



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From: 01.05.2020 Period start date To: 30.04.2021 Period end date

Charity name: City Pregnancy Counselling & Psychotherapy

Charity registration number: 1140992

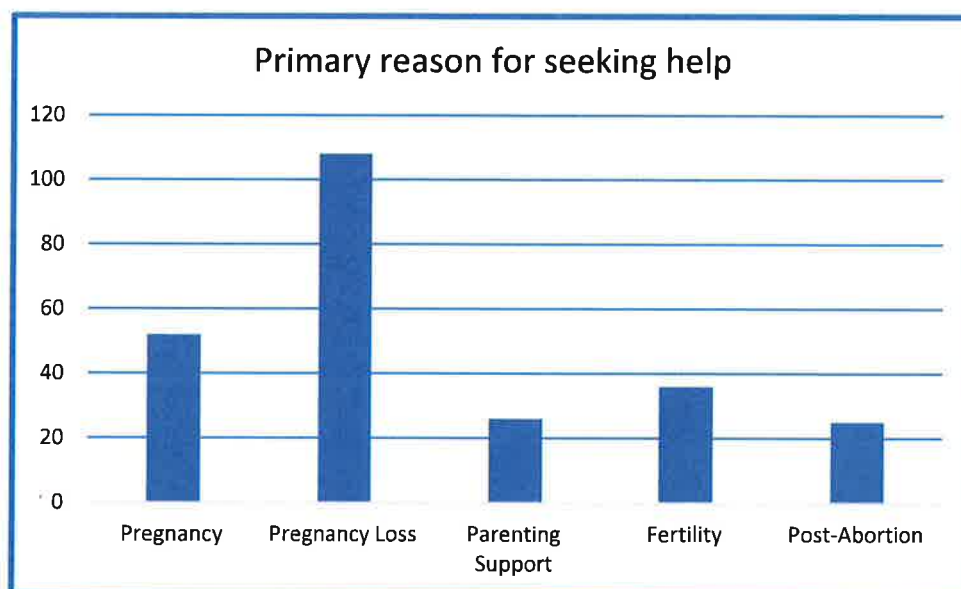
Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity, as set out in its governing document, are the relief of physical or mental illness or mental or emotional suffering of persons living or working in the City of London and the surrounding area of Greater London, caused by difficulties connected with pregnancy, pregnancy loss or early years parenting.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The charity provides counselling and psychotherapy by appropriately qualified and supervised staff and volunteers, in line with the British Association of Counselling and Psychotherapy's ('BACP') Ethical Framework for the Counselling Professions. The charity is accredited by the BACP. The service is provided free of charge.</p> <p>In support of its main activity, the charity also organises Continuing Professional Development for its staff and volunteers on topics relevant to pregnancy, pregnancy loss and the parenting of infants.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting the charity's objectives and planning its activities, the Trustees have had regard to the Charity Commission's guidance on public benefit in general, and in particular that relating to the advancement of health.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole (SORP Para 1.20).

In the period 1 May to 30 April 2021, CPCP provided counselling and psychotherapy to 247 clients, an increase of 8% from the previous year. Due to the ongoing coronavirus pandemic, all counselling continued to be provided remotely rather than face-to-face. With each client being seen for an average of 16 weeks, that equated to the provision of 3,952 counselling sessions for this group of clients as a whole. Pregnancy loss (miscarriage, stillbirth or ectopic or molar pregnancies) was by far the most frequent primary reason why clients sought help from CPCP (108 clients). Difficulties connected with pregnancy was the second most frequent reason for clients seeking help (52 clients), with such difficulties spanning issues such as unplanned pregnancy, previous traumatic birth experience, ante-natal depression and anxiety, or a need for emotional and mental support for other reasons.



The counselling at CPCP is provided by our Therapy Manager, who is accredited by the British Association of Counselling & Psychotherapy and a dedicated team of fifteen volunteer counsellors who are either fully qualified or in training. The charity is itself accredited by the BACP, being first accredited in 2015 and in August 2020 achieving a further five-year accreditation. In achieving accreditation, we have demonstrated to the BACP's satisfaction that the service provided at CPCP is accountable, ethical, professional, and responsive to the needs of our clients, staff, and volunteers.

To best support our therapists, and in line with BACP requirements, we provide them with regular clinical supervision, to help them to safeguard their own emotional and mental wellbeing, and to ensure that they adhere to clinical best-practice in their work with our clients. CPCP also helps its staff and volunteers to develop as therapists by providing them with training on topics relevant to our mission. It became clear to us early on in the pandemic that clients were experiencing significantly greater levels of anxiety and trauma and therefore the training during this period focused on different aspects of trauma, including Post Traumatic Stress Disorder.

We believe that this focus on caring for our staff and volunteers leads to the best possible outcomes for our clients, and the measures that we use to measure our impact bear this out.

When clients have finished their counselling with us, they are asked to return (on an anonymous basis) forms evaluating their experience at CPCP. To the end of 2021, of the 375 forms returned to that date:

- 65% of clients thought that the counselling had helped them fully, and 34% thought that it had helped them in part.
- 92% of clients thought that their counsellor had been excellent at listening to them.
- 85% of clients thought that their counsellor had been excellent at understanding their issues.
- 80% of clients strongly agreed that their counsellor had worked with them to address their difficulties.
- 91% of clients thought that their counselling had helped them to understand their relationships.
- 84% of clients thought that their counselling had helped them to improve their relationships.

As a second way in which we measure the impact the counselling provided by CPCP has on the well-being of our clients, we also use the CORE Outcome Measure, a clinically-validated tool which assesses therapeutic impact on a more quantitative basis. Such analysis confirms a significant decrease in the level of psychological distress suffered by our clients following therapy at CPCP.

"You were honestly there for me at a very dark time in my life and I am so grateful."

"I feel I have been able to take a huge step in my grieving journey. Even though my emotions are up and down, I can now see the light. Thank you."

"My heartfelt thanks to the team for making this happen and for the support – it has helped me more than you can imagine. 18 weeks now into my 2nd pregnancy and everything going ok – I feel hopeful about the future."

"The most wonderful supportive counsellor with a plethora of knowledge and really helped me throughout my pregnancy and birth of my son during a very turbulent and challenging time. The understanding gained and tools will be useful and with me for life."

"The service was amazing in helping my recovery after the traumatic birth and death of my daughter."

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Total funds of £61,421 were received as donations from grant-making charities and private individuals. Total expenditure amounted to £38,183. The surplus cash funds of £23,238 were carried forward to the financial year ending 30.04.2022.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity has limited and regular expenditure that is budgeted for before the start of each financial year. The property which is used by the charity for all its charitable purposes is donated rent-free and the upkeep is funded by the charity. The trustees have resolved to maintain a reserve of 4 months' running costs at any one time which they believe to be suitable for the charity. Due to the regularity and frequency of expenses, this charity is able to budget for this accurately.
Amount of reserves held	Para 1.22	4 months' expenditure, approximately £9,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties as to the charity being able to continue as a going concern.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>During its financial year ending 30 April 2021 CPCP was grateful to receive grants from:</p> <ul style="list-style-type: none"> • The trustees of the Philip King Charitable Trust • Sir Harold Hood's Charitable Trust • The Marc and Rachel Polonsky Philanthropic Fund • The Parish of St Mary Moorfields
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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Deed of trust dated 31 December 2010
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Trust
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Pursuant to clause 9 of the charity's governing document, the power to select and appoint additional or replacement trustees lies with the Trustees. In selecting new or replacement trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity, and in making the appointment, the Trustees must pass a unanimous resolution in favour of the appointment.

Reference and Administrative details

Charity name	City Pregnancy Counselling & Psychotherapy
Other name the charity uses	CPCP
Registered charity number	1140992
Charity's principal address	15A Lambs Passage London EC1Y 8LE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Peter Dominic Newby	N/A	Whole year	
2	Hannah Lucy Jennings	N/A	Whole year	
3	Sylvia Berko	N/A	Whole year	

Name of trustees holding title to property belonging to the charity: N/A

Funds held as custodian trustees on behalf of others: N/A

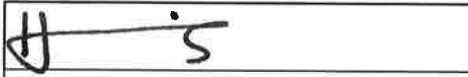
Name of chief executive or names of senior staff members

Joanna James, Therapy Manager

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	
Full name(s)	Hannah Lucy Jennings
Position (eg Secretary, Chair, etc)	Trustee
Date	28 February 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

City Pregnancy Counselling & Psychotherapy

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Receipts and payments accounts

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For the period
from

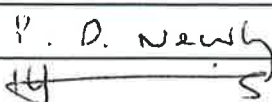
To

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Charitable Donations	52,750	-	-	52,750	31,034
Tax Refunds	1,687	-	-	1,687	2,013
St Mary Moorfields	1,500	-	-	1,500	1,375
Sundry Donations	5,484	-	-	5,484	4,822
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	61,421	-	-	61,421	39,244
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	61,421	-	-	61,421	39,244
A3 Payments					
Staff Costs	15,000	-	-	15,000	11,115
Training Costs	13,505	-	-	13,505	6,970
Telephone	1,624	-	-	1,624	1,380
Rates and Utilities	3,939	-	-	3,939	3,075
Office Expenses	2,810	-	-	2,810	971
Household	437	-	-	437	1,857
Maintenance	-	-	-	-	1,409
Professional Fees	868	-	-	868	-
Sundries	-	-	-	-	569
Sub total	38,183	-	-	38,183	27,346
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	38,183	-	-	38,183	27,346
Net of receipts/(payments)	23,238	-	-	23,238	11,898
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	23,238	-	-	23,238	11,898

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Barclays	52,896	-	-
		-	-	-
		-	-	-
	Total cash funds	52,896	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		PETER NEWBY HANNAH JENNINGS	24/02/22 28/02/22



Section A

Independent Examiner's Report

**Report to the
trustees/ members
of**

City Pregnancy Counselling & Psychotherapy

**On accounts for the
year ended**

30 April 2021

**Charity
no (if
any)**

1140992

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

**Respective
responsibilities of
trustees and
examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

**Basis of independent
examiner's
statement**

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

**Independent
examiner's
statement**

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

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

Name:

Relevant professional qualification(s) or body (if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

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