



Pregnancy Crisis Care (Plymouth & SE Cornwall)

Charitable Incorporated Organisation (CIO)

Report and Financial Statements

For the year 1st August 2022 - 31st July 2023

Registered Charity No: 1153438

Pregnancy Crisis Care (Plymouth & SE Cornwall)

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Reports of the Operational Team for the year ended 31st July 2023

The Operational Team presents its Centre Manager's report and audited financial statements for the year ended 31st July 2023.

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 (till December 2022)

Teresa Blackler – Self-employed Book-keeper, Xero certified

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, educative work around relationships and sex education has been limited, though we have attended College/University Fresher's Fairs in the autumn terms.

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
- Continued to adapt provision of counselling using telephone and Zoom video sessions, as well as providing 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, due to capacity, we have been unable to actively promote the advancement of education for the public benefit in the subject of sex and relationships, besides from attending College/Uni fresher's fairs. 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 outside Plymouth and Cornwall were signposted to services in their local area.

Counselling was 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 2022 – 31st July 2023

To start our report this year, I wanted to again share some inspiring and heartening feedback from a few of our clients, shared with permission. It remains a privilege and honour to walk alongside those who are struggling in some way around pregnancy-related crises or loss, and it is so encouraging for us as a team to witness their progress over their time with us.

"I just wanted to say a huge thank you for your kindness and compassion... you helped me to get to where I am today by providing me with a tool kit to battle the bad days with. We still remember the little girl we couldn't keep..... I am delighted that we now have our beautiful girl in our lives!"

"The whole experience was good and very positive.... I wouldn't be where I am now if I hadn't had this counselling.....I feel much more positive and able to feel more in control of my feelings."

"I found sessions with my Counsellor so helpful. Just having a safe space to express all my feelings and share my thoughts. I especially found working on tools to address my anxiety very helpful. Thank you so much."

"... counselling has given us the tools to cope during hard times with our emotions, but also with each other. Increased confidence in dealing with adversity. My wife and I have become better at communicating and dealing with each other's emotions. I think having counselling sessions has changed my life for the better and I am so grateful to my Counsellor and to Pregnancy Crisis Care for that."

"I felt so alone in my situation, and felt anxious and angry.... Counselling has helped me move forward and not look back in anger. It helped me categorise my grief so it felt less overwhelming and easier to deal with..... it also helped me to open up more to friends and family about how I was feeling..... Pregnancy Crisis Care is a brilliant service and I felt very welcomed and listened to."

"Counselling has made me think about and link my general mood/emotions/feelings to the baby loss, and helped me understand and recognise when and why I may be feeling the way I do. It's also been really useful having a session where I can't avoid the situation. The has really helped me communicate about the losses both inside and outside the sessions.....It has also had a positive impact on the relationship with my wife. We have been able to talk more and it has helped us understand our different ways of dealing with the loss..."

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At Pregnancy Crisis Care (Plymouth & SE Cornwall), it has been another busy year. As Centre Manager, I remain immensely proud to report that our work has positively supported so many people over this past year. Our committed volunteer and staff team have yet again worked diligently to support many vulnerable individuals and couples facing very difficult times in their lives around a pregnancy-related crisis or loss.

With exciting news of a larger grant fund from Reaching Communities (National Lottery) being awarded to us within this year, this enabled us to develop our project, and supported us to become more robust and secure in terms of secure funding, as well as some reorganisation of roles and responsibilities.

Many clients welcomed the return to regular face-to-face counselling sessions over this year, while some clients continued to have Zoom video or telephone counselling sessions. This hybrid way of working was popular for some clients and team members.

With many local services being at capacity, we have received continued referrals from a variety of Health and Social Care departments. Many clients accessing our service found their counselling sessions to be a lifeline, helping them through difficult and painful life experiences. The Centre has remained a stable, supportive, caring, safe space to support those who 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. Another Counsellor was taken on who carried a client caseload, as well as undertaking an administrative/monitoring role. Another part-time salaried Counsellor, undertook initial assessments as well as carried her own caseload. The rest of the team included 12 trained Counsellors/Practitioners, including 4 trainee Counsellors 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 caseload 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 are extended to them for their continued support throughout the year. They met every 12 weeks (face to face and online via Zoom), to oversee the running of the centre, and agreed/ratified decisions made by the Operational Team. We received some very sad news this year that one of our long-term Trustees, Steve Fripp, who had become very unwell, sadly passed away in the early hours of 8th April 2023, after a short struggle with an aggressive cancer.

Steve was a much-loved long-term, key member of the Trustee team, with a real heart for this work. His loss has left a big hole for us all. It was agreed by the team of Trustees that a donation would be sent to the charity of his choosing (HospiceCare in North Devon), in memory of him. Some Trustees gave an individual donation, and with the Centre's donation of £100, the total given to his wife, Heather, to give to the charity was £175.

With Steve's passing, Jean Roper remained in her role of Chair of Trustees, which the team were immensely grateful for.

Julie Stevens, who stepped back from our Trusteeship whilst she undertook her counselling training placement with Pregnancy Crisis Care, has now re-instated her role as Trustee as from 31.7.23. Julie was welcomed back warmly at the last Trustees meeting.

With Steve Fripp's passing, Rebekah Coombes (Book-keeper) continued to diligently monitor our finances until December 2022. We changed our Book-keeper to Teresa Blackler from December 2022 to present day.

Rebekah provided great commitment, support and insight in monitoring our finances at the centre. With the grant money awarded to us from the National Lottery, it was necessary to change the ways of monitoring

budgets and financial planning, as well as arranging for staff salaries to be paid via Xero. Unfortunately, Rebekah couldn't provide this level of support. Hence, Teresa was able to fulfil this role and the financial tasks needed for the National Lottery reporting.

The Trustees were key in helping support the centre this year, particularly over a difficult time with the loss of Steve, and the negotiation of our lease terms.

We remained appreciative to all our Trustees for their care, commitment and support of this service over the past year.

PREMISES

Our premises were utilised well this year, as many more clients returned for counselling sessions at the centre. Staff and volunteers used all three office spaces for client work, administration, Zoom video and telephone calls, as well as other meetings. The Trustees started to attend the centre every other quarter for their 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

Clients were seen over this year – many for multiple sessions over many months. Changes seen were evident:

"I feel much more confident in myself and my ability to handle different situations. I have worked through a lot of difficult emotions, memories and associations that has resulted in me finding more enthusiasm for life."

"Counselling has impacted my journey by making it smoother, made it real.... I have come to terms with the termination and the guilt has been less..... The support I received has taken the load off my support systems, not dumping it on them."

These additional quotes from client feedback (kindly given with permission), reveal the positive benefits of attending for counselling with our service. We are aware 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. Clients often face confusion, shock, fear, anxiety, severe depression, complex grief, PTSD and suicidal thoughts.

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 attended for counselling for the following reasons:

Unexpected pregnancy – those struggling with making difficult decisions following an unexpected pregnancy

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

Pregnancy Support – those struggling with anxiety and depression in a current pregnancy, particularly difficult after a previous loss

Traumatic birth – those struggling with difficult trauma and memories after a traumatic birth

Our centre's location in Plymouth, (being a Military city), meant that Military personnel (Royal Navy, Army, Royal Marines from within Plymouth and surrounding areas continued to access our services, either through referral from the Military, or via self-referral. Many of these personnel and their partners were isolated and disconnected from usual family support. Our services continued to be significant in provision of counselling and support at difficult times.

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. More males attended for counselling on their own over this past year.

Waiting List

We continued to hold a waiting list for baby loss and post-abortion clients. Over the year this increased quite significantly. The total numbers on this list over the year were 107 clients. These clients had to wait at least 12-14 weeks to be seen for their initial assessment session. From this, they were then allocated to a regular counsellor. With the increased income from the National Lottery, we were able to employ a Counsellor and allocate more counselling hours, and the list later reduced to around 8 weeks waiting time. Crisis pregnancy clients, and some of the more anxious pregnancy support clients were prioritised depending on their gestation of pregnancy.

Referrals

Referrals were received from different professionals, including the Bereavement Midwife at Derriford Hospital, Midwifery team, GP's, Plymouth Options, the Perinatal Mental Health and Maternal Mental Health teams, social care, Plymouth University, Military personnel, and other voluntary agencies. These referrals came from within the Devon and Cornwall area. Self-referrals were also received, via recommendation from others, or from visiting our website. Social media also raised awareness and some referrals were received via this medium, as well as via our new website.

Pregnancy Crisis Care supported many people 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 clients had a safe, unpressured space to consider their options at a very difficult and complex time.

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

CLIENT FEEDBACK

Client feedback has consistently remained positive this year, and stories have been shared on Facebook and our website, with client permission. We hold a lever-arch file full of encouraging feedback from clients. 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.

"Helpful to have a protected and safe space to talk about my feelings. Helpful too to gain new tools to manage my pregnancy-related anxiety. I found the Worry Tree the most useful. My counsellor made my feelings feel valid, not stupid."

"When I arrived at the centre, I was consumed with sadness. Having counselling at Pregnancy Crisis Care has been very important. It helped me work through my worries, low self-esteem and sadness. I am now happier in my relationships. The support at the centre has been amazing. Thank you."

CLIENT MONITORING

Following funding from the National Lottery, we developed a more robust monitoring system for client wellbeing to be monitored. Outcome stars were created which enabled clients and ourselves to see visible changes in their health and emotional/mental wellbeing, as well as confidence and decision-making changes. Thus, the impact of our work could be more easily visualised.

FINANCES UPDATE

Regular income from local individuals and organisations helped us to maintain a small, consistent income which we were and remain extremely grateful for. Alongside this, grant applications were regularly applied for. This year, we were delighted to hear that we were successful in our National Lottery (Reaching Communities) application, and thus were awarded 3 years of funding for our project. This was such an encouragement to us and helped us to start to develop and improve our service. The website was updated, staff hours changed, and a development budget enabled us to fund training, social media posts and develop a video to promote our work.

The National Lottery (Reaching Communities) grant fund enabled us to further develop and grow this service, re-develop our website, increase staffing hours and wages, develop a video to demonstrate our work, provide training for our volunteers and staff, develop our presence on social media, as well as cover core costs for the running of the centre. This was a huge encouragement to us as a centre, and helped support us in these difficult financial times.

WEBSITE

As stated, due to funding received from National Lottery (Reaching Communities), our website was updated this year. This 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 Referrals have also been received since via this website.

CRM SYSTEM

This year the CRM system continued to help us collate client statistics in a more accessible way. The initial inputting was managed well and completed so that reports were able to be pulled off easily at year end.

LITERATURE

Our leaflets and business cards were sent out on request to various agencies throughout the city and wider into Devon and Cornwall. These included Derriford Hospital (Maternity/Midwifery, Bereavement Midwife, Pregnancy Advisory Centre (PAC), Early Pregnancy Unit), GP surgeries, Plymouth University, Plymouth University 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

Training remained a 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 supervision.

Further professional development workshops attended / completed included:

PCN course – Pregnancy Choices – 12 weeks
SANDS – Grieving in the Workplace
Pregnancy Support – PCN
Make Birth Better
PCN course – The Bowl (post-abortion) – 7 weeks
Trauma Informed practice – Plymouth Trauma Network
Hidden Harm training (Plymouth Safeguarding Team)
SANDS Bereavement in the Workplace training workshop
PCN – Pregnancy After Loss workshop
Understanding Neglect and Emotional Abuse – Plymouth City Council Safeguarding Team
PCN Medical PTSD training workshop
IVF training – Fertility Network UK
PCN Course – The Bowl (Post Abortion) – 7 weeks
Medical Negligence – legal understanding training evening – with Helena Campbell from Tozers Solicitors
PCN - Social Media overview
Connecting with People / Pete's Dragons – Emotional Resilience
Connecting with People / Pete's Dragons – Suicide Awareness

SUPERVISION

The team received regular monthly 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 of the 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 time with us. The Centre Manager attended external supervisory support for her counselling practice as well as external consultative supervision for her Supervisory practice. Group supervision sessions were held at times via Zoom video so that the team could link together and discuss caseloads and issues arising.

GROUP SUPPORT WORK

Following a former survey to clients and professionals, this helped us gain information about how our clients assessed and experienced our services. From this, many clients informed us 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 streams, which enabled us to provide group support work for clients throughout this year.

One grant funded an online facilitator and assistant for 6 months to co-ordinate an online peer support group, which provided support for those who are pregnant and anxious.

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

Pregnancy Support group – 6 months

Western Power / Localgiving – grant

This group ran online for a 6-month period, with a group facilitator and an assistant. This group helped people who were pregnant again after a previous loss – a time of great anxiety and fear. The women who attended found great support with the peer support, and were so well held by those running the group. Due to funding ending, and limited take up, this group ended as the grant finished.

Feedback from services users from this groupwork:

"I feel so much less isolated now."

"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."

Pregnancy Loss Group – 1 year

Awards for All grant funding

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 was 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.

Feedback from service users from this groupwork:

"Getting the group support has helped me to realise that it's not acceptable and I shouldn't put up with these negative, draining relationships. In some ways I've been lonelier as a result because I've lost these connections, but the support group is a new and meaningful connection that provides the support that is so needed."

"I was nervous to first attend the group session, however that was soon gone once I met the staff. The group facilitator is fantastic and made me feel at ease throughout my experience in the group."

"I honestly believe that the support I have received has saved my life. After my first loss I was so low and I was not offered any support via the NHS. None of my friends/family knew how to support me, and I did not know what I needed from them. I did not know how to cope and did not believe I would ever be able to be happy again. The group and my 1:1 supported me during this time and then again after my second loss. My 1:1 counselling started after my 2nd loss. Which again was a time when I could not see how things would ever get better and was a very low point."

"I feel it has helped me navigate my grief alongside my husbands, whose grief looks very different than mine. I was provided with resources during the baby loss group to help me understand how men/women's grief can be different and I feel this really helped both myself and my husband understand how the other one felt."

Counselling, guidance, support and information

CLIENTS

Age ranges of clients have been between 14 and 71. Clients came from various backgrounds; some being young people at college/University, some were vulnerable refugees, or women in difficult/abusive relationships, some were isolated from family through military life. Others were clients who are working or on limited incomes. With the cost of living crisis, private counselling, although much needed, may be out of reach for even those who are employed. Hence, the provision of free counselling for those who are in deep distress was a lifeline to many. Whatever their backgrounds, age, or socioeconomic status, all clients seen have faced a crisis relating to a pregnancy or loss. Many were very isolated and alone, with limited support networks, as well as difficulties in accessing medical support at times. 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. Through their counselling with us in a safe and confidential space, clients were supported to process complex grief, guilt, shame, shock, fear, depression, anxiety, panic and trauma. Often this was a long and slow road of recovery to find some kind of healing, a sense of hope again and their 'new normal.'

From 01.08.2022 – 31.07.2023:

222 clients - Attending for: 1950 hours of 1:1 hourly counselling sessions

This included:

- 1064 hours of face-to-face counselling sessions
- 688 hours of Zoom video counselling sessions
- 198 hours of telephone counselling sessions

Clients:

- 29 Military personnel/partners
- 33 couples (66 people)
- 160 individuals

Client contacts:

- 1136 emails
- 285 texts

Enquiries and non-client contact: 118 in total

- 123 telephone calls
- 167 emails
- 5 texts
- 5 letters
- 1 Zoom video call
- 9 professional visits to centre
- 5 external visits

Waiting List contact: - 107 clients on our waiting list within this year

- 50 telephone calls
- 494 emails
- 2 letters
- 12 texts

SUPERVISION SESSIONS:

Face to face, Zoom video and telephone calls:

- 10,800 minutes = 180 hours of internal clinical supervision
- 2160 minutes = 36 hours of external clinical supervision

2022-2023 Client Numbers and Reason Breakdown

Support for:	01.08.2022 – 31.07.2023
Crisis Pregnancy	18
Post Abortion	22
Baby loss	33
Stillbirth	20
Termination for Medical Reason (TFMR)	18
Ectopic pregnancy	7
Fertility issues	11
Miscarriage	46
Missed miscarriage	11
Pregnancy test	4
Pregnancy Support	24
Birth trauma	5
Post pregnancy support	1
Post Natal Depression	2
TOTAL CLIENTS	222

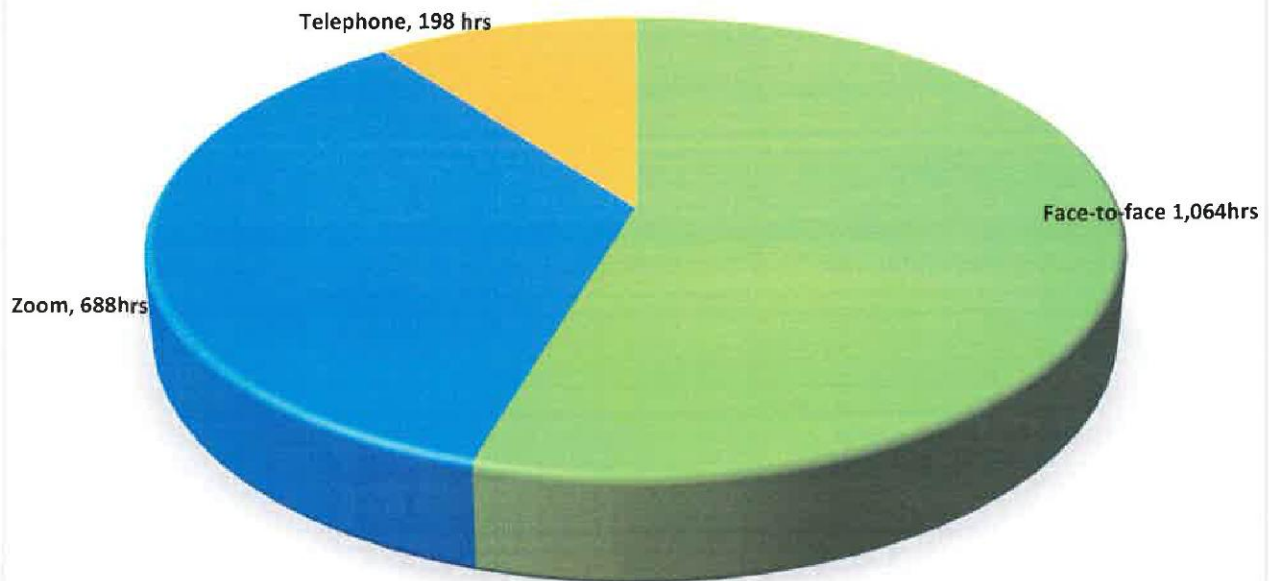
Total clients seen throughout the year: 222 clients

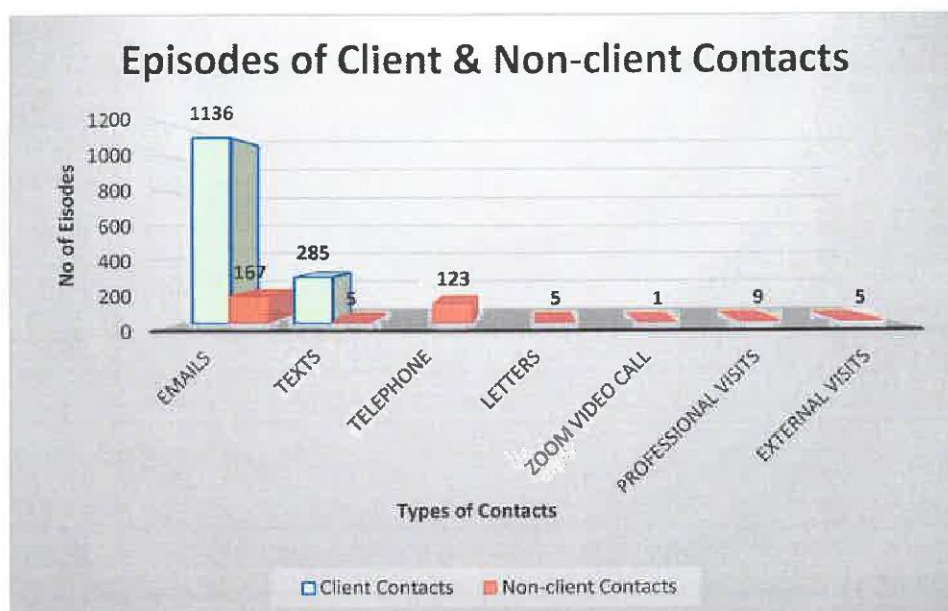
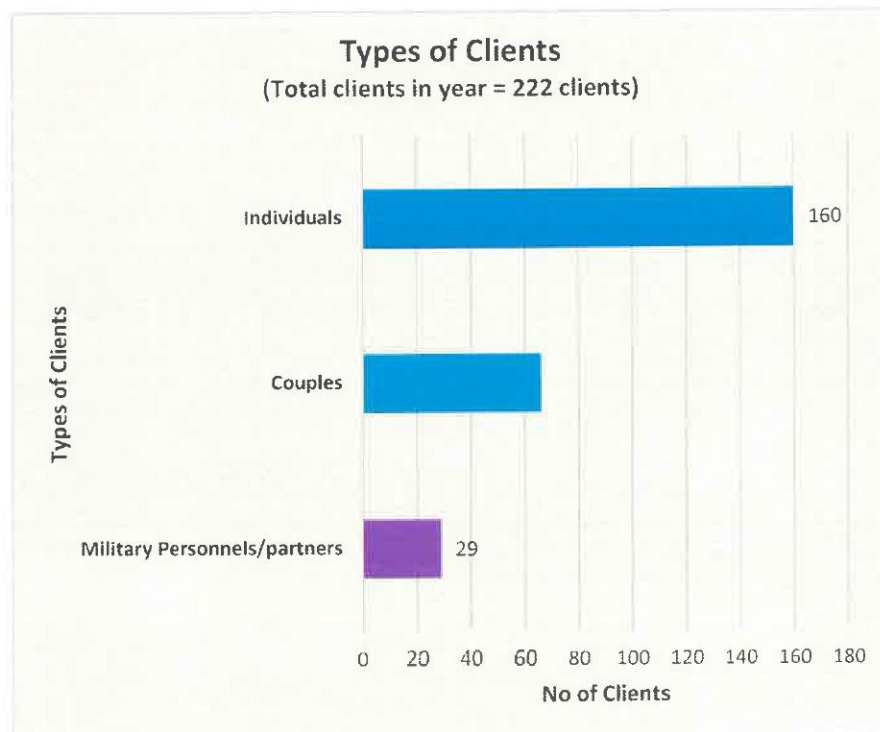
Total counselling hours provided over this year: 1950 hours

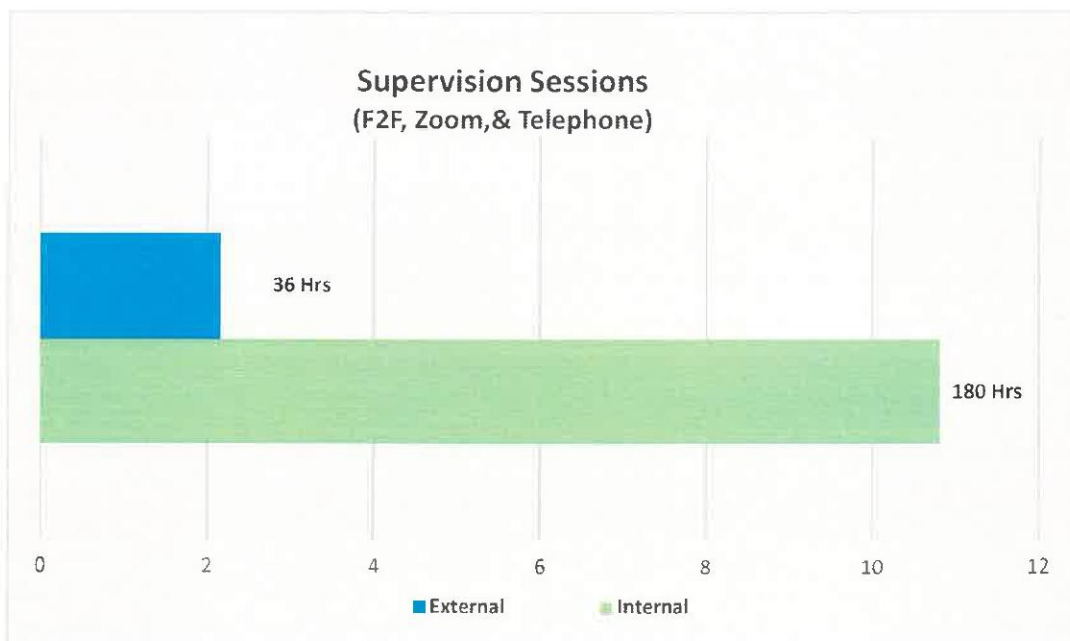
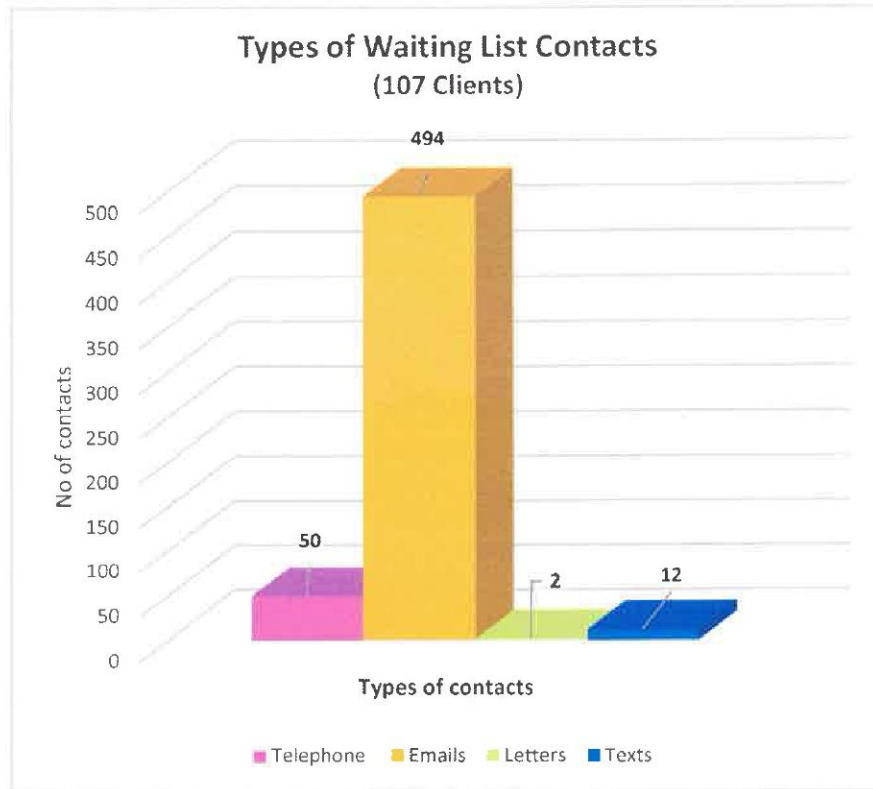
Statistics for Pregnancy Crisis Care – 01.08.22 – 31.07.23

COUNSELLING SESSIONS

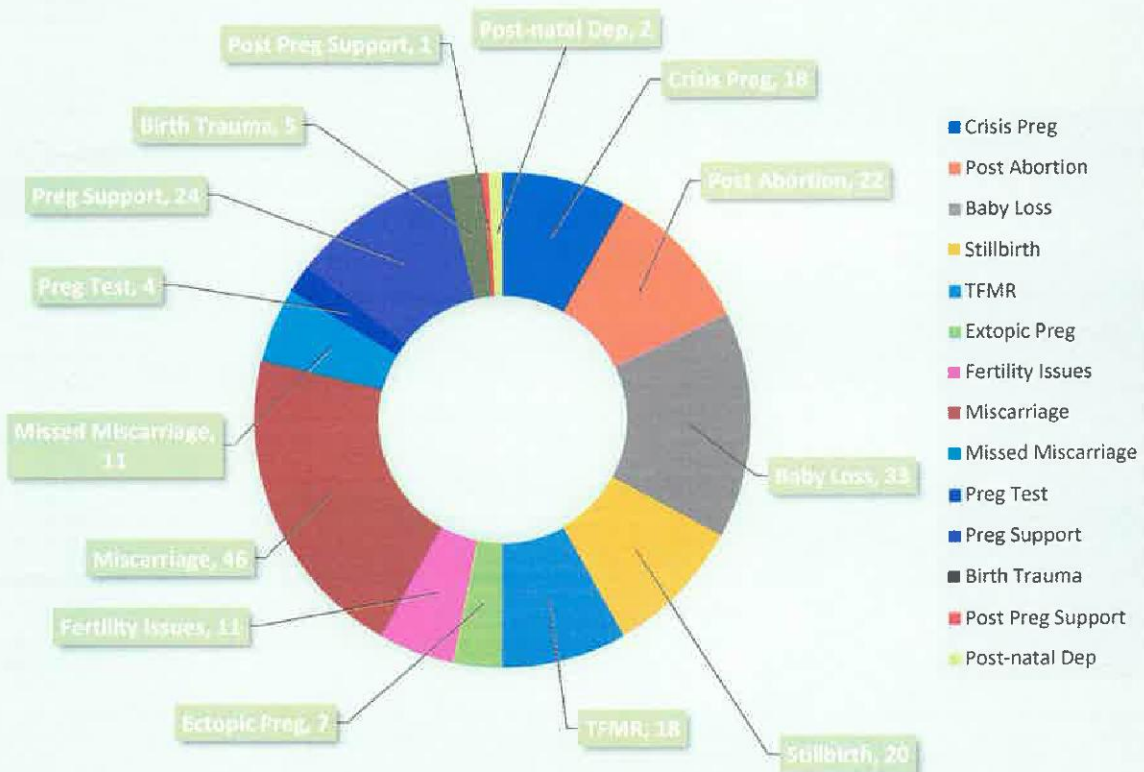
(222 CLIENTS - RECEIVING A TOTAL 1,950 HRS OF COUNSELLING)







Types of Reasons for Support (Total clients = 222 clients - attending for 1,950 counselling hours)



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.

Clients levels of PTSD were monitored. Scores from the SPRINT (PTSD) monitoring form were taken and monitored regularly throughout sessions. SPRINT is a PTSD scoring indicator (*used 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 significant improvements in symptoms after just 6 sessions of counselling. This reflects the effectiveness and positive impact of our counselling sessions with 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 in 2022), Luna's Fund, 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 5 trainee Counsellors with us to complete their 100 (or 150) counselling placement hours. Three have now qualified, whilst the others were still completing their hours. The students came from Astranti Connect (formerly Devon & Cornwall Counselling Hub), Heartwood Institute of Counselling, Iron Mill and Marjons. These trainee counsellor placements assisted them in gaining their valuable practical counselling hours, and it helps us to allocate out clients more quickly for counselling. These trainees were supported through line-management and group supervision from within the team as well as external supervision. Again, we greatly appreciated their commitment and diligence in supporting our clients this year.

Feedback from Trainee Counsellors:

Trainee 1: Romilly (Student Counsellor) - *I've really been enjoying my time at Pregnancy Crisis Care, Sarah and Jane have been incredibly supportive, so it's been a lovely way to ease into face to face client work. There is a lovely team ethos, lots of resources and I'm learning so much!*

Trainee 2: Helen (previous volunteer Trainee Counsellor at Pregnancy Crisis Care/staff member)
I have benefited enormously from the time spent as a volunteer and trainee in terms of growing my skills and confidence, and appreciating the support from Jane as Centre Manager and Supervisor where she both encouraged and challenged me to grow. Sarah has been very supportive as Line Manager and so has Margaret, and I have appreciated the peer supervision and training days It is great to work in an agency where we can all feel we are there to support each other as the work can be demanding on each of us. I would recommend volunteering with Pregnancy Crisis Care, as the support from the management and the wider team has been invaluable to me. I have been privileged to be part of this and appreciate hugely the trust placed in me in appointing me now to the staff team.

Trainee 3 : Liza (Student Counsellor) - *The whole experience so far has been great. Everyone has been welcoming and supportive especially Sarah who has encouraged and supported me with any worries or questions I might have had. Because of the way my client has had to work, most of the sessions have been on zoom, which initially took me completely out of my comfort zone! Now however I feel confident that this will be part of my practice moving forward. I've appreciated being included in all the group discussions and I'm very much looking forward to the team fused glass event. Again, being included has been very helpful in made to feel part of something. I feel ready for whenever it is possible for me to have another client and value the opportunity you have given me.*

Volunteer Counsellor: Susy: *I joined PCC as a qualified volunteer counsellor following a challenging time elsewhere. The kindness and acceptance shown by Jane and the team has been incredibly restorative. I have been given a wonderful opportunity to work in a voluntary capacity with couples and felt very supported in doing so right from the start. It has been a privilege to be with couples as they traverse a very difficult season of their lives. I am grateful for the opportunity.*

NETWORKING/OUTREACH

Networking events were attended as follows:

Meetings/events attended over this year included:

Charity Ball at Boringdon Park Golf Club on 24.09.2022

Duchy College, Fresher's Fair – September 2022

Gower Peninsula – PCN Regional Day

Wave of Light on The Hoe – October 2022

Plymouth Astor Trust award evening

Quiz night

Visits to the centre included:

Aimee Conroy (Founder) of Luna's Fund

Student counsellors for interviews and training

Paul Read, DRIFT

Natalie Fish, to film new client stories

Dominick Finlan – to talk about creating a promotional video

Kim Armstrong, Reaching Communities team, National Lottery

Councillors from Plymouth City Council

Helena Campbell, Solicitor from Tozers

Chris Kallis Solicitors

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 March 2023 at Boringdon Park Golf club. This was well supported and great fun had by all.

We also held our first Charity ball, at Boringdon Park Golf Club on 24.09.2022. This was an amazing event, with this very encouraging feedback received from one of the attendees:

"Firstly, can I just say what a fantastic job you did in preparation for the Ball. The organisation of the raffle, silent auction and photo booth were first class. In addition, the band were fantastic and got everyone dancing. The venue was also great, and the food, considering the quantities, was really hot and tasty, the staff serving did a sterling job. I used to run a military mess, but none of the functions were as well organised as your event. You should both feel extremely proud of your achievements in supporting such a wonderful charity. My daughter is currently receiving support, and it is very much appreciated."

These events were amazingly supported; they helped us to raise awareness of the services we provide, as well as raising vital funding to help us continue to run the service.

Many local businesses supported us through donation of raffle prizes, and sponsoring parts of events (Drew & Co, Schroders Finance – charity ball, Co-op) as well as attending the events. We were all so appreciative of the support given and shown.

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

Ayla's Fund – Paul & Kate Vincent – fundraising events - £120.

Little Things & Co – closing down of charity - £18,667.98

Schroders – Lloyds Gem Opcoma - £596 Sponsorship for Welcome drinks for charity ball in Sept 2022

Santander match-funded up to £2500 from our quiz raffle in March 2023

Localgiving.org – variety of donations received online over the year

PayPal Giving Fund (via Facebook) – donations received over the year – often from birthday fundraisers

Easyfundraising.org – donations received over the year as people used this app for their shopping

Amazon Smile – donations received throughout the year as people used this app for their shopping

Plumbase

Co-op Community Fund

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 - 01.08.2022 – 31.07.2023:

Grant	For:
01.08.2022 Little Things & Co	£18,667.98 Close of charity – funds donated to Pregnancy Crisis Care General core costs
23.08.2022 Drew & Co	£330 Towards Ball – room hire and magician
24.10.2022 One Achord	£1000 Towards baby loss support group
09.12.2022 National Lottery Reaching Communities Grant	£25131 Towards core costs of running charity
27.01.2023 National Lottery Reaching Communities Grant	£2534 One-off grant towards increased costs and cost of living payment
10.02.2023 Plymouth Astor Trust (VHS)	£1000 Towards pens and journals for our clients and for networking events
01.03.2023 Andy Botterill (DCO Holdings & Co Ltd)	£500 Towards raffle prizes for quiz
03.04.2023 Plymouth City Council	£240 Towards volunteer training
04.04.2023 Plymouth City Council	£400 Towards baby loss support group
17.05.2023 Absolute Energy SE	£1410 Towards baby loss support group
May 2023 Magic Little Grant – Localgiving.org	£500 Towards funding 1 week a month costs for 5 months for baby loss support group
07.06.2023 National Lottery Reaching Communities Grant	£25,131 Towards core costs of running charity
16.06.2023 Santander Foundation	£2500 Match-funding from the quiz night event – towards baby loss support group
Grants overlapping from 2022:	
31.01.2022 The Forrester Family Trust	£5000 – Counsellor salary costs – expired 31.01.2023
22.02.2022 Grace Trust	£1000 - 3 hours a week salary for Counsellor for 6 months – expired 22.8.2022
21.04.2022 Devon Community Foundation 2022	£2000 – 5 hours extra Admin support for 6 months – expired 21.10.2022
12.05.2022 Magic Little Grants - Localgiving May 2022	£500 - 2 hours a week salary for Counsellor for 6 months – expired 12.11.2022
13.05.2022 Awards for All 2022	£9300 - Funding for group work facilitator (online and face to face) for baby loss support – one year – expired 30.06.2023
31.05.2022 Localgiving/Western Power	£3900 - 2 workers for group work for pregnancy support clients for 6 months - expired 30.11.2022
14.07.2022 Albert Hunt Foundation	£1000 – Towards core costs

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

We also remain enormously appreciative to our individual one-off and monthly donors who gave so generously to us financially again this year, either directly via BACS payment or via our link on www.localgiving.org. Regular donations enabled us to have a level of regular income, which contributed towards our core running costs. Clients also raised money for us at times through a variety of fundraising events, which was never expected and yet always such a lovely surprise 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 November 2022, attended by team members and Trustees on Zoom. All Trustees were happy to continue with their roles.

Team socials were organised at times throughout the year – a time to get together face to face as a team.

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 the funding received from the Reaching Communities fund (National Lottery), (a 3-year grant, with payments transferred periodically every 6 months up to 3 years), these staffing hours were raised and adjusted to meet the criteria specified in our grant application. With the unexpected extra funds received from Little Things & Co, some staff hours and roles were also adjusted. This enabled us to work towards an aspirational budget to support the running of the centre effectively.

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 need and difficulty. To enable this, we wish to retain our employed roles to help support the running of this service. We would also like to raise funding to support employment of more paid counselling hours, to support the team and growing demands for our services from clients and professionals alike. The Centre Manager will continue to 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. This remains a priority for us, to enable continued provision of this highly valued and much needed service.

This year, again, we send our sincere and heartfelt gratitude to all individual Supporters, local Organisations and businesses, Trust funds, Volunteers, Operational Team members and Trustees for all their hard work and dedicated support – our work together provides a huge amount of invaluable support and help to many vulnerable clients at such difficult times of great distress and isolation, and the centre’s services continue to make a significant, positive impact on their lives and futures. We couldn’t do this work without you, so we extend a huge “thank you” to you all 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

More Client quotes, shared 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 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

From 01.12.2022 (following National Lottery funding):

Centre Manager / Snr Counsellor / Supervisor	16 hours
Lead Counsellor/Project Outreach Worker	14 hours
Administrator 1	12 hours
Cleaner/Housekeeper	5 hours
Counsellor 2	10 hours
Administrator 2	3 hours
Counsellor 3	5 hours
Baby loss group work facilitator	5 hours (self-employed)
Total hours per week	70 hours

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

Accounting

The Centre continued to subscribe 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. This was taken on by Teresa Blackler from 01.12.2022, and we extend our thanks to her too.

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:

01.08.2022 – 31.07.2023:

Grant	For:
01.08.2022 Little Things & Co	£18,..... Close of charity – funds donated to Pregnancy Crisis Care General core costs
23.08.2022 Drew & Co	£330 Towards Ball – room hire and magician
24.10.2022 One Achord	£1000 Towards baby loss support group
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Financial Review

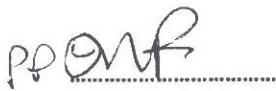
In so far as the Trustees are aware:

- 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 (until November 2022). The Accounts were externally examined by Independent Examiner: Merlin Mbahin, Clear Blue Sky Accountancy Ltd.



Teresa Blackler – Xero Book-keeper

Profit and Loss

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2023

	UNRESTRICTED/DE SIGNATED	RESTRICTED FUNDING	TOTAL	PREVIOUS YEAR TOTAL
Turnover				
General Donations	23,459.76	2,410.00	26,869.76	15,624.26
Donations- Gift Aid	2,675.00	-	2,675.00	4,365.00
Grant Income	570.00	400.00	53,775.00	33,096.00
Fund Raising	3,681.39	2,500.00	6,181.39	5,985.54
Event Income	10,206.45	-	10,206.45	7,964.55
Training Contributions	-	-	-	220.00
Interest Income	349.03	-	349.03	10.33
Gift Aid Tax Reclaimed	1,947.69	-	1,947.69	3,554.85
Total Turnover	42,889.32	5,310.00	102,004.32	70,820.53
Gross Profit	42,889.32	5,310.00	102,004.32	70,820.53
Administrative Costs				
Rent, Rates and Elec				
Rent	3,726.94	848.00	5,824.94	3,910.00
Operating Lease Payments	-	-	-	1,250.00
Rates	311.78	-	696.68	967.64
Light, Power, Heating	98.00	-	325.80	245.00
Total Rent, Rates and Elec	4,136.72	848.00	6,847.42	6,372.64
Salaries, Paye, Pensions				
Salaries	13,545.18	6,838.67	50,513.61	30,777.80
Employers National Insurance	1,642.77	-	1,642.77	952.80
Pensions Costs	1,153.87	-	1,153.87	830.01
Total Salaries, Paye, Pensions	16,341.82	6,838.67	53,310.25	32,560.61
Stationary, telephones and postage				
Stationery, Postage, Freight & Courier	123.77	-	127.26	54.99
Printing & Stationery	393.02	-	1,135.71	203.20
Telephone & Internet	578.41	85.00	1,097.91	1,218.39
Total Stationary, telephones and postage	1,095.20	85.00	2,360.88	1,476.58
Training and Supervision				
Staff Training	730.00	-	1,844.00	550.00
Supervision	180.00	-	330.00	390.00
Total Training and Supervision	910.00	-	2,174.00	940.00
Office Maint. and Sundries				
PPE, Maintenance and General Expenses	174.29	-	174.29	93.78
Cleaning	88.61	-	141.98	30.98
Office tea/coffee/milk	-	-	-	17.83
IT Software and Consumables	159.00	100.00	708.49	1,792.52
Total Office Maint. and Sundries	421.90	100.00	1,024.76	1,935.11

	UNRESTRICTED/DE SIGNATED	RESTRICTED FUNDING	TOTAL	PREVIOUS YEAR TOTAL
Counselling Resources				
Counselling Resources	1,487.34	418.76	1,906.10	56.20
Total Counselling Resources	1,487.34	418.76	1,906.10	56.20
Event Costs and Fundraising fees				
Event Expenses	7,454.61	-	7,454.61	1,258.75
Return of Event fees	-	-	-	65.70
Fees re Fund Raising	96.00	-	96.00	1,095.00
Travel - National	549.65	-	549.65	496.38
Total Event Costs and Fundraising fees	8,100.26	-	8,100.26	2,915.83
Subscriptions and Fees				
Subscriptions	993.32	-	993.32	1,002.24
DBS and ICO Fees	435.00	-	435.00	557.75
Total Subscriptions and Fees	1,428.32	-	1,428.32	1,559.99
Paye Bureau, Advert, Marketing, Insurance				
Accountancy Fees	250.00	-	250.00	250.00
Advertising & Marketing	2,124.00	-	4,610.00	74.88
Bookkeeping and PAYE Bureau Fees	1,664.00	-	1,664.00	1,241.75
Insurance	147.28	-	795.79	821.63
Total Paye Bureau, Advert, Marketing, Insurance	4,185.28	-	7,319.79	2,388.26
Charitable and Political Donations	675.00	-	675.00	-
Total Administrative Costs	38,781.84	8,290.43	85,146.78	50,205.22
Operating Profit	4,107.48	(2,980.43)	16,857.54	20,615.31
Profit on Ordinary Activities Before Taxation	4,107.48	(2,980.43)	16,857.54	20,615.31
Profit after Taxation	4,107.48	(2,980.43)	16,857.54	20,615.31

Profit and Loss

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2023

2023

Turnover

Donations- Gift Aid	2,675.00
Event Income	10,206.45
Fund Raising	6,181.39
General Donations	26,869.76
Gift Aid Tax Reclaimed	1,947.69
Grant Income	53,775.00
Interest Income	349.03
Total Turnover	102,004.32

Cost of Sales

Counselling Resources	559.70
Total Cost of Sales	559.70

Gross Profit

101,444.62

Administrative Costs

Accountancy Fees	250.00
Advertising & Marketing	1,275.00
Bookkeeping and PAYE Bureau Fees	1,664.00
Charitable and Political Donations	675.00
Cleaning	141.98
DBS and ICO Fees	435.00
Development	3,335.00
Employers National Insurance	1,642.77
Event Expenses	7,454.61
Fees re Fund Raising	96.00
Insurance	795.79
IT Software and Consumables	708.49
Light, Power, Heating	325.80
Pensions Costs	683.72
PPE, Maintenance and General Expenses	174.29
Printing & Stationery	1,135.71
Rates	696.68
Rent	5,824.94
Salaries	50,513.61
Staff Training	1,844.00
Stationery, Postage, Freight & Courier	127.26
Subscriptions	993.32
Supervision	330.00
Telephone & Internet	1,097.91
Travel - National	559.65
Total Administrative Costs	82,780.53

2023

Operating Profit	18,664.09
Profit on Ordinary Activities Before Taxation	18,664.09
Profit after Taxation	18,664.09

Balance Sheet

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2023

31 JUL 2023

Fixed Assets

Tangible Assets

Computer Equipment	577.80
Total Tangible Assets	577.80

Total Fixed Assets 577.80

Current Assets

Cash at bank and in hand

Petty cash	104.19
PREGNANCY CRISIS CAR	32,361.56
PREGNANCY CRISIS CAR#001	45,826.90
Total Cash at bank and in hand	78,292.65

Total Current Assets 78,292.65

Creditors: amounts falling due within one year

Accounts Payable	756.97
NIC Payable	1,827.42
PAYE Payable	(2,326.82)
Pensions Payable	58.35
Rounding	0.02
Total Creditors: amounts falling due within one year	315.94

Net Current Assets (Liabilities) 77,976.71

Total Assets less Current Liabilities 78,554.51

Net Assets 78,554.51

Capital and Reserves

Current Year Earnings	18,664.09
Reserves	48,863.81
Retained Earnings	11,026.61
Total Capital and Reserves	78,554.51

Executive Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2023

2023

Cash

Cash received	102,047.32
Cash spent	84,762.58
Cash surplus (deficit)	17,284.74
Closing bank balance	78,292.65

Profitability

Income	102,004.32
Direct costs	559.70
Gross profit (loss)	101,444.62
Other income	-
Expenses	82,780.53
Profit (loss)	18,664.09

Balance Sheet

Debtors	-
Creditors	756.97
Net assets	78,554.51

Sales

Number of invoices issued	1.00
Average value of invoices	1,410.00

Performance

Gross profit margin (%)	99.45
Net profit margin (%)	18.30
Return on investment (p.a.) (%)	23.76

Position

Average debtor days	-
Average creditor days	493.65
Short term cash forecast	(756.97)
Current assets to liabilities	247.81
Term assets to liabilities	-

Cash Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2023

	2023	YEARLY AVERAGE (YTD)	VARIANCE
Income			
Donations- Gift Aid	2,675.00	4,365.00	-38.72% ↓
Event Income	10,206.45	7,964.55	28.15% ↑
Fund Raising	6,181.39	5,985.54	3.27% ↑
General Donations	26,869.76	15,624.26	71.97% ↑
Gift Aid Tax Reclaimed	1,947.69	3,554.85	-45.21% ↓
Grant Income	53,775.00	33,096.00	62.48% ↑
Interest Income	349.03	10.33	3,278.80% ↑
Training Contributions	-	220.00	-100.00% ↓
Total Income	102,004.32	70,820.53	44.03%
Less Expenses			
Accountancy Fees	250.00	250.00	- —
Advertising & Marketing	1,275.00	74.88	1,602.72% ↑
Bookkeeping and PAYE Bureau Fees	1,664.00	1,241.75	34.00% ↑
Charitable and Political Donations	675.00	-	- —
Cleaning	141.98	30.98	358.30% ↑
Counselling Resources	559.70	56.20	895.91% ↑
DBS and ICO Fees	435.00	557.75	-22.01% ↓
Development	3,335.00	-	- —
Employers National Insurance	1,586.81	940.88	68.65% ↑
Event Expenses	7,454.61	1,108.75	572.34% ↑
Fees re Fund Raising	681.00	510.00	33.53% ↑
Insurance	795.79	821.63	-3.14% ↓
IT Software and Consumables	708.49	1,792.52	-60.48% ↓
Light, Power, Heating	227.80	245.00	-7.02% ↓
NIC Payable	(1,827.42)	-	- —
Office tea/coffee/milk	-	17.83	-100.00% ↓
Operating Lease Payments	-	1,250.00	-100.00% ↓
PAYE Payable	2,326.82	-	- —
Pensions Costs	683.68	829.96	-17.62% ↓

	2023	YEARLY AVERAGE (YTD)	VARIANCE
Pensions Payable	(58.35)	-	-
PPE, Maintenance and General Expenses	174.29	93.78	85.85% ↑
Printing & Stationery	1,135.71	203.20	458.91% ↑
Rates	510.68	967.64	-47.22% ↓
Rent	5,824.94	3,910.00	48.98% ↑
Return of Event fees	-	65.70	-100.00% ↓
Rounding	-	(0.02)	100.00% ↑
Salaries	50,813.61	30,477.80	66.72% ↑
Staff Training	1,589.00	550.00	188.91% ↑
Stationery, Postage, Freight & Courier	127.26	54.99	131.42% ↑
Subscriptions	993.32	1,002.24	-0.89% ↓
Supervision	330.00	390.00	-15.38% ↓
Telephone & Internet	1,168.41	1,147.89	1.79% ↑
Travel - National	559.65	496.38	12.75% ↑
Total Expenses	84,141.78	49,087.73	71.41%
Surplus (Deficit)	17,862.54	21,732.80	-17.81%
Plus Other Cash Movements			
Fixed Assets	(577.80)	-	-
Total Other Cash Movements	(577.80)	-	-
Net Cash Movement	17,284.74	21,732.80	-20.47%
Summary			
Opening Balance	61,007.91	39,275.11	55.33%
Plus Net Cash Movement	17,284.74	21,732.80	-20.47% ↓
Cash Balance	78,292.65	61,007.91	28.33%

Profit and Loss

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2023

	2023	JUL 2022-JUN 2023	YEAR TO DATE
Trading Income			
Donations- Gift Aid	2,675.00	2,660.00	2,675.00
Event Income	10,206.45	12,856.45	10,206.45
Fund Raising	6,181.39	7,060.37	6,181.39
General Donations	26,869.76	26,829.76	26,869.76
Gift Aid Tax Reclaimed	1,947.69	4,002.89	1,947.69
Grant Income	53,775.00	54,775.00	53,775.00
Interest Income	349.03	299.57	349.03
Total Trading Income	102,004.32	108,484.04	102,004.32
Cost of Sales			
Counselling Resources	559.70	559.70	559.70
Total Cost of Sales	559.70	559.70	559.70
Gross Profit	101,444.62	107,924.34	101,444.62
Operating Expenses			
Accountancy Fees	250.00	250.00	250.00
Advertising & Marketing	1,275.00	1,147.00	1,275.00
Bookkeeping and PAYE Bureau Fees	1,664.00	1,557.50	1,664.00
Charitable and Political Donations	675.00	675.00	675.00
Cleaning	141.98	131.48	141.98
DBS and ICO Fees	435.00	435.00	435.00
Development	3,335.00	3,195.00	3,335.00
Employers National Insurance	1,642.77	1,783.78	1,642.77
Event Expenses	7,454.61	7,469.61	7,454.61
Fees re Fund Raising	96.00	681.00	96.00
Insurance	795.79	795.79	795.79
IT Software and Consumables	708.49	687.79	708.49
Light, Power, Heating	325.80	325.80	325.80
Pensions Costs	683.72	723.57	683.72
PPE, Maintenance and General Expenses	174.29	174.29	174.29
Printing & Stationery	1,135.71	1,069.22	1,135.71
Rates	696.68	741.68	696.68
Rent	5,824.94	5,884.94	5,824.94
Salaries	50,513.61	49,980.17	50,513.61
Staff Training	1,844.00	1,844.00	1,844.00
Stationery, Postage, Freight & Courier	127.26	127.26	127.26
Subscriptions	993.32	743.32	993.32
Supervision	330.00	330.00	330.00
Telephone & Internet	1,097.91	1,127.87	1,097.91
Travel - National	559.65	556.65	559.65
Total Operating Expenses	82,780.53	82,437.72	82,780.53

	2023	JUL 2022-JUN 2023	YEAR TO DATE
Net Profit	18,664.09	25,486.62	18,664.09

Balance Sheet

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2023

	31 JUL 2023	31 JUL 2022
Assets		
Bank		
Petty cash	104.19	55.84
PREGNANCY CRISIS CAR	32,361.56	35,474.20
PREGNANCY CRISIS CAR#001	45,826.90	25,477.87
Total Bank	78,292.65	61,007.91
Fixed Assets		
Computer Equipment	577.80	-
Total Fixed Assets	577.80	-
Total Assets	78,870.45	61,007.91
Liabilities		
Current Liabilities		
Accounts Payable	756.97	1,117.47
NIC Payable	1,827.42	-
PAYE Payable	(2,326.82)	-
Pensions Payable	58.35	-
Rounding	0.02	0.02
Total Current Liabilities	315.94	1,117.49
Total Liabilities	315.94	1,117.49
Net Assets	78,554.51	59,890.42
Equity		
Current Year Earnings	18,664.09	20,615.31
Reserves	48,863.81	48,863.81
Retained Earnings	11,026.61	(9,588.70)
Total Equity	78,554.51	59,890.42

Aged Receivables Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2023

Ageing by due date

Due Date	Amount	Days Overdue	Notes
01-07-2023	1000	0	
02-07-2023	2000	1	
03-07-2023	3000	2	
04-07-2023	4000	3	
05-07-2023	5000	4	
06-07-2023	6000	5	
07-07-2023	7000	6	
08-07-2023	8000	7	
09-07-2023	9000	8	
10-07-2023	10000	9	
11-07-2023	11000	10	
12-07-2023	12000	11	
13-07-2023	13000	12	
14-07-2023	14000	13	
15-07-2023	15000	14	
16-07-2023	16000	15	
17-07-2023	17000	16	
18-07-2023	18000	17	
19-07-2023	19000	18	
20-07-2023	20000	19	
21-07-2023	21000	20	
22-07-2023	22000	21	
23-07-2023	23000	22	
24-07-2023	24000	23	
25-07-2023	25000	24	
26-07-2023	26000	25	
27-07-2023	27000	26	
28-07-2023	28000	27	
29-07-2023	29000	28	
30-07-2023	30000	29	
31-07-2023	31000	30	

Aged Payables Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2023

Ageing by due date

CONTACT	< 1 MONTH	1 MONTH	2 MONTHS	3 MONTHS	OLDER	TOTAL
Aged Payables						
Boringdon Park Golf Club	-	-	-	-	150.00	150.00
EON	-	-	-	-	98.00	98.00
HMRC PAYE	-	-	-	-	67.88	67.88
NEST	-	-	-	-	0.09	0.09
Plymouth City Council	-	-	-	-	186.00	186.00
Pregnancy Centres Network	-	-	-	-	255.00	255.00
Total Aged Payables	-	-	-	-	756.97	756.97
Total	-	-	-	-	756.97	756.97
Percentage of total	-	-	-	-	100.00%	100.00%

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

I report on the accounts for the year ended 31 July 2023, 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

09/01/2024
.....
Date

(Fellow of the Association of Accounting Technicians)

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 6-27.

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 13th November 2023 and signed on its behalf by:



JEAN ROPER – Trustee and Chair

22.01.2024