



LIFEUpdate

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Loving Life, Offering Hope



Going the distance

Luckily for us, Damian Gibbs (pictured) from Dartford, Kent, has turned his self-confessed "mid-life crisis" into a fundraising opportunity, by training to run the Bupa London 10k Run on 27 May in aid of LIFE.

"When I was younger I was very fit and enjoyed running," says Damian. "But now at the grand old age of 43 - overweight, ridiculously unfit and unable to afford a sports car - my mid-life crisis is bringing out my inner health freak!

"Training has been steady. I initially had grand plans of 'knocking out a quick 5-miler'! But after twenty years of inactivity and with four stone more of me, I had to concede this wasn't going to happen.

"Instead, I built up my distances and speed gradually - completing 1 mile three times a week, then 2 miles and so on, and by the end of the first month I was running 3 miles at just under 10 minutes per mile. I was happy knowing that I was getting fitter, controlling my weight and upping my odds of living into old age!

"On one of my longer runs (I tried to do a 5-miler once a month) I felt so lucky that I had re-discovered my love of running and wanted to do something with it. There is never a week goes by when I don't pray for all the people hurt by abortion, and a few calls and emails later I was accepted to represent LIFE at the Bupa 10k.

"Of course, things are never straightforward and shortly after this I dislocated my knee! But a few months later and I'm up and about and back running. I still haven't hit the 10k mark in training but I'm optimistic I'll get there and be able to do it in around 50 minutes.



"My wonderful wife, friends, family and the church have all given me incredible support, including sponsorship, (although I am slightly miffed that some of them seem to find it funny seeing me struggle so!

But I am genuinely proud to be doing this for LIFE - the sense of achievement still excites me at the end of each run. And if you're training at the moment too, if you see some 43-year-old guy struggling and in your way - be nice - it could be me!"

For further information or to sponsor Damian, please call 07949 585890 or email damiangibbs@btinternet.com

care

LIFE's Care service held an intensive training weekend in February at the LIFE Health Centre, Liverpool, with over 90% of staff and volunteers attending.

National Care Supervisor, Kyla Taylor, explains: "It was an important event for the team to attend – whether from our Care Centres nationwide or working on the National Helpline.

"The weekend was split into three main parts. First, the new Care Manual was discussed and ratified. A detailed document designed to take the Care Service forward, it was

"I found it stimulating, informative and will benefit greatly from attending - thank you."

"It helped me to re-connect with counselling aims and methods and learn how LIFE is moving forward."

essential that everyone there understood and supported its aims."

In the afternoon four workshops took place - Non-Directive Counselling, Social Media, Continuous Personal Development and Policies and Procedures and on Sunday delegates practised their skills in

"I'm new to LIFE so this weekend clarified the ethos of the Care service and gave a very clear explanation of the new Care Manual."

'fishbowl' sessions (client/counsellor role play).

"A huge thank you to all the staff at the LIFE Health Centre and the Zoë's Place there for their hospitality," continues Kyla, "to Nicki Richardson and Margaret Bradshaw for their expertise in the training and to everyone else who attended and made it such a success."

"A really good reinforcement of core counselling principles."

housing

A letter to my twins, Leo and Olivia

One day you will know all about the Littlehampton LIFE house, the place that saved us. I came to live here in October 2011 because when I became pregnant I knew there wouldn't be any room for us at my mum's.

You were born early at 32 weeks and we had to stay in hospital for a little while before I could take you home with me. At first it was challenging looking after both of you but then, with the help of the staff at the LIFE house, I settled you into a routine and it got much better.

The LIFE House was a safe and secure environment for us. Without the help of LIFE Housing I don't know where we would have ended up and I'm very grateful for what everyone's done for us here. When I move on I will never forget this place and it's important that you two know about it as well.

I made a promise to myself to be a great mum and look after you just like my mum worked hard to look after me. In the future I would like to go to university and get a degree in Social Work so I can give you both the best life possible.

Keisha Smith



LIFE Shops

New LIFE charity shop unveiled by Mayor

The Mayor of Hereford, Councillor Mrs Julie Woodward, officially opened a new LIFE charity shop and Care Centre on 6 March.



"The Hereford shop specialises in baby/toddler goods and clothing," says Eireann Janssens, LIFE's Retail Development/Operations Manager.

Margaret's career comes full circle

Margaret Mayne (née Sheehan) was 14 when she left school during wartime and went to work at the Cooperative Shoe Shop in Northenden, Manchester.

She started on 27 Dec 1944 and stayed for 20 years, becoming Assistant Manageress, and left only to manage another Cooperative shop. Little did she think that she would be returning to the same shop decades later, in 2010, when it became the LIFE charity shop.

Manchester Shop manager Sheila McKie with LIFE volunteer Margaret Mayne - who worked in the same shop in 1944 as a young girl.



Abortion no worse than having a baby, say top doctors

Britain's top doctors have been saying some extraordinary things about abortion recently.

First, the Royal College of Obstetricians and Gynaecologists (RCOG) in its latest *Guideline* on abortion states that women with an unintended pregnancy 'are no more likely to suffer adverse psychological sequelae whether they have an abortion or continue with the pregnancy...' A few days later the Royal College of Psychiatrists (RCPsych) reported that 'rates of mental health problems for women with an unwanted pregnancy were the same whether they had an abortion or gave birth.'

Both Colleges warn that a previous history of mental disorder is a risk factor for post-abortion trauma. The RCPsych goes further and lists other factors, such as 'pressure from a partner... negative attitudes towards abortion in general' and negative 'personal experience' of abortion - all of which, of course (though this is not admitted here) can damage previously healthy women.

This means two very important things.

First, if abortion does not make things better for a woman than going ahead with an 'unwanted' pregnancy and can make things worse, an abortion can no longer be performed on the ground that continuing the pregnancy involves a greater risk to the woman's mental health than does abortion. But that is the ground on which 98 per cent of abortions are done in this country.

Secondly, if abortion can damage women's mental health, the Government should require that all women seeking abortion should be assessed by qualified professionals.

The powers-that-be have some important questions to answer. LIFE has put them to the Department of Health and awaits a response.

Follow the story:
www.lifecharity.org.uk



LIFE has been set up in Uganda, thanks to a hectic two-week visit there by the Chairman of LIFE and Nuala Scarisbrick.

LIFE established in Uganda

"We spoke to some 3,400 young people in over a dozen Catholic, Church of Uganda (Anglican) and Moslem schools, two Catholic seminaries and one university, and held three half-day teachers' workshops. Four enthusiastic LIFE groups have now formed in the south-west of this beautiful country. Thanks particularly to three generous sponsors, this trip cost LIFE nothing," explains LIFE Chairman Jack Scarisbrick.

"We have also appointed a remarkable young woman to be Director of LIFE Uganda. She will lead and inspire the education and care work of this fledgling movement. Her plans include seeking out pregnant girls and women who are threatened with abortion and going into the many, often seedy clinics to rescue them. Her dream includes establishing safe havens – LIFE houses – where pregnant girls can seek refuge and continue their education.

"LIFE Uganda joins LIFE Nigeria, LIFE Zambia (just starting) and LIFE Sri Lanka. We are very proud of these brave ventures.

Two schoolgirls hold a baby model used to illustrate pre-born life



Nuala outside the Church of Uganda Cathedral in Kigesi, where she spoke to a congregation of 2000



“Officially, abortion is unlawful in Uganda, as in much of Africa. But there is a terrifying amount going on – in the villages, in clinics and the hospitals. Marie Stopes and other Western agencies like US Aid are hard at work.



One of the many advertisements for Marie Stopes

“Under cover of combating the scourge of AIDS and botched abortion they are pushing condoms, sterilisation, ‘safe’ abortion and relentless sexualisation of the young – all of which make matters worse in the longer term.

“And much of this, of course, is racist, not humanitarian. It’s part of a larger policy of population control aimed against developing countries by the West – which accounts

for one tenth of the world’s population but enjoys three quarters of its wealth.”

“Marie Stopes and co are exploiting the fact that pregnancy can ruin a girl’s career,” continues LIFE trustee Nuala.

“It can mean being thrown onto the streets (and into prostitution); it can mean an end to education and wreck chances of marriage. It can even mean death at the hands of outraged parents.

“LIFE Uganda faces huge challenges – with only the tiniest fraction of the resources of Marie Stopes and the rest (which are funded by Western governments on a lavish scale). But there is deep commitment there – and faith that justice is on LIFE’s side.”

Agnes Musuhuke, >
newly-appointed
Director (part-time) of
LIFE Uganda



housing

help in the Community

- Laura's story

Rachel was the Support Worker at the Farnborough LIFE House and my Community Support Worker when I moved out. She helped me adjust to life with my new baby and eventually I stopped seeing her.

But a couple of years later I split up from my partner and it affected me badly. I was in a lot of debt and was seeing a violent person. Social Services got involved and my son was on the at-risk register. I was close to losing everything.

I got referred to Rachel again. She came to Social Services and Council meetings with me and gave me lots of support. With Rachel's help my son came off the at-risk register, I kept my home, set up payment plans for my debts and I am now debt-free.

Rachel gave me the guidance I needed to turn my life around. Me and my son, Mason, are now happy and settled and I'm engaged and getting married next year.



fertilitycare

Rome presentation

Thomas W. Hilgers, MD, (5th from left, below) the Director of the Pope Paul VI Institute for the Study of Human Reproduction in the States, presented his work on NaProTechnology (Natural Procreative Technology) and its use in the treatment of infertility, at the Pontifical Academy for Life in Rome last February.

NaProTechnology is the medical approach to supporting couples with natural conception used by LIFE FertilityCare (LFC) practitioners.

LFC's Margaret Neale (5th from right) says: "I had the great privilege to hear Dr Hilgers' presentation. With over 30 years' research behind it, NaProTechnology is dedicated to finding the root causes of women's health problems and then to treating those root causes. It works cooperatively with women's menstrual and fertility cycles as opposed to contemporary approaches which suppress fertility. It also has success rates significantly higher than IVF."

Interested couples can contact Margaret on 0114 230 1377 or email: margaret_a_neale@yahoo.co.uk



care

A life-saving decision

The LIFE Helpstation in Walsall provides comprehensive care for clients facing a diverse range of pregnancy-related problems, and their links with other local agencies mean they are reaching out and helping some of the most vulnerable people in their community.

LIFE Skilled Listener Liz Lloyd, says: "The SAFE Project, which promotes the safety of women sex workers in the area, referred Stacey to us - a crisis pregnancy client. 10-weeks pregnant and in a very anxious state, Stacey had started a methadone programme to beat her heroin addiction."

Liz continues: "Stacey was feeling pressure from professional bodies whom she felt were questioning her suitability as a parent and abortion seemed preferable to having the baby taken away from her after it was born.

"However, over the coming sessions, Stacey talked openly about really wanting to keep the baby coupled with her fears of failing; she was frightened that her drug problem would mean her baby could be taken into care.



"With the encouragement of the SAFE team and LIFE working together, Stacey made a life-saving decision. 'I want to do this for me and my baby', she said in one session, and became determined that she would save her baby's life and her own."

Stacey continued her weekly skilled-listening sessions, started parentcraft classes and worked closely with her social worker. "Stacey had limited

support from family and found this hard to deal with," explains Liz. "But throughout the rest of her pregnancy she was committed and did all that was asked of her.

"Finally, in mid-September, Stacey gave birth to a beautiful baby boy who she named James. It's so rewarding to see Stacey's great love for him and her determination to give him a good life."

In Loving Memory



Maureen Brown - long-time Care volunteer for West Yorkshire group, died aged 61.



Diane Rackham - former Care Service Coordinator at Head Office, died aged 66.



Royston Anthony Williams - Enfield LIFE group, died aged 71.

Margaret Cosgrove - stalwart member of Waterlooville LIFE group, died aged 92.

Peggy Starkie - irrepensible founder member of London LIFE, died aged 90.

education

One scandal after another

In February it was revealed that a number of abortion clinics were offering illegal sex-selective abortions.

Just days later, there was widespread disgust at a paper in a bioethics journal stating that almost all arguments for abortion are also arguments for infanticide. More recently, a study in the *British Journal of Obstetrics and Gynaecology* suggested that official Department of Health statistics on late abortion were unreliable, and then the Care Quality Commission uncovered evidence of widespread illegal practice in abortion clinics. Little wonder, therefore, that two large-scale opinion polls show widespread dissatisfaction with UK abortion.

Cracks are showing in the pro-abortion edifice. It is clear that there is a significant problem with misconduct by abortion providers, as shown by the sex-selective abortion scandal

and the systematic and cynical flouting of the law requiring two doctors' signatures by a large number of clinics. It is clear too from the CQC inspection that women's needs are being ignored and their wellbeing placed at risk, despite the rhetoric of choice. We also have compelling evidence that some aspects of the abortion statistics are unreliable, and the debate over infanticide has exposed many weaknesses in the philosophical argument for abortion.

And yet it is LIFE whose advertising is now being restricted by a government regulation insisting adverts for our Care service mention that we do not refer for abortion. So be it. We are proud of the positive alternatives to abortion we provide in the form of our Housing and Care services and proud that we don't need to refer clients to abortion clinics.

National Conference 2012

This year's LIFE National Conference will take place on 12-14 October at the Ramada Hotel, Kenilworth (same venue as last time – on the same very favourable terms)

Details and booking form in the next LIFE News.

Make a date in your diary – NOW!

It will be a really worthwhile and enjoyable event.

Conference contact is Joanne Morris –
joannemorris@lifecharity.org.uk

Make it a date!

The 2012 LIFE 10 Bridges of London Sponsored Walk takes place at 2pm from Tower Bridge on Sunday 23rd September.

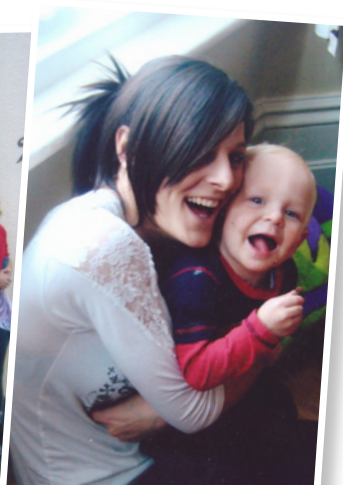
For more information contact Therese Walker:
dwalker@visuals.plus.com

housing

The Worthing LIFE house celebrated the completion of essential maintenance work last November with an Open Day. "Thank you to the Eastbourne LIFE group who helped towards the cost of works, from a total re-wire through to new windows and front door," says Regional Manager, Tracy Norman.

Right: Worthing LIFE house tenants, staff and volunteers.

Far-right: Sian Barker with 2-year-old Levi.



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

National Helpline: 0808 802 5433

Text LIFECARE followed by
your message to 88020

Visit www.lifecharity.org.uk

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☐ LIFE's Education service

☐ LIFE's Care service

☐ LIFE projects of greatest need

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EMAIL

2. Direct debit for Regular Givers

£

now & every month / quarter / year* thereafter, beginning

DATE

DD / MM / YY

*delete as appropriate

Please specify your preferred collection date. If the collection date selected falls within the next 28 days, the first payment will be collected the following month

1st

15th

MONTH

YEAR

Instruction to your bank or building society to pay by Direct Debit

NAME OF ACCOUNT HOLDER

Bank/building society account number

Sort code:

Name and full address of your bank/building society

TO THE MANAGER

POSTCODE

Service user number

699715

REFERENCE

Instruction to your bank or building society

Please pay LIFE 2009 Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with LIFE 2009 and, if so, details will be passed electronically to my bank/building society.

SIGNATURE

DATE

3. SINGLE GIFT

I would like to support your vital life-saving, life-changing work. I enclose my gift to LIFE for:

<input type="text"/>	£5	<input type="text"/>	£10	<input type="text"/>	£25	<input type="text"/>	£50
<input type="text"/>	£100	Other	<input type="text"/>				

Please find enclosed cash or cheque/charity voucher/PO* *delete as appropriate

If you don't require an acknowledgement letter, please tick box ☐

Alternatively, if you would like to donate by credit/debit card, please provide your details below.

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<input type="text"/>	Delta	<input type="text"/>	Maestro	<input type="text"/>	CAF Card		

Card Number

Maestro only

Start date	End date
<input type="text"/>	<input type="text"/>

Card security number	Issue	Maestro/Delta only
<input type="text"/>	<input type="text"/>	<input type="text"/>

NAME ON CARD

SIGNATURE

DATE

Or visit our website at www.lifecharity.org.uk

4. GIFT AID

If you are a UK taxpayer, for every £1 you donate, GiftAid allows us to claim 25p from HM Revenue & Customs - increasing the value of your gift by nearly a third at no cost to you.

I want LIFE to treat all donations I have made over the last four years and all donations I make from the date of this declaration, until I notify you otherwise, as GiftAid donations. I will notify LIFE if I no longer pay an amount of income tax equal to the tax reclaimed on my donations.

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DATE

Please return this completed form and send your donation in the enclosed freepost envelope or post to: LIFE, LIFE House, 1 Mill Street, Leamington Spa, Warwickshire CV31 1ES

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