



**acorn**  
**PREGNANCY**  
COUNSELLING CENTRE

# Annual Report 2021

## “Wonderful charity!”

*“I can’t believe how much speaking to someone once a week changed my life at such a hard time. Wonderful charity!”*

These are the words of an Acorn client who has received counselling support in the last year.

### Acorn stayed open in lockdown!

In spite of the restrictions imposed as a result of Covid-19, Acorn has remained open to clients with our Centre Manager and counselling volunteers working from home.

### Counselling remotely

Clients have been offered telephone and online counselling instead of face to face and the steady stream of referrals has meant as many sessions have been held with clients as in 2019.

### Sadly schools were closed

Whilst our schools work inevitably stopped following the closure of schools, the schools team are ready to return when this is possible.

*Richard Marshall, Chairman.  
April 2021*

### Clients’ comments:

‘Here are some more comments from our clients over the past year:

*‘Thank you once again for the help and support. Acorn is an incredible charity that we are very lucky to have’*

*‘I thought the counsellor was excellent. Very professional, pragmatic and non-judgemental’*

*I just want to say a huge thank you to my counsellor and Acorn Pregnancy for the support, kindness, comfort and reassurance over the last few months. I am eternally grateful’*

*‘I was really impressed with how quickly I was able to receive help. This was very important to me. My counsellor was fantastic’*

See you at the  
**AGM on Zoom Mon 21 June  
at 7pm!**

**RSVP**

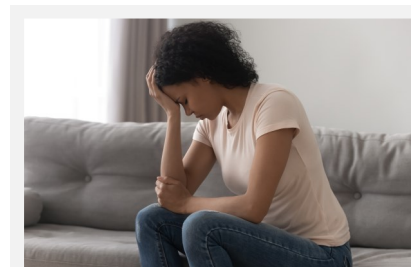


# **Acorn Counselling**

## Britain lockdown and our counselling goes digital

### Phone and online service

We adapted our service during the year to offer telephone and online counselling.



### Face to face counselling finally resumed

Having found new premises and after completing appropriate risk assessment and Covid-19 protocol procedures we restarted face to face counselling towards the end of the year.

### Clients get more choice

We now offer both face to face and telephone/ online counselling services depending on client preference. We see this as an important development of the service Acorn is able to offer for the future.

## Helping our clients

59 clients made contact with us during the year of which 32 came to appointments.

4 of these were for unexpected pregnancy counselling, 7 for initial assessments only, with some 21 clients seen for up to 10 weeks of pregnancy loss counselling sessions each (predominantly miscarriage and abortion).

### 189 hours of counselling in 2020

In total 189 x 1 hour sessions with clients were held.

## How did they find Acorn?

Over the past year the main sources of referral have been:

- 41% Time to Talk
- 16% Website
- 12% GP

### Acorn has a great reputation in the NHS

At a time of considerable pressure on the NHS it is pleasing to note how Acorn has been acting as a referral point of choice for the NHS Counselling service Time to Talk due to Acorn's reputation and specialised service offering.

*I just want to say a huge thank you to my counsellor and Acorn Pregnancy for the support, kindness, comfort and reassurance over the last few months. I am eternally grateful.*

*Client*

## Pregnancy counselling team

### Thanks to the team

Our counselling service has been provided by a team of 4 counselling volunteers supervised by Angela Watt. During the year we have said 'goodbye' with our thanks to Alison Crosthwaite. At the time of writing we currently have 3 counselling volunteers covering the work.

### Can you help?

We are seeking additional volunteers to cover this core part of the service provided by Acorn and if you are aware of anyone suitable please let us know.

# Acorn in Schools

## Schools work disrupted by pandemic

Sadly some students have missed out

Sadly this year due to the pandemic we have not been able to provide our interactive sessions covering relationships and the story of pregnancy.

Acorn's enthusiastic team can't wait to return to school!

Our team is however ready to return to the schools and we anticipate that a full programme of visits will occur in the next academic year.



*I would love to have your team in for the new term in September 2021!*

*Teacher*

## Acorn's premises



### Covid made Acorn homeless!

As mentioned last year as a result of social distancing measures we were required to vacate our rooms at Action for Deafness.

Searching for somewhere

The premises sub-committee was reformed and after viewing various options agreed a 5 year

lease on 2 offices at Pilgrim House near West Worthing station.

We're delighted with our new place

The premises are entirely suitable for our use and we are very pleased with their provision. If you would like to see them please contact the Centre Manager who will be delighted to show you around



*Acorn's new counselling room*

# **Acorn Centre**

## Centre Management

Angela Geach has continued to work as our part time (12 hours per week) employed member of staff. She remains the first port of call for any enquiry about Acorn in particular from clients. Amongst other things she has been responsible for ensuring our new premises are fit for use including development of our Covid-19 protocol. We greatly appreciate what she brings to the role.

## Trustees

### Five trustees in 2020

During the year there have been 5 trustees – my co trustees being Mary Parish, Patrick Woodward, Gillian Woodward and Pam Denman, the latter 2 appointed at the AGM. The trustees have met several times during the year by Zoom tackling a variety of issues not least the change in premises and adapting the service following the impact of Covid-19.

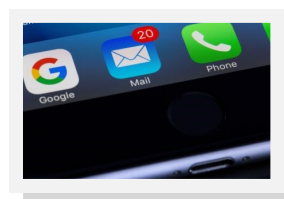
### Official bodies

Acorn continues to be registered with the Fundraising Regulator and remains a member of the National Council of Voluntary Organisations and of the British Association of Counselling & Psychotherapy.

# **Communication**

### Acorn news online

In addition to the Centre Manager's monthly mailing to members, this year we have developed a quarterly Acorn update. Available on our website, it is also mailed to all those interested including clients who are given the invitation to sign up for it at the end of their course of counselling sessions. We have noted that a number of clients are so appreciative of the help they have been given that they want to stay in contact with Acorn and/or contribute financially. The updates are a way of keeping in touch with those who may become important ambassadors of our work to others. We are grateful to Gillian for producing this regular communication.



### Acorn video

Although we have not been able to conduct the visit programmes to churches and other community groups we had intended, we instead prepared short video clips of our counselling volunteers explaining the work they do. These were sent to a number of groups and in particular were shown within various online church services.

### Live streaming for mental health awareness week

The work of our counselling volunteers also featured within Worthing Mental Health Awareness week in October. Interviews with 2 of our counselling volunteers were streamed over a 30 minute session increasing awareness of the work of Acorn.

# **Acorn's Patron**



Tim Fooks

## **Tim Fooks, Acorn's patron in 2020**

As mentioned last year Tim Fooks, who has been High Sheriff of West Sussex for 2020/21, was appointed Acorn's first patron.

### **His appreciated commitment continues**

We have appreciated his commitment to Acorn and ideas for promotion of the work. We are glad that he will be continuing in this role with us.

*Thank you once again for the help and support. Acorn is an incredible charity that we are very lucky to have.*

*Client*

## **Finance**

### **Boosted finances**

Our financial position has been boosted over the past year by both an increase in income and a reduction in expenditure.

The increase in income has been a result primarily of receipt of a number of one off grants including those from Sussex Community Foundation, Worthing Community Chest, Souter Charitable Trust and the Coronavirus Community Support Fund. We were also a designated local charity for the Co-op local community fund being one of three charities supported by Co-op members buying goods at 3 local stores.

### **We are grateful to our financial supporters**

Our expenditure reduction is mainly a result of lower rental costs. We are grateful to all those who support Acorn financially.

### **Thanks due to Patrick, who is standing down**

I also want to pay tribute to our Treasurer Patrick Woodward who has signalled his desire to step down from the role after many years' service. He has carried out his duties with great care and diligence and

we really do appreciate the time and effort he has devoted.

### **We're seeking a new Treasurer—any ideas?**

We are pleased that Patrick will continue as a trustee but we are currently seeking someone to replace him as Treasurer. Do let us know if you are aware of a suitable person.







## Acorn has emerged strongly from a challenging year

This has been a challenging year for Acorn as it has been for many other charities. However we have come through it strongly due to the commitment of all those who work for and support Acorn whether volunteering, donating or praying and we are grateful to all of them.

We have ended the year having adapted the way we deliver our service and establishing a new physical base.

### Reaching out to people

For the future we need to continue to develop the ways we reach out to people. As part of this, given the importance of our online presence, we have decided to refresh our branding and website (our new logo is at the start of this report). The logo reflects the cycle of life with the heart of love at the centre of all we do. You will see more of the fresh colours and look as we seek to appeal to a digital generation.

### People are at the heart of Acorn

People are at the heart of all we do and it is our aim in the coming year to continue to serve the people of the Worthing area with, in the words of one of our clients, '*support, kindness, comfort and reassurance*'. We desire that more people become aware of the existence of Acorn and involved in its work.

*Richard Marshall, Chairman. April 2021*



# Volunteering for Acorn

## "Fantastic" Acorn volunteers

Our volunteers are special people, in fact a client said: "*my counsellor was fantastic!*"

### We would welcome your help

We are looking to increase numbers in every role (see below) but we particularly need a treasurer and more counselling volunteers. If you would like to join our fantastic volunteer team, please let us know.

**[office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)**

Counselling volunteer

School's team

Admin

Treasurer

Trustee

Church friend

Fundraiser

Donor

Prayer partner

Member

## Like a visit from Acorn?

If you'd like an Acorn speaker at your group or to apply for Acorn's schools team to visit your school's year 10 students, do get in touch.



# Charitable Objects

**Summary** of the objects of the charity as set out in its governing document:

To educate people on the subject of pregnancy and the termination of pregnancy and its effects.

To preserve and protect women's health and to provide advice, counselling and assistance to women and their families who are suffering from any effects or distress as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, or loss of a child.

A summary of the main activities undertaken for the public benefit in relation to these objects is contained in this report.

## Administrative information

|                              |                                                                                             |
|------------------------------|---------------------------------------------------------------------------------------------|
| Name of charity:             | Acorn Pregnancy Counselling Centre Limited                                                  |
| Registered Charity Number:   | 1094389                                                                                     |
| Company registration number: | 04407431                                                                                    |
| Registered office :          | Pilgrim House, St Dunstan's Road, Worthing, BN13 1AA                                        |
| Trustees:                    | Richard Marshall (Chair),<br>Mary Parish, Patrick Woodward, Gillian Woodward,<br>Pam Denman |
| Company secretary:           | Patrick Woodward                                                                            |
| Treasurer:                   | Patrick Woodward                                                                            |
| Centre Manager:              | Angela Geach                                                                                |
| Independent Examiner:        | Anthony Jackson, CPFA                                                                       |
| Bankers:                     | Lloyds Bank, South Street, Worthing                                                         |

## Contact Acorn

|          |                             |
|----------|-----------------------------|
| Email:   | office@acornworthing.org.uk |
| Phone:   | 01903 823893                |
| Website: | acornworthing.org.uk        |



Find us on Facebook and twitter



**acorn**  
**PREGNANCY**  
**COUNSELLING CENTRE**



**Acorn Pregnancy Counselling Centre**  
 Statement of Financial Activities  
 For the 12 months to 28th February 2021

Detailed Income and Expenditure Statement

|                           | 2021<br>Unrestricted<br>Funds<br>£ | 2021<br>Restricted<br>Funds<br>£ | 2021<br>Total<br>Funds<br>£ | 2020<br>Total<br>Funds<br>£ |
|---------------------------|------------------------------------|----------------------------------|-----------------------------|-----------------------------|
| <b>INCOMING RESOURCES</b> |                                    |                                  |                             |                             |
| Donations                 | 10,169                             |                                  | 10,169                      | 10,923                      |
| Client Donations          | 335                                |                                  | 335                         | 230                         |
| Schools Donations         | 50                                 |                                  | 50                          | 200                         |
| Fund Raising              | 30                                 |                                  | 30                          | 4,838                       |
| Grant Income              | 5,150                              | 11,154                           | 16,304                      | 8,100                       |
| Interest Income           | 5                                  |                                  | 5                           | 5                           |
| Sundry Income             | 46                                 |                                  | 46                          | 0                           |
| Gift Aid                  | 1,137                              |                                  | 1,137                       | 538                         |
| <b>Total Income</b>       | <b>16,922</b>                      | <b>11,154</b>                    | <b>28,076</b>               | <b>24,834</b>               |

|                                      |               |              |               |               |
|--------------------------------------|---------------|--------------|---------------|---------------|
| <b>CHARITABLE EXPENDITURE</b>        |               |              |               |               |
| Direct Charitable Expenditure        | 4,009         | 5,200        | 9,209         | 10,929        |
| Management & Administration          | 2,825         | 3,553        | 6,378         | 6,846         |
| <b>Total Charitable Expenditure</b>  | <b>6,834</b>  | <b>8,753</b> | <b>15,587</b> | <b>17,775</b> |
| Movement in Total Funds for the Year | 10,088        | 2,401        | 12,489        | 7,059         |
| Funds Brought Forward                | 14,831        | 453          | 15,284        | 8,225         |
| <b>Funds Carried Forward</b>         | <b>24,919</b> | <b>2,854</b> | <b>27,773</b> | <b>15,284</b> |

Expenditure Breakdown

**Direct Charitable Expenditure**

|                                            |              |              |              |               |
|--------------------------------------------|--------------|--------------|--------------|---------------|
| Schools Work                               | 62           | 0            | 62           | 131           |
| Advertising & Promotion                    | 131          | 38           | 169          | 234           |
| Training                                   | 0            | 57           | 57           | 104           |
| Telephone & Broadband                      | 0            | 147          | 147          | 272           |
| Insurance-counselling                      | 134          | 0            | 134          | 135           |
| Rent-Counselling Room                      | 675          | 601          | 1,276        | 3,000         |
| Staff Costs                                | 2,337        | 3,267        | 5,604        | 5,367         |
| Subscriptions                              | 580          | 0            | 580          | 506           |
| Heat, Light & Water                        | 0            | 0            | 0            | 236           |
| Supervision                                | 90           | 1,090        | 1,180        | 944           |
| <b>Total Direct Charitable Expenditure</b> | <b>4,009</b> | <b>5,200</b> | <b>9,209</b> | <b>10,929</b> |

**Management & Administration Expenditure**

|                                       |              |              |              |              |
|---------------------------------------|--------------|--------------|--------------|--------------|
| Safeguarding                          | 129          | 0            | 129          | 145          |
| Postage                               | 16           | 0            | 16           | 10           |
| Staff Costs                           | 779          | 1,089        | 1,868        | 2,000        |
| Council Tax                           | 36           | 0            | 36           | 53           |
| Sundry                                | 63           | 0            | 63           | 89           |
| Rent-Office & Administration          | 675          | 601          | 1,276        | 2,653        |
| Repairs & Maintenance& Security       | 60           | 585          | 645          | 201          |
| Insurance                             | 561          | 0            | 561          | 708          |
| Heat & Light & Water                  | 0            | 0            | 0            | 300          |
| Accountancy Charges                   | 75           | 0            | 75           | 75           |
| Telephone and broadband               | 22           | 20           | 42           | 400          |
| Travelling                            | 0            | 0            | 0            | 17           |
| Office expenses                       | 409          | 1,258        | 1,667        | 195          |
| <b>Total Management and Admin Exp</b> | <b>2,825</b> | <b>3,553</b> | <b>6,378</b> | <b>6,846</b> |

|                          |              |              |               |               |
|--------------------------|--------------|--------------|---------------|---------------|
| <b>Total Expenditure</b> | <b>6,834</b> | <b>8,753</b> | <b>15,587</b> | <b>17,775</b> |
|--------------------------|--------------|--------------|---------------|---------------|



**Acorn Pregnancy Counselling Centre Limited**  
**Balance Sheet As at 28 February 2021**

|                                         | 2021          | 2020          |
|-----------------------------------------|---------------|---------------|
|                                         | £             | £             |
| <b>Fixed Assets</b>                     |               |               |
| Tangible Fixed Assets                   | 0             | 0             |
| <b>Current Assets</b>                   |               |               |
| Cash At Bank & in Hand                  | 27,773        | 14,661        |
| Action for Deafness Deposit             | 0             | 623           |
| <b>Total Net Assets</b>                 | <u>27,773</u> | <u>15,284</u> |
| <u>Total Net Assets represented by:</u> |               |               |
| Unrestricted Funds                      | 24,919        | 14,831        |
| Restricted Funds                        | 2,854         | 453           |
|                                         | <u>27,773</u> | <u>15,284</u> |

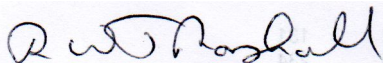
The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and have instead opted for an Independent Examination in accordance with S145(1).

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The Trustees approved these accounts on...5.May.2021

Signed, on behalf of the Trustees  
and Acorn Pregnancy Counselling Centre Ltd



.....  
**R Marshall**  
**DIRECTOR**



# Independent Examiner's Unqualified Report

Section A

Independent Examiner's Report

Report to the trustees/  
members of

ACORN PREGNANCY COUNSELLING CENTRE LTD

On accounts for the year  
ended

28 FEBRUARY 2021

Set out on pages

1-3

(remember to include the page numbers of additional sheets)

Respective responsibilities  
of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. For the year ending 28 February 2021 the charity's trustees consider that the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies, and does not meet the requirements for audit under section 144(2) of the Charities Act 2011 (the 2011 Act). Accordingly, an independent examination has been provided.

As Independent Examiner, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

Basis of independent  
examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's  
statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in, any material respect, the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act
- have not been met ; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12 April 2021

Name:

Anthony Jackson

Relevant professional  
qualification(s) or body

Chartered Institute of Public Finance & Accountancy



(if any):

|  |
|--|
|  |
|--|

**Address:**

19 Derek Road

North Lancing

West Sussex, BN15 0NU

Only complete if the examiner needs to highlight material problems.

Give here brief details of any items that the examiner wishes to disclose.

NONE

ACORN PREGNANCY COUNSELLING CENTRE LTD

22 FEBRUARY 2021

1-3

The company's financial statements for the year ended 31 December 2020 have been audited by me, as a member of the Institute of Chartered Accountants in England and Wales (ICAEW), and I have signed a certificate of audit.

I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC. I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.

- I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.
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- I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.

My responsibility was to provide an independent opinion on the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC. I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.

ACORN PREGNANCY COUNSELLING CENTRE LTD

- I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.
- I have also signed a certificate of audit for the company's financial statements for the year ended 31 December 2020, which I have signed on behalf of the ICAC.

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signature of Auditor

Date: 12 April 2021

Anthony Jackson

Chartered Institute of Public Finance & Accountancy