

# lifeneWS

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# The new and very much improved website has arrived...



**We've launched three brand new, interlinked LIFE websites, each one designed to meet the needs of three very different kinds of visitor – LIFE clients, LIFE supporters and fundraisers and a main LIFE site for everyone.**

LIFE's principal site at **www.lifecharity.org.uk** is the hub of pro-life information and latest news. From publications to education talks, pro-life issues to our advocacy work - everything you ever wanted to know about LIFE and the pro-life cause is presented here in an easy-to-access way.

Our site for supporters, **www.supportlife.org.uk** covers how you can get involved with LIFE and make a difference. From volunteering to organising a fundraiser, starting a LIFE group to running the Marathon – if you want to actively support our work or just make a donation, this is the site for you.

**www.pregnancyhelp.org.uk** is 100% client-focused – a lifeline for LIFE's potential clients. Women facing crisis pregnancy, made homeless through pregnancy, dealing with pregnancy loss or abortion, and men affected by these issues too – all can quickly and simply access our extensive support services here.

The sites have already gone live and we've had great feedback already, so visit the sites to see for yourself and let us and others know what you think about our new online presence.

## Listened to for the first time

**I was heavily pregnant with an unplanned baby and in an on-off volatile, unhappy and stressful relationship which had become mentally and physically abusive. From somewhere I finally found the strength to leave the house I shared with my partner.**

My relationship with most of my family and friends had also completely broken down and, with my mum in the middle of moving house, I had no support and nowhere to go – I was homeless.

I felt scared, alone and depressed. My darkest point was when it was almost Christmas and I was 8-months pregnant with no idea what the future held. It was at that time I was referred to LIFE Housing by the local authority.

One of the LIFE Support Workers interviewed me and I was able to

move in straight away with the few belongings I had left. I felt listened to for the first time and totally supported. My Support Worker was fantastic and helped me to settle in.

Every day I grew stronger with the emotional support I received from my Support Worker and also the other tenants in the house. And I got practical help too with claiming benefits and so on.

Thanks to my experience of living in the LIFE house I would probably not be where I am today or be the person I have become. I have a beautiful daughter and I'm now a LIFE Housing Support Worker myself. It's a privilege to be able to help the women in the LIFE house and I hope that what I've been through gives me an extra insight into how they might feel.



## lifeneews

Editor Mary Lubrano  
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www.pixelstudios.co.uk

Further copies available from:  
admin@lifecharity.org.uk or phone  
01926 421587.

# What will you do in the next five minutes?

We need your help urgently – make the next five minutes count.

**Four years ago, I wrote to you urgently asking for your help. The recession had hit hard but, thanks to your amazing support, we more than pulled through and for that I cannot thank you enough.**

However, we now face a different challenge but one that is equally urgent. **We are not asking you for money** – we need your help in a different way.

Demand for our services is rising dramatically and we urgently need more LIFE supporters if we are to continue to provide our life-transforming work. Unless we do, thousands of people might not get the help they need.

This could mean babies aborted because their mothers felt they had no other choice, homeless pregnant girls remaining un-housed and teenagers unable to hear the life-changing, positive LIFE message in their schools.

I know there are many more amazing, pro-life people like you that we just can't reach. But you can.

Here is how you can help - 3 easy steps which will take you five minutes and yet matter so much:

- 1 Contact just one person who isn't a LIFE supporter but who you think might like to be**
- 2 Ask them if we can contact them and how they would prefer to be contacted**
- 3 Fill in their details below and post the form back to us in the enclosed freepost envelope.**

That's it! We'll do the rest.

**Alternatively, if they would like to sign up here and now, ask them to complete the form on the inside back cover and return to us in the enclosed freepost envelope.**

Please, do it now. What better thing can you do in the next five minutes? A simple act will make all the difference and help turn lives around. So please, don't put it off. I know there are many calls on your time, but I would be so grateful if you would take this chance to help people who might otherwise slip through the net.

It's easy to think that nothing is changing, but our work is making a real difference. Every year, we help thousands of young women, men and children. Our services are unique and without you none of this could happen. Please, help us carry on providing this vital support to so many vulnerable people. I would be so very grateful.

**Thank you.**

Yours sincerely,



**Prof Jack Scarisbrick**  
National Chairman

*PS. If you want to let us have more than one person's details – that's great. Just put their details on to a separate sheet of paper and post it along with this form. And please - don't forget to ask them how they would prefer to be contacted.*

Name of potential supporter .....

Address .....

.....

..... Postcode .....

Tel..... email.....

Preferred contact method:  telephone  email  mail/post

LIFE abides by the Data Protection Act 1998 and as such will never make personal data we hold available to external individuals or organisations.

# Parliamentary Inquiry into abortion and disability throws spotlight on unfair treatment of parents

**Niall Gooch**

LIFE Research & Education Officer, London



For many years, pro-lifers have been highlighting the disparity between our society's sanctioning of abortion for disability and the eugenic screening of embryos, while at the same time valuing diversity and championing non-discrimination and tolerance.

**Now, at last, a Parliamentary Inquiry, headed by Fiona Bruce MP and supported by the All-Party Pro-life Group, has been investigating the issue, with an impressive line-up of expert witnesses from a range of fields.**

An Inquiry heard oral evidence in four sessions during February and March, having previously appealed for written evidence, and is set to issue a final report in June which will be available online. You can view the website of the Inquiry and transcripts of the evidence sessions here: <http://www.abortionanddisability.org>

The Private Members' Ballot (for backbencher MPs) took place on 17 May. It is hoped that, if a pro-life MP wins a high place in the Ballot, s/he will be encouraged by the findings of the Inquiry to take up a Bill to repeal that section of the Abortion Act which allows abortion for fetal abnormality.

One of the most striking themes of testimony has been the inadequacy of support for parents who have just been told that their unborn child carries a disability. Professor John Wyatt, Emeritus Professor at University College

Hospital London and one of the country's leading neonatal care specialists, was particularly damning, saying that in his extensive experience most parents are not supported or provided with honest, unbiased information about life with a disabled child.

Moreover, even some senior doctors' attitudes in fetal medicine were questionable: not only were they prejudiced against neonatal palliative care (viewing it as "morbid" and preferring the "neat" solution of abortion) but they also believed that having a disabled child led to higher rates of family breakdown, despite having no evidence for this view.

Numerous other expert witnesses echoed these concerns, adding personal stories about abortion appointments being offered at the same time as disability diagnoses being made, and doctors advising parents not to approach disability support organisations such as the Down's Syndrome Association because of their "pro-life agenda".

Indeed, the booklet provided to parents by the organisation Ante-Natal Results & Choices (which witnesses seemed to agree was the most commonly distributed

resource within the NHS) details "how to access abortion" on page three, presenting abortion for disability as the responsible, obvious course of action.

Witnesses from disability charities recommended that parents needed more time and space before they made their decision and a chance to talk to people who already had a child with that disability. They noted that medical advice – even from well-meaning doctors – tends to be focused on the risks, health problems and downsides of proceeding with the pregnancy. Families and charities can offer a more holistic view of life with a disabled child – not a rose-tinted one, but a human-centred one – so that parents can make truly informed decisions.



**Fiona Bruce MP**

# fundraising Unity Lottery



## Ann wins £1,000 playing the Unity Lottery with LIFE!



After playing the Unity Lottery for just over one year, Ann scooped £1,000 last November. This surprising win was Ann's to do with as she wished, and she generously donated sums to charitable causes— as well as sharing some with her family.

If you'd like to be in with a chance of winning up to £25,000 simply sign up at [www.unitylottery.co.uk/life](http://www.unitylottery.co.uk/life) and start playing today from as little as £1 per week!

### What could a win mean to you?



## Support Jerry to beat the clock

**Some of you may remember Jerry Budgen featuring in an edition of last year's LIFE Update – after he'd completed the Bupa 10k Run in 1 hour 17 minutes!**

This year he's back for more and is determined to break his one hour target. Every penny he raises will go to LIFE's crucial work, supporting young mums and new babies. Help Jerry reach his target and spur him on to beat that clock! Thank you!



### Give as you Live™

## Thousands of stores will donate to us when you shop online.

**With Give as you Live thousands of your favourite online stores will donate a percentage of whatever you spend online - all at no cost to you.**

Simply discover and download Give as you Live and you can start shopping with thousands of brands and over 20 million products that will all raise money for us.

To get started, simply discover Give as you Live: [www.giveasyoulive.com/join/life](http://www.giveasyoulive.com/join/life)







# Our LIFE Time

To mark the 45th anniversary of the Abortion Act we are celebrating the tremendous commitment LIFE supporters have shown to women and children during this time. You have housed pregnant women, provided new-borns with essential clothes and nappies, developed confidence in new mums by helping them to see the importance of their new role – and much more.

Without LIFE groups, LIFE wouldn't be here today. Our Life Time is a celebration of all we have achieved together. So please, share your stories among your groups, pass them on within your regions and we look forward to collating them so we can celebrate our accomplishments together!

*Supporting Caring Together*

The Wolf Run is the latest trend of off-road running to hit the UK. It combines mud runs, trail runs and obstacle runs to produce a hardcore 10k run across woodland, lakes and thick mud. You'll be expected to run, climb, jump, wade, crawl and swim through a course which has been designed to test your mental and physical strength, skill and stamina.

Sounds like your cup of tea? LIFE is hoping to put a pack of five wolves together to take part in next year's Wolf Run.

If you're interested in finding out more, or know someone who would be up to the challenge, visit [www.thewolfrun.com](http://www.thewolfrun.com) for more info and email [sarahappleyard@lifecharity.org.uk](mailto:sarahappleyard@lifecharity.org.uk) to express your interest!

## Glasgow's Fiddler's Rally

**1st March saw Glasgow's annual fundraiser take place in the form of a Fiddler's Rally – a fantastic evening of Scottish music and dance.**

*It was held in the magnificent Glasgow City Chambers and organised by long-time LIFE supporters, Doreen McClellan and Robert & Helen Graham, who are still collecting the funds raised!*



**The stars of the evening, five Deighan family sisters with their friend Dan Brown playing Scottish flutes, accordions and, of course, fiddles!**

## Rotary Club Spring Walk...



Chantal Brown (left) and Rosalie Cuthbert donned their walking boots in the green countryside around Basingstoke on 19 May walking nine miles to support LIFE. The day was made all the more enjoyable knowing that generous donations from friends, family and other LIFE supporters would be helping pregnant women, babies and new families. They are still collecting kind donations and if you'd like to support them visit [www.justgiving.com/chantalbrown](http://www.justgiving.com/chantalbrown) or [www.justgiving.com/rosalie-cuthbert2](http://www.justgiving.com/rosalie-cuthbert2). Thank you for your kind generosity!

# fundraising **LIFE Shops**

Recycle your old mobile and raise funds for LIFE



Together with [www.forgottenmobile.com](http://www.forgottenmobile.com) LIFE shops can recycle your old mobile phones simply and easily. Whatever the make, model or condition of your mobile - just drop it into one of the recycling boxes in any of our LIFE shops.

## Derby Care Centre continues to thrive

**A client of the Care Centre attached to the Derby shop has a special story. Janine\* approached the Care Centre when she was facing a crisis pregnancy.** With the support she received from the Care Centre staff she came to terms with her pregnancy and even became a shop volunteer while pregnant as a thank you for their help. As a proud new mother, Janine now regularly visits the shop to show off her baby!

*\*not client's real name*



## Moving on up!

**Basingstoke and Weymouth have recently both moved to improved new premises with new shop fittings and displays thanks to their dedicated shop Managers. Huge thanks also to the many committed volunteers who help to make these shops such a success.**



*Led by Manager Sharon Meadows with her team of volunteers, all hands are on deck setting up the new Weymouth shop. Located on the sea front, it is hoped the shop will draw in tourists and sea-goers!*

**As reported elsewhere, new LIFE charity shops (all containing Care Centres) have opened recently in Stoke, Leicester and Blackpool. Another is opening shortly in Kingstanding, N. Birmingham. Plans are in hand for more – in Bristol, Doncaster, Leeds, Sheffield and Wolverhampton.**



## Stoke's Care Centre is ready to go

Shops are not only about generating income, but also offering vital pregnancy care and support in the local community. Annemarie Hawley, Stoke's Shop Manager and Caring Officer, organised a Ladies' Night on 8 March, raising just over £600. Many thanks to Barclays Bank who matched the total income – meaning a total of £1,200 was raised. The funds were used to furnish the shop's adjoining Care room, which sees around five clients each week.

LIFE Youth Conference 2013

# DARE to CARE

## Challenge Today to Change Tomorrow

**LIFE's first ever Youth Conference will be held at St Mary's University College, Twickenham from 14th-16th June this year. This is a great opportunity for young people, aged 18-35, to interact with expert speakers, take part in fun workshops and make new friends and contacts!**

We have three superb speakers already confirmed, with the potential for more to be added:

**Professor Neil Scolding** (Bristol University) will be talking about the intricacies of Stem Cell Research

**Dr David Jones** (Anscombe Centre) will be engaging us on the subject of "The Effects of Reproductive Technologies"

**Philippa Taylor** (Christian Medical Fellowship) will be discussing "The

Mental Health Effects of Abortion on Women"

Just as important as our keynote speakers are the workshops on offer which show how everyone can take the pro-life message out into their communities and do something really worthwhile by supporting LIFE's work across the country.

And, with exceptionally reasonable prices, this conference is set to be a sell-out, so book your place now before it's too late!

***We look forward to seeing you there!***

Tickets cost: **£25 (Saturday only)**

**£82 (Full weekend incl. accommodation and Saturday evening entertainment)**

Find us on Facebook:

[www.facebook.com/DaretoCareConference](http://www.facebook.com/DaretoCareConference)



Get your booking form now by contacting Isabel Sherman on:  
**01926 421587** or via [isabelsherman@lifecharity.org.uk](mailto:isabelsherman@lifecharity.org.uk)



# education



Alliance of Pro-Life Students  
Building supporting connecting

## Alliance of Pro-Life Students – providing pro-life education and care on campus



APS Executive Director Eve Farren (centre right) at the London APS launch, with pro-life pioneer Lord Alton (centre left) and other key members of APS.

***“Since approaching LIFE with the idea for our Alliance of Pro-Life Students in January 2012, we have received unwavering support from LIFE throughout our start-up journey,” says APS Executive Director, Eve Farren. “From providing us with office space to organising a personalised media training day, LIFE has pulled out all the stops to help get APS off the ground.”***

Eve began working full-time in September and got to work building a support base. “We held two launch drinks evenings in Edinburgh and London where we introduced our mission and vision to both students and supporters,” explains Eve. “As a result of these events and our increasing presence in the student sphere, new pro-life groups have formed at St Andrews, King’s College and Oxford Brookes Universities and are

soon to take-off in Glasgow and Sheffield.

“Students at Edinburgh and Nottingham have called on us for help to combat pro-choice student union motions which assume all students on campus are pro-choice; deeply concerning if we wish to keep healthy debate on life ethics open. Having referred students to free legal advice where necessary, we are now building our national strategy to tackle such policies nationwide.

“Pro-life student groups are spreading a culture of life from the bottom up - opening up dialogue on life ethics through debates, putting their pro-life knowledge into practice and building bridges with those on the opposite side of the fence.

“There is real progress being made,” continues Eve. “We spoke against Euthanasia at a debate organised

by Edinburgh Life Society in collaboration with their Humanist Group; Bristol Students for Life proposed a motion to “Support Student Parents” at their union in March 2012 in partnership with the Feminist Society, and now the university is widely advertising the crèche and holding coffee mornings for students juggling childcare and studies.

“As we build our website and visit universities across the country we are continuing to promote pro-life care and education on campus and look forward to developing our local and national links with LIFE in the coming years.”

For more information visit **www.allianceofprolifestudents.org.uk** where you can get in touch with your nearest student group and subscribe to the APS newsletter.

# education

## Framework for Sexual Health

**The government published its long-awaited 'Framework for Sexual Health' in March, the result of collaboration between 15 members of the Sexual Health Forum, including representatives from Brook, the Family Planning Association and the Terence Higgins Trust.**

Regular LIFE News readers may know that Stuart Cowie, LIFE's Head of Education, represented the pro-life perspective on the Forum, which looked at ways of improving the sexual health and sex & relationship education of young people.

"Whilst the document contained some of our recommendations, specifically the acknowledgment that addressing Britain's STI crisis must be key to future sexual health strategy, as well as the recognition that girls need access to better information about their fertility, it did not go far enough in tackling

the need for behaviour change," says Stuart.

"The report is undermined by the same assumptions that have let British sexual health policy down for years - that we must seek to maximise sexual freedom and that sex education should be value-free with the promotion of contraceptives at its core."

LIFE's major concern is that the report continues to promote the provision of abortion and contraception, including to under-16s. "As with other destructive behaviours, poor sexual health is best tackled by policies which encourage behaviour change," explains Stuart.

"The Government has missed an opportunity to make significant inroads into soaring STI rates and unacceptably high abortion rates. They refuse to restrict access to abortion in any way (even demanding that pre-abortion counselling can only be given by

abortion-referring organisations) and continue to promote contraception as the answer.

"However, despite the lack of many significant changes that the report will bring about, LIFE's voice on the Sexual Health Forum has had some positive influence," continues Stuart. "Our presence on the Forum represents substantial progress and I am glad that I was given the opportunity to point out that improving sexual health requires more than just a process of minimising risk.

"At the heart of our Sex & Relationships programme lies the recognition of the worth and dignity of every individual, and it is this belief that continues to shape LIFE's education work in schools. It is our hope that, with continued involvement in government policy, LIFE can continue to sway sexual health policy towards a more positive future."



# What will your legacy be? Will it be the gift of Life?



**Nobody likes to talk about dying, but that's because we're concerned for those we leave behind - family, friends, loved ones. First and foremost, have you made sure that your will reflects your wishes for them?**

You may already be supporting LIFE through your giving, for which we are truly grateful. That doesn't have to stop just because we're no longer here. But how can you be sure that your legacy will be used as you intended? The simple answer, of course, is that you make a will because you want to ensure that your wishes are carried out as you want with regard to your property or assets such as savings or investments.

Making a will is a way of continuing to provide for your

spouse or children after your death. You may even want to ensure the gift of life for generations to come by leaving a legacy to LIFE. You will have become an important part of our mission to uphold the utmost respect for human life from fertilisation (conception) until natural death.

You will be helping:

- *children to whom you have given the gift of life, thanks to our Care service;*
- *mothers who are able to give their children a better start in life, thanks to our Housing services;*
- *students and young people who we help to appreciate life issues, thanks to our Education team;*
- *couples conceiving without the*

*terrible waste of life perpetrated by IVF, thanks to our FertilityCare programme.*

And, of course, making our voice – your voice – heard by policy makers and the media.

You might also like to let us know if you have left a legacy to LIFE. By telling us about the kind gesture you have made, we are not only able to thank you but it also helps us enormously with long-term planning for our finances, which is quite important for an organisation that's been around for more than 40 years.



## Help LIFE live on in your memory

**For over 40 years, gifts left by individuals in their wills have made it possible for LIFE to develop its valuable work across the UK. Your legacy to LIFE will make a real difference to future generations, by:**

- *helping women facing crisis pregnancy to give their children the gift of life, thanks to our Care service;*
- *housing homeless, pregnant women so they can give their children a better start in life, thanks to our Housing service;*
- *inspiring young people to think for themselves about relationships, sex, abortion and other key issues, thanks to our Education programme;*
- *enabling couples to have the families they thought were impossible, thanks to our FertilityCare programme.*

Telephone: **01926 421587**

Email: **fundraising@lifecharity.org.uk**

Please tick:

- I have already included a gift to LIFE in my will*
- I have pledged £ \_\_\_\_\_ to the work of LIFE in my will*
- I would like more information on helping LIFE to live on in my memory*

Please send details/contact me.

Signed .....

Name .....

Address .....

Postcode .....

Date .....

Email .....

Telephone .....

Please tear off this slip and return to: Sarah Appleyard, LIFE, 1 Mill Street, Leamington Spa, CV31 1ES

# Developing a pro-life Britain – all hands on deck

**Newly-appointed National Development Manager Elly Petrucci is heading up a pro-life development project across the UK. “When I tell people about LIFE’s services they are often surprised and say they wish they had heard about us sooner,” explains Elly.**

“My role is to get people involved using their skills and talents, to get our work known and to develop our services at a local level so we’re reaching the people who need us

most. Pro-life work today looks a little different to how it used to; support networks are different and times have changed! We need to be working in a way to make our services more accessible to the people we know could benefit from our work.

“This is why the Development team is developing smaller, short-term care projects. We want to target fundraising events to specific appeals and to make them enjoyable, social and informative.

We’re looking at how volunteers can dip in and out (and in again!) of working with us - every one of LIFE’s services would benefit from more volunteer time, so we need to make volunteering for us fit in with busy lifestyles.

“We’re increasing our hands-on work in our drive to building a more pro-life society. There is plenty to do! Whatever your interests or skills, there is a place for you in LIFE so come and join us!”

## LIFE in London

It has been in my heart for years to develop pro-life work and awareness on my home ground. There is a great need for our services in a big city environment where people can easily feel isolated. But this sense of isolation can be a catalyst for people to make connections - particularly for the growing number of young, single, professionals who want to belong to something that makes a positive difference to others. There is a new wave of interest in pro-life work here in London; the forthcoming fundraising banquet that I am planning, along with other initiatives, is attracting new potential LIFE supporters.

**Laura Callaghan**  
Regional Development Officer



**For further information about LIFE’s Development work in these or any other regions, please get in touch with Elly – [ellypetrucci@lifecharity.org.uk](mailto:ellypetrucci@lifecharity.org.uk)**



## LIFE in the Midlands

In the last year I have visited all LIFE groups in the Midlands and helped them to structure their development plans. It's important to respond to the changing face of pro-life work – our clients are changing and so is the way people want to volunteer for us. So we're tapping into what clients and volunteers want and developing our services accordingly. Feedback shows that groups feel more supported and are more positive about the need for their work in their area. Everyone feels enthusiastic about where we're going – the adrenaline is pumping and driving us on to achieve our goals!

**Liz Lloyd**  
Regional Development Officer



## LIFE in Surrey & Sussex

I have been active in the pro-life movement for 15 years and I am thrilled to be given this opportunity to develop LIFE's work in my area. LIFE has a great story to tell and I've been determined to get that story out there, to raise income and establish new projects. I've also worked to raise the profile of the seven LIFE houses in my region. I've enjoyed working with LIFE groups in developing new initiatives, spreading best practice and improving communication links.

**Les Whittaker**  
Regional Development Officer



## LIFE in the North East

This is a big task but I'm up for it! I've been interested in helping the pro-life cause for as long as I can remember. I am a trained counsellor and it is a privilege to support women suffering after abortion - to help someone in their darkest moments and then watch them walk away knowing they will be able to live a normal life is an honour. Knowing the clients we help and just how vital our services are, means I have big plans for my new role! I want to get the LIFE message out there, through networking with WI groups, GP surgeries and so on. I'm getting people involved hands on, to really get LIFE on the map in the north east region.

**Bernadette Rogers**  
Regional Development Officer



# Better Start, Brighter Future



LOTTERY FUNDED

## - Big Lottery Fund Project gets underway

**January saw the start of LIFE's Big Lottery Funded "Better Start, Brighter Future" Project aimed at supporting our Housing and Care work in seven locations around the UK. "The funds are being used to develop and sustain three Care Centres in Leamington Spa, Hounslow and Walsall and five LIFE houses in Bath, Bracknell, Didcot, Oxford and Walsall over the next three years," says Margaret Coward, Head of LIFE Housing.**

Over a three-year period the Project aims to:

- *increase the life skills, confidence and self-esteem of 132 16 to 25-year-olds from disadvantaged backgrounds*
- *support a further 90 individuals who are distressed by unplanned pregnancy or pregnancy loss and improve their mental health*
- *give 500 new babies and 132 under 25-year-olds from disadvantaged backgrounds a better start in life and more options for the future*
- *help 282 more disadvantaged young families to live healthier lifestyles*

"These are ambitious targets to meet but we are well on our way," says Kyla Taylor, LIFE's Head of Care. "We have been awarded £292k from Big Lottery Funds and in order for the funding to be released going forward we must ensure we are delivering these outcomes. The funding will pay for the salaries of the front line staff involved – the Support Workers, Care Centre Managers - as well as some running costs."

"The project has got off to a great start," continues Margaret. "It is helping us to strengthen our existing vital, day-to-day work, from pregnancy counselling and practical support to housing homeless mothers and babies. But crucially, it is enabling us to implement some important new initiatives, including a move to larger, purpose-built premises at Bracknell where more young mothers can be supported; recruiting new volunteers at Oxford and Bath to widen the range of activities underway and a more personalised Life Skills programme with monthly group activities chosen and organised by the young mothers in the LIFE houses themselves."



*I'm very lucky to come into a Care Centre that already has great connections with Walsall agencies, a steady stream of clients and a fantastic team of volunteers. To meet Lottery targets, I have focussed on promoting LIFE's work further across Walsall and starting Activity and Antenatal classes at the*

*LIFE Help Station. The Lottery Funding has enabled me to provide these classes to vulnerable people in Walsall at no expense to themselves. It's wonderful to see young families play together and to help expectant mothers prepare for the arrival of their new baby.*

**Teresa Walters**  
Care Centre Manager, Walsall



*Before the Big Lottery funding, my hours spent in the house with tenants were very limited and I sometimes felt the tenants weren't as supported as they needed to be. Now my hours have increased so I can spend more time with the tenants and run more Life Skills sessions to prepare them for*

*independent living. The funding has had a very positive effect on the house and the tenants are really benefitting from the extra support.*

**Nicky Barker**  
Support Worker, Walsall LIFE House

# care

## If I hadn't found LIFE things could have been a lot different

**I'm so grateful to LIFE for helping me through my pregnancy when I was feeling very alone. I rang LIFE when I was lonely, scared and pregnant. I had thought of an abortion and even booked the appointment.**

Me and my boyfriend had split up and he had totally disappeared. I was suffering from pre-natal depression and felt my world had ended when it should have been the happiest time of my life.

One day I felt like killing myself so I looked for help as I knew it wasn't just about me any more. I had a baby growing inside me and my family to think about, who were going through a really hard time as well. I was too scared to tell my doctor how I was feeling in case he thought I was going to be an unfit mother.

I worked a lot too as I had two jobs - one was very early mornings, and the other was in a nightclub at weekends. I was struggling with feeling very sick, having no energy and feeling very low. But at the same time I had so much to do before my baby was born and no money to do it with.

I emailed LIFE and they quickly set up for a counsellor to ring me for a chat. After that, my counsellor rang me every week to help me work out how I felt and how to cope. She helped me to pull myself together and gave me the

energy to get things done and pick myself up again. I would talk to her every week - she was my life-line; the only one I could open up to.

It sounds awful now but I used to wish my baby would just die so I could sort myself out and live my own life. It scared me to think my life was a total mess and I couldn't provide for myself, let alone a baby. I felt the lowest when I started getting a little bump as I guess it really hit home that I was pregnant and was going to a mummy.

At 32-weeks pregnant I went into hospital as I couldn't feel my baby move. They put me on the monitor which showed my baby's heart rate dropping badly a couple of times. I was rushed in for a scan and had steroid injections to help my baby's lungs in case I had to have her early. I ended up staying in hospital for two weeks which was a very lonely place; everyone else in hospital was excited and their partners were coming to sit with them most of the day, whilst I sat on my own dreading it. I was still struggling with the fact I didn't want a baby.

My baby ended up being born at 34-weeks. As her heart had stopped I was rushed in for an emergency C-section. She weighed just 4lbs 4oz and spent two weeks in special care.

It was lovely having my counsellor phone me most days and I think if it wasn't for her I would have

suffered post-natal depression. I had very mixed emotions - I was so happy my little girl was ok and getting better every day, but was in total shock that she nearly died and how fast everything happened.

But I was also full of guilt for all those times I had wished her dead. Anne helped me to think positive and not to beat myself up too much - things can happen for a reason.

When I came out of hospital with my daughter it was the best feeling ever! But it was also very scary too. I was worried about money as I needed to buy new clothes for my baby as she was so small. LIFE sent me a big parcel full of tiny baby clothes which helped very much and eased the pressure.

I think if I hadn't found LIFE things could have been a lot different - both before and after having my baby.

I am very happy now and have the best present anyone could ever wish for; I realise how lucky I am to have my daughter. I can now write how grateful I am for all the help and support that kept me going and has hopefully made my daughter's life a lot better too - as she has a very happy mum!



# housing

## It's not a Hostel – it's our HOME!

The four tenants in the Chertsey 1 LIFE House have worked hard to make it their home. Together with their Support Worker, Tina Millhouse, they have shared ideas on how to re-decorate and personalise their own space, which will be their home for up to two years.

*Before Beth moved in she thought it would be just like a hostel – she was surprised to see how comfortable and inviting it actually is.*

*Charlene and Riley love taking part in the Kitchen Skills classes. The spacious and modern kitchen means they can have fun and get stuck in.*



*Emily and Amelia love the wallpaper in the living room and think it makes the space feel much more homely.*

*Asha and Lilyia think the garden is lovely. The girls have built their own vegetable patch so they can use fresh ingredients in their Cooking Skills classes.*

## Ireland's gain in jeopardy

A recent study published by London-based Pension and Population Research Institute (PAPRI) entitled *Ireland's Gain* shows that the Republic of Ireland has the lowest rates of breast cancer, ectopic pregnancy, premature births and low birth-weights, and apparently the lowest female consumption of anti-depressant drugs in the whole of the British Isles. Northern Ireland comes second, England and Wales third, and

Scotland last (on most of these counts).

There may be several explanations for all this. But is there not one simple fact staring us in the face? Eire has the lowest abortion rate of all four countries, Northern Ireland the second lowest.

As the pro-abortion lobby campaign fiercely to capture the Republic and then (they hope) to end Ulster's

exemption from the UK's Abortion Act 1967, they would do well to pause for a moment and consider what this could mean for the health of Irish women.

*Jack Scarisbrick,  
National Chairman*

*Ireland's Gain is available price £6 + p&p  
from PAPRI, 35 Canonbury Road, London,  
N1 2DG*



# my view

## Don't believe the hype - get ready for a population ~~explosion~~ *im*

By Jack Scarisbrick, National Chairman

**The world is facing a grave demographic crisis. No, not over-population. That is old hat and probably a 'never was' anyway. No, the crisis which threatens is of irreversible population decline worldwide.**

The number of people on our planet will continue to rise for a decade or so. But then it will start falling – with momentous consequences for us all.

That decline is already apparent in many parts of the world. The birth-rate in Japan is well below replacement level, as it is in Russia, much of Western Europe and Mediterranean countries. To maintain a steady state in a normal population every woman should have 2.1 children. In parts of Italy the figure is half that; in Greece and Spain little better.

Yes, the populations of Britain and the USA are rising – largely thanks to immigration, which disguises the decline in fertility of the indigenous women and cannot continue indefinitely.

Much of the decline in birth-rates in Asia and Africa has been deliberately contrived by the West, especially the USA. Using the United Nations as its decoy and working via its agencies like Planned Parenthood the West has waged a ruthless campaign to stifle birth rates in developing countries and countries like Japan.

Why? Because economic growth is driven above all by a rising birth-rate. Young populations produce and consume more than older ones. Hence, if the West (and especially the USA) was to maintain its economic

dominance there must be a concerted effort to curb the birth-rates of potential rivals, especially those in Africa and Asia.

From the early 60s the UN launched its anti-natalist programme – promoting contraception, 'safe' abortion, and mass sterilisation. A masterstroke (President Kennedy's) was to make Western aid conditional upon local implementation of these policies. Never mind that most of that aid rarely reached those for whom it was nominally intended (much stuck to the fingers of politicians and bureaucrats); those policies were duly implemented.

The West's biggest success was in China, which since World War II had been identified as the greatest threat to US world hegemony.

Faced allegedly with a population 'explosion' China's rulers swallowed the USA's programme whole and launched its disastrous one-child policy. In fact that policy became ever more disastrous because it was hijacked by forces which the authorities could not control. As in many traditional societies, boys are much more valued than girls – because the latter are less useful in the rice fields, require dowries and are soon 'lost' to their parents' homes. So, thanks to readily available pre-natal screening, the one-child policy quickly became a 'boys only' one. The same has been true in much of India.

Hence China's demographic profile, like India's, is now dangerously mis-shapen: too few young people supporting a growing number of old ones.



Crucially, what is happening cannot easily be reversed – for three reasons. First, where gender abortion becomes widespread and populations are no longer 50/50 male and female, in order to achieve replacement levels women have to produce many more than an average of 2.1 children; and this is not easily achieved, especially since hormonal contraception and abortion damage female fertility and rising standards of living – affluence- reduces male fertility.

Then there is the terrible scourge of AIDS, which Western policies and culture (sexualisation of the young, the breakdown of traditional mores, etc) have done much to promote. Black Africa is grievously stricken. The plague is spreading across Asia.

And finally there is the spread of hard core pornography, especially via the Internet, which is engulfing the young worldwide. It is addictive and renders the addict incapable of lasting relations with the opposite sex. It undermines the family and marriage profoundly, and hence society.

The West has exported decadence and militant secularism to Africa and Asia, and is hard at work in South America. The Christian churches show little sign of being willing or able to challenge this, not least because so many have already sold the pass on matters of sexual morality. Only Islam stands firm – and is ever more convinced that it alone can save the world from what it sees as the West's wickedness.

# LIFE Hounslow's new links in the community

**LIFE's Hounslow group has been forging new relationships within their community. On 1 December last, LIFE joined several local agencies including West London Gay Men's Project and the Hounslow African Health Project to promote awareness of HIV/AIDs on World Aids Day.**

"Facing an unexpected pregnancy or discovering you are HIV positive can be overwhelming on their own," says Joanna James, Care Centre Manager at Hounslow. "It can be even more difficult if you find out about both at the same time. Our local hospital now refers these vulnerable women to our Care Centre for counselling and support."

And in March, the newly renovated Body Shop store offered the first 100 new mums and pregnant women through their doors free goody bags and in-store pampering treats. Hounslow's LIFE group was invited along to officially open the new shop. "We see pregnant women and new mums every day for whom life can be hard and this is a good way to remind them to take time out for themselves too," says Joanna. "Staff at the Body Shop were fabulous - it's amazing how much better a little bit of kindness - and a little bit of make-up - can make you feel!"



*Joanna (3rd from right) with volunteers from the projects on their stall.*



*Joanna (right) and the Body Shop Manager with one of the free goody bags given to customers.*

## Useful numbers and contacts

Head Office:  
LIFE House, 1 Mill Street,  
Leamington Spa, Warks CV31 1ES

Tel: 01926 421587

Fax: 01926 336497

Email: [sam@lifecharity.org.uk](mailto:sam@lifecharity.org.uk)

National Helpline: 0808 802 5433

Text LIFECARE followed by  
your message to 88020

Visit [www.lifecharity.org.uk](http://www.lifecharity.org.uk)

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# Life

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LIFE is the trading name of LIFE 2009 which is a limited company registered in England and Wales (number 06786752), a registered charity (number 1128355) and a charity Registered in Scotland (number SCO41329) whose registered office is at LIFE House, 1 Mill Street, Leamington Spa, Warwickshire CV31 1ES.

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LN65

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