



## About Us

### L.I.F.E. Humanitarian Aid: Aims and Objectives

1. Commit to improving the futures of the people we work with by providing support for their health and education.
2. Work effectively alongside our partner organizations and help people with special needs receive individual care and attention.
3. To administer collaborative interventions to successfully provide person centred care to enable beneficiaries to reach their full potential.
4. Promote and coordinate research initiatives to develop programmes and interventions that help promote the well being of people from communities supported by L.I.F.E.
5. Develop and evaluate interventions to assist people's well being.
6. Support best practice through staff development and training for volunteers.
7. Commitment to informing all partner organizations about current research and interventions relevant to ongoing projects.
8. Mobilize and coordinate student and professional volunteers whilst training them so they are equipped to deliver services in project areas.
9. Coordinate fundraising activities through student volunteers to increase our efficiency to support humanitarian projects.
10. Prepare relevant literature such as risk assessments, induction packs, training materials, proposals, and financial applications.
11. Coordinate and moderate all PR and media initiatives to promote the positive development of our work and that of others.

Life Improvement For Everyone (L.I.F.E.) [www.lifeimrpovement-uk.com](http://www.lifeimrpovement-uk.com)

100% Voluntary and 100% not for profit

UK Social Enterprise (reg. No. 6528575)

Suite 171, 111 Piccadilly. Manchester M1 2HX

Tel: 01625501101 or 07501463706

Web: [www.cast-uk.com](http://www.cast-uk.com)

Email: [enquiries@cast-uk.com](mailto:enquiries@cast-uk.com)



Our organisation was created in November 2003 in order to support orphaned and abandoned children in Romania. In 2005, our work extended to projects in India. Over the years, we have been lucky enough to accumulate support from commercial companies, universities, third sector support agencies, and hundreds of individuals to whom we are eternally grateful. We have grown and developed over the years and although our core ethos hasn't changed, we now strive to support projects all over the world. In 2007, we formalised the structure of our organisation and registered as a UK Social Enterprise which we named after our fundamental aim: Life Improvement For Everyone (L.I.F.E.). We support the work of local governments, charities, youth groups, and independent out-reach programmes which aim to improve peoples' lives.

#### **Where do we operate?**

The projects we work on are based in Belarus (Minsk), Bulgaria (Sofia and Varna), India (Hyderabad and Goa), Romania (Bacau, Bucharest and Oltenia), and Uganda (Kampala). Whilst these places are all extremely different in history and current status, each have their own individual need which is being met by many of the organisations that work there. Visit the "Our Projects" page on our website to find out more about where our volunteers work and what they do.

#### **How do we do it?**

We work with non-specialist, student, and specialist volunteers largely involved with the health, education, and social care sectors in the UK and abroad to improve the quality of life for many people experiencing hardship. The beneficiaries of our programmes include children and adults with learning disabilities living in residential institutions, Roma children and their families living in rural poverty, people with acquired brain injury, women who have experienced serious emotional distress and their babies, infants in a Mother Theresa Home, and a community of 100,000 people living in slum conditions in India. Since 2003, we have been developing effective interventions which are delivered by volunteers to support people who require help and support. Our volunteer network consists of over 400 volunteers from a variety of backgrounds. Some volunteers are students, and others are highly experienced professionals. Certificated and/or accredited training is provided for volunteers each May at the University of Manchester. We hope to see our work continue to grow and expand over the forthcoming years.

#### **Why do we do it?**

L.I.F.E. is quite unique as its driving force has always been a dedicated community of students who are primarily based in the health sector. We are motivated by our love for the many amazing children we know! As students within our chosen professions and young people, we have the potential to influence the future of our disciplines as well as improve the future for others living in harmful environments. We are making a difference to children and other young people who currently have to endure a troubled life. By giving them a voice and support, we can start building a brighter future for them, and so can you!

# Our Projects



Across the projects we support volunteers from all backgrounds and with various levels of experience work on the following projects using social, educational, therapeutic, and medical interventions to improve the lives of people experiencing emotional and psychological distress.

## Europe

In Europe we have projects in Romania, Bulgaria, and work with specialist volunteers in Belarus.

**Bacau, Romania:** Work with Roma children and their families living in rural poverty. Emphasis on education and art therapy.

**Bucharest Romania:** Volunteers assist care workers in a transition home for single mothers and their babies who have experienced trauma and financial difficulty.

**Oltania, Romania:** Support children and adults with physical and/or learning disabilities living in residential institutions.

**Sofia, Bulgaria:** Work in orphanages for children with physical and/or learning disabilities.

**Youth Camp, Bulgaria:** Support of disadvantaged children at a summer youth camp in rural Bulgaria.

**Varna, Bulgaria:** Assistance in a specialist treatment and adjustment centre.



## India & Africa

**Goa, India:** Work with children affected by HIV/AIDS, support of abandoned babies and toddlers in a Mother Theresa Home, assistance to a Consultant Paediatrician at the Goan Medical Centre, and volunteering as part of a wider health intervention team on a Family Outreach Programme.

**Hyderabad, India:** Assessments for infants and toddlers using the Bayley Scales of Infant and Toddler Development, teaching English as a foreign language to children and adults in a slum home to 100,000 people.

**Kampala, Uganda:** Experienced volunteers work with teenagers and adults with acquired brain injuries. The emphasis is upon education and creating inclusive activities.

**All volunteers are provided with a core training and induction day, and further training if required at the University of Manchester. Although volunteers are expected to fundraise on behalf of the projects we support, L.I.F.E. requires no fee for volunteering with the organisation.**

**Anyone aged 16 or over is invited to apply to volunteer with L.I.F.E. by completing an application online at [www.cast-uk.com](http://www.cast-uk.com) In addition to general volunteer trips, specialist trips are co-ordinated to most projects. Specialist volunteers are welcomed from all health, social care, and educational backgrounds.**

