

Life 4 Widows



**ANNUAL REPORT
2024**



Life for Widows is a full support group which focuses on enabling widows to be strong women, willing to reinvent themselves and boldly face the future.

Our vision is to:

- Strengthen and uphold women to recognise God's central role in their homes.
- Shield their vulnerability, to come alongside & sheer burdens.
- Provide opportunities to remember, grieve, rejoice & share testimonies.
- De-mystify widowhood by showing that there is life after death.
- Serve as a source of support for women of all faiths.
- Educate faith communities of the need to have local run support groups for widows within their communities.
- Cuts across international borders to empower women.

Live4widows.uk@gmail.com

www.liveforwindows.uk.com.

"We may run, walk, stumble, drive or fly but let us never lose sight of the reason for the journey or miss a chance to see a rainbow on the way". Gloria Gaither.

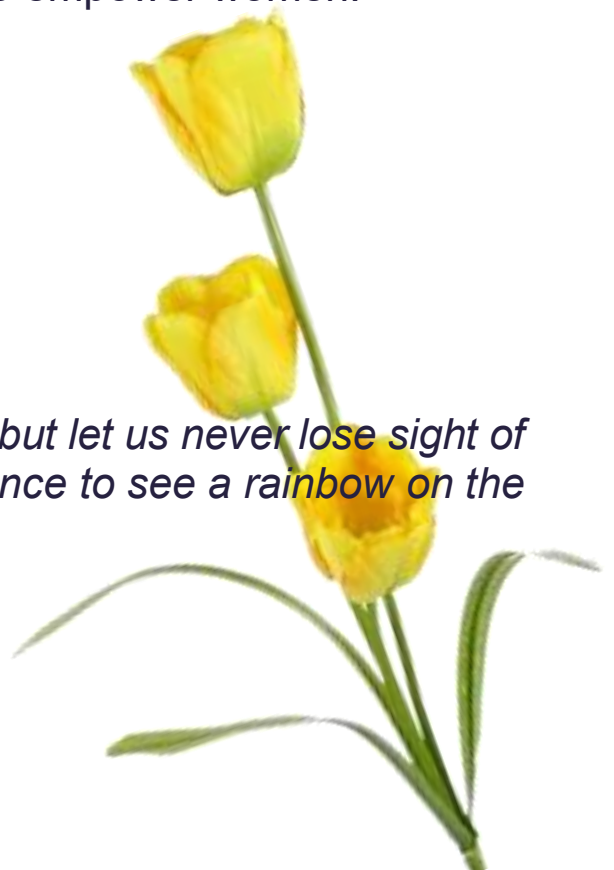


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ABOUT LIFE4WIDOWS INTERNATIONAL

Life4Widows International (known as Life4Widows) is a charitable support group dedicated to helping widows rebuild their lives after the loss of a loved one. No one plans to become a widow, yet many find themselves in the unfamiliar place called widowhood facing new challenges and responsibilities alone. Life4Widows provides emotional and practical support to widows and former widows, empowering them to live fully again with hope and strength.

Our Mission

We are a family of widows and former widows of all ages, empowering one another in innovative ways to springboard our lives back into action after losing a spouse.

Who we are and What we do

Life4Widows International is a UK registered charity made up of widows aged between 30 and 80-plus. We are determined to love, support, and anchor one another as we recover from loss and rebuild our lives.

Our meetings provide a safe, welcoming space where women can laugh, cry, and speak freely a place to truly inhale and exhale without fear of being judged or criticised. We are a breath of fresh air and a pleasant surprise to newcomers who discover that widowhood can be faced with strength, joy, and purpose.

Giving strength, support and Hope

Our Philosophy

Our Christian faith is at the heart of who we are. At Life4Widows, we uplift, encourage, and support one another through compassion and fellowship. However, Life4Widows is no ordinary widows' support group. Our approach to widowhood is unique creative, dynamic, and filled with ideas that both fulfil and exceed the typical expectations of what a widows' group should be.

Our Promise

We are committed to building a different kind of friendship one where we are there for each other no matter what. We go the extra mile because every widow matters.

With this positive mindset and attitude, our quarterly gatherings and annual events are now attended by women from diverse backgrounds. Together, we create a safe and supportive environment where widows can grieve, share their everyday challenges from living without a spouse and raising children alone to navigating emotional struggles and other life transitions and find renewed hope in one another's company.

CHAIR'S REPORT – 2024

As we reflect on the year 2024, I am filled with gratitude for the continued growth, compassion, and resilience that define Life4Widows International. This past year has been one of renewed purpose, deeper connection, and expanding impact a testament to what can be achieved when women come together in faith, strength, and love.

Our mission has always been to bring comfort, hope, and empowerment to widows, wherever they may be. This year, we saw that vision reach new heights through our ongoing social programmes, heartfelt gatherings and international outreach.

Here in the UK, our Annual Breakfast, held at Coates, London Bridge, provided a wonderful opportunity for fellowship and reflection. It was a time to reconnect, to share our achievements, and to look ahead with renewed determination. Moments like these remind us that Life4Widows is not just an organisation it is a family built on shared experiences, encouragement, and faith

Throughout the year, our “Let’s Talk” sessions and quarterly catch-ups continued to provide safe and supportive spaces for open conversation and healing. These sessions held both in-person and online have become a vital lifeline for many, offering comfort, empowerment, and the reassurance that together, we can overcome even the hardest seasons of life.

One of the most profound highlights of 2024 was our Christmas partnership with Solace Ministries in Rwanda. Together, we shared gifts and a Christmas meal with genocide widows across three villages offering food items, clothing, and soap. The experience was both humbling and deeply moving, reminding us that even the simplest acts of kindness can restore dignity and joy. Meeting these women, hearing their stories, and seeing their gratitude was an unforgettable experience that reinforced the heart of our mission: to ensure no widow walks alone. Solace ministries made this possible through their fantastic organisational skills and dedication to supporting and providing for the widows in Rwanda

As we close this chapter and look to 2025, I am encouraged by all that lies ahead. Our commitment to widows across communities remains steadfast. We will continue to expand our reach, strengthen our partnerships, and nurture the beautiful community that Life4Widows represents.

To our volunteers, donors, supporters, and every widow who has journeyed with us thank you. Your dedication, love, and belief in our mission continue to inspire everything we do.

With Gratitude and Hope,
Olivia Essien
Chair, Life4Widows International



OUR EVENTS AND OUTREACH

Executive Breakfast January 2024

Life4Widows held a breakfast meeting with the executives. It was a lovely time of reconnecting physically and spiritually with the intention of planning and discussing ideas for the coming year. We were able to find out how individuals were doing in their personal lives, also to encourage each other and network as the plans for the year were also discussed. The time together was valuable in terms of updating each other of personal circumstances and challenges but also discussing contact with other group members in terms of their situations through meeting up with them face-to-face or virtually.



The whole idea when planning the calendar for the year ahead is to always take into consideration the different types of widows that we support and their locations. This is what we did when we brought our ideas to the table as we planned for 2024. At the end of a lovely breakfast, I believe we achieved our primary goal and the 2024 calendar was agreed.

Online whole group social - Feb 2024

It is not always convenient for widows, particularly those with younger families or those living in other parts of the country, to attend face-to-face meetings. To this effect, during our Executive Planning Breakfast, it was decided that we would adopt a mix of face-to-face and virtual meetings going forward.

In February, we organised an online social session, which was attended by just under 20 widows. These catch-ups are always valuable, providing a safe and supportive space for widows of all ages to connect, share, and learn from one another. The discussions covered general wellbeing, personal updates, and individual goals and aspirations for the year ahead.

This virtual space allowed us to see and speak with each other, to laugh, reflect, and have meaningful conversations about personal ambitions and growth. The group also discussed the theme for the year ahead, which focused on our children particularly the older ones exploring their experience of loss and finding ways to bring young adults together, in their own way and on their own terms, to share their journey. The need for psychological support and counselling was also highlighted, with plans to fund this through Life4Widows.

The meeting lasted approximately an hour and a half and was felt by all to be highly beneficial, providing an important opportunity for connection and mutual encouragement.

Conference – October 2024

In October, we held our annual conference at a hotel run through the Latvian Embassy in Queensway. The event provided an opportunity for outreach, visibility, and engagement with our wider community allowing others, even those who are not widows, to see and hear about the work of Life4Widows International.

It was a half-day conference where brunch was served, creating a relaxed atmosphere for networking, catching up, and sharing experiences before the formal programme began. The event opened with a prayer, followed by an inspiring art workshop focused on self-expression and love. Participants were invited to create a card either for themselves or for a loved one, using a variety of materials, paints, and designs to convey self-love, appreciation, and connection.



This creative session offered a calm, reflective space for mindfulness and emotional expression, fostering a sense of peace and togetherness. There was also a powerful keynote address by a medical doctor, who spoke on themes of loss, its impact, and strategies for moving forward.

The morning proved to be both meaningful and fulfilling, as attendees shared their reflections and proudly displayed their artistic masterpieces. It was truly a unique conference one that blended creativity, healing, and community in a beautiful and memorable way.

Christmas Support in Rwanda 2024

In December 2024, Life4Widows International, in partnership with Solace Ministries Rwanda, undertook a Christmas outreach programme aimed at supporting widows in rural communities. The initiative focused on two locations in the Southern Province of Rwanda: Gitinda Cell in the Kinihira Sector of Ruhango District and Gasaka Sector in Nyamagabe District.

Each widow received a gift package containing an African fabric material, 5kg of rice, 4kg of beans, 3kg of porridge flour, 1kg of sugar, and a bar of soap. A total of 91 widows benefited from this outreach.



In addition to the gift distribution, the team shared a time of fellowship and provided a Christmas lunch, fostering connection and encouragement among the widows.

This collaboration with Solace Ministries enabled Life4Widows International to extend its mission of care and compassion beyond the UK, reaching widows in underserved communities. The outreach embodied the true spirit of Christmas bringing hope, dignity, and comfort to those who need it most.

Once again there was time to network catch up, share experiences before the event started. The event started with prayer and with an art workshop - which focused on in making a card making to yourself to express self-love and caring. There were different materials and paints and materials for colleges, etc. This was a time of mindfulness, peace and reflection on a personal level, a very calm, reflective space to express feelings and emotions, with the opportunity to share with others. There was also a keynote speech from a medical Doctor, who shared about loss and the impact and strategies for moving forward amongst other things.

FINANCIAL STATEMENTS

LIFE4WIDOWS INTERNATIONAL (CIO)		Charity No	1195552	
		Company No		
Annual accounts for the period				
Period start date	01/01/2024	To	Period end date	31/12/2024

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Income (Note 3)					
Income and endowments from:					
Donations and legacies	740	-	-	740	5,445
Charitable activities	-	-	-	-	9,119
Other trading activities	-	-	-	-	-
Investments	-	-	-	-	-
Separate material item of income	-	-	-	-	-
Other	-	-	-	-	-
Total	740	-	-	740	14,564
Expenditure (Notes 6)					
Expenditure on:					
Raising funds	-	-	-	-	-
Charitable activities	3,725	-	-	3,725	6,302
Separate material expense item	-	-	-	-	-
Other	683	-	-	683	728
Total	4,408	-	-	4,408	7,030
Net income/(expenditure) before tax for the reporting period	- 3,668	-	-	- 3,668	7,534
Tax payable	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	- 3,668	-	-	- 3,668	7,534
Net gains/(losses) on investments	-	-	-	-	-
Net income/(expenditure)	- 3,668	-	-	- 3,668	7,534
Extraordinary items	-	-	-	-	-
Transfers between funds	-	-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-
Net movement in funds	- 3,668	-	-	- 3,668	7,534
Reconciliation of funds:					
Total funds brought forward	18,317	-	-	18,317	10,783
Total funds carried forward	14,649	-	-	14,649	18,317

	Unrestricted funds	Restricted income funds	Endowment funds	Total this year	Total last year
	£	£	£	£	£
	F01	F02	F03	F04	F05
Fixed assets					
Intangible assets	-	-	-	-	-
Tangible assets	-	-	-	-	-
Heritage assets	-	-	-	-	-
Investments	-	-	-	-	-
Total fixed assets	-	-	-	-	-
Current assets					
Stocks	-	-	-	-	-
Debtors	-	-	-	-	-
Investments	-	-	-	-	-
Cash at bank and in hand (Note 7)	14,648	-	-	14,648	18,316
Total current assets	14,648	-	-	14,648	18,316
Creditors: amounts falling due within one year (Note 5)	600	-	-	600	600
Net current assets/(liabilities)	14,048	-	-	14,048	17,716
Total assets less current liabilities	14,048	-	-	14,048	17,716
Creditors: amounts falling due after one year (Note 6)	-	-	-	-	-
Provisions for liabilities	-	-	-	-	-
Total net assets or liabilities	14,048	-	-	14,048	17,716
Funds of the Charity					
Endowment funds	-	-	-	-	-
Restricted income funds	-	-	-	-	-
Unrestricted funds	14,048	-	-	14,048	17,716
Revaluation reserve	-	-	-	-	-
Fair value reserve	-	-	-	-	-
Total funds	14,048	-	-	14,048	17,716

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

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

Print Name	Date of approval
OLIVIA ADEYINKA ESSIEN	28/10/2025
OLAYINKA JUNAID	28/10/2025

Signature of director authenticating accounts being sent to Companies House

Signature	Date
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