

**Welcome to
the LIFE
Annual Review**

2009
/2010



Like most, if not all, charities we have had a testing year financially and have had to cut back on almost every item of expenditure. But our four core services – Housing, Education, Care and FertilityCare – have continued to help some of the most vulnerable members of society.

LIFE Housing has supported 219 tenants during the year, the hundredth baby has been born to the LIFE FertilityCare Programme, the Education team reached over 35,000 young people and Care has supported hundreds of women facing a crisis pregnancy or suffering from post-abortion trauma through its Helpline, Text-to-Talk service and its Care Centres. Nevertheless, we have had to undertake slimming of our head office staff; though we have appointed a new Head of Education, other vacancies have not been filled and the remaining Education team have accepted an overall reduction in their paid workload. We will not be replacing the National Care Manager, at least in the near future and LIFE Housing is having to tighten its belt especially because Supporting People funding is itself under severe pressure. At the same time, every other item of expenditure in the budget for 2010/11 has been carefully scrutinised with a view to trying to ensure that we get near to breaking even in the coming year. Our fundamental challenge is to reverse the decline in income from our supporters and that means building up our supporter base. At the same time we must be seeking funds from every other possible source – at local and national levels. This is the remit of our new Head of Fundraising who took up her post in March. We wish her very well indeed!

It has been decided to ‘uncouple’ our Care and Housing services from July, thus allowing the Head of Housing to give all her much-needed attention to that service – and to reduce expenditure of our unrestricted funds. As a further economy, we are discontinuing the three posts of Care Service Development Manager and replacing them with a single Care Services Coordinator at Head Office.

All this is, of course, very important. But we must not lose sight of the fact that, in the meantime, our unique pro-life programme is being delivered, day in and day out, to society at large.

We repeat our ‘boast’: LIFE is the most ambitious and complete pro-life organisation in the world. We repeat our objective: to work for a world which has outgrown all forms of discrimination against unborn human life, that is, has come to see that abortion and human embryo abuse are incompatible with justice and that absolute respect for all human life is the bedrock of a civilised society.

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.

Practical and compassionate support

- The LIFE National Helpline on freephone [0800 915 4600](tel:0800 915 4600) is staffed by experienced counsellors and skilled helpers. Callers range from those with a quick pregnancy-related query to those requiring longer-term, emotional support after abortion or other pregnancy loss. It's often the first port-of-call for clients and a good way of accessing our other support services.
- LIFE Care Centres provide face-to-face counselling and help clients work through any pregnancy-related issues. In a crisis pregnancy clients are provided with non-directive counselling to help them explore their true feelings away from outside pressures and, should the client choose abortion, we are there for them afterwards if they need support.
- Text-to-Talk allows clients to access our services using their mobile phone on [07786 200330](tel:07786 200330). Its anonymity makes it particularly popular with young people.
- Financial help is available through the Gemma Fund which offers grants to women facing extreme financial hardship in pregnancy or who have small children.

Care 2009/10

- LIFE's Care service took over 750 calls to the National Helpline, 150 texts to our Text-to-Talk service and received around 2500 calls or visits to our Care Centres.

LIFE Care in action

Lorraine found herself pregnant with no one to turn to. She came from Africa to study in the UK and never thought she'd be facing a crisis pregnancy alone.

Luckily, she saw a poster for her local LIFE service and we've been able to give her all the support she's needed, from baby equipment to accommodation when she became homeless.

It hasn't been an easy time and there have been many ups and downs, but in December Lorraine gave birth to Roma, a beautiful baby girl. They have settled in Croydon and are both doing really well.



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.

Providing 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.

Turning lives around

- All tenants have an **individual support plan** specifically tailored to their needs which is reviewed regularly. Support Workers at the LIFE houses devise these alongside tenants, updating the plan together on a monthly basis.
- The **Life Skills Programme** helps tenants to develop the skills required to move on to independent living, including budgeting, kitchen and practical skills. Support Workers often invite people from the wider community to come and advise tenants on matters ranging from pregnancy and childcare, claiming benefits, further education and careers/returning to work.
- Our **Community Support Schemes** provide support to young women and their children in their own homes. Clients are either former LIFE Housing tenants who have moved on to independent living who need a little extra help or they are referred to us through agencies such as Social Services.

Housing 2009/10

- Our Housing service has supported 219 tenants – 184 in accommodation and 35 through our Community Support Schemes.

LIFE Housing in action

The LIFE house at Farnborough, Hampshire, has undergone a dramatic transformation thanks to their landlords, the Pavilion Housing Association, providing a £250,000 refurbishment.

'The house was run-down and in need of substantial repair,' says LIFE Regional Manager, Elaine Hall. 'The six residents were temporarily re-housed for the duration of the project, which included six new en-suite bedrooms and three new kitchens.'

'Now it's a modern, comfortable and safe place to live so we can focus on helping the residents get to the point where they are able to move on to independent living,' adds Elaine. 'We aim to provide a typical domestic environment for young mothers where tenants live independently but staff are always on hand to support them when they need it.'



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. We are privileged to be part of this process.

Informing and equipping the next generation

- **LIFE's Education Programme** reaches thousands of young people each year in schools and colleges discussing issues such as life before birth, abortion, reproductive technologies, relationships and euthanasia. Presenting up-to-date, relevant information in an engaging and thought-provoking way, our Education Officers use interactive presentations which stimulate debate. And LIFE's popular school Conferences provide an extended opportunity for students to explore some of the sensitive issues which really matter to them.
- Our **Sex and Relationships (SRE) Programme** helps young people resist the many pressures upon them to become sexually active from an early age. Our Saved Sex message is given sensitively and positively. We highlight how saving sex gives young people freedom from emotional and physical damage and allows personal growth and development.

Central to LIFE's Secondary Schools' SRE programme is the importance of learning how to make choices that will lead to real happiness. We discuss the fact that actions and choices have consequences and consider issues such as personal responsibility. Such an approach fosters a sense of mutual respect, self-worth and responsibility, enabling healthy, mature and loving relationships to flourish.

Education 2009/10

- The team reached over 35,000 young people
- LIFE Education Officers visit schools, colleges and universities across the UK
- Of the 403 classes visited, 81% were repeat visits given at the request of the school or college

LIFE Education in action

After the talk from LIFE I'm more determined to find my own standpoint in the debate, so I'm going to do some research and see what I can find. It made me think of things in a different way.

Alison, age 14*

**not student's real name*



LIFE FertilityCare

Infertility is a growing problem. Around 1 in 6 couples will experience some difficulty in conceiving. The LIFE FertilityCare Programme (LFC) has enabled couples to have the families they thought were impossible, with success rates equal to those from IVF.

Unlike many forms of assisted reproductive technology such as IVF, LFC treats the causes of infertility, restoring health and enabling couples to conceive naturally. It's often a great relief for couples, frequently diagnosed with 'unexplained infertility', to find out why they haven't been able to have children. And LFC carries none of the ethical problems of IVF – no discarded embryos and no donor sperm or eggs.

A positive experience

But perhaps most importantly it places the couple relationship at the heart of the treatment. Without exception, couples say their experience with the Programme is a positive one which enhances their relationship. LFC involves the couple at every stage, empowering them and giving them back a sense of control. Infertility can be an emotional rollercoaster and couples need to feel supported and their views respected.

The natural way to health and fertility

- Couples wanting to manage their fertility can learn to observe and chart their cycle to achieve or avoid pregnancy with over 99% accuracy.
- Couples begin a tailor-made programme which can treat many problems successfully, from recurrent miscarriage to so-called 'unexplained infertility'.

LIFE FertilityCare in action

Programme celebrates birth of 100th baby

A Midlands couple celebrated the birth of their daughter, Marie-Thérèse, thanks to LFC. Marie-Thérèse is the 100th baby to be born to the programme.

Mum Janine explains: 'After having our son Samuel, I suffered two miscarriages. We had worries about the ethics and invasive nature of reproductive technology such as IVF. It was a great relief when we joined the Programme and were told what was causing my miscarriages and how it could be treated. And now we have Marie-Thérèse, our beautiful baby daughter!'

FertilityCare 2009/10

- 12 babies were born during the year, bringing the overall total since the Programme's inception to 101
- LFC achieved an overall satisfaction level of 93.9% in the client audit



Ira Winter, National Coordinator for LFC, says: 'We offer a systematic, holistic approach to the treatment of infertility. Through NaProTechnology, couples can access practical, medical help to maximise their chances of a successful pregnancy. Couples with diagnoses such as unexplained infertility, endometriosis,

and, like Janine and Michael, recurrent or unexplained miscarriage, have had successful pregnancies on the Programme.'

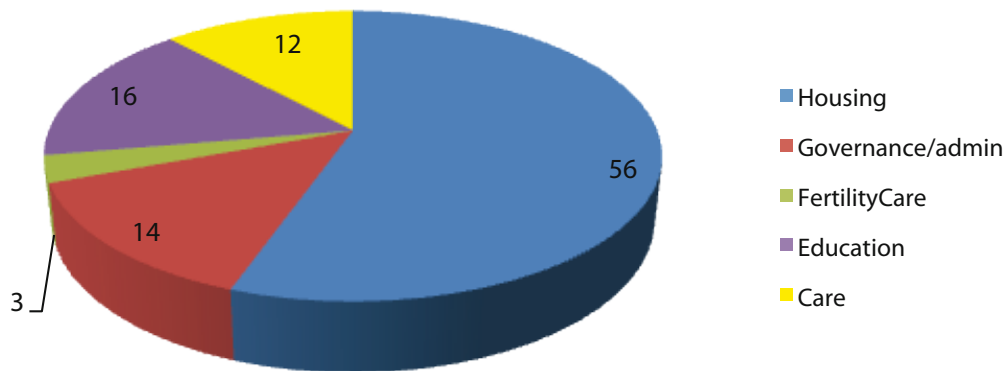
'The support and treatment on the Programme has been wonderful,' continues Dad Michael. 'We just want more couples to know about it and give it a try.'

Fundraising

Thanks

Without our dedicated LIFE supporters, we would be unable to continue the vital work that we do, supporting vulnerable mothers and young families across the UK. Whether you have donated some out-grown baby clothes to a LIFE shop, participated in a sponsored run or made a regular donation to LIFE every month, thank you.

Percentage of Annual Spend By Service Area



In the Local Community

Our 71 local LIFE groups have been very active this financial year, walking, running, and coffee-morning hosting their way to raising a grand total of £336,950. Top groups were Oxford, Belfast, West of Scotland and Manchester who between them brought in £160,064! Others deserving of a special mention include Exeter, Doncaster and Gloucester who all raised just under or over £10,000.

LIFE Charity Shops

LIFE's network of charity shops and one market stall raised £23,774 between them, selling donated clothes, toys, books, games & bric-a-brac. The shop in Derby even kitted out a bride-to-be ready for her big day!

Volunteering

The backbone of LIFE truly is our several hundred-strong network of volunteers. Devoting hours, if not days, every week to support LIFE's work in some way, our volunteers helped this year by working in LIFE charity shops or on the market stall in Gloucester, running counselling sessions in Care Centres, organising fundraising events or carrying out various administrative tasks in our Leamington Head Office.

Next year, we plan to increase the number of ways that volunteers can help LIFE by adding in new programmes for volunteer speakers and opportunities to work as a volunteer in the LIFE Houses.



Roll of Honour

Special thanks this year must go to the following:

Mrs D Corrigan
 Mr W Dodwell
 Mr & Mrs C Flynn
 Mr A Forsythe
 Mrs T Frewin
 English Martyrs Parish, Rugby
 Mr B Joyce
 Mr & Mrs C McClenaghan
 Mr L Michael
 Anonymous
 Jane and Mike Willcox

Grants & Foundations

J A Rose Trust
 The David & Marie Grummit Foundation
 Hutton Family Trust

Main Achievements 2009/10

Housing

- We improved facilities in our accommodation through the total refurbishment of the Farnborough LIFE house; extensive external upgrades to the gardens at Dartford and Slough; a new play area at Grimsby; and the introduction of a regular cleaning service to communal areas at all houses.
- We increased the level of tenant engagement by introducing a variety of ways for tenants to get involved in shaping and improving our services. They took part in working groups to review the Life Skills and Family Time programmes, made suggestions at house meetings and through surveys and we fed back to them through our regular "You Said... We Did" bulletin. Overall, 92% of tenants said they were happy with the service.
- We introduced the Hutton Awards - a scheme which rewards tenants' participation in Life Skills sessions - raising the number of tenants benefiting from the skills taught.

Care

- We put plans in place to re-structure our Care service by separating Care from Housing, expanding our Care Services and Training Manager's oversight of the service and appointing a Care Service Coordinator at head office.
- New LIFE shops in Manchester and Derby, which include counselling rooms, reported a steady flow of clients – as did our shops in St Helens and Scotland.
- Our Care service achieved ever-greater professionalism of its staff, both paid and volunteers.

Education

- We have reached more students per LIFE Education Officer than the previous year, bringing us closer to our goal of reaching every child in the UK with our positive message.
- We've helped to re-design the new LIFE website, widening our appeal and connecting with more young people. We've also uploaded new, up-to-date resources to help them with their coursework.
- We are making the most of social media like Facebook and Twitter to engage young people in debate on crucial issues and we've focused our resources on increasing our presence in the press.

LIFE FertilityCare Programme

- The Programme saw the 100th baby born this year.
- We continued to see around five new clients per month and our overall client satisfaction on the 2009 annual audit was 93.9%.
- We commenced a second practitioner training programme and now have an additional practitioner working from the clinic.
- We reached out to the public at, on average, two events per month, including the Fertility Show in London.

Aims 2010/11

The following six objectives underpin all our work:

1. To increase both unrestricted income and supporters by 10% in 2009/10 and 2010/11.
2. To consolidate our services and ensure sustainability, including any growth, through new funding sources and strong partnerships.
3. To provide excellent services to tenants, supporters, clients and the general public and work with more diverse client groups.
4. To have well trained, well managed and highly motivated staff and volunteers.
5. To demonstrate strong tenant and client engagement.
6. To help tenants and clients achieve and sustain emotional and physical well-being and independent living.

Housing

We would like to:

- Achieve sustainability for the houses at Oxford, Didcot and Walsall which lost Supporting People funding for the support service through fundraising and increasing the number of volunteers actively delivering services in the houses
- Introduce a LIFE Relationships and Sexual Health programme for tenants in the houses
- Introduce a new outreach service at West Sussex to complement the four LIFE houses there

Care

We would like to:

- Increase the number of crisis pregnancy calls to the National Helpline and local LIFE Care Centres
- Expand the range of our Care service and number of Care Centres
- Expand and diversify the advertising of our Care service

Education

We would like to:

- Continue to increase student contact with our service year on year through our Education Officers and also through our website and social media
- Dedicate resources into PR work increasing and improving our media profile
- Increase partnership working with other organisations with shared goals
- Recruit, train and maintain more volunteers to the service

LIFE FertilityCare Programme

We would like to:

- Audit the referral of current clients to inform promotion needs
- Respond to increasing client numbers through additional clinic support practitioner hours
- Move the www.lifefertilitycare.co.uk website on to a contemporary platform
- Continue to collaborate with the international NaProTechnology effectiveness study (iNEST)
- Commence another practitioner training course

Finances

The financial results for the year to 30 June 2010 show that expenditure exceeded income by £192,184 (before realised and unrealised gains on investments of £39,247) compared with a surplus of £80,177 in the previous year. However, the previous year made unrealised losses on investments of £92,030.

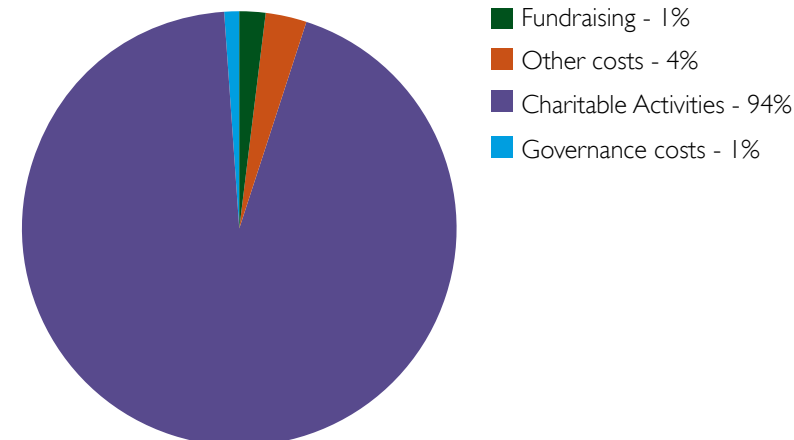
On 1 July 2009 LIFE, charity number 274144, transferred its assets, liabilities and funds (net assets of £1,929,766) to LIFE 2009, charity number 1128355 and company limited by guarantee number 06786752.

Cash at Bank, on Deposit and in Hand decreased from £463,846 to £146,878.

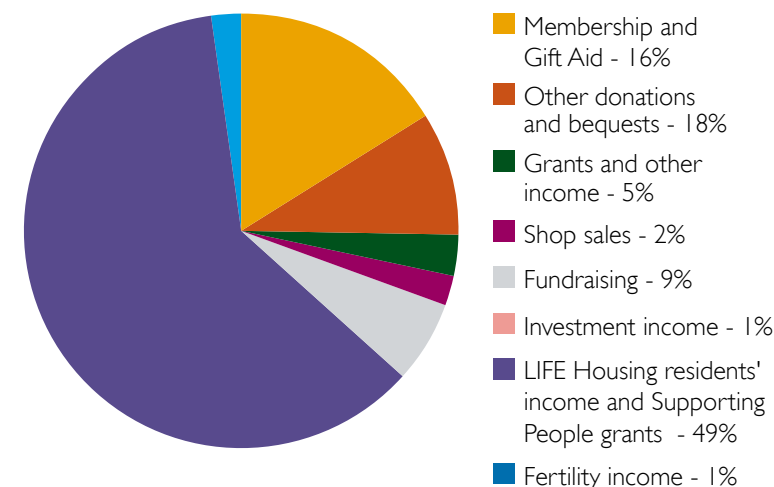
Statement of Financial Activities for the year ended 30 June 2010

	Total Funds 2010 £	Total Funds 2009 £
INCOMING RESOURCES		
Incoming resources from Generated Funds		
Voluntary Income		
Supporters Income and Gift Aid	559,819	610,759
Other Donations and Bequests	332,818	695,835
Grants and Other Income	96,768	201,331
Activities for generating funds		
Shop Sales	138,766	83,806
Fundraising	210,833	371,047
Investment Income	16,217	28,112
Incoming resources from charitable activities		
LIFE Houses – Residents Income and Supporting People Grants	2,130,054	1,907,882
FertilityCare Income	55,214	32,039
TOTAL INCOMING RESOURCES	3,540,489	3,930,811
RESOURCES EXPENDED		
Costs of Generated Funds		
Fundraising	75,680	27,450
Voluntary Income	114,620	156,764
Charitable Activities*	3,521,900	3,641,661
Governance Costs	20,473	24,759
TOTAL RESOURCES EXPENDED	3,732,673	3,850,634
NET (OUTGOING) RESOURCES FOR THE YEAR	(192,184)	80,177
<i>*Includes support costs of</i>	<i>650,596</i>	<i>574,971</i>

Expenditure



Income



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:

- 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
- educating the public, but most importantly young people, about the rights and dignity of each person
- 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:

Compassion - 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.

Justice - 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.

Truth - 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.

Hope - 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.



LOVING LIFE, OFFERING HOPE

Registered Charity No. 1128355

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