

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

C J Bacon  
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18 Farnham Road  
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**for the Year Ended 31 December 2024**

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**Reference and Administrative Details**  
**for the Year Ended 31 December 2024**

<b>TRUSTEES</b>	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)
<b>PRINCIPAL ADDRESS</b>	St Johns House St Johns Street Chichester West Sussex PO19 1UU
<b>REGISTERED CHARITY NUMBER</b>	1165555
<b>INDEPENDENT EXAMINER</b>	C J Bacon BEd.(Hons.), AST, BFP, ACPA, ACA Upper Ground Floor 18 Farnham Road Guildford Surrey GU1 4XA
<b>SENIOR STAFF</b>	Anna Madge (CEO) Hilda Sherwood (Interim Charity Manager)
<b>BOOKKEEPER</b>	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:

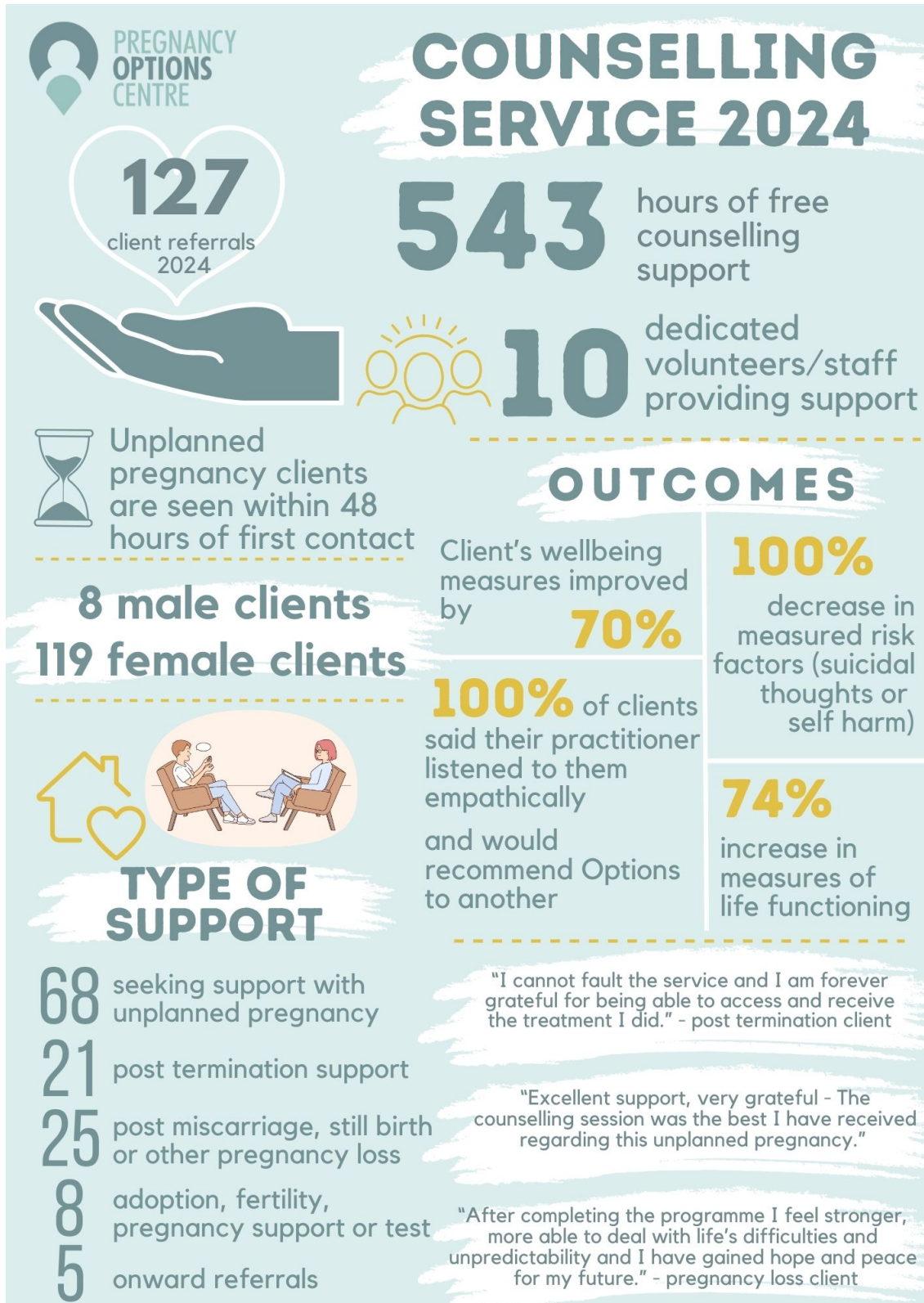
*"I understand my emotions better. I understand my needs better. I find it easier to recognise when I fall into negative thought processes and I am in a better position to challenge such thoughts. I am able to focus more on the now instead of overly worrying about the past or future. I communicate better 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.

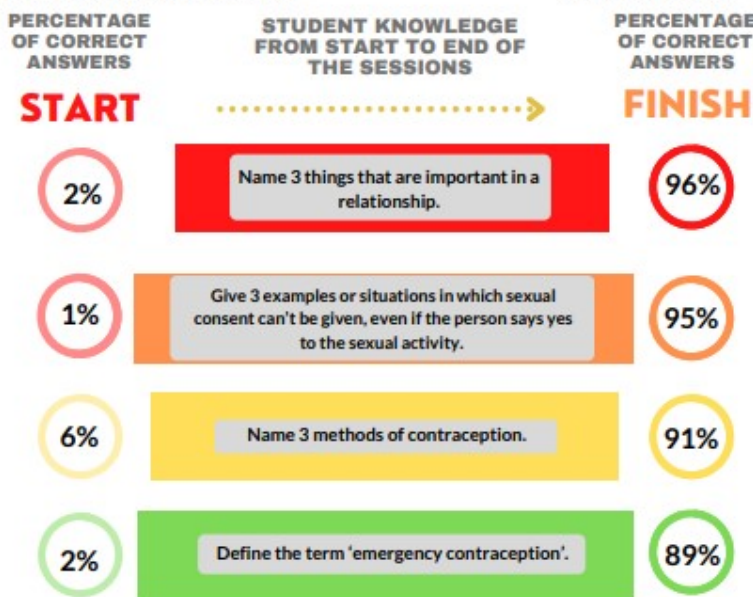


Report of the Trustees  
for the Year Ended 31 December 2024

## 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:

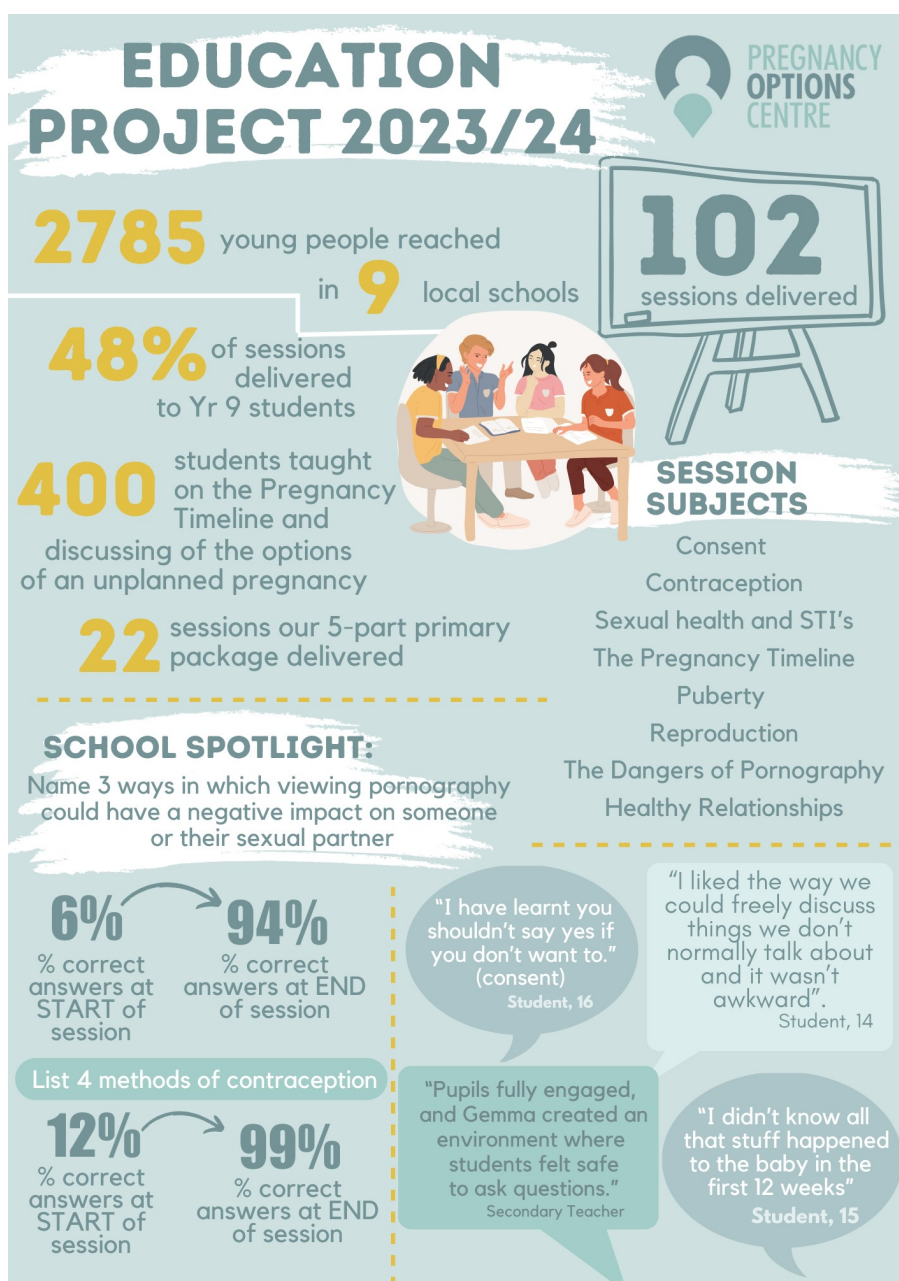
*"Gemma is patient and really listens to the children. She engages brilliantly with them and the number of pupils approaching her (in their own break time) shows how approachable she is"* - Chichester Free School

**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				
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	66,817	73,714	140,531	69,872
<b>Charitable activities</b>	3				
Charitable activities		2,336	-	2,336	1,240
Other income		<u>275</u>	<u>-</u>	<u>275</u>	<u>75</u>
<b>Total</b>		<u>69,428</u>	<u>73,714</u>	<u>143,142</u>	<u>71,187</u>
 <b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	4				
Charitable activities		<u>36,601</u>	<u>41,048</u>	<u>77,649</u>	<u>98,372</u>
 <b>NET INCOME/(EXPENDITURE)</b>		32,827	32,666	65,493	(27,185)
 <b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>31,251</u>	<u>7,289</u>	<u>38,540</u>	<u>65,725</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>64,078</u></u>	<u><u>39,955</u></u>	<u><u>104,033</u></u>	<u><u>38,540</u></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 £
<b>CURRENT ASSETS</b>					
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
<b>CREDITORS</b>					
Amounts falling due within one year	10	(2,602)	(7)	(2,609)	(7,454)
		<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
<b>NET CURRENT ASSETS</b>		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
<b>NET ASSETS</b>		<u>64,078</u>	<u>39,955</u>	<u>104,033</u>	<u>38,540</u>
<b>FUNDS</b>	11				
Unrestricted funds				64,078	31,251
Restricted funds				<u>39,955</u>	<u>7,289</u>
<b>TOTAL FUNDS</b>				<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
	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	36,127	33,745	69,872
<b>Charitable activities</b>			
Charitable activities	1,240	-	1,240
Other income	<u>75</u>	<u>-</u>	<u>75</u>
<b>Total</b>	<u>37,442</u>	<u>33,745</u>	<u>71,187</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
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 £
<b>NET INCOME/(EXPENDITURE)</b>	(24,977)	(2,208)	(27,185)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	56,227	9,498	65,725
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<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 £
<b>Unrestricted funds</b>				
General fund	31,251	32,827	-	64,078
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	69,428	(36,601)	32,827
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>				
General fund	56,227	(24,976)	-	31,251
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	37,442	(62,418)	(24,976)
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>				
General fund	56,227	7,851	-	64,078
<b>Restricted funds</b>				
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>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	106,870	(99,019)	7,851
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<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.