

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales · Charity number 1165555

Details

Other names	OPTIONS PCC, OPTIONS PREGNANCY CRISIS CENTRE (CHICHESTER), OPTIONS
Status	Registered
Legal form	CIO
Registered	2016-02-12
Register	View on the Charity Commission register

Contact

Address	Pregnancy Options Centre St. Johns House St. Johns Street Chichester PO19 1UU
Phone	01243784177
Email	office@optionschichester.org.uk
Website	www.pregnancyoptionscentre.org.uk

Activities

Objects: A] THE PROVISION OF NON-DIRECTIVE AND NEUTRAL COUNSELLING AND SUPPORT TO WOMEN, MEN AND THEIR FAMILIES WHO ARE SUFFERING FROM ANY PHYSICAL OR MENTAL ILLNESS OR DISTRESS DURING OR AS A RESULT OF PREGNANCY, PREGNANCY LOSS OR THE TERMINATION OF PREGNANCY, IN A CARING AND COMPASSIONATE WAY, RESPECTING THE AUTONOMY OF THE CLIENT; B] THE ADVANCEMENT OF EDUCATION INCLUDING, BUT NOT LIMITED TO, THE SUBJECTS OF SEX, SEXUAL HEALTH, HEALTHY RELATIONSHIPS, PREGNANCY AND PREGNANCY CHOICES; C] THE PRESERVATION AND PROTECTION OF HEALTH INCLUDING, BUT NOT LIMITED TO, THE HEALTH OF WOMEN WITH UNPLANNED PREGNANCY OR PREGNANCY COMPLICATED BY FOETAL ABNORMALITY OR MATERNAL MORBIDITY, PREGNANCY LOSS OR THE TERMINATION OF PREGNANCY

Activities: The charity delivers free, non-directive counselling to support anyone facing an unplanned pregnancy, or struggling after a termination or pregnancy loss. To deliver interactive educational sessions to young people on about sex, relationships, consent, sexual health and the consequences of risky sexual

behaviour, including an unplanned pregnancy.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Hampshire
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£143,142	£77,649	-	-
2023-12-31	£71,187	£98,372	-	-
2022-12-31	£79,768	£78,354	-	-
2021-12-31	£83,623	£60,030	-	-
2020-12-31	£70,434	£46,698	-	-

Trustees

Name	Role	Appointed
Alison Thompson		2024-10-16
Annette Lawrance-Owen		2022-01-12
Carol Grove		2024-10-16
Rev Christopher Hill		2026-01-14

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales - Charity number 1165555

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 December 2024
for
Pregnancy Options Centre (Chichester)

C J Bacon
BEd.(Hons.), AST, BFP, ACPA, ACA
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Contents of the Financial Statements
for the Year Ended 31 December 2024

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Reference and Administrative Details
for the Year Ended 31 December 2024

TRUSTEES	A Kuchanny (resigned 8.1.25) A Lawrance-Owen Chair D Loveman J Wood (resigned 6.9.24) C Grove (appointed 16.10.24) A Thompson (appointed 16.10.24) K Cooper (appointed 10.7.24)
PRINCIPAL ADDRESS	St Johns House St Johns Street Chichester West Sussex PO19 1UU
REGISTERED CHARITY NUMBER	1165555
INDEPENDENT EXAMINER	C J Bacon BEd.(Hons.), AST, BFP, ACPA, ACA Upper Ground Floor 18 Farnham Road Guildford Surrey GU1 4XA
SENIOR STAFF	Anna Madge (CEO) Hilda Sherwood (Interim Charity Manager)
BOOKKEEPER	Suzanne Jones (Bookkeeper) Donald Macdonald (Treasurer)

Report of the Trustees
for the Year Ended 31 December 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The overall responsibility for the Charity rests with the Trustees who meet approximately 4 times per year to receive reports on the charity's activities. The CEO/Interim Charity Manager is supervised by a Trustee and is responsible for the day-to-day management of the charity. All other staff are part-time.

OBJECTIVES AND ACTIVITIES

Our Vision

1. That no one has to face crisis pregnancy, post-abortion or pregnancy loss alone.
2. That children and young people are educated about healthy relationships, unplanned pregnancy and sexual health.

Our Mission Statements

- To provide a range of high-quality support programmes to women and men from all backgrounds who are facing an unplanned pregnancy, an abortion decision or pregnancy loss, by acknowledging their individual experiences in order to build a positive future.
- To deliver a range of interactive sessions to children and young people on issues surrounding an unplanned pregnancy, including sexual health, self-esteem and healthy sex and relationships through local schools, colleges and youth settings.

Our Values and Ethos

As an organisation with Christian foundations, Pregnancy Options Centre's foundational value is to respond with compassion, care and respect to our clients, regardless of their faith, race, income, sexual orientation or employment status. We are not a campaigning organisation, and we do not have a political agenda.

We recognise that abortion is a controversial issue that divides people in a polarising debate. As an organisation, we want to bring a non-judgmental approach by supporting clients at their point of need. Our goal is to provide accurate information, counselling, and practical support so those in crisis can reach a healthy, well-informed decision that is their own. We will safeguard our clients to ensure this decision is not influenced by coercion, manipulation, or misleading information.

Compassion

Motivated to meet people in their challenges and suffering, and walk alongside them

Empowerment

Supporting others with tools to inform decisions and build resilience

Excellence

Upholding high quality standards in all we do

Hope

Providing a safe place to enable restoration and hope for the future

Options believes every individual should be treated with empathy, care and respect. Our ethos is informed by our Christian faith, but we respect the rights of our clients to hold beliefs and values of all faiths and none. Our services are non-directive and open to all.

Public benefit

As a small charity, below the Charities Act's audit threshold, the report focuses on the main activities undertaken by the charity to further its charitable purposes for public benefit. The 'Summary of the Charities Achievements of the Year' provides a brief summary of the activities undertaken. The trustees confirm they have had due regard to the Charity Commission's Public Benefit Guidance and will continue to follow this guidance in future plans.

Report of the Trustees
for the Year Ended 31 December 2024

ACHIEVEMENT AND PERFORMANCE

Summary of Charity Achievements in the Year

2024 was a challenging year for the Pregnancy Options Centre, with a lot of change taking place. However, these challenges also demonstrated the organisation's integrity and the commitment of the Trustee Board. Despite these challenges, we, once again, exceeded our previous years' referrals for our counselling service and matched the number of young people reached by our education project. Throughout 2024, we continued to offer a hybrid counselling service of telephone and face-to-face support, which benefits both our clients and our practitioner team.

Sadly in April 2024, the Trustees had to make the tough decision to close our Portsmouth Satellite Centre due to a lack of funding for this service. The Interim Charity Manager and Trustee Board were regularly reviewing the financial resources for our Portsmouth Satellite between the last quarter of 2023 and up until March 2024. This was a difficult decision as the momentum of the counselling service in Portsmouth was growing, as well as client referrals. As a result of this closure, the Portsmouth Satellite Co-Ordinator and Counselling Lead changed to a freelance contract and was able to, alongside our volunteer practitioners, continue with our current caseload of clients. Client work continued until August to ensure support was not disrupted and counselling support could be finished well. Throughout this period of closing the satellite service, the Interim Charity Manager and Board of Trustees kept in focus the staff and clients' wellbeing as a priority.

To ensure the longevity of the charity and to continue operating its core projects during this time of constrained cash flow, the charity had to review some of its other staffing roles. The choice was made to make our Administrator and Communications role (8 hours a week) redundant, as well as give notice to our Maternity Cover Fundraising Officer. This was a challenging time but it was handled with care, professionalism and transparency by the Interim Charity Manager and Board.

In June, our CEO returned from maternity leave on 21 hours a week. In September, the staff team and Board of Trustees took time to reflect on achievements and challenges of the past few years, and began developing a new 3-year strategy for 2025 - 2028.

Regardless of these challenges, our Counselling and Education services in Chichester and surrounding areas, continued to thrive and operate successfully. Due to the Trustees' careful decisions and receiving two grants in August, equaling £30,000 from Sussex Community Foundation and Awards For All, the charity recovered financially; ending 2024 with a £65,493 surplus.

A more detailed summary of the work of each project follows:

Counselling Project

Our counselling service provides 1-2-1 sessions for women and their partners and/or families facing unplanned pregnancy or struggling after an abortion or pregnancy loss. We use a bereavement support programme called Time to Heal, which enables our clients to address their painful issues of loss and find healthy ways of processing their experiences. For unplanned pregnancy clients, we give an hour's session giving time for them to explore all their thoughts and feelings and use tools to help them navigate their three options: abortion, adoption or parenting.

Referrals

In 2024, we received 127 new client referrals, needing support for unplanned pregnancy, post abortion, miscarriage, chemical pregnancy, post ectopic, still birth, post adoption, termination for medical reasons, pregnancy testing and pregnancy support. 22 clients were signposted to abortion providers on request, 8 were Portsmouth based and were able to access other centres/services and 5 came from outside of West Sussex.

Referrals came from 119 females and 8 males during the year. We continued to support 11 clients from our 2023 caseload into 2024. 68 of our referrals in 2024 were for unplanned pregnancy support, an increase of 15% on the previous year of 59. We believe this may be due to a combination of the continuation of the cost-of-living crisis and an increase in our visibility in the community. There was also an increase in the number of both women and their partners seeking support for unplanned pregnancies.

Volunteers

Report of the Trustees
for the Year Ended 31 December 2024

Our team is comprised of volunteer practitioners who are trained in counselling skills and specifically how to use these to support someone who is facing unplanned pregnancy or struggling following an abortion or pregnancy loss. Our volunteer training is accredited at Level 3 through the Association of Accredited Learning (AAL) and recognised by NCFE/CACHE. All our practitioners work within the BACP Code of Ethics and Practice, of which Pregnancy Options Centre is an organisational member (membership 257016). All our practitioners receive regular external clinical supervision in accordance with BACP requirements and are overseen by the Counselling Team Lead.

During 2024, 1 new volunteer began Pregnancy Centre's Network's (PCN) Level 3 Pregnancy Choices Course. A further 2 current volunteers completed PCN's Level 3 Post Abortion Support Course - The Bowl. These volunteers were then able to go to support clients to explore their thoughts, feelings and reactions after an unplanned pregnancy or an abortion.

In 2024, we began the process of using placement counsellors, something the organisation has not explored before. The increase in referrals has meant our waitlist continues to grow. In 2025, we hope to use placement counsellors to reduce our wait times for incoming clients but also to expand our resources and support clients with more complex needs.

Monitoring

We use quantitative and qualitative monitoring tools which show significant impact, including using NHS approved psychometrics depression scores, recorded by PHQ-9 forms. Clients reported an average score of 12.44, equivalent to a moderate depression. 45% score above 15, which corresponds to a moderately severe or severe depression level score. Many clients express a loss of interest or enjoyment in life since their loss, with little interest or pleasure in doing things. At the end of support, the average PHQ-9 score was 4.2, equalling no depression.

2024 saw the introduction of our new 'client impact measure tool', which asks clients to rate their thoughts/feelings across 4 key areas: Wellbeing, Life Functioning, Mental Health Symptoms/Problems and Risk factors. Clients' scores are recorded every 6 weeks throughout their support in a bid to better demonstrate the change clients experience as a result of support, but also to prompt a regular 'review' time with their practitioner. This review aids being able to pick up sooner where the support needs or focus has changed for particular clients and perhaps where signposting to other services is necessary.

In 2024 - post counselling support, our long-term clients recorded:

- A 100% reduction in risk factors including self-harm and suicidal thoughts
- A 58% reduction in symptoms of poor mental health including flashbacks, sleep disturbances and anxiety
- A 70% improvement in wellbeing including self-esteem and optimism for the future
- A 74% improvement in life functioning including relating to others and coping strategies
- A 79% reduction in PHQ9 scores (general, medical depression inventory)

We offer clients the opportunity to complete a programme evaluation and write about their personal journey. Feedback given shows that clients experience non-directive and non-judgmental support. Clients express feeling safe with their volunteer practitioner, are able to fully explore their painful experiences and found the counselling process provided healing. Some feedback from clients is below:

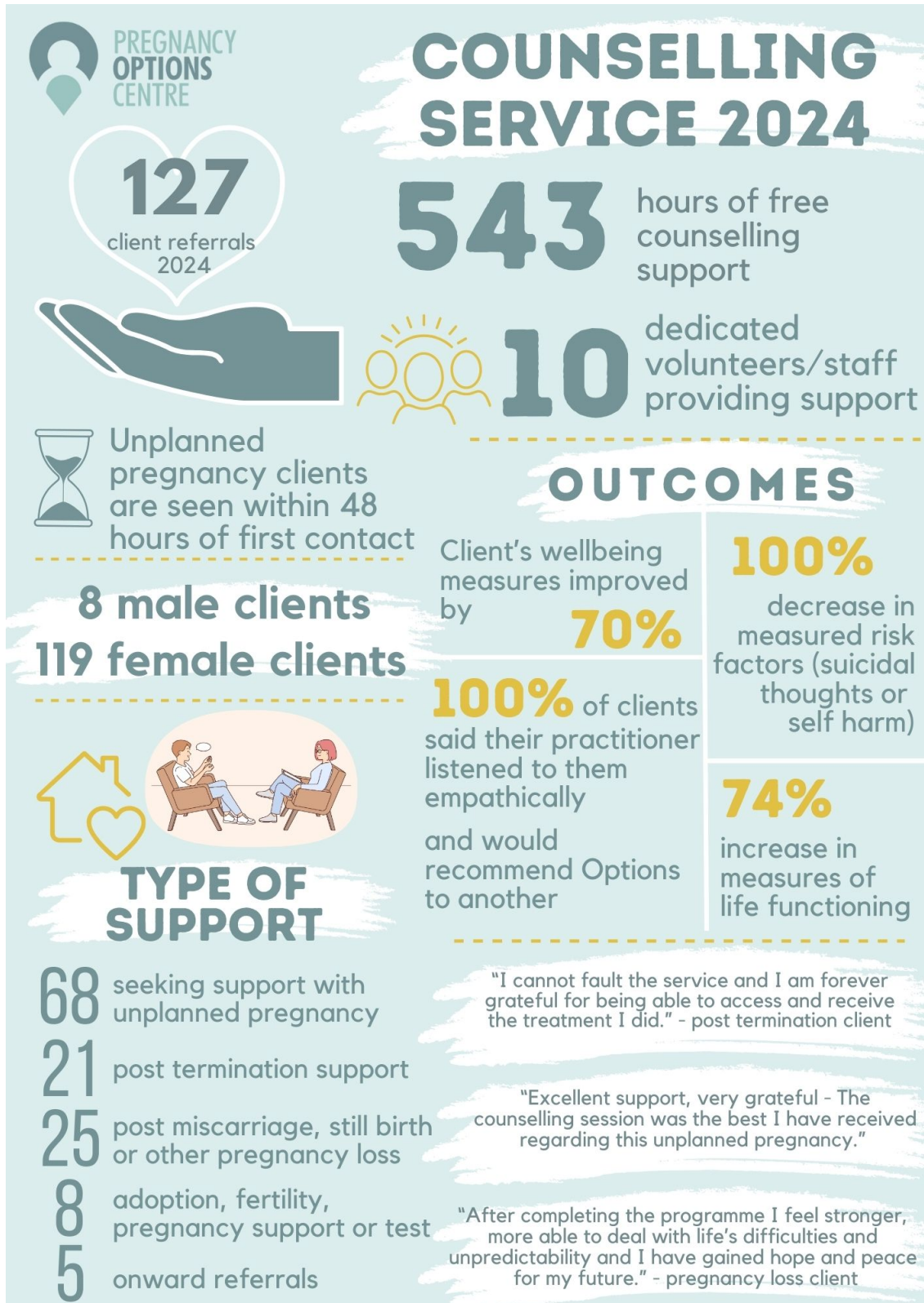
"I understand my emotions better. I understand my needs better. I find it easier to recognise when I fall into negative thought processes and I am in a better position to challenge such thoughts. I am able to focus more on the now instead of overly worrying about the past or future. I communicate better with those close to me. All of which have helped many aspects of my life. After completing the programme I feel stronger, more able to deal with life's difficulties and unpredictability and I have gained hope and peace for my future." - Post Abortion Client

"Sally was very helpful, kind, compassionate and sometimes just listened when i needed it. Discussing the guilt I felt with respect to my miscarriages was fundamental - in hindsight this was an emotion that bound it all together. I will miss our sessions, I cannot thank her enough." - Miscarriage Client

"The counselling session with Options was the best I have received regarding this unplanned pregnancy. Grada listened with empathy, and asked very good and focused questions that helped me frame my own thoughts." - Unplanned Pregnancy Client

Report of the Trustees
for the Year Ended 31 December 2024

"I cannot be more thankful to have extra help in a difficult situation. I felt that I was able to say everything without worrying about being judged or anything being biased! Thank you so much" - Unplanned Pregnancy Client



Report of the Trustees
for the Year Ended 31 December 2024

Education Project

Our education project provides interactive educational sessions for local schools, colleges and youth settings on topics surrounding healthy sex and relationships. Topics include consent, the dangers of pornography, healthy friendship and relationships, sexual health and puberty, sextortion, the pregnancy timeline and the three options of an unplanned pregnancy: abortion, adoption and parenting.

In 2024, we continued to deliver to secondary and primary schools within our local area. Between January and December 2024, we delivered 78 sessions to 1,916 young people on: the pregnancy timeline, puberty (hygiene), puberty external and internal changes, menstrual wellbeing, reproduction and a parent and carers information zoom, contraception and STIs, healthy relationships and consent, and the dangers of pornography. This is lower than previous years due to several factors, including reducing staffing hours due to financial challenges between April and September, and staff sickness reducing our ability to deliver sessions in the autumn term.

In June 2024, we were awarded a grant from Chichester District Council to create and deliver 30 sessions to Chichester schools on the topic of Sextortion. Sextortion is a type of online blackmail, whereby perpetrators threaten to expose sexual images or other information about someone unless they pay money or carry out other requests. It is on the rise across West Sussex, especially with teenage boys. In the Autumn term of 2024, our Education Manager researched, completed training and created the interactive sessions to be delivered in schools in the 2024/2025 academic year.

Monitoring

During sessions, we use an audience response software and equipment called OMBEA. Both the students and teachers have enjoyed using the system and it has the great benefits of recording the students' answers confidentially, thereby providing data that can be used to assess the effectiveness of the sessions and aid future lesson planning.

We are constantly asking for feedback and recommendations on how we can improve our sessions. We use feedback from staff and students to shape our service and reports given to schools have been used in planning meetings at senior level. Reports sent to schools after sessions include a review of the workshops delivered, its relevance to the government RSE curriculum, students' learning progression and feedback. The creation of 'distance travelled' information is a method of demonstrating students' understanding at the start of sessions compared to the end of sessions.

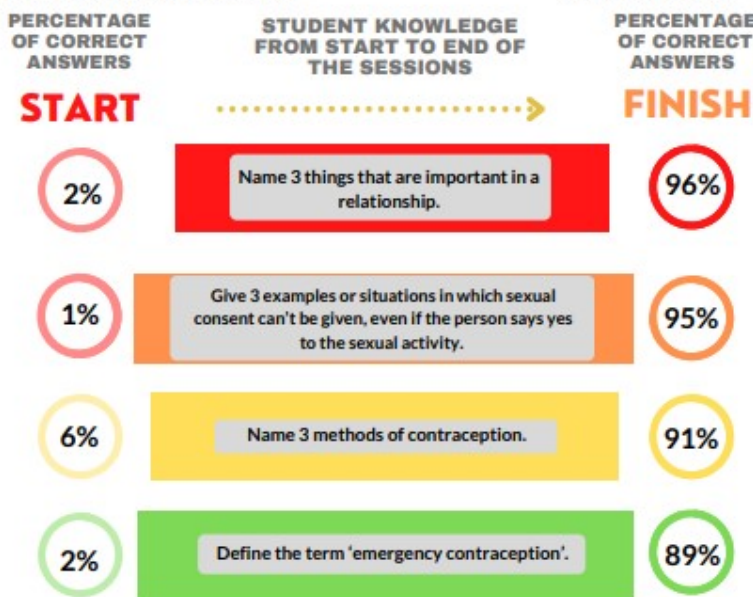
Below is an example at Chichester Free School during our Healthy Relationships and Sexual Health Session.

Report of the Trustees
for the Year Ended 31 December 2024

Distance Travelled

Each session begins with the students answering a couple of questions about their current knowledge on the subject.

At the end of the session the questions are put to the students in a quiz (OMBEA) as a measure of progress.



Qualitative feedback is also collected after sessions and has been exceedingly positive from staff and pupils. All feedback and data are used to evaluate our work and enable us to adapt materials where necessary, to meet curriculum guidelines, as well as addressing key issues that are relevant to young people.

Here are some of the comments collected during the year:

Students:

"I liked how we could ask questions and not get judged." - Chichester Free School

"Gemma made the sessions fun, I really liked the Tic Tac Toe game because it helped me remember everything that happens in puberty." - Bersted Green Primary School

"I liked doing the role play when we practised setting our boundaries." - Chichester Free School

"You shouldn't judge people and the decision they make when facing an unplanned pregnancy." - Chichester High School

"I didn't know that porn could have a negative impact." - Chichester High School

"I used to think that porn showed you how you should have sex, I definitely don't think that now!" - Chichester High School

Staff:

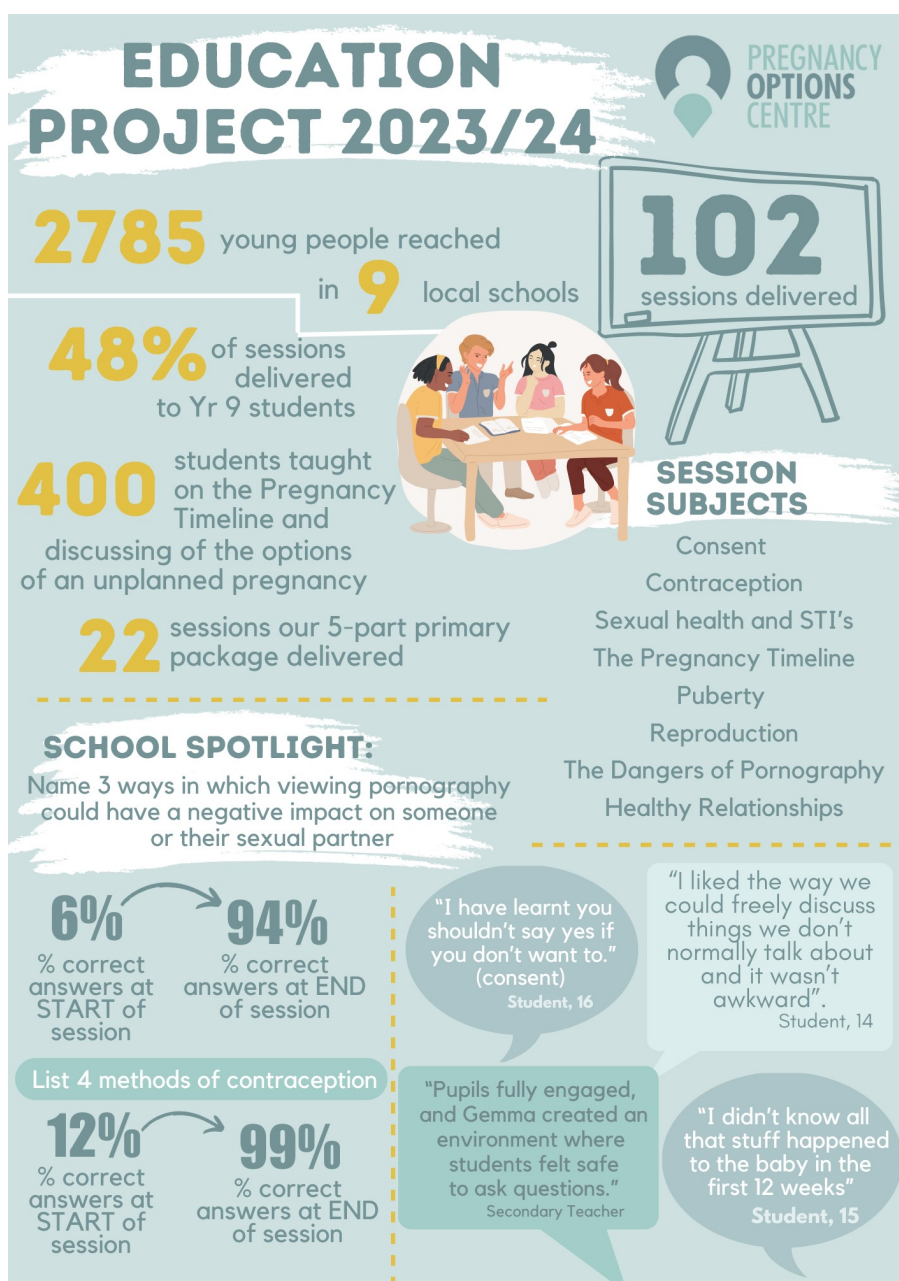
"Gemma is patient and really listens to the children. She engages brilliantly with them and the number of pupils approaching her (in their own break time) shows how approachable she is" - Chichester Free School

Report of the Trustees
for the Year Ended 31 December 2024

"Excellent use of resources and up to date, relevant information. Students were engaged throughout." - Chichester Free School

"These sessions are so valuable to our students, Gemma does a great job making the students feel comfortable, informed and valued." - Brinsbury College

"As a staff member at the school, I sat in with students during the RSE sessions. I was consistently impressed with the students' engagement and the positive impact of the programme. The sessions were designed to be interactive and inclusive, fostering an environment where students feel comfortable asking questions and exploring sensitive topics. Gemma developed a fantastic rapport with the students, creating a safe and trusting atmosphere that encouraged open dialogue. The students demonstrated a genuine interest in the content, and their feedback indicates a significant increase in their knowledge and understanding of sexual health. It's rewarding to witness their growth and confidence in navigating these important aspects of their lives, and Pregnancy Options Centre's contribution is invaluable in achieving this." - Rob Ward - Associate Assistant Headteacher - Culture, Character & Community



Report of the Trustees
for the Year Ended 31 December 2024

FINANCIAL REVIEW

Total incoming resources amounted to £143,142 for the year ended 31 December 2024 (2023: £71,187). Included in the 2024 incoming resources is an amount of £20,000, which is still owing. This will be received in two further tranches, £10,000 in 2025 and £10,000 in 2026. Total resources expended over the same year was £77,649 compared to £98,372 in 2023. The net surplus for the year amounted to £65,493 (compared to a deficit of £27,185 for the year ended 31 December 2023).

This difference is mainly due to a reduction in our staffing costs with the closure of our satellite service and redundancies in 2024, as well as a positive end to the financial year with grant successes. Net resources at the end of the year were £104,033 of which £74,078 is unrestricted and £29,955 is restricted.

Options is reliant on gifts from grant-making trusts and foundations, as well as individuals and donors. We would like to thank the following donors for their support in 2024:

Albert Hunt Trust
Aldingbourne Parish Council
Boltini Trust
Chichester City Council
Chichester District Council
Friarsgate Trust
Greenhills Christian Trust
Homity Trust
Joint Action Group Chichester
National Lottery Awards for All
Souter Charitable Trust
Sussex Community Foundation
Woodger Trust

We would also like to thank our regular donors and those who have fundraised for us.

Reserves Policy

The charity holds its reserves in a current bank account. It is the policy of the trustees to maintain three to six months' expenditure in reserves. The financial management of the charity is supervised and monitored by CEO/Interim Charity Manager, Treasurer and the Trustees.

Report of the Trustees
for the Year Ended 31 December 2024

PLANS FOR THE FUTURE

Continue to deliver RSE into primary and secondary schools.

Continue to deliver our counselling service across Chichester, Arun and the surrounding areas.

Train new volunteers in pregnancy loss and post abortion to support the anticipated demand for the service in both locations.

Explore the use of student placement counsellors to help meet the need of our clients and reduce our waitlists.

Explore how we can support couples through an external relationships counsellor.

Continue to build partnerships with statutory bodies and other organisations to increase awareness of the service.

Redevelop our website to improve user experience and showcase all our services.

Deliver RSE sessions to private and special schools, expanding our reach to all schools.

Recruit, strengthen and diversify the Board of Trustees.

Increase funding from multi-year funders to support the longevity of the organisation

Recruit a Fundraising and Communications Officer to increase our staff capacity, sustainability and grow our visibility locally.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its constitution where only voting members are its charity trustees. The constitution was last amended on 19 January 2022.

Recruitment and appointment of new trustees

Apart from the first Trustees, all charity Trustees must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The current trustees are responsible for appointing new trustees.

The charity trustees will make available to each new charity trustee, on or before his first appointment: A copy of the current version of the constitution and a copy of the CIO latest Trustees Annual report and statement of accounts.

Risk management

The Trustees acknowledge they have a duty to identify and review risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Policies and procedures are reviewed regularly throughout the year, including a Risk Management Policy and Risk Register.

Approved by order of the board of trustees on 29 May 2025 and signed on its behalf by:

.....
A Lawrance-Owen - Trustee

**Independent Examiner's Report to the Trustees of
Pregnancy Options Centre (Chichester)**

Independent examiner's report to the trustees of Pregnancy Options Centre (Chichester)

I report to the charity trustees on my examination of the accounts of Pregnancy Options Centre (Chichester) (the Trust) for the year ended 31 December 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 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

A handwritten signature in black ink, appearing to be 'C J Bacon', with a long horizontal line extending to the right.

C J Bacon
BEd.(Hons.), AST, BFP, ACPA, ACA
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Date: 29 May 2025

Statement of Financial Activities
for the Year Ended 31 December 2024

		Unrestricted fund £	Restricted funds £	31.12.24 Total funds £	31.12.23 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	66,817	73,714	140,531	69,872
Charitable activities	3				
Charitable activities		2,336	-	2,336	1,240
Other income		<u>275</u>	<u>-</u>	<u>275</u>	<u>75</u>
Total		<u>69,428</u>	<u>73,714</u>	<u>143,142</u>	<u>71,187</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable activities		<u>36,601</u>	<u>41,048</u>	<u>77,649</u>	<u>98,372</u>
NET INCOME/(EXPENDITURE)		32,827	32,666	65,493	(27,185)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>31,251</u>	<u>7,289</u>	<u>38,540</u>	<u>65,725</u>
TOTAL FUNDS CARRIED FORWARD		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>

The notes form part of these financial statements

Pregnancy Options Centre (Chichester)

Balance Sheet
31 December 2024

	Notes	Unrestricted fund £	Restricted funds £	31.12.24 Total funds £	31.12.23 Total funds £
CURRENT ASSETS					
Debtors	9	13,227	10,000	23,227	4,782
Cash in hand		<u>53,453</u>	<u>29,962</u>	<u>83,415</u>	<u>41,212</u>
		66,680	39,962	106,642	45,994
CREDITORS					
Amounts falling due within one year	10	(2,602)	(7)	(2,609)	(7,454)
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
NET ASSETS		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
FUNDS	11				
Unrestricted funds				64,078	31,251
Restricted funds				<u>39,955</u>	<u>7,289</u>
TOTAL FUNDS				<u>104,033</u>	<u>38,540</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 29 May 2025 and were signed on its behalf by:

.....
A Lawrance-Owen - Trustee

.....
D Loveman - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 December 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.12.24	31.12.23
	£	£
Regular Giving	10,793	9,294
Donations	13,022	4,333
Grants	<u>116,716</u>	<u>56,245</u>
	<u>140,531</u>	<u>69,872</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	31.12.24	31.12.23
	£	£
St John's Trust	15,000	2,000
The Leathersellers' Foundation	-	5,000
The Joseph Rank Trust	10,000	10,000
The Souter Charitable Trust	3,000	3,000
Woodward Trust	-	1,500
Co-op	-	1,000
Pregnancy Centres Network	-	300
Chichester District Council	6,000	1,000
Comic Relief	716	6,450
The National Lottery Community Fund (Awards For All)	20,000	9,995
Magic Little Grants	-	500
The Homity Trust	1,000	1,000
The F Glenister Woodger Trust	5,000	5,000
Love Portsmouth Jesus	-	2,500
Hampshire and Isle of Wight Council	5,000	-
Benefact Trust	-	7,000
The Albert Hunt Trust	5,000	-
Boltini Trust	5,000	-
Join Action Group	3,000	-
The Ian Askew Charitable Trust	500	-
The Sussex Community Foundation	10,000	-
Tesco	500	-
Hendy Foundation	4,500	-
Green Hills Christian Trust	1,000	-
Friarsgate Trust	2,000	-
Chichester City Council	15,000	-
Aldingbourne Parish	1,000	-
Barratt Developments	1,500	-
CAF	2,000	-
	<u>116,716</u>	<u>56,245</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

3. INCOME FROM CHARITABLE ACTIVITIES

		31.12.24	31.12.23
	Activity	£	£
Education Project	Charitable activities	<u>2,336</u>	<u>1,240</u>

4. CHARITABLE ACTIVITIES COSTS

	31.12.24	31.12.23
	£	£
Direct costs	<u>77,649</u>	<u>98,372</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

6. STAFF COSTS

	Unrestricted	Restricted	31.12.24	31.12.23
	£	£	£	£
Wages and salaries	24,312	26,938	51,250	71,949
Defined contribution pension costs	<u>982</u>	<u>-</u>	<u>982</u>	<u>1,191</u>
	<u>25,294</u>	<u>26,938</u>	<u>52,232</u>	<u>73,140</u>

The average monthly number of employees during the year was 5 (2023: 7).

There were no employees with emoluments greater than £60,000 during the year (2023: None).

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	36,127	33,745	69,872
Charitable activities			
Charitable activities	1,240	-	1,240
Other income	<u>75</u>	<u>-</u>	<u>75</u>
Total	<u>37,442</u>	<u>33,745</u>	<u>71,187</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>62,419</u>	<u>35,953</u>	<u>98,372</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
NET INCOME/(EXPENDITURE)	(24,977)	(2,208)	(27,185)
RECONCILIATION OF FUNDS			
Total funds brought forward	56,227	9,498	65,725
TOTAL FUNDS CARRIED FORWARD	<u>31,250</u>	<u>7,290</u>	<u>38,540</u>

8. INDEPENDENT EXAMINERS' REMUNERATION

	31.12.24 £	31.12.23 £
	<u>2,760</u>	<u>1,200</u>

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24 £	31.12.23 £
Trade debtors	20	-
Other debtors	1,420	3,352
Prepayments and accrued income	<u>21,787</u>	<u>1,430</u>
	<u>23,227</u>	<u>4,782</u>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24 £	31.12.23 £
Trade creditors	930	971
Other creditors	<u>1,679</u>	<u>6,483</u>
	<u>2,609</u>	<u>7,454</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

11. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	31,251	32,827	-	64,078
Restricted funds				
Other restricted funds	284	-	(284)	-
Join Action Group	-	1,366	-	1,366
The F Glenister Woodger Trust	5,000	-	-	5,000
The Sussex Community Foundation	-	5,391	-	5,391
Comic Relief	1,002	(611)	-	391
Love Portsmouth Jesus	1,003	(1,003)	-	-
Hendy Foundation	-	56	-	56
Green Hills Christian Trust	-	601	-	601
Chichester City Council	-	10,000	-	10,000
The National Lottery Community Fund (Awards For All)	-	12,171	284	12,455
Chichester District Council	-	4,695	-	4,695
	<u>7,289</u>	<u>32,666</u>	<u>-</u>	<u>39,955</u>
TOTAL FUNDS	<u>38,540</u>	<u>65,493</u>	<u>-</u>	<u>104,033</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	69,428	(36,601)	32,827
Restricted funds			
Other restricted funds	1,000	(1,000)	-
Join Action Group	3,000	(1,634)	1,366
The F Glenister Woodger Trust	5,000	(5,000)	-
The Sussex Community Foundation	10,000	(4,609)	5,391
Comic Relief	715	(1,326)	(611)
Hampshire and Isle of Wight Council	5,000	(5,000)	-
Love Portsmouth Jesus	-	(1,003)	(1,003)
Hendy Foundation	4,500	(4,444)	56
Green Hills Christian Trust	1,000	(399)	601
Tesco	500	(500)	-
Friarsgate Trust	2,000	(2,000)	-
Chichester City Council	15,000	(5,000)	10,000
The National Lottery Community Fund (Awards For All)	19,999	(7,828)	12,171
Chichester District Council	6,000	(1,305)	4,695
	<u>73,714</u>	<u>(41,048)</u>	<u>32,666</u>
TOTAL FUNDS	<u>143,142</u>	<u>(77,649)</u>	<u>65,493</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	56,227	(24,976)	-	31,251
Restricted funds				
Other restricted funds	2,166	(1,326)	(556)	284
Join Action Group	1,433	(1,433)	-	-
The F Glenister Woodger Trust	1,300	3,700	-	5,000
The Sussex Community Foundation	4,599	(4,599)	-	-
Comic Relief	-	1,002	-	1,002
Love Portsmouth Jesus	-	447	556	1,003
	<u>9,498</u>	<u>(2,209)</u>	<u>-</u>	<u>7,289</u>
TOTAL FUNDS	<u>65,725</u>	<u>(27,185)</u>	<u>-</u>	<u>38,540</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	37,442	(62,418)	(24,976)
Restricted funds			
Other restricted funds	19,794	(21,120)	(1,326)
Join Action Group	-	(1,433)	(1,433)
The F Glenister Woodger Trust	5,000	(1,300)	3,700
The Sussex Community Foundation	-	(4,599)	(4,599)
Comic Relief	6,451	(5,449)	1,002
Love Portsmouth Jesus	<u>2,500</u>	<u>(2,053)</u>	<u>447</u>
	<u>33,745</u>	<u>(35,954)</u>	<u>(2,209)</u>
TOTAL FUNDS	<u>71,187</u>	<u>(98,372)</u>	<u>(27,185)</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	56,227	7,851	-	64,078
Restricted funds				
Other restricted funds	2,166	(1,326)	(840)	-
Join Action Group	1,433	(67)	-	1,366
The F Glenister Woodger Trust	1,300	3,700	-	5,000
The Sussex Community Foundation	4,599	792	-	5,391
Comic Relief	-	391	-	391
Love Portsmouth Jesus	-	(556)	556	-
Hendy Foundation	-	56	-	56
Green Hills Christian Trust	-	601	-	601
Chichester City Council	-	10,000	-	10,000
The National Lottery Community Fund (Awards For All)	-	12,171	284	12,455
Chichester District Council	-	4,695	-	4,695
	<u>9,498</u>	<u>30,457</u>	<u>-</u>	<u>39,955</u>
TOTAL FUNDS	<u>65,725</u>	<u>38,308</u>	<u>-</u>	<u>104,033</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	106,870	(99,019)	7,851
Restricted funds			
Other restricted funds	20,794	(22,120)	(1,326)
Join Action Group	3,000	(3,067)	(67)
The F Glenister Woodger Trust	10,000	(6,300)	3,700
The Sussex Community Foundation	10,000	(9,208)	792
Comic Relief	7,166	(6,775)	391
Hampshire and Isle of Wight Council	5,000	(5,000)	-
Love Portsmouth Jesus	2,500	(3,056)	(556)
Hendy Foundation	4,500	(4,444)	56
Green Hills Christian Trust	1,000	(399)	601
Tesco	500	(500)	-
Friarsgate Trust	2,000	(2,000)	-
Chichester City Council	15,000	(5,000)	10,000
The National Lottery Community Fund (Awards For All)	19,999	(7,828)	12,171
Chichester District Council	<u>6,000</u>	<u>(1,305)</u>	<u>4,695</u>
	<u>107,459</u>	<u>(77,002)</u>	<u>30,457</u>
TOTAL FUNDS	<u>214,329</u>	<u>(176,021)</u>	<u>38,308</u>

Comic Relief - staff salaries and core costs

The National Lottery Community Fund (Awards For All) - Counselling Team Lead's salary and counselling costs

The F Glenister Woodger Trust - Education Manager's salary

Love Portsmouth Jesus - Interim Charity Manager, Portsmouth Counselling Lead and Admin's salaries

Chichester District Council - running costs of Counselling service

The Homity Trust - rent costs

Tesco - running costs of Education project

The Sussex Community Foundation - Counselling Team Lead's salary and rent

Join Action Group - running costs of creation and delivery of Sextortion lesson

Hendy Foundation - running costs of staff/volunteer training and Counselling Service

Hampshire and Isle of Wight Council - running of Counselling service in Hampshire

Green Hills Christian Trust - education resources and equipment

Friarsgate Trust - CEO salary and rent for Counselling service

Chichester City Council - running costs of Counselling service

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024 nor for the year ended 31 December 2023.

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales - Charity number 1165555

Accounts

Report of the Trustees and
Unaudited Financial Statements
for the Year Ended 31 December 2023
for
Pregnancy Options Centre (Chichester)

A J Bennewith
FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Contents of the Financial Statements
for the Year Ended 31 December 2023

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Balance Sheet	12
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Detailed Statement of Financial Activities	20

Reference and Administrative Details
for the Year Ended 31 December 2023

TRUSTEES	A Kuchanny Chair A Lawrance-Owen C Robinson (resigned 11.10.23) D Loveman J Wood C Grove (resigned 11.10.23) S Morgan (resigned 25.1.23)
PRINCIPAL ADDRESS	St Johns House St Johns Street Chichester West Sussex PO19 1UU
REGISTERED CHARITY NUMBER	1165555
INDEPENDENT EXAMINER	A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA Upper Ground Floor 18 Farnham Road Guildford Surrey GU1 4XA
SENIOR STAFF	Anna Madge (CEO/signatory, on maternity leave from 14 June 2023) Hilda Sherwood (Interim Charity Manager/signatory from 14 June 2023)
BOOKKEEPER	Suzanne Jones

Report of the Trustees
for the Year Ended 31 December 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The overall responsibility for the Charity rests with the Trustees who meet approximately 4 times per year to receive reports on the charity's activities. The CEO/Interim Charity Manager is supervised by a Trustee and is responsible for the day-to-day management of the charity. All other staff are part-time.

OBJECTIVES AND ACTIVITIES

Our Vision

1. That no one has to face crisis pregnancy, post-abortion or pregnancy loss alone.
2. That children and young people are educated about healthy relationships, unplanned pregnancy and sexual health.

Our Mission Statements

- To provide a range of high-quality support programmes to women and men from all backgrounds who are facing an unplanned pregnancy, an abortion decision or pregnancy loss, by acknowledging their individual experiences in order to build a positive future.
- To deliver a range of interactive sessions to children and young people on issues surrounding an unplanned pregnancy, including sexual health, self-esteem and healthy sex and relationships through local schools, colleges and youth settings.

Our Values and Ethos

As an organisation with Christian foundations, Pregnancy Options Centre's foundational value is to respond with compassion, care and respect to our clients, regardless of their faith, race, income, sexual orientation or employment status. We are not a campaigning organisation, and we do not have a political agenda.

We recognise that abortion is a controversial issue that divides people in a polarising debate. As an organisation, we want to bring a non-judgmental approach by supporting clients at their point of need. Our goal is to provide accurate information, counselling, and practical support so those in crisis can reach a healthy, well-informed decision that is their own. We will safeguard our clients to ensure this decision is not influenced by coercion, manipulation, or misleading information.

We uphold the following values:

- Alleviating personal distress and suffering
- Respecting human right and dignity
- Appreciating the variety of human experiences and culture
- Ensuring the integrity of the client/practitioner relationship
- Providing honest, accurate, evidence-based information
- Respecting the right of others to hold beliefs and values of all faiths or none
- Ensuring that educative work is evidence based, non-judgmental and participative

Our strategic aims remain the same as in 2022 when the 3 year plan was revised as follows:

Strategic Aim 1 - Enhance our efficiency and long-term stability as an organisation

Outcome: Pregnancy Options Centre is skilfully governed, financially secure, accountable to its funders and delivers high quality services.

Strategic Aim 2 - Develop our services into South-East Hampshire

Outcome: Pregnancy Options Centre supports more clients and young people in the South-East Hampshire region, filling a gap in need.

Report of the Trustees
for the Year Ended 31 December 2023

Strategic Aim 3 - Develop partnership working with community organisations and statutory bodies

Outcome: Pregnancy Options Centre's services will expand and be further established, offering a wide range of services and expertise whilst having the capacity to do so.

Public benefit

As a small charity, below the Charities Act's audit threshold, the report focuses on the main activities undertaken by the charity to further its charitable purposes for public benefit. The 'Summary of the Charities Achievements of the Year' provides a brief summary of the activities undertaken. The trustees confirm they have had due regard to the Charity Commission's Public Benefit Guidance and will continue to follow this guidance in future plans.

ACHIEVEMENT AND PERFORMANCE

2023 continued to be a year of growth and development for Pregnancy Options Centre in all areas of our service. We exceeded the demand seen in 2022 for our counselling service and saw more young people through our education project than ever before. Throughout 2023, we continued to offer a hybrid counselling service of telephone and face to face support.

In February 2023, we started to network and promote our counselling service in Portsmouth which resulted in receiving referrals for both pregnancy loss and pregnancy crisis. There has been a steady flow of referrals, and 2 practitioners (1 staff and 1 volunteer) supported clients. Four volunteers were trained on our 'Time to Heal' course and have gone on to support clients.

Our education project thrived in 2023 reaching 2752 young people between January and December 2023. Our Education Manager, Natalie, left in July and was succeeded by Gemma White in September. Gemma continued to deliver lessons in both primary and secondary schools throughout Chichester and Arun, reaching 300 year 6 students and 6 parents and carers.

A more detailed summary of the work of each project follows:

Counselling Project

This project provides counselling for women and their partners and/or families facing unplanned pregnancy or struggling after an abortion or pregnancy loss. We use a bereavement support programme called Time to Heal, which enables our clients to address their painful issues of loss and find healthy ways of processing their experiences. For unplanned pregnancy clients, we give an hour's session giving time for them to explore all their thoughts and feelings and use tools to help them navigate their three options: abortion, adoption or parenting.

Referrals

In 2023, we received 122 new client referrals, with 99 clients engaging in support for unplanned pregnancy, post abortion, miscarriage, post ectopic, still birth, termination for medical reasons, pregnancy testing and pregnancy support. 26 clients were signposted to abortion providers on request or to other closer centres/services where appropriate. We also had 1 woman engage in a grief wellbeing workshop at a partner organisation, My Sisters' House in Bognor Regis. Referrals came from 111 females and 11 males during the year. We continued to support 9 clients from our 2022 caseload into 2023. 59 of our referrals in 2023 were for unplanned pregnancy support, an increase of 20% on the previous year of 49. We believe this may be due to a combination of the cost-of-living crisis, an increase in our visibility in the community as well as the geographical area that we cover, with our Portsmouth Centre now accepting referrals. There was also an increase in the number of both clients and their partners seeking support for unplanned pregnancies accounting for 12% of 2023 referrals.

Volunteers

During 2023, we trained 4 new volunteers on our Time to Heal 12-step programme delivered by Options trainers. These volunteers were then able to go to support clients to explore their thoughts, feelings and reactions after a pregnancy loss or abortion. All our practitioners are trained in counselling skills and how to use these to support someone who is facing unplanned pregnancy or struggling following an abortion or pregnancy loss. They all work within the BACP Code of Ethics and Practice, of which Pregnancy Options Centre is an organisational member. Some of our team are also qualified counsellors but this is not a requirement for our volunteers. Volunteer training is accredited at Level 3 through the Association of Accredited Learning (AAL) and recognised by NCFE/CACHE.

Report of the Trustees
for the Year Ended 31 December 2023

Monitoring

We use quantitative and qualitative monitoring tools which show significant impact, including using NHS approved psychometrics depression scores, recorded by PHQ-9 forms. Clients reported an average score of 14.3, equivalent to a moderate depression. 40% score above 15, which corresponds to a moderately severe or severe depression level score. Many clients express a loss of interest or enjoyment in life since their loss, with little interest or pleasure in doing things. At the end of support, the average PHQ-9 score was 4.2, equalling no depression.

At the start of support, clients also indicate if they have suffered with symptoms associated with poor mental health: 95% of clients said they suffered from sorrow, guilt or anger from their experience, 72% suffered with flashbacks, 53% with nightmares and 38% had suicidal thoughts. By the end of support, only 36% continued to suffer from sorrow, guilt or anger, 21% continued to suffer with flashbacks, 7% with nightmares and 0% of clients suffered from suicidal thoughts. Even though clients may still suffer with these events, all commented that they were less frequent and were better able to cope with them if and when they occurred. With our support, clients are able to move forward and build positive futures.

At the end of 2023, we introduced a new 'client impact measure tool' which asks clients to rate their thoughts/feelings across 4 key areas: Wellbeing, Life Functioning, Mental Health Symptoms/Problems and Risk factors. Clients' scores are recorded every 6 weeks throughout their support in a bid to better demonstrate the change clients experience as a result of support, but also to prompt a regular 'review' time with their practitioner. It is our hope that we will be able to better demonstrate the impact of Options' support across these key life areas, as well as being able to pick up sooner where the support needs or focus has changed for particular clients and perhaps where signposting to other services is necessary.

We offer clients the opportunity to complete a programme evaluation and write about their personal journey. Feedback given shows that clients experience non-directive and nonjudgmental support. Clients express feeling safe with their volunteer practitioner, are able to fully explore their painful experiences and found the counselling process provided healing. Some feedback from clients is below:

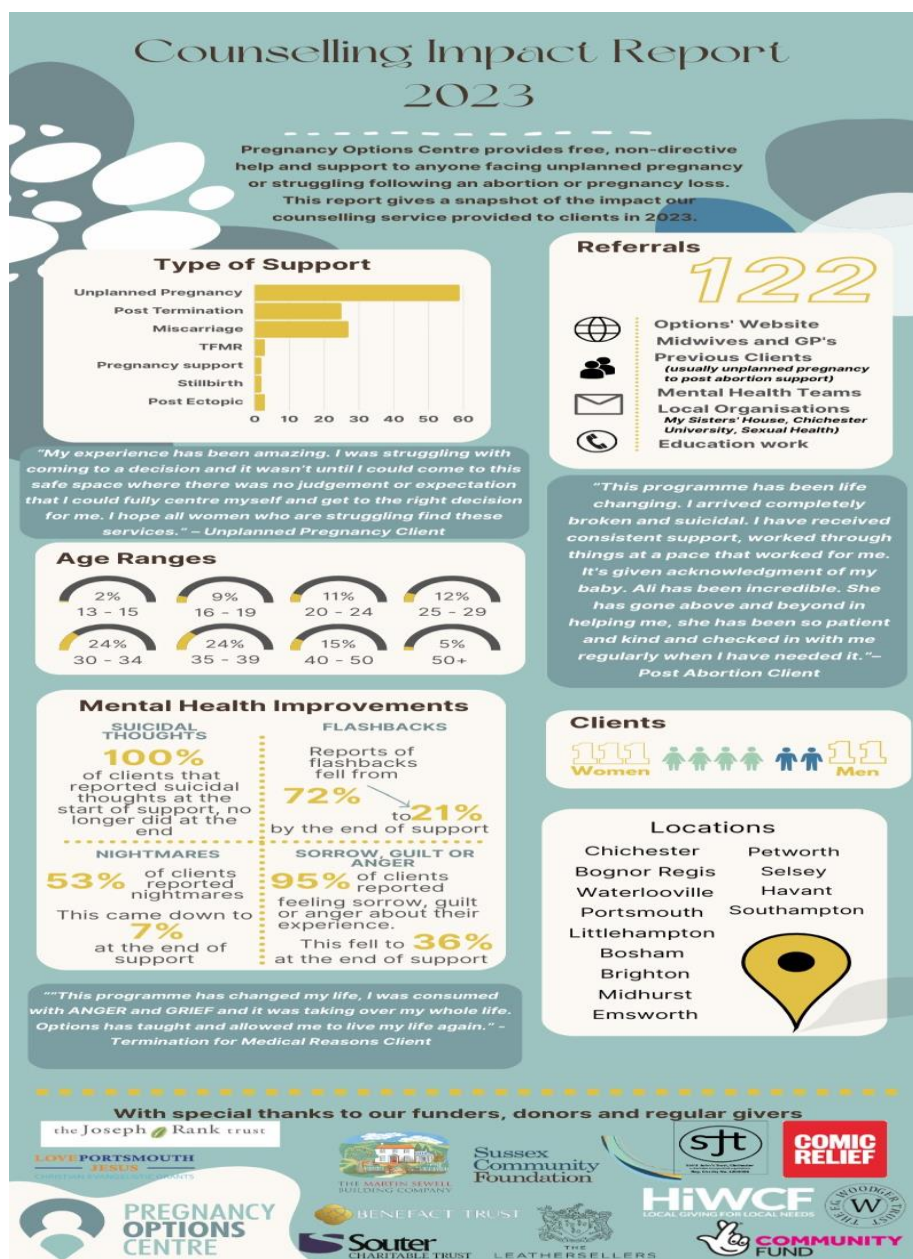
"This programme has been life changing. I arrived completely broken and suicidal. I have received consistent support, worked through things at a pace that worked for me. It's given acknowledgment of my baby. Ali has been incredible. She has gone above and beyond in helping me, she has been so patient and kind and checked in with me regularly when I have needed it." - Post Abortion Client

"It has been the most valuable experience. I didn't quite realise how much I needed this. It has helped me explore and understand my grief, to reflect on all my emotions, to understand how and who I am is OK, to be human, to acknowledge my losses and be grateful for being able to have them for however long. Emily created a safe space which was honest and real. I am sad in a way not to see her following this. She has helped me so so much." - Miscarriage Client

"This programme has changed my life, I was consumed with ANGER and GRIEF and it was taking over my whole life. Options has taught and allowed me to live my life again." - Termination for Medical Reasons Client

"My experience has been amazing. I was struggling with coming to a decision and it wasn't until I could come to this safe space where there was no judgement or expectation that I could fully centre myself and get to the right decision for me. I hope all women who are struggling find these services." - Unplanned Pregnancy Client

Report of the Trustees
for the Year Ended 31 December 2023



Education Project

Our education project provides interactive educational sessions for local schools, colleges and youth settings on topics surrounding healthy sex and relationships. Topics include: consent, internet safety, healthy friendship and relationships, sexual health and puberty, the pregnancy timeline and the three options of an unplanned pregnancy: abortion, adoption and parenting.

In 2023, we continued to deliver our secondary sessions in schools we had relationships with as well as going into both Chichester and Brinsbury Colleges to speak to SEND students. We also continued to have primary school bookings for our 5-part primary series on healthy relationships, puberty, menstrual wellbeing and reproduction.

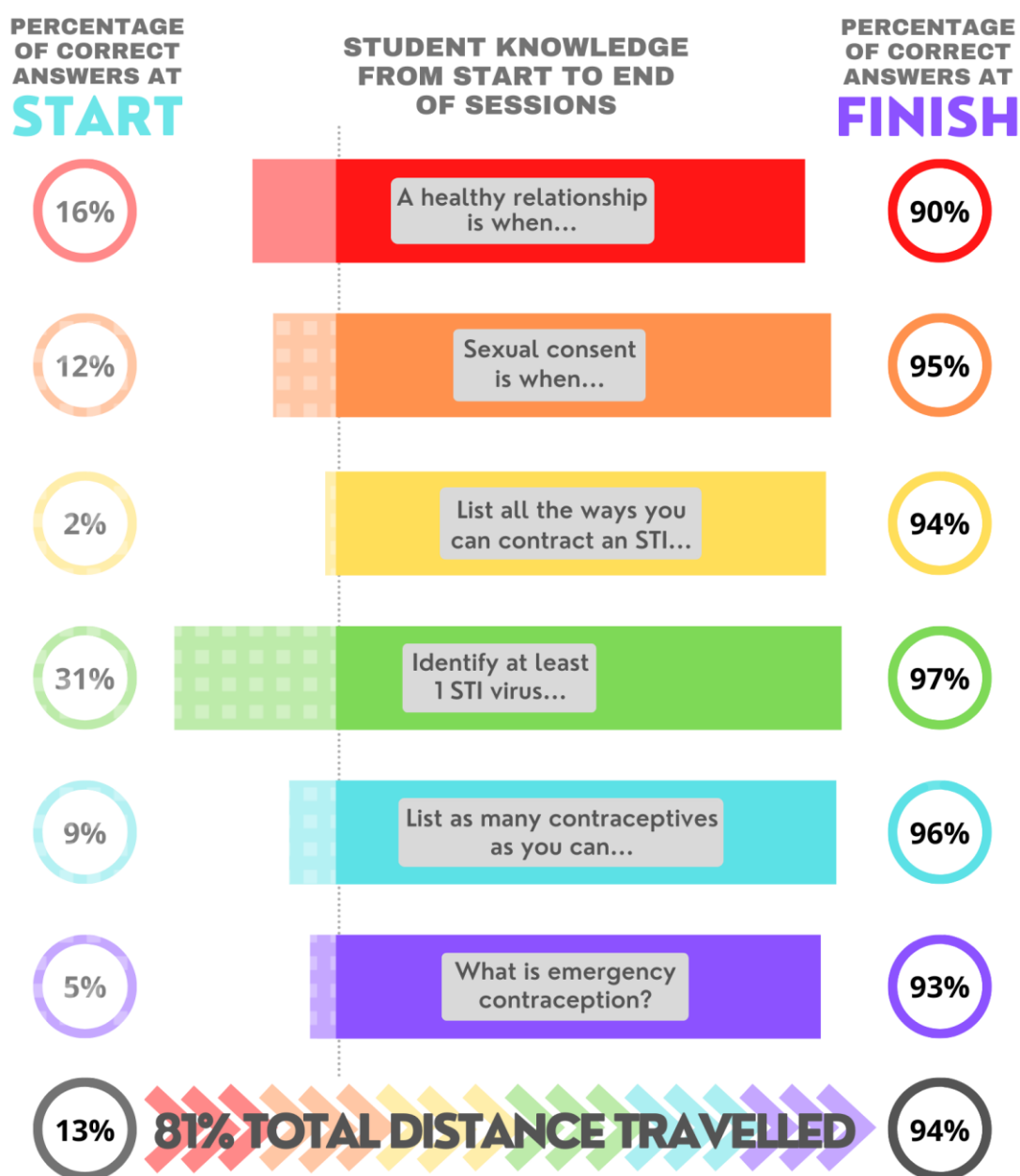
Between January and December 2023, we delivered 134 sessions compared to 112 sessions in 2022 on: healthy relationships and consent, contraception and STIs, the pregnancy timeline, the dangers of pornography, puberty (hygiene), puberty external and internal changes, menstrual wellbeing, reproduction and a parent and carers information zoom. We also visited Chichester College, Brinsbury College, and both campuses at Chichester and Bognor for Chichester University Fresher Fair events, raising awareness of our counselling service and networking with education settings on our workshops.

Report of the Trustees
for the Year Ended 31 December 2023

Natalie Newell left us in August 2023 and Gemma White started as Education Manager in September. In December, she attended a Level 4 accredited online course in Relationships and Sex Education with ACET training to develop her skills and knowledge in this area.

In terms of monitoring and evaluation, we are constantly asking for feedback and recommendations on how we can improve our sessions. We use feedback from staff and students to shape our service, and reports given to schools have been used in planning meetings at senior level. Reports sent to schools after sessions include a review of the workshops delivered, its relevance to the government RSE curriculum, students' learning progression and feedback. The creation of 'distance travelled' information is a method of demonstrating students' understanding at the start of sessions compared to the end of sessions (shown by infographic).

Qualitative feedback is also collected after sessions and has been exceedingly positive from staff and pupils. All feedback and data are used to evaluate our work and enable us to adapt materials where necessary, to meet curriculum guidelines, as well as addressing key issues that are relevant to young people.



Report of the Trustees
for the Year Ended 31 December 2023

Here are some of the comments collected during the year:

Staff Comments

"I liked the use of different resources and materials. Using videos, a quiz and the scenarios made the sessions more engaging for our students enabling them to learn more."

"Gemma adapted the lessons really well when needed and had a really good rapport with the students."

"Gemma created an environment where the students felt they could ask questions without feeling embarrassed."

"All staff across all the schools that I visited rated the sessions as "Excellent" on their feedback forms and 100% of staff said that they would book again."

Student Comments

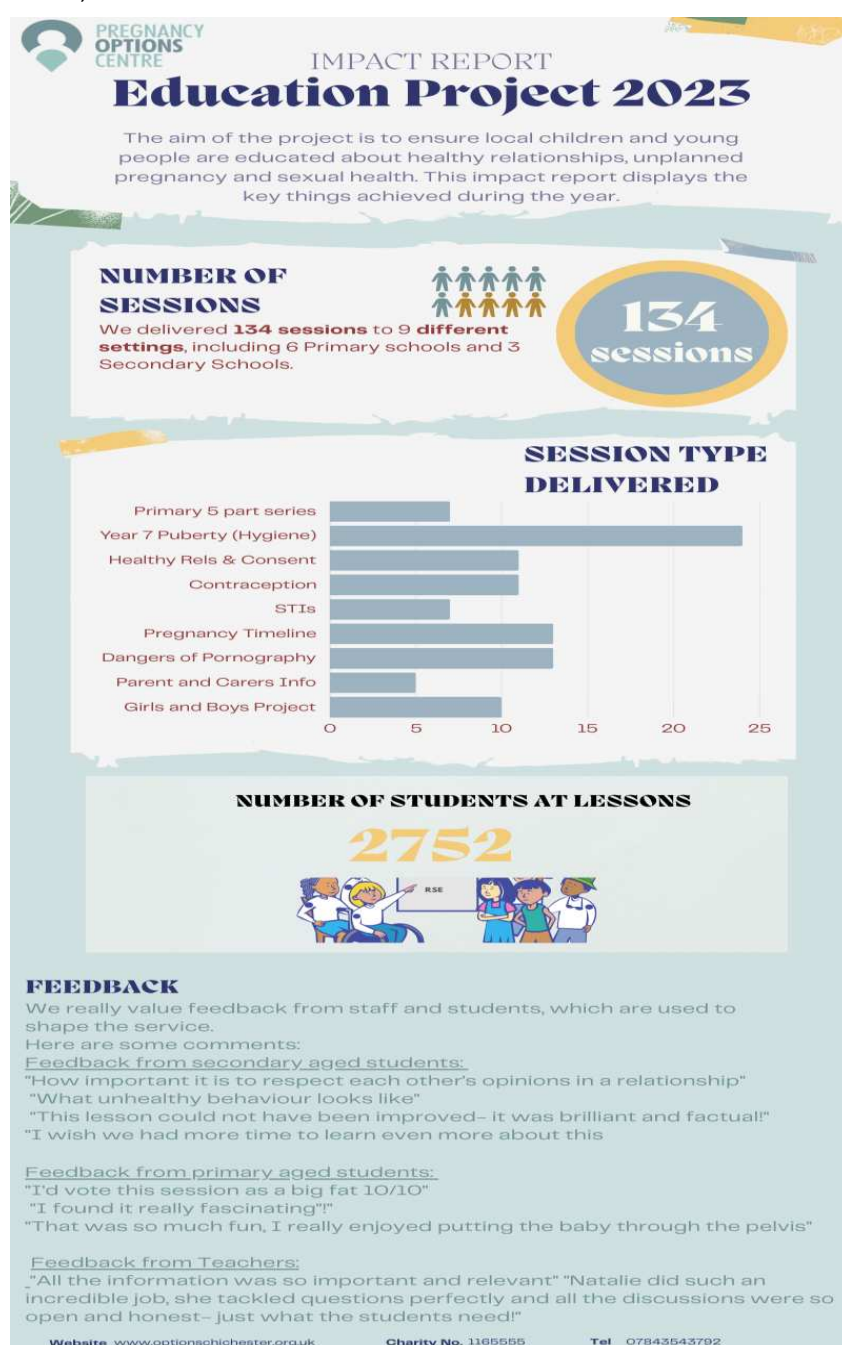
"The lesson was great, explaining really clear!"

"I thought it would be weird, but it was OK in the end."

"I learned that it is OK to support people and not be embarrassed about the changes coming."

"I wouldn't change anything about the session, it was fun and informative."

"I really enjoyed the lesson, but I didn't think I would!"



Report of the Trustees
for the Year Ended 31 December 2023

Summary of Operations

Due to the CEO taking maternity leave in June 2023, the trustees decided to divide the role into 3 parts with 3 different people and skills. An Interim Charity Manager was appointed for 15 hours pw, a Fundraiser for 15 hours pw and a Counselling Team Lead for 12 hours pw. In July our Education Manager, Natalie Newell, resigned and Gemma White was appointed to the role in September. These changes have worked out well, although it has meant that most of the team were new and all learning together at once. The staff and volunteer team has also the opportunity to hybrid work, offering flexibility to all including our clients.

During 2023, we rented a room at St Cuthberts and St Aidans Community Centre, Portsmouth where we have an office and see clients. This quiet and safe space has proved to be beneficial to our clients and staff alike.

Funding during 2023 has been difficult and grants which we previously relied on have been reduced or unsuccessful. Our treasurer resigned during the second half of the year due to unforeseen personal circumstances, which meant that our 2022 accounts were produced and signed off by our Independent Examiners close to the Charity Commission's deadline. However, although our income for 2023 has been reduced, our prudent expenditure shows that we remain in line with our Reserves Policy of holding 3-6 months running costs.

FINANCIAL REVIEW

Total incoming resources amounted to £71,187 for the year ended 31 December 2023 (2022: £79,768). Total resources expended over the same year was £98,372 compared to £78,355 in 2022. The net position for the year amounted to a deficit of £27,185 (compared to a surplus of £1,413 for the year ended 31 December 2022). This difference is mainly due to the increase in the number of staff and consequently staff salaries in 2023. Net resources at the end of the year were £38,540 of which £31,250 is unrestricted and £7,290 is restricted.

Options are reliant on gifts from grant-making trusts and foundations, as well as individuals and donors. We would like to thank the following donors for their support in 2023:

St. John's Trust
Leathersellers Foundation
Benefact Trust
Comic Relief/Groundworks
Joseph Rank Trust
Magic Little Grants
Homity Trust
Awards for All
Woodger Trust
Love Portsmouth
Souter Trust
Co-Op Community Fund
Hampshire & Isle of Wight Council

We would also like to thank our regular donors and those who have fundraised for us.

Report of the Trustees
for the Year Ended 31 December 2023

Reserves Policy

The charity holds its reserves in a current bank account. It is the policy of the trustees to maintain three to six months' expenditure in reserves. The financial management of the charity is supervised and monitored by CEO/Interim Charity Manager, Treasurer and the Trustees.

PLANS FOR THE FUTURE

- Train new volunteers in pregnancy loss and post abortion to support the anticipated demand for the service in both locations.
- Continue to build partnerships with statutory bodies and other organisations to increase awareness of the service and sustain the planned growth in our counselling service.
- Continue to deliver RSE into primary and secondary schools.
- Deliver RSE sessions to private and special schools, expanding our reach to all schools.
- Recruit, strengthen and diversify the Board of Trustees.
- Increase funding to multi-year funders to support the longevity of the organisation
- Increase our online presence, particularly Instagram and Facebook, to engage with the wider public and potential service users.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its constitution where only voting members are its charity trustees. The constitution was last amended on 19 January 2022.

Recruitment and appointment of new trustees

Apart from the first Trustees, all charity Trustees must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The current trustees are responsible for appointing new trustees.

The charity trustees will make available to each new charity trustee, on or before his first appointment: A copy of the current version of the constitution and a copy of the CIO latest Trustees Annual report and statement of accounts.

Risk management

The Trustees acknowledge they have a duty to identify and review risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Policies and procedures are reviewed regularly throughout the year, including a Risk Management Policy.

Approved by order of the board of trustees on 10th July 2024 and signed on its behalf by:



.....
A Kuchanny - Trustee

**Independent Examiner's Report to the Trustees of
Pregnancy Options Centre (Chichester)**

Independent examiner's report to the trustees of Pregnancy Options Centre (Chichester)

I report to the charity trustees on my examination of the accounts of Pregnancy Options Centre (Chichester) (the Trust) for the year ended 31 December 2023.

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 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions 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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

.....

A J Bennewith
FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA
Upper Ground Floor
18 Farnham Road
Guildford
Surrey
GU1 4XA

Date:

Statement of Financial Activities
for the Year Ended 31 December 2023

		Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	Restated 31.12.22 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	36,127	33,745	69,872	78,768
Charitable activities	3				
Charitable activities		1,240	-	1,240	1,000
Other income		<u>75</u>	<u>-</u>	<u>75</u>	<u>-</u>
Total		<u>37,442</u>	<u>33,745</u>	<u>71,187</u>	<u>79,768</u>
EXPENDITURE ON					
Charitable activities	4				
Charitable activities		<u>62,419</u>	<u>35,953</u>	<u>98,372</u>	<u>78,355</u>
NET INCOME/(EXPENDITURE)		(24,977)	(2,208)	(27,185)	1,413
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>56,227</u>	<u>9,498</u>	<u>65,725</u>	<u>64,312</u>
TOTAL FUNDS CARRIED FORWARD		<u>31,250</u>	<u>7,290</u>	<u>38,540</u>	<u>65,725</u>

The notes form part of these financial statements

Pregnancy Options Centre (Chichester)

Balance Sheet
31 December 2023

		Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	Restated 31.12.22 Total funds £
	Notes				
CURRENT ASSETS					
Debtors	8	4,782	-	4,782	600
Cash in hand		<u>28,923</u>	<u>12,289</u>	<u>41,212</u>	<u>67,582</u>
		33,705	12,289	45,994	68,182
CREDITORS					
Amounts falling due within one year	9	(2,454)	(5,000)	(7,454)	(2,457)
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>31,251</u>	<u>7,289</u>	<u>38,540</u>	<u>65,725</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>31,251</u>	<u>7,289</u>	<u>38,540</u>	<u>65,725</u>
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
NET ASSETS		<u>31,251</u>	<u>7,289</u>	<u>38,540</u>	<u>65,725</u>
FUNDS	10				
Unrestricted funds				31,251	56,227
Restricted funds				<u>7,289</u>	<u>9,498</u>
TOTAL FUNDS				<u>38,540</u>	<u>65,725</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 10th July 2024 and were signed on its behalf by:



A Kuchanny - Trustee

Notes to the Financial Statements
for the Year Ended 31 December 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.12.23	Restated 31.12.22
	£	£
Regular Giving	9,294	7,497
Donations	4,333	3,685
Grants	<u>56,245</u>	<u>67,586</u>
	<u>69,872</u>	<u>78,768</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	31.12.23	Restated 31.12.22
	£	£
St John's Trust	2,000	-
The Leathersellers' Foundation	5,000	1,400
The Joseph Rank Trust	10,000	10,000
Souter Trust	3,000	3,000
Woodward Trust	1,500	1,000
Co-op	1,000	-
Pregnancy Centres Network	300	-
Chichester District Council	1,000	2,000
Comic Relief	6,450	-
Awards For All	9,995	9,550
Magic Little Grants	500	500
Homity Trust	1,000	-
Woodger Trust	5,000	5,000
Love Portsmouth Jesus	2,500	2,500
Benefact Trust	7,000	-
The Albert Hunt Trust	-	2,000
Boltini Trust	-	5,000
Other Grants	-	556
SCF Winter Grant	-	10,000
JAG	-	3,580
Arnold Clarke	-	1,000
Didymus	-	3,000
Ian Askew	-	500
Sussex Community Foundation	-	7,000
	<u>56,245</u>	<u>67,586</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	31.12.23	31.12.22
	£	£
Education Project	<u>1,240</u>	<u>1,000</u>
Activity Schools Project		

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Charitable activities	<u>98,372</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

6. STAFF COSTS

	Unrestricted £	Restricted £	2023 £	2022 £
Wages and salaries	48,598	23,351	71,949	53,189
Defined contribution pension costs	<u>1,191</u>	<u>-</u>	<u>1,191</u>	<u>934</u>
	<u>49,789</u>	<u>23,351</u>	<u>73,140</u>	<u>54,123</u>

The average monthly number of employees during the year was 7 (2022: 4).

There were no employees with emoluments greater than £60,000 during the year (2022: None).

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	35,082	43,686	78,768
Charitable activities			
Charitable activities	<u>1,000</u>	<u>-</u>	<u>1,000</u>
Total	<u>36,082</u>	<u>43,686</u>	<u>79,768</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	<u>33,505</u>	<u>44,850</u>	<u>78,355</u>
NET INCOME/(EXPENDITURE)	2,577	(1,164)	1,413
Transfers between funds	<u>(1,095)</u>	<u>1,095</u>	<u>-</u>
Net movement in funds	1,482	(69)	1,413
RECONCILIATION OF FUNDS			
Total funds brought forward	54,745	9,567	64,312

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
	_____	_____	_____
TOTAL FUNDS CARRIED FORWARD	<u>56,227</u>	<u>9,498</u>	<u>65,725</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Other debtors	3,352	600
Prepayments and accrued income	<u>1,430</u>	<u>-</u>
	<u>4,782</u>	<u>600</u>

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23 £	31.12.22 £
Trade creditors	971	1,054
Other creditors	<u>6,483</u>	<u>1,403</u>
	<u>7,454</u>	<u>2,457</u>

10. MOVEMENT IN FUNDS

	Restated At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	56,227	(24,976)	-	31,251
Restricted funds				
Other restricted funds	2,166	(1,326)	(556)	284
JAG	1,433	(1,433)	-	-
Woodger Trust	1,300	3,700	-	5,000
Sussex Community Foundation	4,599	(4,599)	-	-
Comic Relief	-	1,002	-	1,002
Love Portsmouth Jesus	<u>-</u>	<u>447</u>	<u>556</u>	<u>1,003</u>
	<u>9,498</u>	<u>(2,209)</u>	<u>-</u>	<u>7,289</u>
TOTAL FUNDS	<u>65,725</u>	<u>(27,185)</u>	<u>-</u>	<u>38,540</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	37,442	(62,418)	(24,976)
Restricted funds			
Other restricted funds	19,794	(21,120)	(1,326)
JAG	-	(1,433)	(1,433)
Woodger Trust	5,000	(1,300)	3,700
Sussex Community Foundation	-	(4,599)	(4,599)
Comic Relief	6,451	(5,449)	1,002
Love Portsmouth Jesus	<u>2,500</u>	<u>(2,053)</u>	<u>447</u>
	<u>33,745</u>	<u>(35,954)</u>	<u>(2,209)</u>
TOTAL FUNDS	<u><u>71,187</u></u>	<u><u>(98,372)</u></u>	<u><u>(27,185)</u></u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	Restated At 31.12.22 £
Unrestricted funds				
General fund	54,745	2,577	(1,095)	56,227
Restricted funds				
Other restricted funds	9,567	(8,496)	1,095	2,166
JAG	-	1,433	-	1,433
Woodger Trust	-	1,300	-	1,300
Sussex Community Foundation	<u>-</u>	<u>4,599</u>	<u>-</u>	<u>4,599</u>
	<u>9,567</u>	<u>(1,164)</u>	<u>1,095</u>	<u>9,498</u>
TOTAL FUNDS	<u><u>64,312</u></u>	<u><u>1,413</u></u>	<u><u>-</u></u>	<u><u>65,725</u></u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	36,082	(33,505)	2,577
Restricted funds			
Other restricted funds	18,105	(26,601)	(8,496)
JAG	3,581	(2,148)	1,433
Woodger Trust	5,000	(3,700)	1,300
Sussex Community Foundation	<u>17,000</u>	<u>(12,401)</u>	<u>4,599</u>
	<u>43,686</u>	<u>(44,850)</u>	<u>(1,164)</u>
TOTAL FUNDS	<u>79,768</u>	<u>(78,355)</u>	<u>1,413</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	54,745	(22,399)	(1,095)	31,251
Restricted funds				
Other restricted funds	9,567	(9,822)	539	284
Woodger Trust	-	5,000	-	5,000
Comic Relief	-	1,002	-	1,002
Love Portsmouth Jesus	<u>-</u>	<u>447</u>	<u>556</u>	<u>1,003</u>
	<u>9,567</u>	<u>(3,373)</u>	<u>1,095</u>	<u>7,289</u>
TOTAL FUNDS	<u>64,312</u>	<u>(25,772)</u>	<u>-</u>	<u>38,540</u>

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	73,524	(95,923)	(22,399)
Restricted funds			
Other restricted funds	37,899	(47,721)	(9,822)
JAG	3,581	(3,581)	-
Woodger Trust	10,000	(5,000)	5,000
Sussex Community Foundation	17,000	(17,000)	-
Comic Relief	6,451	(5,449)	1,002
Love Portsmouth Jesus	<u>2,500</u>	<u>(2,053)</u>	<u>447</u>
	<u>77,431</u>	<u>(80,804)</u>	<u>(3,373)</u>
TOTAL FUNDS	<u>150,955</u>	<u>(176,727)</u>	<u>(25,772)</u>

Comic Relief - staff salaries and core costs

Awards for All - Counselling Lead salary and counselling costs

Woodger Trust - Education Manager's salary

Love Portsmouth - Interim Charity Manager, Portsmouth Counselling Lead and Admin salaries

Benefact - Portsmouth Satellite Co-ordinator salary and rent of premises

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Pregnancy Options Centre (Chichester)

Detailed Statement of Financial Activities
for the Year Ended 31 December 2023

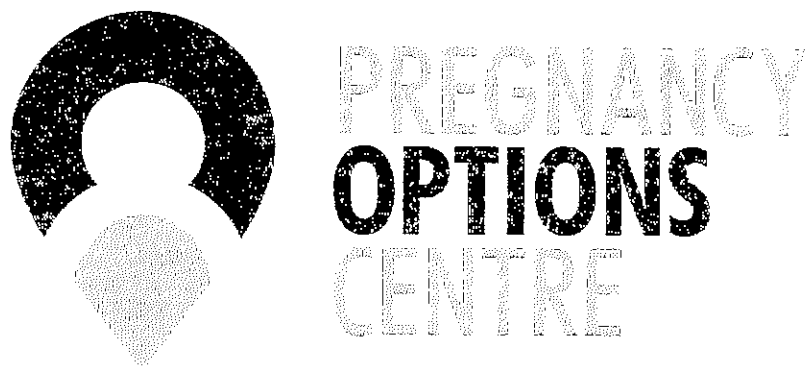
	31.12.23 £	Restated 31.12.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Regular Giving	9,294	7,497
Donations	4,333	3,685
Grants	<u>56,245</u>	<u>67,586</u>
	69,872	78,768
Charitable activities		
Education Project	1,240	1,000
Other income		
Interest received	<u>75</u>	<u>-</u>
Total incoming resources	71,187	79,768
EXPENDITURE		
Charitable activities		
Wages	71,949	53,189
Pensions	1,191	934
Insurance	296	973
Telephone	287	475
Postage and stationery	674	369
Advertising	320	882
Sundries	1,435	384
Travel and subsistence	1,597	1,002
Bank charges	14	34
Staff development	11,250	4,641
Rent	308	8,719
Bookkeeping	2,440	2,340
HR Support	389	239
Computer costs	704	755
Independent Examiner	1,200	1,200
Equipment	251	167
Education	607	388
Subscriptions	1,057	995
Counselling	<u>2,403</u>	<u>669</u>
	<u>98,372</u>	<u>78,355</u>
Total resources expended	<u>98,372</u>	<u>78,355</u>
Net (expenditure)/income	<u>(27,185)</u>	<u>1,413</u>

This page does not form part of the statutory financial statements

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales - Charity number 1165555

Accounts



Charity no: 1165555

**Annual Report and Accounts
January 2022 – December 2022**

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Pregnancy Options Centre 2022 Annual Report

General Information

Charity name:	Pregnancy Options Centre
Other names charity is known by:	Options
Registered Charity Number:	1165555
Address:	St Johns House St Johns Street Chichester PO19 1UU
Website:	www.pregnancyoptionscentre.org.uk
Email:	office@pregnancyoptionscentre.org.uk

Trustees

1. Ashley Kuchanny (Chair)
2. Sally Morgan (resigned: 25th January 2023)
3. Carol Grove
4. Juliet Wood
5. Dave Loveman
6. Annette Lawrance-Owen (appointed: 12th January 2022)
7. Colyn Robinson (appointed: 12th January 2022)

Advisors

Suzanne Jones (Bookkeeper)

Independent Examiner

A J Bennewith FCA, FCPA, FFA, FFTA, FIPA, DChA, FRSA

3 Wey Court, Mary Road, Guildford, Surrey, GU1 4QU

Senior Staff

Anna Madge (CEO/ signatory)

Charity Structure

The overall responsibility for the Charity rests with the Trustees who meet approximately 4 times per year to receive reports on the charity's activities. The CEO is supported by other employees who are responsible for the day-to-day management. All staff are part-time.

Our Vision

1. That no one has to face crisis pregnancy, post-abortion or pregnancy loss alone.
2. That children and young people are educated about healthy relationships, unplanned pregnancy and sexual health.

Our Mission Statements

- To provide a range of high-quality support programmes to women and men from all backgrounds who are struggling as a result of an unplanned pregnancy, an abortion decision or pregnancy loss, by acknowledging their individual experiences in order to build a positive future.
- To deliver a range of interactive sessions to children and young people on issues surrounding an unplanned pregnancy, including sexual health, self-esteem and healthy sex and relationships through local schools, colleges and youth settings.

Our Values and Ethos

As an organisation with Christian foundations, Pregnancy Options Centre's foundational value is to respond with compassion, care and respect to our clients, regardless of their faith, race, income, sexual orientation or employment status. We are not a campaigning organisation, and we do not have a political agenda.

We recognise that abortion is a controversial issue that divides people in a polarising debate. As an organisation, we want to bring a non-judgmental approach by supporting clients at their point of need. Our goal is to provide accurate information, counselling, and practical support so those in crisis can reach a healthy, well-informed decision that is their own. We will safeguard our clients to ensure this decision is not influenced by coercion, manipulation, or misleading information.

We uphold the following values:

- Alleviating personal distress and suffering
- Respecting human right and dignity
- Appreciating the variety of human experiences and culture
- Ensuring the integrity of the client/practitioner relationship
- Providing honest, accurate, evidence-based information
- Respecting the right of others to hold beliefs and values of all faiths or none
- Ensuring that educative work is evidence based, non-judgmental and participative

Structure Governance and Management

Options has a constitution:	Constitution of a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees. The Constitution was last amended on 19th January 2022.
Trustee Selection Methods:	Apart from the First Trustees all charity Trustees must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. The current trustees are responsible for appointing new trustees. The charity trustees will make available to each new charity trustee, on or before his first appointment: A copy of the current version of the constitution and a copy of the CIO latest Trustees Annual report and statement of accounts.

Public Benefit

As a small charity, below the Charities Act's audit threshold, the report focuses on the main activities undertaken by the charity to further its charitable purposes for public benefit. The 'Summary of the Charities Achievements of the Year' provides a brief summary of the activities undertaken. The trustees confirm they have had due regard to the Charity Commission's Public Benefit Guidance and will continue to follow this guidance in future plans.

Risk Management

The Trustees acknowledge they have a duty to identify and review risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Policies and procedures are reviewed regularly throughout the year, including a Risk Management Policy.

Summary of Charity Achievements in the Year

2022 continued to be a year of growth and development for Pregnancy Options Centre in all areas of our service. We matched the demand seen in 2021 for our counselling service and saw more young people through our education project than ever before. Throughout 2022 we continued to offer a hybrid counselling service of telephone, online and face to face support.

Pregnancy Options Centre 2022 Annual Report

2022 was a year of development at Options and marked a key time in our history as we began to put time and resources into the Portsmouth satellite service. In September we launched our satellite service in Portsmouth, updating our website URL and providing information about the new Centre on the site. To help meet continued demand and our expansion into South-east Hampshire, 7 new volunteers were trained in Level 3 Pregnancy Choices Support across both Centres. 6 trainees went on to join our counselling team, which has helped increase our capacity and fill gaps where other volunteers have had to step back. Our education project thrived in 2022 after the lifting of Covid restrictions, reaching 2,364 young people between January and December 2022. Our Education Manager continued to develop our new primary project, delivering sessions in 5 local primary schools, reaching nearly 600 year 5 and 6 students and 30 parents and carers. We also began developing a Girls and Boys Project, funded by Chichester District Council's Community Safety Team, to help young people grow positively into adolescence.

A more detailed summary of the work of each project follows:

Counselling Project

This project provides counselling for women and their partners and/or families facing unplanned pregnancy or struggling after an abortion or pregnancy loss. We use a bereavement support programme called *Time to Heal*, which enables our clients to address their painful issues of loss and find healthy ways of processing their experiences. For unplanned pregnancy clients, we give an hour's session giving time for them to explore all their thoughts and feelings and use tools to help them navigate their three options: abortion, adoption or parenting.

In 2022, we received 83 new client referrals, with 75 clients engaging in support for unplanned pregnancy, post abortion, miscarriage, post ectopic, still birth, termination for medical reasons, pregnancy testing and pregnancy support. We also had 9 women engage in a grief wellbeing workshop at a partner organisation, My Sisters' House in Bognor Regis. Referrals came from 80 females and 3 males during the year. We continued to support 6 clients from our 2021 caseload into 2022. 49 of our referrals in 2021 were for unplanned pregnancy support, an increase of 58% on the previous year of 31. We believe this may be due to a combination of the enduring effects of the pandemic, the cost of living crisis and an increase in our visibility in the community. In 2019, we received 14 referrals for unplanned pregnancy, meaning over the last 4 years we have seen a 350% increase in unplanned pregnancy clients.

During 2022, Options looked into using Pregnancy Centres Network's (PCN) Level 3 Pregnancy Choices Support training. PCN are an independent UK wide organisation that supports local Centres, helping them to build best practice. We paid for 7 trainees to attend the 12 week course, accredited by Northern College of Further Education (NCFE) and the Council for Awards in Care, Health and Education (CACHE). It is quality assured and assessed by the Association of Accredited Learning (AAL) and it is equivalent to an A Level. This training has enabled us to enhance the skills of our volunteers, deepening their learning of the topic of pregnancy choices and how to give non-directive, specialised support. Throughout the course, Options ran group

Pregnancy Options Centre 2022 Annual Report

mentoring sessions, giving trainees additional practical skills with observed role plays, helping them to be prepared to see clients at the end of the course.

We use quantitative and qualitative monitoring tools which show significant impact, including using NHS approved psychometrics depression scores, record by PHQ-9 forms. Clients recorded an average score of 13.5, equivalent to a moderate depression. Over 40% score above 15, which corresponds to a moderately severe or severe depression level score. Many clients express a loss of interest or enjoyment in life since their loss, with little interest or pleasure in doing things. At the end of support, the average PHQ-9 score was 3.5, equalling no depression. At the start of support client also indicate if they have suffered with symptoms associated with poor mental health: 95% of clients said they suffered from sorrow, guilt or anger from their experience, 72% suffered with flashbacks, 53% with nightmares and 38% had suicidal thoughts. By the end of support, only 36% continued to suffer from sorrow, guilt or anger, 21% continued to suffer with flashbacks, 7% with nightmares and 0% of clients suffered from suicidal thoughts. Even though clients may still suffer with these events, all commented that they were less frequent and were better able to cope with them if and when they occurred. With our support, clients are able to move forward and build positive futures.

All our practitioners are trained in counselling skills and how to use these to support someone who is facing unplanned pregnancy or struggling following an abortion or pregnancy loss. They all work within the BACP Code of Ethics and Practice, of which Pregnancy Options Centre is an organisational member. Some of our team are also qualified counsellors but this is not a requirement for our volunteers. Volunteer training is accredited at Level 3 through the Association of Accredited Learning (AAL) and recognised by NCFE/CACHE.

We offer clients the opportunity to complete a programme evaluation and write about their personal journey. Feedback given shows that clients experience non-directive and non-judgmental support. Clients express feeling safe with their volunteer practitioner, are able to fully explore their painful experiences and found the counselling process provided healing. Some feedback from clients is below:

"I can only describe myself as a broken shell when I started, I wasn't strong enough to say my daughter's name and would refer to her as 'the baby' and certainly couldn't talk about her without breaking down. Now, I am proud to say her name and can talk about her with a smile on my face but also accepting that at times things become overwhelming, but that it's ok. My volunteer was incredible, she got me to open up as I never have before in my life, which allowed me to do a lot of learning about myself and self-reflection both in our sessions but also afterwards. The whole experience has changed me and despite knowing that losing my daughter meant I was never going to be the same person I was before. I know that if it wasn't for Options I would not be in the person I am now. There are no words that I can use which will truly justify how grateful I am for that." – Termination for Medical Reasons Client

Pregnancy Options Centre 2022 Annual Report

"My volunteer was truly fantastic, she listened, gave me great ideas to help me learn to cope and generally made me feel safe and like she genuinely cared about my journey. She was my biggest champion when I'd had really tough weeks but also had this fantastic ability to get me to talk about things that were really challenging. At no point, did I ever feel like there was any judgement passed." – Post Abortion Client

"The programme has been extremely helpful in my recovery, my practitioner was a big support to me during this time. The sessions with my practitioner were the only times I could talk about my miscarriage openly and honestly. I would not have got through this time as well as I have without her and the time, support and help she has given me. I can't thank her enough and the Options programme; I was desperate to speak to someone and I felt that Options was the most comforting support in my search to find a counsellor." – Miscarriage Client

"Thank you so much, it was lovely chatting with my volunteers last night, she was so supportive." – Unplanned Pregnancy Client

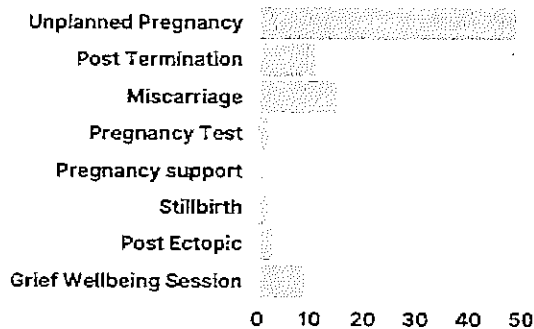
"I can't thank you enough for today. After spending just one hour talking to you I felt a huge sense of relief. You were very understanding and not at all judgmental which was very important for me and allowed me to be completely honest and open." – Unplanned Pregnancy Client

Counselling Impact Report 2022

Pregnancy Options Centre provides free, non-directive help and support to anyone facing unplanned pregnancy or struggling following an abortion or pregnancy loss.

This report gives a snapshot of the impact of counselling service provided to clients in 2022.

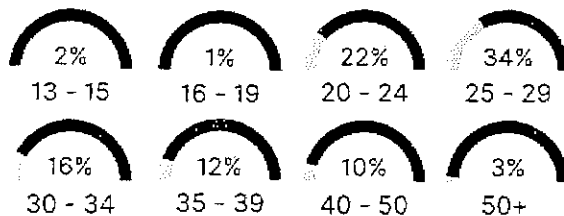
Type of Support



"Thank you so much for this service! Everything has just felt in such a muddle in my head and this has helped me see it more clearly."

— Unplanned Pregnancy Client

Age Ranges



Referrals

83



Options' Website

Midwives and GP's



Previous Clients

(usually unplanned pregnancy to post abortion support)



Mental Health Teams

Local Organisations

My Sisters' House, Chichester University, Sexual Health)



Education work

"My counsellor was truly fantastic, she listened, gave me great ideas to help me learn to cope and generally made me feel safe and like she genuinely cared about my journey. She was my biggest champion when I'd had really tough weeks but also had this fantastic ability to get me to talk about things that were really challenging. At no point did I ever feel like there was any judgement passed."

— Post Abortion Client

Mental Health Improvements

SUICIDAL THOUGHTS

100% of clients that reported suicidal thoughts at the start of support, no longer did at the end

50% INCREASE IN SELF ESTEEM of clients reported a loss of self esteem. This came down to 0% at the end of support

FLASHBACKS AND NIGHTMARES

Reports of flashbacks/nightmares fell from 33% to 0% by the end of support

61% SORROW, GUILT OR ANGER of clients reported feeling sorrow, guilt or anger about their experience. This fell to 5% to the end of support

"My counsellor was amazing and empathetic. Always made me feel comfortable and not embarrassed to say my thoughts. I will recommend to others in the future." - Miscarriage Client

Clients



Grief Workshop



attended a Grief Workshop on pregnancy loss

Locations

Portsmouth Chichester
Littlehampton Bognor Regis
Bosham Horsham
Waterlooville
Brighton Petworth
Midhurst Selsey
Yapton Havant



With special thanks to our funders, donors and regular givers



PREGNANCY
OPTIONS
CENTRE



MAGIC
LITTLE GRANTS



Sussex
Community
Foundation



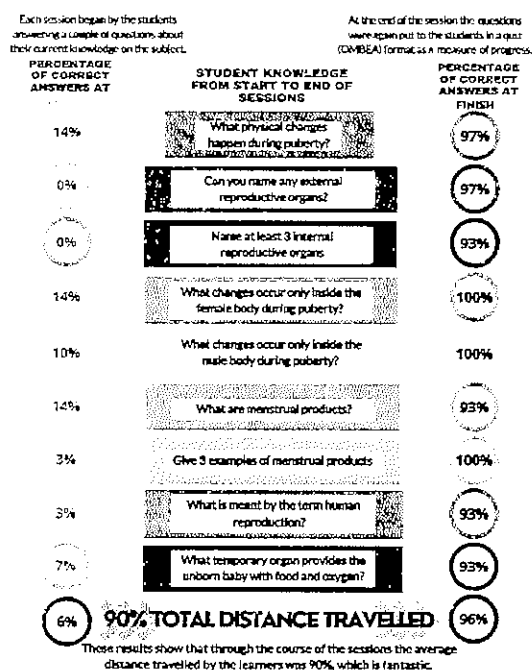
Education Project

Our education project provides interactive educational sessions for local schools, colleges and youth settings on topics surrounding healthy sex and relationships. Topics include: consent, internet safety, healthy friendship and relationships, sexual health and puberty, the pregnancy timeline and the three options of an unplanned pregnancy: abortion, adoption and parenting.

The beginning of 2022 saw our Education project really begin to flourish again after school closures and restrictions that the pandemic brought. We continued to deliver our secondary sessions in schools we had relationships with pre-pandemic, and finalised our new session, 'The Dangers of Pornography', in response to school concerns and a rise in related behaviour. We also continued to have new primary school bookings for our 5-part primary series on healthy relationships, puberty, menstrual wellbeing and reproduction.

Between January and December 2022, we reached 2,364 young people compared to 1,625 (Sept -Aug 2021). We delivered 102 sessions on: healthy relationships and consent, contraception and STIs, the pregnancy timeline, the dangers of pornography, puberty (hygiene), puberty external and internal changes, menstrual wellbeing, reproduction and a parent and carers information zoom. We also visited Chichester College and Chichester University Fresher Fair events, raising awareness of our counselling service and networking with education settings on our workshops.

Distance Travelled



Our Education Lead continued to develop her skills and knowledge of the Relationships and Sex Education Curriculum and relevant topics. Over the year she attended Continued Professional Development (CPD) session on: Domestic abuse & coercion, dangers of pornography, child sexual exploitation, sexual health for young people, Department of Education Relationships and Sex Education and Female Genital Mutilation (FGM).

We are constantly asking for feedback and recommendations on how we can improve our sessions. We use feedback from staff and students to shape our service and reports given to schools have been used in planning meetings at senior level. Reports sent to schools after sessions include a review of the workshops delivered, its relevance to the government RSE curriculum, students'

learning progression and feedback. The creation of 'distance travelled' information is a method of demonstrating students' understanding at the start of sessions compared to the end of sessions (shown by infographic).

Pregnancy Options Centre 2022 Annual Report

Qualitative feedback is also collected after sessions and has been exceedingly positive from staff and pupils. All feedback and data are used to evaluate our work and enable us to adapt materials where necessary, to meet curriculum guidelines, as well as addressing key issues that are relevant to young people.

Feedback from secondary aged students:

"I didn't realise that wasn't ok in a relationship".

"I think sessions should be longer, so we can talk more about this stuff".

"How to know what consent is and how to ask for it".

"I now know what to do if I or someone I know is faced with an unplanned pregnancy".

"I didn't know anything about miscarriage and still birth before this lesson!"

"That a placenta didn't exist before the sperm fertilised the egg! I thought it was already in the woman!"

Feedback from primary aged students:

"This lesson has made me feel less worried about starting my period, I will understand what will be happening to my body and what I can do to cope with it".

"It was really good. I liked it that you made it all less embarrassing, thank you".

"I liked my questions being answered and about what happens practically".

"I liked the pads on pants activity, how periods happen and learning that there are more products than pads and tampons".

"That was so much fun, I really enjoyed putting the baby through the pelvis".

Feedback from teaching staff:

"All the children felt included and listened to. They have built a lovely relationship with you where they feel happy and comfortable to share".

It was brilliant- thank you SO SO much, this is just what our students need!"

"I absolutely will be booking these sessions in every year and am looking to discuss options for KS2/KS3 sessions too. It is all really important stuff!"

"Very informative and engaging sessions, enjoyed by all".



IMPACT REPORT

Education Project 2022

The aim of the project is to ensure local children and young people are educated about healthy relationships, unplanned pregnancy and sexual health. This impact report displays the key things achieved during the year.

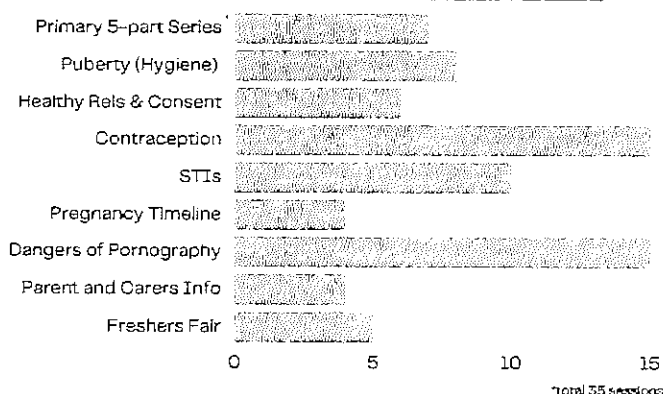
NUMBER OF SESSIONS



We delivered 102 sessions to 12 different settings, including 6 Primary schools, 3 Secondary Schools, 1 Colleges, 1 Youth Group and 1 University.



SESSION TYPE DELIVERED

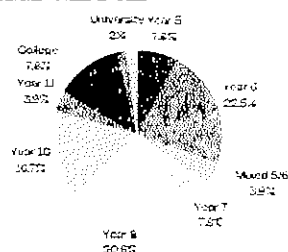


NUMBER OF STUDENTS

2,364



SESSIONS PER GROUP



Summary of Operations

The central work of 2022 was to resume our usual services pre-pandemic, bring stability but to also begin to look to the future. The use of Office365 meant we continued to offer flexible working patterns to staff and could solidify our hybrid approach to the counselling service, giving volunteers and clients more accessible opportunities.

Successful fundraising, particularly grant fundraising, resulted in Options finishing the year in a strong position once again. The legacy continued to be used to develop our expansion over the Hampshire border and the creation of our satellite service in Portsmouth. The trustees ring-fenced the legacy for this purpose, using it to pay the CEO extra hours to lead the development of the project and associated costs such as: travel, marketing, volunteer training, mentoring, networking and advertising for a Portsmouth Satellite Coordinator and Counselling Team Lead. We were delighted to appoint this role in December, giving the role 16 hours a week to manage the satellite, build key relationships and supervise the counselling service and team of volunteers.

In January 2020, the CEO and Trustees of Options had agreed the strategic direction for the subsequent three years was to focus on three aspects:

Strategic Aim 1 – To build an effective and stable organisation

Strategic Aim 2 - Increase our profile with professionals and the local community.

Strategic Aim 3 – To grow, develop and refine Pregnancy Options Centre's services and expertise.

Many of the plans laid out in our operational plan to achieve these strategic aims had to go on hold in 2020/21 as the immediate crisis response took priority. As a result of this, the strategic plan was revised at the start of 2022, setting out plans for the next three years. The impact of the pandemic highlighted new key areas for the charity to focus on, therefore the CEO adapted the strategic plan to follow in the direction the organisation found itself organically moving towards. The changes to the strategic aims are:

Strategic Aim 1 – Enhance our efficiency and long-term stability as an organisation

Outcome: Pregnancy Options Centre is skilfully governed, financially secure, accountable to its funders and delivers high quality services.

Strategic Aim 2 – Develop our services into South-East Hampshire

Outcome: Pregnancy Options Centre supports more clients and young people in the South-East Hampshire region, filling a gap in need.

Strategic Aim 3 – Develop partnership working with community organisations and statutory bodies

Outcome: Pregnancy Options Centre's services will expand and be further established, offering a wide range of services and expertise whilst having the capacity to do so.

Plans for the Future

- Expand our counselling service to South-East Hampshire, developing new referral pathways and partnerships.
- Employ a Satellite Coordinator and Counselling Lead in Portsmouth.
- Complete training of new volunteers in pregnancy loss and post abortion support in anticipation of increased need due to expansion and general growth across both Centres.
- Continue to build partnerships with statutory bodies and organisations to sustain the planned growth in services and increase awareness of the charity.
- Continue to strengthen and diversify the Board of Trustees.
- Increase funding to multi-year funders to support the longevity of the organisation.
- Explore the need for an Education Deputy to support the Education Manager.
- Continue to develop our Primary School Project in line with the new RSE guidelines.
- Increase our online presence, particularly Instagram and Facebook, to engage with the wider public and potential service users.

Financial Review

Total incoming resources amounted to £79,768 for the year to 31 December 2022 (2021: £83,661). Total resources expended over the same period was £78,354 compared to £60,030 in 2021. The net position for the year amounted to a surplus of £1,413 (compared with a surplus of £23,631 for the year to 31 December 2021). This difference is mainly down to a legacy of £15,000 paid to the charity in December 2021. Net resources at the end of the year were £65,724 of which £45,799 is unrestricted and £19,925 is restricted.

Options are reliant on gifts from grant-making trusts and foundations, as well as individuals and donors. We would like to thank the following donors for their support in 2022: The National Lottery Awards for All England, Chichester District Council Joint Action Group, Chichester City Council, Ian Askew Charitable Trust, The Woodger Trust, Sussex Community Foundation, The Boltini Trust, The Arnold Clark Community Fund, The Southern Cooperative and Leather Sellers.

The charity holds its reserves in a current bank account. It is the policy of the trustees to maintain three to six months' expenditure in reserves. The financial management of the charity is supervised and monitored by CEO, Treasurer and the Trustees.

Trustee Declaration

The Trustees Declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Signature



Full Name: David Loveman
Position: Trustee
Date: 13th October 2023

Signature



Full Name: Ashley Kuchanny
Position: Chair of Trustees
Date: 13th October 2023

Pregnancy Options Centre 2022 Annual Report

Independent Examiner's Report to the Trustees of Pregnancy Options Centre

Independent examiner's report to the trustees of Pregnancy Options Centre

I report to the charity trustees on my examination of the accounts of Pregnancy Options Centre for the year ended 31 December 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 2011 ('the Act').

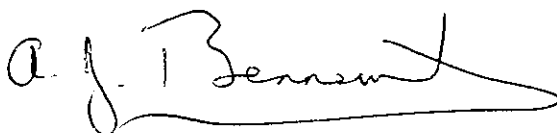
I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.



A J Bennewith FCA, FCPA, FFA, FFTA,
FIPA, DChA, FRSA
3 Wey Court
Mary Road
Guildford
Surrey
GU1 4QU

Date: 13 October 2023

Accounts

STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted £	Restricted £	2022 Total £	2021 restated Total £
INCOME FROM:					
Donations and legacies	2	35,082	43,686	78,768	83,203
Charitable activities	3	1,000	0	1,000	420
Other Income		0	0	0	38
Total		36,082	43,686	79,768	83,661
EXPENDITURE ON:					
Charitable activities	5	33,504	44,850	78,354	60,030
Total expenditure		33,504	44,850	78,354	60,030
Net income/(expenditure) before transfers	7.	2,577	(1,164)	1,413	23,631
Gross transfers between funds		(11,522)	11,522	0	0
Net movement in funds		(8,945)	10,358	1,413	23,631
Funds brought forward		54,744	9,567	64,311	40,680
Total funds c/fwd. 31 December 2022		45,799	19,925	65,724	64,311

Pregnancy Options Centre 2022 Annual Report

BALANCE SHEET

		Unrestricted £	Restricted £	2022 £	2021 restated £
CURRENT ASSETS					
Debtors	8.	600	0	600	630
Cash at Bank		47,657	19,925	67,582	64,898
		<u>48,257</u>	<u>19,925</u>	<u>68,182</u>	<u>65,528</u>
CREDITORS					
Amounts falling due within one year	9.	(2,457)	0	(2,457)	(1,217)
NET CURRENT ASSETS		<u>45,799</u>	<u>19,925</u>	<u>65,724</u>	<u>64,311</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>45,799</u>	<u>19,925</u>	<u>65,724</u>	<u>64,311</u>
NET ASSETS		<u>45,799</u>	<u>19,925</u>	<u>65,724</u>	<u>64,311</u>
FUNDS					
Unrestricted Funds				45,799	54,744
Restricted Funds				19,925	9,567
Total Charity Funds				<u>65,724</u>	<u>64,311</u>

Approved by the Board and signed on its behalf on 13th October 2023



Trustee - Ashley Kuchanny

NOTES TO THE ACCOUNTS

Summary of significant accounting policies

Basis of preparation

These accounts have been prepared on the going concern basis and under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. Comparative figures were prepared on a receipts and payments, with the current year on an accrual basis.

The accounts have been prepared in accordance with:

The Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102); the Financial Reporting Standard 102; and with the Charities Act 2011.

The Charity constitutes a public benefit entity as defined by FRS 102.

The Charity has applied Update Bulletin 1 published on 2 February 2016 and does not include a cash flow statement.

1. ACCOUNTING POLICIES

Income

All income is included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Expenditure

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. The liability is recognised as soon as there is a legal or constructive obligation on the Charity to make a payment.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds can be used for the purposes specified by the Trustees.

Restricted funds must be used for the purposes specified by the funders.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Debtors

Debtors are stated in the balance sheet at estimated net realisable value, which is the invoiced amount less any provisions for bad or doubtful debts, plus a rent deposit.

Creditors

Creditors are stated in the balance sheet at the transaction value, less any impairment known at the year end.

Going concern

The financial statements have been prepared on the going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these financial statements.

NOTES TO THE ACCOUNTS CONTINUED

2. DONATIONS AND LEGACIES	Unrestricted	Restricted	2022	2021 restated
	£	£	£	£
Donations	3,685	556	4,241	3,662
Grants	23,900	43,130	67,030	59,090
Legacies	0	0	0	15,602
Regular Giving	7,497	0	7,497	4,849
	35,082	43,686	78,768	83,203

3. CHARITABLE ACTIVITIES	Unrestricted	Restricted	2022	2021
	£	£	£	£
Education Project	1,000	0	1,000	420
	1,000	0	1,000	420

4. TRUSTEES AND RELATED PARTIES

None of the Trustees have been paid any remuneration or received any other benefits during the period (2021: None)

There have been no related party transactions during the period (2021: None)

5. CHARITABLE ACTIVITIES	Unrestricted	Restricted	2022	2021 restated
	£	£	£	£
Rates	0	0	0	584
Rent	1,019	7,700	8,719	7,800
Staff Costs	21,719	32,404	54,123	41,424
Staff Development	2,361	2,280	4,641	1,331
HR Support	239	0	239	0
Travel	629	374	1,003	743
Bookkeeping	2,340	0	2,340	1,560
Printing, Postage, Stationery and Telephone	1,302	424	1,726	2,209
Insurance	723	250	973	856
Education	301	87	388	432
Equipment	167	0	167	1,039
Bank Charges	34	0	34	13
Software and Support Costs	754	0	754	195
Independent Examiner	1,200	0	1,200	0
Professional Subscriptions	660	335	995	808
Counselling	0	669	669	660
Other Expenditure	58	327	385	376
Costs of Charitable Activities	33,504	44,850	78,354	60,030

NOTES TO THE ACCOUNTS CONTINUED**6. PAID EMPLOYEES**

	Unrestricted	Restricted	2022	2021 restated
	£	£	£	£
Salaries and wages	20,785	32,404	53,189	40,816
Pension costs (defined contribution)	934	0	934	608
	<u>21,719</u>	<u>32,404</u>	<u>54,123</u>	<u>41,424</u>

The average number of staff during the year was 4 (2021:4)

No member of staff earns greater than £60,000 (2021: None)

7. NET INCOME/(EXPENDITURE)

Net expenditure is stated after charging:

Independent Examiner's Fee

2022	2021 restated
£	£
1,200	0

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021 restated
	£	£
Other Debtors	600	630
	<u>600</u>	<u>630</u>

9. CREDITORS:**AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021 restated
	£	£
Creditors	1,055	1,093
Accruals	1,200	0
Pensions payable	203	124
	<u>2,457</u>	<u>1,217</u>

10. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	2022	2021 restated
	£	£	Total	Total
	£	£	£	£
Current Assets	48,257	19,925	68,182	65,528
Current Liabilities	(2,457)	0	(2,457)	(1,217)
	<u>45,799</u>	<u>19,925</u>	<u>65,724</u>	<u>64,311</u>

Pregnancy Options Centre 2022 Annual Report

NOTES TO THE ACCOUNTS CONTINUED

11. MOVEMENT IN FUNDS

	At 01.01.22 £	Income £	Expenditure £	Inter fund transfers £	At 31.12.22 £
Unrestricted Funds					
General Fund	54,744	36,082	(33,504)	(11,522)	45,799
Restricted Funds:					
Counselling	300	12,206	(4,517)	0	7,989
Communication	0	750	(224)	0	526
Education	58	21,480	(10,128)	0	11,410
Development	0	1,850	(2,654)	804	0
Office	9,209	7,400	(27,327)	10,718	0
TOTAL FUNDS	64,311	79,768	(78,354)	0	65,724

Restricted Funds comprise:

Counselling Fund

to support the work of the Counselling team

Communication Fund

to support the website and the telephone system

Education Fund

to support the Education Project staff and expenses

Development Fund

to support staff and volunteer development

Office Fund

to support the staff and functions of the central office in Chichester

Pregnancy Options Centre 2022 Annual Report

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted £	Restricted £	Total £
INCOME FROM:			
Donations and legacies	41,158	42,045	83,203
Charitable activities	420	0	420
Other Income	38	0	38
Total	41,616	42,045	83,661
EXPENDITURE ON:			
Charitable activities	23,897	36,133	60,030
Total expenditure	23,897	36,133	60,030
Net income/(expenditure) before transfers	17,719	5,912	23,631
Gross transfers between funds	0	0	0
Net movement in funds	17,719	5,912	23,631
Funds brought forward	37,025	3,655	40,680
Total funds c/fwd. 31 December 2021	54,744	9,567	64,311

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales - Charity number 1165555

Accounts



Charity no: 1165555

**Annual Report and Accounts
January 2021 – December 2021**

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General Information

Charity name:	Pregnancy Options Centre
Other names charity is known by:	Options
Registered Charity Number:	1165555
Address:	St Johns House St Johns Street Chichester PO19 1UU
Website:	optionschichester.org.uk
Email:	office@optionschichester.org.uk

Trustees

1. Ashley Kuchanny (Chair)
2. Sally Morgan
3. Carol Grove
4. Juliet Wood
5. Dave Loveman

Advisors

Roy Twaites (Treasurer / Signatory)
Suzanne Jones (Bookkeeper)

Independent Examiner

David Grove

Senior Staff

Anna Madge (CEO/ signatory)

Charity Structure

The overall responsibility for the Charity rests with the Trustees who meet approximately 4 times per year to receive reports on the charity's activities. The CEO supported by other employees who are responsible for the day to day management. All staff are part-time.

Our Vision

1. That no one has to face crisis pregnancy, post-abortion or pregnancy loss alone.
2. That children and young people are educated about healthy relationships, unplanned pregnancy and sexual health.

Our Mission Statements

- To provide a range of high-quality support programmes to women and men from all backgrounds who are struggling as a result of an unplanned pregnancy, an abortion decision or pregnancy loss, by acknowledging their individual experiences in order to build a positive future.
- To deliver a range of interactive sessions to children and young people on issues surrounding an unplanned pregnancy, including sexual health, self-esteem and healthy sex and relationships through local schools, colleges and youth settings.

Our Values and Ethos

As an organisation with Christian foundations, Pregnancy Options Centre's foundational value is to respond with compassion, care and respect to our clients, regardless of their faith, race, income, sexual orientation or employment status. We are not a campaigning organisation, and we do not have a political agenda.

We recognise that abortion is a controversial issue that divides people in a polarising debate. As an organisation, we want to bring a non-judgmental approach by supporting clients at their point of need. Our goal is to provide accurate information, counselling and practical support so those in crisis can reach a healthy, well informed decision that is their own. We will safeguard our clients to ensure this decision is not influenced by coercion, manipulation, or misleading information.

We uphold the following values:

- Alleviating personal distress and suffering
- Respecting human right and dignity
- Appreciating the variety of human experiences and culture
- Ensuring the integrity of the client/counsellor relationship
- Providing honest, accurate, evidence-based information
- Respecting the right of others to hold beliefs and values of all faiths or none
- Ensuring that educative work is evidence based, non-judgmental and participative

Structure Governance and Management

Options has a Constitution:	Constitution of a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees. The Constitution was last amended on 19th January 2022.
Trustee Selection Methods:	Apart from the First Trustees all charity Trustees must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills knowledge and experience needed for the effective administration of the CIO. The current trustees are responsible for appointing new trustees. The charity trustees will make available to each new charity trustee, on or before his first appointment: A copy of the current version of the constitution and a copy of the CIO latest Trustees Annual report and statement of accounts.

Public Benefit

As a small charity, below the Charities Act's audit threshold, the report focuses on the main activities undertaken by the charity to further its charitable purposes for public benefit. The 'Summary of the Charities Achievements of the Year' provides a brief summary of the activities undertaken. The trustees confirm they have had due regard to the Charity Commission's Public Benefit Guidance and will continue to follow this guidance in future plans.

Risk Management

The Trustees acknowledge they have a duty to identify and review risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Policies and procedures are reviewed regularly throughout the year, including a Risk Management Policy.

Summary of Charity Achievements in the Year

2021 continued to be a challenging year for our local community and our service users in light of the effects of the pandemic. This was reflected in another consecutive year of increased

referrals for our counselling service. Throughout 2021 we offered a hybrid service of telephone, online and face to face support. In February, we completed our in house post abortion training with 3 new volunteers. All 3 trainees passed the training threshold and joined our counselling team, which has helped increase capacity, reduce waiting list times and fill gaps where other volunteers had to temporarily step back. Our education project regained momentum after the school closures and covid restriction of visitors of 2020. Our Education Lead was on flexi furlough until mid-March whilst schools continued to recover and reopen for visitors. Although frustrating to not be delivering sessions directly to students, this rare quieter time enabled the team to create and pilot our new primary school stream of sessions. This project saw much interest from local primary schools and became a key area of delivery in 2021.

Despite the challenges of the pandemic, 2021 was another year of growth and development at Options, as the need for our services became even more evident. In particular, the CEO began researching and connecting with churches, services and supporters in South-East Hampshire to investigate the need of setting up a satellite service in the future. In preparation for growth of the Centre, our CEO complete a Level 5 Leadership and Management Course, qualifying with a distinction.

A more detailed summary of the work of each project follows:

Counselling Project

This project provides counselling for women and their partners and/or families facing unplanned pregnancy or struggling after an abortion or pregnancy loss. We use a bereavement support programme called *Time to Heal*, which enables our clients to address their painful issues of loss and find healthy ways of processing their experiences.

In 2021, we received 84 new client referrals, with 78 clients engaging in support for unplanned pregnancy, post abortion, miscarriage, post ectopic, still birth, termination for medical reasons and pregnancy support. This was an increase of 22% compared to 2020's referrals. Referrals came from 83 females and 1 male during the year, which sadly is the lowest number of males we have seen for a number of years. We continued to support 4 clients from our 2020 caseload. 31 of our referrals in 2021 were for unplanned pregnancy support, similar to the 33 referrals in 2020. Referrals for this area of support continued to be high most likely due to the uncertainty the pandemic brought, as well as an increase in awareness and viability of our service in the community. In 2019, we received 14 referrals for unplanned pregnancy, out of a total of 49 referrals. This is 221% increase over 3 years.

During 2021, we completed our training course for post abortion and pregnancy loss support. In total we were able to deliver training to 10 new volunteer counsellors from 4 different Centers across the South East: Chichester, Folkestone, Burgess Hill and Horsham. This training has enabled other Centres to grow their capacity, increase their sustainability and meet the demand for their service users. It also provided the trainees with a sense of unity by meeting other people from across the South Coast who are doing similar work to them.

We use quantitative and qualitative monitoring tools which show significant impact, including using NHS approved psychometrics depression scores, record by PHQ-9 forms. In 2021, at the start of support, 90% of clients said they suffered from sorrow, guilt or anger from their experience, 68% suffered with flashbacks, 55% with nightmares and 40% had suicidal thoughts. By the end of support, only 36% continued to suffer from sorrow, guilt or anger, 18% continued to suffer with flashbacks, 9% with nightmares and 0% of clients suffered from suicidal thought. With our support, clients are able to move forward and build positive futures. In addition, we offer clients the opportunity to complete a Programme Evaluation and write about their journey. Feedback given shows that clients experience non-directive and non-judgmental support. Clients express feeling safe with their volunteer counsellor, are able to fully explore their painful experiences and found the counselling process provided healing.

Some feedback from clients is below:

"This is a great service and I'm grateful to the GP who told me about it. The volunteers are amazing. The programme has really helped having someone impartial to talk to as it has allowed us to talk completely free and openly without judgement. It has enabled me to work through the grief and to understand grief more and to be kinder to myself. It helped feeling less alone and to also let go off the initial resentment/anger I felt towards my husband. As a result we are able to move forwards and our relationship is stronger for it." – Miscarriage Client

"One the biggest things I learnt was that grief and all the different emotions I had were normal. Learning that the sadness of pregnancy loss will never fully go away, our baby will be in my heart forever and actually I don't want to forget them. I am ready however to move forwards knowing that sadness and happiness can coexist because I can grow my life around the loss. My counsellor was very approachable, authentic, non-judgemental and highly skilled. Cannot thank her enough." – Miscarriage Client

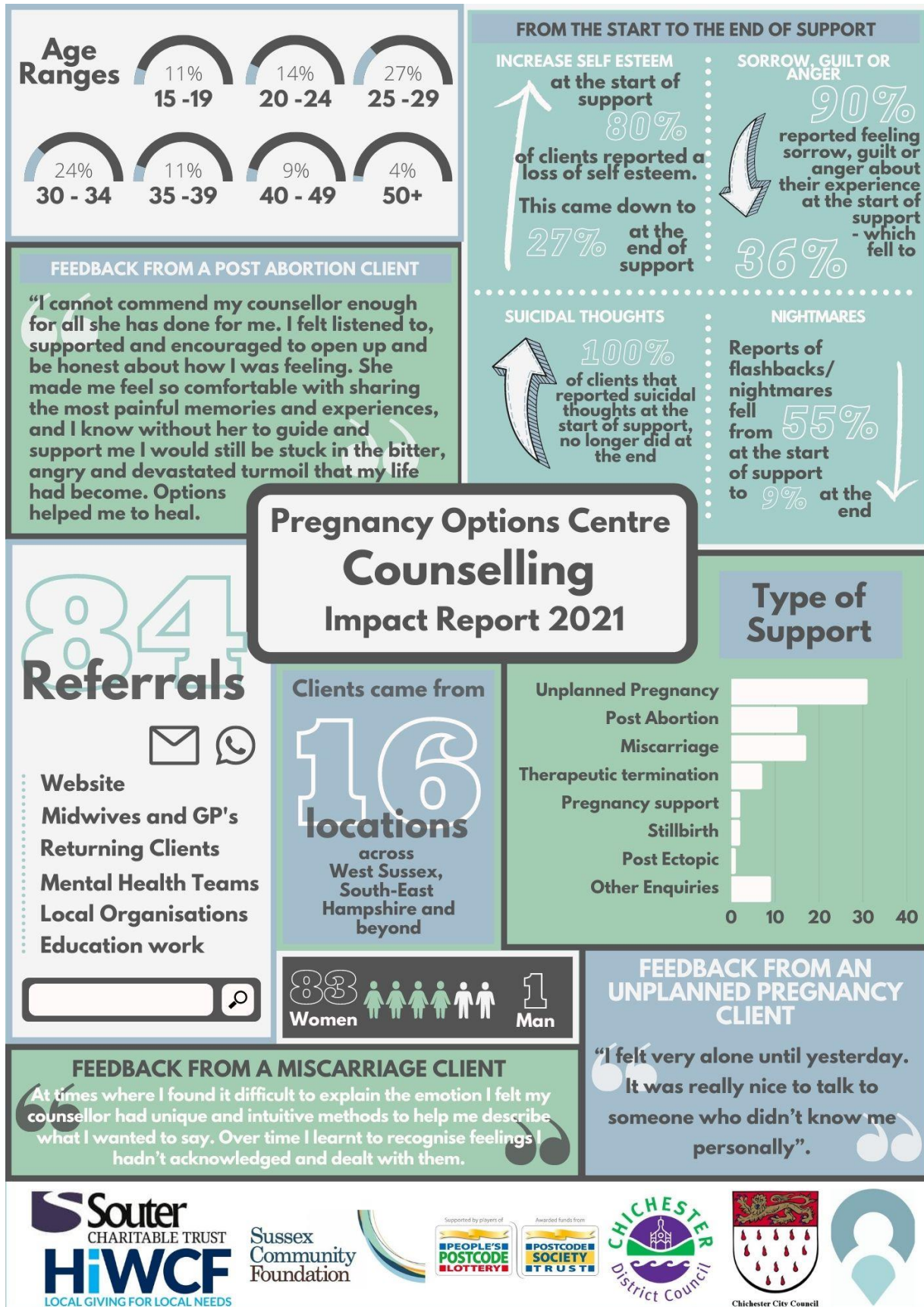
"I was lucky enough to be contacted by my counsellor from Options, who immediately made me feel at ease and supported with no element of judgement, she just encouraged me to share my story. There were times that it was really painful to talk about certain aspects, even using the word 'abortion' to begin with was not something I could do without physically wincing. I cannot explain how much her patient and honest nature encouraged me to trust her and to not be afraid to 'bare my soul and deepest thoughts'. She never made me feel uncomfortable or judged and shared so many useful techniques. She spent time really trying to get to know me as a person and take notice of the areas of my life. This made me feel valued and we had a lovely rapport, to the point it actually felt like talking to a friend. In the beginning I had been petrified at the prospect of sharing details with somebody over the telephone who I didn't know but as time went on I looked forward to my sessions with her, despite some weeks coming away emotionally drained and unable to switch off for a while. My counsellor explained this was part of the process and I understood unearthing these memories would be difficult but absolutely necessary in my recovery. I am pleased to say at the end of the programme I feel more myself, the bitterness I felt towards others having what I wanted has almost disappeared and although the sadness and pain hasn't fully gone (nor do I believe it will) I can look to a brighter future, with some of my care free,

heart on my sleeve nature slowly replacing that anger and sadness. I can feel myself returning out of the black hole. What my counsellor and the programme have done for me is to allow me to look to the future, without being blinded by negativity, grief, and guilt. I am no longer trapped. Thank you so much, (thank you will never be enough)" – Post Abortion Client

"Thank you so much for your help, it's an amazing service." - Unplanned Pregnancy client

"Thank-you so much for this service! Everything has just felt in such a muddle in my head and this has helped me see it more clearly." – Unplanned Pregnancy client

"I just wanted to say thank you for getting me an appointment so quickly and to my counsellor for her time. The notes we wrote down were really helpful and helped my partner understand all my thoughts and feelings. You've helped me twice now when I felt so lost and scared. Thank you again." – Unplanned Pregnancy



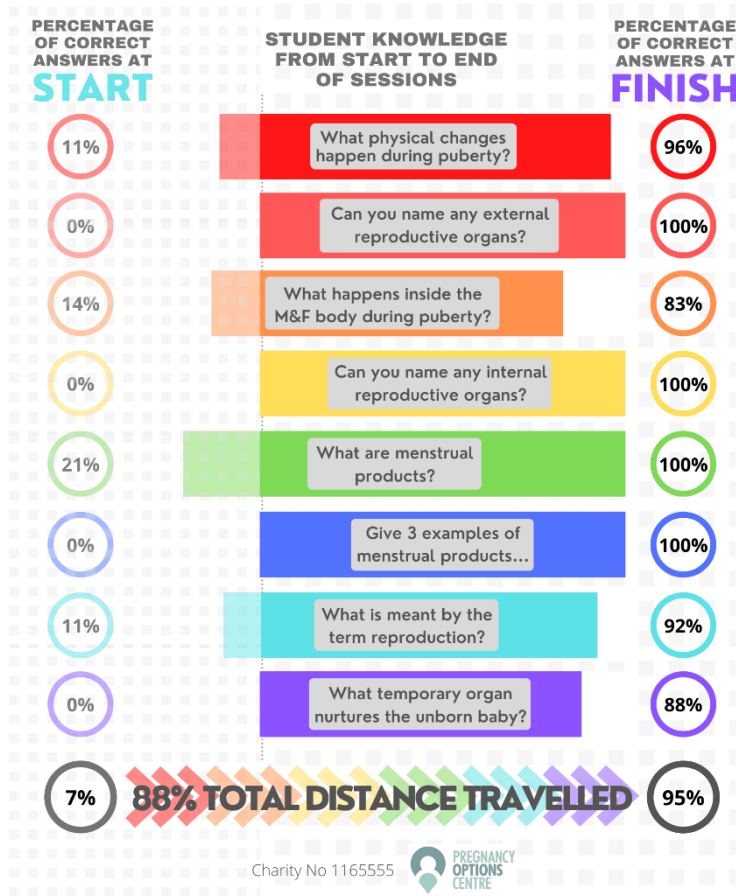
Education Project

Our education project provides interactive educational sessions for local schools, colleges and youth settings on topics surrounding healthy sex and relationships. Topics include: consent, internet safety, healthy friendship and partner relationships, sexual health, the pregnancy timeline and the three options of an unplanned pregnancy: abortion, adoption and parenting.

At the start of 2021, our Education Lead was on flexi furlough. During this time, her main focuses were: the creation and distribution of a 3-part virtual lesson resources for keeping safe online, a session on the dangers of sending 'nudes', as well as focusing on the project development of our new primary school sessions. After the Easter break, we were able to return to the classroom, with a full summer term of bookings. We held Parent Zoom sessions in partnership with the schools to communicate the importance of the sessions, their contents and held a Q&A. We had an overwhelming positive response, with parents and guardians expressing the benefit of communicating so openly about subjects many find challenging to discuss.

We continued to deliver our usual catalog of sessions to secondary school pupils with 33 sessions delivered between September and December, historically our quietest part of the year. These sessions are not highlighted in the infographic below, as they will be part of our 2021/22 academic year statistics. In Jan - Dec 2021, we reached 1625 young people, delivering 59 sessions on: healthy relationships and consent, contraception and STIs, the pregnancy timeline, puberty external and internal changes, menstrual wellbeing, reproduction and a parent and guardian information zoom.

Our Education Lead continues to develop and refine sessions. We use feedback from staff and students to shape our service. In one local school, 102/161 students request our pregnancy timeline session be longer. After this feedback, we extended the session to be 1.5 hours and included more content on; menstruation, conception, pregnancy, birth, abortion, adoption, parenting, miscarriage and still birth. Feedback from one school request support with sessions around pornography, after witnessing more derogatory behaviour towards girls from the boys. This may have been an impact from Covid with young people spending more time online. Therefore we began developing a 'Dangers of Pornography' session to be part of our offer, with the aim to deliver the first session in 2022.



Reporting methods to schools has improved this year. Documents sent to schools after sessions include a review of the workshops delivered, its relevance to the government RSE curriculum, students' learning progression and feedback. The creation of 'distance travelled' information has become a method of demonstrating students' understanding at the start of sessions compared to the end of sessions (shown by infographic on the left).

Qualitative feedback is also collected after sessions and has been exceedingly positive from staff and pupils. All feedback and data is used to evaluate our work and enable us to adapt materials where necessary, to meet curriculum guidelines, as well as addressing key issues that are relevant to young people.

Student and Staff quotes:

"It was really good. I liked it that you made it all less embarrassing, thank you" - Year 5/6 student

"This lesson has made me feel less worried about starting my period, I will understand what will be happening to my body and what I can do to cope with it" - Year 5/6 student

"I have learnt so much over the 5 weeks :-) Thank you!" - Year 5/6 student

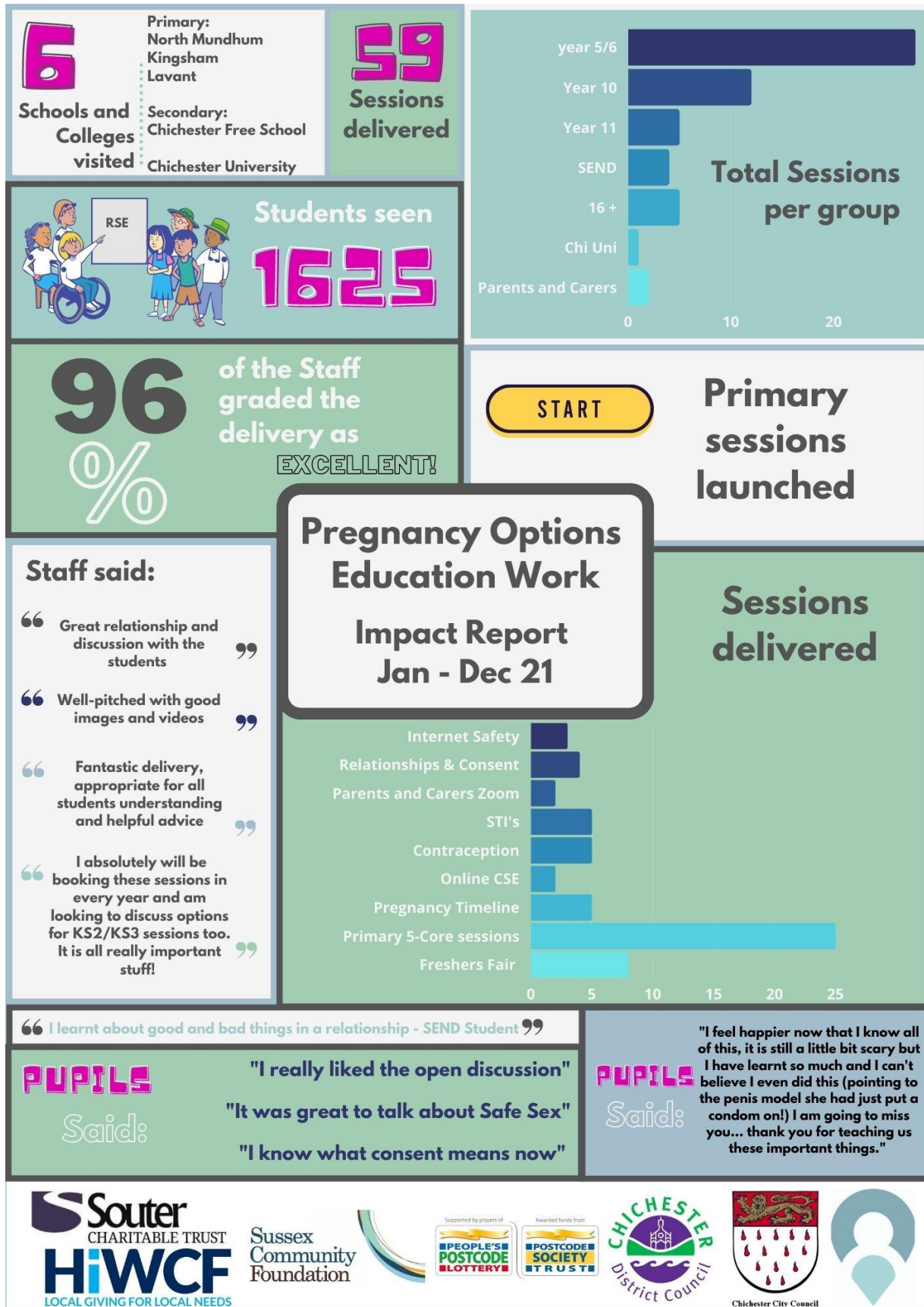
"Excellent course- very informative and professionally delivered. Good relationship between Natalie and the pupils" - Teaching Assistant

"The whole set of sessions has been fabulous and the children have learnt a lot. We'd love to work with you again in the future if possible, Thank you" - Class teacher

"Your enthusiasm shone through! Really well delivered- I could tell the children really enjoyed it and understand the content" - Class teacher

"I have learnt the different options available when faced with an unplanned pregnancy. I have also learnt about the pregnancy timeline and what this involves." – Year 9 Student

"Thank you so much Natalie for delivering such an amazing session, as always! We really appreciate you working with us, our students get so much from your sessions, and you deliver a service we cannot, this is so valuable." – Teacher



Summary of Operations

The central work of 2021 was to continue to respond as flexibly as possible to the challenges posed by Covid-19. The use of Office365 and Zoom meant we carried on working remotely from home as well as in the office when able to so. Covid response funds including Sussex Community Foundation Recovery Fund, and our first grant from the Hampshire area - Hampshire & IOW Community Foundation helped us pay for core costs including salaries and rent as well as begin our journey to respond to need in South East Hampshire. The website and our social media platforms were key to keeping partners and the public updated that our services were still operational.

Successful fundraising, particularly grant fundraising, and making some use of the Government's flexi furlough scheme for our Education Lead, have resulted in Options finishing the year in a strong position. The second half of a legacy, amounting to £15,602.48, was donated in January. This is the charity's first legacy, which we were very honoured to receive. This boost in our income is an exciting development and the CEO, alongside the Trustees, have been working on a strategic plan to ensure these funds are used purposefully in the coming years. The legacy has been agreed by the Trustees to be used towards the expansion of the service into South-East Hampshire.

In January 2020, the CEO and Trustees of Options had agreed the strategic direction for the subsequent three years was to focus on three aspects:

Strategic Aim 1 – To build an effective and stable organisation

Strategic Aim 2 - Increase our profile with professionals and the local community.

Strategic Aim 3 – To grow, develop and refine Pregnancy Options Centre's services and expertise.

Many of the plans laid out in our operational plan to achieve these strategic aims had to go on hold in 2020 as an immediate crisis response took priority. For much of 2021, Options continued to ensure that it was a stable organisation that could come out of the pandemic stronger and more resilient. However, the impact of the pandemic highlighted new key areas for the charity to focus on, therefore the CEO adapted the strategic plan to follow in the direction the organisation found itself organically moving towards. This included expanding our geographical area to South-East Hampshire in order to help meet the gap in provision for our specialist services, specifically beginning to focus on a satellite service in Portsmouth.

Plans for the Future

- Expand our counselling service to South-East Hampshire, developing new referral pathways and partnerships

- Complete training of new volunteers in pregnancy loss and post abortion support in anticipation of increased need due to expansion.
- Continue to build partnerships with statutory bodies and organisations to sustain the planned growth in services and increase awareness of the charity.
- Continue to strengthen and diversify the Board of Trustees.
- Continue to develop our Primary School Project in line with the new RSE guidelines.
- Increase our online presence, particularly Instagram and Facebook, to engage with the wider public and potential service users.

Accounts

Pregnancy Options Centre

Registered Charity 1165555

Receipts and Payments Account for the year ended 31 December 2021

Receipts	Unrestricted £	Restricted £	2021 £	2020 £
Regular Giving	4,848.90		4,848.90	5,209.26
Donations	1,459.09		1,459.09	1,439.44
Grants	15,950.00	41,892.00	57,842.00	43,040.29
Government Furlough		1,248.00	1,248.00	2,314.86
Fund Raising	402.14		402.14	884.88
Training			0.00	1,713.40
Legacy	15,602.48		15,602.48	15,000.00
Corporate	1,800.00		1,800.00	
Schools Project	420.00		420.00	
Gift Aid			0.00	832.44
	<u>40,482.61</u>	<u>43,140.00</u>	<u>83,622.61</u>	<u>70,434.57</u>
Payments				
Computer Costs	79.99		79.99	
Bookkeeping	1,365.00	195.00	1,560.00	
QuickBooks Licence	100.80	14.40	115.20	
Staff Development	1,196.12	135.01	1,331.13	982.73
Professional Subscriptions	753.19	55.00	808.19	825.75
Counselling	659.68		659.68	1,859.32
Sundry Expenses	279.72		279.72	686.47
Printing, Postage and Stationery	382.06		382.06	
Publicity	703.52	450.00	1,153.52	593.01
Insurance	856.33		856.33	854.84
PayPal Fees	13.28		13.28	
Telephone and Website	372.99	300.00	672.99	522.86
Rates	583.68		583.68	
Rent	1,600.00	6,200.00	7,800.00	7,800.00
Staff Costs	12,645.98	28,169.95	40,815.93	30,112.32
Employer Pension Cost	607.90		607.90	446.90
Education	306.90	125.33	432.23	460.23
Travel	643.42	100.00	743.42	586.08
Fund Raising Costs	96.00		96.00	211.00
Equipment	649.99	388.51	1,038.50	757.34
	<u>23,896.55</u>	<u>36,133.20</u>	<u>60,029.75</u>	<u>46,698.85</u>
Receipts in excess of payments	16,586.06	7,006.80	23,592.86	23,735.72
Balance brought forward from 2020	37,024.69	3,655.00	40,679.69	16,943.97
Balance carried forward to 2022	<u>53,610.75</u>	<u>10,661.80</u>	<u>64,272.55</u>	<u>40,679.69</u>

Pregnancy Options Centre
Registered Charity No 1165555

Statement of Assets & Liabilities 2021

Assets	2020	
Barclays Current Account	64,211.40	40,029.00
PayPal	36.91	
Debtors	30.00	51.00
Rent Deposit	600.00	600.00
Net Current Assets	64,878.31	40,680.00
Creditors	1,104.57	
Pensions Payable	124.97	
Tax & NI	-0.83	
Total Creditors & Liabilities	1,228.71	0
TOTAL NET ASSETS	63,649.60	40,680.00



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Pregnancy Options Centre (Chichester)

On accounts for the year
ended

31st December 2021

Charity no
(if any)

1165555

Set out on pages

1 and 2 of The Form CC16(a)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2021.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("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 all the applicable Directions 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:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

DA Grove

Date: 8th July 2022

Name:

David Grove

Relevant professional
qualification(s) or body
(if any):

Address:

26 Maplehurst Road

Chichester

West Sussex PO19 6QL

Financial Review

Total incoming resources amounted to £83,623 for the year to 31 December 2021 (2020: £70,434). Total resources expended over the same period was £60,030 compared to £46,698 in 2020. The net position for the year amounted to a surplus of £23,593 (compared with a surplus of £23,736 for the year to 31 December 2020). Net resources at the end of the year were £64,273 of which £53,611 is unrestricted and £10,662 is restricted.

Options is reliant on gifts from grant-making trusts and foundations, as well as individual and donors. We would like to thank the following donors for their support in 2021: Hampshire & IOW Community Foundation, Chichester District Council, Ian Askew Charitable Trust, Postcode Society Trust, The Woodger Trust, Southover Manor General Educational Trust Ltd, Sussex Community Foundation, The Boltini Trust, The Arnold Clark Community Fund, LUSH Wholesness Fund, St Johns Trust, and Movement for Good Awards.

The charity holds its reserves in a current bank account. It is the policy of the trustees to maintain three months' expenditure in reserves. The financial management of the charity is supervised and monitored by CEO, Treasurer and the Trustees.

We would like to take this opportunity to thank a long standing supporter of Options for a legacy left to the charity in 2020/21. This is the charity's first legacy and we are truly honoured to be left this gift. The CEO and Trustees recognise the significance of such a gift and therefore are stewarding this legacy and our surplus unrestricted funding to the expansion of our services over the Hampshire border as well as increasing our sustainability. Resources needed to action these plans include maintaining a bookkeeper, increasing our CEO's hours to build new partnerships, employing local staff, marketing and training new volunteers to meet the anticipated increase in demand.

Trustee Declaration

The Trustees Declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature

A handwritten signature in blue ink, appearing to read 'Ashley Kuchanny'.

Full Name: Ashley Kuchanny

Position: Chair of Trustees

Date: 8/7/2022

Signature

A handwritten signature in blue ink, appearing to read 'Sarah Morgan'.

Full Name: Sarah Morgan

Position: Trustee

Date: 8/7/2022

PREGNANCY OPTIONS CENTRE (CHICHESTER)

England & Wales - Charity number 1165555

Accounts



Charity no: 1165555

**Annual Report and Accounts
January 2020 – December 2020**

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Mission, Values and Ethos	3
Governance and Management	3
Summary of Achievements	5
Plans for the Future	11
Accounts and Financial Review	13
Declaration	17

General Information

Charity name:	Pregnancy Options Centre
Other names charity is known by:	Options
Registered Charity Number:	1165555
Address:	St Johns House St Johns Street Chichester PO19 1UU
Website:	optionschichester.org.uk
Email:	office@optionschichester.org.uk

Trustees

1. Ashley Kuchanny (Chair of Trustees)
2. Sally Morgan
3. Carol Grove
4. Juliet Wood
5. Dave Loveman (from 29.01.2020)
6. Joanne Kondabeka (resigned 29.01.2020)

Advisors

Roy Twaites (Treasurer / Signatory)

Independent Examiner

David Grove

Senior Staff

Anna Madge (CEO/ signatory)

Charity Structure

The overall responsibility for the Charity rests with the Trustees who meet approximately 4 times per year to receive reports on the charity's activities. The CEO supported by other employees who are responsible for the day to day management. All staff are part-time.

Our Mission Statements

- To provide free, non-directive and confidential counselling support for women and men facing an unplanned pregnancy, pregnancy loss or post abortion difficulties.
- To deliver interactive educational sessions to teenagers on the myths and facts about relationships, sex, and the consequences of risky sexual behaviour including an unplanned pregnancy.

Our Values and Ethos

As an organisation with Christian foundations, Pregnancy Options Centre's foundational value is to respond with compassion, care and respect to our clients, regardless of their faith, race, income, sexual orientation or employment status. We are not a campaigning organisation, and we do not have a political agenda.

We recognise that abortion is a controversial issue that divides people in a polarising debate. As an organisation, we want to bring a non-judgmental approach by supporting clients at their point of need. Our goal is to provide accurate information, counselling and practical support so those in crisis can reach a healthy, well informed decision that is their own. We will safeguard our clients to ensure this decision is not influenced by coercion, manipulation, or misleading information.

We uphold the following values:

- Alleviating personal distress and suffering
- Respecting human right and dignity
- Appreciating the variety of human experiences and culture
- Ensuring the integrity of the client/counsellor relationship
- Providing honest, accurate, evidence-based information
- Respecting the right of others to hold beliefs and values of all faiths or none
- Ensuring that educative work is evidence based, non-judgmental and participative

Structure Governance and Management

Options has a Constitution:	Constitution of a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees. The Constitution was last amended on 28 th July 2016
Trustee Selection Methods:	Apart from the First Trustees all charity Trustees must be appointed for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills

knowledge and experience needed for the effective administration of the CIO.

The current trustees are responsible for appointing new trustees.

The charity trustees will make available to each new charity trustee, on or before his first appointment: A copy of the current version of the constitution and a copy of the CIO latest Trustees Annual report and statement of accounts.

Public Benefit

As a small charity, below the Charities Act's audit threshold, the report focuses on the main activities undertaken by the charity to further its charitable purposes for public benefit. The 'Summary of the Charities Achievements of the Year' provides a brief summary of the activities undertaken. The trustees confirm they have had due regard to the Charity Commission's Public Benefit Guidance and will continue to follow this guidance in future plans.

Risk Management

The Trustees acknowledge they have a duty to identify and review risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. Policies and procedures are reviewed regularly throughout the year, including a Risk Management Policy. Key areas to manage risks posed to the charity are:

- Recruitment procedures take into account the importance of volunteers and paid staff who will offer unconditional acceptance and respect to all members of the public, and especially to clients who will be very vulnerable when they come to the Centre. These involve interview and references as well as training appropriate to the role, and a probationary period.
- Delivery of the service is monitored through continual professional development and supervision, and through analysis of feedback obtained from service users.
- Our volunteer counsellors are required to adhere to the Ethical Framework of the British Association for Counselling and Psychotherapy (BACP) Ethical Framework, of which the charity is an organisational member (250716).
- Supervision is a requirement for all volunteer counsellors, and takes place in small groups run by an experienced external Counsellor, Psychotherapist and Counselling Supervisor. Professional advice from a local Bereavement Midwife is available if needed.
- The Charity works with vulnerable adults, children and young people. It has a written safeguarding policy and procedure. The charity is a member of thirtyone:eight, independent safeguarding specialists. A named Safeguarding Officer can be contacted

with any concerns relating to safeguarding children or adults at risk. All personnel involved in the Centre complete a DBS check.

- The Trustees hold Employer's Liability Insurance, Professional Liability Insurance and Trustee Assurance, and have an agreed reserves policy.
- Trustees, staff and volunteers continue to adhere to and adjust current working practice as they arise to suit GDPR regulations.
- Covid-19 policies and procedures have been created and regular reviewed in line with government guidelines and restrictions.

Summary of Charity Achievements in the Year

2020 was undoubtedly a challenging year for everyone. Throughout the pandemic, isolation, being away from usual support networks and uncertainty for the future made sometimes difficult situations and experiences even more challenging for our clients. We saw an increase for the need in our counselling service and knew that we had to continue providing support. In April, our face to face counselling service quickly moved to online and telephone support. We received a grant from CAF Emergency Fund to invest in Office365 and set up remote working for our staff and volunteers. Additional training was also provided to do this to ensure those still available to volunteer were able and safe to do so. Sadly, our schools project was put on hold from April 2020, after a very successful start to the academic year. However, after a period of being furloughed, our Education Lead returned to work and began developing primary school sessions to pilot in 2021. Despite the challenges of the pandemic, 2020 was a year of growth and development at Options, as the need for our services became even more evident.

A more detailed summary of the work of each project follows:

Counselling Project

This project provides counselling for women and their partners and/or families facing unplanned pregnancy or struggling after an abortion or pregnancy loss. We use a bereavement support programme called *Time to Heal*, which enables our clients to address their painful issues of loss and find healthy ways of processing their experiences.

In 2020, we received 70 new client referrals, with 65 clients attending support for unplanned pregnancy, miscarriage, post-abortion, still birth, pregnancy support and therapeutic termination. This was an increase of 45% compared to 2019's referrals. Referrals came from 62 females and 8 males during the year, including 1 couple for miscarriage support and 2 couples for unplanned pregnancy. We continued to support 6 clients from our 2019 caseload. 47% of referrals in 2020 were for unplanned pregnancy support, compared to 33% in 2019, again reflecting the impact of the pandemic on women's anxieties for the future.

Our CEO, along with the support of another Centre in Bristol, adapted our post abortion materials for phone work. To help respond to clients and broaden our accessibility, we also set up a webchat service. This meant individuals could chat with us without having to speak on the

phone if their home environment was not private or safe. In September, we began to resume face to face support on a case by case basis in line with government guidelines as they changed. This was offered only to clients who were not able to access our service due to lack of privacy or safety in their own homes. Online and telephone support continued to be our primary offer. This type of support will continue in the future, creating a hybrid approach, combining in person and telephone support depending on what is most accessible for individual clients and/or counsellors.

During 2020, we also began training 10 new counsellors for crisis pregnancy and pregnancy loss/post abortion support from 4 different Centers across West and East Sussex; Chichester, Folkestone, Burgess Hill and Horsham. Training began in January, was on hold during the height of the pandemic, and then resumed face to face and online. 3 of the trainees who successfully completed the course(s), began volunteering in our Centre in December. This training has enabled us to grow our capacity, increase our sustainability and meet the demand of our service users, avoiding long waiting lists.

We use quantitative and qualitative monitoring tools which show significant impact, including using NHS approved psychometrics depression scores, record by PHQ-9 forms. In 2020, at the start of support, 91% of clients said they suffered from depression, 82% a sense of emptiness and over 50% suffered with flashbacks/nightmares. By the end of support, only 28% continued to suffer from depression, 14% with a sense of emptiness and 15% continued to suffer with flashbacks and nightmares. With our support, clients are able to move forward and build positive futures. Programme evaluations show that clients experience non-directive and non-judgmental support. Clients express feeling safe and able to fully explore their options and open up about their experiences.

Some feedback from clients is below:

'Throughout the program my counsellor was brilliant at actually getting me to speak and took into account my other mental health issues that made parts of the process slightly harder for myself. At times where I found it difficult to explain the emotion I felt or had felt (given how much time had passed) she had unique and intuitive methods to help me describe what I wanted to say. Over time I learnt to recognise feelings I hadn't acknowledged and dealt with them.' – Miscarriage Client

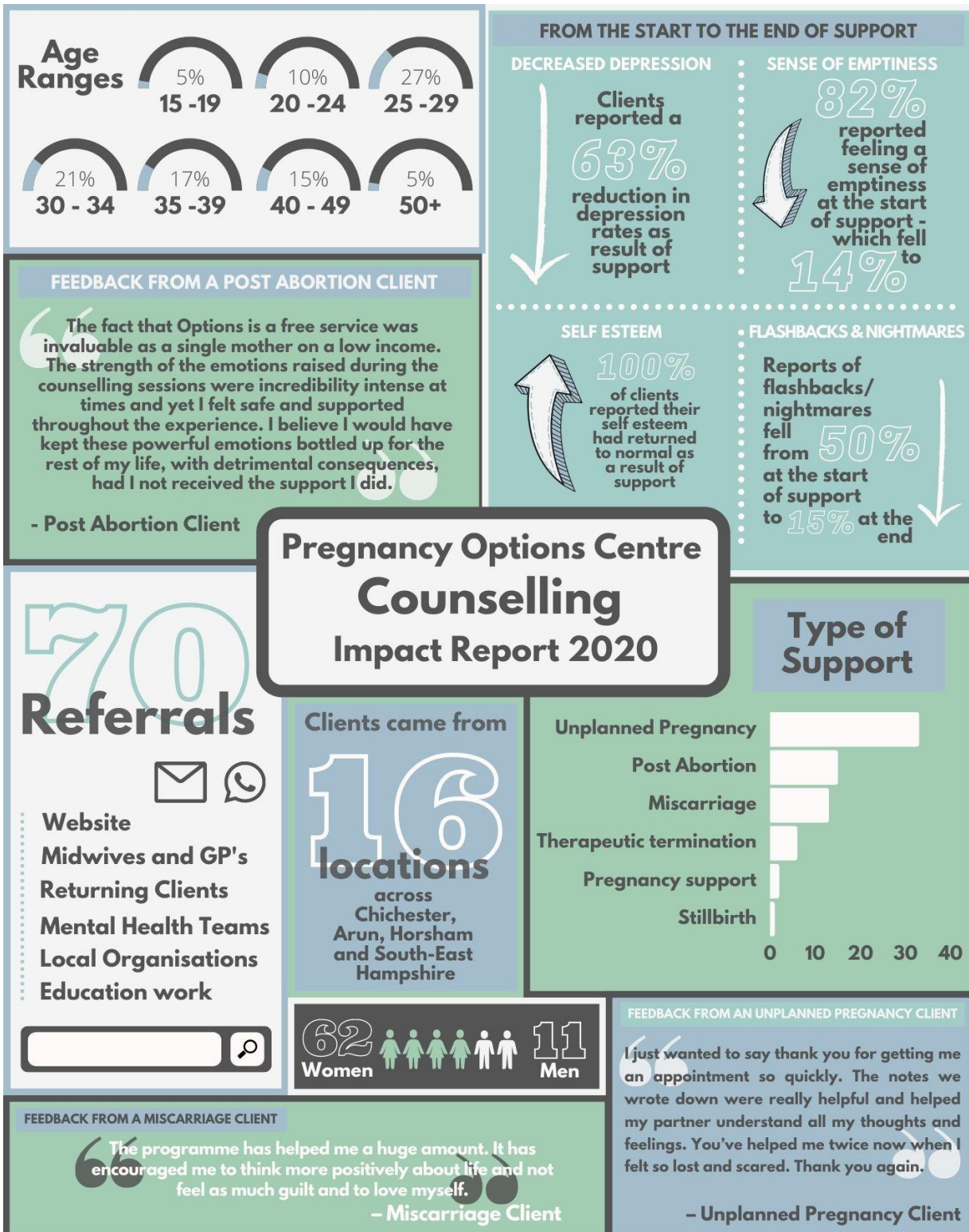
'The sessions with my counsellor were the only times I could talk about my miscarriage openly and honestly. I would not have got through all this without my counsellor. I was desperate to speak to someone and Options was the most comforting support in my search for a counsellor. My counsellor is the kindest, caring, helpful person and got me through some of my hardest, darkest times. I owe so much to the Options programme. Thank you so much for the time and support.' – Miscarriage Client

'This programme helped me to finally face my grief and pain following my traumatic decision to have an abortion. Before starting the programme I was caught up in a spiral of recycled

bitterness, anger and desperation. The programme helped by breaking down the whole experience and supporting me with tools to move forward and eventually begin to forgive myself for the heartbreaking decision I had to make. For me this programme was very well balanced, even if an aspect wasn't covered in enough detail my counsellor made it clear we could always go back over a topic until I felt I had discussed all I needed to. This meant I never felt rushed to recover or to move on. I took it upon myself with my counsellor's encouragement to journal my whole experience, so have access to all the tools we went over to help support me. It is a relief to know I have those to hand when a tough day comes by.' – Post Abortion Client

'Thank you for your help, honestly it made a world of difference to me. Thank you.' – Unplanned Pregnancy Client

'Your help has been absolutely massive and words can't thank you enough. When I talked to you, it felt like you really understood what I was saying and was very supportive.' - Unplanned Pregnancy Client



Education Project

This project provides interactive educational sessions for local schools and youth settings on topics surrounding healthy sex and relationships, including consent, internet safety, sexual health, the pregnancy timeline and the three options of an unplanned pregnancy: abortion, adoption and parenting.

At the start of 2020, our schools work was thriving. Between October 2019 – April 2020, we had engaged with 1066 students, delivering sessions on healthy relationships and consent, the pregnancy timeline, STI's, contraception and attended 2 Fresher's Fairs. Our newly appointed Education Lead had developed new sessions and methods of recording our impact. This was achieved by using the 'OMBEA' audience response equipment to track what students had learned in a session and mapping their 'distance travelled'. Targeted sessions had been developed and begun with young people in Year 9, who were identified by the schools as vulnerable to Child Sexual Exploitation. Before the pandemic hit, we had 85 sessions booked until Summer 2020, with 7 local secondary schools, seeing approximately 1800 students.

In April, we decided to take the tough decision to furlough our Education Lead. This was due to school closures and the uncertainty on when schools may resume a style of teaching that we could be involved with. Our Education Lead returned to work for 4 weeks in June, before taking contracted time off in the summer school break. These 4 weeks were spent reflecting on the current climate and the challenges/successes of the academic year so far, reconnecting with schools, researching training opportunities for the autumn term, gathering ideas to begin a new primary school project, and beginning to adapt our sessions to be COVID secure.

After the summer break, our Education Lead returned to work on a combination of fully contracted hours and flexi furlough, as the operational abilities of schools were uncertain. In the Autumn/Winter term, she completed a Level 4 Certification in Sex and Relationships Education, completed training in Relationships and Sex Education in a primary school context, researched and began developing 6 pilot sessions for primary school work on healthy relationships, families, the menstrual cycle and wellbeing, and puberty.

Although 2020 was a challenging year for our education project, we believe that it is sustainable and attainable for the future, and needed by young people now more than ever before. We are looking forward to 2021 with anticipation and excitement about what the project will achieve with the addition of our primary school pilot project.

Qualitative feedback is also collected after sessions and has been exceedingly positive from staff and pupils. All feedback and data is used to evaluate our work and enable us to adapt materials where necessary, to meet curriculum guidelines, as well as addressing key issues that are relevant to young people.

Student and Staff quotes:

'I think all of KS4 need to be part of these sessions' – Staff Member

'The whole class were so engaged throughout the entire session' – Staff Member

'Thank you- such a brilliant session!' - Staff Member

'We definitely need this again next year' - Staff Member

'I would 100% recommend this! Session' – Staff Member

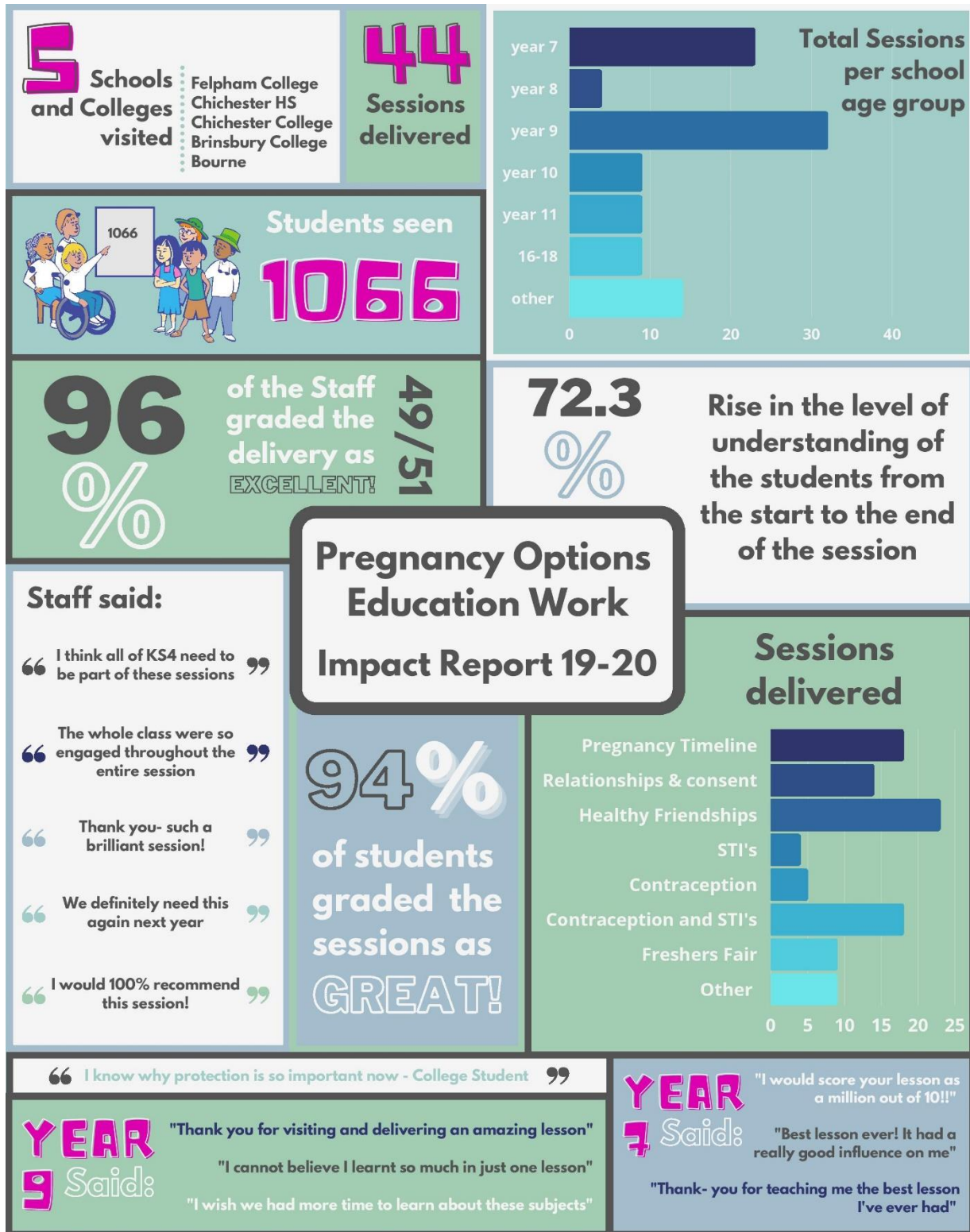
'Thank you for visiting and delivering an amazing lesson' - Year 9 Student

'I cannot believe I learnt so much in just one lesson' - Year 9 Student

'I wish we had more time to learn about these subjects' - Year 9 Student

'The lesson was informative, eye-opening and very interesting' - Year 9 Student

'Best lesson ever! It had a really good influence on me' - Year 7 Student



Summary of Operations

The central work of 2020 was to respond as quickly and flexibly as possible to the unfolding crisis posed by Covid-19. One of the most important decisions we took was to transfer our operations online with the introduction of Office365. By doing this, staff and volunteers were able to work remotely and the counselling project could continue safely and efficiently. We successfully applied to a number of emergency response grants from CAF Emergency Fund, Sussex Community Foundation Crisis Fund, and Tesco Crisis Fund, among others. With these funds we were able to pay for core costs including salaries and rent as well as a Zoom subscription. The website was updated to ensure visitors knew what services were still operational, and we created an Instagram account to widen our online presence.

Successful fundraising, particularly grant fundraising, and making some use of the Government's furlough scheme for our Education Lead, have resulted in Options finishing the year in a strong position. The first half of a legacy, amounting to £15,000, was donated in November. This is the charity's first legacy, which we were very honoured to receive. This boost in our income is an exciting development and the CEO, alongside the Trustees, have been working on a strategic plan to ensure these funds are used purposefully in the coming years.

In January 2020, the CEO and Trustees of Options had agreed the strategic direction for the subsequent three years was to focus on three aspects:

Strategic Aim 1 – To build an effective and stable organisation

Strategic Aim 2 - Increase our profile with professionals and the local community.

Strategic Aim 3 – To grow, develop and refine Pregnancy Options Centre's services and expertise.

Many of the plans laid out in our operational plan to achieve these strategic aims had to go on hold as an immediate crisis response took priority. The impact of the pandemic highlighted new key areas for the charity to focus on, including expanding our geographical area to South-East Hampshire in order to help meet the gap in provision for our specialist services. In order to help Options achieve this, we will be continuing our telephone service beyond Covid-19, secure additional funding to fund more staff hours and to develop a bigger and more diverse team of volunteer counsellors.

Plans for the Future

- Expand our counselling service to South-East Hampshire, developing new referral pathways and partnerships
- Complete training of new volunteers in pregnancy loss and post abortion support in anticipation of increased need due to expansion.

- Continue to build partnerships with statutory bodies and organisations to sustain the planned growth in services and increase awareness of the charity.
- Continue to strengthen and diversify the Board of Trustees.
- Continue to develop our Primary School Project in line with the new RSE guidelines.
- Increase our online presence, particularly Instagram and Facebook, to engage with the wider public and potential service users.

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Pregnancy Options Centre (Chichester)

No (if any)
1165555

Receipts and payments accounts

CC16a

For the period from January 1st 2020 To 31st December 2020

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Regular Giving	5,209	-	-	5,209	5,006
Donations	899	540	-	1,439	1,125
Grants	15,497	27,543	-	43,040	30,005
Fund Raising	885	-	-	885	2,900
Tax Claim (Gift Aid)	832	-	-	832	772
Govt Furlough	-	2,315	-	2,315	-
Legacy	15,000	-	-	15,000	-
Training	1,714	-	-	1,714	-
Sub total (Gross income for AR)	40,036	30,398	-	70,434	39,808
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,036	30,398	-	70,434	39,808
A3 Payments					
Staff Development	520	463	-	983	1,707
Professional Subscriptions	561	265	-	826	425
Sundry Expense (Printing Postage etc.)	461	225	-	686	362
Publicity	293	300	-	593	1,111
Insurance	495	360	-	855	682
Telephone/Website	1	522	-	523	451
Rent	359	7,441	-	7,800	7,800
Staff Costs	13,912	16,647	-	30,559	21,408
Education	164	296	-	460	381
Travel	225	361	-	586	530
Fund Raising	211	-	-	211	601
Equipment	145	612	-	757	1,515
Counselling	181	1,678	-	1,859	-
Sub total	17,528	29,170	-	46,698	36,973
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	17,528	29,170	-	46,698	36,973
Net of receipts/(payments)	22,508	1,228	-	23,736	2,835
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,517	2,427	-	16,944	-
Cash funds this year end	37,025	3,655	-	40,680	2,835

Pregnancy Options Centre 2020 Annual Report

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank Account	36,374	3,655	-
	Gift Aid to come	51	-	-
	Rent and payment in advance	600	-	-
	Total cash funds	37,025	3,655	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	

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

Signature	Print Name	Date of approval
	SARAH MORGAN	28.4.2021
	JULIET WOOD	28.4.21.



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

**Independent examiner's
report on the accounts**

Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity Name Pregnancy Options Centre (Chichester)		
On accounts for the year ended	December 31 st 2020	Charity no (if any)	1165555
Set out on pages	1 and 2 of The Form CC16(a) (remember to include the page numbers of additional sheets)		
I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 12 / 2020			
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 2011 ("the Act").		
Independent examiner's statement	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 Directions given by the Charity Commission under section 145(5)(b) of the Act. I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) 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. <i>* Please delete the words in the brackets if they do not apply.</i>		
Signed:			Date: 15 th March 2020
Name:	David Grove		
Relevant professional qualification(s) or body (if any):			
Address:	26 Maplehurst Road Chichester West Sussex PO19 6QL		

Financial Review

Total incoming resources amounted to £70,434 for the year to 31 December 2020 (2019: £39,808). Total resources expended over the same period was £46,698 compared to £36,973 in 2019. The net position for the year amounted to a surplus of £23,736 (compared with a surplus of £2,835 for the year to 31 December 2019). Net resources at the end of the year were £40,680 of which £37,025 is unrestricted and £3,655 is restricted.

Options is reliant on gifts from grant-making trusts and foundations, as well as individual and donors. We would like to thank the following donors for their support in 2020:

Tesco Bags of Help, Ian Askew Charitable Trust, Awards for All, The Woodger Trust, Sussex Community Foundation, Chichester City Council, CAF Emergency Fund, Tesco Crisis Fund, The Boltini Trust, The Chalk Cliff Trust.

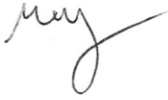
The charity holds its reserves in a current bank account. It is the policy of the trustees to maintain three months' expenditure in reserves. The financial management of the charity is supervised and monitored by CEO, Treasurer and the Trustees.

We would like to take this opportunity to thank a long standing supporter of Options for a legacy left to the charity in 2020. This is the charity's first legacy and we are truly honoured to be left this gift. The CEO and Trustees recognise the significance of such a gift and therefore are stewarding this legacy and our surplus unrestricted funding to the expansion of our services over the Hampshire border as well as increasing our sustainability. Resources needed to action these future plans include hiring a bookkeeper, increasing our CEO's hours to build new partnerships, marketing and training new volunteers to meet the anticipated increase in demand.

Trustee Declaration

The Trustees Declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature		
Full Name	Ashley Kuchanny	David Loveman
Position	Chair of trustees	Trustee
Date	14.07.21	14/07/2021