

Annual Report

April 2024 – March 2025



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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 women and men faced with an unplanned or crisis pregnancy. Reflect quickly developed to provide pregnancy loss support as well as 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 and Reflect Thirsk in March 2020, to meet a growing local need for our services across North Yorkshire.

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 experienced pregnancy or baby loss from any cause and at any stage of pregnancy, or soon after birth.

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 and how Reflect is managed

Trustees

Names of the trustees who manage the charity:

1. Christopher Blanshard
2. Lesley Williams
3. Rachael Bulley (Safeguarding Lead)
4. Christopher Seel (Chairperson and Treasurer)
5. Kevin Webb
6. Gavin Parker

Reflect is governed by a group of trustees, chaired by Christopher Seel 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 foster care and support to teaching and counselling. Trustees are appointed by existing trustees.



Photo of trustees, October 2024

Employed staff

Reflect employ 3 part-time staff to manage, administrate, increase awareness of and fundraise for Reflect.

The employed staff includes a part-time General Manager (16 hours/week) who is responsible for the operational oversight, management, training, overseeing client support and governance of Reflect. She is supported by a Development Co-ordinator (12 hours/week) whose role is to increase the awareness of Reflect and fundraise for Reflect and an Office Manager (7.5 hours/week) who oversees Reflect's administration and book-keeping, as well as supporting our volunteers.



Volunteers

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

We are very grateful for all our volunteers: our supervisors; team leaders; trained practitioners and session supporters.

Reflect now has 6 wonderful, wise and knowledgeable **Supervisors**. 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 compassionate and gifted volunteer **Team Leaders** who oversee each centre. 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 the Manager to manage any waiting lists for clients wishing to start 'Reflections: Walking through loss'

Our trained volunteers, known as our **Trained Practitioners**, are our frontline volunteers who see Pregnancy Choice and/or Pregnancy Loss clients. Our trained practitioners are usually affiliated to one centre and can choose to support clients on the telephone, through video calls and/or in-person. In 2024-25, 22 trained practitioners volunteered over the course of year providing support.

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

Our trained practitioners are 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.

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

*Our volunteers offer invaluable **time and space** for individuals in a crisis...*

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

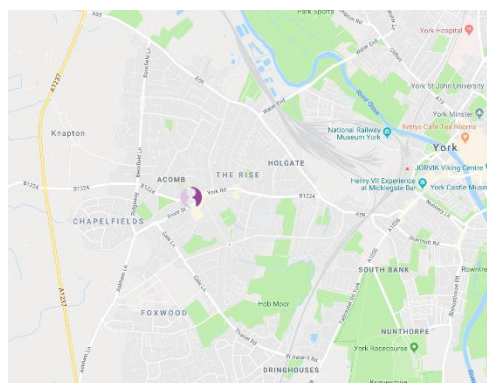


Reflect Centres

Reflect offers appointments to anyone living in North Yorkshire through in-person, telephone and video call support. We have 4 centres: York; Harrogate; Selby and Thirsk where we regularly saw clients in-person.

York

Our head office is based at The Gateway Centre, Front Street, Acomb, YO24 3BZ and is the main 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

We were able to see clients in person in Harrogate by booking rooms at Krysallis, Wellspring or Cocoon Harrogate as well as Holy Trinity Church in Ripon.

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

Selby

In person appointments in Selby took place at The Saffron Room, Kings Church Selby or in Ergon House, Eggborough.

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



Thirsk

In person appointments were held at 'The Old Library' in Thirsk, The Living Rooms in Northallerton, or most recently at Hollybush Farm, Thirsk.

Contact details: Email. enquiry@reflectthirsk.co.uk | Tel. 01845 607710 | Text. 07523 2780



Year Review

Summary of the main achievements of Reflect during the year

Goal	Outcome
1. Client support	<p>This year we have received 142 new client enquiries and saw 107 new clients, including 11 Pregnancy Choice clients. In total we have seen 138 clients throughout the year across our 4 centres.</p> <p>We delivered 598 client support sessions which is the highest number of sessions we have delivered in a year.</p>
2. Prayer & church support	<p>Throughout the year we have sent out prayer points to supporters and Reflect is included in York Churches Prayer Diary. We attended One Voice York prayer meeting in March and have a new prayer coordinator.</p> <p>We contacted many churches about the Nidderdale Walk, which took place in May.</p> <p>We organised a Light a Candle event at St Peter's Church, Harrogate, as part of Baby Loss Awareness week in October.</p>
3. Finance	<p>This year we raised £36,909.34.</p> <p>We are continually grateful for our regular givers, our Reflectors, who choose to donate either monthly or annually to Reflect. We are also grateful for 2 donations from churches in York.</p> <p>We organised 3 fundraisers and 7 others kindly organised fundraisers for Reflect.</p> <p>We received 5 grants and 3 donations from charitable trusts.</p>
4. Further establish Reflect in North Yorkshire	<p>Reflect Thirsk, Harrogate and York all used a new venue to see clients in. We have maintained our 4 current centres and continue to provide remote support.</p> <p>We celebrated 10 years of Reflect in Harrogate and 5 years of Reflect in Thirsk.</p> <p>We have expanded our support to reach a new specific people group in York.</p>



Central:

We reviewed our policies following new guidance from the Charity Commission. We also updated our Safeguarding policy and designed new Safeguarding flowcharts.

The trustees spent time reviewing Reflect's current legal structure as a Charitable Trust, researching a potential new legal structure as a Charitable Incorporated Organisation (CIO) and decided to start the process and change Reflect's legal structure by becoming a new CIO for the next financial year.

Training:

Supervisors meeting and group supervision continued to take place. Volunteers undertook their annual Safeguarding update.

Staff attended external training on an "Introduction to Small Charity Finances webinar," as part of Small Charity Week and watched several NVCO webinars including Choosing your legal structure and Changing your charity's structure.

Tanya completed the Foundation of Infant Loss training. There were 3 webinars:

Pregnancy and Infant Loss Practitioner Training, Rainbow

Baby, and Infertility Specialist



Marketing & Awareness:

Tanya and Liz spoke on Tempo 107.4FM Local Radio, Wetherby on Tuesday 30th April.

We met with local community group representatives including York SANDS, HADCA (Harrogate and District Community Action), PEPSY (Providers of Emotional and Psychological Support in York) and The Belfrey's Post Pandemic Fund Celebration.

Events:

A group of Reflect staff, volunteers, family and friends took part in the **Nidderdale Walk** on Sunday 19th May. 24 people (14 adults and 10 children) walked the family route to raise fund for Reflect.





Baby Loss Awareness Week: 9 – 15 October:

We held our annual **Light a Candle event** at St. Peter's Church, Harrogate on Tuesday 15th October from 12.30-2pm. This was beautifully decorated and was significant for those who attended.



York:



Reflect is now part of York's Bereavement Alliance and a partner of The Well in York.

With funding we received last year we planned a new project, designed and printed new leaflets and saw clients in a new location.

We met with the neonatal lead for York and Scarborough Maternity & Neonatal Voices Partnership (MNVP).

Harrogate:

We met with Kim from Positivity, who wrote a speech to share at our 10 year celebration. We celebrated **10 years of Reflect in Harrogate** with a fundraising celebration on Saturday 19th October. Reflect in Harrogate has now seen 250 clients and delivered over 1350 free support sessions.



We again decorated a Reflect Christmas Tree as part of St. Peter's Church Christmas Tree Festival.



Thirsk:

We marked 5 years of Reflect in Thirsk. Reflect in Thirsk has now seen over 50 clients and delivered 425 free support sessions.



Looking to the future:

On 10th January 2025 the Charity Commission registered Reflect as a Charitable Incorporated Organisation with the Registered Charity Number 1211658.

At the Reflect Trustee meeting on 20th January 2025 “All Trustees agreed to ‘close’ Reflect as a previous charity and move Reflect over to a Charitable Incorporated Organisation (CIO) unanimously.” The agreed transfer date is 1st April 2025.

Therefore, from 1st April 2025 Reflect will be operating as a CIO with the Charity Number 1211658.



THIS CERTIFIES THAT

REFLECT

REGISTERED CHARITY NUMBER

1211658

HAS BEEN REGISTERED BY THE

Charity Commission for England and Wales

ON THE DATE OF

10 January 2025

CERTIFIED BY

Orlando Fraser KC
Chair

David Holdsworth
Chief Executive Officer



Client Statistics and Stories

Statistics, tables, charts

In 2024-25 we have delivered more client sessions than in 2023-24 (595 compared to 537) with fewer volunteers. Selby and Thirsk both received more new enquiries and we delivered more miscarriage and neonatal death sessions. We have seen 107 new clients in 2024-25.

Number of clients

	2024-2025					2023-2024				
	York	Harrogate	Selby	Thirsk	Total	York	Harrogate	Selby	Thirsk	Total
New enquiries	93	17	14	18	142	106	27	11	15	159
Clients in contact	83	22	12	21	138	94	34	12	22	162
Pregnancy Choice	11	0	0	0	11	20	5	2	0	27
Post abortion	22	5	4	4	35	25	10	3	7	45
Miscarriage	44	14	6	15	79	47	17	7	13	84
Stillbirth	4	0	2	2	8	2	1	0	2	5
Infant Death	2	3	0	0	5	0	1	0	0	1

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

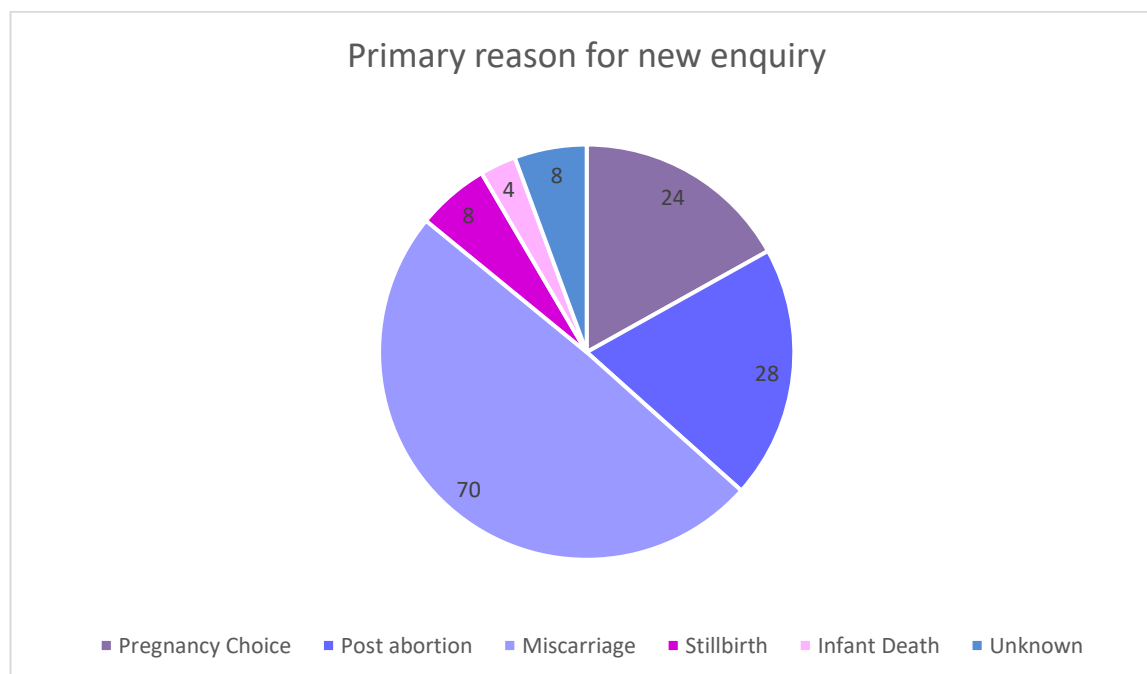


Chart 1: Pie chart showing number of new enquiries by type in 2024-25

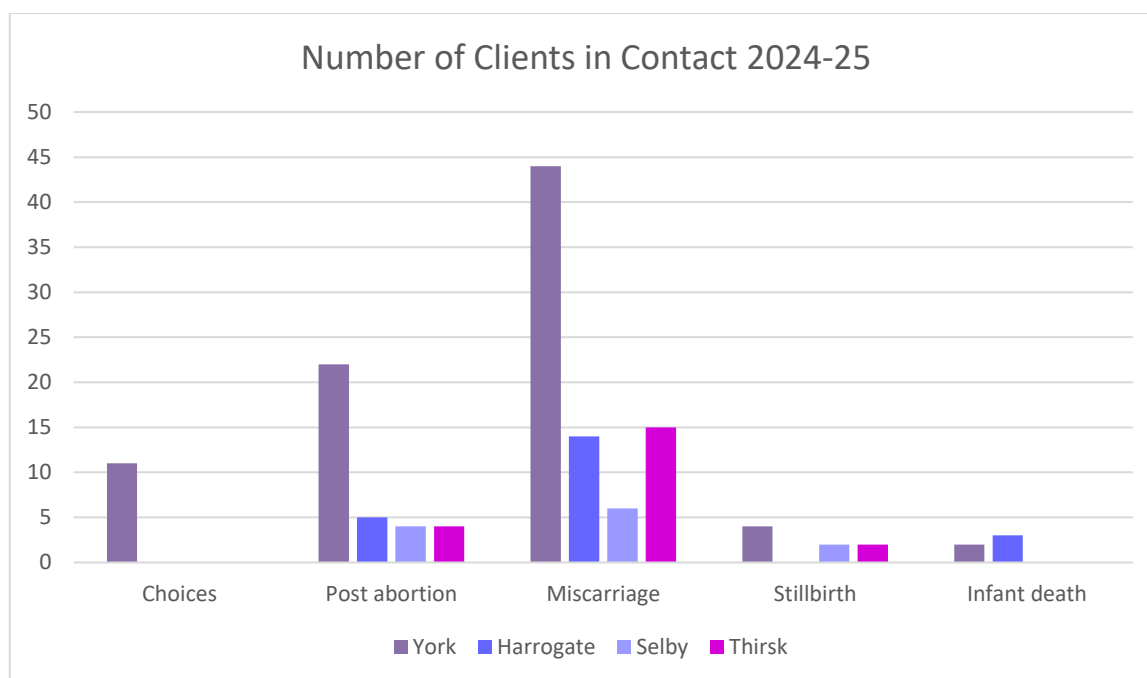


Chart 2: Clustered column chart showing number of clients in contact by type of support and location in 2024-25

Number of sessions

	2024-2025					2023-2024				
	York	Harrogate	Selby	Thirsk	Total	York	Harrogate	Selby	Thirsk	Total
Sessions delivered	328	109	70	89	596	274	138	41	84	537
Pregnancy Choice	13	0	0	0	13	20	8	2	0	30
Post abortion	105	25	33	10	173	84	58	17	37	196
Miscarriage	184	63	35	74	356	148	63	22	38	271
Stillbirth	15	0	2	5	22	22	6	0	9	37
Infant Death	10	21	0	0	31	0	3	0	0	3

Table 2: Number of sessions (approximately 1 hour of support) given to clients by type of support and location in 2024-2025 and 2023 -2024

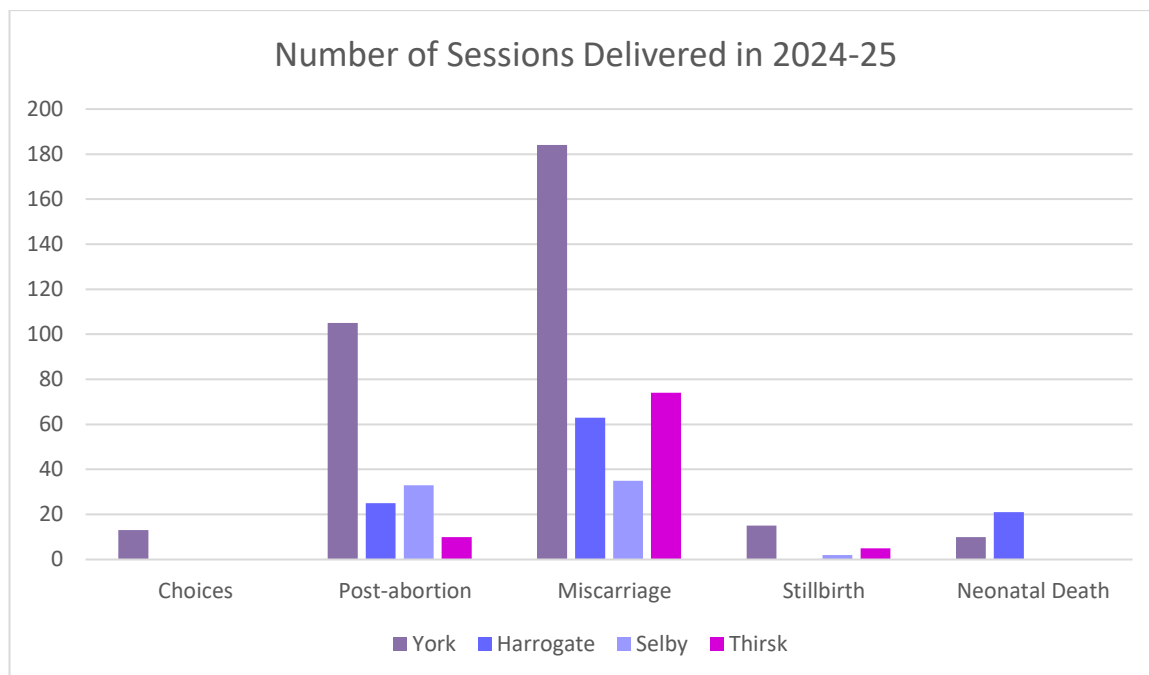


Chart 3: Clustered column chart showing number of sessions delivered by type and location in 2024-2025



Client story

Kim bravely wrote her story to be shared at Harrogate's 10 year celebration

Hi, I'm Kim. I have a condition called Endometriosis that has caused fertility complications for me and led to IVF treatment. After a successful first round of IVF I experienced a missed miscarriage that was detected early on by my IVF clinic. After seeing a heartbeat at 7 weeks sadly at 9 weeks it was no longer beating.

I struggled on many levels; obviously losing my baby, the shock that the treatment had worked but the pregnancy didn't last, feeling let down by the clinic, feeling unsupported by my family and work, being in limbo on how to manage a missed miscarriage (something I'd never heard of) and thereby feeling let down by my education.

I spoke to several different counsellors but none of them really helped me process my feelings or work through my grief. By chance when I was choosing my annual charity for my Coop supermarket card, I saw Reflect. I'd never heard of them before but knew I wanted to support them and then got in touch to learn more.

The first person I spoke to was amazing- so understanding and so supportive and the structured-support program sounded like it was made for me! Something tangible to work through and focus on, not just talking and being told I'm so strong. I couldn't believe Reflect offers this for free and relies on charitable funding to operate when so many people could benefit from their incredible service.

I completed the program with the fabulous Claire, working through so many emotions and was able to let go of so much I'd been holding onto, some of which I hadn't even realised, and was able to reprogram some of my thoughts more positively too.

I completed the program during another round of IVF treatment and am so blessed to say the embryo transfer a few months later was successful. Whilst it was an anxious pregnancy, I'm confident it was considerably less anxious than if I hadn't done my counselling with Reflect.

My rainbow baby (that's a baby born following a miscarriage) is now 8 months old and I'm forever grateful to Reflect for the incredible opportunity they gave me and I now tell others about them (both in person and via a website and business I created) in the hopes more people can find the help they need when they need it. Thank you so much to everyone at Reflect and for allowing me to share my story!



Client 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 that we have received:

It has helped me having the space to talk about my baby and loss and discover the aspects that were causing me particular pain.

[Reflections] Taught me a lot about emotions in general, not just grief and sadness. I've learnt how to mourn, how to forgive, how to deal with shame and anxiety.

I felt so heard and listened. I vented out all my emotions which made me feel so much lighter. [My practitioner] is the kindest human being ever. She helped me so much.

It has helped me realise that it is ok to move forwards with life without feeling guilt and learning how to live with the grief.

It has helped to address the unresolved issues that I had from my termination. It allowed me time to discuss my feelings in a safe / non judgemental space. It allowed me time to grieve when before I didn't feel like I deserved to.

Reflect "has helped me come to terms with what has happened and how I might deal with it going forward." Reflect's support has "Been amazing - so grateful for the support."

I felt that I had a story to tell and that my feelings were valid and that in itself was very helpful.

It gave me a structure of working through my feelings, which I felt wouldn't have been met by an open type of counselling. It's enabled my wife and I to have a safe space to be able to be honest (well, more honest) with each other.

I found myself again and can enjoy other things in life I couldn't enjoy before.

[My practitioner] was absolutely amazing ... She made me feel so comfortable and has really helped me."

Reflect "has allowed me an outlet for my feelings and helped me process what has happened to me. I would not have been able to get through this experience without the help of Reflect."

I felt listened to.

Reflect has helped me in so many ways. It has helped me feel like I can cope again, reassured me that the feelings I have felt over the past few months are all completely normal. It has also allowed me to have a safe and confidential space to talk through my feelings and strategies, exercises have also helped me to work through so of the difficult feelings I have felt during my multiple losses.



Walking through loss is an insightful and carefully mapped out way of navigating baby loss, for me it helped me see how far I've come and also what I needed to do to carry on moving forwards. The sessions helped me gain some clarity around my thoughts and emotions as well as providing structure to how to tackle those in future.

It has changed my life as well as the lives of my immediate family for the better. I feel free to have grieved and whilst it will always be with me, it no longer overwhelms me but lies there to be observed when I wish to do so. It has also set me up with a new skill set to manage future grief that will occur in my life in a healthier way.

Reflect has helped me find some peace with our loss, and acceptance that it happened... It has given me tools and techniques to carry forward in managing my emotions and communication with those around me.

The initial telephone sessions I had were so so valuable. My grief was so much stronger than I had anticipated... After baby loss, no one can understand it unless they have experienced it, so after a couple of weeks, I found family and friends moved on and I was left grieving on my own, with people no longer showing any interest. Having a regular session with Reflect meant I got that dedicated time to talk about everything I needed to talk about.

It has helped me to acknowledge the grief and loss I experienced - something which I have avoided for quite sometime. I never felt rushed and [my practitioner] thoughtfully considered how relevant the material was to me throughout. A huge thank you to M - he was a wonderfully supportive throughout, and I feel lucky to have had his support.

Huge thank you for all your help.

It has taken me from a place of being overwhelmed by feelings, to a place where I can cope. I cannot express in words how much it has helped.



Acknowledgments

A very special thank you to **all** our regular givers. To those who give monthly and annually. This financial support is absolutely vital. We wouldn't be able to undertake 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.

Our further deepest thanks go to...

Gateway Church York - for their continued generous support in also allowing us to use their facilities and counselling rooms, and enabling us to have our Head Office at the Gateway Centre in Acomb



Dan Kingsley, Dynamic Design UK for designing, maintaining and updating our website. Thank you, Dan!

Lynne Bowser for undertaking our Independent Examination.

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 2024-25. We really appreciate you taking the time and effort to fundraise for Reflect.

- ★ **J** for running York 10K and raising £ for Reflect
- ★ **Ruth** for donating proceeds from your Christmas craft sale
- ★ **Hannah** for organising a Bake Sale and Sophie from Acomb Funeralcare for baking cakes
- ★ **Sarah** for organising a Christmas Wreath making morning
- ★ **K** for organising a Christmas Yoga fundraiser
- ★ **Mr and Mrs Barkley** for their giving page on Much Loved in memory of their adult son who passed away unexpectedly in January



Thank you to all the businesses, charities and churches who choose to fundraise and donate to Reflect including:

- ★ **Huntington C of E churches** (All Saints and St Andrew's) for your generous donation from your church tithe
- ★ **Ten Ten Resources**
- ★ **Gateway Church York**
- ★ **Cold Bath Deli, The Pudding Lab, HG2 Pet** and **Hoxton North Cafe** in Harrogate who all donated raffles prizes for Reflect's 10 year celebration
- ★ **Yorkshire Building Society** for generously donating £2000 to provide support sessions
- ★ **HOPS** (musical theatre company) for choosing Reflect as your charity of the year. They advertised our support in their show programme and took part in the Great Knaresborough Bed Race on Saturday 8th June and fundraised a wonderful £775 for Reflect. Thank you for all of your support

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

- ★ **The Big Give** who generously gave £2,500 of match-funding through the Kind²Mind campaign
- ★ **Rotary Club of Harrogate** who donated 50% of our entry fees from the Nidderdale
- ★ **The Local Fund Harrogate District** through **Two Ridings Community Foundation** who very generously gave us a grant of £2265 to fund support in Harrogate
- ★ **Co-op Local Community Fund** gave Reflect a first payment of £500 in March 2025
- ★ **Gay & Peter Hartley's Hillards Trust** who gave a generous unrestricted grant of £1000
- ★ **York Community Fund** through **Two Ridings Community Foundation** who very generously gave us a grant of £3,585 to fund support in York



We have wonderfully been chosen as a **Co-op Local Community Fund** in York (Cause ID: 88972) The funding round started on Sunday 20 October 2024 and will run for 12 months until 19 October 2025.

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 2025

			2024- 2025	2023- 2024
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
RECEIPTS				
Donations	6,695	0	6,695	3,786
Donations (by standing order)	9,976	0	9,976	10,295
Gift Aid	3,065	0	3,065	3,611
Grants/Charities	3,025	6,350	9,375	6,909
Interest	341	0	341	58
Training	0	0	0	180
Fundraising	7,266	0	7,266	9,154
Other	191	0	191	0
Total Receipts	30,559	6,350	36,909	33,993
PAYMENTS				
Salaries	25,812	2,752	28,563	26,926
Rent/Room Hire	471	725	1,196	1,249
Telephone & Internet	369	115	484	425
Publicity/Advertising	145	24	169	103
Insurance	917	407	1,324	1,262
Office Supplies	87	25	111	196
Resources	10	0	10	10
Training & Training Manuals	92	283	374	955
Accountancy & Payroll fees	480	0	480	480
Furniture & Equipment	0	0	0	0
DBS Checks	316	26	342	219
Giving	721	0	721	360
Fundraising Expenses	262	0	262	0
Bank monthly fee	60	0	60	60
Other	521	0	521	75
Total Payments	30,261	4,357	34,618	32,321
Net of Receipts/(Payments)	298	1,993	2,291	1,672
Transfers between funds	0	0	0	0
Balance Brought Forward	22,819	3,724	26,544	24,871
Balance Carried Forward	23,118	5,717	28,835	26,544



Statement of assets and liabilities at the end of the period

Financial reserves policy

We will aim to keep a minimum of 3 months running costs in unrestricted funding reserves at all times, with a preferred 6 months minimum of running costs in unrestricted funding reserves.

Other Financial information

2025

	Unrestricted Fund	Restricted Fund	Total Funds
ASSETS	£	£	£
Cash at bank and in hand			
Current Bank Account	5,805.72	5,717.41	11,523.13
Savings Bank Account	17,311.89	0	17,311.89
Petty Cash	0	0	0
Total	23,117.61	5,717.41	28,835.02

Accounting


Reflect opened a CAF Gold Account and transferred £17,000 from the current account on 14th June 2024. The CAF account received £311.89 in interest.

10 fraudulent purchases were made from a staff member's CAF bank card on 23.11.2024 totalling £185.40. This was detected by CAF bank and the card was blocked. CAF bank refunded the purchases on 28.11.24 and sent out a new bank card.

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 20.10.25.

Signed 
Name KEVIN M. WEBB
Position TRUSTEE

Date 20.10.25

Signed 
Name CHRIS SEE
Position CHAIR OF TRUSTEES

Date 20.10.25

For and on behalf of the Trustees



Independent Examiner's Report to the Trustees of Reflect

I report to the charity trustees on my examination of the receipts and payments accounts and the statement of assets and liabilities of the charity for the year ended 31 March 2025, which are set out on pages 20 and 21.

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 charity's accounts carried out under section 145 of the 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.

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.

Signed: *L Bowser*

Name: Lynne Bowser

Relevant professional qualification(s) or body: AAT

Date: *14/8/25*