

CHOICES PREGNANCY CENTRE EXETER

TRUSTEES' ANNUAL REPORT FOR THE PERIOD 6 APRIL 2023 to 5 APRIL 2024

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

Ms Frances Mary Tilley - Treasurer

Mrs Janice Mechelle Passmore

Mr Andy Humphreys

Structure, Governance and Management

Choices Pregnancy Centre Exeter (CHOICES) is a Charitable Incorporated Organisation, whose governing document is its constitution dated 1 December 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.

This post was held by Sue Sharp who retired in February 2023. The post has been held voluntarily by two practitioners while Choices sought to employ someone suitable for the role. Since the 1st April, Caroline White has taken over the role as the Centre Manager as paid employee for 10hrs per week. The Trustees have managed the governance and volunteers the practical support of clients.

The Centre Manager's duties have included:

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) Relieving persons in need, distress or hardship by the provision of support in the areas of pregnancy choices, issues arising post-abortion or from baby loss and other 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 support – where clients faced with a pregnancy crisis meet with a volunteer to discuss their situation and the choices available to them.

(2) Baby loss support – where, over a period of 4 to 6 months or so, clients who have suffered baby loss are taken through a Baby Loss 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 either been trained by CHOICES or, in the case of newer recruits, have undertaken accredited training provided by the Pregnancy Centres Network (PCN). All of the support undertaken follows the British Association for Counselling and Psychotherapy's Ethical Framework for Good Practice.

CHOICES recognises the national organisation known as 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 2024 the Choices team consisted of 9 active volunteers, with 4 other team members remaining but not active at present. In the year we saw 23 new clients, 2 crisis pregnancy, 13 miscarriage, 4 still birth, 4 termination of pregnancy and several of these clients for follow on anxiety during pregnancy support. This was the same number as the previous year.

Since the pandemic we have found that many clients prefer to access support remotely. The preferred method at the centre is face to face to offer the best support for the client and both options are offered, along with telephone support.

We are proud to say that three of our practitioners also had roles within the National Training Team, currently run by the Pregnancy Centres Network (PCN). One being the National Training Co-ordinator (standing down in December 23) two others acting as tutors in PCN's training scheme for Crisis Pregnancy and Post Abortion stress.

Our newest volunteer has successfully undertaken and passed the accredited courses, adding to the skills within the practitioner team.

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 grants during the year from Andre Christian Trust, The National Lottery, and Teignmouth United Reform Church.

Our two major fundraising events during the year were an evening at the Gurkha Restaurant and a local Quiz night.

For the year ended 5 April 2024 CHOICES had total income of £29286 and expenditure amounted to £12950, resulting in a net profit for the year of £16336. However, £17100 of the income was in the form of ring-fenced grants and £8840 of the expenditure was similarly ring-fenced.

The Charity has a bank balance at 5 April 2024 of £38717, of which £19265 is ring-fenced and £19452 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

National Lottery

Teignmouth United Reform Church

Bovey Tracey Parish Church

Together Church, Torquay

Kondanini UK

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:

“There are not enough words to express my gratitude for helping me navigate the loss of my baby. Your care and kindness surrounded me during a time of darkness, which slowly helped reveal the light and warmth once again. I will be forever grateful. If Choices hadn’t been there for me, I would no longer be here” Baby Loss Client

CHOICES PREGNANCY CENTRE EXETER

Charity Number: 1159847

ACCOUNTS FOR THE YEAR ENDED

5TH APRIL 2024

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

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TRUSTEES IN THE FINANCIAL YEAR

Dr Christopher Scott Hamilton (Chair)

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Ms Frances Mary Tilley - Treasurer

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INDEPENDENT EXAMINER'S REPORT
CHOICES PREGNANCY CENTRE EXETER

Charity Number: 1159847

ON ACCOUNTS FOR THE YEAR ENDED

5TH APRIL 2024

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 2024

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: 1.10.2024

**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 2024

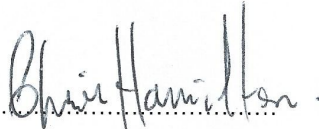
	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Last Year</u>
	<u>Funds</u>	<u>Funds</u>		
<u>RECEIPTS</u>				
Donations	5,355	-	5,355	9,492
Fundraising	1,465	-	1,465	3,513
Stewardship	2,420	-	2,420	3,934
Grants	2,450	17,100	19,550	8,090
Bank Interest	105	-	105	11
HMRC Gift Aid	391	-	391	391
TOTAL RECEIPTS	12,186	17,100	29,286	25,431
<u>PAYMENTS</u>				
Sundry Costs	5	-	5	-
Rent	-	5,070	5,070	4,848
Meeting Costs	-	-	-	25
Phone and Broadband	626	-	626	662
Office Costs	-	-	-	105
Printing, Stationery and Postage	120	-	120	289
Leaflets	248	-	248	-
Training and Supervision Costs	175	75	250	780
Travel Costs	454	-	454	396
Insurance	492	-	492	469
DBS Checks	157	-	157	195
IT Costs	-	-	-	684
Conferences	442	1,255	1,697	1,142
Funding Bids	-	1,240	1,240	-
Wages	-	-	-	19,656
Professional Fees	180	-	180	259
Recruitment Fees	-	-	-	299
Equipment	611	1,200	1,811	314
Fundraising Costs	600	-	600	1,215
TOTAL PAYMENTS	4,110	8,840	12,950	31,338
NET OF RECEIPTS/PAYMENTS	8,076	8,260	16,336	(5,907)
CASH FUND LAST YEAR END	11,377	11,006	22,383	28,290
CASH FUNDS THIS YEAR END	19,453	19,266	38,719	22,383

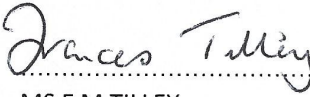
CHOICES PREGNANCY CENTRE EXETER**Charity Number: 1159847****STATEMENT OF ASSETS AND LIABILITIES AS AT****5TH APRIL 2024****CASH FUNDS**

	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>
Cash at Bank	13,601	
	5,851	19,265
TOTAL CASH FUNDS	<u>19,452</u>	<u>19,265</u>

FIXED ASSETS

	<u>Carrying Value £</u>	<u>Asset Fund £</u>
Office Equipment including	1007	Restricted Fund
computers	860	Unrestricted Fund
Office Furniture and Fittings	604	Restricted Fund
	904	Unrestricted Fund
	<u>3,375</u>	


 DR C S HAMILTON


 MS F M TILLEY

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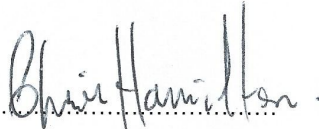
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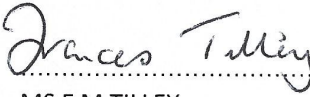
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