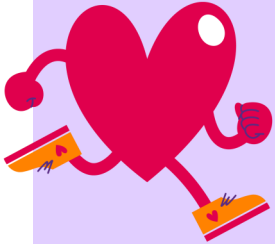




## FREE2B BULLETIN - SPRING 2023

### HEADLINE NEWS - RUN HELENA RUN!



Our wonderful Proud Parent **Helena** is running the London Marathon on the 23rd April to raise funds for Free2B. She's got her T-shirt printed and is training hard! She is hoping to raise **£500**

Please consider making a [donation](#) and sharing this fabulous fundraiser with your networks to help Helena smash her target!

### FREE2B TEAM

We have had a number of changes to our team over the past few months with some sad farewells and some exciting hellos!

One of our founding Directors **Colin** has retired from his role but continues to support Free2B's mission and values.

Our lead youth worker **Em** has stepped back from their role at the Gap youth club having relocated to Wales with their family. We are delighted they remain part of the Free2B family, stepping into the role of non-executive Director.



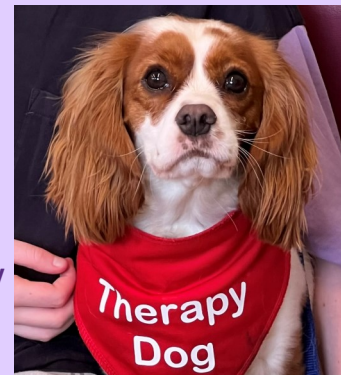
We welcome **JC** to our team of Community Support Workers. JC is based in Richmond schools as well as supporting young people through our community service. She has over a decade of experience working with young people, children and adults, in community youth work, education and health care settings.

And we welcome **Barbara** to the team as our Rainbow Therapy Dog supporting school forums. Barbara brings extensive experience

to the role including a waggy tail and cuddles and she is very happy to be paid in treats!

Our wonderful volunteer **Steve** who has supported the Gap and Proud Parents for over 5 years is taking a step back to look after their wellbeing. The fabulous **Izzy** is taking a break from their volunteering in order to go travelling for three months - bon voyage! And it is fantastic to say welcome back to **Jenna** who previously volunteered with us and is returning to support our Proud Parent sessions.

And last but not least, we've said a huge thank you and goodbye to our Treasurer **Jane** who has supported our Board of Directors for over 6 years and a very warm welcome to **David** who will be taking on this role.

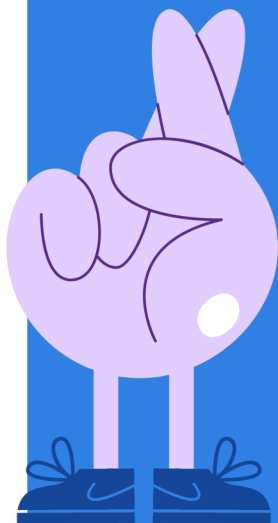


# FREE2B BULLETIN - SPRING 2023

## YOUNG PEOPLE

We have had some fantastic activities at our youth clubs led by our amazing team of volunteers, covering everything from healthy eating to team challenges. And our very own Rainbow Power youth council designed a workshop to explore conflict management. We've also had two essential sessions delivered by Brook on **consent and healthy relationships** with thanks to the fabulous Laura Clarke for their inclusive delivery.

Arts and crafts are always a favourite and at our members' request we've had bracelet making, badge making and biscuit decorating. Check out this amazing 'mini Mr Tea'.



## GAPSTERS

Our Gapsters junior group is for young people aged 9-14 (with parent consent required for those under 13 years old). It's a safe and fun space for young people to be themselves.

The club runs every Friday from 4:00-5:30 near Clapham Junction. Please get in touch if you would like to refer a young person or to find out more information: [hello@free2b.lgbt](mailto:hello@free2b.lgbt)

## TRAINING

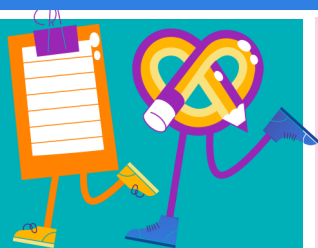
We continue to deliver our monthly CPD on LGBTQ+ inclusivity for organisations supporting young people.

### Spring CPD session dates

In November we were delighted to deliver a one-day advanced LGBTQ+ inclusivity training.

"I really appreciate all that the workshop had to offer. I am constantly trying to better my practice as a youth worker / mentor and this training was essential for me to enhance my knowledge."

For more info please visit our training webpage: [www.free2b.lgbt/training](http://www.free2b.lgbt/training)



## PROUD PARENTS

Upcoming sessions:  
22nd Feb | 8th Mar | 22nd Mar

We continue to run a mix of online sessions and in-person trips.

Each month we aim to have a guest speaker and we are hoping to engage more of our youth members to come and share their stories.

We kicked off January 2023 with the fabulous Archie, who shared their journey so far.

We also have a thriving WhatsApp group where parents support each other and share their challenges and triumphs.

For more details please contact Nicki:  
07884 425 408 | [nicki@free2b.lgbt](mailto:nicki@free2b.lgbt)

