

# LOVE FOR THE FAMILY

England & Wales · Charity number 1195015

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-06-30

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 6 Alexandra Avenue  
Luton  
LU3 1HG

**Phone** 07516001924

**Email** [office@loveforthefamily.org.uk](mailto:office@loveforthefamily.org.uk)

**Website** [www.loveforthefamily.org.uk](http://www.loveforthefamily.org.uk)

## Activities

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**Objects:** 1. THE ADVANCEMENT OF EDUCATION IN THE SUBJECT OF PREGNANCY AND THE TERMINATION OF PREGNANCY AND INTO THE EFFECTS THEREOF UPON WOMEN WHETHER PHYSICAL, MEDICAL OR PSYCHOLOGICAL 2. THE PRESERVATION AND PROTECTION OF WOMEN'S HEALTH BY THE PROVISION OF ADVICE, COUNSELLING AND ASSISTANCE TO WOMEN AND THEIR PARTNERS AND FAMILIES WHO ARE SUFFERING FROM PHYSICAL OR MENTAL ILLNESS, DISTRESS OR POVERTY DURING OR AS A RESULT OF PREGNANCY OR FOLLOWING AN ABORTION, MISCARRIAGE, COT DEATH, STILL BIRTH, LOSS OF A CHILD OR SEXUAL ABUSE.

**Activities:** Pregnancy Choices: provides a safe space for women (and men) to consider their options regarding parenting, adoption or the termination of a pregnancy without outside pressures or biased opinion. Post Abortion Recovery: for those suffering psychological distress following the termination of a pregnancy. Baby Loss support. Love Baby Essentials provides practical equipment for the first Year

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

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- Luton

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,185	£1,474	-	-
2024-03-31	£1,966	£923	-	-
2023-03-31	£795	£983	-	-
2022-03-31	£1,629	£684	-	-

## Trustees

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Name	Role	Appointed
Jane Reynolds	Chair	2021-06-30
Elizabeth Argent		2021-06-30
Lilian Pswarayi		2021-06-30
Rachel Acquah		2024-02-19

**LOVE FOR THE FAMILY**

England & Wales - Charity number 1195015

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# Accounts

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## **Love For The Family**

### **Annual Report and Financial Statement**

April 1<sup>st</sup> 2024 to March 31<sup>st</sup> 2025

Charity Number 1195015

The trustees present their fourth Annual report since the formation and acceptance of the constitution of Love For The Family by the Charity Commission on June 30<sup>th</sup> 2021.

## **Objectives and Activities**

The objects of Love For The Family as outlined in its Constitution are

1. The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological
2. The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.

The trustees confirm that they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing its aims and objectives and when considering and planning future activities.

Love For The Family has developed its underpinning values (GRACE) to help support and give structure to the work of the charity. These values help to ensure the ongoing nature of its work is for the public benefit. We aim to be:

### **GENEROUS**

Love for the Family does not charge for its services. Those that can, may make a gift for the psychological help they have received.

### **RELATIONAL**

We all need help at times through our lives. Whilst we keep professional boundaries, we aim to provide an empathetic environment where our clients can feel understood and secure.

### **APPROACHABLE**

We welcome enquiries from anyone in need of help or assistance, regardless of gender, marital status, disability, ethnicity, sexual orientation, religion or belief/ non-belief, age and circumstances.

### **COMPASSIONATE**

Practitioners and counsellors show compassion, kindness and unconditional positive regard to all clients, regardless of their life experiences.

## **EMPOWERING**

Love For The Family provides a space to enable clients the freedom to explore their present circumstances or past decisions and traumas. It aims to help those suffering mental distress due to trauma, grief, loss or abuse to begin to understand their emotions, reaction and coping mechanisms, enabling them to move forward with increased self-confidence.

## **Our Services**

Love For The Family provides time and a safe space for women and men to consider their options regarding parenting, adoption or the ending of a pregnancy, without pressure or biased opinion. We give time for reflection on life pressures, circumstances, wants, needs, values and desires; alongside information. Clients usually have one or two sessions.

The Charity provides counselling to enable women, men or couples to recover from mental distress or illness caused as a result of the termination of a pregnancy, abuse, baby loss or the loss of a pregnancy at any stage. The courses and 1:1 support programmes help clients work through their trauma and grief, restoring their self-confidence and self-esteem.

Love Baby Essentials, run by Love For The Family, provides relief from the distress caused by poverty, by providing the physical baby items required by families for the first six months of life, such as clothes, bedding, cot, Moses baskets, high chairs and prams.

## **Review of Activities**

In line with the key objectives set out for the year, the Charity now works with Oasis Horsham and Women's Aid in Luton, providing counselling to clients. It has expanded its financial base through games nights and an increase in regular giving by supporters. The number of counsellors and the number of counselling hours available to clients has increased and the Charity has a new web site.

The Christmas 'Fifty Bags of Love' campaign was repeated in November and December 2024 and the number of practical and financial donations increased considerably.

Crisis Pregnancy, Post Abortion and Baby Loss and miscarriage recovery programmes continue to be available to Luton residents and the wider community.

The Charity has continued its work with other Community services of Luton. These groups include:

- Luton GP's, Community Midwives, Health Visitors, Mental Health teams and Nursery Nurses.
- Luton and Dunstable Hospital, The Ocean Project and Perinatal Mental Health midwives.
- Luton Social Services and safeguarding teams

- Luton Borough Council
- Lea Vale Medical Centre
- Migrant Help and other Asylum Seeker providers
- Luton Schools support staff
- The Courtney Foundation
- Citizens Advice service
- Luton Wellbeing service
- Active Luton Healthy Lifestyle Officers
- Hope Church Luton
- Luton Churches Together
- Luton Food Bank.
- Women's Aid Luton

Love For The Family partners with The Grove, Pregnancy Advice Centre in Bedford, sharing referrals as appropriate.

The Trustees are supported by the Charity 'Pregnancy Centres Network' in regards to good practice, training and development of staff and trustees. The Chair of Trustees attended the annual PCN conference for updates and developments within this specialist field.

The Charity now has two registered counsellors and three Pregnancy Choice trained volunteers, one of whom will finish their Counselling Diploma in the coming year.

All sessions are run on a voluntary basis and no charges are made for the services that Love For The Family offers. Clients are free to make a donation for the services that they have received. Presently, Hope Church has given space for counselling and storage.

## **Achievements and Performance**

Between April 24 and March 31<sup>st</sup> 2025, there were 52 enquiries resulting in 36 clients who received 207 counselling sessions of psychological support from Love For The Family.

Clients who engaged with the psychological support programmes reported benefitting from the sessions they had received. Clients, when assessed, were found to be less anxious and depressed. Clients also reported an increase in self-awareness, knowledge of anxiety reduction exercises and an understanding of their feelings and defence mechanisms.

### **Key Performance Indicators**

- **Love baby Essentials** received over 200 enquiries and 133 requests from individuals and families in need of equipment due to mental health issues and poverty; some because they were asylum seekers, others had been a victim of domestic abuse.
- 101 clients received help from Love Baby Essentials and over 98 donations were received.

- Four clients were referred to Love For The Family for help with crisis pregnancies with five counselling sessions taking place.
- 14 clients engaged with the charity in distress over miscarriage or ectopic pregnancy receiving 113 counselling sessions.
- seven clients received 24 sessions of support for Baby loss.
- And two clients received 10 sessions of post abortion support.
- Nine clients from Women’s Aid received 55 counselling sessions

**Love Baby Essentials** provided equipment to distressed mothers throughout Luton. This included:

- 30 Moses baskets and stands with sheets/ blanket bundles.
- 45 Care bundles
- 39 New born Clothes bundles
- 45 0-3 month clothes bundles
- 21 Baby Baths
- 21 Bouncy chairs
- 26 Prams
- 12 Pushchairs/ strollers

#### **Help By post code**

➤ **LU1** 38    **LU2** 26    **LU3** 16    **LU4** 15    **LU?** 6

**Love For The Family** has two fully trained counsellors, and one Level 3 trained volunteer, currently studying at Level 4. All volunteers have a good understanding the ethos, values and aims of the charity. There are three regular Baby Essential volunteers who are supporting by collecting, sorting, preparing bundles and cleaning items.

#### **Future Plans**

- To build and strengthen the team of trained counsellors and practitioners working with Love For The Family, and the number of volunteers helping with Love Baby Essentials. This will enable the work of Love For The Family to grow.
- To secure a grant to support and grow the number of clients.
- To increase the number of organisations aware of Love For The Family and the support it can offer through on line presence and introductions.
- To develop a wider base of regular financial and practical supporters.

## Financial Review

The accounts have been prepared in accordance with the Charity Commissions Statement Of Recommended Practice: Accounting and Reporting By Charities preparing their accounts in accordance with the financial reporting standard applicable in the UK and Republic of Ireland (Second Edition 2019) (FRS 102). Love For The Family is considered a small Charity and followed these recommended guidelines. As such the accounts did not require auditing.

Love For The Family now facilitates a Games Night as part of its fund raising and relies on donations for its work. Some of the donations have come from The Baby Bottle Scheme where supporters are given a Baby Bottle to fill with change.

The unrestricted funds are available for use at the discretion of the Trustees in order to further the aims of Love For The Family. Trustees give priority to ongoing Insurance and subscription costs that are essential for the continued work of the charity. The restricted funding grant that was given towards Level 3 training in 2023 has now been spent on training a new counsellor.

The charity has been supported by Hope Church Luton with use of storage and counselling rooms. There is a volunteer treasurer who works alongside the Finance trustee. Gift Aid will be collected for eligible donations.

No trustee receives any fee or expenses for any of their work. One trained Trustee volunteers as the Centre Manager and counsellor, another past trustee, pays for the mobile phone contract. Future funding for projects and the expansion of the Charity are required long term but there are sufficient funds and support to ensure ongoing insurances and subscription costs will be covered. The Charity makes yearly donations to other Charities. Last years donation was made in March 2024, prior to these accounts.

**Starting Balance** 1<sup>st</sup> April 2024 **£2,876**                      **Final Balance** 31<sup>st</sup> March 25      **£5,587**

### Income April 1<sup>st</sup> 2024 – March 31st 2025

Donations Charity Community Account 2

Cash donations	£706
Bank Transfers	£1,759
Standing orders	£1,440
Oasis Horsham	£280

**Total Income** **£4,185**

**Expenditure April 1<sup>st</sup> 2024 – March 31<sup>st</sup> 2025**

Insurance	£658
Subscriptions	£163
Giving	£20
Training	£303
Stationary	£35
Games Night	£51
Love baby Essentials	£4
Assets Technology	£240

**Total Expenditure**

**£1,474**

## **Structure, Governance and Management**

Love For The Family is a Charitable Incorporated Organisation whose only voting members are its trustees. Its governing document is its Constitution which was approved by the Charity Commission on 30<sup>th</sup> June 2021. Prior to this it had been a Community organisation. All previous assets and monies have been transferred to the Charity. If wound up the Trustees, or members, have no personal responsibility for the settlement of debts and liabilities beyond the amount they are liable to contribute, which is up to £5.

Love For The Family has four trustees, three of whom who were its founding members. The minimum number of trustees by Constitution is three and the maximum seven. Trustees are appointed because of the knowledge and skills they bring to the Charity and their understanding of its ethos and aims. Love For The Family is not a political organisation and its counsellors and volunteers work without prejudice. Any trustee or individual working or volunteering for the charity is expected to understand and respect this. No trustee has received any payment for their services or expertise this year. Mrs E Argent and Mrs L Pswarayi were re-elected as trustees for a three year term.

New Trustees will be recruited following invitation; due to skills requirement, or application because of interest. All perspective trustees will be interviewed by at least two current trustees. Trustee appointments are dependent on the needs of the Charity and the skills required to ensure its continued growth. Trustees must have a full understanding of the ethos of the charity, it's political neutrality, and an understanding of grace: unconditional positive regard, kindness, value and acceptance of clients regardless of past history, sexual orientation, faith/ religion or belief/ no belief, disability, gender identity, marital status, age, ethnicity, culture as demonstrated by Jesus Christ.

On appointment trustees receive copies of the constitution, financial statements and copies of a year's previous minutes of trustee meetings. Charity Commission guidance is available. Their work is supported by the other trustees. Further help and guidance is available from Pregnancy Centre Network and Thirtyone: Eight, the charities safeguarding organisation.

Trustees delegate the day to day running of the charity to Trustee and Centre Manager Mrs J Reynolds. Trustees meet to discuss and agree policies, procedures and developments of Love For The Family, including key finance decisions, as set out in the Financial Management and Accounting Policy. They review objectives a minimum of six times a year.

## **Risk Management**

Love For The Family's work is dependent on its reputation and ability to ensure its services are provided without prejudice or bias. The trustees are satisfied that they have suitable training and safeguards in place to ensure this continues through training and recruitment policies and procedures, ongoing supervision and training, as well as client assessment and feedback.

## **Reference and Administrative Details**

Charity Name	Love For The Family
Charity Number	1195015
Trustees	Mrs Jane Reynolds Mrs Elizabeth Argent Mrs L Pswarayi Mrs R Acqua
Registered Postal Address	c/o 6 Alexandra Avenue Luton Bedfordshire LU3 1HG England
Bank	Barclays Bank 28 George Street Luton Bedfordshire LU1 2AX

## **Exemptions From Disclosure**

There are no exemptions from disclosure in this year.

## **Funds Held As Custodian Trustee On Behalf Of Others**

No other Funds are held.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Love For The Family

No (if any)

**Receipts and payments accounts**

CC16a

For the period from 01/04/2024 To 31/03/2025

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Cash donations	706	-	-	706	-
Bank Transfers	1,759	-	-	1,759	-
Standing Orders	1,440	-	-	1,440	-
Oasis	280	-	-	280	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>4,185</b>	<b>-</b>	<b>-</b>	<b>4,185</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,185</b>	<b>-</b>	<b>-</b>	<b>4,185</b>	<b>-</b>
<b>A3 Payments</b>					
Insurance	658	-	-	658	-
Subscription	163	-	-	163	-
Gifts	20	-	-	20	-
Games Night (Credit Card)	51	-	-	51	-
Training	3	300	-	303	-
Stationary (Credit Card)	35	-	-	35	-
Love Baby Essentials items (CC)	4	-	-	4	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>934</b>	<b>300</b>	<b>-</b>	<b>1,234</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Phone (Credit card)	240	-	-	240	-
	-	-	-	-	-
<b>Sub total</b>	<b>240</b>	<b>-</b>	<b>-</b>	<b>240</b>	<b>-</b>
<b>Total payments</b>	<b>1,174</b>	<b>300</b>	<b>-</b>	<b>1,474</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,011</b>	<b>- 300</b>	<b>-</b>	<b>2,711</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,576	300	-	2,876	-
<b>Cash funds this year end</b>	<b>5,587</b>	<b>-</b>	<b>-</b>	<b>5,587</b>	<b>-</b>

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>-</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	ULIAN P. NARATI	24/6/25
	JANE REYNOLDS	24/6/25

**LOVE FOR THE FAMILY**

England & Wales - Charity number 1195015

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# Accounts

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## **Love For The Family**

### **Annual Report and Financial Statement**

April 1<sup>st</sup> 2023 to March 31<sup>st</sup> 2024

Charity Number 1195015

The trustees present their third Annual report since the formation and acceptance of the constitution of Love For The Family by the Charity Commission on June 30<sup>th</sup> 2021.

## **Objectives and Activities**

The objects of Love For The Family as outlined in its Constitution are

1. The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological
2. The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.

The trustees confirm that they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing its aims and objectives and when considering and planning future activities.

Love For The Family has adapted its underpinning values (GRACE) which help support and give structure to the work of the charity. These values help to ensure the ongoing nature of its work is for the public benefit. We aim to be:

- **GENEROUS**  
Love for the Family does not charge for its services. Those that can may make a gift for the psychological help they have received.
- **RELATIONAL**  
We were created to live in community. We all need help at times through our lives. Whilst we keep professional boundaries we aim to provide an empathetic and understanding environment where our clients can feel understood and secure.
- **APPROACHABLE**  
We welcome enquiries from anyone in need of help or assistance, regardless of gender, marital status, disability, ethnicity, sexual orientation, religion or belief/ non-belief, age and time of pregnancy or loss.
- **COMPASSIONATE**  
Practitioners and counsellors working with Love For The Family show compassion, kindness and unconditional positive regard to all clients, regardless of why they have made contact with the charity, or what their life experiences have been. We want the best for all of our clients and it is the client that knows what that is. We are not here to judge or direct.
- **EMPOWERING**  
Love For The Family provides education and counselling to assist and equip women and men with knowledge, and the freedom to explore their present circumstances or

past decisions and traumas. It aims to help those suffering mental distress due to trauma, grief, loss or abuse to begin to understand their emotions, reaction and coping mechanisms, enabling them to move forward with increased self-confidence.

Love For The Family provides time and a safe space for women (and men individually), to consider their options regarding parenting, adoption or termination of a pregnancy, without outside pressures or biased opinion. We give time for reflection on life pressures, circumstances, wants, needs, values and desires; alongside information and education about their options regarding parenting, adoption or termination of the pregnancy. Time is given to enable clients to reflect on the effects of each choice, empowering them to make a next steps plan. Clients usually have one or two sessions.

Love For The family provides help to enable women, men or couples to recover from mental distress or illness caused as a result of the termination of a pregnancy, abuse, loss of a baby or the loss of a pregnancy at any stage. The courses and 1:1 support programmes help clients work through their trauma and grief, restoring their self-confidence and self-esteem.

Love Baby Essentials, run by Love For The Family, provides relief from poverty and the distress caused by poverty, by providing the physical baby items required by families for the first six months of life, such as clothes, bedding, cot, Moses baskets, high chairs and prams.

## **Review of Activities**

In line with the key objectives set out for the year the Charity has successfully established Love Baby Essentials as a support for distressed pregnant women in Luton. The Charity has a number of volunteer helpers who are sourcing, washing and sorting donated items. These volunteers do not meet clients and come from a wide range of backgrounds including asylum seekers, the wider community, Hope Church and other local faith organisations. Hope Church provides storage space as well as counselling rooms.

Trustees made the decision to reduce the scope of support from a year to six months due to storage and volunteer constraints. Kids Bank Luton took on the support for babies from six months to one year. The two organisations work collaboratively to provide for distressed families.

Crisis Pregnancy, Post Abortion and Baby Loss recovery programmes continue to be available to Luton and the wider community. Love For The Family is about to start a collaborative contract with The Oasis Horsham, where it will provide on line Crisis Pregnancy support for their clients. Plans are also being put in place to support Women's Aid clients

The Charity has expanded its work with other Community services of Luton. These groups include:

- Access to Education
- Flying Start
- Public Health Nurses
- Luton Wellbeing service

- Active Luton Healthy Lifestyle Officers,
- Hope Church Luton
- Luton Churches Together
- Lea Vale Medical Centre
- Luton Food Bank.
- Women's Aid
- Luton GP's, Community Midwives, Health Visitors, Mental Health teams and Nursery Nurses.
- Luton and Dunstable Hospital, The Ocean Project and Perinatal Mental Health midwives.
- Luton Social Services and Luton Borough Council
- Migrant Help
- School support staff
- Luton Kids Bank
- The Courtney Foundation
- Family Court Services
- For Baby's Sake
- Citizens Advice service
- IMPAKT housing and support

Love For The Family trailed a drop in service 'Rest and Recharge' between Easter and summer 2023. It ran alongside Open House at Hope Church Centre, where clients could choose baby clothes and get a hot meal. Whilst the initiative was successful, the extra volunteers required were not able to return after the summer. Love For The Family and Hope Church may consider applying for a grant to establish this again in the future.

Love For The Family partners with The Grove, Pregnancy Advice Centre in Bedford and shares experience, training and referrals as appropriate.

Love For The Family Trustees are supported by the Charity 'Pregnancy Centres Network' in regards to good practice, training and development of staff and trustees. The Chair of Trustees attended the annual PCN conference for updates and developments within this specialist field.

The Founder and Chair of Trustees is now a registered and qualified counsellor; this has enabled discussions on the development of work with abuse victims at Women's Aid. She works for the charity as its Centre manager on a voluntary basis. There is one other Pregnancy Choices trained counsellor, who is undertaking further training.

All sessions are run on a voluntary basis and no charges are made for the services that Love For The Family offers. Clients are free to make a donation for the services that they have received. Presently, Hope Church has given space for counselling and storage without charge.

## **Achievements and Performance**

Between April 23 and March 31<sup>st</sup> 2024, there were 30 enquiries for psychological support from Love For The family.

Clients who engaged with the psychological support programmes reported benefitting from the sessions they had received. Clients, when assessed, were found to be less anxious and depressed following their recovery sessions. Clients reported an increase in self-awareness and an understanding of their feelings and defence mechanisms.

### **Key Performance Indicators**

- 254 people contacted **Love baby Essentials**, some in distress and in need of equipment due to mental health issues or poverty, some because they were asylum seekers, others had been a victim of domestic abuse.
- 101 clients received help from Love Baby Essentials
- Over 58 donations were made to Love baby Essentials
- Two clients were referred to Love For The Family for help with crisis pregnancies with three counselling sessions taking place.
- 11 clients engaged with the charity in distress over miscarriage or baby loss and completed 78 recovery sessions.

Love Baby Essentials provided equipment to distressed mothers throughout Luton. This included:

- 33 Moses baskets and stands with sheets/ blanket bundles.
- 46 Care bundles
- 32 New born Clothes bundles
- 42 0-3 month clothes bundles
- 30 3-6 month clothes bundles
- 13 Baby Baths
- 15 Baby chairs
- 25 Prams
- 8 Pushchairs/ strollers

### **Help By post code**

- **LU1** 52
- **LU2** 11
- **LU3** 13
- **LU4** 25

**Love For The Family** has one fully trained counsellor, and one Level 3 trained volunteer, currently studying at Level 4. All volunteers have a good understanding the ethos, values and aims of the charity. There are four regular Baby Essential volunteers who are supporting by collecting, sorting, preparing bundles and cleaning items.

## **Future Plans**

- To build and strengthen the team of trained counsellors and practitioners working with Love For The Family, and the number of volunteers helping with Love Baby Essentials. This will enable the work of Love For The Family to grow.
- To secure a grant for administrative support and the co-ordination of Love Baby Essentials.
- To reach a wider audience by being more relevant and attractive on line to organisations and clients.
- To increase the number of organisations aware of Love For The Family and the support it can offer.
- To develop a wider base of regular financial and practical supporters.
- To partner with The Oasis, Horsham in the provision of Crisis Pregnancy counselling.
- To partner with Women's Aid Luton in the provision of counselling for domestic abuse clients.

## **Financial Review**

The accounts have been prepared in accordance with the Charity Commissions Statement Of Recommended Practice: Accounting and Reporting By Charities preparing their accounts in accordance with the financial reporting standard applicable in the UK and Republic of Ireland (Second Edition 2019) (FRS 102). Love For The Family is considered a small Charity and followed these recommended guidelines. As such the accounts did not require auditing.

Love For The Family has had a limited ability to organise fundraising events and has relied on donations from supporters and volunteers. Some of the donations have come from The Baby Bottle Scheme where supporters are given a Baby Bottle to fill with change.

The unrestricted funds are available for use at the discretion of the Trustees in order to further the aims of Love For The Family. Trustees give priority to ongoing Insurance and subscription costs that are essential for the continued work of the charity.

The charity has been supported by Hope Church Luton with use of storage and counselling rooms.

The restricted funding grant was given towards Level 3 training in 2023, and has been carried over into the new year.

No trustee receives any fee or expenses for any of their work. One trained Trustee volunteers as the Centre Manager and counsellor, another trustee, pays for the mobile phone contract. Future funding for projects and the expansion of the Charity are required long term but there are sufficient funds and support to ensure ongoing insurances and subscription costs will be covered.

There is a volunteer treasurer who works alongside the Finance trustee. Gift Aid will be collected for eligible donations.

**Starting Balance** 1<sup>st</sup> April 2023 **£1,832.47**      **Final Balance** 31<sup>st</sup> March 24 **£2,875.78**

**Income April 1<sup>st</sup> 2023 – March 31st 2024**

Donations Charity Community Account 2 £1965.91

**Total Income** **£1965.91**

**Expenditure April 1<sup>st</sup> 2023 – March 31st 2024**

Insurance £570.37

Subscriptions £170.33

Giving £182.00

**Total Expenditure** **£922.60**

## **Structure, Governance and Management**

Love For The Family is a Charitable Incorporated Organisation whose only voting members are its trustees. Its governing document is its Constitution which was approved by the Charity Commission on 30<sup>th</sup> June 2021. Prior to this it had been a Community organisation. All previous assets and monies have been transferred to the Charity. If wound up the Trustees, or members, have no personal responsibility for the settlement of debts and liabilities beyond the amount they are liable to contribute, which is up to £5.

Love For The Family has four trustees, three of whom who were its founding members. The minimum number of trustees by Constitution is three and the maximum seven. Trustees are appointed because of the knowledge and skills they bring to the Charity and their understanding of its ethos and aims. Love For The Family is not a political organisation and its counsellors and volunteers work without prejudice. Any trustee or individual working or volunteering for the charity is expected to understand and respect this. No trustee has received any payment for their services or expertise this year. Mrs R Acqua joined as a full trustee in February 2024.

New Trustees will be recruited following invitation; due to skills requirement, or application because of interest. All perspective trustees will be interviewed by at least two current trustees. Trustee appointments are dependent on the needs of the Charity and the skills required to ensure its continued growth. Trustees must have a full understanding of the ethos of the charity, it's political neutrality, and an understanding of grace: unconditional

positive regard, kindness, value and acceptance of clients regardless of past history, sexual orientation, faith/ religion or belief/ no belief, disability, gender identity, marital status, age, ethnicity, culture as demonstrated by Jesus Christ.

On appointment trustees receive copies of the constitution, financial statements and copies of a year's previous minutes of trustee meetings. Charity Commission guidance is available. Their work is supported by the other trustees. Further help and guidance is available from Pregnancy Centre Network and Thirtyone: Eight, the charities safeguarding organisation.

Trustees delegate the day to day running of the charity to Trustee and Centre Manager Mrs J Reynolds. Trustees meet to discuss and agree policies, procedures and developments of Love For The Family, including key finance decisions, as set out in the Financial Management and Accounting Policy. They review objectives a minimum of six times a year.

## **Risk Management**

Love For The Family's work is dependent on its reputation and ability to ensure its services are provided without prejudice or bias. The trustees are satisfied that they have suitable training and safeguards in place to ensure this continues through training and recruitment policies and procedures, ongoing supervision and training, as well as client assessment and feedback.

## **Reference and Administrative Details**

Charity Name	Love For The Family
Charity Number	1195015
Trustees	Mrs Jane Reynolds Mrs Elizabeth Argent Mrs L Pswarayi Mrs R Acqua
Registered Postal Address	c/o 6 Alexandra Avenue Luton Bedfordshire LU3 1HG England
Bank	Barclays Bank 28 George Street Luton Bedfordshire LU1 2AX

## **Exemptions From Disclosure**

There are no exemptions from disclosure in this year.

## **Funds Held As Custodian Trustee On Behalf Of Others**

No other Funds are held.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Love For The Family

No (if any)

CC16a

**Receipts and payments accounts**

For the period from 01/04/2023 To 31/03/2024  
Period start date Period end date

**Section A Receipts and payments**

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
cash donations	225	-	-	225	-
Bank Transfers	1,720	-	-	1,720	-
Amazon Giving	21	-	-	21	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross Income for AR)</b>	<b>1,966</b>	<b>-</b>	<b>-</b>	<b>1,966</b>	<b>-</b>

**A2 Asset and investment sales, (see table).**

	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,966</b>	<b>-</b>	<b>-</b>	<b>1,966</b>	<b>-</b>

**A3 Payments**

Insurance	570	-	-	570	-
Subscription	170	-	-	170	-
Gifts	182	-	-	182	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>922</b>	<b>-</b>	<b>-</b>	<b>922</b>	<b>-</b>

**A4 Asset and investment purchases, (see table)**

	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>922</b>	<b>-</b>	<b>-</b>	<b>922</b>	<b>-</b>

**Net of receipts/(payments)**

	1,044	-	-	1,044	-
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,532</b>	<b>300</b>	<b>-</b>	<b>1,832</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>2,576</b>	<b>300</b>	<b>-</b>	<b>2,876</b>	<b>-</b>



**LOVE FOR THE FAMILY**

England & Wales - Charity number 1195015

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# Accounts

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## **Love For The Family**

### **Annual Report and Financial Statement**

April 1<sup>st</sup> 2022 to March 31<sup>st</sup> 2023

Charity Number 1195015

The trustees present their second Annual report since the formation and acceptance of the constitution of Love For The Family by the Charity Commission on June 30<sup>th</sup> 2021.

## **Objectives and Activities**

The objects of Love For The Family as outlined in its Constitution are

1. The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological
2. The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.

The trustees confirm that they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing its aims and objectives and when considering and planning future activities.

Love For The Family has added to its underpinning values (GRACE) which help support and give structure to the work of the charity. These values help to ensure the ongoing nature of its work is for the public benefit. We aim to be:

- **GENEROUS**  
Love for the Family does not charge for its services. Those that can may make a gift for the psychological help they have received.
- **RELATIONAL**  
We were created to live in community. We all need help at times through our lives. Whilst we keep professional boundaries we aim to provide an empathetic and understating environment where our clients can feel understood and secure.
- **APPROACHABLE**  
We welcome enquiries from anyone in need of help or assistance, regardless of gender, marital status, disability, ethnicity, sexual orientation, religion or belief/ non-belief, age and time of pregnancy or loss.
- **COMPASSIONATE**  
Trained listeners, helpers and counsellors working with Love For The Family show compassion, kindness and unconditional positive regard to all clients, regardless of why they have made contact with

**April 1st 2022 to 31<sup>st</sup> March 2023**

the charity, or what their life experiences have been. We want the best for all of our clients and it is the client that knows what that is. We are not here to judge or direct.

- **EMPOWERING**

Love For The Family provides education, counselling and trained help in order to ensure women, and men, have the freedom and knowledge to explore their pregnancy choices. It aims to enable those who are suffering mental distress due to trauma, grief and loss to understand their emotions, reaction and coping mechanisms and help them to make their experiences part of their life journey and not become a block, or allow it to define them.

Love For The Family provides time and a safe space for women (and men individually), to consider their options regarding parenting, adoption or termination of a pregnancy, without outside pressures or biased opinion. We give time for reflection on life pressures, circumstances, wants, needs, values and desires; alongside information and education about their options regarding parenting, adoption or termination of the pregnancy. Time is given to enable clients to reflect on the effects of each choice, empowering them to make a next steps plan. Clients usually have one or two sessions.

Love For The family provides help to enable women, men or couples to recover from mental distress or illness caused as a result of the termination of a pregnancy, loss of a baby or the loss of a pregnancy at any stage. The courses and 1:1 support programmes help clients work through their trauma and grief, restoring their self-confidence and self-esteem.

Love Baby Essentials, run by Love For The Family, provides relief from poverty or the distress caused by poverty, by providing the physical baby items required by families for the first year of life, such as clothes, bedding, cot, Moses baskets, high chairs and prams.

**Review of Activities**

In line with the key objectives set out for the year the Charity successfully transferred Luton Baby Bank to Love Baby Essentials. The Charity has a number of volunteer helpers who are sourcing, washing and sorting donated items. These volunteers do not meet clients and come from a wide range of backgrounds including refugees and asylum seekers, as well as Hope Church and other local faith organisations. Hope Church have provided storage space as well as counselling rooms.

**April 1st 2022 to 31<sup>st</sup> March 2023**

Love For The Family has used its training grant to specifically train another team member with skills on Pregnancy Choices Level 3 with the PCN (Pregnancy Centres Network). It has secured a further training grant to be used within the coming year. Crisis Pregnancy, Post Abortion and Baby Loss recovery programmes continue.

The Charity has expanded its work with other Community services of Luton. These groups include:

- Luton Wellbeing service
- Active Luton Healthy Lifestyle Officers,
- Hope Church Luton
- Luton Churches Together
- Lea Vale Medical Centre
- Luton Food Bank.
  
- Women's Aid
- Azealia
- TOKKO
- Luton GP's, Community Midwives, Health Visitors, Mental Health teams and Nursery Nurses.
- Luton and Dunstable Hospital, The Ocean Project and Perinatal Mental Health midwives.
- Luton Domestic Abuse services.
- Luton All Women's Centre
- Luton Social Services and Police
- Migrant Help
- Care for Calais
- School support staff
- Ebineser Project Luton
- Luton Kids Bank

Love For The Family partners with The Grove, Pregnancy Advice Centre in Bedford and shares experience, training and referrals as appropriate.

Love For The Family Trustees are supported by the Charity 'Pregnancy Centres Network' in regards to good practice, training and development of staff and trustees. In turn, Love For The Family has continued to support the development of other centres during the year. The Chair of Trustees attended the annual PCN conference for updates and developments within this specialist field.

The Founder and Chair of Trustees has had the opportunity to speak at Hope Church and continues to study to be a qualified counsellor. She works for the charity as its Centre manager on a voluntary basis.

**April 1st 2022 to 31<sup>st</sup> March 2023**

All sessions are run on a voluntary basis and no charges are made for the services that Love For The Family offers. Clients are free to make a donation for the services that they have received. Presently, Hope Church has given space for counselling and storage without charge.

**Achievements and Performance**

Between April 22 and March 31<sup>st</sup> 2023, there were 25 enquiries for psychological support from Love For The family.

Clients who engaged with the psychological support programmes reported benefitting from the sessions they had received. Clients, when assessed, were found to be less anxious and depressed following their recovery sessions and able to re-engage in work and family life in a more relaxed and fulfilling way. Clients also reported feeling empowered to make

decisions because of a new understanding of their feelings and defence mechanisms. Clients reported an increase in self-awareness.

242 people made contact with **Love baby Essentials**, some in distress and in need of equipment due to poverty, some because they were asylum seekers, others had been a victim of modern slavery or domestic abuse.

**Key Performance Indicators**

- Five clients were referred for help with crisis pregnancies with 4 counselling sessions taking place.
- 13 clients approached the charity in distress over losing a baby and completed 42 recovery sessions.
- Four clients were referred with distress following a termination of pregnancy and received 42 sessions of recovery counselling.
- 166 clients requested help with Baby Essentials
- Over 69 donations were made to Love baby Essentials

Love Baby Essentials provided equipment to distressed mothers throughout Luton. This included:

39 Moses baskets and stands with sheets/ blanket bundles.  
37 Care bundles  
54 New born Clothes bundles  
52 0-3 month clothes bundles  
17 Baby Baths  
20 Baby chairs  
15 cots  
8 cot beds

**April 1st 2022 to 31<sup>st</sup> March 2023**

9 travel cots  
20 High Chairs  
20 Prams  
12 baby carriers

There is one trained, and four part trained volunteers who have completed Module One (Ethos, Values and general counselling skills) and have undertaken Module Two (Crisis Pregnancy). Another part trained Listener/Helper is currently studying Level 3 Pregnancy Choices with the PCN. All volunteers in training have a good understanding of the ethos, values and aims of the charity. There are six Home Volunteers who are supporting Love Baby Essentials by sorting, preparing bundles and cleaning items.

## **Future Plans**

The Charity is looking to recruit further volunteers who will support Love Baby Essentials. It is hoping to set up a drop in service for mums and young children (Rest and Recharge) to come and choose clothes, further empowering them. This will run at the same time as a drop in at Hope Church ensuring that the mums have access to free refreshments and a light meal.

Further volunteers are needed to expand the counselling services and to train as helpers/ listeners, or volunteer counsellors, as well as an administrator to co-ordinate the work. The Charity has a further grant to help with training.

Love For The Family is able to provide secondary education classes and discussion sessions for students and young adults on the subject of pregnancy via an educational programme 'The Stress Test'. Future aims include the facilitation of this programme in secondary schools and colleges in Luton to support the new curriculum requirements and equip students to discuss pregnancy in a more relaxed and informed way.

The charity has been asked by Women's Aid if it could provide a recovery course for women who have had their children or babies taken into care. Love For The Family is hoping to prepare a pilot course to start once there is a suitably trained counsellor in place.

Clients continue to talk about the difficulty in finding psychological support after baby loss and for post-abortion depression or anxiety. There is a need for Love For The Family to expand its advertising to ensure

**April 1st 2022 to 31st March 2023**

potential referrers are aware of our facilities, but taking into consideration present capacity constraints.

## **Financial Review**

The accounts have been prepared in accordance with the Charity Commissions Statement Of Recommended Practice: Accounting and Reporting By Charities preparing their accounts in accordance with the financial reporting standard applicable in the UK and Republic of Ireland (Second Edition 2019) (FRS 102). Love For The Family is considered a small Charity and followed these recommended guidelines. As such the accounts did not require auditing.

Love For The Family has had a limited ability to organise fundraising events and has relied on donations from supporters and volunteers. Some of the donations have come from The Baby Bottle Scheme where supporters are given a Baby Bottle to fill with change. It is hoped to extend this scheme in the coming year.

The unrestricted funds are available for use at the discretion of the Trustees in order to further the aims of Love For The Family. Trustees give priority to ongoing Insurance and subscription costs that are essential for the continued work of the charity.

The charity has been supported by Hope Church Luton with free use of storage and counselling rooms.

The restricted funding grant was given towards Level 3 training and will be used within the next year.

No trustee receives any fee or expenses for any of their work. One trained Trustee volunteers as the Centre Manager, trainer and Helper/ Adviser, another trustee, pays for the mobile phone contract. Future funding for projects and the expansion of the Charity are required long term but there are sufficient funds and support to ensure ongoing insurances and subscription costs will be covered.

There is a volunteer treasurer who works alongside the Finance trustee. Gift Aid will be collected for eligible donations.

**Starting Balance** 1<sup>st</sup> April 2022      **£2,021.06**      **Final Balance** 31<sup>st</sup> March 23      **£1, 832.74**

**Income April 1<sup>st</sup> 2022 - March 31st 2023**

**Statement****April 1st 2022 to 31st March 2023**

Donations Charity Community Account 2	£495.00
PCN Training Grant (Protected Funds)	£300.00
<b>Total Income</b>	<b>£795.00</b>

**Expenditure April 1st 2022 - March 31st 2023**

Insurance	£581.07
Subscriptions	£157.25
PCN Training Grant (Protected Funds)	£245.00
<b>Total Expenditure</b>	<b>£983.32</b>

**Structure, Governance and Management**

Love For The Family is a Charitable Incorporated Organisation whose only voting members are its trustees. Its governing document is its Constitution which was approved by the Charity Commission on 30<sup>th</sup> June 2021. Prior to this it had been a Community organisation. All previous assets and monies have been transferred to the Charity. If wound up the Trustees, or members, have no personal responsibility for the settlement of debts and liabilities beyond the amount they are liable to contribute, which is up to £5.

Love For The Family has four trustees who were its founding members. The minimum number of trustees by Constitution is three and the maximum seven. Trustees are appointed because of the knowledge and skills they bring to the Charity and their understanding of its ethos and aims. Love For The Family is not a political organisation and its counsellors and volunteers work without prejudice. Any trustee or individual working or volunteering for the charity is expected to understand and respect this. No trustee has received any payment for their services or expertise this year. One Trustee (Mrs S Draper) resigned from her position in January 2022 due to moving abroad. The Trustees are in the process of recruiting further trustees.

New Trustees will be recruited following invitation; due to skills requirement, or application because of interest. All perspective trustees will be interviewed by the voting members. Trustee appointments are dependent on the needs of the Charity and the skills required to ensure its continued growth. Trustees must have a full understanding of the ethos of the charity, it's political neutrality, and an understanding of grace:

**Statement**

**April 1st 2022 to 31<sup>st</sup> March 2023**

unconditional positive regard, kindness, value and acceptance of clients regardless of past history, sexual orientation, faith/ religion or belief/ no belief, disability, gender identity, marital status, age, ethnicity, culture or duration of pregnancy as demonstrated by Jesus Christ.

On appointment trustees receive copies of the constitution, financial statements and copies of a year's previous minutes of trustee meetings. Charity Commission guidance is available. Their work is supported by the other trustees. Further help and guidance is available from Pregnancy Centre Network and Thirtyone: Eight, the charities safeguarding organisation.

Trustees delegate the day to day running of the charity to Trustee and Centre Manager Mrs J Reynolds. Trustees meet to discuss and agree policies, procedures and developments of Love For The Family, including key finance decisions, as set out in the Financial Management and Accounting Policy. They review objectives a minimum of six times a year.

**Risk Management**

Love For The Family's work is dependent on its reputation and ability to ensure its services are provided without prejudice or bias. The trustees are satisfied that they have suitable training and safeguards in place to ensure this continues through training and recruitment policies and procedures, ongoing supervision and training, as well as client assessment and feedback.

## **Reference and Administrative Details**

Charity Name	Love For The Family
Charity Number	1195015
Trustees	Mrs Jane Reynolds Mrs Elizabeth Argent Mrs L Pswarayi
Registered Postal Address	c/o 6 Alexandra Avenue Luton Bedfordshire LU3 1HG England
Bank	Barclays Bank 28 George Street Luton Bedfordshire LU1 2AX

## **Exemptions From Disclosure**

There are no exemptions from disclosure in this year.

## **Funds Held As Custodian Trustee On Behalf Of Others**

No other Funds are held.

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		1,532	300	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>1,532</b>	<b>300</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

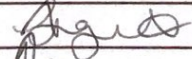

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	ELIZABETH ARGENT	23/11/23
	JANE REYNOLDS	23/11/23



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Love For The Family

No (if any)

## Receipts and payments accounts

CC16a

For the period from 01/04/2022 To 31/03/2023

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Cash Deposits	283	-	-	283	-
Bank Transfers	206	-	-	206	-
Amazon Giving	6	-	-	6	-
PCN Training Grant	-	300	-	300	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>495</b>	<b>300</b>	<b>-</b>	<b>795</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>495</b>	<b>300</b>	<b>-</b>	<b>795</b>	<b>-</b>
<b>A3 Payments</b>					
Insurance	581	-	-	581	-
Subscription	157	-	-	157	-
PCN Training	-	245	-	245	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>738</b>	<b>245</b>	<b>-</b>	<b>983</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>738</b>	<b>245</b>	<b>-</b>	<b>983</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 243</b>	<b>55</b>	<b>-</b>	<b>- 188</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>1,776</b>	<b>245</b>	<b>-</b>	<b>2,021</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>1,533</b>	<b>300</b>	<b>-</b>	<b>1,833</b>	<b>-</b>

**LOVE FOR THE FAMILY**

England & Wales - Charity number 1195015

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# Accounts

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## **Love For The Family**

### **Annual Report and Financial Statement**

June 30<sup>th</sup> 2021 to March 31<sup>st</sup> 2022

Charity Number 1195015

The trustees present their first Annual report since the formation and acceptance of the constitution of Love For The Family by the Charity Commission on June 30<sup>th</sup> 2021.

## **Objectives and Activities**

The objects of Love For The Family as outlined in its Constitution are

1. The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological
2. The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, loss of a child or sexual abuse.

The trustees confirm that they have referred to the guidance contained in the Charity Commissions general guidance on public benefit when reviewing its aims and objectives and when considering and planning future activities.

Love For The Family has, at present, three underpinning values that are key to ensuing the ongoing nature of its work for the public benefit. They are:

- **Approachability.** The Charity welcomes enquiries from anyone in need of help or assistance, regardless of gender, marital status, disability, ethnicity, sexual orientation, religion or belief/ non-belief, age and time of pregnancy or loss.
- **Empowerment.** Love For The Family provides education, counselling and trained help in order to ensure women, and men, have the freedom and knowledge to explore their pregnancy choices. It aims to enable those who are suffering mental distress due to trauma, grief and loss to understand their emotions, reaction and coping mechanisms and help them to make their experiences part of their life journey and not become a block, or allow it to define for them.
- **Grace.** Trained helpers and counsellors working with Love For The Family show kindness, compassion and unconditional positive regard to all clients, regardless of why they have made contact with the charity or what their life experiences have been. We want the best for all of our clients and it is the client that knows what that is. We are not here to judge or direct.

Love For The Family provides time and a safe space for women (and men individually), to consider their options regarding parenting, adoption or termination of a pregnancy, without outside pressures or biased opinion. We give time for reflection on life pressures, circumstances, wants, needs, values and desires; alongside information and education about their options regarding parenting, adoption or termination of the

pregnancy. Time is given to enable clients to reflect on the effects of each choice, empowering them to make a next steps plan. Clients usually have one or two sessions.

Love For The family provides help to enable women and men to recover from mental distress or illness caused as a result of the termination of a pregnancy, loss of a baby or the loss of a pregnancy at any stage. The courses and 1:1 support programmes help clients work through their trauma or grief, restoring their self-confidence and self-esteem.

Love Baby Essentials, run by Love For The Family, provides relief from poverty or the distress caused by poverty, by providing the physical baby items required by families for the first year of life, such as clothes, bedding, cot, Moses baskets, high chairs and prams.

## **Review of Activities**

In line with the key objectives set out for the year the Charity became established, insured, gathered and part trained a number of volunteers. It secures a training grant and a base from which to provide services (Hope Church Centre). Crisis Pregnancy, Post Abortion and Baby Loss recovery programmes commenced. The Charity began to become recognised within the Community services of Luton through contact with the Luton Community Development Worker and meeting a variety of representatives. These groups included:

- Luton Wellbeing service
- Active Luton Healthy Lifestyle Officers,
- University of Luton Chaplaincy
- Hope Church Luton
- Luton Churches Together
- Lea Vale Medical Centre
- Luton Food Bank
- Baby Bank Luton
- The Bridge Project
- Women's Aid
- Azealia
- Luton Community Midwives and Health Visitors
- Luton and Dunstable Hospital and The Ocean Project

Love For The Family partners with The Grove, Pregnancy Advice Centre in Bedford and shares experience, training and referrals as appropriate.

Love For The Family Trustees are supported by the Charity 'Pregnancy Centres Network' in regards to good practice, training and development of staff and trustees. In turn, Love For The Family has also supported the development of other centres during the year.

The Founder and Chair of Trustees has had the opportunity to speak at Hope Church and Azalea and is currently studying to be a qualified counsellor. She works for the charity as its Centre manager on a voluntary basis.

All sessions are run on a voluntary basis and no charges are made for the services that Love For The Family offers. Clients are free to make a donation for the services that they have received. Presently, Hope Church has given space for counselling and storage without charge.

## **Achievements and Performance**

In this opening year, 28 people contacted the charity for help with 42 different points of contact (telephone/ text/email). Ten contacts were from the Grove in Bedford: one from Luton Wellbeing Service: two from GP surgeries: two from Active Luton.

All clients reported benefitting from the sessions they had received. Some clients reported difficulty in finding this type of help and expressed a wish that they had known about it, or been referred earlier. Clients, when assessed, were found to be less anxious and depressed following their recovery sessions and able to re-engage in work and family life in a more relaxed and fulfilling way. Clients also reported feeling empowered to make decisions about their reproductive health and well-being.

- Seven clients required help with crisis pregnancies over eight sessions.
- Five clients approached the charity due to distress over losing a baby and completed ten sessions.
- Four clients were referred with distress following a termination of pregnancy and received 23 sessions of abortion recovery counselling.
- One lady was referred via her GP to discuss a pregnancy related procedure over two sessions.
- Two clients requested help with Baby Essentials

There is one trained, and four part trained volunteers who have completed Module One (Ethos and general counselling skills) and are undertaking Module Two (Crisis Pregnancy). They have a good understanding the ethos and aims of the charity. Three of the part trained helpers have expressed a desire to complete the full Level Pregnancy Choices training. There are two Home Volunteers who are supporting Love Baby Essentials by sorting and cleaning items.

## **Future Plans**

In April 2022 Baby Bank Luton will close and be transferred to Love Baby Essentials at Love For The Family. Volunteers have prepared storage to allow this to happen. Love For The Family will be able to provide further help to relieve distress and poverty caused by pregnancy. It will also enable the charity to support refugees, asylum seekers and women caught in modern slavery or fleeing domestic abuse within Luton. The Charity is looking to

recruit further volunteer helpers who will support Love Baby Essentials as well as a trained volunteer to co-ordinate the work.

Further volunteer trained helpers or counsellors are required to deliver Crisis Pregnancy and the recovery courses. The Charity has a grant to help with this.

Love For The Family is able to provide secondary education classes and discussion sessions for students and young adults on the subject of pregnancy via an educational programme 'The Stress Test'. Future aims include the facilitation of this programme in secondary schools and colleges in Luton to equip students to discuss pregnancy in a more relaxed and informed way.

The charity has been asked by Women's Aid if it could provide a recovery course for women who have had their children or babies taken into care. Love For The Family is hoping to investigate this further and prepare a course to start a pilot project in October 2023.

## **Financial Review**

The accounts have been prepared in accordance with the Charity Commissions Statement Of Recommended Practice: Accounting and Reporting By Charities preparing their accounts in accordance with the financial reporting standard applicable in the UK and Republic of Ireland (Second Edition 2019) (FRS 102). Love For The Family is considered a small Charity and followed these recommended guidelines. As such the accounts did not require auditing.

Love For The Family has had a limited ability to organise fundraising events due to the pandemic and have relied on donations from supporters and volunteers. Some of the donations have come from The Baby Bottle Scheme where supporters are given a Baby Bottle to fill with change. It is hoped to extend this scheme further in the coming year.

The unrestricted funds are available for use at the discretion of the Trustees in order to further the aims of Love For The Family. Trustees give priority to ongoing Insurance and subscription costs that are essential for the continued work of the charity. The charity was unable to secure a grant for its general work but has been supported by Hope Church Luton with free use of storage and counselling rooms.

The restricted funding grant was given towards Level 3 pregnancy Choices training and will be used within the next year.

No trustee receives any fee or expenses for any of their work. One trained Trustee volunteers as the Centre Manager, trainer and Helper/ Adviser, another trustee pays for the mobile phone contract. Future funding for projects and the expansion of the Charity are required long term but there are sufficient funds and support to ensure ongoing insurances and subscription costs will be covered.

A volunteer treasurer has been appointed to work alongside the Finance trustee. Gift Aid will be collected for eligible donations.

**Starting Balance** 1<sup>st</sup> April 2021                      **£1,077.19**                      **Final Balance** 31<sup>st</sup> March 22                      **£2021.34**

**Income April 1<sup>st</sup> 2021 – March 31st 2022**

Donations Community Account 1	£1,083.60
Donations Charity Community Account 2	£300.00
PCN Training Grant (Protected Funds)	£245.00
<b>Total Income</b>	<b>£1,628.60</b>

**Expenditure April 1<sup>st</sup> 2021 – March 31st 2022**

Insurance	£447.45
Subscriptions	£129.00
Donations (Charitable Activities)	£108.00
<b>Total Expenditure</b>	<b>£684.45</b>

## **Structure, Governance and Management**

Love For The Family is a Charitable Incorporated Organisation whose only voting members are its trustees. Its governing document is its Constitution which was approved by the Charity Commission on 30<sup>th</sup> June 2021. Prior to this it had been a Community organisation. All previous assets and monies have been transferred to the Charity. If wound up the Trustees, or members, have no personal responsibility for the settlement of debts and liabilities beyond the amount they are liable to contribute, which is up to £5.

Love For The Family has four trustees who were its founding members. The minimum number of trustees by Constitution is three and the maximum seven. Trustees are appointed because of the knowledge and skills they bring to the Charity and their understanding of its ethos and aims. Love For The Family is not a political organisation and its counsellors and volunteers work without prejudice. Any trustee or individual working or volunteering for the charity is expected to understand and respect this. No trustee has received any payment for their services or expertise this year.

New Trustees will be recruited following invitation; due to skills requirement, or application because of interest. All perspective trustees will be interviewed by the voting members. Trustee appointments are dependent on the needs of the Charity and the skills required to ensure its continued growth. Trustees must have a full understanding of the ethos of the charity, it's political neutrality, and an understanding of grace: unconditional positive

regard, kindness, value and acceptance of clients regardless of past history, sexual orientation, faith/ religion or belief/ no belief, disability, gender identity, marital status, age, ethnicity, culture or duration of pregnancy as demonstrated by Jesus Christ.

On appointment trustees receive copies of the constitution, financial statements and copies of a year's previous minutes of trustee meetings. Charity Commission guidance is available. Their work is supported by the other trustees. Further help and guidance is available from Pregnancy Centre Network and Thirtyone: Eight, the charities safeguarding organisation.

Trustees delegate the day to day running of the charity to Trustee and Centre Manager Mrs J Reynolds. Trustees meet to discuss and agree policies, procedures and developments of Love For The Family, including key finance decisions, as set out in the Financial Management and Accounting Policy. They review objectives a minimum of eight times a year.

## **Risk Management**

Love For The Family's work is dependent on its reputation and ability to ensure its services are provided without prejudice or bias. The trustees are satisfied that they have suitable training and safeguards in place to ensure this continues through training and recruitment policies and procedures.

## **Reference and Administrative Details**

Charity Name	Love For The Family
Charity Number	1195015
Trustees	Mrs Jane Reynolds Mrs Stephanie Draper Mrs Elizabeth Argent Mrs L Pswarayi
Registered Postal Address	c/o 6 Alexandra Avenue Luton Bedfordshire LU3 1HG England
Bank	Barclays Bank 28 George Street Luton Bedfordshire LU1 2AX

### **Exemptions From Disclosure**

There are no exemptions from disclosure in this year.

### **Funds Held As Custodian Trustee On Behalf Of Others**

No other Funds are held.



**Section B Statement of assets and liabilities at the end of the period**

**Categories**

**B1 Cash funds**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	1,777	245	-
	-	-	-
	-	-	-
<b>Total cash funds</b>	<b>1,777</b>	<b>245</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature: *Elizabeth Argent*  
 Signature: *Jane Reynolds*  
 Print Name: ELIZABETH ARGENT  
 Print Name: JANE REYNOLDS  
 Date of approval: 21/1/22  
 Date of approval: 22/1/22