



Pregnancy Crisis Care (Plymouth & SE Cornwall)

Charitable Incorporated Organisation (CIO)

Report and Financial Statements

For the year 1st August 2024 - 31st July 2025

Registered Charity No: 1153438

Pregnancy Crisis Care (Plymouth & SE Cornwall)

| Contents | Page No |
|--|---------|
| Legal and Administrative Information | 3-5 |
| Report of the Operational Team | 6-28 |
| Financial Review | 24-26 |
| Receipts and Payments Accounts and Statement of Assets and Liabilities | 27-32 |
| Independent Examiner's Report | 33-34 |
| Statement of the Chair of the Trustees | 35 |

Pregnancy Crisis Care (Plymouth & SE Cornwall)**Reports of the Operational Team for the year ended 31st July 2025**

The Operational Team presents its Centre Manager's report and audited financial statements for the year ended 31st July 2025.

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
Chris Lavers (Chair – part of year)
Vikki Finnegan
Tim Stephens (Safeguarding and Policies)
Bridget Stovold
Julie Stevens

Book-keeper:

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, and 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.

Our charity aims to offer a safe, impartial, and caring environment for individuals and couples who need confidential counselling related to pregnancy crises or loss. Our services are inclusive, and available to anyone in our city and its environs regardless of background or beliefs. We also provide accurate information about support services and refer beneficiaries to other appropriate services as needed.

Activities

Provision of 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, we have been unable to engage in educative work (re relationships and sex education).

Public Benefit

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

Ensuring our work delivers our aims

We review our aims, objectives and activities annually. This review looks at our achievements, who we reached and the outcomes of our work over the year, including an overview of the success of our work, and the benefits brought to our service users. In addition, as clients recover through counselling, we recognise that our services indirectly benefit the wider community – partners, families, employers/businesses and the local neighbourhood. Our clients regularly report improved relationships with partners and families, feel able to return to work/education, and an ability to re-engage in local community life. 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 over 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 regular high-quality clinical supervision
- Ensuring staff and volunteers attend regular, relevant training, including Continual Professional Development training days and workshops (individually and as a team)
- Networking with and working in partnership with other agencies to ensure beneficiaries receive appropriate services and relevant support
- Continued provision of counselling sessions face to face and via telephone and Zoom video.

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 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. We saw women, men and couples from Plymouth and Cornwall. Clients who contacted us from further afield were signposted to services in their local area.

OPERATIONAL UPDATE REPORT – 1st August 2024 – 31st July 2025

Pregnancy Crisis Care (Plymouth & SE Cornwall), has again had another busy year. In my role as Centre Manager, it remains a privilege to support our incredible team, which includes our staff, volunteers and our vulnerable clients. I am immensely proud of our team who have provided amazing support to so many people over this past year, working so diligently with such care and professionalism. We have received extremely positive feedback from clients and other professionals. This has been such an encouragement and acknowledges and affirms the need for this important work to continue.

The larger grant funding awarded to us in 2022 from National Lottery helped us to continue developing and building our project over this year. This funding runs out at the end of November 2025.

With local services being at capacity, we have received many referrals from different Health and Social Care departments. Clients have 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 and fear of an unexpected pregnancy, emotional distress following termination, and complex grief surrounding the devastating loss of a baby within or following a pregnancy.

One highlight of our year - we were thrilled to raise some funding from local businesses to purchase a Baby Loss Memorial bench. In liaison with Plymouth City Council, this was ordered and placed in the Baby Loss memorial area at the new Crematorium, The Park, in Plymouth. It was opened by Alexis Bowater on 17th March 2025, with Plymouth Herald and Spotlight reporting on this event. The bench is a beautiful legacy for people to reflect and remember their little ones lost too soon in Plymouth in a secluded area at The Park.



Alongside counselling clients and running the centre, other highlights included presenting a talk for Hope in the City podcast, and a talk on Community Matters at Cross Rhythms, running our annual quiz event, planning for our charity ball throughout the year, and attending the international Wave of Light event in October at The Hoe. One of our team ran the London Marathon to raise funds for us, and various other people, including previous clients raising money and awareness for us through sponsored events. Students were interviewed and reports completed, supervision for team members happened weekly and monthly, along with managing the administrative tasks of the centre and charity.

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. The team was made up of 8 volunteers (4 of whom were trainee Counsellors on placement with us), and 4 part-time paid staff. Our 4 trainee Counsellors saw clients to complete their counselling practice hours – either online via Zoom, by telephone, or face to face at the centre. They and all the other volunteer and paid Counsellors each held a client caseload, and were line-managed and supervised by Centre staff. We extend our sincere thanks to all our volunteers, who all have shown such dedicated care and commitment to our vulnerable clients again and again.

TRUSTEES

We again extend our immense thanks to our Trustees for their fantastic support of the work of the centre. Meeting every 12 weeks, either face to face at the centre, or via Zoom, these meetings provided space to discuss and overview the running of the centre.

Chris Lavers continued as Chair, and Julie Stevens returned to the team as a Trustee, as well as volunteering as a volunteer Counsellor at the centre. Paul Read from DRIFT Advice came to talk with the Trustees about future options post-National Lottery funding ending, and he also helped us create an Aims and Vision statement for the centre.

We are so thankful to all Trustees for their care, commitment and support of the centre and it's work over this year.

PREMISES

Our premises were again utilised well this year, with many clients attending counselling 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 Trustee meetings were held at the centre every other quarter.

Stratton Creber (building agents), continued to manage the building for the landlord. With changes to our responsibilities for the maintenance of our tenancy, this meant there were additional and increased costs this year to ensure water quality checks, asbestos encapsulation and monitoring, and lighting and electrical testing and inspection certificates for our area of the building. The costs involved in this were incorporated into our budgets, to ensure that we complied with tenancy requirements.

GDPR Compliance

Our Administrator and Centre Manager 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

These client quotes, kindly shared with permission, are just a few of many that reflect the help that our centre gives to clients.

"After my termination, I felt really low and on edge. I had lots of anxiety about the future. The help I have received is almost like someone offered me shelter through a storm. The impact of the counselling has allowed me to open up to friends and my husband. Thank you."

"I found courage to leave the house and look for a job. Gained confidence. Made me happier. The counselling helped me a lot."

"Just wanted to pop over an email as I've been thinking about our sessions a lot today. Baby boy finally got a name and he's called L... - or lovely L... to pretty much all of his family. I wish I could go back and give the girl who used to come in to your office a big hug, and tell her not to be so scared. I feel like I took on all the sadness and pain during pregnancy for him to be born an absolute ray of sunshine. He is such a lovely, happy, funny baby. He is absolutely the gift I didn't know I needed. He is such an easy baby which I'm sure has contributed but I absolutely adore him. I remember you saying about a lady who got back in touch to let you know how well it was going and it stuck with me and I was always wondering if that would be me...well it is! We went to the aquarium today and he was obsessed with the fish! He sleeps through the night, smiles when you wake up in the morning and has learnt to laugh - although he does sound a bit like a donkey. He had meningitis at 8 weeks which was absolutely horrific but made me realise just how much I love him and how well I've bonded with him. Although even that didn't stop him smiling at everyone he met in hospital! He's absolutely incredible and I can't wait to have another one (perhaps not just yet...). You're also welcome to tell other clients my story anonymously as I found hearing how others got on really helpful. I think I was just very scared and very guilty and very, very unwell. But I really didn't have anything to worry about, even labour was pretty much fine! And absolutely worth it for him..... I am so grateful you guys exist."

These quotes confirm the positive benefits of attending counselling with us. 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. Hence our counselling service was a lifeline to those who needed us.

We received an increase in crisis calls related to unexpected pregnancies this year. These clients were seen or spoken to within 24-48 hours due to the urgency of their situation. Long-term counselling continued for other clients. To manage rising waiting lists, we reviewed the number of counselling sessions offered, providing approximately 20-24 sessions, with some flexibility based on need.

Clients seen for counselling included:

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

Military personnel and their partners from Plymouth and surrounding areas continued to access our services, often feeling isolated and disconnected from family support. Our counselling services remained crucial during difficult times. While unexpected pregnancy clients typically attended 1-2 sessions, other clients, including an increasing number of men, attended multiple counselling sessions over several months, either alone or with a partner.

Waiting List

We maintained a waiting list for baby loss and post-abortion clients, which increased over the year to 32 clients at one point. This was due to increased referrals. The wait time for an initial assessment was around 12-14 weeks, after which clients were assigned a regular counsellor. Crisis pregnancy and some pregnancy support clients were prioritised based on their pregnancy gestation.

Referrals

Referrals were received from different professionals, including the Bereavement Midwife at Derriford Hospital, Midwifery team, Foetal Medicine team, GP's, Termination clinic (SHIP), the Perinatal Mental Health and Maternal Mental Health teams, The Zone, social care, Plymouth University, military personnel, social prescribers 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.

Our team supported clients as they processed difficult and complex feelings. These included 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 options and explore their feelings and thoughts around their situation. These confidential, impartial and unbiased sessions remained an important focus of our centre's work, to help ensure clients had a safe, unpressured space to consider their options at an often very difficult and complex time.

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

CLIENT FEEDBACK

Client feedback has again consistently remained positive this year, and stories have been shared on Facebook and our website, with client permission. Three clients bravely shared their stories, and their videos were recorded and uploaded to our Vimeo channel and website. These will be used at events to raise awareness of issues raised within a pregnancy crisis/loss, as well as to promote further knowledge of our services.

Female client - Baby Loss: I arrived at the centre feeling upset, traumatised, anxious, low mood and felt lost and tired. The counselling has helped me to feel more settled, to manage my grief, and to help identify my feelings. It has minimised all the heavy feelings. I feel happier in myself and my husband and I feel closer and more open to having deep conversations. The counselling has been fantastic to help us come to terms with our loss. Thank you for helping us. The service has been so valuable to us.

Male client – Baby Loss: I felt sad, angry, down upset and weary initially. The counselling has helped me process our loss and be able to open up and talk about my feelings and what we have been through. The counselling has also improved our connection with being able to talk about our loss and how we can get through it as a family. I found the creative counselling cards and resources very helpful in being able to talk about feelings I wouldn't of been able to in the past.

Couple – Pregnancy Support: We wanted to give you an update after all the wonderful care you gave us earlier in the year. Not only did we get to 37 weeks, but actually went overdue and had to be induced at 41 weeks! We are now the overjoyed parents of our healthy, happy little boy (A), and simply can't believe how lucky we are to be in this situation, and how lucky we were to have your support during the dark times earlier in the year. Thank you so so much for everything you did for us and for all the amazing work PCC does for families in the region. I have already recommended you with zero hesitation to a couple of friends who have also been having difficult times with their pregnancies recently.

FINANCES UPDATE

Regular income from local individuals and organisations helped us to maintain a small, consistent income which we remain extremely grateful for. Alongside this, grant applications were applied for, though due to our success of the National Lottery (Reaching Communities) funding in 2022, we were limited to what we could apply for. Some of our core costs involved in running the project were covered by this larger grant. This grant is due to end on 30.11.2025. Smaller grants were applied to and a few were successful over the year. Fundraising was increased in different ways via events, clients running sponsored events and gifts received.

WEBSITE

Our website continued to serve as a straightforward access point for information about our services. Several clients kindly shared their stories, which are featured on our Vimeo channel and accessible through our website (www.pregnancycrisiscare.org.uk). These videos help illustrate the impact of our work, and we have received referrals through the site as a result. This year, new video stories were produced by Dominick Finlan of View Hear Media, funded in part by our National Lottery grant.

Social Media

Thanks to the funding received from the National Lottery, we were able to employ someone until November 2025 to manage our social media posts, highlighting key dates and events for the charity. This support has significantly improved engagement with clients, partner agencies, and individuals.

CRM system

Our CRM system continued to help us collate client statistics in an accessible way. Weekly inputting of statistic data by our staff team helped us to pull off reports easily at the end of the year.

LITERATURE

Leaflets and business cards were sent 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 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.

SUPPORT & FUTURE PLANNING

We had fantastic support from Paul Read at DRIFT Ideas over this year. He attended a couple of Trustee meetings to encourage the team to think about future planning and also helped to develop our core values as a charity. These were discussed and agreed and then put up onto our website.

OTHER SUPPORT

We were proud to support one of our former trainee Counsellors (who has since qualified), Lisa Lillicrap, who ran the London Marathon earlier this year for us to raise awareness and funds for our centre.

Many former clients very kindly offered to raise funds for us through running this year too.

A lot of planning this year happened to ensure our next charity Ball held in October 2025 was a great success. We developed a fundraising team to help facilitate this which was greatly supported. Many thanks to all who were involved.

TRAINING

Training for the team helped further develop staff and volunteers professionally through accessing CPD sessions, as well as reflect on their practice and levels of awareness within supervision.

Further professional development workshops attended / completed included:

14.09.2024 – Deep Release team training

Attachment and Shame

Playing Games in Relationships

September 2024

Shame Competence training for Trauma Informed practice – Life Centre

12.10.24 – Deep Release team training

Working with Grief and Loss

Mental Health issues in Counselling

16.11.24 – Deep Release team training

Attachment Behaviour in the Counselling Room

8 & 10 February 2025

BICA – Infertility training – online

12.05.25

SALT Trauma training day – face to face at Plymouth Christian Centre

SUPERVISION

The team participated in regular monthly clinical supervision, in line with essential BACP requirements to ensure best and safest practices for both clients and counsellors. Our Centre Manager provided ongoing in-house supervision for staff members, including several student counsellors. Some newer student counsellors also accessed external supervision to support their practice. The Senior Counsellor met with students regularly to oversee and manage their placements. Additionally, the Centre Manager attended external supervisory support for her own counselling work, as well as external consultative supervision for her supervisory responsibilities. At times, group supervision sessions were conducted via Zoom, enabling the team to connect, discuss caseloads, and address any emerging issues.

GROUP WORK

Although we offered baby loss support groups in Plymouth and Liskeard this year, unfortunately due to limited attendees and finances, we sadly closed these groups in December 2024. This decision will be reviewed if needs and funds arise.

Counselling, guidance, support and information

CLIENTS

Age ranges of clients have been between 14 and 73. Clients came from various backgrounds; young people at college/University, vulnerable refugees, women in difficult/abusive relationships, military families/personnel, isolated from family and support. Others were clients who are working or on limited incomes. With the cost-of-living crisis, private counselling 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. Many clients seen were isolated, with limited support networks. Clients were deeply distressed and struggled significantly with their mental, emotional and psychological health. Some struggled 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. Many times, 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 01.08.2024 – 31.07.2025:

229 clients - Attending for: 1941 hours of 1:1 hourly counselling sessions over this year

This included:

- **1206 hours of face-to-face counselling sessions**
- **500 hours of Zoom video counselling sessions**
- **235 hours of telephone counselling sessions**

Clients:

- 22 Military personnel/partners
- 31 males
- 195 females
- 50 couples
- 201 individuals

Client contacts:

- 1239 emails
- 439 texts

Enquiries and non-client contact:

- 95 telephone calls
- 160 emails
- 15 texts
- 10 letters

Waiting List contact: - 165 waiting list enquiries

- 35 crisis pregnancy client calls
- 89 telephone calls
- 613 emails
- 7 letters
- 25 texts
- 100 general enquiries

SUPERVISION SESSIONS:

Face to face, Zoom video and telephone calls:

- 8900 minutes = 148 hours of internal clinical supervision
- 1890 minutes = 31.5 hours of external clinical supervision
- 660 minutes – 11 hours of group supervision

Line management meetings with students:

- 15 meetings of 1 hour each

Team Management meetings

- 3 meetings of 1 hour each

Trustee meetings

- 4 over the year

2024-2025 Client Numbers and Reason Breakdown

| Support for: | 01.08.2024 – 31.07.2025 |
|---------------------------------------|------------------------------------|
| Crisis Pregnancy | 31 |
| Post Abortion | 23 |
| Baby loss | 23 |
| Stillbirth | 11 |
| Termination for Medical Reason (TFMR) | 18 |
| Ectopic pregnancy | 8 |
| Fertility issues | 13 |
| Miscarriage | 49 |
| Missed miscarriage | 10 |
| Pregnancy test | 5 |
| Pregnancy Support | 27 |
| Birth trauma | 3 |
| Post pregnancy support | 2 |
| Molar pregnancy | 1 |
| Neonatal Death | 3 |
| Post Natal Depression | 2 |
| TOTAL CLIENTS | 229 |

Total clients seen throughout the year: 229 clients

Total counselling hours provided over this year: 1941 hours

In 2024 / 2025...

229

People were supported

12

8 volunteer counsellors &
4 P/T paid counsellors,
both delivering qualified
supported

IT TAKES TIME:

1941

Number of counselling
sessions over the year

ON AVERAGE:

8.5hrs

of support is given to each
person

1206

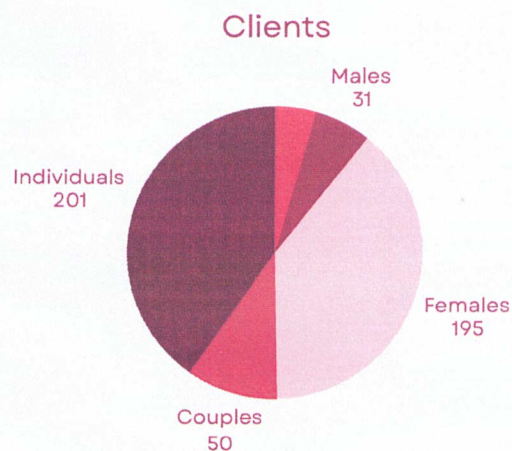
Hours of face-to-face
counselling sessions

500

Hours of Zoom video
counselling sessions

235

Hours of telephone
counselling support



In 2024 / 2025...

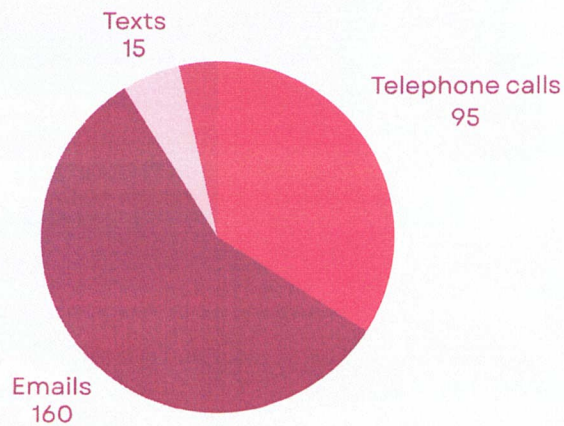
1239

Client emails received by
the team

439

Client texts messages
recieved by the team

Enquiries and non- client contact



Waiting List contact

35

Crisis pregnancy client calls

89

Telephone Calls

613

Emails

7

Letters

25

Text Messages

100

General Enquiries

Supervision Session

148 hrs

Of internal clinical
supervision

31.5 hrs

Of external clinical
supervision

11 hrs

Hours of group supervision

15 hrs

Line management meetings
with students

3

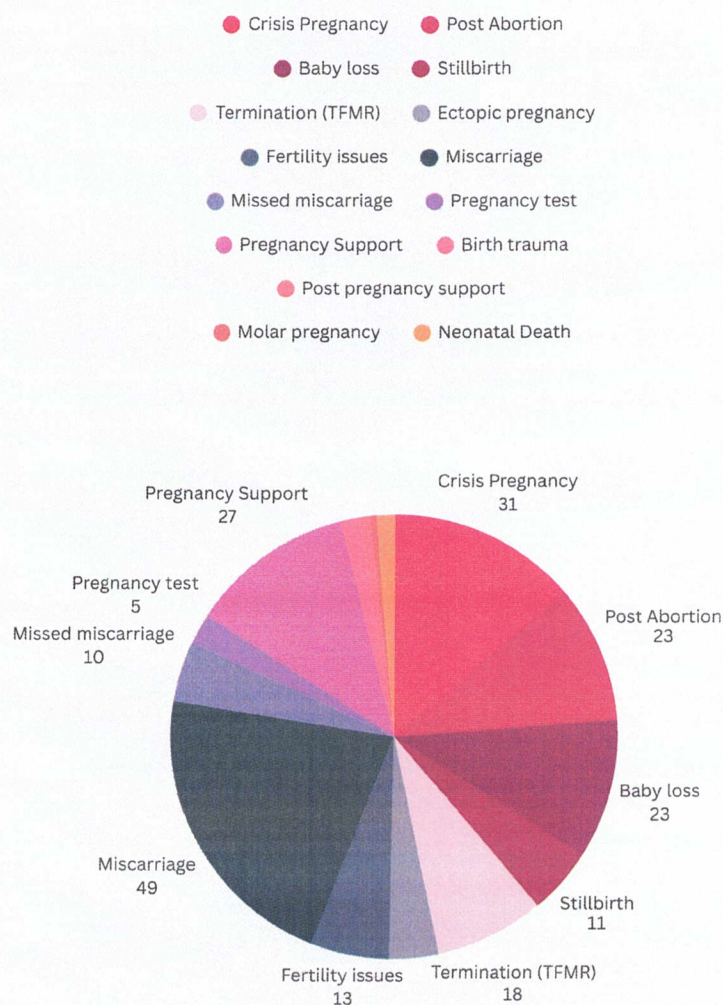
Team Management
meetings

4

Trustee meetings

The service we provide

We support a wide range of issues around a crisis in pregnancy. The following chart illustrates the range of issues Pregnancy Crisis Care supported people with last year.



All clients participating in longer-term counselling had their levels of depression and anxiety assessed at both the beginning and end of their sessions. This process provided evidence of their recovery and mental health progress, as well as the overall impact of counselling on their psychological wellbeing. Progress was carefully tracked to meet the requirements for National Lottery funding reports.

Clients' PTSD levels were also monitored using the SPRINT (PTSD) assessment tool, with scores recorded regularly throughout their counselling. The SPRINT tool, used with permission from Dr. Jonathan R. Davidson of Duke University Medical Centre, is a recognised indicator for PTSD symptoms. Many women demonstrated significant improvement in their symptoms after just six counselling sessions, highlighting the effectiveness and positive outcomes of our support.

Where appropriate, service users were referred to additional services and agencies. These included GPs, housing services, Children's Storehouse, midwifery teams, perinatal and maternal mental health teams, Luna's Fund, adult social care, Plymouth Domestic Abuse Service, children's social care and safeguarding teams, RN/RM military support services, The Zone, Derriford Hospital, the Refugee & Asylum Seekers Mental Health team, and the Pregnancy Advisory Clinic (SHIP).

COUNSELLING PLACEMENTS

During the year, we welcomed five trainee counsellors who joined us to complete their required 100 or 150 placement hours. Three of these trainees have now qualified, while the remaining two are still working towards their hours. The students came from Astranti Connect, Heartwood Institute of Counselling, Iron Mill, and Marjons. Their placements provided them with valuable hands-on counselling experience and enabled us to offer timely support to our clients. Throughout their time with us, the trainees received guidance through both internal line management and group supervision, as well as external supervision. We are very grateful for their dedication and commitment in supporting our clients this year.

Feedback from Trainee Counsellors (now qualified):

Trainee 1: Holly – "I have had a truly wonderful experience at Pregnancy Crisis Care. Volunteering with the charity for over a year has been such a valuable and rewarding part of my life, providing me with the best placement a student could hope for. Jane and Sarah have been consistently supportive, and their guidance has been a hugely positive influence on my journey toward becoming a counsellor. The feedback I have received from clients has been deeply humbling, with many sharing that the charity has been a real lifeline for them."

Trainee 2: Kirsty – "I have been volunteering at Preg CC for a little over a year as a student counsellor. I have been able to support clients in exploring and making sense of their thoughts, feelings and emotions whilst developing my counselling skills. To date I have completed 80 counselling hours at Preg CC. As a student counsellor I have felt very supported by both the wider team and my managers. Supervision is provided at Preg CC, this supports the development of my skills and knowledge, whilst also ensuring that I am looking after myself. Having a space to talk about cases which are challenging is vital for both my well-being and ensuring I am fit for clients. The regular management meetings sit alongside this, and I also feel I can ask for guidance or advice from colleagues at any time. Preg CC have also provided additional training, which has added to my personal and professional growth, developed my confidence and most importantly been really useful in meeting the needs of the clients."

Trainee 3: Alyson - "As a trainee counsellor with Pregnancy Crisis Care I have discovered what a truly dedicated and compassionate team they are, supporting individuals through some of their most vulnerable and challenging moments. Pregnancy Crisis Care provides space with such warmth and dedication and it is an inspiring environment to learn in. It has deepened my appreciation of what an impact the service has on individuals, families and the community at large and I feel privileged and grateful to have the opportunity to be part of this work."

NETWORKING/OUTREACH

Some networking events were attended as follows:

Meetings/events attended this year included:

6 trainee Counsellor in-house training sessions
PCN – Zoom meeting with Alice, Director of PCN
Crowne Plaza, Plymouth - 3 x visits re charity ball planning
Luna's Fund visit – 10.09.24
Wave of Light on The Hoe – 15 October 2024
Christmas Quiz night Marsh Mills – 30.11.24
Visit to Cllr Mary Aspinall at The Council House
Plymouth Astor Trust awards at the Lady Astor building
Trustees meetings x 4
Visit to Crematorium re new bench – December 2024
Opening of baby loss memorial bench at The Park - 17.3.25 – Plymouth Herald attended and reported on this
The Park - Spotlight interview – 4.4.25 – re new memorial bench – with team and clients
Womble Bond & Dickinson – West Country Women networking breakfast
Presentation to Health Visiting Teams over Teams on 14.05.25
Took Lisa Lillicrap out for a meal – after completing the London Marathon – 26.5.25
Lush wellbeing day in store – 26.9.25
Plympton Therapy rooms visited
Coffee and cake morning – Green Space 5.10.24
Interview with Emma and Rob at Hope in the City podcast at Cornerstone on 05.11.2024
City Transformation conference – 18.11.24
Confidential shredding taken to Shred-It
Film Night with Plymouth Arts Centre – 27.01.25 – Chris Kallis solicitors
Quiz – 6.3.25 – Boringdon Hall Golf Club
International Women's Day – 7.3.25 – Crowne Plaza
Plumbase – 8.3.25 – to receive a cheque from their fundraising for us

Fundraising meetings

13.11.24, 12.3.25, 26.6.25

Visits to the centre included:

Student counsellors for interviews and training
Paul Read, DRIFT (8 times)
Teresa Blackler, Bookkeeper
Dominick Finlan – to talk about creating a promotional video, as well as filming the videos – January and March 2025
Councillor Alison Raynsford from Plymouth City Council
Vanessa from Strategic Solutions (£300) -November
Student Midwives
Laura Fraser-Crewes from Transforming Plymouth
Meghan Potts from Plymouth Astor Trust
Asbestos meetings – November 2024 and January 2025

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 2025 at Boringdon Park Golf club. This was very well supported and great fun was had by all again.

Several clients or volunteers undertook fundraising events for us – these ranged from sponsored runs to hiring a room for us to run a coffee morning around baby loss awareness week – to raise awareness and funding for the centre. MJ from Soul Singers attended this with her choir who sang some amazing songs for the people who attended. One of our previous student Counsellors, Lisa Lillicrap, ran the London Marathon for us. We were so encouraged by these kind and amazingly generous efforts.

These events, and helped to raise awareness, as well as raise much needed funding to help us continue to run the service.

Many local businesses supported us through donation of raffle prizes, 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. Also a variety of donations were received online over the year via:

Localgiving.org

JustGiving.org

PayPal Giving Fund (via Facebook)

Easyfundraising.org

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

Successful funding received - 01.08.2024 – 31.07.2025:

| Grant / Donations | For: |
|---|--|
| 19.08.24 Plymouth City Council | £200 Training of volunteers |
| 30.10.24 Strategic Solutions | £300 Self-esteem bags for clients |
| 04.11.24 Elmgrant Trust | £1000 Running costs |
| 13.12.2024 National Lottery – Reaching Community Grant | £25,130.50 Part of project costs for centre – half a year |
| 30.01.25 Strategic Solutions | £1000 Bags of Hope for post-abortion clients |
| 13.03.25 Plymouth City Council | £500 Counselling costs at centre |
| 22.05.25 Plymouth City Council | £200 Training for volunteers |
| 24.05.25 Plymouth Astor Trust (VHS) | £2340 Counselling hours |
| 13.06.25 National Lottery – Reaching Community Grant | £31,247.50 Part of project costs for centre – half a year |

Gifts gratefully received from local businesses, individuals and previous clients this year:

| Gifts | For: |
|---|---|
| 09.08.24 - Anonymous gift | £5000 - General costs |
| 05.08.24 - Maureen Zimmer | £300 - General costs |
| 10.09.24 - DCO Holdings Ltd | £500 - Towards Baby Loss Memorial Bench |
| 24.09.25 - Chris Kallis Solicitors | £500 - Towards Baby Loss Memorial Bench |
| 25.09.24 - C Reader | £160 - General costs |
| 30.09.24 - Heather Fripp | £265 - General costs |
| 07.10.24 - Kirsty Sellers / Oliver's Heavenly Creations | £27.50 - General costs |
| 08.10.24 - Coffee morning | £157.29 - General costs |
| 22.10.24 - Plymouth University Feminist Society | £45 - General costs |
| 09.12.24 - Plumbase | £732 - General costs |
| 18.03.25 - Plumbase | £3362 - General costs |
| 02.04.25 - Chris Kallis Solicitors | £150 - General costs |
| 08.04.25 - Chris Kallis Solicitors | £136 - General costs raised by fundraising for us |
| 14.04.25 - C & T Allison | £1000 - General costs |
| 08.05.25 - HMRC | £3487.83 - Gift Aid claimed back |
| 08.05.25 - Andy Botterill - DCO Holdings | £1500 - towards lease costs |
| 04.06.25 - L Spencer-Harper | £500 - General costs |
| June 2025 - Andy Botterill | £1500 - towards lease costs |

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

We also remain eternally 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 MEETINGS and AGM

Our AGM was held in November 2024, 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 to get together as a team.

EMPLOYMENT

The Centre Manager was employed for 16 hours per week, and Counsellors were employed for 14 hours, 8 hours and 10 hours. Our Administrator was employed for 12 hours a week. We employed a Housekeeper/Cleaner for 5 hours per week. Our cleaner retired in August and we celebrated her time with us and her retirement by taking her out for a coffee and cake at a local restaurant.

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 ours were 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 slightly adjusted, thus towards working to an aspirational budget to support the running of the centre effectively.

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.

That said, as our 3-year National Lottery funding closes at the end of November 2025, we will need to lower our costs and outgoings as we will no longer have the budget to maintain ourselves as we are currently.

Our lease runs out again in August 2026. Hence staffing and premises will be reviewed over the next months ahead.

In the meantime, 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.

"We extend our heartfelt gratitude to all supporters, organisations, businesses, volunteers, and team members for their dedicated support. Your efforts provide invaluable help to vulnerable clients during difficult times, making a significant positive impact on their lives. We couldn't do this without you, so thank you immensely once again."

Professional Endorsements:

“Pregnancy Crisis care has provided vital support to women at such personal times in the women’s lives who are in crisis or experienced losses. As a Perinatal Mental Health Team we have referred and signposted to the team as well as received referrals from the service for women in need. Our ongoing relationship with the service ensures women get appropriate support at times where is really needed. The service are experts in validating and understanding women’s worries and anxieties about where they are in their journey of pregnancy/pregnancy loss and I have seen firsthand how it can support women emotionally to enable a more positive pregnancy/transition to parenthood which can only help to build outcomes for children and parents in the long term. We have only ever received positive feedback from women who have accessed the service and can only speak highly about the staff we interact with from the service to access the right support for women. As a team we have attended fundraising events as we understand the crucial work the service does for women in the community. Hopefully, it is a relationship we can continue to sustain for years to come.” **Erin Russell Perinatal Mental Health Team Practice Lead/Health Visitor**

“Working with women who have complex issues in pregnancy and who are often given difficult news and choices, we have found there is a long wait for counselling services within the NHS whether self-referring or referral via the GP. Consistently women we see are given contact details for Pregnancy Crisis Care with feedback always being positive. The counselling they offer to individuals and to couples cannot be underestimated as they are a fantastic sounding board for families who may otherwise feel they have nowhere locally they can access services. We are aware as a service Pregnancy Crisis Care are providing a non-judgemental, vital, and extremely worthwhile service within our locality. The number of patients and their families using the service has increased year on year and we are very grateful for the service they provide enabling them to access the service whatever their financial position.” **Ruth Rice, Screening and Foetal Medicine Midwife**

Further 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:

Pregnancy Support client: I was very anxious in my pregnancy and felt overwhelmed, scared and lonely. The counselling gave me space to talk through worries without feeling like a burden or feeling like a broken record. The space for me to let out my emotions and not be judged or simply be told to ‘not worry’ has been so helpful. It allows me to work through my worries out loud. My husband has felt less pressure to be my only support, which has helped us. He was feeling out of his depth with helping me manage, so me seeking help has been beneficial to us. The service has been so helpful to me, thank you.

Termination for medical reasons (TFMR) client couple: When we arrived at the centre, we felt hopeless, devastated, helpless, lost and alone. We felt extreme anxiety and were desperate – these feelings heightened when we became pregnant after our previous loss. Not only were we supported through the devastation and guilt of TFMR, but also the immense anxiety that came with pregnancy after too. I don’t think it’s an exaggeration to say that our Counsellor has saved us through an excruciatingly painful time in our lives. She helped us navigate such deep and intense feelings with no judgement. Although we remain devastated by the loss of our son, we have channelled our grief and learned to live alongside it, which has provided a much happier and healthier family environment. We have gained coping strategies we will take with us throughout life. I would also like to thank you for including my husband throughout the last 18 months which has undoubtedly strengthened our family unit. Our family are a happier team because of you, and we look forward to supporting Pregnancy Crisis Care in future. From the bottom of our hearts, thank you. Loved the warm and comfortable environment, and the non-judgemental, kind staff. Always gave prompt responses to queries. A fantastic service. Thank you.

Infertility client: After navigating infertility for several years, I felt overwhelmed and a bit lost. I had had a bad experience with healthcare providers. The counselling helped me feel very supported. It was a great outlet beyond close relationships. We chose not to tell many people the journey we were on, and having an independent person to speak to really helped me. It helped me to rationalise when I was feeling overwhelmed. PCC is a great service and I am so grateful to have accessed this.

Baby loss client – male: I am not sure that I would have made it through without the support that I have received. Life was so tough and I felt so lost. My counselling sessions often acted as the only anchor point I felt that I had to reality. My counsellor was always professional, compassionate and most importantly to me, she showed great patience with me. All of my relationships suffered after our loss. I am still not able to maintain many even with close friends. I feel that the support that I was offered enabled me to stay in relationship with my partner and I am very grateful.

Human Resources employed

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

| | |
|------------------------------------|-----------------|
| Centre Manager / Counsellor | 16 hours |
| Counsellor/Project Outreach Worker | 14 hours |
| Administrator | 12 hours |
| Counsellor | 10 hours |
| Counsellor | 8 hours |
| Total hours per week | 60 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. Teresa Blackler continued to monitor and manage Xero, accounting and payroll for us over the year, and we extend grateful thanks to her.

Trustee Remuneration & Related Party Transactions

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

Reserves policy

Pregnancy Crisis Care holds a Reserves policy which is monitored at every Trustees meeting. Within this financial year, Pregnancy Crisis Care was compliant with our Reserves Policy.

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:
01.08.2024 – 31.07.2025:

| Grant / Donations | For: |
|---|--|
| 19.08.2024 Plymouth City Council | £200 Training of volunteers |
| 30.10.2024 Strategic Solutions | £300 Self-esteem bags for clients |
| 04.11.2024 Elmgrant Trust | £1000 Running costs |
| 13.12.2024 National Lottery – Reaching Community Grant | £25,130.50 Part of project costs for centre – half a year |
| 30.01.2025 Strategic Solutions | £1000 Bags of Hope for post-abortion clients |
| 13.03.2025 Plymouth City Council | £500 Counselling costs at centre |
| 08.05.25 – Andy Botterill – DCO Holdings | £1500 – towards lease costs |
| 22.05.2025 Plymouth City Council | £200 Training for volunteers |
| 24.05.2025 Plymouth Astor Trust (VHS) | £2340 Counselling hours |
| 13.06.2025 National Lottery – Reaching Community Grant | £31,247.50 Part of project costs for centre – half a year |

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 Trustees confirmed that they were compliant with the charity's Reserve's policy, which was reviewed at Trustee's meetings regularly.

The charity finances were overseen this year by Jane Frajbis, Centre Manager, Teresa Blackler, (Xero). The Accounts were externally examined by Independent Examiner: Merlin Mbahin, Clear Blue Sky Accountancy Ltd.


.....

Teresa Blackler – Xero Book-keeper

Balance Sheet

Pregnancy Crisis Care (Plymouth & SE Cornwall)

As at 31 July 2025

31 JUL 2025

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 | 221.74 |
| PREGNANCY CRISIS CAR | 51,539.02 |
| PREGNANCY CRISIS CAR#001 | 47,093.09 |
| Total Cash at bank and in hand | 98,853.85 |
| Total Current Assets | 98,853.85 |

Creditors: amounts falling due within one year

| | |
|---|---------------|
| PAYE Payable | (403.01) |
| Pensions Payable | 59.14 |
| Rounding | 0.02 |
| Suspense | 20.00 |
| Wages Payable - Payroll | 1,276.97 |
| Total Creditors: amounts falling due within one year | 953.12 |

| | |
|---|------------------|
| Net Current Assets (Liabilities) | 97,900.73 |
|---|------------------|

| | |
|--|------------------|
| Total Assets less Current Liabilities | 98,478.53 |
|--|------------------|

| | |
|-------------------|------------------|
| Net Assets | 98,478.53 |
|-------------------|------------------|

Capital and Reserves

| | |
|-----------------------------------|------------------|
| Current Year Earnings | 15,263.63 |
| Reserves | 48,863.81 |
| Retained Earnings | 34,351.09 |
| Total Capital and Reserves | 98,478.53 |

Profit and Loss

Pregnancy Crisis Care (Plymouth & SE Cornwall) For the year ended 31 July 2025

2025

Turnover

| | |
|------------------------|------------------|
| Donations- Gift Aid | 8,087.00 |
| Event Income | 9,747.66 |
| Fund Raising | 6,154.12 |
| General Donations | 9,704.58 |
| Gift Aid Tax Reclaimed | 3,487.83 |
| Grant Income | 61,918.00 |
| Interest Income | 597.35 |
| Total Turnover | 99,696.54 |

Cost of Sales

| | |
|----------------------------|-----------------|
| Counselling Resources | 1,188.70 |
| Total Cost of Sales | 1,188.70 |

Gross Profit

98,507.84

Administrative Costs

| | |
|--|-----------|
| Accountancy Fees | 500.00 |
| Advertising & Marketing | 5,105.05 |
| Bookkeeping and PAYE Bureau Fees | 1,150.00 |
| Charitable and Political Donations | 2,040.00 |
| Cleaning | 100.18 |
| DBS and ICO Fees | 441.48 |
| Development | 1,156.25 |
| Employers National Insurance | (67.88) |
| Event Expenses | 3,243.26 |
| Fees re Fund Raising | 18.00 |
| IT Software and Consumables | 347.76 |
| Insurance | 851.95 |
| Light, Power, Heating | 505.99 |
| Office tea/coffee/milk | 70.30 |
| Pensions Costs | 589.71 |
| PPE, Maintenance and General Expenses | 275.90 |
| Printing & Stationery | 258.47 |
| Rates | 492.64 |
| Rent | 7,574.00 |
| Repairs & Maintenance | 2,393.64 |
| Salaries | 49,611.37 |
| Staff Training and Development | 4,454.40 |
| Stationery, Postage, Freight & Courier | 226.72 |
| Subscriptions | 230.00 |
| Supervision | 335.00 |
| Telephone & Internet | 1,034.57 |

| | 2025 |
|---|-----------|
| Travel - National | 79.55 |
| Xero Software Costs | 225.90 |
| Total Administrative Costs | 83,244.21 |
| Operating Profit | 15,263.63 |
| Profit on Ordinary Activities Before Taxation | 15,263.63 |
| Profit after Taxation | 15,263.63 |

Executive Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2025

2025

Cash

| | |
|------------------------|------------|
| Cash received | 100,805.32 |
| Cash spent | 86,200.50 |
| Cash surplus (deficit) | 14,604.82 |
| Closing bank balance | 98,853.85 |

Profitability

| | |
|---------------------|-----------|
| Income | 99,696.54 |
| Direct costs | 1,188.70 |
| Gross profit (loss) | 98,507.84 |
| Other income | - |
| Expenses | 83,244.21 |
| Profit (loss) | 15,263.63 |

Balance Sheet

| | |
|------------|-----------|
| Debtors | - |
| Creditors | - |
| Net assets | 98,478.53 |

Sales

| | |
|---------------------------|---|
| Number of invoices issued | - |
| Average value of invoices | - |

Performance

| | |
|---------------------------------|-------|
| Gross profit margin (%) | 98.81 |
| Net profit margin (%) | 15.31 |
| Return on investment (p.a.) (%) | 15.50 |

Position

| | |
|-------------------------------|--------|
| Average debtor days | - |
| Average creditor days | - |
| Short term cash forecast | - |
| Current assets to liabilities | 103.72 |
| Term assets to liabilities | - |

Cash Summary

Pregnancy Crisis Care (Plymouth & SE Cornwall)

For the year ended 31 July 2025

| | 2025 | YEARLY AVERAGE (YTD) | VARIANCE |
|---------------------------------------|------------------|----------------------------|--------------|
| Income | | | |
| Donations- Gift Aid | 8,087.00 | 820.00 | 886.22% ↑ |
| Event Income | 9,747.66 | 5,351.38 | 82.15% ↑ |
| Fund Raising | 6,154.12 | 11,343.01 | -45.75% ↓ |
| General Donations | 9,704.58 | 17,172.25 | -43.49% ↓ |
| Gift Aid Tax Reclaimed | 3,487.83 | 2,750.03 | 26.83% ↑ |
| Grant Income | 61,918.00 | 52,562.00 | 17.80% ↑ |
| Interest Income | 597.35 | 668.84 | -10.69% ↓ |
| Total Income | 99,696.54 | 90,667.51 | 9.96% |
| Less Expenses | | | |
| Accountancy Fees | 500.00 | 400.00 | 25.00% ↑ |
| Advertising & Marketing | 5,105.05 | 4,508.66 | 13.23% ↑ |
| Bookkeeping and PAYE Bureau Fees | 1,150.00 | 1,170.00 | -1.71% ↓ |
| Charitable and Political Donations | 2,040.00 | (250.00) | 916.00% ↑ |
| Cleaning | 100.18 | 167.58 | -40.22% ↓ |
| Counselling Resources | 1,188.70 | 278.91 | 326.19% ↑ |
| DBS and ICO Fees | 441.48 | 238.58 | 85.04% ↑ |
| Development | 1,156.25 | 1,382.50 | -16.37% ↓ |
| Event Expenses | 3,393.26 | 1,536.56 | 120.83% ↑ |
| Fees re Fund Raising | 18.00 | - | - - |
| IT Software and Consumables | 347.76 | - | - - |
| Insurance | 851.95 | 711.75 | 19.70% ↑ |
| Legal Expenses - Lease renewal | - | 1,854.00 | -100.00% ↓ |
| Light, Power, Heating | 603.99 | 2,002.35 | -69.84% ↓ |
| NIC Payable | 2,533.07 | (705.65) | 458.97% ↑ |
| Office tea/coffee/milk | 70.30 | 45.43 | 54.74% ↑ |
| PAYE Payable | (2,630.46) | 706.65 | -472.24% ↓ |
| Pensions Costs | 589.80 | 588.48 | 0.22% ↑ |
| Pensions Payable | (0.77) | (0.02) | -3,750.00% ↓ |
| PPE, Maintenance and General Expenses | 275.90 | 87.48 | 215.39% ↑ |

| | 2025 | YEARLY AVERAGE (YTD) | VARIANCE |
|--|------------------|----------------------------|----------------|
| Printing & Stationery | 258.47 | 237.68 | 8.75% ↑ |
| Rates | 678.64 | 666.64 | 1.80% ↑ |
| Rent | 7,574.00 | 9,045.45 | -16.27% ↓ |
| Repairs & Maintenance | 2,393.64 | 1,026.46 | 133.19% ↑ |
| Salaries | 49,611.37 | 53,192.16 | -6.73% ↓ |
| Staff Training and Development | 4,709.40 | 1,649.60 | 185.49% ↑ |
| Stationery, Postage, Freight & Courier | 226.72 | 242.05 | -6.33% ↓ |
| Subscriptions | 230.00 | 1,220.44 | -81.15% ↓ |
| Supervision | 335.00 | 1,443.70 | -76.80% ↓ |
| Suspense | - | (20.00) | 100.00% ↑ |
| Telephone & Internet | 1,034.57 | 1,066.14 | -2.96% ↓ |
| Travel - National | 79.55 | 992.68 | -91.99% ↓ |
| Wages Payable - Payroll | - | (1,276.97) | 100.00% ↑ |
| Xero Software Costs | 225.90 | 501.84 | -54.99% ↓ |
| Total Expenses | 85,091.72 | 84,711.13 | 0.45% |
| Surplus (Deficit) | 14,604.82 | 5,956.38 | 145.20% |
| Net Cash Movement | 14,604.82 | 5,956.38 | 145.20% |
| Summary | | | |
| Opening Balance | 84,249.03 | 78,292.65 | 7.61% |
| Plus Net Cash Movement | 14,604.82 | 5,956.38 | 145.20% ↑ |
| Cash Balance | 98,853.85 | 84,249.03 | 17.34% |

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

I report on the financial statements of Pregnancy Crisis for the year ended 31 July 2025 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) adapted to meet the needs of unincorporated organisations, as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (as amended by the Bulletin issued in February 2016) published by the Charity Commission in England & Wales (CCEW), effective January 2015 (The SORP), under the historical cost convention and the accounting policies set out on page 10.

Respective responsibilities of the Trustees and the Independent Examiner

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act')

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the charity is not subject to audit under any legal provision, or otherwise, and is eligible for independent examination, it is my responsibility to: -

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

Basis of Independent Examiner's Statement and scope of work undertaken

I conducted my examination in accordance with the General Directions given by the Charity Commission under section 145(5)(b) of the Act, setting out the duties of an Independent Examiner in relation to the conducting of an Independent Examination. An Independent Examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that the financial statements comply with the SORP, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries, and consequently I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the Independent Examination are achieved and before finalising the report, I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion


Subject to the limitations upon the scope of my work as detailed above, in connection with my examination, I can confirm that: -

This is a report in respect of an examination carried out under 145 of the Act and in accordance with General Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no matter has come to my attention in connection with my examination which gives mereasonable cause to believe that in any material respect the requirements: -

- to keep accounting records in accordance with Section 130 of The Charities Act 2011;
- when preparing accounts on an accrual's basis, to prepare financial statements which accord with the accounting records and comply with the accounting requirements of the Act and the Regulations setting out the form and content of charity accounts;
- have been prepared in accordance with The Charities Act 2011. and with the methods and principles set out in the FRS102 Statement of Recommended Practice Accounting and Reporting by Charities (effective January 2016).
- have not been met or to which, in my opinion, attention should be drawn in my report in order to enable a proper understanding of the accounts to be reached.

Signed: -


.....
Merlin Mbahin, FAAT, MIP,

11/03/2026
.....
Date

Independent Examiner

(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 6-28.

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 02.02.2026 and signed on its behalf by:



CHRIS LAVERS – Trustee and Chair

02.02.2026