



Love For Life

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 31 August 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 31 August 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the trustees of Love For Life present a summary of its purpose, governance, activities, achievements and finances for the financial year 31 August 2023.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice (SORP) as issued by the Charity Commissioners for England and Wales in October 2005 (updated in 2008), the organisation has implemented its recommendations where relevant in these financial statements.

Structure, Governance and Management

Structure

The organisation is a company limited by guarantee incorporated in Northern Ireland under reference NI043026. It is governed by its Memorandum and Articles of Association dated 23rd April 2002. It is recognised as a charity for tax purposes by HM Revenue & Customs under reference XR59713 and completed registration with the Charity Commission for Northern Ireland on 4th March 2015 under the reference NIC102325. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The company is under the control of the Directors who are, therefore, acting as Trustees for the Charity.

Organisation

The Board of Directors administers the charity. The Board meets at least six times a year. The Chief Executive Officer, Judith Cairns, has been appointed by the Directors to manage the day-to-day affairs and operations of the charity.

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Governance

Director Appointment & Training

As described in the Articles of Association, a new director may be eligible for appointment if 21 days before the annual general meeting, written notice is deposited with the registered office of the intended proposal, signed by a member, and signed by the person to be proposed, so as to indicate their willingness to be elected.

New directors are briefed on their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the Board and decision-making processes and recent financial performance of the charity. Directors are encouraged to view the Charities Commission website so as to gain a full understanding of their roles and responsibilities.

Risk Management

The Trustees have a risk management strategy which comprises an annual review of the risks the charity faces, the establishment of systems and procedures to mitigate those risks identified and the implementation of procedures designed to minimise any potential impact on the charity.

Public Benefit Statement

In setting our objectives and planning our activities the Trustees have given careful consideration to the Charity Commission for Northern Ireland's statutory guidance on public benefit to ensure that the activities have helped achieve the charity purposes and provide a benefit to the beneficiaries.



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Review of Activities, Achievements and Performance

Chief Executive Introduction

Everyone loves a good story. Stories have an incredible way of drawing us in. They connect us. They engage us. Many childhood stories begin with those familiar words, "Once Upon a time". These are the stories that had to be read over and over and over again, even though we all knew what was going to happen.

However, some of our childhood stories are really quite gruesome. Firm favourites such as Sleeping Beauty, Hansel and Gretel and Little Red Riding Hood have grim undertones.

Here is where we would normally introduce you to some of the main characters. But I don't need to do that. Why? Because you already know them. You know the characters in this story. They are the children and young people you care about, deeply.

This story we share surrounds them. Influences them. Is shaping them. The story they hear is loud and it is persistent.

It's a story about everyone. Everyone is, everyone has.

This story prioritises feelings, and if it feels good, do it.

It's a persuasive story. If you do this, share this, you will be accepted, even loved perhaps.

This story is motivated by desire. If you want it, you can have it. But it does have some boundaries, you can have it, as long as the other person wants it too of course!

This story can be found in movies, on social media, online and it can also be found in the playgrounds and corridors of our schools and in our youth groups.

This story does not respect our characters, nor does it value character. This story is making our young people and children, consumers and perhaps even treats them as objects.

Over these next few pages, we're going to take a closer look at the impact this story has on our young people. We will celebrate how our programmes are changing the narrative, by bringing a possible, purposeful, and life-giving vision for their character and relational choices. We will finish with an encouraging reminder that we all have the power to change the ending of this story!



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Impact Report 22-23 Academic Year

About Us

Formed in 2002, Love For Life is a Christian charity with a long-standing reputation for delivering holistic Relationships and Sexuality Education (RSE) in all school types and in many different community settings across Northern Ireland.

Our programmes for young people, parents & carers aim to inspire, equip and resource the next generation to know their worth, flourish in their relationships and value their sexual choices.

Our vision for the future is every young person valuing themselves, relationships and sex in a thriving society.

CHAPTER 01 | Culture's story and its impact

This is the big picture story from across Northern Ireland and the rest of the UK:

- A third of children aged 8-17 (32%) said that they believed all or most of what they saw on social media to be accurate and true
- 1 in 5 children and young people in Northern Ireland have experienced something nasty or unpleasant happening to them online over the past couple of months, most commonly on social media apps
- 26% of 8-17-year-olds believed there was pressure to be popular on these types of platforms all or most of the time
- Happiness of young people aged 10 to 15 in the UK is decreasing in the areas of; life as whole, friends, appearance and school
- On average, children first view pornography at 13. A significant minority of children have been exposed at an earlier age: 10% had seen it by the age of 9, 27% by the age of 11 and 50% by the age of 13
- 14-18 year old girls are 3 times more likely than boys to be asked to send nude photos/videos of themselves. Girls were also more likely to see or be sent content promoting self-harm, eating disorders, or suicide

What young people in our programmes said in the last academic year:

- 47% of 11-14s can't, or don't know if they can, talk openly about the physical and emotional changes they are going through with a trusted adult
- 13% were a victim of bullying. Looking at just 11-year-olds, this increases to 17%
- 36% have given into peer pressure and done something they didn't want to do
- 13% are accessing pornography at least weekly. When you look at just males, this increases to 48%
- 16% of 15 year olds have had sexual intercourse
- Only 52% of 11-14s know how to handle conflict in relationships
- 30% of 11-14s don't know if they are confident and able to deal with the physical and emotional changes they are going through

This story is uncomfortable. We ask, how is it helping young people value strong healthy relationships?



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Only 47% of 13-18s have a trusted adult they can talk openly with about relationships and sex.

This is a story we can change! We believe in a different story for children, young people, families and society.

CHAPTER 02 | Our Vision

Our vision for the future is every young person valuing themselves, relationships and sex in a thriving society.

We believe **every young person should feel confident, equipped and inspired to make healthy choices and to build strong relationships.**

Through our school & community programmes, we remind every young person of their uniqueness, value and worth. We equip them to thrive through the changes and challenges of adolescence. We support them to confidently identify and respond to influences and pressures around relationships and sex. We encourage them to explore the skills and values needed to build strong, healthy relationships.

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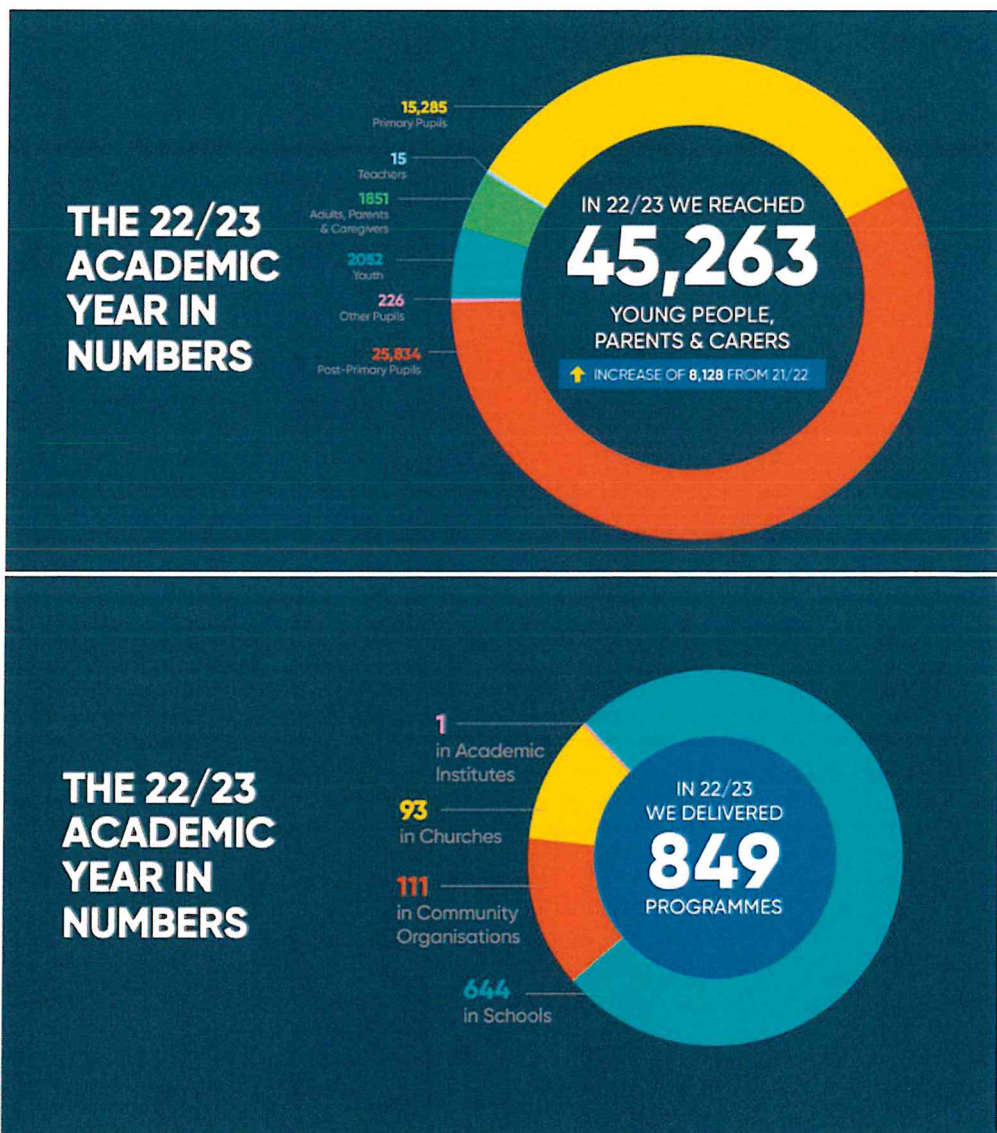
for the financial year ended 31 August 2023

CHAPTER 03 | Our Year in Numbers

In the 2022-23 academic year we delivered 849 programmes to 45,263 young people, parents, caregivers, adults and teachers in schools, churches, community groups and teacher training settings.

We partnered with 36% of Primary Schools in Northern Ireland (280 schools) and 46% of Post-Primary Schools (88 schools).

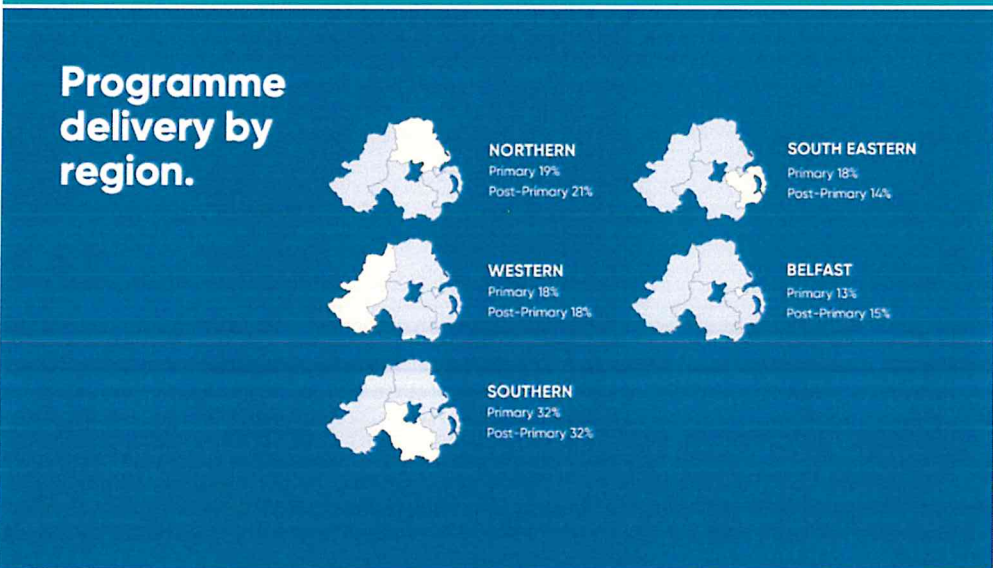
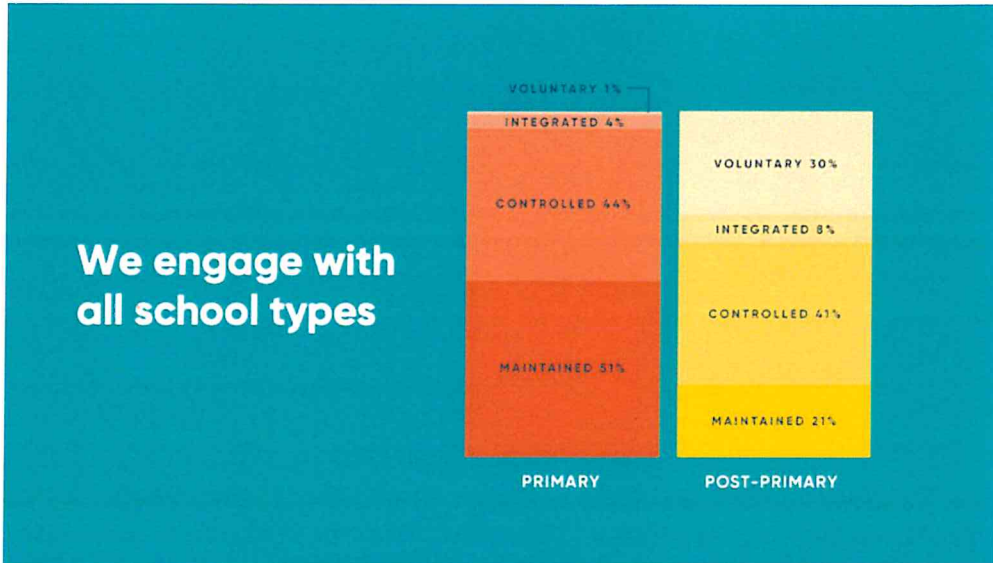
In the last three academic years, we partnered with 47% of Primary Schools and 71% of Post-Primary Schools across Northern Ireland.



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CHAPTER 04 | Changing the Story

We want a different story for our young people. To do this, we believe there are three parts of the story that need to be re-written. Our vision for this is:

STRONG HEALTHY RELATIONSHIPS

Relationships & Sexuality Education is focused on whole-person development, allowing young people space to reflect and evaluate how their attitudes, values and beliefs will shape their choices. All children and young people are confident, equipped and inspired to make healthy choices and to build strong relationships.

FAMILIES INSPIRING YOUNG PEOPLE

Parents & Carers are leading conversations about relationships and sex with their young people. They are well informed and confident, working in partnership with their schools and community to positively shape their young people's attitudes, values, beliefs, habits and practices around healthy relationships.

THRIVING SOCIETY

RSE is grounded in the understanding of the inestimable value and worth of every child and young person and the building of strong, healthy relationships is championed from childhood to adulthood. Over sexualised cultural norms are challenged at all levels and there is a collective commitment for all young people to know their worth, flourish in their relationships and value their sexual choices.

Together, we can change the story.

CHAPTER 05 | Our programmes are changing the narrative in schools

Following the Love For Life programme...

- 80% found the programme helpful
- 82% have a stronger understanding of the difference between a healthy and an unhealthy relationship
- 81% have a clearer picture of the type of friend they want to be
- 69% feel equipped to take a stand against bullying
- 76% say they will find it easier to make healthy choices in the future, even if friends are making different choices
- 68% have a deeper understanding of their uniqueness and worth
- 75% feel more equipped to discuss their boundaries and values in relationships

100% OF POST-PRIMARY TEACHERS SURVEYED RATE THE APPROPRIATENESS OF THE PRESENTATION AS VERY GOOD (22%) OR EXCELLENT (78%).

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CHAPTER 06 | Our programmes are changing the narrative in the community

Junior (11-14) – evaluation taken before and after the programme

- I understand my uniqueness and worth: before = 79%, after = 86%
- I understand the difference between a healthy and unhealthy relationship: before = 85%, after = 95%
- I know how to handle conflict in relationships: before = 52%, after = 78%
- I feel confident and able to deal with the physical and emotional changes I am going through: before = 65%, after = 84%
- If I feel under pressure to do something I don't want to do I feel I could resist that pressure: before = 66%, after = 79%
- I can talk openly about my relationships with a trusted adult: before 54%, after = 66%

Senior (14-18+) – evaluation taken before and after the programme

- I understand my uniqueness and worth: before = 66%, after = 85%
- I understand the difference between a healthy and unhealthy relationship: before = 84%, after = 92%
- Sex is something to be valued and respected: before = 90%, after = 97%
- I feel confident discussing my boundaries and values in relationships: before = 67%, after = 81%
- 93% had space to talk and think

CHAPTER 07 | Our programmes are changing the narrative for parents & carers

FOLLOWING THE LOVE FOR LIFE PROGRAMME...

- 98% said it improved their understanding of issues facing young people
- 95% said it raised their confidence in their role as a parent/carer of young people
- 98% thought the LFL presentation on the "digital world" was helpful or very helpful
- 96% said it increased their ability to communicate around issues of relationships & sexuality
- 94% of parents/carers feel more confident in their ability to manage the digital world

CHAPTER 08 | Stories from a Teacher & Church Leader

PRIMARY TEACHER'S STORY

"For many years, we've had the joy of welcoming the Love For Life team to deliver the 'What's Inside?' Programme to our Year 7 pupils, supporting us in our delivery of RSE.

The programme from start to end is engaging, lively and interactive! Our pupils take away so much valuable information and practical learning to incorporate into their daily lives.

One of my personal favourite parts of the workshop is when the pupils get the opportunity to open the blue suitcase in the section called "Ups and Downs". The Love For Life team highlight issues that young people may be faced with and then give some space for them to reflect on their own ups and downs and how they could respond.



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Over the years, I have noticed more and more pupils experience family break up, death within their immediate and extended family, family members struggling with mental ill-health. Within a daily, busy classroom this can be difficult to address in an appropriate, sensitive manner. However, within this section of the 'What's Inside?' programme, the pupils learn that life is not always straightforward; it is a series of ups and downs which many other pupils in the room are experiencing also. The reflective silence in the classroom as the pupils complete their booklets (while listening to 'Life is a Rollercoaster' by Ronan Keating!) always pulls on a sensitive heart string of the teachers present.

We so value the experience, insight and support from an external partner, like Love For Life, as we address these sensitive topics. Pupils really benefit hearing these important messages from external voices as well as their teachers. The Love For Life visit often sparks opportunities for our teachers to pick-up conversations and questions in more depth. Well done Love For Life!"

A CHURCH LEADER'S STORY

"As a church, a core part of our vision is to equip parents to disciple their children and young people and we really want to be proactive in creating space to be equipped to do this well.

However, we recognised we needed help to do this. Love For Life has a proven track record of addressing some of our culture's most challenging and sensitive questions with clarity and understanding, so we invited them to partner with us to do this.

As a church, we set aside a Saturday for our parents, carers and anyone involved in the lives of young people. The Love For Life team came and led us through three programmes: Face to Facebook (digital world), Birds and Bees (relationships and sex) and Anchored (God's life-giving story for relationships and sex).

The day was pitched perfectly! The programme content and delivery by the team built confidence and equipped us all, including our staff, on how to support our children and young people. Those that attended left energised, equipped and hopeful about the positive influence they can have. Beyond that, one dad expressed gratitude that his church was willing to invest time and energy in providing such a resource for him and his wife.

We're incredibly grateful for the insight, experience and excellence of the Love For Life team. I'd encourage every church to set aside time and create space for these important issues. Next, we'll be bringing the Love For Life team back to invest directly in our young people, knowing that our parents and carers are confident and equipped to continue those vital conversations.

The full Impact Report is available here: <https://bit.ly/48XISSt>



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Financial Review

The results for the financial year are set out in the Statement of Financial Activities, Balance Sheet and additional notes are provided showing income and expenditure in greater detail.

Financial Results

At the end of the financial year the company has assets of £459,511 (2022 - £471,576) and liabilities of £12,212 (2022 - £15,565). The net assets of the company have decreased by £(8,712).

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Helen Minford
Carlton Edwin Baxter
Ian Bingham
Mervyn Cordner
Heather Kathryn Mary Evans
Gary Halliday
Emma Jane Irwin
David Munroe
Raymond Pollock

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

Compliance with Sector-Wide Legislation and Standards

The company engages pro-actively with legislation, standards and codes which are developed for the sector. Love For Life subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 27/2/24 and signed on its behalf by:

Helen Minford
Director

Mervyn Cordner
Director