

A full-page photograph of a family of four in a lush green park. A man with a shaved head, wearing a grey and white striped t-shirt, is lying on his stomach on the grass, smiling at the camera. A woman with long dark hair, wearing a light pink long-sleeved shirt, is leaning over him, also smiling. Two young girls are with them; one is standing behind the woman, wearing a bright blue polo shirt, and the other is sitting between the woman and the man, wearing a pink shirt. The background is filled with green trees and foliage, with sunlight filtering through the leaves.

**You have the
power to
change
tomorrow for
vulnerable
families and
children**

Introduction

Sadly, each year sees an increase in demand for our services, along with more complexity and challenges for the individuals and families we support. We know that families can provide the best chances for children to grow into their potential, but that family breakdown now affects over 40% of children by the time they reach their teenage years.

Most of us will have experienced first-hand the impact of unexpected changes in our family life, and some of us will recognise that when things are just not working, we just wished there was somewhere for our parents and us to turn to; as being heard can make all of the difference.

Many families lack the support they need to be the people that they want to be and are capable of becoming because illness, mental ill-health, educational disadvantage, poverty and violence within the home prevent this. We recognise that the future remains uncertain, but we also know that we have the determination and commitment to do whatever it takes to support the families who need us.

Families can be the best place to look for support and nurture and when they work well they will be with you for life, but unexpected events and disadvantage can damage this future. Family Lives can provide a conversation to help repair what is good, and support rebuilding relationships that are fractured to become strong and resilient for all that lies ahead.

Your support could mean future generations receive the support these families need more than ever, so they in turn can be a support to others.

Thank you for your kindness and generosity.

Kind regards

A handwritten signature in black ink, appearing to read 'Jez Todd', with a stylized flourish at the end.

Jez Todd
Chief Executive
Family Lives



About us

Family Lives was formed over forty years ago by volunteers, with the aim of ensuring that all parents and families have somewhere to turn before they reach crisis point. We know that the right support at the right time makes all the difference. We're here to support families, with whatever they're going through. We believe all families should have access to active support and understanding.

We provide vital support to tens of thousands of families every year through our national helpline, online via email, live chat and our website, as well as working directly with families through our wide range of services in areas across England. We support families experiencing a wide range of issues. These include aggression and violence from their teenager, supporting couples in conflict, befriending for vulnerable families, as well as early year programmes to give children the best start in life.



“ Family Lives have helped me with my mental health when I have been in a dark place and felt very upset. They have listened to my worries and give me understanding. They have given me hope. ”

How your gift can help

We'll ensure that any gift you bequeath to us will be put to the best possible use and bring the best outcomes for future generations and families. However, if you would like to specify how you want your gift to be used, we will adhere to your wishes.

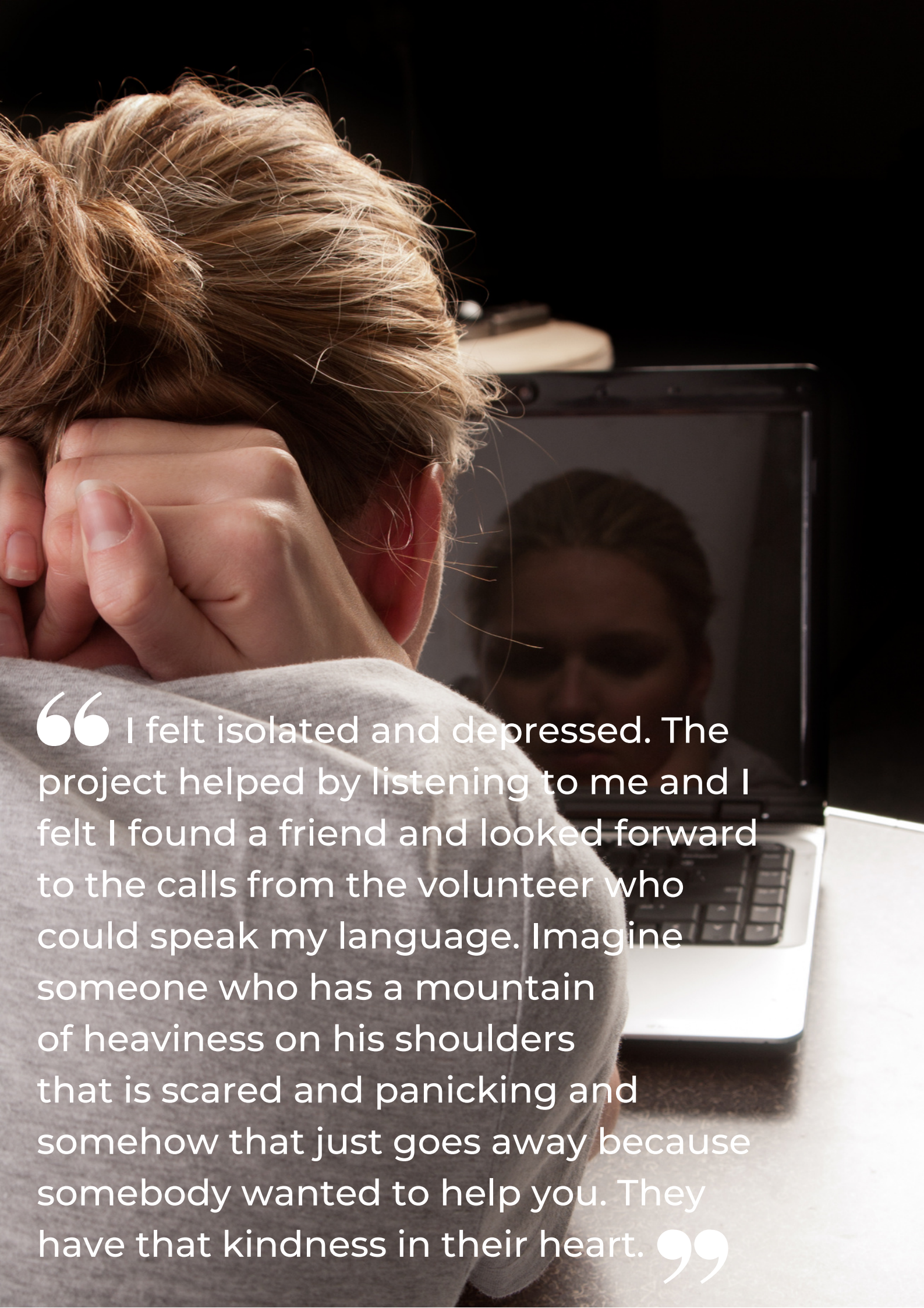
Some of our most important work has been made possible thanks to the generosity of gifts in wills. A gift in your will can support a new generation of families, to help future generations of children.

Services we provide

We provide the largest free family support helpline in the country supporting tens of thousands of calls each year, alongside providing a comprehensive website with lots of advice and online resources including online parenting courses, moderated forums, live chat and an email service.

In the wider community we provide befriending and parenting support through perinatal programmes, early years educational work and parenting support courses. We offer conflict and relationship support, intensive support for troubled families and support for young carers.





“ I felt isolated and depressed. The project helped by listening to me and I felt I found a friend and looked forward to the calls from the volunteer who could speak my language. Imagine someone who has a mountain of heaviness on his shoulders that is scared and panicking and somehow that just goes away because somebody wanted to help you. They have that kindness in their heart. ”

Your gift can make the difference for future generations

Gifts in wills are an extremely valuable source of income for all charities and Family Lives is extremely grateful for any that we receive. We will always respect your wishes if you specify a particular part of our work to support and we will ensure that your gift is properly administered and fully acknowledged.

Some donations come as a direct bequest and others as part of the residue of a will distributed by the Executors/Trustees of the Will using their own discretion as to the wishes and desires of the deceased.

Making a will is very simple and you can do it yourself but it may save problems arising later if it is done by a solicitor or with the help of Citizens' Advice. Making a will is often spoken about but is something that we all tend to put off but if you die without making a will your estate will be distributed according to the law of intestacy and this might not be in accordance with your wishes.

All bequests to charities are taken from the estate before tax and therefore help to reduce the amount of tax payable. We invite you to consider including Family Lives among those you wish to benefit from your estate. If you wish to give a particular sum to Family Lives, the wording should be:

"I give and bequeath the sum of £.....to Family Lives, 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ and direct that the receipt of The Treasurer for the time being shall be a good discharge to my Executors"

Alternatively, you may wish to leave Family Lives the remainder of your estate, after other specific bequests have been settled, in which case your will should include:

"I give and bequeath the residue of my estate to Family Lives, 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ and direct that the receipt of the Treasurer for the time being shall be a good discharge to my Executors"

You may have already made your will and now wish to include a bequest to Family Lives, in which case, you should execute a codicil to your Will. In all cases, of course, the document must be correctly witnessed.

Thank you for considering making a lasting gift that will help children and families for generations to come.



“ Agreeing to a referral to Family Lives was the best decision I had made. Attending the ‘Within my Reach’ program and self referring to their 0-5 befriending project helped me to understand parenting and linking the learning more effectively. I’m very keen for my children to have a positive childhood and with the support I’ve received, I’m providing just that. ”

Our vision

Families should have access to active support and understanding

Our values

We value being compassionate, collaborative and trustworthy

Our mission

We build better family lives together

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Hatfield
Hertfordshire
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