



# LIFE Caring

Practical and compassionate care for people experiencing pregnancy and pregnancy related problems

**Life** 

LOVING LIFE, OFFERING HOPE

Registered National Charity No. 1128355

# LIFE Caring

## Practical and compassionate care for people experiencing pregnancy and pregnancy related problems

LIFE Caring is a nationwide service which offers practical and emotional support and confidential counselling on abortion and pregnancy related issues. This includes free pregnancy testing, baby clothes and equipment and information on pregnancy and abortion. LIFE's Caring service also offers free counselling and support on pregnancy loss experienced through miscarriage, ectopic pregnancy, abortion, adoption and still birth.

LIFE is an organisational member of the British Association of Counsellors and Psychotherapists (BACP) and adheres to its Code of Ethics.

## Who can LIFE help?

We are open to women, girls, men, couples and anyone experiencing pregnancy related difficulties.

## How can LIFE help?

LIFE Caring consists of two elements; the LIFE Counselling service and the LIFE support service. Diploma Counsellors are able to offer one-off sessions and contract counselling free of charge. LIFE uses a non-directive approach. Counselling can be conducted face-to-face or over the telephone. LIFE Counsellors are professionally trained and supervised. The LIFE support service is offered by volunteers trained in counselling and listening skills.

LIFE enables people to explore their feelings and issues surrounding subjects such as ending the pregnancy through abortion, adopting the baby and choosing to bring the baby into the world.

## Pregnancy Care Centres

Our Skilled Helpers and Counsellors have a comprehensive knowledge of listening to and caring for women. LIFE provides a positive, loving alternative – usually this means helping women with the issues that make their pregnancy a problem. These might include a lack of emotional support from families and partners, fears about pregnancy and childbirth, or worries about how to provide for and look after a child. Some women just want someone to listen to them in a safe and non-judgmental environment. We also see a large number of women who have had an abortion and are suffering in some way as a result, and these women need special care. Some of them had abortions many years ago, but they still struggle with the after-effects. LIFE provides a safe space for them to talk and discuss their feelings.

Skilled Helpers are able to use their listening and counselling skills to assist women and men during what is often very difficult times. Where appropriate, Skilled Helpers are able to signpost or refer to other organisations or other LIFE Services, including LIFE Housing, LIFE FertilityCare. LIFE also provides practical help such as free baby clothes and equipment for women continuing with their pregnancy.

“I just wanted to say thanks for being there at a very lonely time. You and a handful of very special friends were in a minority.”

“I have received help - emotional, practical. This is literally life-changing help LIFE has provided.”

“Thank you so, so much just for giving me your Helpline card. Just the thought that somebody was there to talk to and that I could turn to you for support helped me stay optimistic.”

## National Helpline

LIFE's National Helpline on free-phone 0800 915 4600 is available 9am- 9pm weekdays and 9am-5pm Saturday (please note: times vary during Bank Holidays ). It is staffed by our experienced counsellors and Skilled Helpers. Clients can use this service if they have a quick query or would like to talk through an indepth problem or arrange counselling.

## Text-To-Talk

Text-To-Talk allows clients to access LIFE Caring via their mobile phone on 07786 200330. This is our most anonymous service and is popular with clients who feel unable to speak directly to someone. They can express their thoughts and feelings privately and in confidence. A Skilled Helper replies directly via text message to the client's mobile phone. Text-to-talk is particularly popular with young adults. The cost for this service is the standard text message charge on the client's own network. LIFE does not charge an additional fee.

"I found the (text-to-talk) service very helpful for a couple of months now. Whenever I have problems I text in. I'm so grateful that you've listened and helped me. I think it's fantastic!"

received a very wide range of emotional, financial and practical help from LIFE was saving. I won't forget the help as given me in a hurry!"

## The Gemma Fund

The Gemma Fund offers discretionary grants to women and their families in times of hardship arising from pregnancy or after abortion. Examples of financial assistance provided by LIFE include help with travel costs, housing costs, tuition fees, or the purchase of baby equipment. The grants at this time are non-repayable.

Applications to the Gemma Fund are made in writing to LIFE Head Office and occasionally involve a follow-up appointment at a local LIFE Pregnancy Care Centre. For more information about the Gemma Fund, please contact LIFE Head Office.

## LIFE Alternative Gifts

'New Mum Packs' and 'Mum to be Packs' are tailored to their needs and paid for by the LIFE Alternative Gift Scheme. A New Mum Pack usually includes items such as new baby grows, shawl, bath towel, bibs etc. To purchase a LIFE alternative gift which we will give to a client on your behalf, please contact LIFE Head Office.

"She was delighted with the Moses basket, your organisation has been a real godsend, thank you so much."

# Support and Counselling

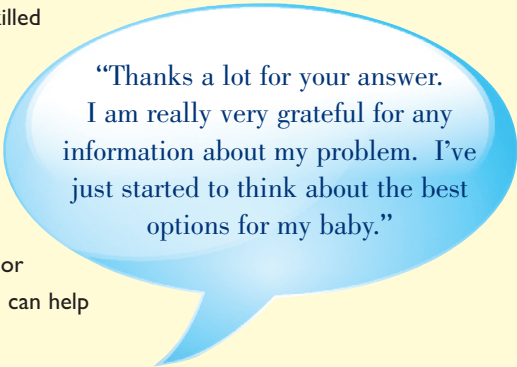
LIFE's Support Service is run by our Skilled Helpers who, using listening skills help people explore and assess more fully their situation, emotions and practical needs.

It often includes information giving, direct support to purchase baby items or signposting to other organisations who can help meet their wider needs.

LIFE's Counselling service is delivered by qualified Counsellors who help facilitate the healing process of people who struggle to come to terms with their situation and feelings. Counselling often involves a series of sessions to explore in depth, inner emotional processes which can either be a block or benefit to this healing. Our counsellors are used most often by women, couples and families to explore difficulties surrounding issues before and after abortion.

Both our Counsellors and Skilled Helpers are now open to receiving referrals from women and families affected by wider pregnancy health problems including, miscarriage, ectopic pregnancy, post natal depression and birth defect diagnosis.

Referrals can be made through our National Helpline 0800 915 4600 or through LIFE's Head Office.



“Thanks a lot for your answer. I am really very grateful for any information about my problem. I’ve just started to think about the best options for my baby.”

# How can I access LIFE Caring?

Many of LIFE's clients are self-referred, although a sizeable proportion of clients are referred by GPs, Midwives, Health Visitors, other health professionals or schools.

LIFE Pregnancy Care Centres (LPCC) operate on a drop in or appointment basis. For your nearest LPCC and opening hours please contact LIFE Head Office or visit our website at [www.lifecharity.org.uk](http://www.lifecharity.org.uk).

The National Helpline and Text-To-Talk service can be accessed directly on 0800 915 4600 and 07786 200330 respectively.

We are offering a professional and irreplaceable service. For many women, choice can be an illusion because of a lack of support and knowledge. With the help of LIFE Caring, women are in a position to make a considered and well-informed decision about their child and their future.

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

National Helpline: 0800 915 4600  
Text-to-talk: 07786 200330

Tel: 01926 421587 Fax: 01926 336497  
Email: [info@lifecharity.org.uk](mailto:info@lifecharity.org.uk)

For more information  
visit [www.lifecharity.org.uk](http://www.lifecharity.org.uk)

More information:

LIFE publishes a number of pamphlets and leaflets about various aspects of our mission and services. These are available, by post, from LIFE Head Office. You can access these and other materials on our website: [www.lifecharity.org.uk](http://www.lifecharity.org.uk).

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

Ta ulotka może być udostępniony w innych formatach lub językach, jeżeli jest to wymagane, np. duży druk lub taśma.

यदि आवश्यकता हो, तो सूचना पत्र :  
अन्य स्वरूपों या भाषाओं में भी उपलब्ध  
करवाएँ जा सकते हैं, जैसे बड़ा प्रिंट या टेप।

چھاپے کے بڑے حروف یا ٹیپ کی شکل میں بھی فراہم  
اس پرچے کو حسب ضرورت دوسری شکلوں یا زبانوں مثلاً  
کیا جا سکتا ہے۔

????????????????????????????????  
??????

# Life



LOVING LIFE, OFFERING HOPE

Registered National Charity No. 1128355  
Charity Registered in Scotland SCO37743



FundRaising  
Standards Board  
*give with confidence*