

Dear young person,

I can remember being your age and finding life a bit tricky at times. Our world has become a little less kind, more unpredictable, more chaotic and in many ways less caring. To be honest, it must seem a lot darker for many young people.

I want to offer myself as a safe base should you ever need one. I will lean in for you when you need some support and that support will be non-judgemental and full of compassion with no lectures or unheeded advice. I will be a lighthouse for you, shining a light into the darkness and I will be a positive, reliable presence for you.

Side-by-side we can find a way to overcome obstacles and challenges. In good times, we can do fun stuff together that may include ice cream.

From your lighthouse

PS My contact details are attached.