Foundation for Life Annual Report
1st April 2025 to 31st March 2026

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. Mrs Claire Restall was appointed as a new trustee in September 2025.

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 2025 to 31 March 2026, a total of 78 new clients used the service. Of these, 33 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. During the reporting period, the Centre has received no complaints and there have been no reportable incidents.

Staff

During the reporting year, we employed a part-time centre manager, 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 2026, the CIO (registration number 1188868) received income totalling £80,782.43, most of which came through voluntary donations. During the year, the CIO made payments totalling £61,857.71. The main areas were staff-related costs (£17,253.14), building-related costs (£22,546.85), and other running costs of the Tyneside Pregnancy Advice Centre (£22,057.72). This gave rise to a surplus of £18,924.72, which when added to the opening balance of £25,297.01 gave rise to a closing balance of £44,221.73.

Trustees:

Dr Chris Richards
Dr Olwen Nicholson
Dr Robert Smith

Mrs Claire Restall

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

Signed on behalf of the Trustees:



Olwen Nicholson
Trustee and Deputy Director

Date 22/09/2026

Foundation for Life (registered charity number 1188868)

Receipts and payments for year ended 31 March 2026

	£
Receipts:	
Regular donations	37,537.12
One-off donations	30,013.97
Tax reclaimed	13,231.34
TOTAL	**80,782.43**
Payments:	
Staff costs (incl. training)	17,253.14
Liability insurance	15,525.00
CQC registration	3,734.00
Rent & repairs	15,362.85
Business rates	1,445.64
Utilities & cleaning	2,477.44
Insurance & security	2,512.31
Telephones	748.61
Supplies and services	2,798.72
TOTAL	**61,857.71**
Surplus/(Deficit)	**18,924.72**
Balance b/f	**25,297.01**
Balance c/f	**44,221.73**

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 ("the charity") for the year ended 31 March 2026, which are set out on page 1.

Responsibilities and basis of report

As the charity trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

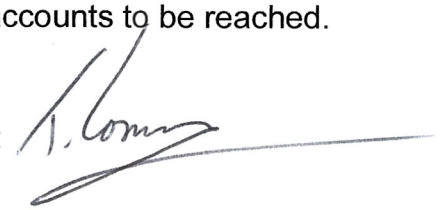
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act; or
- the accounts do not accord with the accounting records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Name: Tim Gorman

Date: 27th August 2026

Relevant professional qualification: Chartered Public Finance Accountant (Chartered Institute of Public Finance and Accountancy)