

# THE HAVEN PREGNANCY COUNSELLING CENTRE

England & Wales · Charity number 1094932

## Details

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**Other names** THE HAVEN

**Status** Registered

**Legal form** Other

**Registered** 2002-12-04

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 54a Church Road  
Burgess Hill  
West Sussex  
RH15 9AE

**Phone** 01444233333

**Email** [info@havencentre.org.uk](mailto:info@havencentre.org.uk)

**Website** [www.havencentre.org.uk](http://www.havencentre.org.uk)

## Activities

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**Objects:** THE TRUSTEES SHALL HOLD THE TRUST FUND AND ITS INCOME UPON TRUST TO APPLY THEM FOR THE FOLLOWING OBJECTS ("THE OBJECTS") (IN THE COUNTIES OF EAST AND WEST SUSSEX ("THE AREA OF BENEFIT"))(I) THE ADVANCEMENT OF EDUCATION IN THE SUBJECT OF PREGNANCY AND THE TERMINATION OF PREGNANCY AND INTO THE EFFECTS THEREOF UPON WOMEN WHETHER PHYSICAL MEDICAL OR PSYCHOLOGICAL,(II) THE PRESERVATION AND PROTECTION OF WOMEN'S HEALTH(III) THE RELIEF OF WOMEN AND THEIR PARTNERS AND FAMILIES WHO ARE SUFFERING FROM ANY PHYSICAL OR MENTAL ILLNESS, DISTRESS OR POVERTY DURING OR AS A RESULT OF PREGNANCY OR FOLLOWING AN ABORTION, MISCARRIAGE, COT DEATH, STILL BIRTH, LOSS OF A CHILD OR SEXUAL ABUSE, IN PARTICULAR BY THE PROVISION OF COUNSELLING AND OTHER ASSISTANCE.

**Activities:** Providing counselling services for women with unplanned pregnancies, post-abortion counselling, schools education services

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

## Geography

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- **Area of benefit:** EAST AND WEST SUSSEX
- West Sussex

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-05-31	£36,793	£21,956	-	-
2024-05-31	£27,504	£18,520	-	-
2023-05-31	£8,335	£14,418	-	-
2022-05-31	£17,397	£15,091	-	-
2021-05-31	£13,726	£11,568	-	-

## Trustees

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Name	Role	Appointed
CRISPIN ROGERS		
DIANE SUSAN HARDING		
Katharine Perrett		2022-10-01
Stephen Golding		2014-05-08

**THE HAVEN PREGNANCY COUNSELLING CENTRE**

England & Wales - Charity number 1094932

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# Accounts

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Charity registration number 1094932

**THE HAVEN PREGNANCY COUNSELLING CENTRE**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2025**



**Caladine**  
Chartered Certified Accountants

**THE HAVEN PREGNANCY COUNSELLING CENTRE**  
**FOR THE YEAR ENDED 31 MAY 2025**

**CONTENTS**

Charity Information	1
Trustees Report	2 - 7
Independent Examiners Report	8
Receipts & Payments Account	9
Statement of Assets and Liabilities	10
Notes to the Financial Statements	11

**CHARITY INFORMATION**

**Trustees**

Katharine Perrett  
Stephen Golding  
Diane Harding  
Crispin Rogers

**Charity Number**

1094932

**Principal Address**

54a Church Road  
Burgess Hill  
West Sussex  
RH15 9AE

**Independent Examiner**

J R Caladine FCCA  
Caladine Limited  
Chartered Certified Accountants  
Chantry House  
22 Upperton Road  
Eastbourne  
East Sussex  
BN21 1BF

## **Report of the Trustees**

The trustees have pleasure in presenting the annual report and accounts for the charity for the year ended 31 May 2025.

### **1. Objectives and activities**

The Haven offers free, non-judgmental and confidential support to women and men who are facing an unplanned or complicated pregnancy and who want to talk through their options, and those who need help coming to terms with miscarriage, pregnancy loss or an abortion.

We offer a safe place where our clients can explore their thoughts & feelings in a non-judgemental environment.

Our work is always client-centred and non-directive. For those facing unplanned pregnancy, we aim to support each individual to explore their concerns, feelings and options before reaching their own informed decision, and we respect the autonomy of clients at all times. We offer ongoing emotional support and advice whatever the outcome.

Our trained volunteer Advisors also offer a sensitive post-abortion/pregnancy loss recovery programme enabling clients to work through their emotions in a safe and supportive environment.

Our schools work underpins this with raising awareness in the next generation of the issues relating to unplanned pregnancy and an understanding of the associated options should they or their partner find themselves in this situation.

### **2. Achievements and performance**

In carrying out the activities of the charity, the Trustees have paid due regard to the guidance issued by the Charity Commission on public benefit.

#### **Client work and Advisor Team**

Our Advisors collectively delivered 181 hours of counselling this fiscal year.

90 clients contacted us, comprising:-

- 18 for crisis pregnancy
- 54 for post abortion support
- 12 for miscarriage support
- 6 for other reasons (including pregnancy tests)

Not all of these contacts resulted in counselling or advice sessions, often because the clients were outside our Mid Sussex area of focus; in such cases we seek to signpost clients to other service providers in their area.

4 Advisors saw clients over the year – although 2 needed to take a period away and an additional one was already on a longer term break for personal reasons; we hope she will return to health and that she will be able to re-join the team.

We have continued with formal annual reviews for the Volunteer Advisors; the same review process has been used with the Centre Manager, with the Chair of the Trustees performing the review.

We also undertook our annual GDPR training.

The one day PCN conference in the Autumn of 2024 in Winchester was a significant highlight for the Advisors and Trustees who attended, who really valued the sessions and the team-building time.

Food and prayer gatherings were held for the core team (including Trustees, Advisors and Schools Volunteers) termly – which has been important in delivering a sense of team, as is the Monday morning prayer meeting, which continues every week.

**Report of the Trustees (continued)**

**2. Achievements and performance (continued)**

After suffering from a flood to the room that we use for counselling and as an office when there was a leak in the ceiling in early March 2024, the made the room unusable and meant we had to remove at risk content from the room, cover as much as we could with tarpaulin, put in dehumidifiers and find alternative space for counselling.

Our landlord's insurance covered the cost of redecorating once the external repairs were completed to resolve the root cause problem with the leak - although this took some significant management time to resolve. We were, however, blessed to receive some additional funding from the Lions Club and a local church (Ruwach) that enabled us to use the opportunity for a complete refresh of the room - with new furniture and furnishings – which allowed us to return to the fully refreshed room in Q3 2024.

**Example Feedback from clients**

**Post-abortion**

1. What brought you to The Haven and how were you feeling when you first came?

A termination, which we chose because the effects of hyperemesis were too great for us to overcome at that point in our lives. At the beginning I felt overwhelmed by the conflicting emotions of our choice. I was very anxious, tearful, and generally discombobulated. My thoughts were jumbled knowing we made the right decision, whilst still feeling the emotional heartbreak of it. I didn't feel like I should be allowed to grieve.

2. How would you say the Time to Heal programme has helped you?

Being able to discuss how I feel, and following a step-by-step programme that has the ability to go back & forth a bit. Even though steps may have been completed, they all somewhat intertwine, so being able to connect them as & when necessary whilst having some structure to follow has been beneficial. Sometimes it's hard to just talk, so having a topic to focus on really takes the pressure off. And learning that all the feelings are okay & that they're allowed, has really helped me to accept & just flow with what's there.

3. Which step(s) of the programme helped you most? In what ways?

Identifying what emotions I may or did/do feel. You may not know they are there until you specifically reach the step relevant to the emotion & you label the feeling to what you have been experiencing. For instance, I may have not acknowledged I was quite angry until we began looking into the step on anger. Being able to identify the different emotions & why is great as you can process how you are feeling better and understand it's okay to feel that way, but they do need some assistance sometimes, ie being shown the anger ladder picture was awareness of this.

I had a very black & white view of forgiveness, but the step on this really opened my eyes & I will carry that with me in life.

When we did the activity with rocks, the thought of it was so odd to me, but letting myself get fully absorbed into it

Acknowledging I need to practice/learn to ask for help when I need it & the reminders on how important maintaining a healthy relationship is.

4. Are there any aspects of the programme you would like to see added or changed?

It would be great if the programme could be adapted to those who have suffered with hyperemesis a little more. Im not entirely sure how, but the depression & isolation that comes when you are suffering is monumental. And I for one won't ever forget how that made me feel. It's quite hard to accept the decision you made when it's your own body that has let you down. Most feelings or emotions do gravitate towards the struggle or experience of hyperemesis (which cannot be controlled). I also enjoyed having the visual aspects, so quotes or pictures. Maybe more of those? Or maybe the choice? As some people are more visual than others.

**Report of the Trustees (continued)**

**Feedback from clients (continued)**

5. How do you feel now?

What happened will not ever go away, but working through the emotions has given me reassurance that it's okay that it won't ever go away & lets embrace those emotions/memories rather than ignore it. I still feel like we made the right choice, but am definitely less anxious and overwhelmed.

6. Looking to the future, what difference do you think coming to The Haven has made?

Having the regular support was incredibly valuable, and as I mentioned earlier, having something to focus on each time was so helpful rather than feeling the pressure of having to start the session off independently. I have pushed myself to be as open as possible to get as much from the programme as I could.

7. Any other comments?

I would like to express my gratitude for accommodating me when I felt so vulnerable. Having my partner work in London, working full time running my own business & looking after a toddler and dog and home does not leave me much spare time at all, especially when we have minimal money to spare. We all have a different 24 hours. Spending more time away from my daughter was really difficult for me. So I am incredibly grateful for you seeing me & giving me appointments that may be out of your usual times & also allowing me to come fortnightly. A very huge thank you from me to you. One day I hope to make a donation so you can continue the wonderful work.

**Miscarriage**

1. What brought you to The Haven and how were you feeling when you first came?

I needed support and guidance in dealing with my miscarriage and pregnancy. I felt alone and confused and deeply sorrowful.

2. How would you say the Time to Heal programme has helped you? How do you feel now?

I think it helped me understand my feelings and thoughts around what happened to me a lot better. It also gave me a safe outlet for these emotions and a comforting friendly space. I needed someone who understood and was in my corner and that's what I got. I feel a lot better than when I started the programme.

3. Which step(s) of the programme helped you most? In what ways?

Telling my story was a very helpful part of the process as I had never sat down and went through it all before. It made me realise gaps in my memories and just how short a period it was when I went through all that I did. I also found the grief section helpful as it allowed me to name and acknowledge what I had been feeling. The anger step helped me a lot too as someone who has always struggled with allowing myself to be angry. And the forgiveness step gave me a new perspective and model of what forgiveness is and how it is given and received.

4. Are there any aspects of the programme you would like to see added or changed?

Not that I can think of. I liked that it was malleable to me so steps I didn't necessarily connect with we didn't spend as much time on.

5. Looking to the future, what difference do you think coming to The Haven has made?

It gave me an empathetic and honest view of what happened to me. I was able to be kinder to myself and be allowed to feel everything I felt. It was truly a lifeline at one point for me. I wish that every trauma I have experienced had a similar programme to work through like I did at the Haven. My pregnancy and miscarriage are now a bittersweet thing to me. I learned a lot about myself through it and grew as a person.

6. Any other comments?

Thank you for everything! Also, I really appreciate that I was never made to feel bad about my choices and actions during my most difficult period of my life. Thank you again for the support.

**Report of the Trustees (continued)**

**Schools Work**

The Schools Team delivered lessons to **250** Year 10 children at two Mid Sussex Senior Schools this year. This is circa 350 less than usual as a result of one of the schools needing to withdraw (temporarily) due to resource constraints and another delaying their lessons until the following period.

In addition, a further **100** students were engaged with a Questionnaire on the subject of Unplanned Pregnancy at the Haywards Heath Sixth Form College Open Day.

Feedback from schools and teachers was very positive – with plans now in place to formalise a feedback questionnaire for students and teachers.

Several Schools Worker volunteers stepped back from the work this year, which has led us to seek funding for a part time Education Manager. We were successful in gaining a grant of £5,000 toward this – which covers one year of our intended two year contract for this new position.

**3. Financial review and reserves policy**

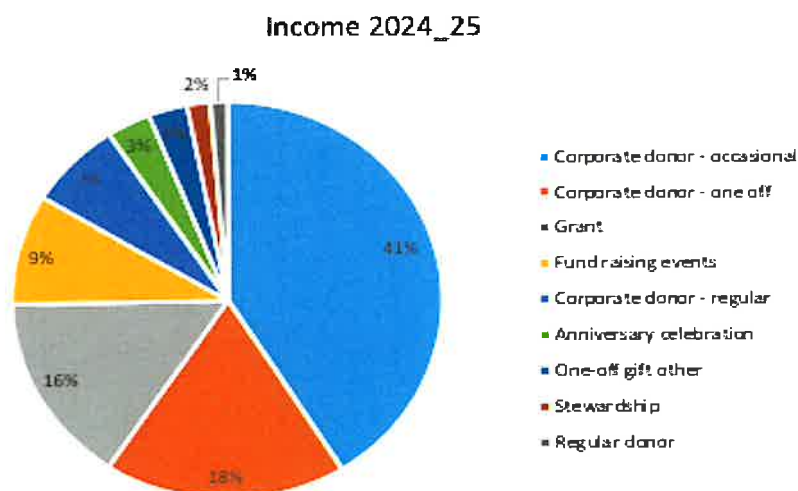
The charity had a surplus of £14,837 in general fund for the year ended 31 May 2025 (2024: £8,984) with balances carried forward of £27,290 as at year end.

**Where our income came from**

We had a total of £36,793 in the fiscal year June 2024 to May 2025.

A core of regular givers – some individuals, but notably a number of churches in the area – underpinned our income once again this year. This was supplemented by our fundraising activities and donations from the schools we visited.

A significant grants were received from Claxton Associates, The Highmead trust and the Sussex Community Foundation.



**Report of the Trustees (continued)**

**How we spent the money in the last year**

Our total expenditure was **£21,956** in the fiscal year June 2024 to May 2025.

Our most significant expenditure remained our salary to the part time Centre Manager – which increased again this year not only due to the high cost of living increase, but also as we increase the rate to the average level of centre manager salaries based on a benchmarking exercise of 11 centres in 2022.

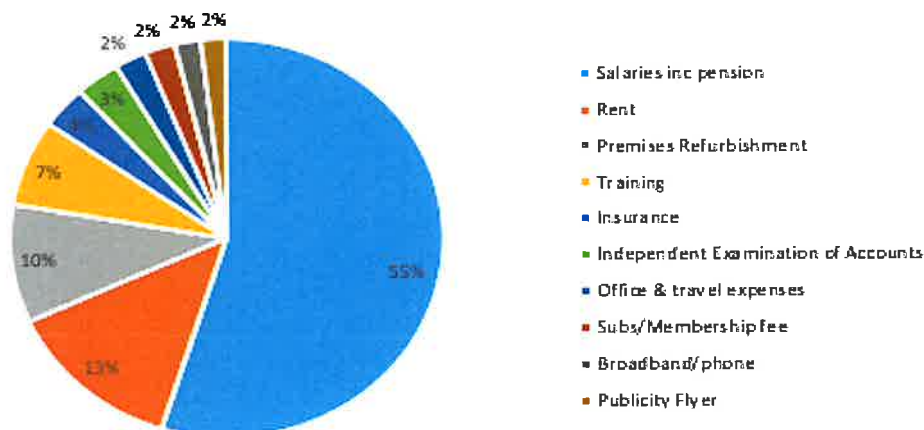
Our second greatest cost is the rent for the space we use both as an office, but also for counselling our clients in the centre of Burgess Hill.

Premises refurbishment was the third largest cost we had, being an exceptional cost due to the flood we suffered the previous year. After that, training was our fourth largest cost - being critical in the continuing professional development of our Advisors.

A myriad of other operating costs and insurances make up the remainder of our expenditure.

The delta between income and expenditure in this fiscal year (**£14,837**) provides good reserves going into the next year and helps us to retain the minimum 3 months reserves we seek and to explore further growth opportunities such as seeking a new member of staff in the Education Manager role.

**Expenditure 2024\_25**



**Report of the Trustees (continued)**

**4. Structure, governance and management**

The charity is an unincorporated trust governed by a declaration of Trust executed on 13th September 2002.

The Trustees who served during the period and up to the date of the signature of the financial statements were:

Katharine Perrett  
Stephen Golding  
Diane Harding  
Crispin Rogers

Our Trustees are responsible for the overall management and direction of the charity, for ensuring it is meeting its objectives and has the resources (including financial) to do so. They also ensure that the appropriate policies and procedures are in place to operate legally and safely.

New Trustees are invited by existing Trustees, using a job description to explain the role and appointed following a majority vote in favour. A husband and wife Treasurer team manage the accounts and report to the Trustees.


The day to day running of the charity is managed by our Centre Manager, a part time paid role (15 hours per week), using our rented office space in the centre of Burgess Hill as a base.

The volunteer team structure is divided into two:-

- A group of volunteer Advisors deliver the counselling support to women and men who are facing an unplanned pregnancy, or the prenatal diagnosis of a fetal abnormality, or who are struggling following a termination or pregnancy loss.
- A group of Schools Workers who visit local senior schools in Mid Sussex to deliver our schools lesson in relation to unplanned pregnancy and the associated choices and ethics around that, as part of the PSHE curriculum.

Our Centre Manger leads both teams and acts as an Advisor and Schools Worker herself.

On behalf of the trustees



Crispin Rogers  
Trustee

Date:

23/2/26

**Independent Examiner's Report to the Haven Pregnancy Counselling Centre**

I report to the charity trustees on my examination of the accounts of the Haven Pregnancy Counselling Centre ('the Charity') for the year ended 31 May 2025, which are set out on pages 9 to 11.

**Responsibilities and basis of report**

As the trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.
- (3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**J R Caladine FCCA CTA FCIE**  
Caladine Limited  
Chartered Certified Accountants  
Chantry House, 22 Upperton Road  
Eastbourne, BN21 1BF

Date: 26/2/26

**Receipts and Payments Account**

	<b><u>2025</u></b>	<b><u>2024</u></b>
	<b>£</b>	<b>£</b>
<b><u>Receipts</u></b>		
Legacy gift	-	10,500.00
Corporate donor - occasional	15,150.00	-
Corporate donor - one off	6,668.00	6,750.00
Grant	5,693.00	4,270.00
Fund raising events	3,295.24	1,331.60
Corporate donor - regular	2,610.00	2,520.00
Anniversary celebration	1,219.33	-
One-off gift other	1,060.00	1,153.79
Stewardship	632.00	624.00
Regular donor	465.00	255.00
Miscarriage day	-	100.00
<b>Total Income</b>	<b><u>36,792.57</u></b>	<b><u>27,504.39</u></b>
<b><u>Payments</u></b>		
Salaries	11,745.83	10,223.50
Rent	2,860.00	3,250.00
Training	1,488.90	1,474.80
Anniversary Celebration	-	715.00
Insurance	740.62	691.84
Independent Examination of Accounts	720.00	-
Donation to Pregnancy Centres	-	570.00
Subs/Membership fee	480.00	440.00
Broadband/phone	410.94	379.60
DBS Checks subscription	150.00	274.15
School presentation aids	360.00	267.80
Office & travel expenses	517.71	153.53
Premises refurbishment	2,054.50	-
Publicity flyer	392.71	-
Information Commissioner's Office	-	80.00
Counselling resource	34.45	-
<b>Total Expenditures</b>	<b><u>21,955.66</u></b>	<b><u>18,520.22</u></b>
<b>Net surplus/(deficit) for the year</b>	<b>14,836.91</b>	<b>8,984.17</b>
<b>Balance brought forward 1 June 2024</b>	<b>12,452.74</b>	<b>3,468.57</b>
<b>Balance carried forward 31 May 2025</b>	<b><u>27,289.65</u></b>	<b><u>12,452.74</u></b>

**Statement of Assets and Liabilities as at 31 May 2025**

<b><u>Cash Funds</u></b>	<b>£ 2025</b>	<b>£ 2024</b>
Cash at bank and in hand	27,289.65	12,452.74
	<u>27,289.65</u>	<u>12,452.74</u>
<b><u>Liabilities</u></b>		
Independent examiner's fees	780.00	720.00
	<u>780.00</u>	<u>720.00</u>

Approved by the Trustees on 23/2/26 and signed by:



Crispin Rogers

**Notes to the Accounts**

**1. Constitution**

The charity is an unincorporated trust governed by a declaration of Trust executed on 13th September 2002.

**2. Accounting Basis**

The Accounts have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

**3. Trustees**

The Trustees have not received any remuneration or expenses in the year.

**4. Related Parties**

There were no related party transactions in the year.

**THE HAVEN PREGNANCY COUNSELLING CENTRE**

England & Wales - Charity number 1094932

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# Accounts

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Charity registration number 1094932

**THE HAVEN PREGNANCY COUNSELLING CENTRE**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MAY 2024**



**Caladine**

Chartered Certified Accountants

**THE HAVEN PREGNANCY COUNSELLING CENTRE**  
**FOR THE YEAR ENDED 31 MAY 2024**

**CONTENTS**

Charity Information	1
Trustees Report	2 - 6
Independent Examiners Report	7
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**CHARITY INFORMATION**

**Trustees**

Katharine Perrett

Stephen Golding

Diane Harding

Crispin Rogers

**Charity Number**

1094932

**Principal Address**

54a Church Road  
Burgess Hill  
West Sussex  
RH15 9AE

**Independent Examiner**

J R Caladine FCCA  
Caladine Limited  
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Chantry House  
22 Upperton Road  
Eastbourne  
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BN21 1BF

## **Report of the Trustees**

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### **1. Objectives and activities**

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We offer a safe place where our clients can explore their thoughts & feelings in a non-judgemental environment.

Our work is always client-centred and non-directive. For those facing unplanned pregnancy, we aim to support each individual to explore their concerns, feelings and options before reaching their own informed decision, and we respect the autonomy of clients at all times. We offer ongoing emotional support and advice whatever the outcome.

Our trained volunteer Advisors also offer a sensitive post-abortion/pregnancy loss recovery programme enabling clients to work through their emotions in a safe and supportive environment.

Our schools work underpins this with raising awareness in the next generation of the issues relating to unplanned pregnancy and an understanding of the associated options should they or their partner find themselves in this situation.

### **2. Achievements and performance**

In carrying out the activities of the charity, the Trustees have paid due regard to the guidance issued by the Charity Commission on public benefit.

#### **Client work and Advisor Team**

Our Advisors collectively delivered just under 200 hours (199.75) of counselling this fiscal year.

67 clients contacted us, comprising:-

- 17 for crisis pregnancy
- 29 for post abortion support
- 12 for miscarriage support
- 1 for stillbirth support
- 8 for other reasons (including pregnancy tests)

Not all of these contacts resulted in counselling or advice sessions, often because the clients were outside our Mid Sussex area of focus; in such cases we seek to signpost clients to other service providers in their area.

However, all 5 Advisors were busy seeing clients throughout the year. One of our Advisors has stepped back from the work temporarily due to her husband's illness; we hope she will return to health and that she will be able to rejoin the team.

A new trainee Advisor has started the Pregnancy Centres Network (PCN) training for Pregnancy Choices Support and has also volunteered to take on, and hopefully boost, our social media posts. The training is a very significant commitment – 10+ hours of work between each of the 12 sessions. It also requires the Centre to provide a mentor – which our Centre Manager has taken on, but it is also a significant time commitment.

We have introduced more formal annual reviews for the Volunteer Advisors; the same review process has been used with the Centre Manager, with the Chair of the Trustees performing the review.

We also undertook our first annual GDPR training following our Data Protection Audit in 2022 and associated action plan.

**Report of the Trustees (continued)**

**2. Achievements and performance (continued)**

The PCN conference in the Autumn of 2023 was a significant highlight for the 4 Advisors who attended, who really valued the sessions and the team-building time. PCN also offer good CPD sessions throughout the year – which are very useful (eg one on coercive control in reproduction – which led to some good discussions and a proposed change to the way we organise our Unplanned Pregnancy appointments to make sure that priority is given to the pregnant woman and her thoughts and feelings).

Food and prayer gatherings were held for the core team (including Trustees, Advisors and Schools Volunteers) termly – which has been important in delivering a sense of team, as is the Monday morning prayer meeting, which continues every week.

We suffered from a flood to the room that we use for counselling and as an office when there was a leak in the ceiling in early March. This made the room unusable and meant we had to remove at risk content from the room, cover as much as we could with tarpaulin, put in dehumidifiers and find alternative space for counselling.

Our landlord's insurance covered the cost of redecorating once the external repairs were completed to resolve the root cause problem with the leak - although this took some significant management time to resolve. We were, however, blessed to receive some additional funding from the Lions Club and a local church (Ruwach) that enabled us to use the opportunity for a complete refresh of the room - with new furniture and furnishings – which was planned in for Q3 2024 implementation.

**Feedback from clients**

**Post-abortion**

"I had a termination and I felt guilty/ashamed/like a failure and that I'd never be worthy to be a Mum. The Time to Heal sessions have helped me in so many ways... I see I'm strong, loving, kind, BRAVE and FORGIVEN... I now know someday I'd like to be a Mum and I have forgiven myself... I'm not using the abortion as a reason/excuse to hold my life hostage. I'm incredibly grateful... you have helped me to heal so many wounds (not just the termination). Thank you so much."

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"When I first came to The Haven I felt in a constant state of melancholy, guilty and ashamed, anxious, low in self-esteem, distressed and tearful when I was reminded of my termination. I felt I had changed as a person (for the worse). I had relationship difficulties and felt alone in my experience, like no one understood me. I felt scared about my future – would I ever feel myself again or be able to face having kids?

Now, I feel myself again – happy, confident, calm. No longer upset when I am reminded of my abortion. The Haven has helped me to process my termination experience, which was hard but has allowed me to feel at peace with my decision and the negative emotions have gone away. The support programme has allowed me to acknowledge that my baby was a baby and to grieve my loss.

I feel this experience has changed me for the better. I have more empathy. I have matured and have learnt skills I can apply. I am more resilient and able to cope with difficult life events. I can see a future with my partner and a happy relationship. I can see myself having children in the future and not being upset or guilty about it. I feel so much more hopeful and positive about the experience. I have learnt a lot."

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"I was feeling tired, trapped, stressed and sad when I first came. I was stuck in a cycle of anger, depression, grief, guilt and shame. These sessions have changed my life for the better. I have boundaries, I acknowledged that I did actually feel guilty and I worked through that. Coming to The Haven has changed how I am; people have commented on how 'relaxed' and 'chilled' I am. You have turned my life around. Thank you!"

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**Report of the Trustees (continued)**

**Feedback from clients (continued)**

**Miscarriage**

*When you first came to The Haven, how were you feeling?*

Unable to cope, that grief was coming out in unhealthy ways, and I felt depressed.

*How would you say the Time to Heal programme has helped you? How do you feel now?*

It's been transformational. Helped me to process and deal with the grief and accept what has happened. I feel good – it is sad, but I feel I sit comfortably with it, with colour and joy in my life.

*What helped you most?*

I think all of it. Understanding of grief. Understanding that what I was going through was normal. Recognition of the trauma I have experienced.

*Looking to the future, what difference do you think coming to The Haven has made?*

It has enabled me to process and deal with what has happened, given me the tools to continue to cope. It has ensured I have processed what's happened fully.

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"My sessions with The Haven have been invaluable. I don't think I can think of positive enough words to describe the Advisor (who worked with me). She is kind, warm and approachable. She seemed genuinely sorry for what had happened to me and really listened to what I had to say. She gave so much time and I never felt rushed.

I was always nervous going into sessions as it was hard to talk about (my loss) but the Advisor always put me at ease. She was knowledgeable and professional at all times. She challenged me (appropriately) and pushed me out of my comfort zone to talk about and reflect on things that were difficult, but always did so with compassion and never 'made' me say or do anything that I was not ready for.

Overall, she made me understand that how I was feeling was valid and 'normal'. I am very grateful to her."

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**Schools Work**

The Schools Team delivered lessons to 928 Year 10 and Year 11 children at three Mid Sussex Senior Schools this year. This is circa 300 more than usual as a result of catching up with classes missed as a result of the pandemic and represented a considerable stretch for the small team.

In addition, a further 100 students were engaged with a Questionnaire on the subject of Unplanned Pregnancy at the Haywards Heath Sixth Form College Open Day.

The lesson was amended and updated this year, including adopting a new film made by young people in Sussex which has proved highly engaging for the children.

One new person joined the Schools Team, but we lost several others for differing reasons, leaving the team quite stretched.

Feedback from schools and teachers was very positive – with plans next year to formalise a feedback questionnaire for students and teachers.

**Report of the Trustees (continued)**

**3. Financial review and reserves policy**

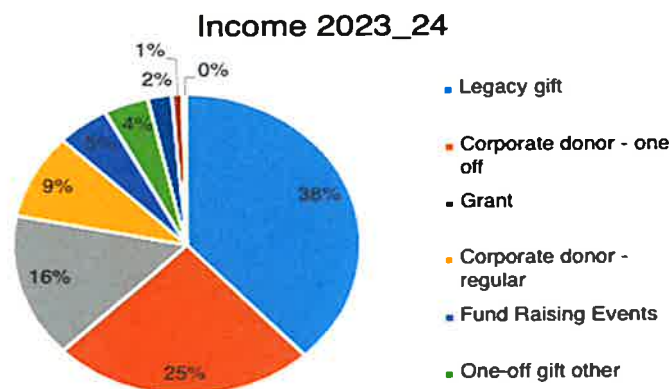
The charity had a surplus of £8,984 in general fund for the year ended 31 May 2024 (2023: deficit £3,468) with balances carried forward of £12,452 as at year end.

**Where our income came from**

We had a total of £27,504 in the fiscal year June 2023 to May 2024.

A core of regular givers – some individuals, but notably a number of churches in the area – underpinned our income once again this year. This was supplemented by our fundraising activities and donations from the schools we visited.

A significant grant (£4,270) was sought and received from the Sussex Community Foundation, with a further very significant legacy gift (£10,500) further supplementing our income.



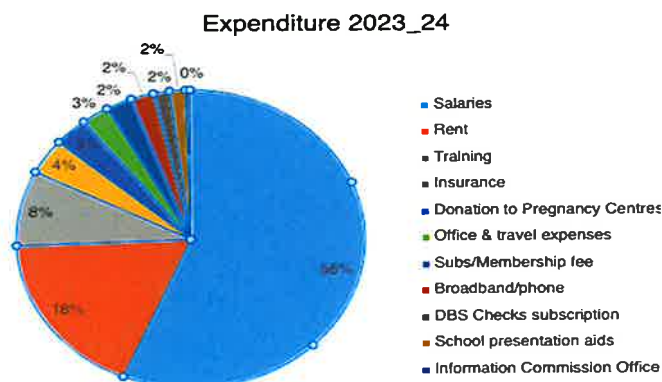
**How we spent the money in the last year**

Our total expenditure was £18,107 in the fiscal year June 2023 to May 2024.

- Our most significant expenditure remained our salary to the part time Centre Manager – which increased again this year not only due to the high cost of living increase, but also as we increase the rate to the average level of centre manager salaries based on a benchmarking exercise of 11 centres in 2022.
- Our second greatest cost is the rent for the space we use both as an office, but also for counselling our clients in the centre of Burgess Hill.
- Training is the third largest cost we have, being critical in ensuring both the initial training for new Advisors and the continuing professional development of existing ones.

A myriad of other operating costs and insurances make up the remainder of our expenditure.

The delta between income and expenditure in this fiscal year (£9,397) provides good reserves going into the next year and helps us to retain the minimum 3 months reserves we seek.



**Report of the Trustees (continued)**

**4. Structure, governance and management**

The charity is an unincorporated trust governed by a declaration of Trust executed on 13th September 2002.

The Trustees who served during the period and up to the date of the signature of the financial statements were:

Katharine Perrett  
Stephen Golding  
Diane Harding  
Crispin Rogers

Our Trustees are responsible for the overall management and direction of the charity, for ensuring it is meeting its objectives and has the resources (including financial) to do so. They also ensure that the appropriate policies and procedures are in place to operate legally and safely.

New Trustees are invited by existing Trustees, using a job description to explain the role and appointed following a majority vote in favour. A husband and wife Treasurer team manage the accounts and report to the Trustees.

The day to day running of the charity is managed by our Centre Manager, a part time paid role (15 hours per week), using our rented office space in the centre of Burgess Hill as a base.

The volunteer team structure is divided into two:-

- A group of volunteer Advisors deliver the counselling support to women and men who are facing an unplanned pregnancy, or the prenatal diagnosis of a fetal abnormality, or who are struggling following a termination or pregnancy loss.
- A group of Schools Workers who visit local senior schools in Mid Sussex to deliver our schools lesson in relation to unplanned pregnancy and the associated choices and ethics around that, as part of the PSHE curriculum.

Our Centre Manger leads both teams and acts as an Advisor and Schools Worker herself.

On behalf of the trustees



Crispin Rogers  
**Trustee**

Date: 19 February 2025

**Independent Examiner's Report to the Haven Pregnancy Counselling Centre**

I report to the charity trustees on my examination of the accounts of the Haven Pregnancy Counselling Centre ('the Charity') for the year ended 31 May 2024, which are set out on pages 5 to 7.

**Responsibilities and basis of report**

As the trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.
- (3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



**J R Caladine FCCA CTA FCIE**  
Caladine Limited  
Chartered Certified Accountants  
Chantry House, 22 Upperton Road  
Eastbourne, BN21 1BF

Date: 24 February 2025

**Receipts and Payments Account**

	<b><u>2024</u></b>	<b><u>2023</u></b>
	<b>£</b>	<b>£</b>
<b><u>Receipts</u></b>		
Legacy gift	10,500.00	-
Corporate donor - one off	6,750.00	2,790.00
Grant	4,270.00	499.99
Corporate donor - regular	2,520.00	2,400.00
One-off gift other	1,153.79	923.49
Stewardship	624.00	758.00
Fund Raising Events	1,331.60	609.00
Regular donor	255.00	240.00
Miscarriage Day	100.00	70.00
Amazon Europe	-	44.85
Total Income	<b><u>27,504.39</u></b>	<b><u>8,335.33</u></b>
<b><u>Payments</u></b>		
Salaries	10,223.50	7,393.10
Rent	3,250.00	3,120.00
Training	1,474.80	2,174.17
Anniversary Celebration	715.00	-
Insurance	691.84	629.02
Donation to Pregnancy Centres	570.00	-
Subs/Membership fee	440.00	360.00
Broadband/phone	379.60	312.32
DBS Checks subscription	274.15	169.50
School presentation aids	267.80	-
Office & travel expenses	153.53	117.99
Locksmith	-	105.00
Postcards & Magnets	-	37.13
Information Commissioner's Office	80.00	-
Total Expenditures	<b><u>18,520.22</u></b>	<b><u>14,418.23</u></b>
Net surplus/(deficit) for the year	8,984.17	(6,082.90)
Balance brought forward 1 June 2023	3,468.57	9,551.47
Balance carried forward 31 May 2024	<b><u>12,452.74</u></b>	<b><u>3,468.57</u></b>

**Statement of Assets and Liabilities as at 31 May 2024**

**Cash Funds**

	£ <u>2024</u>	£ <u>2023</u>
Cash at bank and in hand	12,452.74	3,468.57
	<u>12,452.74</u>	<u>3,468.57</u>

**Liabilities**

Independent examiner's fees	<u>720.00</u>	<u>-</u>
	<u>720.00</u>	<u>-</u>

Approved by the Trustees on 19 February 2025 and signed by:



.....  
Crispin Rogers

**Notes to the Accounts**

**1. Constitution**

The charity is an unincorporated trust governed by a declaration of Trust executed on 13th September 2002.

**2. Accounting Basis**

The Accounts have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

**3. Trustees**

The Trustees have not received any remuneration or expenses in the year.

**4. Related Parties**

There were no related party transactions in the year.