



Love For Life

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

TRUSTEES' ANNUAL REPORT

for the financial year ended 31 August 2024

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 2024.

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 2024.

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

ABOUT LOVE FOR LIFE

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.

Culture and its impact

Culture has an influence on all of us but, in particular, it is shaping and influencing the choices our children and young people make, how they value themselves and how they value others.

- Only 23% of 13 to 17-year-olds always feel secure in who they are
- Almost one in six 10 to 15-year-olds (15.6%) are unhappy with their appearance
- The gap between male and females in this area continues to widen with almost one in four (22.6%) females being unhappy with their appearance
- 67% of children aged 10 to 17 were worried about their online safety
- 73% of survey respondents (young women aged 12 to 17 years) reported experiencing at least one form of violence in their lifetime
- A third (32%) of 8 to 17s say they have seen something worrying or nasty online in the past 12 months
- Within the same time period, only 20% of parents of 8 to 17s report their child telling them they had seen something online that scared or upset them
- Family remains the area of life that children and young people are, on average, most happy with in 2024

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

In agreement and partnership with the school or community organisation, young people fill out an evaluation form at the end of our presentations if they're comfortable and happy to do so. These results are from the 2023/24 academic year.

- 38% have given into peer pressure and done something they didn't want to do.
- 22% are accessing pornography at least weekly
- 34% were a victim of bullying, or unkind behaviour
- 84% of 11 to 18s check their social media profiles at least every couple of hours
- 44% of 11 to 16s don't feel confident and able to deal with the physical and emotional changes they are going through
- 48% don't feel they can resist peer pressure to do something they don't want to
- 38% are not confident discussing boundaries and values in relationships
- 41% of 11 to 18s from faith communities don't feel they can talk openly with a trusted adult about their relationships



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We ask: how is culture's influence helping children and young people to value strong healthy relationships?

OUR VISION AND STRATEGY

We believe in a different story for children, young people, families and society.

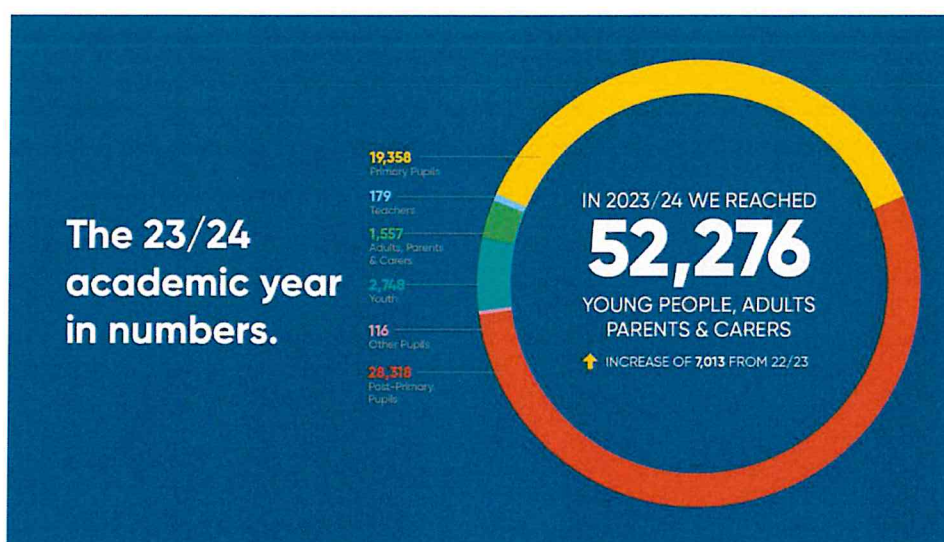
We believe every young person should feel confident, equipped and inspired to make healthy choices and to build strong relationships.

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.

But as you've read, they're up against it.

It has never been more important to be encouraging and equipping young people to understand and value strong, healthy relationships.

THE YEAR IN NUMBERS

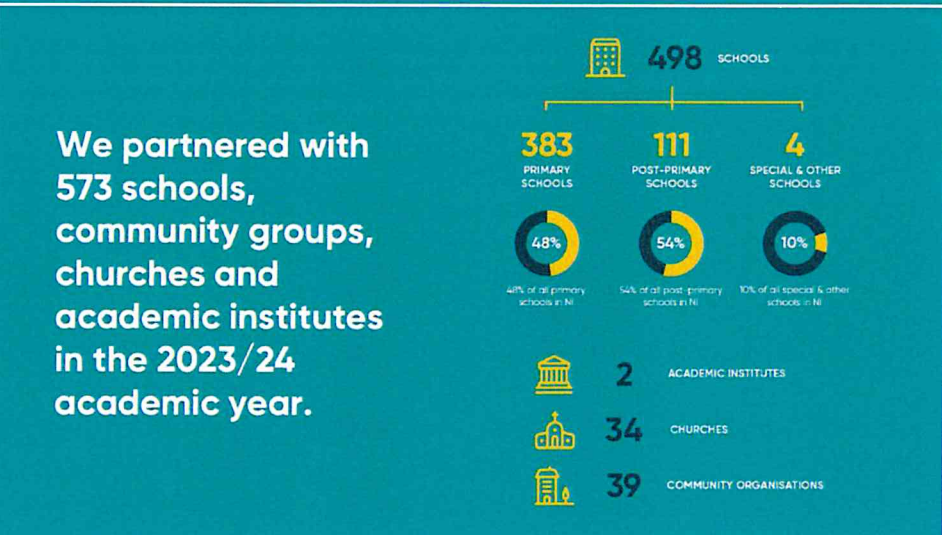
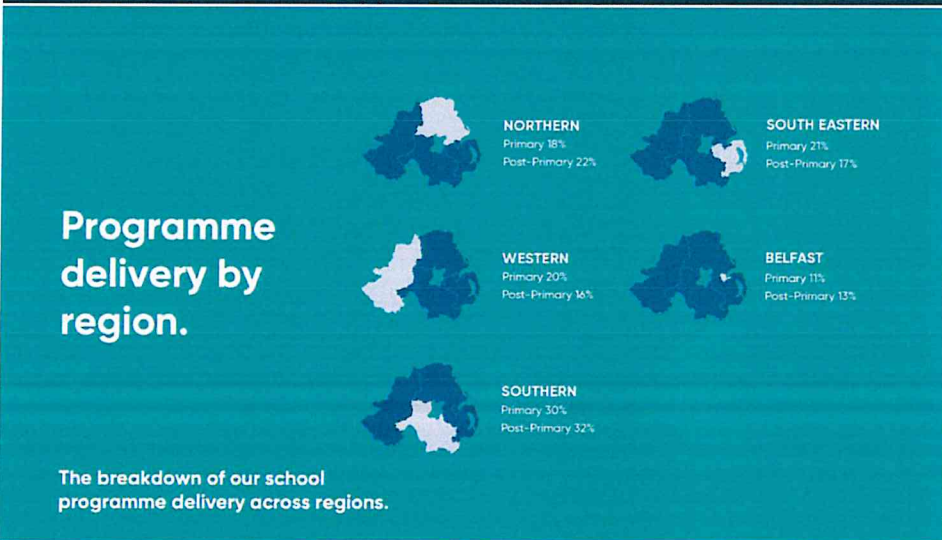
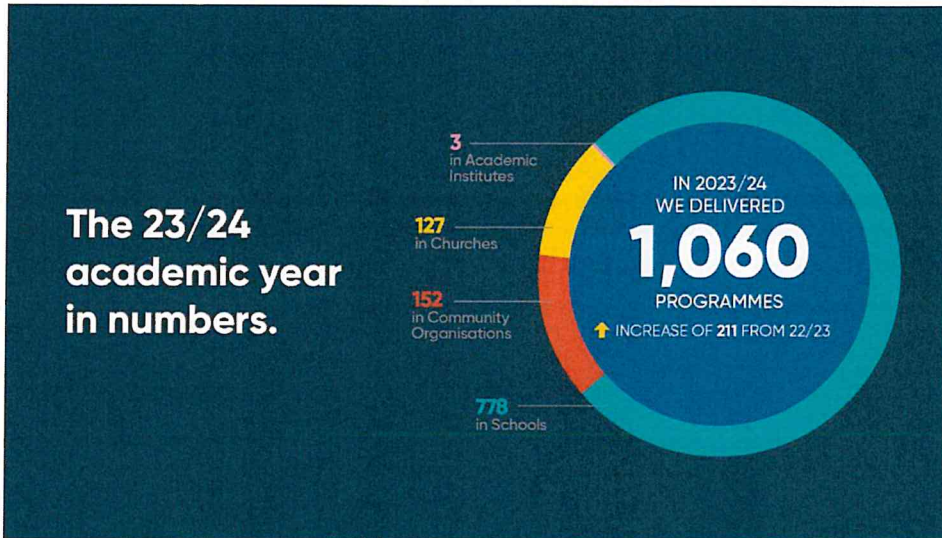


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ACHIEVING OUR VISION

Everything we do contributes to achieving three outcomes. These are the changes that point towards our vision for the future becoming a reality:

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.

OUR IMPACT IN SCHOOLS

Love For Life supports schools in their delivery of Relationships and Sexuality Education (RSE). Our presentations are consistent in every school and are delivered to whole year-groups. In the 2023/24 academic year, of the post-primary schools we delivered in, 81% had two or more programmes.

FOLLOWING THE LOVE FOR LIFE PROGRAMME...

- 81% found the programme helpful
- 75% said they will find it easier to make healthy choices in the future, even if friends are making different choices
- 84% have an increased understanding of various methods of contraception
- 78% felt more equipped to discuss their boundaries and values in relationships
- 87% have an increased understanding about consent and how it impacts any future relationships
- 78% said they have had the opportunity to reflect on and evaluate how their attitudes, values and beliefs will shape the choices they make
- 84% have a clearer picture of the type of friend they want to be. (up from 81% in 2022/23)
- 82% have a stronger understanding of the difference between a healthy and an unhealthy relationship
- 100% of Primary Teachers would recommend the programme to other teachers



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- 100% of Post-Primary Teachers rated the appropriate of the presentation as very good (14%) or excellent (86%)

OUR IMPACT IN THE COMMUNITY

Our community-based programmes are delivered in smaller groups, giving us the joy of getting to know the young people individually. Most programmes are three sessions, delivered over three weeks. The programme content is consistent regardless of setting, but the context allows more space to discuss specific topics, questions or concerns with young people:

	BEFORE	AFTER
I understand my uniqueness and worth	73%	88%
I understand the difference between a healthy and unhealthy relationship	72%	94%
I feel confident and able to deal with the physical and emotional changes I am going through	56%	81%
If I feel under pressure to do something I don't want to do, I feel I can resist	52%	79%
I can talk openly about my relationships with a trusted adult	61%	81%
I am confident I know how the law might impact any future relationships	52%	85%
I know how to handle conflict in relationships	39%	100%
I understand my uniqueness and worth	72%	91%
I feel confident discussing my boundaries and values in relationships	62%	91%

86% felt they had space to think and talk

92% found the programme helpful

82% had an increased understanding of the various methods of contraception



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OUR IMPACT IN CHURCH

Churches have a life-giving story to tell and are uniquely placed to support their young people as they develop relationships with others. Our desire is for churches to create space for honest conversations about authentic relationships. It is our delight to offer free programmes for young people and adults to all churches across Northern Ireland.

Young People

	BEFORE	AFTER
I understand how unique and valuable I am	71%	87%
I know how to do deal with the influences and pressures around relationships	60%	79%
My values and beliefs have an impact on my relationships	73%	82%
I can talk openly about my relationships with a trusted adult:	59%	70%

Parents & Carers

- 92% felt better equipped to support young people in their identity and relationship questions
- 98% felt more confident in the positive influence they can have to help young people build strong healthy relationships
- 100% felt inspired to help children and young people understand how unique and valuable they are

OUR IMPACT WITH PARENTS/CARERS

Parents & carers have the most significant influence in shaping children and young people's attitudes, values, and beliefs, as well as habits and practices around healthy relationships. We offer programmes to help parents & carers develop their knowledge, skills and confidence in this area.

Following the Love For Life programme...

- 99% said they are more informed about the influences and pressures young people face
- 99% felt inspired to help children and young people understand how unique and valuable they are
- 97% felt better equipped to begin or continue conversations about the subjects covered
- 97% felt more confident in the positive influence they can have to help young people build strong healthy relationships
- 99% would recommend the programmes to others

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WORDS OF ENCOURAGEMENT

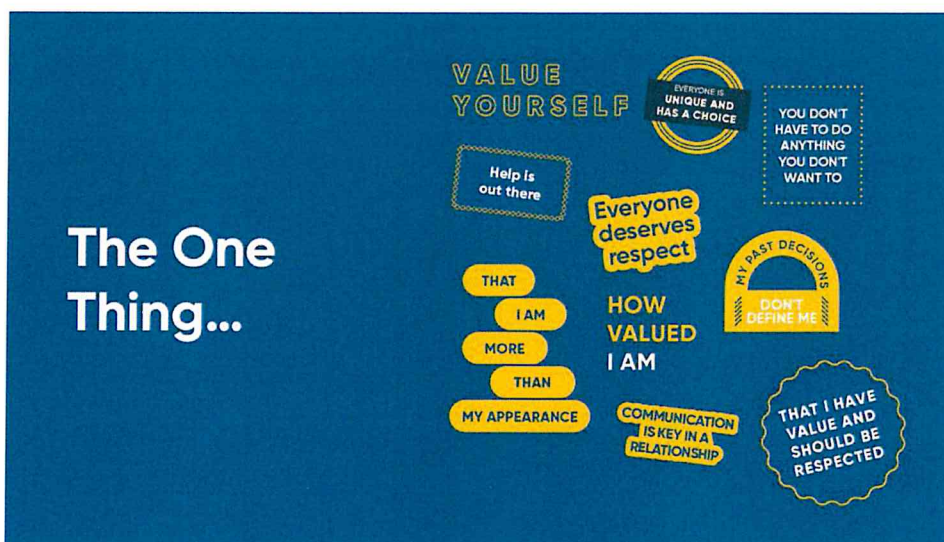
Every year we receive thousands of comments, feedback and stories of encouragement from our evaluation forms. This is just a snapshot of them from the 2023/24 year:



THE ONE THING...

We ask all our post-primary pupils and community participants “**what is the one thing you want to remember from this programme?**” These are just some of the 2,567 answers we received last year.

The words that appeared most frequently in participant responses:



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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 £407,327 (2023 - £459,511) and liabilities of £14,245 (2023 - £12,212). The net assets of the company have decreased by £(54,217).

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)



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Approved by the Board of Trustees on 4/2/25 and signed on its behalf by:

A handwritten signature in black ink, appearing to read "Helen Minford".

Helen Minford

Director

A handwritten signature in blue ink, appearing to read "Mervyn Cordner".

Mervyn Cordner

Director



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STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 31 August 2024

The trustees, who are also directors of Love for Life for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland". Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the net income or expenditure of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 4/2/25 and signed on its behalf by:

Helen Minford
Director

Mervyn Cordner
Director