

LIFE Times

Spring 2024



Reclaim Life
promoting emotional wellbeing

6-8 Bridge Street, Leighton Buzzard, LU7 1AL

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Well, what a year 2023 was, especially as it was our first full year in the Reclaim Life Centre.

Our Life Coaches worked with over 170 clients who contacted Reclaim Life for our therapeutic life coaching. That's over 850 hours of life coaching we have provided to people from Leighton Buzzard and surround areas. This does not include the number of people we have helped and talked with when they have dropped into the Centre and were offered an urgent coaching session when needed.

We had new life coaches start coaching at the beginning of 2023 and we were also able to run two more therapeutic life coaching training session at the end of the year for new life coaches to join our team of volunteers in 2024.

We are looking forward to 2024 and continuing to provide our life coaching and support at a time when it is needed.

Linda Sear (Chairman) & Sally Hearn (Manager)

Official Opening

In June we had our official opening by our Patron Andrew Selous MP assisted by the Major Cllr Pughe with an audience of our volunteers and friends of Reclaim Life.

Our Chairman, Linda Sear gave thanks and presentations of the workings and progress of Reclaim Life. Then one of our past clients read his moving poem he had written about his experience with Reclaim Life.



Goodbye & Thank You

We recently said goodbye to Sue who was with us for over 10 years. Thank you for all your hard work and support over the years Sue.



We welcome Jane Atkins to the team as our new secretary.

Our New Service

As we have an increase in people coming through the door in distress who need immediate attention before going on our

waiting list, we have now welcomed Diane Costin, one of our life coaches, who helps us 3 days a week triaging.



One small crack does not mean you are broken, it means that you were put to the test and you didn't fall apart.

Reclaim Life is a registered charity (no.1138735) and we receive no NHS or Government funding.

Any donation you can make to support our work, would be most gratefully received.

Fundraising

Still not getting any funding we are so reliant on donations and people fund raising for us.

Recent successful fundraising activities include...

A fantastic number of Reclaim Life collection boxes around Leighton Buzzard thanks to Alan Brandham who is distributing and collecting them. We are now getting a steady income from these.

Harry, one of our founder members and a Trustee is continuing to give talks to organisations and we would like to thank Leighton Buzzard Rotary for an amazing donation of £1,000 following one of Harry's talks.

We are looking for volunteer fundraisers either as individuals (coffee morning, cake sales, fun runs etc) or as part of a committee who can collectively organise fundraising activities.

Thanks for your support!

Reclaim Life relies on the generosity of many volunteers for us to operate and we are truly grateful to you all. Thanks to the recent new additions to our support network...

We are very grateful to our long-term supporters of Reclaim Life, Lynne and Darrel Pickup who have set up our 'Pickup Library' paying for and supplying Human Givens books for us to lend to clients during their 5 sessions. A much-appreciated service.

Nick Sutton our local window cleaner who supports Reclaim life keeping our windows clean. We can highly recommend him! You can reach him on 07032 175495.

Karen our regular volunteer who comes in on a Thursday afternoon and supports us with a variety of useful tasks.

Carlan who generously manages our eBay sales for the bigger ticket items and those that are not suitable for sale in the shop.

We are always keen to welcome new supporters and volunteers in a range of capacities so please do reach out if you would like to help us.

Serendipity

Serendipity our charity shop is going very well, with an amazing team of volunteers we continue to open every Tuesday, Thursday and Saturday from 10-4 and receive a regular flow of generous donations. By December 2023 we had generated an amazing £30,000, all helping to finance Reclaim Life.

We are always looking for new and nearly new items find us on Facebook at Serendipity-Leighton-Buzzard.

Reclaim Life Coaches

New Volunteer Coaches

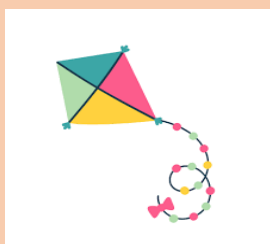
We had a fantastic response to our latest training, run by our manager Sally and as a result we hope to have 8 new life coaches starting with us very soon.

Congratulation to our Life Coach Sara, on the birth of baby Chloe.

We are very proud of our Life Coach Diana Crooke who has been with us since we started and has just been awarded a Leighton Buzzard Volunteer Community Award. She has been a true asset to Reclaim Life over the years and we are really pleased her hard work has been recognised. Well done Diana.

KITE – Keep In Touch Evening is back!

For Spring & Summer we are again holding in-person evening KITEs for all past clients, run by Diana and Laura on the 3rd Wednesday of every month, at the Reclaim Life Centre 7.00—9.00pm.



Save the date!

Peacock Auction House Bedford are holding an antiques evening on Thursday 25th July at 6.15pm £40 each, dinner included. £10 of every ticket goes to Reclaim Life. For more info go to www.traveltreats.co.uk

