

Life 
LOVING LIFE, OFFERING HOPE

Annual Review 2010/11



Photo: Dave Fleming

Welcome

The day-to-day work of the charity – LIFE Education, our nationwide Care service, LIFE Housing and LIFE FertilityCare – has, of course, continued throughout the year. But like many charities, we have had to cope with serious financial worries. The plain fact facing us in July 2010 was that income was not matching expenditure and urgent remedial action was required.

This meant two things: a major effort to expand fundraising and severe pruning of our salary and other bills. The latter inevitably meant seeking voluntary redundancies and, alas, some involuntary ones. I am glad to report that by the end of the year we are financially stable once more. Though our reserves remain uncomfortably low we are now on the upward path. It has not been an easy time for our staff. I want to thank them for their loyalty and resilience during anxious months. In particular, I want to salute the heads of our various departments for guiding and guarding their teams and in particular to thank Susie Murray, Head of Fundraising, for doing so much to professionalise our fundraising programme.

Another source of great satisfaction is the growth in the number of LIFE charity shops. Alongside the three well-established ones in Scotland there are now five in England and six more in the pipeline. Our shops are much more than simply a way of raising much-needed funds. They are a powerful means of promoting awareness of our existence and our work, and in most cases include a counselling centre and provide material support for clients.

Our Care service needs every possible boost. Too many of our Care centres are not achieving numbers that we would like and the National Helpline is likewise under-used. The key to recovery is advertising, and although the intelligent use of social media and networking is vital in publicising the service, inevitably some advertising does cost – and we have not been able to generate sufficient new funds for this purpose. This is a priority for the future.

As for our Housing, it is with much regret that we report the closure of the LIFE house in Grimsby. Three LIFE houses – in Walsall, Didcot and Bath – also lost Supporting People funding but are being run successfully as independent ventures thanks to the

dedication of the staff and support of the tenants there. These challenges have been handled with great professionalism by our hardworking team of Support Workers, Regional Managers and the Housing staff at Head Office.

LIFE Education thrives, despite all the financial worries. Our dedicated team of speakers has once again had a very successful year and continues to deliver the pro-life message to tens of thousands of young people a year. They are making a real and important difference.

We must not lose sight of the fact that, day in and day out, we are successfully delivering our ambitious and unique pro-life programme to some of the most vulnerable members of society. Thanks to our volunteers and supporters who appreciate the urgency and importance of our work, we are helping to protect women and children, both born and unborn, and to ensure that *all* human life is respected.

Thank you

**Professor Jack Scarisbrick
National Chairman**



Care

LIFE's Care service offers practical and emotional support to women and men facing pregnancy-related problems. We provide free, non-directive counselling to clients going through a crisis pregnancy or who are experiencing emotional difficulties after abortion, miscarriage, stillbirth or ectopic pregnancy.

We also offer free pregnancy testing, baby equipment and clothes, and financial assistance for women facing extreme hardship as a result of their pregnancy.

We thought we couldn't afford to have our twins...

Many LIFE Care Centres reported an increase in the number of middle-class professionals turning to them for help.

Head of LIFE's Care Service, Kyla Taylor, says: "As the recession tightened its grip, more and more professional couples turned to us for help when they realised their budget wouldn't stretch to raising a child or adding to their existing family."

Jon* and his wife Lucy* from London were shocked when they discovered Lucy was carrying twins. "I'd recently lost 75% of my work as a consultant and without Lucy's salary I couldn't see how we could start a family, let alone have twins," says Jon.

"I was in a really bad place. I remember seeing an ad for LIFE on the underground one day and thinking, right, let's test this crew out!" Jon went along alone to the LIFE Care Centre near Covent Garden, desperate for answers.

"I was worried that, as a professional, the counsellors would wonder why I needed their

help at all," says Jon. "But I couldn't have got it more wrong. The volunteer I saw there was amazing. She listened and never judged and completely got why I was so sick with worry. I left there feeling a lot more positive than when I went in and, for the first time, I thought maybe we can do this."

Lucy went along to the Centre a few weeks later. "I began to realise that we weren't alone," says Lucy. "They saw lots of couples just like us, and they were willing to support us, emotionally and practically, throughout the pregnancy. I think from then on we knew what we had to do."

"We moved out of London and downsized, changing our lifestyles to live as cheaply as possible. But it felt right and the support we received from LIFE was invaluable – even helping us out with equipment like cots and pushchairs. But it was the emotional support that was so important."



Lucy gave birth to a girl, 6lb 1oz and a boy, 5lb 11oz. "They're all doing great and we can't believe how lucky we are," says Jon. "We are so incredibly grateful for the support from LIFE. They were there when we were panicking and not thinking straight. We're determined that whatever equipment we've had, we're going to donate more back to LIFE when we can so they can help more couples like us."

**not clients' real names*

Care in 2010/11 in numbers

500 calls to the National Helpline

100 texts to our Text-to-Talk service

3,000 calls or visits to our Care Centres

“The support we received from LIFE was invaluable – even helping us out with equipment like cots and pushchairs

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Housing

LIFE's Housing service has evolved over the past 30 years to meet the changing needs of society. We are now one of the largest providers of housing for unsupported mothers and their babies in the UK and are funded in part by the government's Supporting People programme.

We provide much more than just accommodation - our comprehensive service is designed to assist tenants to eventually move on to successful independent living with their children. We offer a real, practical alternative to abortion for the many pregnant girls who find themselves homeless and alone.

Young mums fight threatened closure of LIFE house

Three mothers living at the LIFE house in Didcot, Oxfordshire, vowed to fight its closure following the withdrawal of local government's Supporting People funds. The women say that if it wasn't for the house, which has been in operation for over 25 years helping mothers in difficult circumstances, they might have been homeless.

Support Worker, Clare Dickens explains: "The girls decided to hold a fundraising fête at the local Children's Centre and organised face painting, arts & crafts, a jumble sale and a tombola. We baked cakes, made cards to sell and asked local businesses for raffle prizes. I was so proud of them and their families who helped out too."

Tenant Amy Churchward, adds: "When I got pregnant, it would have been too much for me to go straight into a place of my own. Without this house, I think there would be a lot more girls with post-natal depression as it can be too much to cope with alone."

The LIFE house accommodates up to three women and their young children and provides much more than just a roof over their heads.

"During their stay, tenants learn the essential skills they'll need to go on to successful independent living," says Clare. "Our Life Skills Programme is tailored to individual needs and covers money management, household skills and childcare."

The Didcot LIFE house has received financial help from the Swindon LIFE group, a Local Authority grant and several other cash donations. A number of articles have also been donated by a local church. And the house now has the support of a volunteer worker who visits the house for three or four hours a week, usually to help the tenants with Kitchen Skills.

Amy Churchward has now moved on to independent accommodation and is managing extremely well. Her place at the Didcot LIFE house has now been filled by another young mother. The future of the house is looking more promising.

Didcot is one of six LIFE houses which no longer receives funding from the Supporting People programme to provide a support service. With the help of local LIFE supporters and grant-making trusts, we are successfully sustaining these housing projects.

“Without this house, I think there would be a lot more girls with post-natal depression”

I to r: Amy Churchward, 19, with Phoebe, Amanda Graydon, 19 and Jen McGuigan, 17 with Jayden.



**Housing in
2010/11 in
numbers**

350 young
parents
supported

150 parents
supported
or housed at
any one time

23 Life houses and
4 Community
Support Services

Local Authority
areas we work in **13**

11 Supporting People
commissioning
bodies we
work with

Photo: Dave Fleming

Education

With our positive, pro-life perspective, we stimulate young people to go against the grain and think for themselves. Our professional Regional Education Officers are dynamic, well-informed and in touch with the aspirations and concerns of young people. They are true advocates of what it means to be pro-life and provide positive role models for today's young people.

Developing a pro-life culture

We are proud to work alongside young people. It is our long-term aim that every child in Britain will recognise their human dignity and uniqueness.

Helping students make informed, life-enhancing choices

I teach girls aged 11 to 18. I think that today there can be too much emphasis on pleasure and personal happiness at the expense of the dignity and value of life. LIFE Education Officers (EOs) present information in an accessible way but they also challenge the girls to think about how they use their bodies, in a non-judgmental way.

The EOs are approachable and knowledgeable. They create an atmosphere of trust in which the girls can explore contemporary ethical and moral issues. In the words of one student – “they bring ethics to life.”

Mainstream Sex and Relationships Education largely focuses on risk aversion rather than putting mutual love and respect at the heart of relationships. We want to give our students information so that they can make informed and life-enhancing choices.

LIFE Education Officers are always sensitive in their delivery and contemporary in their approach. We want to say a huge thank you for everything they have given the girls at St Mary's.

Jacintha Bowe, St Mary's College, Shaftesbury

“

The Relationships talk was useful because it aimed to prevent sex from happening and not just try to fix the consequences afterwards

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Yr 11 pupil,
Manchester



Education in 2010/11 in numbers

The team spoke to

32,201

young people last year

LIFE Education Officers visit schools, colleges and universities across the UK

Of the

412 classes visited,

88%

were repeat visits given at the request of the school or college

FertilityCare

Infertility is a growing problem with around 1 in 6 couples having difficulty conceiving. The LIFE FertilityCare Programme (LFC) has enabled couples to have the families they thought were impossible.

Our Miracle Baby

It's impossible for us to put into words our joy at having our beautiful baby Hannah. We hope this tribute will bring more couples like us to your door, so they can once again feel hopeful about starting a family.

Now in our early 40s, we started our eventful journey towards conceiving Hannah three years ago. After we got married we used the contraceptive Pill until we discovered that it can operate as an abortive agent; whilst it can prevent fertilisation of the egg, it does not always succeed and in such cases the fertilised egg is aborted.

We didn't want to use artificial contraception again so when we came across an advert for the LIFE FertilityCare Programme, their ethical position on fertility management appealed to us. As part of the early investigations LFC undertook, we found that Clare's progesterone levels were extremely low which would have caused her to miscarry.

LFC was our lifeline, offering the necessary progesterone therapy to support an embryo. IVF, on the other hand, stimulates egg production alone, a process not without

side-effects. The Programme provided body-friendly, holistic treatment and placed our relationship at the heart of the treatment. A child can't have a better start than parents who are close and strong together.

Their professionalism and care throughout has led us to where we are today - proud and happy parents! We can't praise LFC enough. The Programme is, as yet, a largely undiscovered treasure and we're praying that more and more people who need the service discover what you do.

Hugh & Clare Harper

“

The LFC process placed our relationship at the heart of the treatment. A child can't have a better start

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**FertilityCare in
2010/11 in
numbers**

17 babies were
born during
the year

118
overall total since the
Programme's inception

94%
Overall satisfaction level
in client audit

Achievements 2010/11

Care

Reviewed and implemented policies and procedures for Care Centres

HOSTED PREGNANCY LOSS SEMINARS

Provided **140** hours training for Care Centre volunteers and staff

Housing

Tenant satisfaction rate of

93%

from the twice yearly survey of current tenants

Void rate of 8.1% - nearly half that of 2009/10 and low for a short-term service

ATTAINED

6 LEVEL B QAF SCORES AND **1**

LEVEL C SCORE FROM SUPPORTING PEOPLE ASSESSMENTS

Held first Housing Forum for staff and tenants

Successfully sustaining six independent houses

Education

LIFE Education Officers have, on average, increased the number of students they reach by 12%, bringing us closer to our goal of reaching every child in the UK with our positive message

WE DELIVERED OVER 20 SEXUAL HEALTH WORKSHOPS IN 11 LIFE HOUSES

We wrote our contribution to the department for Education consultation on PHSE concerning the future direction and focus of Relationships and Sex Education (RSE)

We are making the most of social media to engage young people in debate on these crucial LIFE issues

FertilityCare

WE AVERAGED ABOUT

5 NEW CLIENTS PER MONTH

The 118th baby has been born

Our overall client satisfaction on the 2010 annual audit was

94.1%

WE COMMENCED A THIRD PRACTITIONER TRAINING PROGRAMME

We reached out to the public at two events per month

Housing

DEVELOP SERVICES FOR YOUNG FATHERS

roll out pilot peer-mentoring scheme

secure improved accommodation in areas where existing property is obsolete in terms of design or condition

continue to sustain independent houses

maintain a high media profile

INVEST IN OUR STAFF AND VOLUNTEERS

Education

continue to increase student contact with our service year on year through our schools programmes, social media and our website

Pursue grantmaking foundations and the Big Lottery

Fundraising

DEVELOP ONLINE GIVING

Seek out major donors

Encourage local fundraising by groups

respond to increasing client numbers through additional clinic support practitioner hours

audit patient data of current clients to inform equal opportunity assessments

FertilityCare

submit a bid to host the annual American Academy of FertilityCare Professionals international conference in UK in 2014

develop social networking skills to promote the work

submit the planned substantial amendment of the international NaProTechnology effectiveness study (iNEST) to the UK ethical review board

INCREASE CLIENT CONTACTS

Care

Have a mobile-friendly, free Helpline

Increase accessibility to services via internet, QR codes and text-to-talk

Finances

Statement of Financial Activities for the year ended 30 June 2011

	Total Funds 2011 £	Total Funds 2010 £
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INCOMING RESOURCES

Incoming resources from Generated Funds

Voluntary Income

Supporters Income and Gift Aid	551,911	559,819
Other Donations and Bequests	454,194	332,818
Grants and Other Income	140,793	96,768

Activities for generating funds

Shop Sales	196,467	138,766
Fundraising	211,040	210,833
Investment Income	11,769	16,217

Incoming resources from charitable activities

LIFE Houses – Residents Income and Supporting People Grants	1,896,930	2,130,054
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FertilityCare Income	59,864	55,214
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TOTAL INCOMING RESOURCES	3,522,968	3,540,489
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RESOURCES EXPENDED

Costs of Generated Funds

Fundraising	139,302	75,680
Voluntary Income	97,675	114,620
Charitable Activities*	3,172,250	3,521,900
Governance Costs	17,357	20,473

TOTAL RESOURCES EXPENDED	3,426,584	3,732,673
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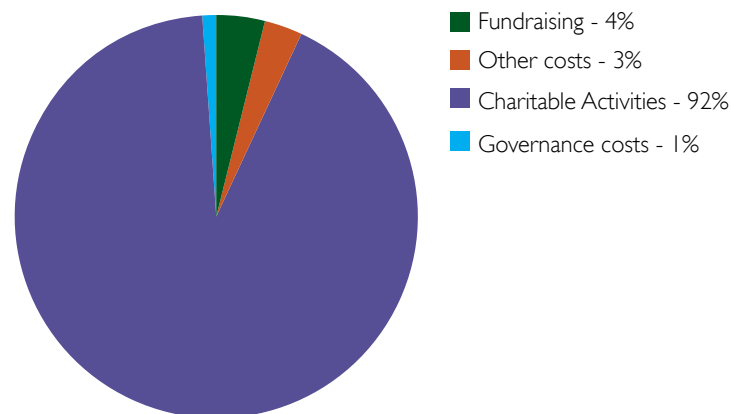
NET (OUTGOING) RESOURCES FOR THE YEAR	96,384	(192,184)
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*Includes support costs of	610,691	650,596
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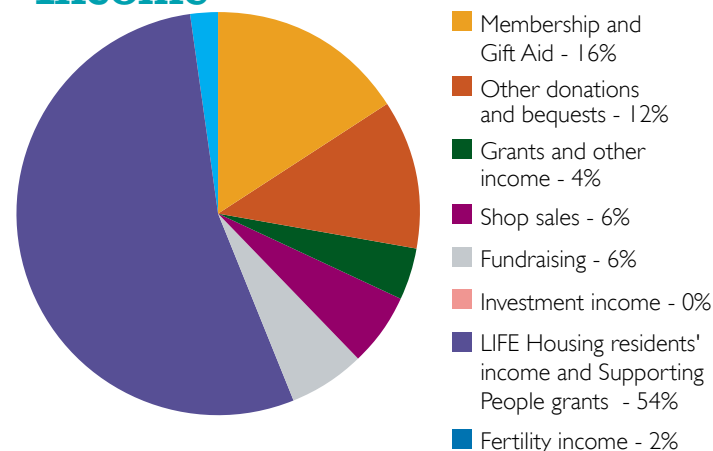
The financial results for the year to 30 June 2011 show that income exceeded expenditure by £96,384 (before realised and unrealised gains on investments of £41,063) compared with a deficit of £192,184 in the previous year.

Cash at Bank, on Deposit and in Hand increased from £146,878 to £281,101.

Expenditure



Income



Special thanks this year go to the following:

British Province of the Society of Jesus
Cathedral & Abbey Church of St Albans
Englefield Charitable Trust
Graham Hutton Trust
Jack Lane Charitable Trust
J A Rose Trust
Leamington Town Council
Medlock Charitable Trust
Methodist Charitable Foundation
National Catholic Trust
Park House Charitable Trust
NW Community Church
Rubery Owen Holdings
St Albans Cathedral
St Albans Lions Club
St Michael Charities
St Michaels & All Saints
The David & Marie Grumitt Foundation

Thank you also to all LIFE groups for their fantastic fundraising and generous contributions to a variety of LIFE projects. Thank you to all those individuals who have made generous donations.

Vision, mission and values

Vision

LIFE looks forward to a world in which:

- the rights and dignity of each person are afforded the utmost respect, in law and in practice, from fertilisation (conception) until natural death
- women who are faced with a crisis pregnancy are given as much practical, financial and emotional support as is necessary to help them bring their pregnancy to term, and are supported for as long afterwards as necessary
- our young people are given a true sense of their self worth and a full appreciation of the importance of loving, stable and faithful relationships
- medical science, in seeking to overcome and cure debilitating illnesses and diseases, pursues research that demonstrates the utmost respect for human life from fertilisation until natural death

Mission

LIFE's mission is to uphold the utmost respect for human life from fertilisation until natural death.

LIFE fulfils this mission by:

- educating the public, but most importantly young people, about the rights and dignity of each person
- offering non-directive counselling and information on pregnancy, pregnancy loss and abortion
- offering practical and emotional support to help women continue their pregnancy, and supporting them for as long afterwards as necessary
- offering counselling and support for women and men damaged by abortion
- offering counselling and support for women and men suffering as a result of pregnancy loss
- offering information and support on adoption
- providing a nationwide network of supported accommodation for pregnant women and/or mothers of small children
- offering fertility treatment for married couples and women's healthcare and natural fertility management for all
- acting as an advocate at national and international level for the rights and dignity of each person from fertilisation until natural death and challenging governments and policy makers to adopt policies which reflect and uphold the utmost respect for human life from fertilisation until natural death

Values

The values that inspire our work are:

- confronted by so many practices that compromise the rights and dignity of each person from fertilisation our most fundamental response is compassion for those who suffer, particularly women and their children.
- demands that the rights and dignity of each person are afforded the utmost respect from the very beginning of human life, the moment of fertilisation until natural death.
- we strive to promote the truth about the rights and dignity of each person and about the nature and consequences of practices that do not demonstrate the utmost respect for each person.
- we believe that we can and do make a difference to the lives of women, men and children. There are people alive today who would not be here if it were not for the work of LIFE. Change is happening, lives are being transformed and we can look to the future with optimism and real hope.

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National Helpline **0808 802 5433**

Text to talk text **LIFECARE**

(followed by your message) to **88020**

This leaflet can be made available in
other formats or languages if required,
e.g. large print or tape.



LOVING LIFE, OFFERING HOPE

Registered National Charity No. 1128355

Visit us at www.lifecharity.org.uk

LIFE is the trading name of LIFE 2009, a limited company registered in England & Wales (06786752) and a registered charity in England & Wales (1128355) and in Scotland SC041329. Its national head office is based at 1 Mill Street, Leamington Spa, Warwickshire, CV31 1ES