable life skills along the way.

## ☆ Advocacy & Hardship Funds

YLF's trained Advocates support care experienced individuals through change and transition, providing resources on rights and entitlements. YLF's extensive networks offer access to hardship grants for education, training, employment, and wellbeing.

## ☆ Participation & Apprenticeships

YLF provides participation opportunities for those with lived experience to shape programmes and address current needs. Ambassadors deliver bespoke training to social care professionals, while YLF pledges to support care leavers with employment and apprenticeships.

## ☆ Mentoring & Transition

YLF's mentoring programme for care leavers helps build confidence and independence during the transition from foster care. Mentors provide support with budgeting, job searches, and maintaining accommodation while offering regular contact to combat isolation and promote essential life skills for successful living.

## ☆ Peer Support Groups

YLF offers opportunities for care experienced young adults to come together in local and informal settings to support each other, either as peer mentors or as a social group. Alongside life skills opportunities, YLF staff and volunteers facilitate social groups, encouraging friendships that create care experienced communities across the region. This tackles isolation and offers lived experience support.



### **KALLIE, YOUNG PERSON**



My leaving care mentor has helped me settle into independent living. It was a scary thought at first, to live alone, but she was patient and kind and taught me how to budget, cook for myself, get things done and prioritise.

I have still got a way to go before I feel fully comfortable with this big change, but with my mentors' help I know that I will be there in no time at all. She makes me feel confident in myself and knows how to deal with the things I throw at her. I appreciate this help a lot and don't know what I would do without her."



# The Young Lives Foundation

## Supporting Us

Supporting YLF is incredibly rewarding and offers a chance to make a lasting impact on young lives in Kent.

If you can spare a couple of hours per month, you can help make a HUGE difference. Volunteering with disadvantaged children requires compassion, commitment, and an open heart, but it can be life-changing for everyone involved. Reasons to volunteer:

- ☆ Improve lives
- ☆ Build meaningful connections
- ☆ Understand challenges
- ☆ Strengthen communities
- ☆ Inspire change
- ☆ Break cycles
- ☆ Role model
- ☆ Develop skills
- ☆ Personal fulfilment
- ☆ Pay it forward



More Info

## VOLUNTEER



### Our Roles Include:



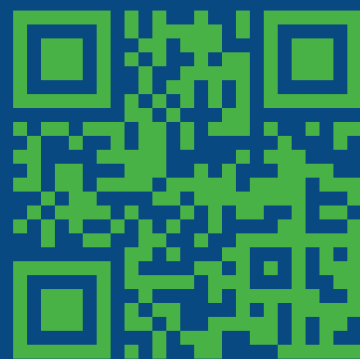
## DONATE



Donations help us continue our valuable work and support the positive efforts we put into helping young people to thrive. Giving is not just about making a donation, it's about making a difference, whether its a one-off donation or you give regularly you can:

- ☆ Invest in the future of a child
- ☆ Give new experiences
- ☆ Maximise potential
- ☆ Develop skills
- ☆ Provide new opportunities

Donate Here







# FUNDRAISE

YLF aim to raise over £600,000 a year to enable us to continue meeting the demand for our services.

Fundraising for our charity not only helps children in need but also fosters a sense of community and purpose, making it a meaningful and impactful way to contribute to society. Reasons to fundraise:

- ☆ **Improve children's lives**
- ☆ **Support disadvantaged people**
- ☆ **Champion the rights of children**
- ☆ **Teamwork and networking**
- ☆ **Sense of accomplishment**
- ☆ **Raise awareness**
- ☆ **Invest in the future**
- ☆ **Engage in the community**



More Info



Whether its an individual challenge, a team sport, school event or in memory, fundraising is a fulfilling endeavour that will improve the lives of children at YLF.

# PARTNERSHIPS



Partnering with YLF demonstrates your commitment to supporting young people and our mission. We'll tailor a plan to meet your objectives, delivering measurable results while raising funds and awareness together to make a meaningful impact.

Partnering with YLF provides employees with opportunities to engage in meaningful work and enhance their sense of purpose. A partnership can have many streams of involvement including:

- ☆ **Charity of the Year**
- ☆ **Payroll Giving**
- ☆ **Pledging**
- ☆ **Work Experience**
- ☆ **Sponsorship**
- ☆ **Gifts in Kind**
- ☆ **Fundraising**
- ☆ **Volunteering**



More Info



# The Young Lives Foundation

## Contacting Us



### Enquiries

*For all general enquiries please contact:*

**01622 693459**

**enquiries@yfl.org.uk**

**www.yfl.org.uk/contact/**

### Referrals

*Referrals for young people can be made online:*

**www.yfl.org.uk/refer-a-young-person/**

*For programme-specific referral enquiries:*

Mentoring: **mentoring@yfl.org.uk**

Legends: **legends@yfl.org.uk**

Advocacy and Befriending: **advocacy@yfl.org.uk**

Young Person's Advocacy Freephone: **0808 1640096**

### Volunteering

*Applications for Volunteering can be made online:*

**www.yfl.org.uk/apply/**

*For general volunteering enquiries:*

**volunteering@yfl.org.uk**

### Fundraising & Corporate Partnerships

*For fundraising and corporate partnership enquiries:*

**01622 693459**

**fundraising@yfl.org.uk**



““ —

I have been a part of YLF since I was put into care. I wasn't able to speak to anyone or go to school and so started attending the YLF groups where I could get out of the house and socialise with other people my own age.



YLF soon became a support network to me. I have grown in confidence and learnt lots of new skills. YLF is my safe place and I don't know where I would be without them.






**JENNA,  
YOUNG PERSON**





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*\*some imagery of young people in this brochure has been changed to protect identities*