

CHOICES PREGNANCY CENTRE EXETER

TRUSTEES' ANNUAL REPORT FOR THE PERIOD 6 APRIL 2021 to 5 APRIL 2022

Reference and administration details

Charity name: Choices Pregnancy Centre Exeter

Registered Charity Number: 1159847

Registered Address: 5 Heavitree Road, Exeter EX1 2LD

Trustees who managed the charity during the period:

Dr Christopher Scott Hamilton (Chair)

Mrs Victoria Ann Neal

Mrs Danielle Nadine Crosby - resigned 20 November 2021

Mr Graham Edward Barding (Treasurer)

Structure, Governance and Management

Choices Pregnancy Centre Exeter (CHOICES) is a Charitable Incorporated Organisation, whose governing document is its constitution dated 11 August 2014. It is managed by its Board of Trustees and, In accordance with the governing document, those Trustees are appointed for a term of 3 years by a resolution passed at a properly convened Trustees meeting.

From 1 April 2019 CHOICES has employed a Centre Manager who reports directly to the Trustees. The Centre Manager's duties include:

Administration: managing the office, ensuring all privacy, data protection etc policies are adhered to and regularly reviewed, collating statistics, chairing management team meetings and providing progress reports to the Trustees.

Counselling: organising initial assessments of potential new clients, allocating clients to volunteer counsellors, co-ordinating and facilitating supervision sessions for those volunteers and carrying out some personal counselling casework.

Fundraising: researching potential sources of grant income and making recommendations to the Trustees based on that research, initiating and co-ordinating general fundraising activities.

Training: co-ordinating the recruitment and training of new volunteer counsellors, organising individual and group programmes of professional development of established volunteers and ensuring that her own professional training is kept up to date.

Liaison: raising awareness of the charity's activities within local organisations and acting as the first point of contact for the charity except where legislation dictates otherwise.

Objectives and activities

In accordance with its governing document, CHOICES' objects are:

- (a) Relief in need of those in distress by the provision of pregnancy choices counselling, post-abortion counselling and support for baby loss and pregnancy related concerns.
- (b) The advancement of education for the public benefit in the subject of sexual health and relationships.

It does the following in pursuit of those objectives:

- (1) Pregnancy crisis counselling – where clients faced with a pregnancy crisis meet with a volunteer to discuss their situation and the choices available to them.
- (2) Baby loss counselling – where, over a period of 4 to 6 months or so, clients who have suffered baby loss are taken through a step by step programme with a view to helping them to process grief and recover from associated difficulties such as depression and anxiety.
- (3) School visits – where the aim is to support local High Schools in the education of students regarding baby development, making informed choices regarding unplanned pregnancies and Sexually Transmitted Infections.

These services are provided by volunteers, all of whom have been trained by CHOICES. All of the counselling undertaken abides by the British Association for Counselling and Psychotherapy's Ethical Framework for Good Practice.

CHOICES recognises the national organisation known as Pregnancy Centres Network (PCN) as a source of support and information in the areas in which CHOICES is active. CHOICES therefore makes small voluntary donations to them.

Achievements and Performance

During the year ended 5 April 2022 the Choices team consisted of 12 volunteers. In the year we saw 23 new clients (10 crisis pregnancy, 5 miscarriage, 2 still birth, 5 termination of pregnancy and 1 anxiety during pregnancy). For comparison, in the previous year we saw 17 new clients.

The Coronavirus pandemic continued to affect CHOICES in several ways this year:

- Face to face meetings with clients were often not possible
- Some clients were not able to take part in online counselling
- Some volunteers were not able to work online
- Opportunities for fundraising events were restricted.

On a more positive note, though, CHOICES is proud to have played a significant role in pregnancy crisis counselling on a national level this year, with one of our volunteers obtaining the position of national training co-ordinator at PCN and two others becoming tutors in PCN's training scheme.

Furthermore, two of our volunteers were among the first to complete the new, fully accredited national training course and a third is part-way through that training.

Financial Review

Our funding comes via a mixture of regular and one-off donations by individuals, our own fundraising events and grants made by various organisations and Trusts. We were very grateful to receive a substantial grant from the Andre Christian Trust towards the cost of employing the Centre Manager this year.

During the year we were also grateful to receive £2468 from a sister Charity in Torbay (Fernlea Trust register number 1031317) upon its dissolution. Fernlea Trust had very similar objectives to CHOICES and the plan is for CHOICES to expand into the Torbay area to continue the good work already done there.

As noted earlier, our scope for undertaking fundraising events has been restricted by the Coronavirus pandemic. However, as restrictions have lifted we have been able to start addressing this matter, beginning with a dinner dance planned for May 2022.

For the year ended 5 April 2022 CHOICES had total income of £19,709 and expenditure amounted to £31,104, resulting in a net deficit for the year of £11,395. However, £11,260 of the £19,709 income was in the form of ring-fenced grants and £25,525 of the £31,104 expenditure was similarly ring-fenced.

The Charity has a bank balance at 5 April 2021 of £28,290, of which £14,693 is ring-fenced (£14,516 for Centre Manager employment and £177 for conferences / training) and £13,597 is available for general use.

Going forward, the principle foreseeable expenditure continues to be the Centre Manager's salary and rent payable for the Teignmouth office. The cash held at the bank means that the short-term future of the Charity is assured. However, with the very generous three-year grant from J Van Mars Foundation having reached its end, we clearly need to explore our options for further funding in order to secure our longer-term future.

As always, we remain very grateful to the following organisations who have provided valued financial support to enable us to run CHOICES:

The Andre Christian Trust

Yapp Charitable Trust

J Van Mars Foundation

Santander

National Lottery

Teignmouth United Reform Church

North Teignmouth Community Church

At the conclusion of our baby-loss counselling programme we ask our clients for feedback, with the aim of seeking to continuously improve the service which we provide. It is heartening to have received the following feedback from one such client:

"I just wanted to say a huge thank you to Vikki and Liz. I was going through a very difficult time and doing it alone, and I don't think I could have coped much longer. The compassion and kindness these two amazing people brought to me was greatly needed. They were caring and calm, guiding me through the programme when I was a complete wreck, always with humour and patience. I cannot thank you enough. I am in a totally different place now and I am grateful for what you have done for me every single day. With enormous respect and gratitude and best wishes."

CHOICES PREGNANCY CENTRE EXETER

Charity Number: 1159847

ACCOUNTS FOR THE YEAR ENDED

5TH APRIL 2022

**Beard & Co
Accountants
Primrose House
6 Blackboy Road
Exeter
Devon
EX4 6SG**

CHOICES PREGNANCY CENTRE EXETER

Charity Number: 1159847

TRUSTEES IN THE FINANCIAL YEAR

Dr Christopher Scott Hamilton (Chair)

Mrs Victoria Ann Neal

Mr Graham Edward Barding (Treasurer)

Mrs Danielle Nadine Crosby – resigned 20 November 2021

INDEPENDENT EXAMINER'S REPORT
CHOICES PREGNANCY CENTRE EXETER

Charity Number: 1159847

ON ACCOUNTS FOR THE YEAR ENDED

5TH APRIL 2022

SET OUT ON PAGES

1 and 2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 5th April 2022

Responsibilities and basis of report

As the Charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2001 ("the Act")

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directors given by the Charity Commission under section 145(5)(b) of the Act

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect

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

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



E G M BEARD FFA/FIPA Date: 24/4/2022

**Beard & Co Accountants,
Primrose House,
6 Blackboy Road,
Exeter,
EX4 6SG**

CHOICES PREGNANCY CENTRE EXETER**CHARITY NO: 1159847****RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED****5TH APRIL 2022**

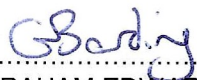
	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u>	<u>Last Year</u>
<u>RECEIPTS</u>				
Donations	2,235	-	2,235	1,981
Fundraising	106	-	106	18
Stewardship	3,328	-	3,328	2,419
Grants	-	11,260	11,260	22,000
Transfers from Fernlea Trust	2,468	-	2,468	-
HMRC Gift Aid	312	-	312	416
TOTAL RECEIPTS	8,449	11,260	19,709	26,834
<u>PAYMENTS</u>				
Sundry Costs	106	-	106	49
Rent	3,446	874	4,320	3,960
Meeting Costs	9	-	9	-
Phone and Broadband	589	-	589	698
Office Costs	10	-	10	63
Stationery and Books	57	-	57	30
Training and Supervision Costs	375	791	1,166	320
Travel Costs	42	-	42	25
Insurance	454	-	454	489
Postage	49	-	49	42
DBS Checks	142	-	142	182
Website Costs	50	-	50	90
IT Costs	194	-	194	144
Conferences	-	1,952	1,952	-
Donation	56	-	56	112
Wages	-	21,443	21,443	21,443
Professional Fees	-	465	465	678
TOTAL PAYMENTS	5,579	25,525	31,104	28,325
NET OF RECEIPTS/PAYMENTS	2,870	(14,265)	(11,395)	(1,491)
CASH FUND LAST YEAR END	10,727	28,958	39,685	41,176
CASH FUNDS THIS YEAR END	13,597	14,693	28,290	39,685

CHOICES PREGNANCY CENTRE EXETER**Charity Number: 1159847****STATEMENT OF ASSETS AND LIABILITIES AS AT****5TH APRIL 2022****CASH FUNDS**

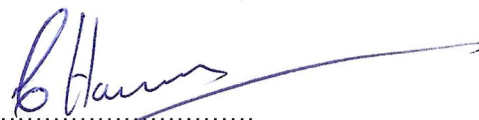
	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>
Cash at Bank	13,597	14,693
TOTAL CASH FUNDS	13,597	14,693

FIXED ASSETS

	<u>Carrying Value £</u>	<u>Asset Fund £</u>
Office Equipment including computers	190	Restricted Fund
	856	Unrestricted Fund
Office Furniture and Fittings	836	Restricted Fund
	1,251	Unrestricted Fund
	3,133	



 GRAHAM EDWARD BARDING



 DR CHRISTOPHER SCOTT HAMILTON