

Helping churches bring

**hope** and

a **future**

for struggling children

# The heartbeat of your church

**Have you ever longed for your church to reach deeper into your community? To be equipped to help more children and families? To bring them hope and a future?**

When TLG first began in 1999, we were just one church responding to the needs of struggling children in our local community. Now, we're a nationwide movement of churches, bringing hope and a future to children all across the UK. Our heartbeat has always been the same - to see the local church transforming lives for good.

## The Need

Whilst communities often share challenges, from food insecurity to isolation and mental health struggles, every community is unique. At TLG, we believe your church is best placed to transform the specific needs of your community.

## How TLG Helps

Over the last 25 years, we've developed two programmes, TLG Make Lunch and TLG Early Intervention, to equip your church with training and expertise to love and support your community. Through our expert therapeutic support training, these programmes bring about transformation with a trauma-informed, compassionate approach.

## Your Impact

Whether you provide a family living below the poverty line with a healthy meal or a support a struggling child with weekly coaching, through partnering with TLG you'll see the power of the local church in action!

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**TLG's programmes are one of the most incredible examples of 'love in action' that I have experienced, and to see how God uses them is an absolute privilege.**

- Kate, TLG Early Intervention Coordinator

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Everything we do makes an impact on a practical and social level for those who are struggling. It's about faith and deeds coming together, and advocating for children like Tommy and Harry.

**Will you join us?**



# TLG Make Lunch

## Community, belonging and meals that matter

**Over half of all families in the UK with children under five now struggle financially or with their mental health** (UNICEF UK). **What if your church could transform the situation for your community?**

### The Need

The ever-rising cost of living is forcing increasing numbers of families into crisis. With 4.3 million children living in poverty in 2024 - nearly a third of all children in the UK - families are experiencing not only the physical effects of poverty but also a devastating sense of isolation and loneliness and damage to their mental wellbeing.

For too many children, the school holidays are the hardest weeks of the year, without the guarantee of a school meal, friends and activities to fill the day.

### How TLG Helps

TLG Make Lunch equips and mobilises local churches to provide safe spaces where families enjoy nutritious meals, fun activities, and a sense of belonging. TLG equips churches with volunteer training, safeguarding support, and bespoke trauma-informed resources to help those struggling emotionally.

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**My mum and dad don't have to worry about looking after us, what we're going to do, they don't need to run after us, they do feel less worried now. It's just a joyful experience!**

- Joe, aged 8, Cleveleys

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**TLG Make Lunch is relaxing and comforting. I feel like I am supposed to be here - like there's a purpose for me here. You get a sense of belonging as soon as you walk in.**

- Lee, parent and attendee of TLG Make Lunch at Lighthouse Church, Anglesey

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## By joining the growing number of churches offering TLG Make Lunch, your church will...

- join a national movement of churches transforming their communities
- build connections with those in need of practical and emotional support in your local area
- create a space for struggling families to experience a sense of belonging
- receive bespoke support and training from the TLG at every stage
- access funding streams and practical support
- have the confidence and understanding to support those affected by trauma
- be inspired with new ways to connect families into wider church life.

Let us support you in the detail as you focus on the vision for your club, personalising it to fit your community and its needs.

### Your Impact

TLG Make Lunch clubs are well positioned to respond quickly to emerging crises and connect families with the broader church community and other local support services. Through your Make Lunch club you will foster lasting relationships, extending support beyond the holidays into term time. You will create opportunities for families to feel connected, find a sense of belonging, and access additional community resources and local support services, laying the foundation for real and lasting change.

Our partner churches have now provided over 1.1 million meals to over 30,000 children and families who might otherwise be hungry, lonely and isolated. We're excited to journey with you and your church family as you bring hope and a future to children and families in need of your support.

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**TLG Make Lunch is more than a meal. It's a place at the table. Not just our church's table, but the King's table - where all these children are welcome and wanted.**

- Simon, Church Leader  
at Sheddocksley Baptist  
Church, Scotland

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## Layan's story

At just 7 years old, Layan and her family were forced to leave their home and seek asylum in Sheffield, England. Layan describes how she felt. 'Before I came to Make Lunch, I felt a bit lonely. I didn't know anybody. I didn't know what was happening and I didn't know anything about this country.'

Layan's mother, Bouchra, found it equally hard: 'I left my family and my country, my everything there and came here. It was very difficult for me.'

Thankfully, a health visitor referred the family to a nearby TLG Make Lunch club at the local church. Layan's family were provided not just with hot and healthy meals, but with community!

Layan says, 'They always help us with everything, like if we're in the house, we needed something, we didn't have it...' 'They would come and bring it for us!' Tala, Layan's little sister finishes.

The TLG Make Lunch community stood in the gap between Layan's family and despair. 'We gave them a safe place at Make Lunch. They are part of our family,' says Terence Williams, TLG Make Lunch Coordinator.

Bouchra agrees. 'I have no friends here, no family here, but they are my family.'

Terence summarises: '**Make Lunch is just showing love - that's what Jesus did, he showed that he cared.**'



# TLG Early Intervention

**One coach, one child,  
one hour a week**

**All over the UK, children are struggling for all kinds of reasons and many families are suffering without hope.**

## The Need

Poverty, bereavement, family breakdown, abuse or being in the care system can have a huge effect on a child's wellbeing. Some children may suffer from a lack of confidence, experience bullying, struggle in the absence of positive role models, or just be in desperate need of a trusted adult to talk to and listen.

What if there was a way your church could offer practical, loving and dynamic support to those children struggling in your community?

## How TLG Helps

The aim of the TLG Early Intervention programme is to equip volunteers from churches to go into their local schools and provide one-to-one coaching for children finding it hard to cope.

Every volunteer spends an hour each week with their child – sharing fun with them, listening to them and showing them that somebody cares about them.

Invariably, whenever a child is struggling at school, there is a family that also needs support and care. TLG Early Intervention introduces churches to families in need of the comfort of your loving church community.

MORE THAN 500 CHILDREN A DAY IN ENGLAND ARE BEING REFERRED TO NHS MENTAL HEALTH SERVICES FOR ANXIETY, MORE THAN DOUBLE THE RATE BEFORE THE PANDEMIC BEGAN, AND MORE THAN ONE CHILD EVERY THREE MINUTES.

– Guardian August 2024



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**Coaching is a safe space where you can talk to someone and express your feelings. We did some fun activities, but each activity was related to something that would help me to cope.**

– Karis, coached child, Catford

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## By joining the growing number of churches offering TLG Early Intervention, your church will receive...

- comprehensive training so that they can professionally and sensitively create a safe environment for their coached child
- more than a year's worth of bespoke resources and session plans. Our aim is to make it as simple as possible
- regular support from your Church Relationship Lead so they won't feel they're working alone
- access to our dedicated online system known as 'Coaching Village' to enable you to see the impact that your church is making.

Plus, your church's Early Intervention Coordinator (the lead coach) and deputy will receive additional training to support your team.

### Your Impact

Every year, church volunteers across the UK offer an incredible 20,000 coaching sessions for children needing vital support. What's more, because of Early Intervention, we're seeing more and more children and their families accessing the wider support of their local church.



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**TLG Early Intervention is a no-brainer. The therapeutic interventions have allowed us to meet needs that I would not be able to afford to meet otherwise.**

- Peter, School Principle, Belfast

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## Ollie's story

Before Ollie started TLG Early Intervention coaching, he found life at school stressful and hard to cope with; "life was pretty stressful and hard for me to cope with," Ollie recalls. "I would start scratching myself to the point where I would get like scabs and stuff on my hands. The classrooms were really loud. The stress would be that bad that I couldn't sleep. I kind of didn't know what to do."

Ollie's diagnosis of autism helped make sense of why he was struggling with the classroom, loud noises and his emotions but it wasn't enough to help him tackle those issues.

Ollie began working with Anne as his TLG Early Intervention coach and his mum, Alex, could see an improvement in Ollie's mood immediately when he came home from school, "he couldn't wait to tell me what they had done that day and couldn't wait until his next day with Anne."

Through the Early Intervention training Anne was given, to support Ollie with activities and strategies to not only learn more about himself but to also use different coping mechanisms to help him manage the school day.

"Through coaching, I started to feel differently. I would feel happier and just generally being able to talk about my feelings felt really good, and then was improving my mental state."

Not only did Ollie, his coach Anne and his mum Alex notice a significant difference, but also Ollie's school principal who described Ollie as being "back to his brilliant best!" He continues, "TLG Early Intervention is a no-brainer. The therapeutic interventions have allowed us to meet needs that I would not be able to otherwise."

**Ollie's future is now brighter and full of hope because of the support he's received from TLG Early Intervention.**



# TLG's Church Connections team

**As you and your teams build meaningful relationships with the children and families through our programmes, natural opportunities may arise to signpost them to other support and invite them into the wider life of your church.**

**We'd love to support you in this, and our Church Connections team is here to help in a variety of ways.**



TLG Family Fun Day  
Kings Church, Eastbourne

## **Family Fun Days: Grants and Resources**

Family Faith Fun Days are the perfect opportunity to gently introduce children and families to faith, and provide free, fun activities for the whole family. We have some great resources to help you do this well!

We want to bless our partner churches by offering 'seed' money that we hope multiplies the fruit of the relationships with children and families that you build through TLG programmes.

Recognising that many churches are keen to bring hope, fun and connection in their communities, we offer the opportunity to run your own Fun Day in your area every year, where you know your families and community best.

## **Staying Connected**

The Church Connections team at TLG sends out a newsletter to the leaders of our partner churches three times a year. These letters contain stories of encouragement, updates about our programmes, events, training and resources that could equip your church in mission. It's also a great resource to share with your wider church family to keep them up to date with all things TLG!

## **In the Journey**

Using our 25 years of experience partnering with local churches, TLG developed a fantastic tool exclusively for our partner churches called 'In the Journey'. 'In the Journey' is a tool for the church community, equipping you to intentionally notice what God is already doing in the lives of children and families around you, and joining in! This resource is about bridging the gap between the TLG programme that local churches are running and the families that they walk alongside, to help those families feel part of the wider life and support of the church.

## **TLG's Connected conference**

At TLG, we're passionate about equipping and encouraging mission-hearted churches and individuals across the UK, to bring hope and transformation to their communities.

TLG's annual 'Connected' conference is where our community of volunteers, supporters, and friends come together to celebrate what God is doing through His Church, to be refreshed in purpose, and to leave with renewed inspiration.



# Partnering with TLG: Your next steps...

Our Church Partnerships team would love to begin a conversation with you. With hundreds of church partners, we've helped churches of all shapes and sizes find the right TLG programme for them and their community.



For more detail, both TLG programmes have their own brochure explaining the steps for partnering with TLG. Get in touch to request a copy!



You can call us on **01274 900377** or just drop us an email at [partnerships@tlg.org.uk](mailto:partnerships@tlg.org.uk)



Alternatively, visit [tlg.org.uk/your-church](http://tlg.org.uk/your-church) to explore the options further.



## Don't stay silent. Speak up for struggling children.

Our vibrant team of trained TLG speakers each have a powerful message of hope to share with churches. Request a TLG speaker to inspire your church about the impact that partnering with TLG can have.

Visit [www.tlg.org.uk/speaking-events](http://www.tlg.org.uk/speaking-events) to find out more.



# Emotional First Aid



**FREE online training to help you spot the signs of emotional distress in children and adults, and know how to respond to them effectively.**

The webinar provides...

- a biblical perspective on being therapeutic
- a three-step guide to responding in the moment to signs of emotional distress.
- tools you can use to continue journeying alongside someone who is struggling.

[tlg.org.uk/EFA](http://tlg.org.uk/EFA)





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