

CELEBRATE 30 YEARS

of



By signing up to our Life
Skills 30 Challenge

Help us increase resilience
skills in young people

[https://link.lsec.uk/
fundraise](https://link.lsec.uk/fundraise)

Take part in our **Life Skills 30 Challenge**

Fancy taking on a New Challenge? Did you know that we are coming up to 30 years of providing Life Skills interventions for young people? To celebrate, we are challenging you to the ‘Life Skills 30 Challenge’ to help us deliver our interventions in more schools and help empower more young people.

As we approach 30 years of providing Life Skills interventions, the need to continue to empower young people with Life Skills is evident in weekly news stories. We hope to encourage a team effort among Life Skills supporters, staff members, and Trustees.

The Challenge will occur from 1st March 2024 to 31st December 2025, and people can participate individually or as a team.

Participants can choose any activity, whether cooking, knitting, running, walking, or dancing, and complete 30 minutes, 30 miles, and 30 repetitions. The choice is up to the individual or team, including their fundraising target.

Linda Ellis, CEO: ‘We are excited to announce the launch of our Life Skills 30 Challenge, and I’m getting it started by committing to running 30 miles per month for 6 months! Each week in the news, we see stories of young people’s lives cut short by either knife crime, drugs, or other crimes. We can help address this by empowering young people through our Life Skills intervention programs.’

Please join us in raising funds to help get our programs into more schools.’

If you are up for the Life Skills 30 challenge, why not join us? Take on the Life Skills 30 challenge to help empower young people across Nottinghamshire and the UK.

[https://link.lsec.uk/
fundraise](https://link.lsec.uk/fundraise)