

Annual Report

April 2021 – March 2022



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Vision and Aims

Reflect is a Charitable Trust and was previously known as York Pregnancy Crisis Service. Reflect is a registered Charity (number 1118904) with a governing Trust Deed document dated 6th November 2006. This was amended on 09 May 2016 and a Supplemental Trust Deed was added on 2nd October 2017.

Reflect opened in York 2007, responding to the need of men and women faced with an unplanned or crisis pregnancy. Reflect quickly developed to provide pregnancy loss support as well as the pregnancy choice work and in 2012 began plans to launch services in Harrogate. Reflect Harrogate launched in 2014 followed by Reflect Selby in January 2018. Most recently we launched Reflect Thirsk in March 2020 to meet a growing local need for our services across North Yorkshire and are now also seeing clients locally in Filey and Scarborough.

The purpose of the Trust, as stated in the Trust Deed, shall be:

- (a) 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.
- (b) The preservation and protection of women's health.
- (c) The provision of advice, counselling and assistance to 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.
- (d) The promotion of such other charitable purposes which may be conveniently carried on in connection with the above objects.

The Trustees have fully taken into account the guidance issued by the Charity Commission on public benefit.



Reflect Mission Statement

Purpose

Reflect is a free support service in North Yorkshire for anyone facing a Pregnancy Choice and for those in need of support after experiencing Pregnancy or Neonatal Loss.

Vision

Our vision is to see anyone in North Yorkshire enabled to make an informed decision about a pregnancy choice, without fear, pressure or judgment, and to support those who have been affected by pregnancy loss through miscarriage, stillbirth or termination of pregnancy, or who have experienced neonatal loss.

Motivated by our Christian compassion for those in a crisis, we desire to see all people supported throughout the decision-making process and beyond, whatever the outcome.

We seek to raise awareness of issues surrounding pregnancy, including parenting, termination, adoption and pregnancy loss, and to provide support for those in need.

Mission:

We are committed...

...to provide a confidential service to all clients

...to provide a trained listening ear, factual information and unconditional acceptance to those who are experiencing a pregnancy choice

...to provide care and support to those who have experienced a pregnancy or neonatal loss

...to do this in a caring, safe and supportive environment; always being truthful and respecting every individual

...and at all times offer hope

We provide individual or couples support and signposting for those facing an unintended pregnancy or a choice during pregnancy. We provide one-to-one and couples support to those who have experienced pregnancy loss (miscarriage, ectopic pregnancy or stillbirth), neonatal loss, or who are struggling following a termination of pregnancy, through our structured support programme 'Reflections: Walking through loss'.

...to the advancement of education in the subject of pregnancy, termination of pregnancy, adoption, sexual health and relationships

This currently includes: multi-agency work, training volunteers and practitioners in pregnancy choices and pregnancy loss support, working with other organisations championing our cause and increasing the network of Reflect supporters and referrers. Reflect hope to develop this aim into schools and youth work, research projects and greater partnerships with the local authority and NHS services.



Structure- who's who and how we work

Trustees

Names of the trustees who manage the charity:

1. Dr Christopher Bell (RIP 23rd January 2022)
2. Christopher Blanshard (Chairperson for 2022)
3. Richard Allen (Chair of Trustees, Resigned 13th November 2021)
4. Lesley Williams
5. Rachael Bulley (Safeguarding Lead)
6. Christopher Seel (Treasurer)
7. Kevin Webb
8. Gavin Parker (Appointed 15th June 2021)

Reflect is governed by a group of trustees, who meet on a quarterly basis. A trustee report is prepared in advance by the General Manager, with input from the Office Manager and Development Coordinator. The trustees are responsible for making sure that the charity complies with its governing document and complies with charity law requirements.

Our trustees hold a wealth of valuable experience, ranging from business and finance to proof reading and human resources to teaching and counselling. Trustees are appointed by existing trustees.

Due to the Coronavirus Pandemic all Trustee meetings throughout 2021-22 were conducted online via Microsoft Teams or Zoom. 4 Trustee Meetings were held online, with an additional Special Trustees Meeting on 24th January 2022 following the sudden death of one of our existing Trustees, Dr Christopher Bell. We are very thankful for Chris, and the support, wisdom and compassion that he brought to Reflect. He was a faithful and generous trustee, and his family very kindly requested that the collection from his funeral be donated to Reflect. He will be dearly missed by everyone who knew him, and we continue to think of, and pray for, his wife and family at this time.

We are also thankful to Ric Allen, who was a trustee for 8 years, including being Chair of Trustees.



Employed staff

Tanya Allen is Reflect's General Manager (part time). As a former GP for the NHS, Tanya was aware of the need for this sort of support, and after volunteering for Reflect, took over as General Manager in 2017. As well as being responsible for operational oversight, management and governance of Reflect, Tanya also volunteers her time to support clients as a trained practitioner.



Tanya Allen



Liz Zambonini is our Development Coordinator and works part-time. Her role is to increase the awareness of Reflect, establishing it in the community and helping to make sure the service provided is of a high quality and meeting Reflect's vision and mission. She has successfully raised greater awareness of Reflect enabling our volunteers to support many more people in 2021-22.

In June 2021 we said thank you and happy retirement to Jo Muller, who retired as our Office Manager. We are very thankful for Jo, and the calmness, love and organisation that she has brought to the Reflect office over the past 4 years. We are grateful that she has said 'yes' to stepping into a new voluntary role as our Prayer Co-ordinator.



In June we therefore had the joy of welcoming Hannah to our Reflect staff team as our new Office Manager. Hannah works in the office 2 mornings a week and oversees Reflect's administration and book-keeping as well as supporting our volunteers.



Volunteers

Reflect simply would not exist without our incredible team of dedicated volunteers who give hours of their time freely to help enable Reflect to continue to provide our **free** support service.

Reflect has 5 wonderful and wise **Supervisors**: Jill Ross; Joan Sargent; Lesley Williams; Louise Burke and Diane Webb. As Reflect is seeing more clients, the amount of individual supervision required also increases, so we are very grateful for the time that each of our volunteer Supervisors give to Reflect. All our supervisors are experienced trained counsellors or psychotherapists who have the necessary supervisory skills, and this helps to enable Reflect to offer a professional service. Our supervisors offer 1-1 phone support to our trained practitioners and also help to coordinate the group supervision which takes place every 6-8 weeks.

We have 3 compassionate and gifted volunteer **Team Leaders** who oversee each centre. Jill Gates (York), Linda Seel (Selby) and Ann Parker (Thirsk). The team leader is often the first person to respond to, and speak to, a new client enquiry. They oversee volunteer and client availability and appointments, coordinate their team of volunteers and also work with Tanya to manage any waiting lists for clients wishing to start 'Reflections: Walking through loss'

Our trained volunteers, known as our **Practitioners**, are our frontline volunteers who see Pregnancy Choice and/or Pregnancy Loss clients. Our trained practitioners are usually affiliated to one centre. Jill Gates, Emily Nelson, Susanne Rose, Jenny Sharp, Pam Wilson, Kate Anderson, Kate Tattershall, Anna Wilson and Mick Roberts all saw clients for York. Marilyn Lerner, Tanya Allen, Pauline Harrison, Claire Foster, Becky Shepherd and Jenny Smith saw clients for Harrogate. Linda Seel and Jane Ellerington saw clients for Selby. Additionally, Jane, who now lives near Filey, was able to see clients in Filey and Scarborough. Ann Parker and Sally Wolstenholme saw clients for our newest centre in Thirsk.

Supporting clients is the reason why Reflect exists and we are so grateful for the time that our trained volunteers give to this, as well as the time they spend preparing for the session, debriefing and having supervision afterwards.

Our trained practitioners were supported by our **Session Supporters** who are a valuable part of our service providing prayer and support for client sessions and debriefing our trained practitioners after the session. Thank you to Rosemary Davis, Valerie Dean, Janet Clarke, Angela Ward, Jools Grey and Ann Robertson for providing this support.

All our volunteers are caring, compassionate and willing to help. They bring hope and light to people's lives.

They offer invaluable time and space for individuals in a crisis...

...two things that are so needed, but often very difficult to find



Reflect Centres

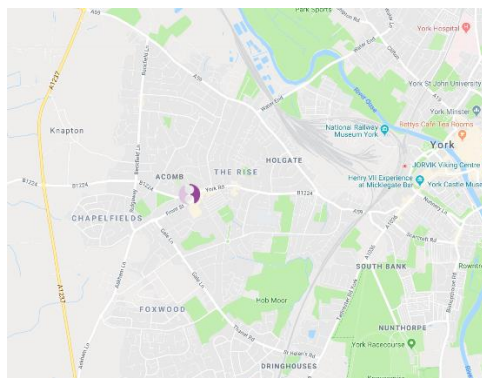
Due to the Coronavirus pandemic and government guidance, all of our centre's physical buildings had been closed during 2020-21. During this time all of our support had been given by remote support through telephone and video calls, as well as email support, for our existing and new clients.

One main benefit of offering remote support is that volunteers can now offer support from their own homes, and at a day and time that is most convenient to them and their client, rather than at times when a counselling room was available. Therefore, appointments are now offered throughout the week at all 4 of our centres.

From Monday 19th July 2021, we were able to restart seeing clients face to face. Our guidelines and policies were regularly updated, in line with the current Government advice. Remote support continued to be offered alongside in-person support, and this will continue in the future.

York

Our head office is based at The Gateway Centre, Front Street, Acomb, YO24 3BZ and is the location for appointments in York. York continues to receive the majority of our enquiries, including our out of area enquiries.



Contact details: Email. enquiry@reflectyork.co.uk | Tel. 01904 676710 | Mobile. 07517 624 750

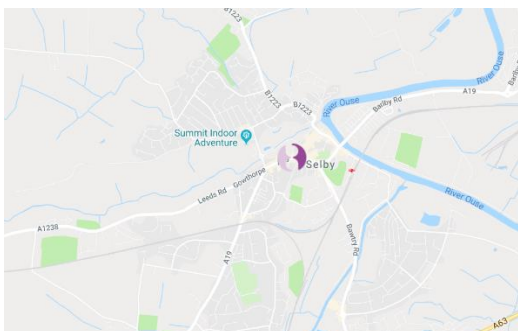
Harrogate

The counselling rooms that we used in Harrogate prior to the coronavirus pandemic were no longer available. Therefore, the majority of support that our volunteers gave was via remote support, with alternative rooms being booked for in-person support.

Contact details: Email. enquiry@reflectharrogate.co.uk | Tel. 01423 206710 | Text. 07517 638007

Selby

In person appointments in Selby usually took place at The Saffron Room, Kings Church Selby, New Lane, Selby, YO8 4QB or in a rented counselling room. Remote support continued to be offered throughout the year.



Contact details: Email. enquiry@reflectselby.co.uk | Tel. 01757 547710 | Text. 07731 921197

Thirsk

In person appointments were usually held at 'The Old Library', Finkle Street, Thirsk, YO7 1DA

Remote support continued to be offered throughout the year.



Contact details: Email. enquiry@reflectthirsk.co.uk | Tel. 01845 607710 | Text. 07523 278091



Year Review

Summary of the main achievements of Reflect during the year

Goal	Outcome
1. Clients	Our aim was to receive 100 new enquiries throughout the year and we received 169 new enquiries. We saw 17 Pregnancy Choice clients throughout the year including at least one in each centre. We saw 168 clients throughout the year across our 4 centres, an 85% increase.
2. Increase prayer & church support	<p>We have maintained relationships with key partner churches and begun to make links with new churches as we received Pregnancy Loss Training applications from people who attend different churches across York.</p> <p>We started weekly staff prayer meetings on Monday mornings and have held online prayer meetings throughout the year which have always been an encouragement. We have sent out regular prayer newsletters to encourage our wider prayer supporters to pray.</p> <p>Jill Fergie, our first central Prayer Coordinator, moved and stepped down from her role. Therefore, we were able to appoint Jo Muller who is a prayer warrior for Reflect, into this important role.</p>
3. Finance	<p>Our total income was £29,040.</p> <p>Our Reflector income grew slightly throughout the year. We are very grateful for all of our regular givers.</p> <p>We did not hold a central fundraiser this year, instead individual volunteers and local supporters wonderfully fundraised for us. This included a Facebook birthday fundraiser; a virtual walk; another individual walked 600 (!!) miles to fundraise for Reflect and a bakery in York chose to donate all their profits from their sweet bakes sales on a Friday to Reflect!</p> <p>We were blessed through several grants received including receiving further grant payments from HMRC for flexible furlough of employees within the Coronavirus Job Retention Scheme.</p> <p>We were greatly blessed with a gift of £5000 from an unconnected company.</p> <p>We have been chosen as a Coop Local Fund charity of the year & will receive payments in April & October 2022.</p>
4. Further establish Reflect in North Yorkshire	<p>Due to offering remote support we have been able to see clients who live throughout North Yorkshire. We have restarted in-person support and one of our volunteers has seen clients face-to-face in Scarborough and Filey. We continue to explore the possibility of Reflect Filey/Scarborough.</p> <p>We completed a Pregnancy Loss Training Course and had 10 people (including 2 men) on the course. 1 of these trainees has already started seeing clients in York. We also had 2 ladies from Scarborough attend our Pregnancy Loss Training.</p> <p>Through this training we have increased the number of trained volunteers in York, Thirsk and Selby.</p> <p>We now have a designated trustee for each of our 4 centres.</p>



Central:

A highlight of this year was filming a **professional video** for our Volunteer Recruitment in May using funding from Allchurches Trust. Authentic Productions filmed and produced this video. We are very grateful that a previous client bravely shared her story, 2 volunteers shared why they volunteer for Reflect and 2 friends did voiceovers.



Reflect

58 mins ·

Shoot day! Been busy making our Reflect video to recruit new volunteers - we were all so excited to be out the house!



This funding also enabled us to design 2 new **Pregnancy Choice leaflets for clients**- one for women and one for men. Liz did an amazing job at creatively and professionally designing them and we hope that they will be useful for our clients.

Talk to Someone

Think about someone you can talk to - a family member or friend. Ideally someone who listens well, can take a surprise calmly and won't rush you into action.

Talking with someone who isn't involved emotionally with your situation, in a confidential environment, can help you look at all the information and your deeper feelings and provide you with the support you need.

Help is available for you. You can contact your local centre in North Yorkshire to speak to a trained practitioner, book an appointment & to receive further support.

York (Head Office)

Call: 01904 676710 / Text: 07517 624750
enquiry@reflectyork.co.uk

Harrogate

Call: 01423 206710 / Text: 07517 638007
enquiry@reflectharrogate.co.uk

Selby

Call: 01757 547710 / Text: 07731 921197
enquiry@reflectselby.co.uk

Thirsk

Call: 01845 607710 / Text: 07523 278091
enquiry@reflectthirsk.co.uk

Please visit our website for further information:
Reflectsupport.co.uk

Reflect offers impartial advice, information and support regarding pregnancy choices. We are not a medical provider, so cannot offer medical services or directly refer anyone for adoption, termination or other medical care. However, we can direct you to all appropriate services.
Designed and Printed December 2021



Pregnancy Choice

A pregnancy choice can be a crisis for anyone, whatever your circumstances. Reflect can help.



Reflect
Pregnancy Choice & Loss Support

Support is available

Whatever your situation, whether a pregnancy choice decision lies ahead or has already been taken, Reflect is here for you. Talking with someone who isn't involved emotionally with your situation, in a confidential environment, can help you to work through your thoughts and feelings.

"Good to know there's a service which genuinely has no agenda other than to help & inform" - Former Reflect Client

You can contact your local centre in North Yorkshire to speak to a trained practitioner, book an appointment & to receive further support.

York (Head Office)

Call: 01904 676710 / Text: 07517 624750
enquiry@reflectyork.co.uk

Harrogate

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enquiry@reflectharrogate.co.uk

Selby

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enquiry@reflectselby.co.uk

Thirsk

Call: 01845 607710 / Text: 07523 278091
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Please visit our website for further information
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Reflect
Pregnancy Choice & Loss Support

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Designed and Printed December 2021



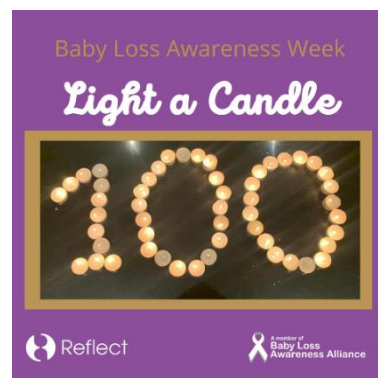
Pregnancy Choice Help for Men



Reflect
Pregnancy Choice & Loss Support



In October we took part in **Baby Loss Awareness week**. This year's theme was Wellbeing. The campaign is aimed at creating awareness around baby loss, and also using our voices to activate the Government for changes in legislation where needed. It culminated in the Global wave of Light. We focussed on lighting 100 candles to honour all those babies lost too soon, and were part of the national BLAW video.



Training:

In May, Rachael Bulley pre-recorded a Safeguarding update which all volunteers watched. Louise and Lesley also did some teaching on The Way Through book and self-esteem, which was well received.

Tanya and 3 volunteers attended the Pregnancy Centres Network National Conference in October. This was a wonderful weekend of teaching, worship and connecting with others with the same heart.

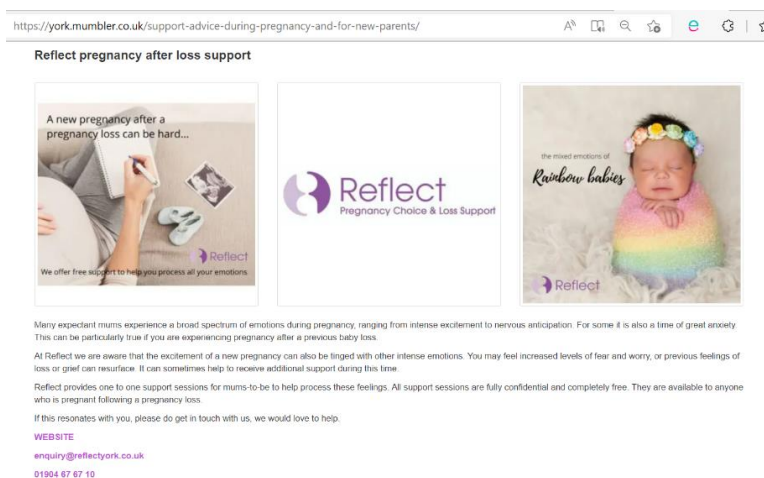


We completed our **Pregnancy Loss Training Course** which took place between October 2021 and January 2022. For the first time the 12 sessions were delivered as a combination of face-to-face sessions and zoom teaching. We were delighted to welcome 10 trainees on the course in total- 5 from York, 1 from Selby, 2 from Thirsk and 2 from Scarborough. Our trainers were Jill R, Jill G, Joan, Lesley and Louise, as well as Tanya. Videos were pre-recorded by some of the trainers, and we used these in the training sessions, alongside live teaching, discussion, role plays and breakout rooms.

Published articles and media engagement:

We are grateful to have had articles published throughout the year. In April Yorkshire Live Magazine published an article about Pregnancy Aprils Fools Jokes on 1.4.21 and asked Reflect to comment.

In June York Mumbler published our article on Pregnancy after loss.





Tanya also did 2 radio interviews. In June Global Radio interviewed her on work place and employment support following a miscarriage. In September she did an interview with Natalie Higgins from Greatest Hits Radio about the debate in parliament to extend paid leave for all parents who suffer a miscarriage, as it currently only stands at 24+ weeks. This was aired during news bulletins.

York:

We were thrilled to be chosen as a Co-op Local Cause for the Foxwood Lane store in Acomb. We met online with Michael- the Coop Local fund pioneer for York West and sent him posters and flyers which they can put in the store.



Hannah organised Cake Sales at Gateway Church in December which went well. Lots of delicious cake was baked and sold and this raised over £400.

With part of the grant that we were fortunate to receive from Benenden Health, we were able to buy 3 new chairs for the York Counselling room. This makes a big difference to the aesthetic of the room.



Harrogate:



Clare-Lucy, a previous Reflect client, contacted Reflect about her launch for her new album. Whilst seeing Reflect she started to write poems and short-stories about her miscarriage experience and with Arts Council funding she has recorded 11 songs. Liz attended the launch event on Monday 8th November. Clare-Lucy also did an interview with the Harrogate Advertiser which mentioned Reflect and the support that she received.



We were pleased to be chosen as Harrogate Advertiser's Charity of the week at the end of March.



Selby:

Linda is the Team Leader in Selby and is co-ordinating the initial assessments and clients. A new trained volunteer will be joining the team.

Thirsk:

Ann is establishing a team in Thirsk. Gavin formally became a trustee in June 2021. They are looking to expand the team and grow Reflect in Thirsk. There is now a team of 3 trained practitioners and a session supporter working together in Thirsk.



Client Statistics and Stories

Statistics, tables, charts

In 15 years of Reflect we have now seen over 600 clients and our volunteers have given over 2600 sessions of client support.

This has been our busiest year to date. Immense thanks go to our amazing volunteers for giving their time freely to see clients. In 2021-22 Reflect has received 169 new enquiries (40% increase) and seen 134 new clients (79% increase), with additional support given through phone calls and email to many others. Throughout the year every centre has seen a Pregnancy Choice client, and we've seen 17 in total in the year- small numbers but we know it makes a huge difference to people's lives. There has been an increase for all support for every centre since 2020-21. We have seen 50 clients for post-termination support, 90 clients following a miscarriage, 7 clients after a stillbirth and 4 clients after infant death. Our support has been given remotely or in-person.

	2021-2022					2020-2021				
	York	Harrogate	Selby	Thirsk	Total	York	Harrogate	Selby	Thirsk	Total
New enquiries	100	39	16	14	169	76	27	7	11	121
Clients in contact	76	52	22	18	168	44	26	11	10	91
Pregnancy Choice	12	2	1	2	17	11	2	1	1	15
Post abortion	22	19	4	5	50	15	9	1	5	30
Miscarriage	39	27	15	9	90	17	12	5	2	36
Stillbirth	3	2	2	0	7	1	0	3	0	4
Infant Death	0	2	0	2	4	0	3	1	2	6

Table 1: Number of new enquiries and clients in contact by type and location for the last 2 financial years

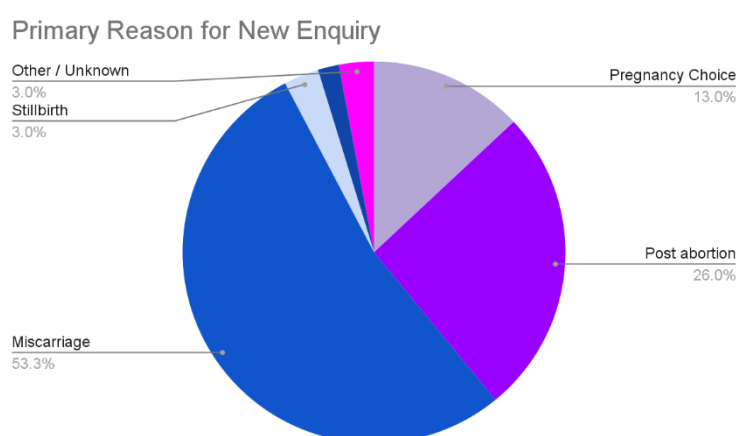


Chart 1: Pie chart showing number of new enquiries by type in 2021/22



Number of Clients in Contact 2021-2022

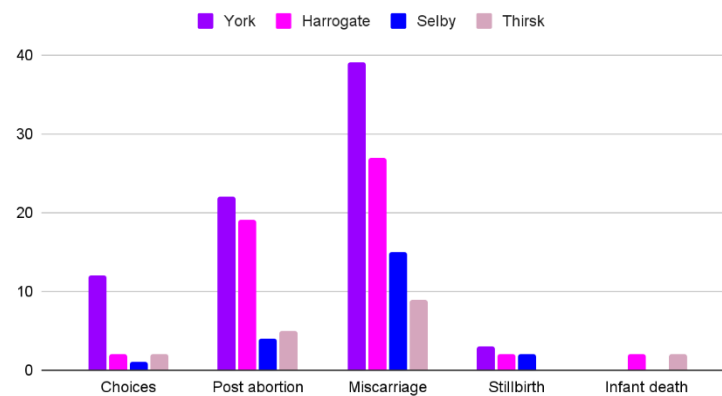


Chart 2: Clustered column chart showing number of clients in contact by type of support and location in 2021-22

	2021-2022					2020-2021				
	York	Harrogate	Selby	Thirsk	Total	York	Harrogate	Selby	Thirsk	Total
Sessions delivered	192	237	93	71	593	133	117	67	61	378
Pregnancy Choice	12	3	1	5	21	10	2	2	2	16
Post abortion	74	89	4	35	202	51	35	11	41	138
Miscarriage	97	132	63	25	317	64	62	31	4	161
Stillbirth	9	2	25	0	36	8	0	22	0	30
Infant Death	0	11	0	6	17	0	18	1	14	33

Table 2: Number of sessions (approximately 1 hour of support) given to clients by type of support and location in 2022-2021 and 2020 -2021

Number of Sessions Delivered in 2021-2022

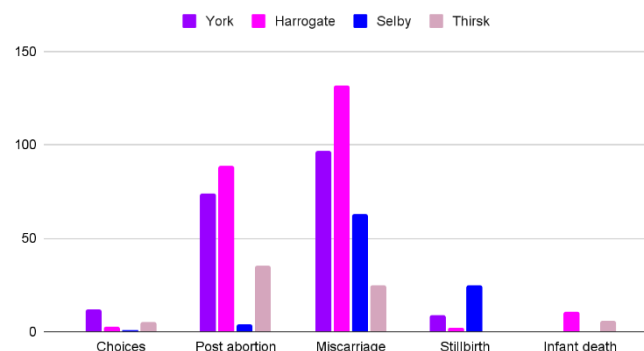


Chart 3: Clustered column chart showing number of sessions delivered by type and location in 2021-2022



Client and Professional feedback

We are very grateful to clients who complete our feedback forms, or email us with feedback, and who give us permission to share their story and feedback. All our clients who have completed our feedback would unanimously recommend our services. Below is just a small variety of the feedback from clients and professionals that we have received:

"I can think about my loss in a healthy and non-destructive way, which I could not do when I first approached Reflect. I have learnt how to communicate with myself regarding what I am feeling, and I can communicate with my baby in a way that feels right for me."

Post-abortion client

"When I started the programme I was feeling very low and I held a lot of blame and I thought I deserved to be sad... Reflect has helped me control the negative feelings I had towards myself which were preventing me from moving on with my life. I now feel much happier with myself and more so, I feel that I am much kinder to myself."

Post-abortion client

"Because the course was structured and each session focused on a different element, it felt like a genuine process and therefore I felt able to see a progression from beginning to end."

Post-abortion client

"I was a fantastic help to me over the last many months, she even supported me through a second miscarriage whilst with the service... We also did a session with my partner sitting in as well which he found invaluable"

Miscarriage client

"My sessions were all conducted over zoom which was really helpful... I think it would be beneficial to other people starting the programme if the online sessions continue to be offered even after COVID end as I felt that being at home during the whole process made me feel more relaxed."

Post-abortion client

"Every effort was made to fit the appointments around my work schedule which was invaluable. I was incredibly warm and understanding, and extremely easy to talk to."

Post-abortion client

"There are no words that feel sufficient to describe our gratitude. Although baby loss was not the reason we would have wanted to gain the communication tools/ resources we gained through 'Walking Through Loss', we are so grateful we have them now. We feel that we as a couple grew stronger and had conversations we needed to have before starting a family."

Post-abortion clients

"[Reflections] has helped me to talk through my experiences and feelings with a compassionate listener who didn't judge me and helped me work through the things I found difficult so that I reached a point where I feel I have been able to properly process the grief and look to the future."

Miscarriage client



[Reflect] “gave me a safe space to discuss my loss and feel no judgement. It helped me process and think about parts I might not have considered before.”

Miscarriage client

“[Reflect] helped us come to terms with a tough time, reducing anxiety through grief. It also helped us practice deeper and more meaningful communication as a couple through what felt like a very isolating period emotionally and literally (during lockdowns).”

Post-abortion couple

“[Reflections] helped me to acknowledge my loss and to have the space to talk it through. I found the structured approach really useful as it enabled me to explore things that I wouldn't have thought of without it.

Miscarriage client

“The service was brilliant. I felt completely listened to and am so grateful for this.

Miscarriage client

“Some years ago, I brought a client to ‘Reflect’ and saw your work at close quarters. I was really impacted by the amazing work you do.”

Anne, Professional feedback

“Reflect has changed the way I view myself and has changed the way I deal with sadness”

Post-abortion client



Acknowledgments

A very special thank you to **all** our regular givers. Currently we have over **50 generous individuals or families** giving a total of around **£850/month!** This financial support is absolutely vital. We wouldn't be able to do any of this work, or plan for the future, without this support. We continue to be overwhelmed by people's generosity, many of whom have been giving over a long period of time. Thank you so much!

Become a *Reflector* today!

Thank you for supporting our work. Your regular gift will help bring light and hope to people's lives.

Gateway Church - for their continued generous support in also allowing us to use their facilities and counselling room, and enabling us to have our Head Office at the Gateway Centre in Acomb. We are so thankful for your continued support. Thank you also for hosting Cake Sales in December and raising £414.40.

Voipfone continue to enable Reflect to have charity rates and do not charge us for outside calls.



Many thanks also to **Dan Kingsley**, Dynamic Design UK. He designed, maintains and updates our website. Thank you, Dan!

Fundraisers/donators/grants:

Thank you to each and every individual who has donated financially to Reflect in the past year. We really appreciate your generosity.

Thank you to **everyone** who held fundraisers for us in 2021/22. We really appreciate you taking the time and effort to fundraise for Reflect.

Thank you to Ric Allen for having a Facebook birthday fundraiser.

A huge thank you to Gemma Coventry for walking an incredible 600 (!!) miles to fundraise for Reflect.

Thank you to all the businesses who choose to fundraise and donate to Reflect. A big thank you to Ivy Rudd from The Rocking Horse Toy Shop for collecting donations for Reflect and to the bakery in York who have very generously donated all their profits from their sweet bakes on a Friday to Reflect. Thank you to the local business who gave £500 and another who gave an incredibly generous donation of £5000 to Reflect- we were amazed by your lavish gift!



We also received a further £303.62 from Hope Church from their Special Offering in February 2021.



Thank you to all of the trusts and organisations who generously gave grants to Reflect. This has been very gratefully received by Reflect.

£1000 from **The YAPP Charitable Trust** for core costs.

£1000 from **Gay and Peter Hartley's Hillards Charitable Trust** towards core funding.

£1800 from **Benenden Health Community Fund** towards new chairs for the York counselling room and helping Reflect to decrease the York waiting list.

In addition, we received £1544.10 in grants from HMRC for flexible furlough of employees within the Coronavirus Job Retention Scheme.



We have now been chosen as a Co-op Local Fund charity of the year & will receive payments in April & October 2022.

Our heartfelt thanks go to our amazing team of trained volunteers and our wider team of volunteers – the trustees, supervisors, session supporters and prayer supporters.

Reflect would not be able to exist without you.

And to all those who are reading this and supporting us, we thank you!



Financial Report

Receipts and Payments Accounts for the year ending 31 March 2022

			2021- 22	2020- 21
	Unrestricted Fund £	Restricted Funds £	Total Funds £	Total Funds £
RECEIPTS				
Donations	6,454	0	6,454	11,707
Donations (by standing order)	10,721	0	10,721	10,072
Gift Aid	2,778	0	2,778	2,188
Grants/Charities	1,000	4,344	5,344	9,524
Interest	0	0	0	0
Training	560	0	560	0
Fundraising	3,181	0	3,181	3,035
Other	2	0	2	1,851
Total Receipts	24,696	4,344	29,040	38,377
PAYMENTS				
Salaries	21,093	5,864	26,957	25,035
Rent/Room Hire	390	205	595	360
Telephone & Internet	347	153	500	486
Publicity/Advertising	16	830	846	390
Insurance	1,041	120	1,161	1,110
Office Supplies	172	13	185	98
Resources	53	0	53	0
Training & Training Manuals	276	394	670	0
Accountancy & Payroll fees	400	80	480	480
Furniture & Equipment	0	252	252	0
DBS Checks	154	0	154	141
Giving	0	0	0	0
Fundraising Expenses	37	0	37	0
Bank monthly fee	72	24	96	104
Total Payments	24,050	7,935	31,984	28,204
Net of Receipts/(Payments)	646	-3,590	-2,944	10,173
Transfers between funds	0	0	0	0
Balance Brought Forward	25,408	4,943	30,352	20,179
Balance Carried Forward	26,054	1,353	27,407	30,352



Statement of assets and liabilities at the end of the period

The main asset of the charity was the bank balance of £27,407, as shown as the balance carried forward in the receipts and payments accounts above.

Reflect holds general office and computer equipment for its own use, however the value of this is not considered to be material.

Financial reserves policy

We will aim to keep a minimum of 3 months running costs in unrestricted funding reserves at all times.

Accounting

Our total income for Financial Year 2020-21 was £29,040. Therefore, we are continuing to be in the £25-100,000 size charity with the Charity Commission. In addition to submitting our annual return online, we also need to submit a PDF copy of our accounts and trustees annual report. External scrutiny is required and we have appointed Lynne Bowser to undertake this.

Our 2021-22 year end closing balance of £27,407 was less than our opening balance of £30,352. This was in part due to spending restricted funding granted in the previous financial year for projects ongoing in this financial year.

Declaration

The Trustees have taken advantage of section 43(2) of the Charities Act 1993 and prepared the accounts on a receipts and payments basis.

The trustees report and accounts above were approved at a meeting of the Trustees held on Monday 10th October 2022.

Signed by

Name Chris Blanshard

Date 15/10/2022

Position Chair of Trustees

Name Rachael Bulley

Date 15/10/2022

Position Trustee

For and on behalf of the Trustees



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name

Reflect

**On accounts for the year
ended**

31 March 2022

**Charity no
(if any)**

1118904

Set out on pages

21 - 22

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended ~~31 / 10 / 2022~~

**Responsibilities and
basis of report**

As the charity's trustees, 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 Trust'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**

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]] - Delete [] if not applicable.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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.

* Please delete the words in the brackets if they do not apply.

Signed:

L Bowser

Date:

19/1/22

Name:

LYNNE BOWSER

**Relevant professional
qualification(s) or body**

AAT