



29 August 2025

Imagine being 18, just starting university, full of dreams – and then discovering you are pregnant. That was Zena's reality.



Her boyfriend disappeared. Her so-called friend told others, and the abuse started: "Stupid", "Just get rid of it." She couldn't face her parents, who had sacrificed so much to get her to university. She was alone. Afraid. Desperate.

That's when she found our number. These are Zena's own words:

"I called you out of sheer desperation. From the off you listened. You didn't judge me or tell me what a fool I was or push me to what you thought was good for me. You seemed to stay outside of the situation and truly listen, be calm, be neutral. I still remember the words you said to me when we ended the call: 'You need to fully own your decision – no one else, just you.'

"I made it to the abortion clinic, I went in the door, but those words of yours were ringing in my head ... when it hit me. It hit me like a hammer ...

"I didn't own my decision. I had been given the clinic number by a girl in the same classes as me. I was being constantly asked if I was 'back to normal' and my ex had been getting his mate to ask if I'd 'done it yet'. That day I turned around, and my life turned around."

We were only able to help Zena because of the well of experience we have accumulated over decades. Life is one of the longest standing and most

experienced pregnancy support Helplines in the UK and our counsellors are incredibly skilled at dealing with the most challenging situations.

In the words of our Director of Helpline Services, "When working with clients that are facing an unplanned pregnancy there is often **a very small window of opportunity to help the client know and understand this is about them and their pregnancy**, no one else, and that they need to know their own thoughts."

So often we see cases where the coercion is subtle and hidden, like a continual background hum from family, partners, friends and work colleagues. This can often drown out what the client really wants. Life offers that space for a woman to hear her own voice and not that of others.

Thankfully, we were there for Zena, and later she wrote to us:

"You are a fantastic charity ... I needed to say it. I am here with my beautiful little man, my fantastic partner who is the best dad to him, and grandparents who have him at the centre of their world. Thank you for all you did for me and for others."



Six thousand women call the Life Helpline every year, and each one of those calls is only possible because of donations from people like you. All too often the women calling us feel forced into decisions they don't own and are not theirs. Sadly, we are still not reaching every woman like Zena who needs our help. This is unacceptable and *must* change. Will you be there for the next Zena who calls?

Thank you so much – Please give generously for the women who depend on it.

Kerry Smart
Chief Executive Officer

P.S. Zena's little boy is four years old now. His life – and hers – might not exist as they do today without that one phone call. Please give, so that when the next Zena calls, we can be there to pick up the phone.

Supporter number

Phone:

Email:

1 Yes, I'll be there for women like Zena

I enclose a cheque payable to Life 2009 OR I would like to pay by card:

£25 could pay for us to speak to two women offering life-changing support

£100 could keep our Helpline open for three hours for women in unexpected pregnancy

£300 could house a woman in crisis for a week

I will give £ _____ to help women in crisis

Name of card holder:

Card number:

Expiry date: / Security code:

Start date (if applicable): / Issue number (if applicable):

Signature:

Date: / /

OR I'd like to discuss my donation with you before giving. Please contact me by (please tick):

Email:

Phone:

OR *If you'd like to make a regular gift by Direct Debit, please call us on 01926 312272.*

2 Gift Aid

Yes, I would like to boost my donation by 25p of Gift Aid for every £1 that I donate, at no extra cost to me

I am a UK taxpayer. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I will notify Life if I want to cancel this declaration, change my name or home address, or no longer pay sufficient tax on my income and/or capital gains.

OR I do not pay any tax (including tax on pensions and Capital Gains Tax)

3 Please return this form in the FREEPOST envelope we have provided to Life

Other ways to give:

Online at lifecharity.org.uk/donate or scan the QR code

Call us at 01926 312272

