

The logo features the word "LIFEbeat" in a white, handwritten-style font. The "LIFE" part is in all caps and a slightly bolder weight than "beat". A small white sun icon with rays is positioned above the letter "I". A small "UK" trademark symbol is located at the top right of the word "beat".

LIFEbeat^{UK}

engaging the creative power of young people

LIFEbeat.co.uk

Who we are



LIFEbeat is a UK registered charity formed in 2009.

Our mission is to improve the wellbeing of young people – giving them the skills and inspiration to overcome the challenges they face, lead confident, healthy and purposeful lives and be able to navigate the divisions in society.



community

LIFEbeat is creating an inclusive community of organisations, individuals and young people.

Our programmes bring together people of all ages, genders, beliefs and backgrounds to experience our shared humanity.

What we do

We offer:

- Personal development programmes for 14-18 year olds
- Professional training for youth workers, teachers, trainers and therapists
- Adult volunteering opportunities



LIFEbeat programmes are based on the following beliefs:

- Humans are essentially creative
- We share a desire for a safe sense of belonging
- We need genuine and authentic connections with others
- We are capable of empathy and compassion
- We develop and thrive within a loving, creative community

Our approach

Young people are facing an ever greater need for support, to help them understand the world that they live in and build achievable goals for their lives.

The emotional wellbeing of a young person has been found to be a powerful indicator of adult life satisfaction, mental health and family formation¹, as well as levels of academic achievement. With 75% of mental health problems starting

by the age of 18², there is a pressing need to build adolescent resilience and wellbeing.

We believe that programmes founded on group process, creative expression and personal story-telling can provide tremendous benefits - giving young people the tools to express themselves and connect with others in every area of their lives.

We build:

Resilience

Self-esteem

Emotional intelligence

Social skills



1. Social and emotional skills in childhood and their long-term effects on adult life', A review for the Early Intervention Foundation by Alissa Goodman, Heather Joshi, Bilal Nasim and Claire Tyler, 2015.
2. Future in mind Promoting, protecting and improving our children and young people's mental health and wellbeing', Williams Lea for the Department of Health 2015.

Our youth programmes

- Week-long residential **summer camps** in a rural setting comprising 50 youth (aged 14-18) and 30 adult staff mentors
- **Peer mentoring** programmes

"When my son attended LIFEbeat, he was a balanced, articulate teen, enjoying school, with a small circle of friends. He was well-behaved and worked hard at school. However, LIFEbeat transformed him. He returned from the camp full of enthusiasm and wonder at the discoveries he had made about himself and others. LIFEbeat filled in an emotional gap in his heart and allowed him to express himself away from his family and usual peers, free from any pressure (real or felt). It was a very positive experience which remains with him today."



Our camps

One week can make all the difference!

Our camps comprise 50 young beneficiaries aged between 14-18, a group of Peer Mentors and 25 staff and volunteers, brought together for an intensive 8-day programme.

Young people join a well-structured, friendly and safe community where they are inspired to reflect on their lives, their relationships and their aspirations. They are asked to explore their collaborative skills and develop an inclusive and tolerant attitude towards others.

The camp programme uses creative activities such as music, art, dance, games and storytelling, with a constant emphasis on inclusion, interaction and, above all, fun.

In a short space of time, young people feel hope and confidence in both themselves and those around them. Personal aspirations are raised and, hand in hand with this, comes a greater and more positive commitment to school, family and personal goals.

A camp is challenging and completion of the programme marks a significant achievement.

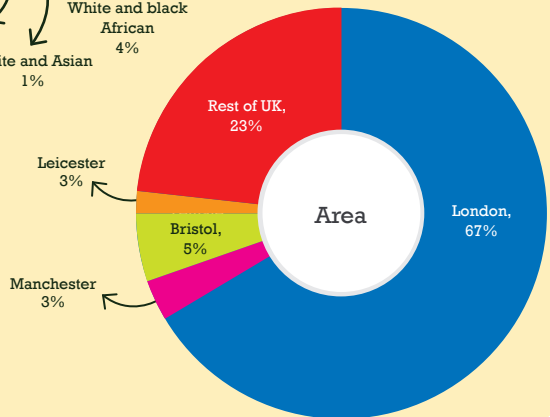
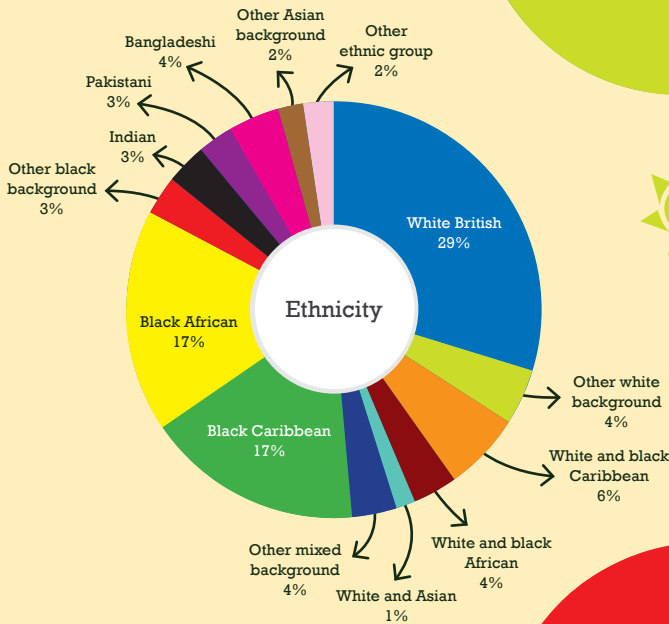
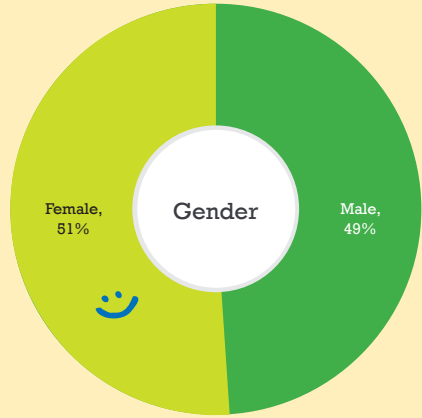
Camp goals

- **Expand your creativity**
- **Learn from those different from yourself**
- **Explore your inner life: thoughts, feelings, imagination**
- **Set personal goals and learn how to achieve the**
- **Have fun**



Who are the young people who attend our camps?

We have held **24** camps between 2009–2016, serving **1296** young people.



"It's a real mix of cultures and backgrounds - it has made me more outgoing."

Peer Mentoring

A group of young people are selected from our Summer Camps to join a year-long programme to learn creative facilitation techniques, build leadership skills and become programme leaders.

Skill building includes

- Facilitation Techniques
- A toolbox of creative practises to use for facilitation programmes
- Programme and Workshop Planning
- Interpersonal work with youth and groups
- Self-reflection tools and techniques

Community and ongoing support

We hold community events during the year in the form of Council and Reunion meetings that offer young

people who have attended our camps continued access to a safe, nurturing and transformative environment. After 9 years, we now have a generation of young people who join us at camp as staff, beginning a cycle of growth and support.

LIFEbeat also has a monitored Facebook group, which can be accessed by both staff and young people. The group keeps LIFEbeat alumni up to date on activities and events. Direct mentoring support with members of staff can also be requested via Facebook or the LIFEbeat telephone.

The LIFEbeat Child Protection Policy is reviewed annually and all LIFEbeat staff and trustees, volunteers and programme partners are required to have an Enhanced DBS check.



Professional Training

LIFEbeat's Creative Practice Training is a two-day facilitation skills workshop that offers a toolbox of easy-to-lead activities for those working with groups of young people. It is open to adults of all ages and is an excellent CPD opportunity for teachers, youth serving professionals, therapists, social workers, artists and workshop facilitators.

The workshops combine a deep understanding of group process, with a keen awareness of the role that creative expression plays in bringing individuals and groups alive. Attendees will gain skills and insight into the practice of group facilitation.

They will:

- Explore their relationship to their creativity
- Learn how to build safe learning environments
- Learn arts-based activities that enliven learning and build group trust
- Explore ways to weave a variety of art forms into a programme
- Experience joy and be inspired

We also work in partnership to offer bespoke creative practise opportunities for staff in schools.

Adult Volunteering

We offer a highly-structured volunteering programme for adults who wish to nurture and inspire young people. Our volunteers report feeling more inspired and empowered in their lives.

No youth work experience is necessary - also we provide full training and mentoring. The programme includes:

- A week-long adult volunteering programme at our summer camps.
- Ongoing group mentoring opportunities with young people within the LIFEbeat community.

We have provided 46,260 volunteering hours since 2008, with volunteers providing 64% of the camp staff.

"I have volunteered on LIFEbeat summer camps since 2009 and now I work as a facilitator for LIFEbeat. I've met amazing people and lifelong friends, developed my creativity and changed career because of LIFEbeat. This programme is helping me learn how to grow vibrant creative communities. I want to support our young leaders to develop their skills and confidence."

Referrals

LIFEbeat welcomes referrals from parents, youth organisations, schools and social services.

We work in partnership with schools to provide:

- Bespoke Creative Practise teacher training modules
- School enrichment programmes centred around creativity and social and emotional learning

"LIFEbeat made a huge impact with our students at Globe Academy. It has been a privilege for our students to work with such a dedicated and caring team who take the time to get to know each student individually."



"The Camp is like a gateway to confidence"

Impact

“A profound long-term impact was identified in the areas ‘purpose in life’, ‘creativity/ learning new skills’, ‘self confidence’ and ‘community’.”

Impact Consulting/London Business School Evaluation, 2015.

Camps

Over **90%** felt their confidence was improved.

85% were helped to start something new.

2/3 felt empowered to pursue their dreams.

Almost **80%** of the participants set themselves clear goals regarding their future (personally & professionally).

More than **75%** of the youths feel that they can now, after the camp, make friends more easily and interact with a wider set of people since the LIFEbeat experience.

Peer Mentor Programme

90% of the youth participants had increased self-esteem and confidence through the programme.

92% of the participants said that they experienced an appreciation of diversity and greater understanding and respect across lines of difference.

85% said that they had an increase in their social and communication skills through participating in the programme.

85% said that they now had more confidence to be agents of positive change.

Professional Training

Over **90%** see an all-round confidence, motive learning and development improvement.

Over **75%** of adults brought new skills, creativity & attitudes back to the workplace following LIFEbeat programmes.

“Freedom to make my own choices, while still regarding others.”

"I want to be a life coach in the future to help and inspire others."

"I now open up and am not scared of what people think."

"Through planning and carrying out a practice of a workshop I created, I was able to feel more confident about my own ability to create and run things, as well as leading a group of people in an activity and speaking in front of larger audiences."

"At home with my Aunt I don't really speak to her the way I used to because now I am able to communicate better so she is able to understand me more."

"It inspired me to create an after school programme for primary-school pupils called 'happiness heroes'. It has encouraged me to branch out into youth work."

"Embed LIFEbeat inspired art events in the school's yearly diary... Specific LIFEbeat inspired techniques in the classroom were recognized as outstanding by Ofsted inspector."



The Post LIFEbeat Blues by Elene & Ogechi

This is a little song just for you
When you got the post LIFEbeat blues
Don't be sad that it's all done
Just Smile, look back at all the fun



LIFEbeat, LIFEbeat, a place where you can be free
LIFEbeat, LIFEbeat, a place where you can see
And explore yourself and nature too
Don't forget, that we all support you!

Spirit fingers for everyone,
For a beautiful journey that has just begun,
So here's a special bead just for you
'Cause you're AMAZING at all you do.
Every night there's something new,
Music, dance and theatre too
You choose from different workshops
Some involve paint, and some involve props
That's not where the fun stops

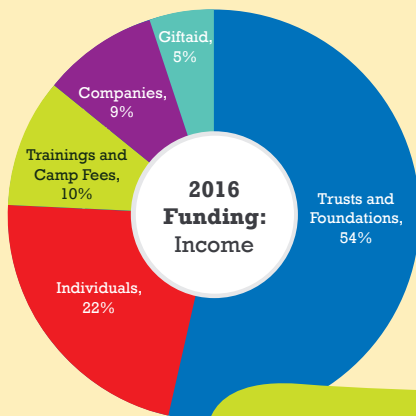
(Chorus)

Heart circle where you can let go,
Gratitude circle where you can let people know,
How thankful you are to have them by your side
Open mic night that will fill everyone with pride
And a hush fell over the crowd,
And one more thing...

(Chorus)



Expenditure:
89% of our
expenditure is
spent on our
programmes
with 11%
towards
governance
(including
fundraising).



"I was already from a very multicultural community and friend-group... Even for me I was exposed to different cultures in a way I wouldn't have done otherwise."



Thank You

We are very grateful to everyone who plays a role within the LIFEbeat community – everyone who attends and dedicates time to our camps, trainings and events and to all our partner and referral organisations.

We would also like to thank all the organisations and individuals who have generously given us financial support, including:

Brown Rudnick LLP
Deborah and Manish Chande
Mark Cheng
CHK Charities Ltd
The Peter Cundill Foundation
Anthony and Sarah Dick
Hugo Eddis
The EQ Foundation
The Grocers Charity

The Lancashire Foundation
Marks and Spencer
The Mendoza Foundation
Nomura
The David and Elaine Potter Foundation
Clive Schlee
Vestra Wealth
Victoria and Ian Watson



CEO: Lucy Sicks

Trustees

Mark Burgess (Chair)
Deborah Chande
Hugo Eddis
Charles Vyvyan
Victoria Watson
Peter Wozny



Registered Office: LIFEbeat,
Stanford Hall, Lutterworth, LE17 6DH

Charity Number: 1128680

Company Number: 6632229

London Office:

Kensington Aldridge Academy
1 Silchester Road
London
W10 6EX
Tel: 020 7313 5810

LIFEbeat.co.uk




LIFEbeat UK
engaging the creative power of young people