



Annual Report 2017

*'I've googled help  
and this came up.  
Please help me.'*

## Vision

A world where women\* have the information and means to access safe, legal abortions wherever they live.

\*ASN does not ask clients their gender, nor does gender identity influence grant eligibility.

## Mission

To provide information, financial assistance and accommodation to women who may be forced to travel to England to access a safe, legal abortion.

## Values

- We believe that all women have the right to safe and legal abortions.
- We believe in providing practical support to enable women to exercise this right.
- We are compassionate and respectful of women and their decisions.

*Aoife\* already has children. Her previous pregnancies were tough, including the death of one of her babies shortly after birth due to fatal foetal abnormalities.*

*She had just left an abusive relationship, so had mixed feelings about discovering her latest pregnancy. Despite the challenges, she was ready to continue the pregnancy until she was diagnosed with cancer.*

*Effective cancer treatments could not be administered while she was pregnant, so to continue would have been risking her life and leaving her children in the hands of her abusive ex.*

*Despite this, her healthcare provider told her, "You're a good person. I know you won't do this" and a crisis pregnancy centre told her they'd give her money for a pram and that the UK clinic would "sell the baby's body parts for science".*

*Thanks to your support, Aoife was able to travel to England to receive the abortion she needed. As a result she was able to undergo cancer treatment much sooner, and has a much better likely outcome as a result. Her children have a better chance of having their mother for years to come.*

*\*Not her real name*

# Director's letter

Dear supporter, friend, sister in arms,

This is my last letter as captain of the good ship Abortion Support Network. I stepped down in January 2018 as part of a three year plan (that ASN executed in two). I now hold an operational role, working with ASN's volunteers, clients and stakeholders. Our new Chief Exec, Ruth Taylor, began in January and we expect great things from her. Imagine what ASN will do next, with two heads rather than one!

When ASN began, there were five of us exchanging late night emails after our day jobs and we jumped when the phone rang. Now, ASN is a registered charity with two paid staff, 90 volunteers, and more than 1,300 donors.

In 2009, we gave £200 in grants. In 2017, we gave more than £70,000, as well as giving hundreds of people important, life saving information. We saw the advent of free abortions in England for those from Northern Ireland and as we go to print Ireland is on the cusp of a vote to repeal the 8th Amendment. We will grow in whatever way is needed to help those who need it.

ASN is impressive by the numbers, but what I marvel at is ASN's heart. Our giant, brave, strong, irreverent, passionate, compassionate heart. So many of you are part of this amazing thing we've built. I am proud to stand beside you, and to know there are so many people who believe in rights, equality, respect, love and reproductive justice for all. I am constantly humbled by, grateful for, and invigorated by your support. We could not do this work without you.

Here's to another year of helping people, together.



Mara Clarke  
Founder and outgoing Director

# About ASN

We're called Abortion Support Network because we are a network that supports abortion. ASN connects people without resources to you, the people who reach out your hands or dig into your wallets to help.

Every penny raised or donated and every action of support means we can help people urgently seeking an abortion.

## How ASN works

Your support lets us provide advice and practical assistance to hundreds of clients each year. Because of you, we are able to give them the information and financial help they need to access abortions.

This is how we work.

1

**A client contacts ASN by phone, email or text message.**

2

**ASN returns contact.**

3

**We assess their need and provide practical, non-judgemental information.**

4

**The client arranges their procedure and transport.**

*Briony\* messaged us in a panic. A teenager, she had fallen pregnant while using contraception. The strong negative reaction to both sex and pregnancy outside of marriage – not to mention abortion – in her community left her in fear of her life if anyone else found out about her situation.*

*She had both limited financial means and even more limited ability to receive a loan from a reputable provider.*

*Stigma surrounding both her pregnancy and abortion meant she had no one to turn to or talk to. Briony found the isolation hard.*

*Thanks to your support, ASN was able to pay for her clinic appointments and travel costs. We also provided the practical assistance she needed to arrange her travel and the myriad logistics around her journey to England. Thanks to your support, a vulnerable teenager feels that she has a future. Your contribution has changed – and possibly saved – a life.*

*\*Not her real name*

5

**If accommodation is needed, ASN arranges a volunteer host.**

6

**If a grant is awarded, ASN pays the clinic directly, reducing the amount the client pays.**

# Who's who at ASN

A small, volunteer driven charity, ASN relies mainly on **YOU**, our fabulous supporters. **You** meet the needs of our clients in so many ways: **you** give regular monthly donations and organise fundraising events, **you** open your homes as hosts, **you** answer phone calls, texts and emails, and **you** work on everything else we do, from our website to this annual report. Behind the scenes you'll find the following people – and more!

## Team Frontline



The volunteers who answer calls, texts and emails on our helpline; welcome clients who need accommodation into their homes; do admin and provide tech support. Our central nervous system.

## Team Comms



ASN's communications team generally have something to shout about, and keep supporters informed via Facebook, Twitter, ASN's e-newsletter and in the media.

## Team People



Finding and training new volunteers, providing one-to-one support to ASN's helpline sheros, and planning ASN social events, our ace volunteer management team fills a crucial role. The team is comprised of three fabulous people, and you can get in touch by emailing [volunteer@asn.org.uk](mailto:volunteer@asn.org.uk).

## Team Funds



Our tireless volunteer fundraisers do everything: run campaigns and run races; write grants and source major donors; organise events and thrill us with their passion and creativity while keeping our doors open. To get involved, email [fundraising@asn.org.uk](mailto:fundraising@asn.org.uk).

## Team Trustee



ASN's leadership board is made up of committed volunteers with a passion for reproductive justice and a wide range of skills. Full info on the ASN executive can be found on the ASN website: [www.asn.org.uk/the-asn-board](http://www.asn.org.uk/the-asn-board).

## Our founder



From 2009 through the end of 2017, Mara Clarke has been ASN's founder and director. She has served as a phone team member, fundraiser, volunteer manager, head cheerleader, newsletter writer and anything else needed as ASN's Jill-of-all-trades.

*Conor\* contacted ASN first. His girlfriend, Róisín\* was pregnant and the young couple weren't ready for a child. As well as being in a precarious financial position, they were living with Conor's family in an over-crowded home.*

*"We have been to family planning to discuss our options and need to get an abortion but we are really struggling to raise funds to do so," wrote Conor. "If it is possible we could really use some help."*

*Team Frontline handled most of the contact with the young couple, giving information on how to arrange travel and speaking with both Conor and Róisín. Thanks to Team Funds and all of your support, ASN was able to pay for Róisín's abortion and help the young couple access the services they needed. Your help has given two young people back their lives, and allowed them the chance to choose when, how or if they will become parents.*

*\*Not their real names*

# What changed in 2017

## Free abortions for Northern Ireland

In June 2017 the UK government announced that people resident in Northern Ireland would be able to have free abortions in England. As we go to press, we're thrilled to see that this promise has been honoured and the system is up and running.

## Will ASN be closing?

Sadly no. While we welcome the news, residents of Northern Ireland only make up about 20% of our clients. We will remain open to help pregnant people from Ireland, the Isle of Man and Channel Islands, as well as supporting women in Northern Ireland as they navigate the new rules. As an example, we see a surge in calls each time there is a big news article about arrests relating to people ordering abortion pills online.

## Does ASN need less money now?

Actually, we expect to spend more money in 2018. Fewer people from Northern Ireland will need to contact us, but we will still be here for those who fall through the cracks. Also as we have strengthened our financial position, we have sought to give larger grants so clients had less of a struggle to raise additional funds. ***In our perfect world, no ASN client would need to borrow from an abusive ex, skip paying the bills or sell a child's bicycle to raise money.***

## What will women from Northern Ireland get for free?

Consultations and abortions will be free at point of delivery. In cases of financial hardship, help with travel and accommodation for the pregnant person and potentially a parent, guardian or support person may be available.

## How can people access this service?

A central booking service has been set up, meaning there is one number to call to arrange an appropriate appointment and also receive help with travel costs if the government's financial hardship eligibility is met.

## Other big news - Ireland's abortion referendum

In 2017 reports from the Citizens Assembly and the government's Committee on the Eighth Amendment both recommended Ireland repeal the 8th Amendment, the bit of the Irish constitution that gives a foetus equal rights to the person pregnant with said foetus. A referendum on the 8th will be held 25th May 2018. If the 8th is repealed, Ireland will need to create new legislation as abortion is only currently allowed if the pregnancy poses a serious risk to a woman's life.

We expect ASN to still be needed for years to come even if the 8th is repealed as there are so many variables – finding doctors willing to perform abortions; travel within Ireland; cost; legal restrictions; and more. As of February 2018, legislators are suggesting restricting access to abortion to 12 weeks in most cases, which would mean ASN would still be needed by the 600 or more pregnant Irish people who need an abortion beyond that point each year.



# Who we've helped in 2017

When ASN has money, we provide as much help as possible to the people who contact us. We give information to minimise travel and other costs for clients, so our funds can stretch to help the largest number of people possible. We don't ask how people got pregnant or why they want abortions. We don't ask or care about gender identity, sexuality, religion, ethnicity or other demographic information. Our only criteria is financial need and availability of funds. To determine this we ask the fewest, least invasive questions we can to ensure we can offer appropriate advice and care. The fact that we respect client privacy means that our data is limited to the personal information our clients choose to share with us. This information, given voluntarily, is what gives us the overview below. Of the people you helped in 2017:

19  
were pregnant  
from rape

12  
were  
suicidal

26  
were diagnosed  
with foetal  
abnormalities

53  
had other health  
or medical issues

6  
were  
homeless

65  
were dealing with  
mental health issues

28  
were migrants,  
refugees or Travellers

47  
were dealing with  
domestic violence

10  
tried to self-harm  
or dangerously  
self-terminate

34  
had children  
with special  
needs

28  
had medical  
issues with past  
pregnancies

15  
needed a  
visa to travel

*Ellen\* moved to Ireland as an adult and already has children. When she fell pregnant again, she decided an abortion was the best choice for her and her family.*

*Unused to dealing with the quirks of the Irish system, she struggled to find out how to access an abortion, and how to fund it when she discovered that her medical coverage wouldn't.*

*Her financial circumstances were difficult as her existing children had to be her priority. Despite this, she arranged an abortion at a clinic in England but was let down at the last minute by a friend and was unable to go.*

*Rearranging the appointment meant several weeks' delay, which pushed her into a higher abortion price bracket. As Ellen didn't have a passport or official photo ID, she was unable to fly and had to find a clinic she could reach by ferry, further complicating her arrangements and increasing her costs.*

*Thanks to your support, ASN were able to give her travel advice, including suggestions of safe places to spend the time between the ferry's 3:30AM arrival and the clinic's 7:30AM opening time. We were also able to contribute £500 towards the cost of the procedure, which covered the gap for Ellen. Thanks to you, Ellen got her abortion and is now back in Ireland caring for her children.*

*\*Not her real name*

# How we've helped in 2017

**1,009 clients heard from**

Our helpline team responded to thousands of calls, emails and texts, sometimes working with individuals over weeks or even months.

**243 women funded**

We gave out grants totalling £73,030.63 to help people travel to access an abortion.

**35 clients hosted**

Our volunteer hosts opened their homes for 44 nights. We also helped other clients access B&B and hotel stays where needed.

**£2,765.99 difference between our largest and smallest grants**

The smallest grant we gave was £8.00 and the largest was £2,773.99. This reflects the difference in need between different individuals and is a reminder that just a small sum can be the difference between accessing a much-needed termination and becoming a parent unwillingly.

**£9,000+ in clinic discounts**

The clinics we work with routinely offer discounts to ASN clients, on top of their already reduced fees for women from Ireland and NI. It's impossible to get an exact figure, but in 2017 it was over £9,000.

## **Someone we couldn't help**

*Sometimes, no matter what we do, there are clients we can't help. This doesn't happen often but when it does it takes its toll.*

*In 2017, we heard from a woman who had gone from being hospitalised by her abusive partner to a women's refuge. Her partner and her family turned their backs on her when she reported the abuse to the authorities.*

*While staying in a refuge with her young children, she discovered she was almost 20 weeks pregnant. She was scared that if she left the refuge and came to England for an abortion, she and her children would lose their place in the shelter. She also didn't have anyone able to mind her children when she came over.*

*ASN organised childcare, and would have paid the full cost of her abortion and travel. However, this client's phone stopped working, and we were not able to reach her despite repeated attempts.*

*Our hope is that she chose to continue the pregnancy and is doing well.*

*Our fear is that she ran out of money to buy phone credit, and thinks we abandoned her.*

# Clients we heard from

Our clients explain why ASN is needed in their own words.

In 2017, ASN heard from 1,009 women, pregnant people, couples and families seeking a mix of information, financial support and accommodation. Below you'll read their own words wherever possible, although details have been changed to protect identities.

Often, a first contact with ASN is a mix of cautious and desperate. Many people are aware that abortion is illegal, but don't know the details – can they take a pill? Can they leave the country? Will they get in trouble for just reaching out? Is it legal to travel? They may also have been accidentally misinformed by peers or family; given misleading information by medical professionals or deliberately lied to.

*"My daughter is 16 and just found out she is pregnant. She has asked for help getting an abortion and I am a mother lost on how to help her. I don't know where to start."*

*The young woman in question had accidentally gone to a rogue crisis pregnancy centre, where she was told lies including that abortion would give her breast cancer, require her to have a colostomy, and become infertile, and they also asked her "If we put a dog in front of you, would you stab it?"*

Others are cautious for different reasons. A significant number of the people we work with are dealing with domestic abuse, rape and other forms of violence.

*"I have just got out of an abusive relationship. I discovered I am pregnant. I cannot have this baby. I cannot give that man an excuse to be in my life."*

Some are facing the stark realisation that the laws of their country give them little choice but to travel to seek healthcare when faced with a pregnancy which might kill them.

*"I have three kids and the birth of our last child was incredibly difficult. In addition I have developed medical issues and was told by a doctor that another pregnancy could kill me. Despite this my doctor says I cannot have an abortion in Northern Ireland."*

Many women are left to deal with an unwanted pregnancy alone, even if they have been in a relationship and have family close by.

*"I have almost zero money at the moment because I'm in debt. I asked the other person involved and he said it's my problem and I need to deal with it myself. My mum won't give me any money if it's to support abortion."*

We know that abortion doesn't just affect women, and we are always here to help people struggling to access abortion or find out the truth about abortion, whether for themselves, for a partner, family member or friend.

*"I am contacting on behalf of my sister who is [a minor] and has made the decision that she does not want to carry out her pregnancy, and will need to travel to England in order to have an abortion. Our mother knows, and will be able to accompany her but the money is almost impossible for us to acquire."*

While many of the people who contact us never get back in touch, others are in it for the long haul and we may provide support over weeks or even months as we work together to try and solve seemingly insurmountable problems. We are always happy to get a message like this as our last contact with a client:

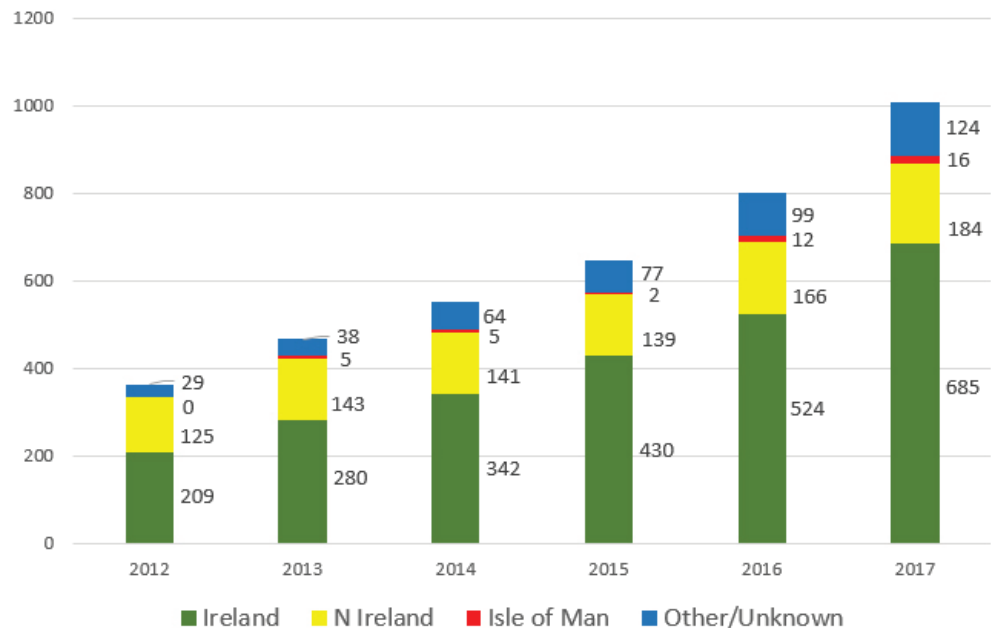
*"Oh my god I am in tears here but tears of relief. Thank you so much for all your help. I didn't think it was possible but you helped me. I felt so alone until I got in contact with you."*



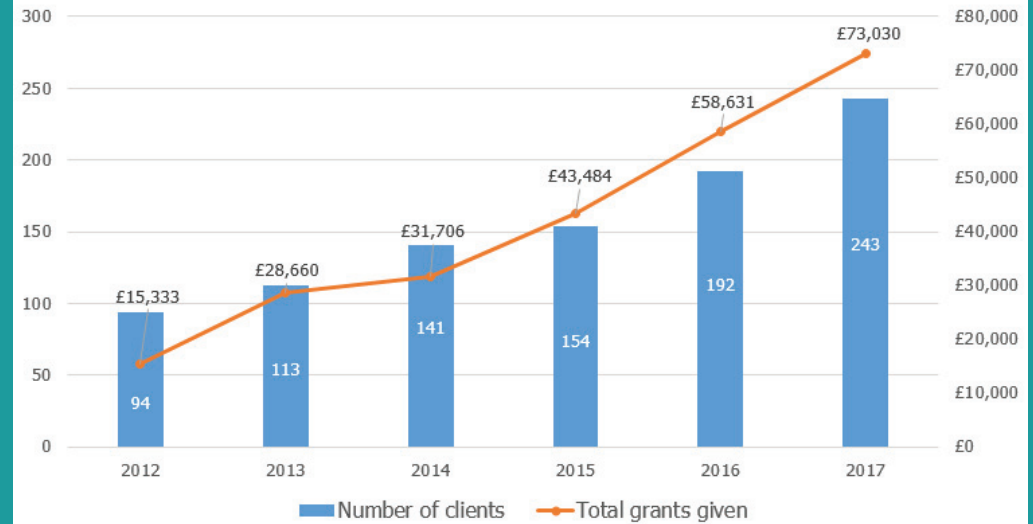
# Our work 2009 - 2017

In December 2009 ASN hosted and funded our first client. As word spread, we heard from more and more women who needed financial support to travel for an abortion. In 2017 we heard from our 4,185th person, funded our 1,088th client and hosted our 182nd client for a total of 245 nights. Until safe and legal abortion is available in Ireland, Northern Ireland, the Isle of Man and Channel Islands, we'll continue to answer phone calls, emails and texts from people who want or need to terminate pregnancies. With your support, we'll continue to liaise with abortion clinics, find accommodation and provide grants.

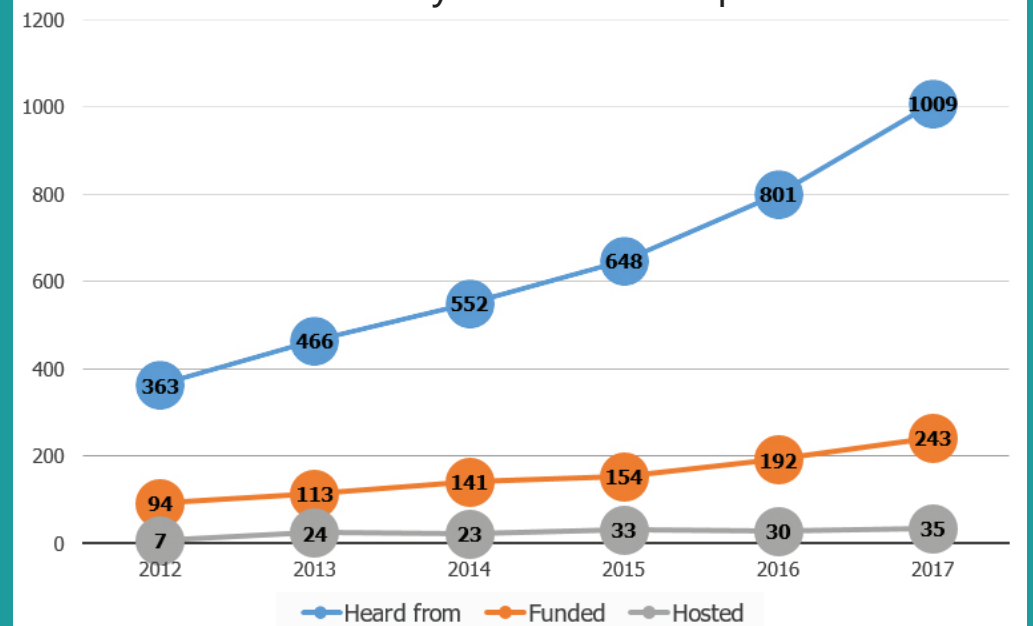
### Where clients contacted us from



### How much we funded



### How many clients we helped



Data for 2009-2011 is available in previous annual reports available on [www.asn.org.uk/annual-reports](http://www.asn.org.uk/annual-reports)

# How YOU have helped

Your support keeps our phone lines, email and website running so we can give clients the information they need to arrange the least expensive abortion and travel on their own if they can, and provide funding towards their travel and procedure if they can't fund an abortion themselves.

In 2017, your donations funded more clients than ever before, and some of the grants were bigger too. Thanks to you, there are fewer mums selling their kids' birthday presents, and fewer kids going hungry or cold so their parents can pay to access services that are free on the NHS to those in England, Scotland and Wales.

*Fiona\* is a young mother with two children. She had recently started studying again, in an attempt to build a better life for herself and her children, when she found out she was pregnant.*

*"I'm in no way able to keep it," she told ASN. "I won't cope, the thoughts of giving birth sometime later this year again make me so depressed."*

*Fiona took an overdose in the hopes that the pills would either end her life or at least the pregnancy. However, the hospital told her there was no sign of a miscarriage and she was not eligible for a termination.*

*"I don't see the light in the end of all of it," she wrote. "I can't afford to pay for plane or boat plus the procedure. I feel trapped and there is no way out."*

*Thanks to your support, ASN was able to reassure Fiona that she did have a choice and to cover the costs of her travel and termination at a clinic in England. As a result, this young mother is back in education and once more able to parent her two children. Without you, she might have tried even more extreme tactics to end the pregnancy, which may have cost Fiona her life.*

*\*Not her real name*

*"I'm in a situation I never imagined or wanted. I've had a turbulent relationship with a man who has cheated on me and also abused me physically. I'm sure there are girls far worse off out there than I but I don't even know where to start. They are noticing I am pregnant at work and saying congratulations and reducing my hours. Children should be born into love, not this mess with him crying about our baby one minute and hurling abuse the next. I'm just a bloody mess at the moment."*



- **£91,916.91 from regular monthly donations**  
*Or an average of £7,659.74 per month. Thanks to the 1,090 or so people who donate each month.*



- **£68,467.73 from one-off donations**  
*Thanks to you too! We received 292 individual donations ranging from £1 to £2,000.*



- **£12,200 in sponsorship**  
*Abortion care providers sponsor our website. Their logos appeared on our site throughout 2017.*



- **£13,536.10 in Gift Aid**  
*The Gift Aid scheme lets us claim back the tax you've already paid, increasing the value of your donation by 25%. Visit [www.asn.org.uk/gift-aid](http://www.asn.org.uk/gift-aid) to learn more.*



- **£25,851.11 from community fundraising events**  
*Your comedy nights, marathons and other fabulous events covered 85 average grants.*

# You asked, we answer

*"Please email back as I don't have anywhere private to take the call. I have skipped rent this month so I can pay for flights, accommodation and the procedure."*

While we here at ASN Towers live and breathe this stuff, we realise that not everything in this document is self-explanatory. We've tried to provide a few answers to frequent questions here, and invite you to contact [mara@asn.org.uk](mailto:mara@asn.org.uk) or one of the other people listed in Who's Who at ASN on pages 6 and 7 if you would like to know anything further. We do our best to be as transparent and open as possible to our supporters, volunteers and clients.

## Why are grants getting bigger?

In 2012, our average grant was around £160. In 2017, it was just over £300. Why is that happening? The short answer is we have more money, so we're able to give more people larger grants towards their care. Long gone are the days when ASN regularly ran out of funding for grants before the next lot of standing orders came in.

We had to ask clients to skip paying rent, sell or not purchase Christmas presents, ration food, all kinds of things because we could only do so much. Some clients went to disreputable lenders, including loan sharks, causing great hardship to their families down the line. Thanks to our amazing donors, we are now able to give bigger grants to people in serious financial need. Our ability to give a bigger grant straight away can often allow someone to access an abortion immediately, rather than waiting while they raise funds – and as we know, a delay can dramatically increase costs, creating a vicious cycle.

## How much does an abortion cost?

An early medical abortion (abortion with pills up to 9 or 10 weeks) can cost between £274 and £425. For a surgical abortion up to 14 weeks, the cost is between £330 and £435; up to 19 weeks the cost is between £610 and £665; and from 19 to 24 weeks (the legal limit in the UK) it's £1,350. If a client has not had a consultation at a family planning agency in Ireland, they will also need to pay a consultation fee of between £45 and £65, and one family planning organisation in Ireland charges €120 for a consultation. For clients who need to be seen in a hospital setting, either for cases of fatal foetal abnormality or due to health issues, this can cost between £1,600 and £2,700.

In addition to the clinic costs, there will be travel costs (obviously) which may include bus, coach, ferry, taxi and/or plane fares in both Ireland and the UK; and possibly accommodation, visa, childcare and other costs. Some clients have been turned away by the clinic for various reasons, including health complications or not being at the expected gestation, which means a second trip must be purchased.

At ASN, we work hard to reduce all of these costs for our clients so that we can help as many people as much as possible. This includes giving information on the least expensive methods of arranging abortion and travel, information on where to get a free consultation locally, and, for those who need to stay overnight, finding local volunteer hosts.

# You asked, we answer

## Why do abortions get more expensive?

The further into pregnancy a person is, the more complicated the procedure. Up to 14 weeks, a surgical abortion is a very simple procedure that takes about five minutes, but at 19 weeks the procedure gets more complicated. We also get asked sometimes why women “wait” to get abortions, a question that we find angering. Clients from Ireland and other jurisdictions where abortion is severely restricted or criminalised usually present later in pregnancy because of the difficulty presented by needing to raise funds for the procedure and travel. The cost of an abortion roughly doubles at 14 weeks and triples at 19 weeks, leaving women chasing the fee.

*“I am pregnant and due to this despite my intention to have an abortion my doctor will no longer give me the medication that I take for severe pain due to an injury. I am a single parent and if I can't take my medication I won't be able to take care of my children.”*

## Who gets the money?

ASN very rarely funds the entire cost of a procedure, travel and accommodation for a client as most clients are able to contribute something towards the fee. As a result the majority of our grants are paid directly to the clinic, reducing the amount of money the client brings. When we fund travel or accommodation, we generally pay for this directly. Very rarely do we send money directly to clients.

## Why do you only fund about 25% of people who contact you?

Not everyone who contacts us needs the money. Many people think travelling to England will cost them thousands of Euro. After speaking to us, they realise the €500 they have is more than enough to cover their costs. Other people want to know which websites selling early medical abortion pills are reputable. Some people decide to continue their pregnancies, many have miscarriages. For those who decide to travel, our goal is to cover costs for everyone who would be unable to reasonably afford to access an abortion without our help. We are proud that we haven't had to turn anyone down due to lack of funding on our part since 2012.

*“I have been googling home remedies for self abortion and was wondering if you could advise on which is safest?”*

## What happens to the people ASN doesn't fund?

We don't know. While we follow up with some of our clients after they have travelled, we don't have the resources to follow up with everyone who contacts us for information. Not to mention that it may not be safe for people to receive calls or even emails. We aren't pushing a particular pregnancy outcome, treatment, clinic or travel plan. The client's choice – including the choice not to tell us anything – is paramount. That said, there are obviously people we do worry about, and we cherish the messages we get which say “All OK. Thanks.” Like this one:

*“After speaking to you, I feel much better. Before I felt scared and trapped. Knowing that you would help me get an abortion made me feel like I have a choice and I am going to keep my baby.”*

# Statement of Financial Activities

Please find below Abortion Support Network's Statement of Financial Activities for the year ending 31 December 2017. If you have any questions about our accounts, please contact our new chief executive via email at ruth@asn.org.uk.

## Statement of Financial Activities (including Income and Expenditure account) for the year 31 December 2017

	Unrestricted funds £	Restricted funds £	Total year to 31 December 2017 £	Total year to 31 December 2016 £
<i>Income</i>				
Donations	160,385		160,385	113,609
Community and challenge	14,783		14,783	
Events and crowdfunding	11,074		11,074	16,158
Gift aid	13,536		13,536	8,821
Website sponsorship	12,200		12,200	10,800
Bank interest	31		31	
<b>Total income</b>	<b>212,009</b>	<b>0</b>	<b>212,009</b>	<b>149,388</b>
<i>Expenditure</i>				
Fundraising costs	15,507	7,428	22,935	4,834
Grants to individuals	73,031		73,031	58,631
Operational expenditure	12,878		12,878	12,294
Human resources	37,223		37,223	34,391
<b>Total expenditure</b>	<b>138,639</b>	<b>7,428</b>	<b>146,067</b>	<b>110,150</b>
<b>Net income (expenditure) and net movement of funds for the year</b>	<b>73,370</b>	<b>-7,428</b>	<b>65,942</b>	<b>39,238</b>
Fund balance brought				

1st May 2018



# Thank you from our clients

*"Thank you so much. I can't believe the generosity of other people. Everyone involved with ASN has made this stressful situation a lot easier."*

***"No one talks about abortion here. That's why the service that you provide is so amazing. You will never know how much this means."***

*"Thank you so much for your love and support! Procedure yesterday went with no problems, staff here have been amazing! Hopefully I will be discharged this afternoon. I honestly feel a mixture of relief and emotion. I know I made the right decision for me and I am solid with that. I can't thank you and all the amazing people who contribute to you for your love and support! Been one hell of 3 months but hopefully now I can start a new chapter, this is nearly over! ❤️ I really wouldn't have been able to get this done without you! X"*

*"I just wanted to write to you to thank you for everything. I had begun to think there weren't good people in the world and I was wrong. You all have been fantastic for me and if there is anything I can do for you, I would love to help, really. A million thanks for everything."*

***"I have had the termination. Everything was good and the staff were lovely, I would like to thank you and your charity the help you gave me thank you for everything and not judging me. I'm happy and healthy and will go back to work soon. Many thanks."***



# How YOU can help

## Donate

As an abortion fund, our ability to help clients is governed by our bank balance. Our regular donors are what keep us going but we also gratefully accept one-off or occasional donations.

Visit [www.asn.org.uk/donate](http://www.asn.org.uk/donate) for more information.

## Register for Gift Aid

If you are a UK tax payer and an ASN donor, registering for Gift Aid gets ASN an extra 25p for every £1 you donate – at no extra cost to you. Go to [www.asn.org.uk/gift-aid](http://www.asn.org.uk/gift-aid) to find out more.

## Give us your time

Go for a sponsored run, host a movie night, hold a bake sale – there are lots of ways to fundraise for ASN. Email [fundraising@asn.org.uk](mailto:fundraising@asn.org.uk) for ideas and support. Or if you'd like to become more involved with ASN, you'll find our current list of available volunteer roles at [www.asn.org.uk/volunteer](http://www.asn.org.uk/volunteer).

## Keep in touch

Sign up for our newsletter, like us on Facebook or follow us on Twitter. You can find all our handles at [www.asn.org.uk](http://www.asn.org.uk).


## Leave a legacy

By leaving a gift to Abortion Support Network in your Will, you can help us to be there for women struggling to access safe, legal abortions long into the future. Email Ruth at [ruth@asn.org.uk](mailto:ruth@asn.org.uk) for further information.

# We couldn't do this without YOU

ASN does not, and cannot, work in isolation. Here's a shout out to some of the many organisations who have supported ASN, fought for abortion rights or helped people access safe abortion.





*"Oh, my god, thanks a million, you have no idea the relief I'm feeling for the first time in weeks. When I came across your webpage it was the first time I felt a little bit of hope."*

©2018 Abortion Support Network  
Registered Charity Number 1142120

Web: [www.asn.org.uk](http://www.asn.org.uk)  
Tel: +44 (0)7897 611593  
E-mail: [info@asn.org.uk](mailto:info@asn.org.uk)

Design by Doreen Manning  
Written and edited by Elizabeth Bagwell