



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From: 1 MAY 2022** Period start date **To: 30 APRIL 2023** Period end date

**Charity name: CITY PREGNANCY COUNSELLING & PSYCHOTHERAPY**

**Charity registration number: 1140992**

## Objectives and Activities

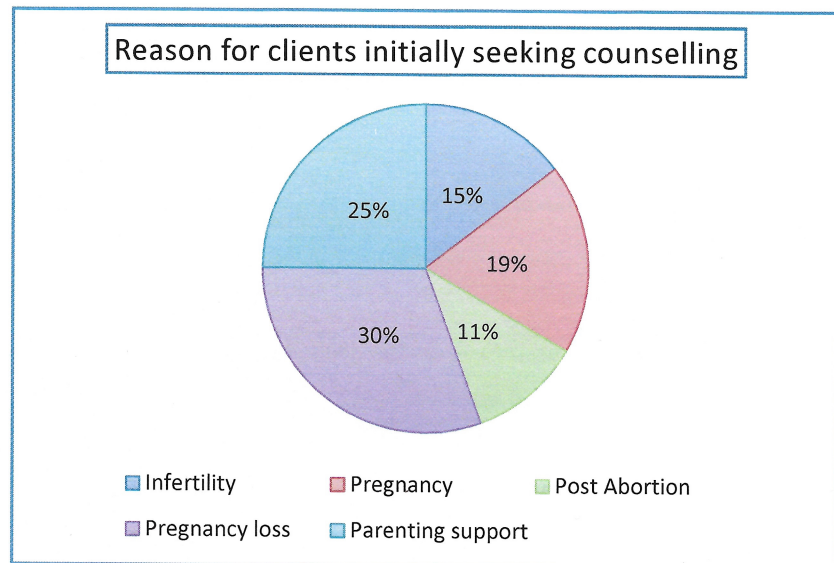
	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity, as set out in its governing document, are the relief of physical or mental illness or mental or emotional suffering of persons living or working in the City of London and 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 accordance 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

Between 1 May 2022 and 30 April 2023, CPCP provided counselling and psychotherapy to 144 clients, averaging 25 counselling sessions per client.

Pregnancy loss continued to be the most common reason for clients initially approaching CPCP for counselling and psychotherapy (30%) followed by support during early years parenting (25%) and pregnancy (19%).

These initial figures however cover a more complicated reality, which is that a significant number of clients (over 10%) required support in relation to two or more issues over the period in which they received counselling, for example, suffering a pregnancy loss after having initially sought counselling in relation to a pregnancy or becoming pregnant after having previously suffered a pregnancy loss.



The charity's integrated therapeutic model and its clinical excellence, flexibility and holistic approach enables continuous, appropriate and high-quality support to its clients, including those who are suffering from multiple pregnancy- and parenting related issues, often caused by longstanding underlying psychological trauma. The charity's experience and expertise is reflected in the fact that a substantial percentage of its clients continue to be referred by hospitals and health professionals such as midwives, GPs and health visitors (13%), the NHS Access to Talking Therapies programme (42%), and other charities working in the field, such as the Miscarriage Association, SANDS and the Birth Trauma Association. Clients continue to be able to access the charity directly (in the year to 30 April 2023, 41% of clients self-referred).

The Trustees are grateful to the BACP for its ongoing overview and guidance, which is essential in achieving the charity's aim of making high quality specialist counselling available to all in need, regardless of ability to pay. They also wish to recognise the work of the Therapy Manager in maintaining CPCP's accreditation with the BACP and the feedback that she received from that body, which recognised her work as evidencing a high professional standard of clinical practice.

Most importantly, CPCP's clients continue to affirm its positive impact upon their lives. The following testimonial was received from a client whose counselling came to an end during the year:

*"I am very grateful for the service, the thought and care with which it was delivered at one of the hardest times in my life. I learnt so much about myself and got the emotional support I desperately needed. Thank you so much, I am grateful a specialist charity like this exists."*

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>At the beginning of the charity's financial year, surplus cash funds of £24,038 were carried forward from the financial year ending 30 April 2022.</p> <p>Total funds received (all by way of charitable donations) in the year to 30 April 2023 amounted to £57,992 and total expenditure amounted to £38,824, leaving cash funds of £19,168 to carry forward to the next financial year.</p>
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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 its expenditure, 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	Following the death of one of its trustees, the retirement of its therapy manager and the termination of its licence to occupy its previous premises, the trustees are considering a potential merger of the charity.

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Deed of trust dated 31 December 2010
How is the charity constituted?	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	C/O Sinclair Gibson LLP 3 Lincoln's Inn Fields London WC2A 3AA
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### 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		N/A
2	Hannah Lucy Jennings	N/A		N/A
3	Sylvia Bruce-Baiden	N/A	01.05.2022 - 26.08.2022	N/A

Corporate trustees – names of the directors at the date the report was approved: N/A


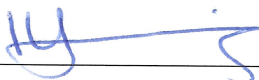
Name of trustees holding title to property belonging to the charity: N/A

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

### 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)	Peter Dominic Newby	Hannah Lucy Jennings
Position	Trustee	Trustee
Date	02. 02. 2024	





Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
City Pregnancy Counselling and Psychotherapy

On accounts for the year  
ended

30/04/2023

Charity no  
(if any)

1140992

Set out on pages

1 and 2

(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 30 / 04 / 2023.

Responsibilities and  
basis of report

As the charity trustees of the Trust, 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 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the 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: Veronica Fulton

Date: 15 December 2023

Name: Veronica Fulton

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

Institute of Chartered Accountants

Address:

108 Cranbrook Road

London W4 2 LJ

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.**





CHARITY COMMISSION  
FOR ENGLAND AND WALES

City Pregnancy Counselling & Psychotherapy

11490992

## Receipts and payments accounts

CC16a

For the period  
from

01/05/2022

To

30/04/2023

### 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 £
<b>A1 Receipts</b>					
Charitable Donations	30,550	-	-	30,550	7,000
Fundraising Dinner	22,068	-	-	22,068	-
Sundry Donations	5,374	-	-	5,374	4,925
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>57,992</b>	<b>-</b>	<b>-</b>	<b>57,992</b>	<b>11,925</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>57,992</b>	<b>-</b>	<b>-</b>	<b>57,992</b>	<b>11,925</b>
<b>A3 Payments</b>					
Staff Costs	20,520	-	-	20,520	26,864
Trainin Costs	200	-	-	200	725
Telephone	939	-	-	939	902
Council Tax and Utilities	1,573	-	-	1,573	2,987
Office Expenses	1,991	-	-	1,991	2,828
Professional Fees	1,161	-	-	1,161	769
Household	881	-	-	881	888
Fundraising Dinner	11,559	-	-	11,559	-
	-	-	-	-	-
<b>Sub total</b>	<b>38,824</b>	<b>-</b>	<b>-</b>	<b>38,824</b>	<b>35,963</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>38,824</b>	<b>-</b>	<b>-</b>	<b>38,824</b>	<b>35,963</b>
<b>Net of receipts/(payments)</b>	<b>19,168</b>	<b>-</b>	<b>-</b>	<b>19,168</b>	<b>- 24,038</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>19,168</b>	<b>-</b>	<b>-</b>	<b>19,168</b>	<b>- 24,038</b>

### 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 £
<b>B1 Cash funds</b>				
	Barclays	48,525	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>48,525</b>	<b>-</b>	<b>-</b>

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the  
charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Professional Fees	Unrestricted	-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on  
behalf of all the trustees

Signature

Print Name

Date of approval

*P. D. Newby*  
*H*

PETEL NEWBY  
HANNAH JENNINGS

02.02.24  
03.02.24