



Life News



How many more pregnant women
must be abandoned by society?

Dear Life Supporter,

Welcome to our new bi-annual newsletter. After a break of several years, we are pleased to reinstate our supporter newsletter. It has been a busy time at Life, and after some cut-backs and financial challenges, I am pleased to say that we are coming out of uncertainty – and this is largely thanks to you, our amazing supporters!

But we can't rest. Too many women every day are in a situation where they feel they can't continue with their pregnancy, or can't manage after a loss. In this issue you can read about all the different ways you can support these women navigate their journeys into motherhood:

- Real stories from the women who come to us for support
- Our guide to having positive conversations about unexpected pregnancy
- Our amazing fundraisers – marathoners and trekkers
- Ways you can get involved as volunteers and fundraisers
- Some stats to show you where your money goes

It is your commitment to helping mums and babies that keeps all our vital services going, thank you so much for your support and please do spread the word about Life to your family and friends!

Thank you!



A handwritten signature in black ink that reads "Kerry Smart". The signature is written in a cursive, flowing style.

Kerry Smart
Life CEO

*Create a world where
no one faces pregnancy
or pregnancy loss alone*

Donate today:



lifecharity.org.uk/donate

Convenience or Catastrophe?

"I would never have done it if I knew it would be like that."

Hailey was 25. Just three days earlier, she had undergone a medical abortion at home after receiving the pills by post, first made available during COVID-19 when women couldn't go to a medical setting, and then made a permanent option.

The pregnancy had been unexpected, and she believed she was about six weeks along. Overwhelmed and unsure of how she would manage with a baby, she and her boyfriend agreed that abortion was the best option.

She described vomiting, sweating, and what felt like hours of intense cramping. At one point, she passed something she couldn't bring herself to look at. She flushed the toilet immediately.

The days that followed were a rollercoaster of emotion. She kept replaying the moment she flushed the toilet in her mind, wondering if the large clot she felt pass was something more.

"Was that my baby?" she asked the Life listener in a small voice. She went on to talk about the difficulty she was having going into the bathroom, that she was having flashbacks when she brushed her teeth or took a shower.

Hailey's boyfriend chose not to be there; she faced the trauma of her abortion alone. Her own home was a daily reminder of what happened. An online search led her to Life's National Helpline and Hailey received ongoing free counselling sessions.

No woman should have to face any part of pregnancy or pregnancy loss alone. Help us to reach more women: save the details of Life's Helpline and share with anyone who is facing any kind of pregnancy distress or loss. Life are here to listen.

Bridges to Parenthood

Our decades of experience have shown us that despite (or perhaps even because of) the universality of pregnancy, talking about it has remained a great taboo in our society. The depiction of the media and advertisements frequently shows over-joyed couples and happy families. This image brushes under the carpet a stark reality that nearly half of pregnancies in the UK are unexpected.

Those women are unprepared and often unsupported in the moment they see a positive pregnancy test. It's frightening at a deep, 'survival instinct' level. We at Life are leading the fight to talk openly and compassionately about unexpected pregnancy, and we want your help.

The problem

Most people don't know what to say when a conversation comes up about unexpected pregnancy and abortion. This stifled conversation is preventing people who need to talk from feeling able to bring it up, even in their own homes.

The solution

Everyone should know how to have great conversations about unexpected pregnancy. When we do this, people facing unexpected pregnancy are surrounded by compassion, and our communities become places where it's okay to 'change the plan' at an unplanned time.



getinvolved.lifecharity.org.uk/bridges

Pills in a Panic

The package arrived the week before. Ashley had opened it straightaway and instantly felt uneasy looking at the contents. The boxes of pills, instruction booklet and pregnancy test sat on the desk for over a week, untouched.

"I don't know why I can't take them."

Ashley had found out she was pregnant just two weeks before. She was afraid of telling her partner who she knew didn't want children so had decided to have the abortion without telling him. But the weight of her situation pressed down. That's when Ashley called Life's Helpline.

Speaking with the Life Listener, she began to untangle the fears and uncertainties that were at the root of her panic. They talked about what it might mean to continue with her pregnancy, whether that would be choosing to parent or go down the route of adoption, and what it would be like if she were to go through with the abortion. Ashley could talk openly and freely about what she thought and felt.

With support from her listener, she planned that she would tell her sister and mother first - she was certain of their support - and then she would tell her partner. No matter his response, she was no longer afraid; she knew she could do this and knew she had support elsewhere if he chose to walk away.

Ashley contacted Life's Helpline seven weeks later with a scan photo of her healthy 12-week baby in utero, sharing that she and her partner were adjusting to the idea of becoming parents but were thrilled.

"I cannot thank you enough. You gave me the space and time that saved me from making the biggest mistake of my life."

We believe every woman deserves the chance to speak freely, explore every scenario, and truly hear herself. Without judgment. Without pressure. Without fear.



Keep up to date with
our news and views



getinvolved.lifecharity.org.uk/news-and-views



London Marathon 2026

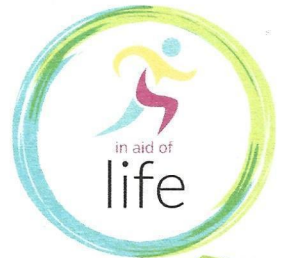
We are super thrilled to announce that our team is full! We have four fabulous runners committed to take on the iconic challenge! They are simply inspiring, and we cannot wait to be there to support them on Sunday 26 April 2026 for the big day!

One of our runners Bow Yee former Life volunteer, has shared her story and what the London Marathon 2026 means to her:

"I had three people from my life who had experienced pregnancy loss and witnessed how this had affected them both, mentally and physically.

"I decided that I wanted to run in honour of these people, to make others aware of the charity, and also to continue supporting Life with their work.

"It means the world to me to take part in the London Marathon for a few reasons; including recently learning that my uncle was a former marathon runner who ran the London marathon many years ago."



More Events | getinvolved.lifecharity.org.uk/fundraising-events/

Pilgrim's Progress to Rome!

Life Supporters take on 110km of the Camino in a pilgrimage to Rome for the Jubilee of Hope 2025!

Anthony Carus

I like walking but usually no more than 12 - 15 km. How will I cope with 110 km over 5 days? I will be 71 - too old?? Will my feet and back cope?? Would my participation put others at risk????

Well; I have decided to commit. I will train and build up my stamina using the guide sent to me and, having been a long-time supporter of Life, I hope that I will be able to raise the necessary sponsorship.



Scan the QR to follow Anthony's story

I am most looking forward to the first step on the first day. The Chinese proverb says that "A journey of a thousand miles begins with a single step" (Lao Tzu), which is often amended to say, "The hardest step on a thousand-mile walk is the first." I am looking forward to taking that first step to start the pilgrimage. Though maybe the last step will be one to look forward to as well!

My best fundraising tip is simply to talk about what I am planning to do. That often leads to an offer to sponsor without me having to ask. If they don't want to sponsor, then the conversation will not go that far and no-one is embarrassed.



Deacon Nick Johnson

To be truthful, I signed up because of word of mouth! Now I am slowly warming to the task!

Life Charity is important to me because it is a practical charity that actually acts to help people. When someone approaches the charity, their life is affected positively by the contact and made better.



Support Nick's fundraiser here:

Could you be a Community Ambassador or Volunteer?

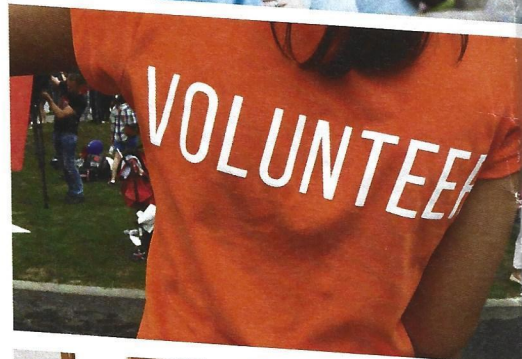
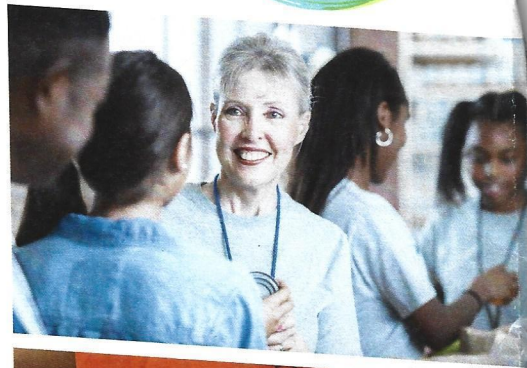
We'd love for you to join our growing volunteer network ... Become a Life Community Ambassador today:

- Act as the main local contact for Life - we'll send posters and all sorts!
- Raise awareness locally via public speaking and talks, if that's your sort of thing
- Increase the local visibility and recognition of Life
- Talk to local businesses about making donations or fundraising for Life
- Place collection boxes in your local community

All in your own community, church or group. As much or as little time as you have to spare is valuable to the pregnant women we support!

If you're interested in getting more involved, please contact fundraising@lifecharity.org.uk to find out what you can do to make a difference ...

We look forward to hearing from you!



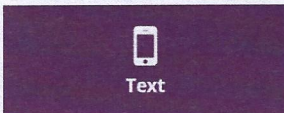


We shouldn't accept a society in which a positive pregnancy test is a thing of fear...

Later this autumn, we'll be sharing news of our upcoming campaign to celebrate and encourage an attitude of respect for pregnancy, support for motherhood, and a defiance of the barriers that society puts up to both of these.

Life's cultural campaign is landing soon in your community

If you or anyone you know needs support in an unexpected pregnancy journey...



Text: 078 600 77 339



Call: 0808 802 5433



Email: help@lifecharity.org

Get Help | lifecharity.org.uk

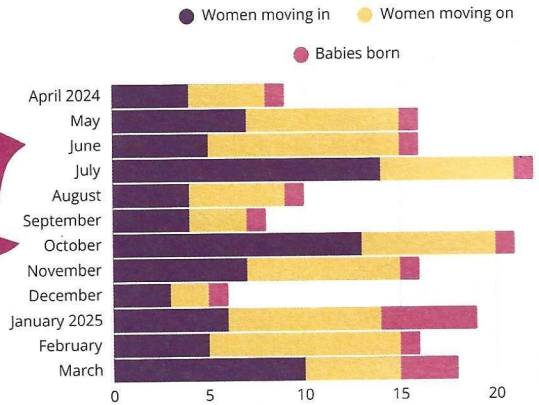


Get in touch with us at info@lifecharity.org.uk

Your Impact

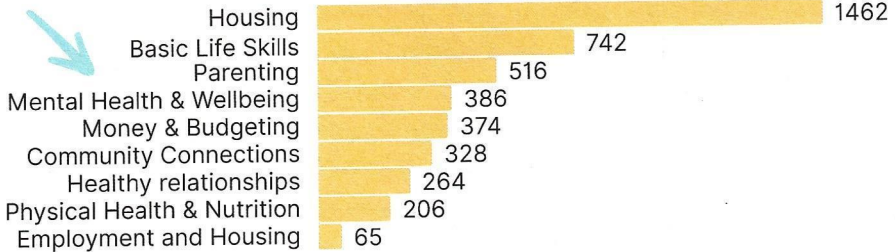
2024 - 2025

*Over the 2024 - 2025 financial year, our supporters raised an incredible **£1,390,000** to support women and babies. Thank you doesn't even cut it - but **THANK YOU!***

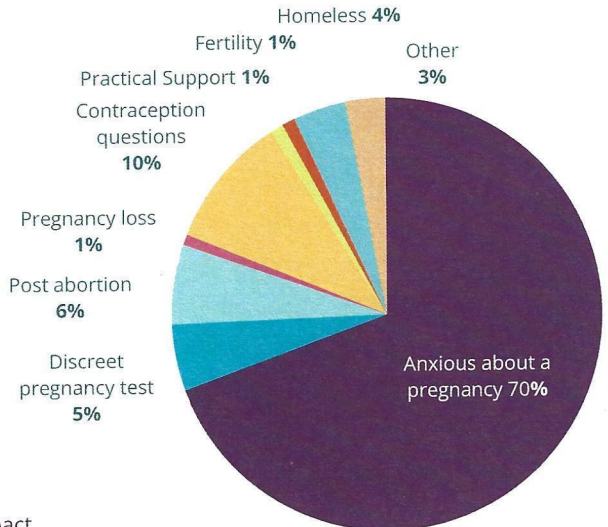


↗ Mums & babies housed

Life Support Worker Sessions



The Calls You Answered for Help



See more on our monthly Impact updates:



lifecharity.org.uk/our-impact

Fundraising Events

Create a world where no one faces pregnancy or pregnancy loss alone by fundraising for Life!

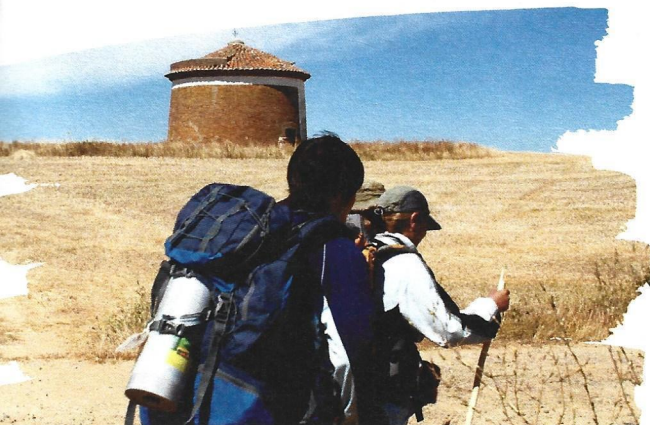
Why not spread the word to your friends, colleagues and family too? We'd love for them to join us...



Take on a run or trek, we're currently signing people up for Rugby Half Marathon!

Tom took to the skies in June and had the most incredible experience. It was Tom's first skydive but definitely won't be his last. Join Tom and take on the ultimate flying adventure, skydiving!

Fundraise for Life walking the Camino de Santiago Pilgrimage route!



Take a look at the events page on our website to see all the different ways you can raise funds for Life while making life-long memories!

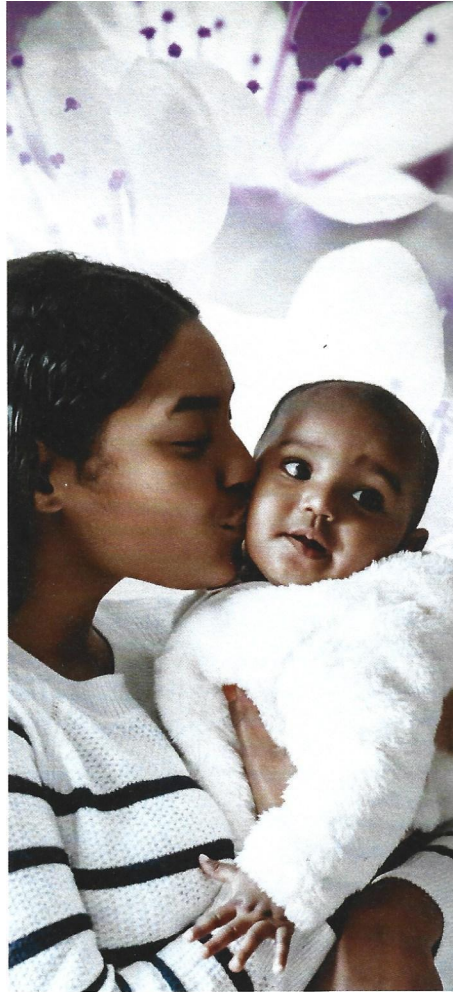
Gifts in Wills

Gifts in Wills provide the financial mainstay of our services; without them Life would not exist today. Please think about making a gift in your Will, so that when you are gone, your compassion for mothers and babies will live on.

The Life FREE wills service:

Life Charity has partnered with Octopus Legacy to provide a Free Wills Service for simple wills, and a bespoke service for more complex wills. There is no obligation to make a Gift to Life in your Will by using this service. Go to: **will.octopuslegacy.com/LIFE**

If you would rather speak to someone call **020 4525 3605**. Octopus also offer a face-to-face service with local solicitors, please call to find out.



Time to buy your Christmas Cards?

Order on our website. Every penny of profit goes to helping pregnant women, new mums & babies and families experiencing pregnancy loss.



appeal.lifecharity.org.uk

