

Foundation for Life Annual Report 1st April 2024 to 31st March 2025

Administrative Details

Charitable Incorporated Organisation
Registration Number 1188868

Address: The Stables, Dinsdale Place, Newcastle upon Tyne NE2 1BD

Trustees: Dr Christopher Richards (Director), Dr Olwen Nicholson (Deputy Director), Dr Robert Smith.

Structure, Governance and Management

Foundation For Life is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission on 02/04/2020.

Foundation For Life was previously a Charitable Trust, registered 19/06/2007 until 10/10/2020, Registration Number 1119712.

The CIO's trustees meet not less than four times a year and take the final decisions about the structure and running of the CIO as set out in the Trust Deeds and CIO constitution. Foundation for Life has a Christian constitution.

Dr Anika Lillicrap stepped down as a trustee on 7 December 2024.

Objectives and Activity

The charity's primary aim is to provide advice and support for women with unplanned pregnancy, as well as the opportunity for a limited, non-diagnostic ultrasound scan for women with unplanned pregnancy. The primary purpose of the scan is informative, to enable a woman to view the image of her developing baby. To this end, the Tyneside Pregnancy Advice Centre (TPAC) was opened by Foundation For Life in Newcastle upon Tyne, in August 2008. TPAC relocated within Newcastle to the current address in January 2022.

Throughout the reporting period, clients accessed the service following referral by general practitioners or other healthcare professionals, or self-referral. The Centre offered a 3-hour session on most working days. Clients received information and advice, and some requested a non-diagnostic ultrasound scan, provided by a trained sonographer. The Centre also offers ongoing support for clients as necessary. From 1 April 2024 to 31 March 2025, a total of 69 new clients used the service. Of these, 31 attended for 2 or more appointments.

Since October 2013, TPAC's ultrasound scanning service has been registered with the Care Quality Commission (CQC). As a result of its transfer from a Charitable Trust to a CIO, Foundation For Life was required to complete a new CQC registration process as a new

organisation and to re-register the ultrasound service at the new premises in March 2022. During the reporting period, the Centre received no visits from the CQC.

As a result of concerns raised by a member of the public following some media coverage of the service in February 2023, a regulatory compliance case was opened by the Charity Commission. A letter of formal closure of the case was provided on 19 April 2024, stating that there were no concerns requiring further regulatory action. The letter contained a recommendation that a Report of a Serious Incident should be made by the Trustees in the event of any similar situations in the future which might pose a risk to the reputation of the organisation. During the reporting period there was no measurable impact upon service provision or usage as a result of the media coverage.

Staff

During the reporting year, we employed a part-time administrator, and 2 part-time sonographers to provide advice and non-diagnostic ultrasound scans for clients. The Centre offers ultrasound scans to volunteers in early pregnancy in order to meet the training needs and maintain the skills of the ultrasound staff. The Centre had a team of 6 part-time volunteer receptionists. All employees and volunteers receive initial and ongoing training and supervision. Trustees, staff or volunteers may work directly and unsupervised with children or adults at risk. DBS checks have been carried out on all the individuals who are eligible to have them.

Financial Summary

The CIO raises funds from the public. It does not work with a professional fundraiser or commercial participator. Grant making is not the main way the CIO carries out its purposes. During the financial period for this return, the CIO did not receive income from contracts from central government or a local authority, nor any grant funding from central government or a local authority. During the financial period for this return, the CIO did not receive income from outside of the UK. The CIO has no trading subsidiaries. During the financial period for this return, the trustees received no remuneration or benefits other than expenses incurred, and none of the trustees resigned or took up employment with the CIO. During the financial period for this return, none of the CIO's staff received total employment benefits of £30,000 or more. The CIO had 6 UK volunteers, excluding trustees, during the financial period.

Attached is a copy of the Foundation For Life annual accounts.

During the year ended 31 March 2025, the CIO (registration number 1188868) received income totalling £61,178.52, most of which came through voluntary donations. During the year, the CIO made payments totalling £57,456.56. The main areas were staff-related costs (£32,791.94), building-related costs (£19,976.47), and other running costs of the Tyneside Pregnancy Advice Centre (£4,688.15). This gave rise to a surplus of £3,721.96, which when added to the opening balance of £21,575.05 gave rise to a closing balance of £25,297.01.

Trustees:

Dr Chris Richards
Dr Olwen Nicholson
Dr Robert Smith

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the Trustees:

A handwritten signature in dark ink, appearing to read 'Olwen Nicholson', written in a cursive style.

Olwen Nicholson
Trustee and Deputy Director

Date 09/09/2025

Foundation for Life (Registered Charity Number 1188868)

Receipts and Payments Account for the Year Ended 31 March 2025

All figures in £s	Y/E 31/3/24	Y/E 31/3/25
Receipts:		
Regular donations	26,450.16	35,031.49
One-off donations	23,104.14	26,147.03
Tax reclaimed	7,203.78	0.00
TOTAL	56,758.08	61,178.52
Payments:		
Staff costs (incl. training)	14,495.64	18,666.94
Liability insurance	15,177.55	14,125.00
CQC registration	0.00	1,867.00
Rent & repairs	15,748.23	16,361.69
Business rates	934.12	(185.58)
Utilities & cleaning	2,058.48	2,545.92
Insurance & security	782.87	1,254.44
Telephones	880.84	830.00
Supplies and services	2,661.14	1,991.15
TOTAL	52,738.87	57,456.56
Surplus/(Deficit)	4,019.21	3,721.96
Balance b/f	17,555.84	21,575.05
Balance c/f	21,575.05	25,297.01

Report to the trustees of Foundation for Life (registered charity number 1188868),

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 March 2025, which are set out on page 1.

Respective Responsibilities of the Trustees and Examiner

The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general directions given by the Charity Commissioners in section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in a full audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 the 2011 Act, or to prepare accounts which accord with the accounting records have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



ANTHONY FRANCIS
31st August 2025

BA (Hons) FCA

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31st August 2025

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