



Pregnancy Crisis Care (Plymouth & SE Cornwall)

Charitable Incorporated Organisation (CIO)

Report and Financial Statements

For the year 1st August 2021 - 31st July 2022

Registered Charity No: 1153438

Pregnancy Crisis Care (Plymouth & SE Cornwall)

Contents	Page No
Legal and Administrative Information	3-5
Report of the Operational Team	6-23
Financial Review – Trustee	24-25
Receipts and Payments Accounts and Statement of Assets and Liabilities	26-35
Independent Examiner’s Report	36
Statement of the Chair of the Trustees	37

Pregnancy Crisis Care (Plymouth & SE Cornwall)**Reports of the Operational Team for the year ended 31st July 2022**

The Operational Team presents its Centre Manager's report and audited financial statements for the year ended 31st July 2022.

Legal and Administrative Information

Charity Name: Pregnancy Crisis Care (Plymouth & SE Cornwall)

Charity Registration Number: 1153438

Registered Office and operational address: 2nd Floor (Right)
Kinterbury House
Kinterbury Street
Plymouth PL1 2DG

Operational Team:

Jane Frajbis	Centre Manager
Sarah Hill	Counsellor/Administrator Support
Debbie Allan	Counsellor

Trustees:

Mark Frajbis
Jean Roper (Chair – acting)
Stephen Fripp (Chair) / (Financial)
Vikki Finnegan
Tim Stephens (Safeguarding and Policies)
Bridget Stovold

Book-keeper:

Rebekah Coombes AATQB, Bookkeeping & Administrative Services, Licensed and regulated by AAT under licence number: 1004413

Independent Examiner:

Merlin Mbahin, Clear Blue Sky Accountancy Ltd, 30B City Business Park, Somerset Place, Plymouth, PL3 4BB

Bank: NatWest Bank, Plymouth City Centre Branch, 14 Old Town Street, Plymouth, PL1 1DG

Our Aims and Objectives

Purposes and Aims

Our charity's purposes remain the same, as set out in the objects contained in the charity's CIO Constitution are:

- Relief for those in need of distress by the provision of pregnancy choices counselling, post-abortion counselling and support for pregnancy loss and pregnancy-related concerns.
- The advancement of education for the public benefit in the subject of sex and relationships.

The aims of our charity are to provide a safe, impartial and caring environment for individuals and couples in need of support, information and confidential counselling for all pregnancy-related crises or issues, without fear of being hurried, pressurised or judged. This includes providing counselling and support for those facing anxiety and depression within pregnancy. Our services are available to persons living or working in the target area, without distinction of gender, sexual orientation and race or of political, religious or other opinions. We also aim to make available relevant and accurate information regarding support services that will enable beneficiaries to feel informed, empowered and respected, and will signpost/refer beneficiaries on to other services as appropriate.

Activities

Providing confidential and impartial counselling and support to individuals and couples in the areas of: pregnancy choices for unexpected pregnancy, psychological distress after-abortion, and grief/bereavement counselling for pregnancy loss (baby loss, miscarriage, stillbirth, new-born death, ectopic pregnancy and failed IVF), as well as counselling and support for those facing anxiety, fear and depression within a current pregnancy. Due to limited capacity, as well as the Covid-19 outbreak and subsequent lockdown, we have not been able to engage this year in educative work (re relationships and sex education), and this continues to be the case.

Public Benefit

To improve mental and psychological health and wellbeing for individuals and couples facing any pregnancy-related crises or perinatal mental health distress.

Ensuring our work delivers our aims

We review our aims, objectives and activities each year. This review looks at what we achieved, who we reached and the outcomes of our work in the previous 12 months, including an overview of the success of our work, and the benefits brought to the people who have attended our service. It is also of note, we are aware that as clients recover as they talk through their difficulties, our services benefit the wider community – partners, families, employers/businesses and the local community. Our clients regularly report improved relationships with partners and families, feel able to return to work/education, and re-engage in local community life. Reviewing our work helps us ensure our aims, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for this year continued to be the provision of free counselling and support for those facing mental and psychological health difficulties connected to any pregnancy-related crises. The strategies we used to meet these objectives included:

- Providing high quality, confidential and impartial counselling to all service users
- Ensuring staff and volunteers are provided with high-quality, regular clinical supervision
- Ensuring staff and volunteers attend regular and relevant training, including attending Continual Professional Development training days and workshops (either as a team or as individuals)
- Networking with and working in partnership with other agencies to ensure that each beneficiary receives appropriate services and relevant support
- With regards to the past Covid-19 pandemic, adapted ways of working have continued, with counselling provided via telephone and Zoom video sessions, as well as returning to face to face work.

How our activities deliver public benefit

All our charitable activities focus on the provision of professional, confidential and impartial counselling to all facing any pregnancy-related crises. This includes the provision of impartial pregnancy choices counselling, pre- and post-abortion counselling, and counselling/support for pregnancy loss and pregnancy-related concerns/anxiety. This year we have been unable to actively promote the advancement of education for the public benefit in the subject of sex and relationships, in part due to Covid, but also due to limited capacity. Provision of counselling for those facing anxiety and depression within pregnancy has been a vital support to isolated women, men and couples this year. These activities are undertaken to further our charitable purposes for the public benefit.

Who used and benefitted from our services?

Our objects and funding limit the services we provide to those in the Plymouth area and its environs. From the pandemic and previous working with some individuals out of area, this has now ended, and we continued to focus on Plymouth and Cornwall clients who make contact with us. Clients from further afield have been signposted to link with services in their local area.

Counselling has been provided for individuals and couples facing the loss of a baby through stillbirth, miscarriage, new-born death, fertility issues and failed IVF treatment. Impartial pregnancy choices counselling has been provided for individuals and couples facing an unexpected pregnancy. Counselling has also been provided for those struggling emotionally/psychologically following an abortion, as well as counselling for those who experience anxiety and depression within a current pregnancy.

We continue to promote universal access to our services in our area, and use regular monitoring processes to record recovery from intake to exit of counselling, as well as recording anonymised statistics regarding gender, ethnicity, age, and postcode area to monitor what types of clients from what local areas are accessing our services.

OPERATIONAL UPDATE REPORT – 1st August 2021 – 31st July 2022

"I really appreciated the flexibility and understanding in arranging an appointment, as well as the thoughtful and empathetic counsel given to me. It is difficult to find advice specifically for the partner of a pregnant woman, and I am extremely grateful for the help provided."

"It enabled us to see a way through the grief and reduce the anxiety through our follow up pregnancy."

"I no longer experience physical symptoms associated with anxiety as I am able to recognise and act on warning signs."

To start this year's updated report, I wanted to share a few real-life feedback from some of our clients, given with permission. It is always such a privilege and honour to walk alongside those who are struggling in some way around a pregnancy-related crisis or loss, and so encouraging to witness and hear their progress throughout their time with us.

For us at Pregnancy Crisis Care (Plymouth & SE Cornwall), this past year has been another busy one.

With Covid-19 settling more over this last year, we adapted to hybrid working with our clients. We were able to largely return to face to face working with our clients, and some clients remained having Zoom video or telephone counselling sessions

As Centre Manager, I am again immensely proud to report that our work has supported so many people over this year. Our committed volunteer and staff team have worked diligently to support many vulnerable individuals and couples facing a pregnancy-related crisis or loss.

Although lockdowns have eased, many clients have remained anxious and fearful, and our work with isolated and vulnerable clients remains more important than ever. We have continued to be a lifeline to many isolated clients, and helped support them through difficult and challenging times.

With Health services being at capacity, we have received continued referrals from various Health departments. Many women who have faced anxiety and depression around a pregnancy crisis or loss have accessed our services.

With the variety of issues that our client base face connected to a pregnancy crisis and loss, coupled with the anxiety and distress surrounding shifting sands following the fall-out of the Covid-19 pandemic, alongside the global, environmental and financial challenges we have all faced this past year, the Centre has remained a stable, supportive, caring safe space to support those who have faced the shock of unexpected pregnancy, and the complex grief surrounding the devastating loss of a baby within or following a pregnancy.

STAFF & VOLUNTEER TEAM

This year, the Centre Manager and Senior Counsellor/Administrator facilitated the management of the centre and co-ordination of the volunteer and trainee counsellors. There was another salaried Counsellor for 5 hours a week who undertook initial assessments as well as carried her own caseload. The rest of the team was made up of 12 trained Counsellors/Practitioners and trainee Counsellors who were on placement with us. These four trainee counsellors continued to complete their counselling practice hours with clients – either online via Zoom or telephone, or face to face at the centre. They each held a client case-load and were line-managed and supervised by Centre staff. We extend our sincere thanks to our volunteers, who all have such dedication and commitment to care so passionately and professionally for our vulnerable clients.

TRUSTEES

The centre continued to be supported by our Trustees, and our huge thanks extend to them for their continued support throughout the year. They met every 12 weeks (online via Zoom), to oversee the running of the centre, and agreed/ratified decisions made by the Operational Team. We had a new Trustee join us in February 2022, Bridget Stovold.

From February 2022, our Trustee, Jo Murphy, retired from her role. We thanked her for her role and support over the years. Though not a Trustee, Patrick Murphy, our Treasurer, also stepped down from his role at the same time, and we thanked him too for his commitment to supporting us over these years.

With Patrick Murphy stepping down, Steve Fripp became overseer of our Finances, and liaised with Centre Manager and Rebekah Coombes (Book-keeper) to monitor the finances of the centre. Xero accounting package assisted the management of the financial income and expenditure of the centre, and both Steve Fripp and Rebekah Coombes accessed this to monitor the financial health of the centre.

Julie Stevens, continued to volunteer with us on placement as a Counsellor, so she remained stepped down from her Trustee role throughout this year.

We were delighted Tim Stephens, a former beneficiary of our service, came on board as a Trustee too.

Jean Roper, Trustee, stepped down from role of Chair, and Steve Fripp stepped into this role. When Steve sadly became very unwell later in the year, Jean continued to act up as Chair for the Trustee meetings.

We were delighted that our Trustees were active within their roles over the year. Tim Stephens became overseer of our Safeguarding and centre Policies, and Steve Fripp became overseer of our Finances, as well as seeking out grant funding for us.

We send our immense appreciation to all our Trustees for their care, commitment and support of this service over the year.

PREMISES

With lockdowns ending, our premises were back to more normal function over this year. With staff and volunteers returning to face-to-face work, the counselling rooms were utilised throughout the week to provide counselling sessions, face to face and online/telephone. The office was used for Administration tasks and meetings.

Remote working

Remote working continued for some team members, providing counselling and supervision to clients and practitioners/counsellors via Zoom video and telephone.

GDPR Compliance

Our Administrator continued to implement and monitor our processes to ensure that we comply with the GDPR Data Protection Regulations. Confidential shredding of paperwork was undertaken by an external GDPR compliant company in Plymouth.

Clients

Client numbers rose this year, with the ending of lockdowns and restrictions being lifted.

Our service provided counselling for pregnancy-related crises or loss. We recognise that pregnancy can bring many unexpected feelings. What should be a positive and exciting life event for many people, can at times turn into a very negative experience for some. These difficulties can adversely affect the mental health and psychological wellbeing for those involved, their partners and their extended family.

Referrals were received from clients directly or from other professionals. Clients who faced an unexpected pregnancy presented with feelings of confusion, shock and fear, and clients who faced a pregnancy or baby loss presented with complex grief, severe depression, and at times suicidal feelings.

We received increased crisis (unexpected pregnancy) calls this year. These clients were seen within 24-48 hours, due to consideration of time limits in reference to their choices ahead. Other clients were continued to be supported with long-term counselling. Due to rising waiting lists, we reviewed the numbers of counselling sessions clients could receive within our service. Hence, clients were offered approximately 24 sessions of counselling, with some flexibility offered dependent upon need.

Clients seen for counselling included:

Baby loss – miscarriage, stillbirth, neonatal death, ectopic pregnancy

Fertility issues – difficulty getting pregnant, failed IVF

Post-termination – those struggling following a termination, either for elective or for medical reasons

Due to the location of our centre, Military personnel (Royal Navy, Army, Marines from Plymouth and surrounding areas) continued to access our services. Many of these personnel and their partners were isolated and disconnected from usual family support. Our services thus continued to be significant in provision of counselling and support at difficult times. The previous grant from Royal British Legion (managed by Plymouth Drake Foundation/Devon Community Foundation) ended last year. However, Service personnel still accessed our services.

Asides from unexpected pregnancy clients, who usually attend for 1-2 sessions, other clients attended for multiple sessions of counselling over several months – either alone or with a partner.

Waiting List

We continued to hold a waiting list for baby loss and post-abortion clients. Over the year this increased quite significantly. Most clients unfortunately had to wait at least 10-12 weeks to be seen for their initial assessment session. From this, they were then allocated to a regular counsellor. Some highly anxious pregnancy support clients were prioritised depending on their gestation of pregnancy.

Referrals

Referrals were received from the Bereavement Midwife at Derriford Hospital, Midwifery team, GP's, the Perinatal Mental Health and Maternal Mental Health teams, social care, Plymouth University, military personnel, and other voluntary agencies.

Pregnancy Crisis Care supported many people in these situations and walked alongside them as they processed difficult and complex feelings. Counselling helped clients to process anxiety, anger, fear, depression, trauma, PTSD and low self-esteem.

Unexpected pregnancy/crisis pregnancy clients (individuals and couples) were sensitively supported to talk through their feelings and thoughts around their situation. These confidential, impartial and unbiased sessions remained an important focus of the centre's work, to help ensure that clients had a safe, unpressured space to consider their options at a very difficult and complex time.

Referrals continue to be received from professionals and clients from within the Devon and Cornwall area. Self-referrals were received after recommendations from family and friends. Others found our service through our website or social media.

We referred clients to other local services when other needs arose and further, more specialised support was needed.

CLIENT FEEDBACK

Client feedback has consistently remained positive and stories have been shared on Facebook and our website, with client permission. Two new video stories were recorded and uploaded to our Vimeo channel and website. These were also used at events to raise awareness of issues raised within a pregnancy crisis/loss, as well as to promote further knowledge of our services.

WEBSITE

Our website was tweaked over the year. It remained an easy point of access for information about our services. Some clients agreed to have their stories put on our Vimeo channel, via our website, which helps demonstrate the work we do. Please see our website: www.pregnancycrisiscare.org.uk

CRM system

This year we implemented a CRM system to help us collate client statistics in a more accessible way. The staff have worked exceptionally hard this year to input many client contacts and sessions to ensure that reports can be pulled off at year end.

LITERATURE

On request, our leaflets and business cards were sent out to various agencies throughout the city and wider into Devon and Cornwall. These included Derriford Hospital (Maternity/Midwifery, Pregnancy Advisory Centre (PAC), Early Pregnancy Unit), GP surgeries, Plymouth University, Plymouth College of Art, Devon and Cornwall Social Care agencies, churches, The Zone, Plymouth Domestic Abuse Service, Perinatal and Maternal Mental Health Team, and Plymouth Options.

TRAINING/SUPERVISION

Training and supervision remained a high priority for us as a team. We encouraged all staff and volunteers to further develop themselves professionally through accessing CPD sessions, as well as reflect on their practice within regular monthly supervision sessions.

Further professional development workshops attended / completed included:

Post abortion care – August 2021
PCN Annual Conference – Derby – October 2021
Domestic abuse course at Cophthorne Hotel – November 2021
MIND Perinatal Mental Health training - November 2021
Telemedicine, PCN training on zoom – November 2021
Data Protection training through PCN – January 2022
SANDS online training re grief – February 2022
PCN Regional Conference at the Gower – June 2022
SANDS baby loss training online

One of our former student Counsellors, Amy, collated and presented a 'Grief Talks' online talk via Facebook Live for the team and others to join and listen in to, and to raise awareness of grief following baby loss. It also gave people the opportunity to share stories, listen in and feed back stories/information regarding their grief journey. It was well received by all.

SUPERVISION

The team received regular clinical supervision, an essential BACP requirement for helping to promote best and safe practice both for clients and Counsellors/Practitioners. The Centre Manager provided regular in-house supervision for team members, including some student counsellors. Some newer student counsellors accessed external supervision for their practice. Our Senior Counsellor met regularly with the students to line-manage their placement with us. The Centre Manager attended external supervisory support for her counselling practice as well as external consultative supervision for her Supervisory practice.

Group work

After a survey was undertaken to gain information about how our clients assessed and experienced our services, many clients mentioned that they were keen for us to provide group support.

Hence, after funding was sought, we were thankful to gain financial provision from two different grant funding agencies. We were then able to provide group work throughout this year.

One group was funded for 6 months for a facilitator and assistant to co-ordinate an online peer support group to provide support for those who are pregnant and anxious.

Another group was funded for one year for a facilitator to co-ordinate online and face to face baby loss support groups.

Counselling, guidance, support and information

CLIENTS

Age ranges of clients have been between 14 and 65, and some parents/grandparents have also attended for counselling sessions following a family baby loss. Clients were from various backgrounds; some being younger people at college/University, some were vulnerable refugees, or women in difficult/abusive relationships, some were isolated from family through military life. Others are clients who are working and may also be on limited incomes. Whatever their backgrounds or age, or socioeconomic status, all have faced a crisis relating to a pregnancy or loss. Many were very isolated and alone, with this being particularly prominent over this past year with the pandemic and limited support networks available, as well as restricted medical services being available. Individuals and couples were trying to process complex grief, guilt, shame, shock, fear, depression, anxiety, panic and trauma. Deep pain and distress troubled many clients and their mental, emotional and psychological health was severely impacted, with some struggling with severe depression or anxiety and PTSD symptoms, including suicidal feelings.

As a team, providing consistent time, care, compassion and great sensitivity helped our clients to process their pain and loss in a safe space. Although a long road for many, the counselling provision helped to support our clients on their journey through healing and trying to find hope again and their 'new normal.'

This years' figures are increased from the previous year. This is likely due to the ending of the pandemic and lockdowns. Counselling sessions (face to face), Zoom video calls, emails and telephone calls, as well as text support have risen significantly this year.

Due to successful funding from two different sources, we were able to provide group work to our clients.

Pregnancy Support Group – 6 months

This group ran as an online peer support group, for those who were anxious within a current pregnancy, and was co-ordinated by a facilitator and assistant. This group was invaluable in helping and supporting women who were struggling with anxiety and depression within a current pregnancy, and particularly difficult following a previous loss. Connecting with others was a great support and comfort for them. Some feedback from clients:

'Thank you I have really enjoyed the group and seeing the same faces each week. It has really made me feel less alone.'

'It's been helpful to share my thoughts with others that have been through the same as me.'

'I feel so much less isolated now.'

Pregnancy Loss Group – 1 year

This group ran both online and face to face, providing a safe group support for those who have faced any kind of pregnancy loss, and co-ordinated by a facilitator. This has been useful for those who feel so isolated after a loss, and given them a space to talk in a safe space with others who understand and have experienced previous baby loss.

Survey

A comprehensive survey questionnaire was sent out in this year to ascertain how clients and other professionals felt about our work, and how they benefited from the service, as well as ideas about what clients wanted more of and what, if any, improvements or changes to the work already offered at the centre. We received over 110 responses, which informed our implementing the group work commencing (as above). We received many amazingly positive feedback responses from this survey which was so encouraging and complementary of our work at the centre.

From 01.08.2021 – 31.07.2022:

257 clients - Attending for: 2705 hours of 1:1 hourly counselling sessions

This includes:

- **813 hours of face-to-face counselling sessions**
- **1456 hours of Zoom video counselling sessions**
- **436 hours of telephone counselling sessions**

Clients:

- **30 Military personnel/partners**
- **65 couples**
- **140 individuals**

Client contacts:

- **820 emails**
- **124 texts**

Enquiries and non-client contact:

- **140 telephone calls**
- **228 emails**
- **19 texts**
- **7 letters**
- **5 Zooms**
- **5 professional visits to centre**
- **3 external visits**

Waiting List contact:

- **98 telephone calls**
- **430 emails**
- **10 letters**
- **16 texts**

Military personal / partners:

- **30 clients**

SUPERVISION SESSIONS:

Face to face, Zoom video and telephone calls:

- **17,150 minutes = 286 hours of clinical supervision**

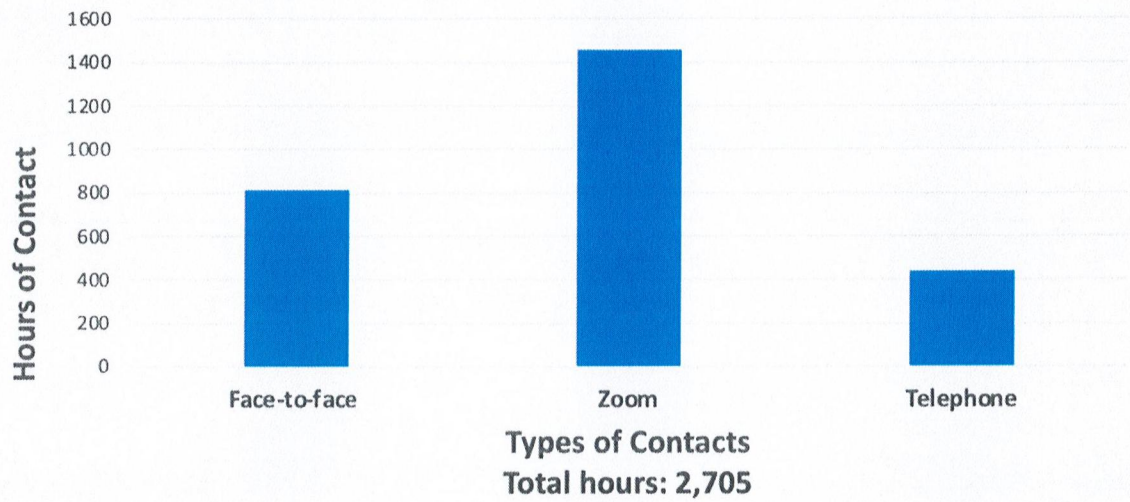
2021-2022 Client Numbers and Reason Breakdown

Support for:	01.08.2021 – 31.07.2022
Crisis Pregnancy	22
Post Abortion	20
Baby loss	33
Stillbirth	13
Termination for Medical Reason (TFMR)	17
Molar pregnancy	2
Ectopic pregnancy	9
Fertility issues	20
Miscarriage	64
Missed miscarriage	10
Pregnancy test	5
Pregnancy Support	27
Birth trauma	8
Post pregnancy support	3
Post Natal Depression	2
Fear of pregnancy	1
Post-natal anxiety	1
TOTAL CLIENTS	257

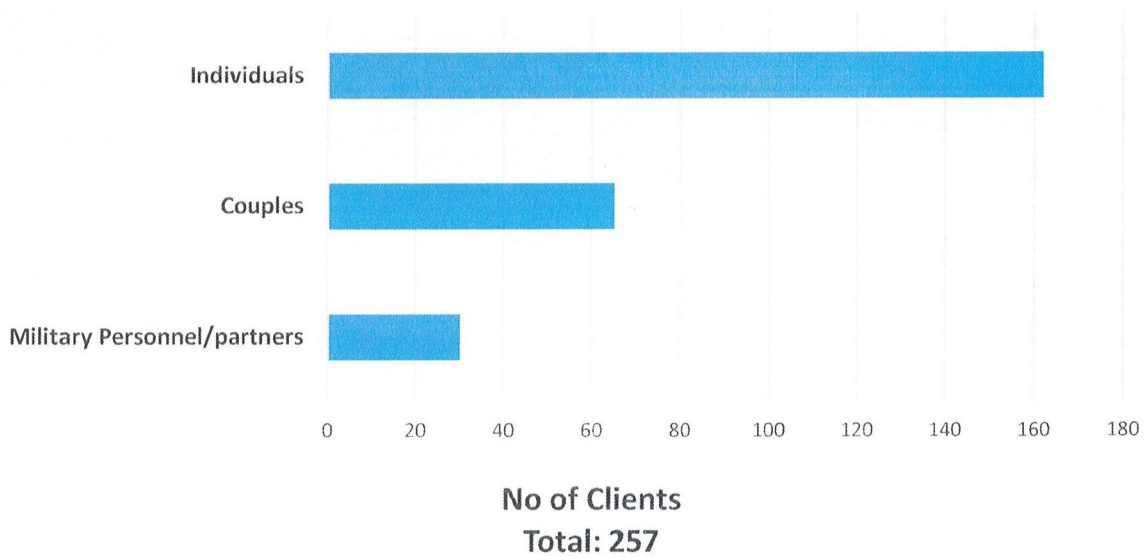
Total clients seen throughout the year: 257 clients

Total counselling hours provided over this year: 2705 hours

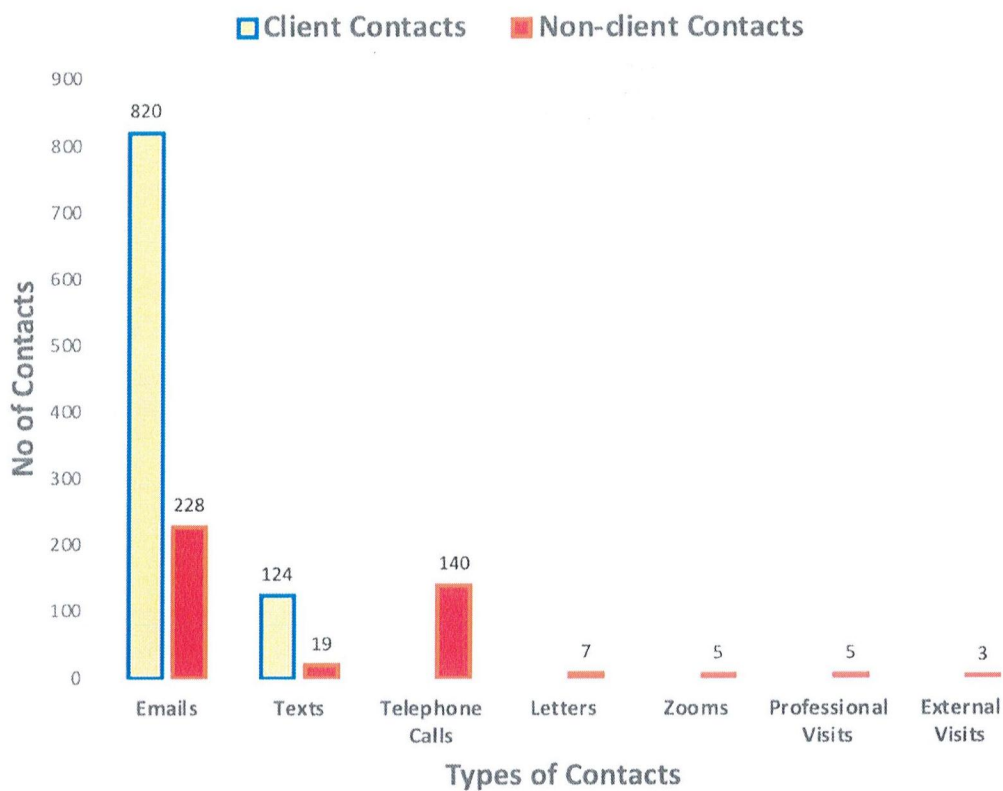
Types of Counselling Offered



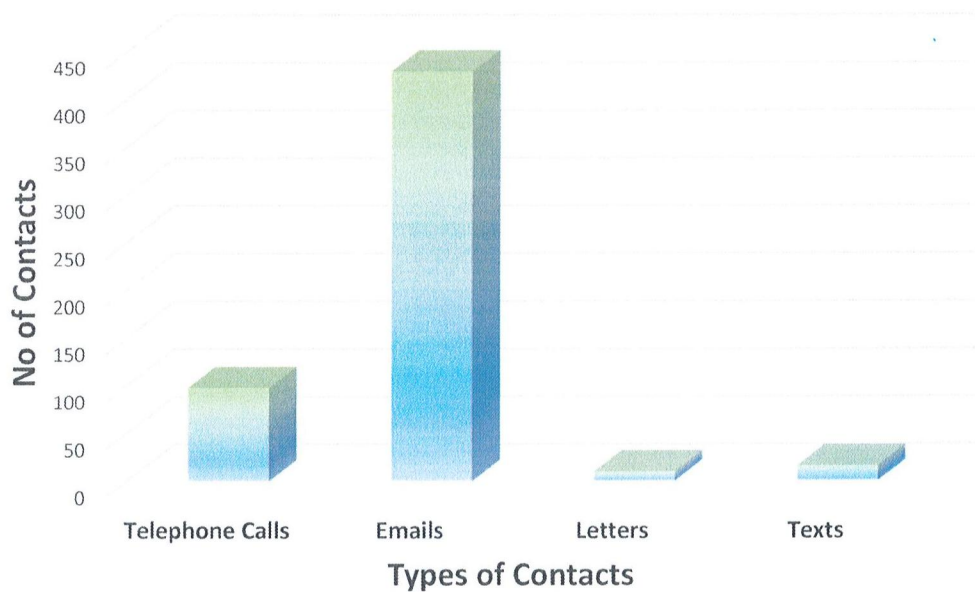
Types of Clients

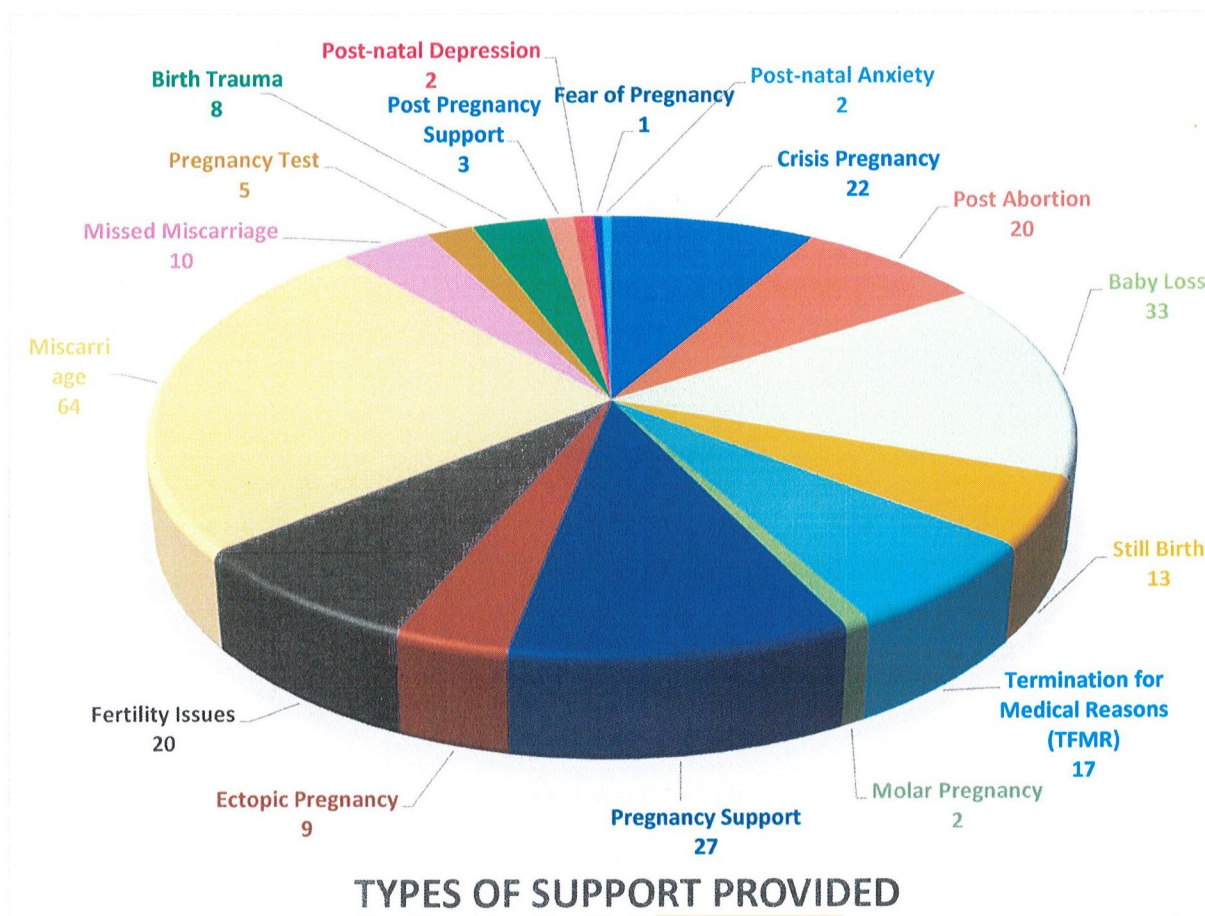


Episodes of Client & Non-client Contacts



Waiting List Contacts





All clients attending for longer-term counselling had their levels of Depression and Anxiety recorded at intake and exit. This evidenced their recovery and mental health progression, as well as the impact of counselling sessions on their mental and psychological health.

With some clients, we monitored PTSD scores using the SPRINT (PTSD) scoring indicator (*with permission from Jonathan R Davidson MD, a professor of psychiatry and Director of the Anxiety and Traumatic Stress Programme, an integrative anxiety treatment programme, at Duke University Medical Centre in Durham, N.C.*). Many women again showed a significant improvement in symptoms after just 5-6 sessions of counselling. This is further encouraging evidence regarding the effectiveness of our work with vulnerable clients at the centre.

Service users were signposted on to other services and agencies as necessary. These services included GP's, Housing, Children's Storehouse, Little Things & Co (prior to their closing), Adult Social Care, Plymouth Domestic Abuse Service, Children's Social Care and Safeguarding Team, RN/RM Military support services, The Zone, Derriford Hospital, Refugee & Asylum Seekers Mental Health team, and the Pregnancy Advisory Clinic.

COUNSELLING PLACEMENTS

Over this year, we had four trainee Counsellors with us to complete their 100 counselling placement hours. Two were from the Devon & Cornwall Counselling Hub, and one was from Heartwood Institute of Counselling, with the other one coming from Dartmoor Counselling Training. Provision of trainee counsellor placements helps the trainee to gain their much-needed hours, and it helps the centre to have more clients seen for sessions more quickly. These trainees were supported through supervision and line-management from within the team as well as externally. Again, we greatly appreciated their commitment and diligence in supporting our clients this year.

Feedback from Trainee Counsellors:

Trainee 1:

I want to thank Jane and Sarah for their support in my studies of level 4 Diploma in Therapeutic Counselling. Whilst I have yet to achieve the 100 hours, I am well over half way and want to thank them for their encouragement and guidance, particularly through the more challenging lockdown periods we have experienced. Their experience and encouragement have served to encourage me to persevere when it seemed difficult to balance life, work and study. They have supported in providing clients, enabling me to do my hours over zoom which has been beneficial for my clients and myself and of course through supervision and advice as required regards my course. The pregnancy crisis centre team provide such an enriching and kind atmosphere in which to work, and help support those in need regards pregnancy as well as those training to support them. I would definitely recommend the service to train through. Many thanks again.

Julie 15.08.22

Trainee 2:

I have thoroughly enjoyed my placement and am so grateful for the support, guidance and challenge given to me by Jane and Sarah, informally as well as formally, via Line Management meetings, individual supervision and latterly group supervision. I have benefited hugely, and I am sure my clients have too! This support and careful challenging enabled me to grow in confidence and work with clients using the skills and knowledge training has given me and the freedom to work creatively. I have appreciated coming into The Centre to work with clients as well as working online. My preference is to use the calm spaces at The Centre and overall my clients have preferred this too. Margaret's quiet, unassuming support when I am in the Centre has been very much valued as has her car parking synchronisation skills! I highly recommend a student

placement with Pregnancy Crisis Care and have felt safe and nurtured in this professional and caring environment where support is always on hand and great efforts are made to ensure that although counsellors and practitioners are not all Centre based, we are very much a strong team, committed to ongoing team CPD as well as individual self-development and this benefits us all, and our clients. Each of my clients are very appreciative of the services of Pregnancy Crisis Care and have begun also to benefit from the support groups offered. There is so much need for pregnancy crisis care, and my hope is to remain involved in the years to come. Thank you all! Helen 10.08.22

NETWORKING/OUTREACH

It was extremely difficult to attend many networking/outreach meetings this year due to Covid-19, though some meetings were held remotely via Zoom and the occasional face to face meetings as the lockdown and restrictions eased.

Meetings/events attended over this year included:

Cream tea event at The Lord Mayor's Parlour, with Terri Beer, Lord Mayor hosting us
Visit to Jon Grainger at Boringdon Park Golf Club re Ball planning
Duchy College, Fresher's Fair
PCN Annual Conference, Derby
Wave of Light at Derriford's Little Haven memorial garden
The Kindness of Strangers, Zoom meetings
Cross Rhythms Radio interview
Plym Chambers networking breakfast meeting – presented a small talk at Boringdon Park Golf Club
Talk/presentation to West Devon Filling Station, Lydford
The Gower's Regional PCN conference – networking and delivering a presentation
Ayla's Memorial birthday fundraiser, Plympton

Visits to the centre included:

Sue McDonald, Councillor, Plymouth City Council
Aimee Conroy (Founder) and Debbie (Trustee) of Luna's Fund
Terri Beer, Lord Mayor, Plymouth City Council
Tia and Leanne (Chasing the Rainbow)
Student counsellors for interviews and training
Tim and Rosie Stephens, former clients, with Tim agreeing to volunteer as a Trustee for us
Aimee Bull, SANDS
Paul Read, DRIFT
Natalie Fish, to film new client stories
Staff from Exeter centre

FUNDRAISING

Fundraising is an important part of our work and helped support provision of these services free of charge to our clients at their time of need. It also raised awareness of pregnancy-related crisis issues as well as highlighting our service.

We were delighted to be able to return to our face-to-face annual quiz in February 2022 at Boringdon Park Golf club.

We also spent the year planning our first annual Charity Ball, held at Boringdon Park Golf Club on 24th September 2022.

Both events were amazingly supported and we received fantastic feedback from those who attended these events. The Ball received particularly positive feedback, which was such an encouragement to us.

Many local businesses supported us through donation of raffle prizes, as well as attending the events.

Little Things & Co very sadly closed down within this year, which was a huge loss to the city and the baby loss community. The Founder, LeighAnne Wright, generously donated the closing funds of their charity, which was an amazing gift to our service. We thanked LeighAnne for this unexpected kindness at a time of great change and vulnerability for her.

Other amazing support was received from former clients and other supporters:

Ayla's Fund – Paul & Kate Vincent – fundraising events - £1205
Sienna's Story – golf and other sponsored events - £720
Filling Station – £500 gift donation
Ian Potts' funeral donation - £550
Linda Kirkman - £1000 gift
New Life Fellowship – £2000 gift
Milo Spencer – £1290 gift
Steve Fripp - £150 gift
M Pons - £150 gift
M Fish - £230 gift
Anonymous gift - £1000
Little Things & Co – closing down of charity - £9492.57
Schroders – Lloyds Gem Opcoma - £596 Sponsorship for Welcome drinks for ball in 2022
Santander match-funded up to £1500 from our quiz raffle in February 2022
Localgiving.org – donations received over the year
PayPal Giving Fund (via Facebook) – donations received over the year
Easyfundraising.org – donations received over the year
Amazon Smile – donations received throughout the year

Funding bids and applications were written to various organisations and Trusts throughout the year. Paul Read from Drift assisted us with exploring and applying for further sources of funding to sustain our work longer-term.

Successful funding received - 01.08.2021 – 31.07.2022:

Grant	For:
20.08.2021 Arnold Clark	£750 – general core costs
26.08.2021 Plymouth City Council	£550 - Staff training and lunch for team of volunteers
10.09.2021 VMHS	£2500 - For CRM system and telephone/broadband costs
14.10.2021 Hospital Saturday Fund	£4000 – Counsellor salary costs
18.10.2021 Persimmon Homes	£1000 - General running costs
24.10.2021 Ballard Trust	£750 – Training for volunteers
31.01.2022 The Forrester Family Trust	£5000 – Counsellor salary costs
22.02.2022 Grace Trust	£1000 - 3 hours a week salary for Counsellor for 6 months
31.03.2022 Plymouth City Council	£250 - Training for volunteers
21.04.2022 Devon Community Foundation 2022	£2000 – 5 hours extra Admin support for 6 months
12.05.2022 Localgiving May 2022	£500 - 2 hours a week salary for Counsellor for 6 months
13.05.2022 Awards for All 2022	£9300 - Funding for group work facilitator (online and face to face) for baby loss support – one year
31.05.2022 Western Power	£3900 - 2 workers for group work for pregnancy support clients for 6 months
14.07.2022 Albert Hunt Foundation	£1000 – Towards core costs

These grants were significant in enabling us to run the centre effectively and continue to provide a high-quality service to the public over this year.

We also remain so very grateful for our individual donations and monthly donors who gave to us financially again this year, either directly via BACS payment or via our link on www.localgiving.org. Clients sometimes raised money for us through a variety of fundraising events, which was never expected and yet always such a lovely surprise if/when they did so.

Immense gratitude is extended again to the many dedicated supporters and organisations who regularly donate to this work. It makes a huge difference to the centre having regular income and assists us in meeting ongoing running costs.

TEAM and AGM

Our AGM was held in December 2021, attended by team members and Trustees on Zoom. All Trustees were happy to continue with their roles. Jo Murphy stepped down from her role in February 2021, as did Patrick Murphy as Treasurer.

Team socials /quizzes were organised, some online and some face to face. The Pregnancy Centres Network conference was held in October 2021 in Derby, and members of the team attended this following the Hospital Saturday Fund's grant funding this for us. This conference helped us connect with other centres, network and socialise with other people, as well as update further skills, knowledge and CPD training.

EMPLOYMENT

The Centre Manager continued to work 14 hours a week, and a Counsellor was employed for 12 hours a week. Another Counsellor was employed for 5 hours a week. Our Administrator was employed for 10 hours a week, and we employed a Housekeeper/Cleaner for 5 hours per week.

With two smaller grants, one from Devon Community Foundation, and one from Localgiving/DCMS, two counsellors were employed for an extra 2.5 hours each per week for 6 months. Grants were received for group work and these staff members were self-employed within these roles. All other team members remained trainee or volunteer Counsellors and Practitioners.

THE FUTURE

Our aim for the future is to continue to provide this free service to those in need of care and support at times of great distress. To enable this, we wish to retain our employed roles to help support the running of this service. We would also like to employ another Counsellor to support the growing demands for our services. The Centre Manager will provide supervision and training to the volunteers, hold a caseload, and also oversee general management of the Centre.

We wish to continue working together and strengthening links with other agencies and services in the city to aid collaborative partnerships. This will help to ensure vulnerable clients receive holistic care and support. We continue to ensure that genuine care is provided for vulnerable individuals and couples who face difficulties around their pregnancy crisis or loss.

In order to maintain the provision of a high quality, professional counselling service, there is always the ongoing need to secure regular funding and this also remains a priority to enable us to continue to provide this highly valued and much needed service.

Yet again, we send our sincere gratitude once again to all individual Supporters, Trust funds, Organisations, Volunteers, Operational Team members and Trustees for all their hard work and dedicated support – our work together provides a huge amount of significant help to many very vulnerable clients at difficult times of great need, and the centre’s services continue to make a real, positive impact on their lives and futures. We couldn’t do all this without you all, so we sincerely thank you all very much again.

Professional Endorsements:

"As a fellow baby loss charity in the local area, we are very grateful for the continuous support and invaluable service Pregnancy Crisis Care offers to our beneficiaries. It is a fantastic lifeline for us to refer and direct families to them when they need extra or ongoing support outside of our remit. The families often comment on how helpful the services are to them on a personal level. We look forward to working towards more collaboration and partnership over the next 12 months with Pregnancy Crisis Care!" - Aimee Conroy, Chief Executive Officer & all Trustees of Luna's Fund

Client quotes, with permission:

Client feedback continues to be collated via feedback forms as well as anonymously via Survey Monkey. It remains heart-warming and a real honour to have received such encouraging feedback from so many of our clients. Here are a few samples of feedback people have left for us:

"I found having a private place to let out your emotions helpful."

"A space to express and discuss your feelings and also from your own home."

"I do not have a big support network around me, and at first was very confused to find out my life was going to take a new direction given an unplanned pregnancy. Right after my first appointment, I had clarity around the direction I wanted to take. The support I received was more than valuable and knowing I was not alone meant everything to me, as well as being able to talk with someone who was willing to listen and accept me for me, never steering me in a particular direction about my choices. Someone who I could talk so opening and honestly with helped me to feel empowered and able to make the choices that were right for me. Unfortunately, after a period of being excited to welcome a new baby into my life, and having support from Pregnancy Crisis Care, I sadly had a miscarriage. Words cannot describe how important this support has been for me. I am in awe at the service this centre provides, and know from my own experience with the centre how extremely important and valuable the service is. The staff I interacted with were kind, nurturing, present and caring. I received so much empathy and understanding towards myself and my situation. Thank you for all you do. I want you to know you do make a difference and such a positive contribution in the support you offer."

"The counsellor was excellent in her support, the progression of the support and the ability to time it at the right moments along our journey helped greatly in allowing us to navigate a way forwards."

"Excellent support, which was invaluable to me during a very difficult time in my life."

"Pregnancy Crisis Care is an excellent service, that fills a large hole in the NHS aftercare of baby loss. Once you are let go from hospital, you are on your own to deal with new and painful emotions from a challenging experience that you can never anticipate."

"I wouldn't have got through my pregnancy and my miscarriage if it hadn't been for the help and support from Pregnancy Crisis Care."

"I didn't really know what to expect... I have learned so much about myself which has made me feel stronger going into the future."

"I just want to say thank you to the Pregnancy Crisis team and most especially to my Counsellor for all the help she has given me and beyond. She has been my angel during the most difficult time of my life and the things we talked about during our sessions really made a big impact on me. I am forever grateful to the this service as I am now enjoying my life with my little man. I hope you will be able to help more women who are struggling during pregnancy. Keep up the excellent work."

"I am incredibly grateful to yourself and pregnancy crisis care. I plan on raising money this year for the charity."

"Thank you so much for your support over the past year! We couldn't have got through this without you."

"I just wanted to drop you a note to say thank you again for working with us, it was truly life-changing to have your support and counsel during this, the most difficult period of our lives. We cannot thank you enough and will always be grateful for your compassion and efforts."

"My Counsellor was warm and welcoming from the very first time I met her. I felt very comfortable – especially considering I have never had to do anything like this before. She helped me open up and unlock my feelings and made me realise they were valid and I was allowed to feel them. She gave me the confidence to open up to close family and my partner and ever since I have been able to do this a weight has been lifted and I feel supported. My Counsellor's advice and kindness was and is invaluable. Just knowing you have the support is a great comfort."

Human Resources employed

The weekly hours of employees during the year were as follows:

Centre Manager / Counsellor	14 hours (+ 2.5 hours per week for 6 months)
Counsellor/Project Outreach Worker	12 hours (+ 2.5 hrs per week for 6 months)
Administrator	10 hours
Cleaner/Housekeeper	7 hours (then reduced to 5 hours)
Counsellor	5 hours
Baby loss group work facilitator	5 hours (self employed)
Pregnancy support group work facilitator	6 hours (self employed)
Pregnancy support group assistant	2.5 hours (for 6 months)
Total hours per week	66.5 hours

The charity continues to operate a NEST Pension Scheme for eligible employees.

Accounting

The Centre subscribed to Xero accounting system throughout this year, which helped assist with collating annual accounts. We extend our thanks to Rebekah Coombes for her much-valued skill and support in reconciling our finances in Xero, and monitoring grant income and centre expenditure.

Trustee Remuneration & Related Party Transactions

No members of the Trustees received any remuneration during the year. There were no related party transactions.

Taxation

As a charity, Pregnancy Crisis Care (Plymouth & SE Cornwall) is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

Purposes of Restricted Funds:

Grant	For:
20.08.2021. - Arnold Clark	£750 – general core costs
26.08.2021 Plymouth City Council	£550 - Staff training and lunch for team of volunteers
10.09.2021 VMHS	£2500 - For CRM system and telephone/broadband costs
14.10.2021 Hospital Saturday Fund	£4000 – Counsellor salary costs
18.10.2021 Persimmon Homes	£1000 - General running costs
24.10.2021 Ballard Trust	£750 – Training for volunteers
31.01.2022 The Forrester Family Trust	£5000 – Counsellor salary costs
22.02.2022 Grace Trust	£1000 - 3 hours a week salary for Counsellor for 6 months
31.03.2022 Plymouth City Council	£250 - Training for volunteers
21.04.2022 Devon Community Foundation 2022	£2000 – 5 hours extra Admin support for 6 months
12.05.2022 Localgiving May 2022	£500 - 2 hours a week salary for Counsellor for 6 months
13.05.2022 Awards for All 2022	£9300 - Funding for group work facilitator (online and face to face) for baby loss support – one year
31.05.2022 Western Power	£3900 - 2 workers for group work for pregnancy support clients for 6 months
14.07.2022 Albert Hunt Foundation	£1000 – Towards core costs

Financial Review

In so far as the trustees are aware:

- there is no relevant audit information of which the charity's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the Charities Commission's website.

The trustees are responsible for the preparation of the annual report and accounts. It is best practice for both documents to be approved by the trustees as a body, in accordance with their usual procedure (for example, at a quorate trustees' meeting).

The charity finances were overseen this year by Jane Frajbis, Centre Manager, Rebekah Coombes, Book-keeper, And Steve Fripp, Trustee. The Accounts were externally examined by Independent Examiner: Merlin Mbahin, Clear Blue Sky Accountancy Ltd.



pp. **Steve Fripp – Trustee overseeing Financial Affairs**



Charity Name Pregnancy Crisis Care (Plymouth & SE Cornwall)		No (if any) 1153438
Receipts and payments accounts		
For the period from	Period start date 1/8/21	To 31/7/22

CC16a

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					
General Donations	15,624	0	0	15,624	11,246
Donations - Gift Aid	4,365	0	0	4,365	1,670
Grant Income	9,346	23,750	0	33,096	13,509
Fund Raising	5,986	0	0	5,986	9,022
Events Income	7,965	0	0	7,965	1,222
Training Contributions	0	220	0	220	0
Bank Interest	10	0	0	10	3
Tax Reclaimed	3,555	0	0	3,555	0
Sub total (Gross income for AR)	46,851	23,970	0	70,821	36,672
A2 Asset and investment sales, (see table).					
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	46,851	23,970	0	70,821	36,672
A3 Payments					
Rent Rates and Electricity	1,963	4,410	0	6,373	6,437
Salaries, Paye and Pensions	22,933	9,327	0	32,261	29,490
Stationery, telephones and Postage	1,218	259	0	1,477	2,179
Training and Supervision	470	470	0	940	2,241
Office Maint. And Sundries	751	950	0	1,701	2,084
Counselling Resources	56	0	0	56	769
Event Costs and Fundraising Fees	1,686	495	0	2,181	528
Subscriptions and Fees	1,078	576	0	1,654	1,427
Paye Bureau, Advert, Marketing, Insurance	2,529	0	0	2,529	1,107
Sub total	32,684	16,487	0	49,170	46,262
A4 Asset and investment purchases, (see table)					
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	32,684	16,487	0	49,170	46,262
Net of receipts/(payments)	14,167	7,483	0	21,650	-9,590
A5 Transfers between funds	- 10	10	0	0	0
A6 Cash funds last year end	32,061	7,214	0	39,275	48,864
Cash funds this year end	46,218	14,707	0	60,925	39,274

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	current account	20,685	14,707	0
	reserve account	25,478		0
	petty cash	66		0
	Total cash funds	46,228	14,707	0
	(agree balances with receipts and payments account(s))	Unrestricted funds	Restricted funds	Endowment funds

B2 Other monetary assets

Details	to nearest £	to nearest £	to nearest £
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0
	0	0	0

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0
		0	0

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Creditors	Unrestricted	82	
		0	
		0	
		0	

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

Signature

Print Name

Date of approval



JEAN ROPER

14/12/22

Executive Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall) For the year ended 31 July 2022

	2022	2021	VARIANCE
Cash			
Cash received	70,876.80	37,798.76	87.51% ↑
Cash spent	49,144.00	47,387.46	3.71% ↑
Cash surplus (deficit)	21,732.80	(9,588.70)	326.65% ↑
Closing bank balance	61,007.91	39,275.11	55.33% ↑
Profitability			
Income	70,820.53	36,672.82	93.11% ↑
Direct costs	56.20	768.58	-92.69% ↓
Gross profit (loss)	70,764.33	35,904.24	97.09% ↑
Other income	-	-	- —
Expenses	50,149.02	45,492.94	10.23% ↑
Profit (loss)	20,615.31	(9,588.70)	315.00% ↑
Balance Sheet			
Debtors	-	-	- —
Creditors	1,117.47	-	- —
Net assets	59,890.42	39,275.11	52.49% ↑
Sales			
Number of invoices issued	-	-	- —
Average value of invoices	-	-	- —
Performance			
Gross profit margin (%)	99.92	97.90	2.05% ↑
Net profit margin (%)	29.11	(26.15)	211.33% ↑
Return on investment (p.a.) (%)	34.42	(24.41)	240.99% ↑
Position			
Average debtor days	-	-	- —
Average creditor days	7,257.59	-	- —
Short term cash forecast	(1,117.47)	-	- —
Current assets to liabilities	54.59	-	- —
Term assets to liabilities	-	-	- —

Cash Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall) For the year ended 31 July 2022

	2022	YEARLY AVERAGE (YTD)	VARIANCE
Income			
donations- gift aid	4,365.00	1,670.00	161.38% ↑
Event Income	7,964.55	1,222.00	551.76% ↑
Fund Raising	5,985.54	9,022.19	-33.66% ↓
general donations	15,624.26	11,246.09	38.93% ↑
Gift Aid Tax Reclaimed	3,554.85	-	- —
Grant Income	33,096.00	13,509.25	144.99% ↑
Interest Income	10.33	3.29	213.98% ↑
Training Contributions	220.00	-	- —
Total Income	70,820.53	36,672.82	93.11%
Less Expenses			
Accountancy Fees	250.00	-	- —
Advertising & Marketing	74.88	100.58	-25.55% ↓
Bookkeeping and PAYE Bureau Fees	1,241.75	405.00	206.60% ↑
Cleaning	30.98	71.54	-56.70% ↓
Counselling Resources	56.20	768.58	-92.69% ↓
DBS and ICO Fees	557.75	724.00	-22.96% ↓
Employers National Insurance	940.88	480.94	95.63% ↑
Event Expenses	1,108.75	25.70	4,214.20% ↑
Fees re Fund Raising	510.00	396.99	28.47% ↑
Insurance	821.63	737.46	11.41% ↑
IT Software and Consumables	1,792.52	395.04	353.76% ↑
Legal Expenses - Lease renewal	-	486.00	-100.00% ↓
Light, Power, Heating	245.00	684.00	-64.18% ↓
Office tea/coffee/milk	17.83	224.67	-92.06% ↓
Operating Lease Payments	1,250.00	-	- —
Pensions Costs	829.96	658.77	25.99% ↑
PPE, Maintenance and General Expenses	93.78	762.52	-87.70% ↓
Printing & Stationery	203.20	(14.28)	1,522.97% ↑
Rates	967.64	753.28	28.46% ↑

Cash Summary

	2022	YEARLY AVERAGE (YTD)	VARIANCE	
Rent	3,910.00	5,000.00	-21.80%	↓
Repairs & Maintenance	-	84.74	-100.00%	↓
Return of Event fees	65.70	30.00	119.00%	↑
Rounding	(0.02)	-	-	—
Salaries	30,477.80	28,350.45	7.50%	↑
Staff Training	550.00	1,881.30	-70.76%	↓
Stationery, Postage, Freight & Courier	54.99	1,334.60	-95.88%	↓
Subscriptions	1,002.24	703.40	42.49%	↑
Supervision	390.00	360.00	8.33%	↑
Telephone & Internet	1,147.89	844.84	35.87%	↑
Travel - National	496.38	11.40	4,254.21%	↑
Total Expenses	49,087.73	46,261.52	6.11%	
Surplus (Deficit)	21,732.80	(9,588.70)	326.65%	
Plus Movements in Equity				
Reserves	-	(1,370.65)	100.00%	↑
Retained Earnings	-	1,370.65	-100.00%	↓
Total Movements in Equity	-	-	-	
Net Cash Movement	21,732.80	(9,588.70)	326.65%	
Summary				
Opening Balance	39,275.11	48,863.81	-19.62%	
Plus Net Cash Movement	21,732.80	(9,588.70)	326.65%	↑
Cash Balance	61,007.91	39,275.11	55.33%	

Profit and Loss

Pregnancy Crisis Care (Plymouth & SE Cornwall) For the year ended 31 July 2022

	2022	JUL 2021-JUN 2022	YEAR TO DATE
Trading Income			
donations- gift aid	4,365.00	4,365.00	4,365.00
Event Income	7,964.55	5,316.55	7,964.55
Fund Raising	5,985.54	5,107.26	5,985.54
general donations	15,624.26	17,569.26	15,624.26
Gift Aid Tax Reclaimed	3,554.85	1,499.65	3,554.85
Grant Income	33,096.00	32,096.00	33,096.00
Interest Income	10.33	8.81	10.33
Training Contributions	220.00	220.00	220.00
Total Trading Income	70,820.53	66,182.53	70,820.53
Cost of Sales			
Counselling Resources	56.20	56.20	56.20
Total Cost of Sales	56.20	56.20	56.20
Gross Profit	70,764.33	66,126.33	70,764.33
Operating Expenses			
Accountancy Fees	250.00	250.00	250.00
Advertising & Marketing	74.88	74.88	74.88
Bookkeeping and PAYE Bureau Fees	1,241.75	1,145.75	1,241.75
Cleaning	30.98	41.78	30.98
DBS and ICO Fees	557.75	557.75	557.75
Employers National Insurance	952.80	832.75	952.80
Event Expenses	1,258.75	1,243.75	1,258.75
Fees re Fund Raising	1,095.00	510.00	1,095.00
Insurance	821.63	821.63	821.63
IT Software and Consumables	1,792.52	1,819.12	1,792.52
Light, Power, Heating	245.00	294.00	245.00
Office tea/coffee/milk	17.83	31.23	17.83
Operating Lease Payments	1,250.00	1,250.00	1,250.00
Pensions Costs	830.01	805.42	830.01
PPE, Maintenance and General Expenses	93.78	106.13	93.78
Printing & Stationery	203.20	(590.53)	203.20
Rates	967.64	918.64	967.64
Rent	3,910.00	3,850.00	3,910.00
Repairs & Maintenance	-	18.74	-
Return of Event fees	65.70	65.70	65.70
Salaries	30,777.80	29,520.54	30,777.80
Staff Training	550.00	1,862.50	550.00
Stationery, Postage, Freight & Courier	54.99	913.94	54.99
Subscriptions	1,002.24	1,271.04	1,002.24
Supervision	390.00	390.00	390.00

Profit and Loss

	2022	JUL 2021-JUN 2022	YEAR TO DATE
Telephone & Internet	1,218.39	1,203.19	1,218.39
Travel - National	496.38	507.78	496.38
Total Operating Expenses	50,149.02	49,715.73	50,149.02
Net Profit	20,615.31	16,410.60	20,615.31

Balance Sheet

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2022

	31 JUL 2022	31 JUL 2021
Assets		
Bank		
Petty cash	55.84	70.74
PREGNANCY CRISIS CAR	35,474.20	8,736.83
PREGNANCY CRISIS CAR#001	25,477.87	30,467.54
Total Bank	61,007.91	39,275.11
Total Assets	61,007.91	39,275.11
Liabilities		
Current Liabilities		
Accounts Payable	1,117.47	-
Rounding	0.02	-
Total Current Liabilities	1,117.49	-
Total Liabilities	1,117.49	-
Net Assets	59,890.42	39,275.11
Equity		
Current Year Earnings	20,615.31	(9,588.70)
Reserves	48,863.81	48,863.81
Retained Earnings	(9,588.70)	-
Total Equity	59,890.42	39,275.11

Aged Receivables Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2022

Ageing by due date

Aged Payables Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2022

Ageing by due date

CONTACT	CURRENT	< 1 MONTH	1 MONTH	2 MONTHS	3 MONTHS	OLDER	TOTAL
Aged Payables							
Boringdon Park Golf Club	-	-	-	-	-	150.00	150.00
HMRC PAYE	-	-	-	-	-	11.92	11.92
Natalie Winders	300.00	-	-	-	-	-	300.00
NEST	-	-	-	-	0.01	0.04	0.05
Paul Read	-	585.00	-	-	-	-	585.00
Virgin Media	-	70.50	-	-	-	-	70.50
Total Aged Payables	300.00	655.50	-	-	0.01	161.96	1,117.47
Total	300.00	655.50	-	-	0.01	161.96	1,117.47
Percentage of total	26.85%	58.66%	-	-	0.00%	14.49%	100.00%

**INDEPENDENT EXAMINER'S REPORT TO
THE TRUSTEES OF PREGNANCY CRISIS CARE**

I report on the accounts for the year ended 31 July 2022, which are attached to this report.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year (under Section 144(1) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is needed. It is my responsibility to:

- examine the accounts (under section 145(1)(a) of the Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

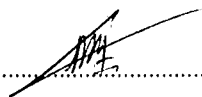
Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these 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 I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 130 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met: or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....


Merlin Mbahin, FAAT, MIP

(Fellow of the Association of Accounting Technicians)

01/12/2022
.....

Date

Clear Blue Sky Accountancy Ltd, 30B City Business Park, Somerset Place, Plymouth, PL3 4BB


Statement of Chair of Trustees

Members of the Operational Team

Members of the Operational Team/Trustees manage the affairs of the CIO, served during the year and up to the date of this report, as set out on pages 6-23.

In accordance with statutory obligations, we certify that as Trustees of the CIO, we have taken all the steps necessary in order to comply with the financial regulations affecting the charity.

Approved by the Operational Team and Trustees on 28th November 2022 and signed on its behalf by:



JEAN ROPER – Trustee and Acting Chair