



LIFEUpdate

ISSUE EIGHT | FREE

DECEMBER 2011

Loving Life, Offering Hope



“Without LIFE I’d still be a drug addict and my baby would be in care”

Hayley: Six months ago I was in a bad place in my life. I was a recovering drug addict and working as a prostitute to fund my drug habit. I was also four months pregnant with twins and needed help.

I heard about LIFE and was referred for an interview. Luckily I got offered a room and things have completely changed for me ever since then.

I’ve received lots of support and counselling from LIFE and with their help I have managed to turn my life around.

I had my twins prematurely at 26 weeks and both were very poorly. One of my babies passed away the following day. My other baby remained in hospital for 108 days and things were touch and go for a while.

He is now doing really well and at home with me at the LIFE house. I am really happy there and receive all the support I need. Without LIFE I definitely wouldn’t be where I am now and, no doubt, would still be a drug addict with my son in care.

LIFE’s Liz Lloyd: Hayley was referred to us via The Safe Project, a West Midlands scheme promoting the health, well-being and safety of female sex workers in the area. She was 18-weeks pregnant with twins and in desperate need of support. She needed to know that we were there for her.

Over the course of the next few weeks, Hayley was able to explore what she really wanted for herself and her babies in skilled-listening sessions, and discuss areas of concern about the pregnancy and raising children. One of our volunteers, Ann, also carried out one-to-one parentcraft classes with her, which Hayley loved.

Hayley went into early labour and delivered Seth who weighed 11lb 9oz and Zane, 11lb 3oz. When Zane died, Hayley not only had that grief to deal with, but she was travelling to



Hayley with Seth

and from Birmingham to visit Seth who was fighting for his life.

Eventually, Seth was transferred to our local hospital and now, thankfully, things are going well for them both at the LIFE house. One of our volunteers, Pat, visits them weekly. We are all so very proud of Hayley.



3 places on the BUPA London 10k up for grabs

Brought to you by the organisers of the Virgin London Marathon, the BUPA London 10,000 provides runners with the unique opportunity of running on the Olympic Marathon course before the athletes do in 2012, and LIFE has three guaranteed spaces on the run.

The run covers many of London's famous sights, including Westminster Abbey, Big Ben, St Paul's Cathedral, and Nelson's Column. Buckingham Palace acts as a backdrop to the start and finish, making this one of the most attractive routes in the UK.

Race Date: 27 May 2012

Takes place on the Olympic Marathon Course – 'Run the course'

10,000+ runners and extremely popular with celebrities

A Virgin London Marathon organised event

All we ask for is a sponsorship pledge of £350

www.london10000.co.uk

If you're interested in running for LIFE please contact the Fundraising department on 01926 421587 for further information, training programmes or to book your place.

care

ABORTION

**Do you really have to?
Do you really want to?**

**Call us in confidence on
(Care Centre/Helpline Number)
or text LIFECARE to 88020**

Life
LOVING LIFE. OFFERING HOPE

LIFE is the trading name of LIFE 2009 which is a limited company registered in England and Wales (number 06786752), a registered charity (number 1126235) and a charity Registered in Scotland (number SC041329) whose registered office is at LIFE House, 1 Mill Street, Leamington Spa, Warwickshire CV31 1ES.

New ad aimed at women facing crisis pregnancies

This is the new advert for LIFE's Care service which will come into use in the new year. It will be produced in various shapes and sizes and display both national Helpline and local numbers.

LIFE groups will be encouraged to put it up in local libraries and so on, and to use the text for notices in their local press.

"This ad is addressed at women who have discovered they are pregnant and don't know which way to go – a big proportion of women facing unexpected pregnancy," says Kyla Taylor, National Care Services Supervisor.

"We'd like it to appear throughout the country – on the London Underground, on buses and metros and in colleges and churches and we'll be launching a major fundraising campaign soon to achieve this."

Look out for the poster in your area.

Care Manual
Training Day for all
Care volunteers,
staff and Helpliners

Sat 14 & 15 January 2012

Calling all Level 3
Skilled Listeners &
Diploma Counsellors
We need you on the Helpline

**Interested? Call Kyla Taylor on
01926 421587 or email
kylataylor@lifecharity.org.uk**

A day at Hounslow LIFE Care Centre

Hounslow Care Centre has been helping some of the most vulnerable members of their community for years. Run entirely by volunteers, many of whom speak a variety of languages, the Centre has seen a huge increase in client contacts in the last few months. Here, Hounslow group Chair **Joanna James**, tells us about a typical day.

When I first met Surika* she was sitting on a bare bed in an empty room. There was a bundle of blankets on the floor for her baby to sleep on. Surika had been referred to us by the local Health Visiting team. She was here legally but had no recourse to public funds and relied on the kindness of strangers for food and shelter since the birth of her baby.

We've seen Surika nearly every week and provided her with a pushchair, some toys and baby clothes and a little financial support through LIFE's Gemma Fund. This week she proudly shows me that her baby has started to walk.

Next stop, Agnes*, who came with her husband and their young son to the UK as students. They too have no recourse to public funds and restrictions on their visa mean they can only work a limited number of hours per week. In September they had a baby daughter. They don't have enough money to live on and lately their six-year-old son has often gone to bed with no supper. Health Visitors wonder if we could help them, too..?

Back at the Care Centre, the volunteers take a call from a young man. He knows that if his girlfriend opts to continue with her pregnancy she will be ostracised by her community. Hounslow is a diverse area and, where young people form relationships outside their cultural group, it can cause problems.

Monica* calls in to give back some clothes that her baby has already grown out of. She came to us through the Teenage Midwifery Service with which we have very good links. "She is my happiness", she says smiling at her baby. "I made the right choice."

*Hounslow Care Centre: 20 Vicarage Farm Road, Hounslow, Middlesex, TW3 4NW. Opening hours: Tues & Fri 11am-2pm.
email: Hounslowcare@lifecharity.org.uk
Tel: 020 8570 7717*

**not clients' real names*

education round-up



by Stuart Cowie, Head of Education

Government PSHE Consultation

The Department for Education recently began a public consultation on the future of Personal, Social and Health Education (PSHE) in schools. As Relationships and Sex Education (RSE) comes under PSHE (and LIFE has an interest in good RSE) we have prepared a submission to this consultation process concerning the future direction and focus of RSE. We would like the government to:

- clarify the aims and objectives of RSE, i.e. improve health outcomes for students, promote delayed first sexual activity and the benefits of confining sex to a long-term committed relationship.
- protect and promote parental choice in RSE - the right of parents to withdraw their children from classes and to have meaningful input into RSE content.
- examine the evidence honestly to see what kinds of RSE really work, and acknowledge that measuring outcomes and defining successes are not straightforward activities.

Sexual Health Forum

We continue to contribute to the discussions at the Sexual Health Forum and I am looking forward to the meeting due to take place this month. Health Minister, Anne Milton, will be attending.

Sexual health training in LIFE houses

Following the pilot completed earlier this year, the LIFE Education department is now offering Sexual Health and Relationships training in LIFE houses. Support Workers, tenants or even tenants' partners can contact us to arrange a training session. The feedback from the pilot was overwhelmingly positive and the young mums and mums-to-be reported feeling empowered by the sessions.

90th birthday donation to Life

Thank you to Mrs Pat King, mother of LIFE trustee John Ling, who recently celebrated her 90th birthday and asked for donations to LIFE in lieu of presents. Mrs King, who has nine grandchildren and ten great-grandchildren, celebrated with a family birthday lunch on 1 October.

Mrs King with great grandchild Joshua – the oldest and the youngest – on her birthday.



fundraising **LIFE Shops**

An interview with LIFE's Fundraising and Development Officer, Eireann Janssens

Eireann, what does your role entail?

I supervise the LIFE shops, working with volunteers and managers to make them even better! I also write grant applications and help with community fundraising. There are now ten LIFE shops - two new ones have just opened in Basingstoke and Hereford and other LIFE groups will be following suit soon. These are exciting times for the shops! They are thriving - in this economic climate people love a bargain!

What is the secret of the shops' success?

Shop profits have trebled in the last year and that is down to the volunteers' and staff members' dedication. Sheila at the Manchester LIFE shop has set the target of making 1k gross income p/w; Marie from the St Helens shop knows everyone in the town and

ropes them in; Naomi from Weymouth works 30 hours p/w rather than the 18 she's paid for ... I am awestruck and inspired by them all and how willing they are to put in extra work.

What's your favourite aspect of the job?

That's easy - working alongside people who work tirelessly for this awesome cause.

You're very committed to your role, why?

It is such a fantastic charity, helping people who have nowhere else to go. I do the best I can to help the wonderful shops to be ambassadors for the charity.

You have five children to look after as well! How do you fit it all in and stay sane?

I am not sure I am sane! Having a tribe of children means delegation. From the oldest who is 13 to the 4-year-old, they know they have to help each other. My husband does the cooking and laundry while I'm bad cop, making sure they all do their homework! Don't tell my husband, but he is the reason I can dedicate so much time to LIFE.





◀ Paul Goggins, MP for Wythenshawe and Sale East, toasts the success of the Care centre and shop with Pauline Lloyd, Manchester LIFE Chair and LIFE trustee, with guests and supporters looking on.

Manchester LIFE shop is a real Bobby Dazzler!

Manchester LIFE recently celebrated a year of success for its shop and Care centre in Palatine Road, Northenden.

Volunteers, supporters and invited guests joined Manager, Sheila McKie, Manchester LIFE group Chairman, Pauline Lloyd

and Caring Officer, Margaret Bradshaw at the Open Day on 30 September.

"The LIFE Shop has become a popular stopping point for locals and makes a feature of children's wear highlighting the work of our adjoining Care centre," says Pauline.

"And our funds were boosted recently via the auction of two beautiful wooden panels for £180 featured on Dickinson's Real Deal with David 'The Duke' Dickinson!" Good job for Manchester they weren't Cheap as Chips!

Basingstoke joins the ranks

The latest addition to the LIFE shops opened at 10am on 19 November in Basingstoke.

Chair of Basingstoke and NE Hants LIFE group, Chantal Brown, says: "It was a great start for the shop, which sells clothes, books and bric a brac.

"We took £578 and sold most of the items in the window."

Top: Volunteers celebrate the successful opening of the Basingstoke LIFE shop.



...and Hereford

"Hereford is due to open a LIFE shop at the end of November," says Eireann.

"Combined with a Care Centre, it's in the heart of the city and will raise awareness of LIFE, offer vital services and raise much-needed funds. We wish them all the best."



LIFE FertilityCare Programme launches new website

LIFE FertilityCare (LFC) recently launched its own website, accessible via the FertilityCare logo on the LIFE charity website or directly at www.lifefertilitycare.co.uk

National Coordinator Ira Winter says: "We're currently around page seven for anyone searching on Google for alternatives to IVF and we'd like to move up the ranking so more people hear about us."

How you can help promote the new LFC site:

- Google search the website. The more searches take place the higher we go up the ranking
- If you access a site you think should link to the LFC site, ask them for a link
- Respond to a blog on the site. It shows new visitors the site is active

Happy Googling!



Success at the Caterpillar Club

Hot on the heels of the Blackpool group, Manchester LIFE has set up the second Caterpillar Club playgroup. Care Officer, Margaret Bradshaw says: "We are very pleased to be engaging with local mums and families and networking with caring professionals. This has given us an opportunity to talk about LIFE's services and increase awareness of our work in the community."



"We began in March and, after a slow start, numbers have soared since the beginning of September and we are now an established part of pre-school playgroup provision in the area."

"Thanks to Blackpool LIFE for their help in the early planning stages and to our wonderful group of volunteers in Manchester."



LIFE welcomes new patron

Lord Nicholas Windsor, the son of the Duke and Duchess of Kent and the Queen's first cousin, has recently accepted an invitation to become a LIFE patron. LIFE Chairman Professor Jack Scarisbrick, says: "We are delighted that Lord Windsor has agreed to become our patron and are greatly encouraged by his support." The prominent pro-lifer has recently helped launch the San Jose Articles, an international statement affirming the strong pro-life principles which have underpinned many societies and still do. For further details visit www.lifecharity.org.uk/lifenewssanjosearticles



Laura Brown on piano accompanies her daughter, Caroline, on violin.

group news

< A marathon with a difference

Guildford LIFE group ran a 12-hour Music Marathon on 17 September to raise funds for local LIFE houses in Woking and Chertsey. Group Chair and event organiser Laura Brown comments: "From 9am to 9pm we provided a non-stop concert. Primary-age youngsters played piano, violin, guitar and trumpet and soloists from the local secondary school played piano, saxophone, trumpet, guitar, violin and sang. I was on the piano for most of the 12 hours and conducted the Octavian Singers at the end of the day. The event raised a fantastic £1365." LIFE Regional Housing Manager, Tracy Norman, adds: "It was a thoroughly interesting and enjoyable day and we are so grateful for Guildford's continued support."

Calling all Stoke-on-Trent Valley Members!

A meeting is being held at St Teresa of the Child Jesus, 100 Stone Road, Stoke-on-Trent on Saturday 21 January 2012 at 1.30pm. Our aim is to be able to set up a support/satellite LIFE group to help with LIFE's much-needed work in the area. Please contact : Liz Lloyd 01922 712046 /611255 or Head Office for more information.

Good luck Simon!

Good luck and a big thank you to Simon Dilkes who is running the Birmingham half marathon to raise money for Walsall LIFE house. Simon is hoping to raise £1000. Also, many thanks to St. Francis of Assisi RC School in Aldridge who raised in excess of £2000 to help keep Walsall LIFE house up and running.

LIFE stalwart's fundraising

Mrs Barbara Tumilty of Truro has raised over £2000 for LIFE since 2004 by serving coffee at her church on Sundays after Mass.

Big thanks to Bath

Big thanks to Bath LIFE group who collected over £235 at a collection at Tesco, Keynsham, near Bristol. They are donating the money to the Bath LIFE house.

Kingston LIFE targets freshers

Kingston LIFE group raised the funds to pay for a stand at this year's Freshers' Fair at Kingston University. Members of the Kingston, Sutton and Hounslow LIFE groups and Education Officers and staff from the Central London LIFE Care centre helped to man the two-day stall. "It was a very effective way of reaching such a big target audience and an outstanding team effort," says Jill Namey of the Sutton group.

In Loving Memory

We gratefully acknowledge a large bequest from the estate of **Miss GM Adcock** of Walsingham, Surrey, who died in June 2010.

Mo Cororan, for many years a member of Lichfield & Rugeley LIFE group

Catherine Anne Tyler of Blackheath, London, who has remembered us generously in her will.

Miss Phyllis Betty Wood

Download Christmas song and donate to LIFE!

The Musical Weatherman has released a Christmas track with a video by an award-winning animator and 100% of the sales are being donated to LIFE. *Christmas Angel* has been written and performed by piano/vocal artist Eddy Davies (pictured), 25, from Reading, and produced by Joe Lonsdale. Available now at ITUNES and other leading online music retailers, *Christmas Angel* is a unique and uplifting love song that will appeal to listeners and viewers of all ages.



The animated music video for *Christmas Angel* has been produced by Neil Whitman, who worked with Davies to create a video that reflected the intimate nature of the song. "The first time I played the track to my girlfriend she cried and I realised then that it had huge potential," said Whitman.

Davies has chosen to support the charity after witnessing the London riots this year. "The riots highlighted the importance of bringing children up with the right morals and values and parents who find themselves in



trouble must have access to the support they need," he said.

The song costs between £0.79 and £0.99 depending on the online retailer that it is purchased from. The home page for the song can be found at www.themusicalweatherman.bandcamp.com

You can watch the animated video online by following www.youtube.com/themusicalweatherman

LIFE Christmas cards - on sale now! Buy these beautiful cards and help raise money for LIFE.



Postage as follows:

1 pack	65p
2-3 packs	90p
4 packs	£1.30
5-13 packs	£4.41
14-19 packs	£7.62
20+ packs	£9.45



Please send your order & payment to – Admin Team, LIFE, 1 Mill Street, Leamington Spa, CV31 1ES.

Please make cheques payable to LIFE.

Any queries, please contact the Admin Team on 01926 421587 or admin@lifecharity.org.uk

£3.50 for a pack of 10

Useful numbers and contacts

Head Office:
LIFE House, 1 Mill Street,
Leamington Spa, Warks CV31 1ES
Tel: 01926 421587
Fax: 01926 336497
Email: jo@lifecharity.org.uk

National Helpline: 0800 915 4600
Text LIFECARE followed by
your message to 88020
Visit www.lifecharity.org.uk

Follow us...



Life 
LOVING LIFE, OFFERING HOPE

Please join or donate now

I'd like my donation to go to:

☐ LIFE's Housing service

☐ LIFE's Education service

☐ LIFE's Care service

☐ LIFE projects of greatest need

1. Personal details

TITLE & NAME

ADDRESS

POSTCODE

TELEPHONE

I would like to receive LIFE Update by email

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	<input type="text"/>	Other	<input type="text" value="£"/>			

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

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

<input type="text"/>	Mastercard	<input type="text"/>	Visa	<input type="text"/>	Solo	<input type="text"/>	Electron
<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"/> <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
---	---

Card security number

Issue

Maestro/Delta only

NAME ON CARD

SIGNATURE

DATE

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

4. GIFT AID

giftaid it

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.

Please tick this box

☐

SIGNATURE

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