

# JAKIN PREGNANCY CARE AND COUNSELLING

England & Wales · Charity number 1181151

## Details

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Other names	JAKIN
Status	Registered
Legal form	CIO
Registered	2018-12-13
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	The Kings Centre 56 Bull Head Street Wigston LE18 1PA
Phone	07599397938
Email	<a href="mailto:support@jakin-counselling.co.uk">support@jakin-counselling.co.uk</a>
Website	<a href="https://jakin-counselling.co.uk">https://jakin-counselling.co.uk</a>

## Activities

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**Objects:** 1) THE PRESERVATION AND PROTECTION OF MENTAL HEALTH OF PERSONS IN LEICESTERSHIRE AND BEYOND WHO ARE:A) EXPERIENCING DIFFICULTIES WITH MAKING DECISIONS ABOUT THEIR PREGNANCY BY THE PROVISION OF COUNSELLING, INFORMATION AND SUPPORT TO EMPOWER THEM TO MAKE THEIR OWN INFORMED DECISIONS AND ACCESS THE SUPPORT THEY NEED;B) SUFFERING FROM BEREAVEMENT OR LOSS AFTER MISCARRIAGE, ABORTION OR STILLBIRTH BY PROVIDING THEM WITH COUNSELLING AND SUPPORT.2) THE ADVANCEMENT OF EDUCATION, IN PARTICULAR AMONG HEALTH PROFESSIONALS, BY PROVIDING INFORMATION ABOUT PREGNANCY OPTIONS - PARENTING, ADOPTION AND TERMINATION OF PREGNANCY - AND THEIR EFFECTS ON WOMEN AND THEIR PARTNERS, WHETHER PHYSICAL, MENTAL, PSYCHOLOGICAL OR SOCIAL.

**Activities:** We offer free counselling for those facing an unintended pregnancy. Counselling is also offered to those who are suffering from baby loss following an abortion, miscarriage or stillbirth. All counsellors are fully trained and supervised

## Classification

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

## Geography

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- Leicester City
- Leicestershire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-12-31	£25,084	£23,159	-	-
2024-12-31	£30,806	£29,300	-	-
2023-12-31	£20,566	£23,059	-	-
2022-12-31	£21,592	£16,978	-	-
2021-12-31	£19,778	£20,120	-	-

## Trustees

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Name	Role	Appointed
ANONA GRIFFIN		2018-12-14
Dr Sally Anne Bailey		2020-05-12
Melanie Beynon		2025-04-01

**JAKIN PREGNANCY CARE AND COUNSELLING**

England & Wales - Charity number 1181151

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# Accounts

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## ANNUAL REPORT FOR JAKIN CARE AND COUNSELLING 2025

This was our twenty-fourth year of running our free counselling service in Leicester and Leicestershire. On the 24th September 2025 we were 24 years old!

We continued to care for clients from Monday to Friday, offering our blended service through a variety of means, giving free counselling sessions to clients either by telephone, zoom, WhatsApp video, or face to face in person at The Kings Centre in Wigston. Working virtually or face to face and offering this choice to our clients, as well as matching our own needs as counsellors and support workers, continues to work well. Our supervision sessions have been on the telephone and zoom, our trustee prayer meetings have been via zoom and our trustee meetings have all been in person.

We are now seeing more request for in person counselling than last year.

Our team has reduced during the year, and we now have 5 counsellors, some undergoing training but all well supervised. They are offering more client sessions. This year we had 75 referrals which was less than last year, but we were able to offer 810 sessions in total, up 32 per cent on last year.

The issues we've cared for in the counselling have ranged from supporting clients who are pregnant and don't know what to do, to those who have had terminations and are grieving and the majority of our sessions have been with clients post abortion. We have supported them with long term grief support, shame work, supporting anxiety, working on low self-esteem, wounds unhealed from the past and supporting clients with the daily triggers and trauma effects they live with.

All counsellors have regular supervision following the guidelines of BACP [British Association for Counselling and Psychotherapy] and ACC [Association of Christians in Counselling and Linked professions]

We also have bimonthly team meetings of volunteers and trustees to offer support to each other.

Our trustee team has remained Sally Bailey, Anona Griffin, Pete Owers and we welcomed Mel Beynon later in the year, one of our training counsellors.

As Pete Owers is stepping down from his role as trustee but has agreed to continue keeping our accounts for us, we will be recruiting another trustee. We are planning some information meetings at large churches which may draw new counsellors, trustees, clerical and financial support. The trustees are working on a five year plan and risk management documents. We have reviewed our policy documents.

Our finances are good, but costs such as website maintenance and other running costs will be increasing.

Otherwise, we have had an excellent year and are looking forward to growing our charity.

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Receipts and Payments account for the period from 1<sup>st</sup> January 2025 to 31<sup>st</sup> December 2025

	<b>2025 TOTAL General fund</b>	<b>2024 TOTAL General fund</b>
	£	£
<b>GENERAL FUND</b>		
<b>RECEIPTS</b>		
Income Receipts		
From voluntary sources		
Donations	<b>23,655.75</b>	29,763.19
Gift Aid	<b>1,208.91</b>	991.30
Other income	<b>178.25</b>	-
	<b><u>25,042.91</u></b>	<u>30,754.49</u>
From assets		
Deposit interest	<b>41.30</b>	51.50
Total receipts	<b><u>25,084.21</u></b>	<u>30,805.99</u>
<b>PAYMENTS</b>		
Charitable activity direct expenditure		
Resources for clients	<b>1.00</b>	-
Pregnancy testing kits	<b>-</b>	-
	<b><u>1.00</u></b>	<u>-</u>
Other expenditure		
Salary and pension costs	<b>18,335.65</b>	26,920.02
Printing, postage and stationery	<b>425.45</b>	219.52
DBS checks	<b>240.00</b>	295.00
Sundry expenses	<b>199.55</b>	-
Training/supervision	<b>1,377.50</b>	640.00
Subscriptions	<b>240.00</b>	240.00
Rent, rates and telephone	<b>282.42</b>	128.04
Insurance	<b>257.77</b>	257.77
Website costs	<b>1,800.00</b>	600.00
	<b><u>23,158.34</u></b>	<u>29,300.35</u>
Total payments	<b><u>23,159.34</u></b>	<u>29,300.35</u>
Net receipts/(payments) for the year	<b><u>1,924.87</u></b>	<u>1,505.64</u>
<b>ACCUMULATED RESERVES</b>		
At 31 <sup>st</sup> December 2024	<b>10,294.19</b>	8,788.55
Net receipts/(payments) for the period	<b>1,924.87</b>	1,505.64
At 31 <sup>st</sup> December 2025	<b><u>12,219.06</u></b>	<u>10,294.19</u>

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Statement of Assets and Liabilities at 31<sup>st</sup> December 2025

	<b>31.12.25</b>	31.12.24
	<b>TOTAL</b>	TOTAL
	<b>General fund</b>	General fund
	<b>£</b>	£
<b>MONETARY ASSETS</b>		
Bank current account	<b>7,075.91</b>	6,692.34
Bank deposit account	<b><u>5,143.15</u></b>	<u>3,601.85</u>
	<b><u>12,219.06</u></b>	<u>10,294.19</u>

**JAKIN PREGNANCY AND COUNSELLING TRUST**  
**(Charity Registration No. 1181151)**

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**Independent Examiner's Report to the Trustees of Jakin Pregnancy and Counselling Trust**

I report to the trustees on my examination of the accounts of the Jakin Pregnancy and Counselling Trust (the Trust) for the period ended 31st December 2025.

**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 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 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.

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  .....

Date 19.1.26 .....

J. W. Ireland  
Chartered Accountant  
7 Church Bank  
Great Easton  
Market Harborough  
Leics LE16 8SN

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Receipts and Payments account for the period from 1<sup>st</sup> January 2025 to 31<sup>st</sup> December 2025

	<b>2025 TOTAL General fund</b>	<b>2024 TOTAL General fund</b>
	£	£
<b>GENERAL FUND</b>		
<b>RECEIPTS</b>		
Income Receipts		
From voluntary sources		
Donations	<b>23,655.75</b>	29,763.19
Gift Aid	<b>1,208.91</b>	991.30
Other income	<b>178.25</b>	-
	<b><u>25,042.91</u></b>	<u>30,754.49</u>
From assets		
Deposit interest	<b>41.30</b>	51.50
Total receipts	<b><u>25,084.21</u></b>	<u>30,805.99</u>
<b>PAYMENTS</b>		
Charitable activity direct expenditure		
Resources for clients	<b>1.00</b>	-
Pregnancy testing kits	<b>-</b>	-
	<b><u>1.00</u></b>	<u>-</u>
Other expenditure		
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At 31 <sup>st</sup> December 2024	<b>10,294.19</b>	8,788.55
Net receipts/(payments) for the period	<b>1,924.87</b>	1,505.64
At 31 <sup>st</sup> December 2025	<b><u>12,219.06</u></b>	<u>10,294.19</u>

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Statement of Assets and Liabilities at 31<sup>st</sup> December 2025

	<b>31.12.25</b>	31.12.24
	<b>TOTAL</b>	TOTAL
	<b>General fund</b>	General fund
	<b>£</b>	£
<b>MONETARY ASSETS</b>		
Bank current account	<b>7,075.91</b>	6,692.34
Bank deposit account	<b><u>5,143.15</u></b>	<u>3,601.85</u>
	<b><u>12,219.06</u></b>	<u>10,294.19</u>

**JAKIN PREGNANCY AND COUNSELLING TRUST**  
**(Charity Registration No. 1181151)**

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**Independent Examiner's Report to the Trustees of Jakin Pregnancy and Counselling Trust**

I report to the trustees on my examination of the accounts of the Jakin Pregnancy and Counselling Trust (the Trust) for the period ended 31st December 2025.

**Responsibilities and basis of report**

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**Independent examiner's statement**

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1. Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
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Signed  .....

Date 19.1.26 .....

J. W. Ireland  
Chartered Accountant  
7 Church Bank  
Great Easton  
Market Harborough  
Leics LE16 8SN

**JAKIN PREGNANCY CARE AND COUNSELLING**

England & Wales - Charity number 1181151

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# Accounts

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## Annual Report for Jakin Pregnancy Care and Counselling 2025

This was our twenty-third year of running our free counselling service in Leicester and Leicestershire. On the 24th September 2024 we were 23 years Old.

We continued to care for clients from Monday to Friday, offering our blended service through a variety of means, giving free counselling sessions to clients either by telephone, zoom, video, or face to face in person at The Kings Centre in Wigston. Working virtually or face to face and offering this choice to our clients, as well as matching our own needs as counsellors and support workers, continues to work well. Our supervision sessions have been on the telephone and zoom, and our trustee meetings have all been in person.

Our client numbers have risen in 2024 [96 compared to 80 in 2023] and the number of sessions offered [617 compared to 502 in 2023]. Our clients are mainly female, but we also saw 9 men. 79% were white British, the rest being Asian, Mixed race and European. Most of the problems our clients present with are post abortion needs with an increase in pregnancy choices [10 compared to 2 in 2023].

There are other pregnancy support agencies allowing us to concentrate on our core calling.

Clients come to us from GPs, NHS counselling services, direct from internet [increasing], Bereavement mid wives, word of mouth and 1 from BPAS[British Pregnancy Advisory Service, a private provider funded by the NHS to provide many of the abortions in England].

Funding for this service is provided by individuals, churches, businesses and clients usually after they have completed their counselling. Only Rose who is the centre manager and founder, is paid a salary, the other counsellors and helpers are all voluntary as are the trustees.

We have seen a decrease in our number of available counsellors due to change of family or work circumstances. In 2023 we had 10 but now have 5. They have been able to increase capacity plus Rose has managed to return to her usual hours following her bereavement.

As a charity valued by our local hospitals, GPs and other mental health services. We will continue to provide this important area of counselling, seeing healed people able to move on in their lives and are very grateful to all who support the work.

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Statement of Assets and Liabilities at 31<sup>st</sup> December 2024

	31.12.24 TOTAL General fund £	31.12.23 TOTAL General fund £
<b>MONETARY ASSETS</b>		
Bank current account	6,692.34	5,238.20
Bank deposit account	<u>3,601.85</u>	<u>3,550.35</u>
	<u>10,294.19</u>	<u>8,788.55</u>

**JAKIN PREGNANCY AND COUNSELLING TRUST**  
(Charity Registration No. 1181151)

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**Independent Examiner's Report to the Trustees of Jakin Pregnancy and Counselling Trust**

I report to the trustees on my examination of the accounts of the Jakin Pregnancy and Counselling Trust (the Trust) for the period ended 31st December 2024.

**Responsibilities and basis of report**

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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.

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 .....  .....

Date ..... 28.1.25 .....

J. W. Ireland  
Chartered Accountant  
10 Station Street  
Kibworth Beauchamp  
Leicester LE8 0LN

**JAKIN PREGNANCY CARE AND COUNSELLING**

England & Wales - Charity number 1181151

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# Accounts

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**JAKIN PREGNANCY CARE AND COUNSELLING**

England & Wales - Charity number 1181151

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# Accounts

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## **CONCLUSIONS FROM STATISTICS FOR THE PERIOD JANUARY 2022 TO END OF DECEMBER 2022**

This is our twenty-first year of running our free counselling service in Leicester and Leicestershire. On the 24th September 2022 we were 21 years old! It was with great thanksgiving we looked back at our birthday party, held at Sallys home, to see just how far our service has come in this landmark year.

We have continued to care for clients Monday to Friday, now offering a blended service through a variety of means, having free counselling sessions given to clients either by telephone, zoom, whatsapp video, or face to face in person at Saffron Lane and The Kings Centre. We are all used now to working virtually and offering this choice to our clients, as well as matching our own needs as counsellors and support workers and choosing clients to work with who prefer our chosen method of counselling, whether it's virtual or face to face. Our supervision, team meetings, prayer meetings and training courses, have been a mixture too, our birthday party and trustee meetings were face to face and our prayer meetings on zoom and our supervision has been on zoom as a group or individually by telephone calls and we foresee moving forward that our services will continue to be offering with these choices.

As a team we have had a couple of personnel changes, with Sam, Jane and Angela sadly needing to stop counselling for us for now due to their other work commitments, after offering many hours of counselling clients who very much appreciated them and the relationships they gave. We hope one day they will rejoin us if and when time permits. Our team now consists of our four Trustees, Sally as chairperson and Anona, Emma and Pete and our counsellors and support workers; Sophie, Mel, Suzie, Suzanne, Geri, Caroline, Hannah, and Rose

This has been a quieter year for us, no training courses or presentations, but we still have had new networking opportunities. We had a presence and a display board up at the wave of light remembrance evening at the Kings Centre in October. We had a new mental health lead for Leicestershire call us to find out all about what we offer. We made links with a new agency that support child loss called Bodie and Hodges Foundation. Also there is the new maternal mental health hub being created at the Leicester Royal Infirmary and Rose was invited to join regular zoom meetings to share with other agencies and charities in Leicestershire what we do and find out about others in our area who offer pregnancy mental health support too. These new links forged have really helped as in August when Rose needed to lessen the amount of hours and clients in order to help her care for her elderly parents and she dropped her days counselling down to one day a week. She continues to do supervision and man the phone the rest of the week, but now has a reduced caseload. We have been able to adapt and manage this by referring new clients on to neighbouring agencies and know they will get the support they need and we have also been hugely supported by Jane, Rose's supervisor and Talk it Over in Derby, our neighbouring PCN centre who have both taken on clients for us too.

We are truly grateful that we can continue to run our service even though our capacity is reduced, as with sadness we saw two long standing centres next to us, Nuneaton and Nottingham, close their doors this year, after being open for 25 and 21 years respectively,

Client numbers last year were busier than any other year that we have been open. This year we have seen slightly less clients due to having to refer on, so our numbers are more comparable with the year before our bumper year last year, you will see how they compare from the following graphs.

This year we have had 101 new clients, as opposed to last year we saw just 125 new clients. This year we have done 806 sessions, less than last year when we had 1049 sessions. This year on average we have seen 36 clients a month, last year this was an average of 45 clients each month. This year we have seen on average 8 new clients a month, last year it was 10 new clients per month.

Of the 101 new clients who came to us, we referred on 35 of these clients to neighbouring centres from the month of August when we reduced our service. So 66 clients received counselling with us, of those 66 clients, 23 came for pregnancy choices, which is a significant rise on last year's 16 and one we thank the Lord for and pray will continue to grow. 23 clients also came to us for post abortion counselling whereas last year this was 46. 14 clients came for miscarriage counselling, last year this was 36. 2 came for stillbirth counselling, last year this was 19. No clients came for pregnancy tests this year or last year. 2 clients came for pregnancy support through difficult pregnancies as opposed to 6 last year and 0 clients came after traumatic births, there were 2 of these clients last year as well.

The drop in pregnancy loss clients are due to referring 35 of these clients on to neighbouring centres and the rise in pregnancy choices clients seems to be the internet and word of mouth, some have come from Gp referral but in the main these new clients have come after finding our service on the web.

We have continued to receive referrals through our mobile phone and also via text, and email. And now with our new website we see more clients access us through the internet. We still have our Instagram, Facebook page and Twitter account fairly regularly updated.

Our referrals this year mainly came as usual from GPs and the NHS counsellors called Vitamins. Of the 66 clients, 25 came to us through GP and vitamins, it was 37 last year, 16 clients came through the internet, the same number as last year 16 came from the internet last year as well, 13 came by word of mouth from friends or relatives recommending us, 20 came this way last year, 5 came through the Bereavement midwives this year, this was 24 last year (again this reflects the 35 that were referred on). 2 came through the hospital, 15 came this way last year. None came from Bpas this year or last year. 2 came from the Perinatal Midwives, 8 came from them last year and 1 came from a local school, none were through schools last year

and 2 came from local agencies, the Bodie and Hodges foundation and Helping Hands.

Our clients have continued to be mainly female, however this year we have also counselled 3 men, similar to last year when we had 4 male clients and this year we had 4 couples as opposed to the 12 couples seen last year. We continue to see a mix of clients, although mainly White British, we do also see quite a few Asian clients, followed by some mixed race and European clients.

Our clients mainly come to us from the LE2 area in Leicester as this postcode area is very large, this was 34 this year, followed by 5 from Loughborough areas and 3 from Wigston. We have also seen clients from most other areas of Leicester, like Beaumont Leys, Blaby, and Coalville as well as a couple from Coventry and Derby.

The issues we've cared for in the counselling have included supporting clients who are pregnant and don't know what to do, as well as those who have lost babies or had terminations with long term grief support, shame work, supporting anxiety, working on low self esteem, wounds unhealed from the past and supporting clients with the daily triggers and trauma effects they live with. From these stats you will see figures, but it's only when you look at the individual stories of clients that you see the true picture of the counselling our clients receive.

We feel that although we have not been able to support as many clients this year ourselves, we have referred on a lot of miscarriage and stillbirth clients to good support, and we have been able to see more pregnancy choices clients than previous years and see many post-abortion clients, which actually reflects our original vision of our target client group - we do also look forward to being able to regrow in capacity as a service again and thank the Lord for helping us to adapt and to continue to run our service in this unique season.

A massive thanks goes out to all the team who all give of their time voluntarily and to our prayer supporters, for all your hard work and commitment without which we could not run our service and have helped so many people in need, we thank you so much everyone!

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Receipts and Payments account for the period from 1<sup>st</sup> January 2022 to 31<sup>st</sup> December 2022

	2022 TOTAL General fund	2021 TOTAL General fund
	£	£
<b>GENERAL FUND RECEIPTS</b>		
Income Receipts		
From voluntary sources		
Donations	20,164.00	18,602.25
Fundraising	-	-
Gift Aid	1,420.26	1,175.39
Training	-	-
Other income	-	-
	<u>21,584.26</u>	<u>19,777.64</u>
From assets		
Deposit interest	7.63	0.34
Total receipts	<u>21,591.89</u>	<u>19,777.98</u>
<b>PAYMENTS</b>		
Charitable activity direct expenditure		
Resources for clients	-	-
Pregnancy testing kits	-	-
	<u>-</u>	<u>-</u>
Other expenditure		
Salary and pension costs	15,268.53	15,323.77
Gift	-	-
Printing, postage and stationery	185.92	301.05
Training/supervision	300.00	500.00
Subscriptions	120.00	-
Rent, rates and telephone	113.28	184.72
Insurance	210.03	210.03
Website costs	600.00	3,600.00
	<u>16,797.76</u>	<u>20,119.57</u>
Total payments	<u>16,797.76</u>	<u>20,119.57</u>
Net receipts/(payments) for the year	<u>4,794.13</u>	<u>(341.59)</u>
<b>ACCUMULATED RESERVES</b>		
At 31 <sup>st</sup> December 2021	6,487.67	6,829.26
Net receipts/(payments) for the period	<u>4,794.13</u>	<u>(341.59)</u>
At 31 <sup>st</sup> December 2022	<u>11,281.80</u>	<u>6,487.67</u>

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Statement of Assets and Liabilities at 31<sup>st</sup> December 2022

	31.12.22 TOTAL General fund £	31.12.21 TOTAL General fund £
<b>MONETARY ASSETS</b>		
Bank current account	7,773.85	2,987.35
Bank deposit account	<u>3,507.95</u>	<u>3,500.32</u>
Cash in hand	<u>11,281.80</u>	<u>6,487.67</u>

**JAKIN PREGNANCY AND COUNSELLING TRUST**  
(Charity Registration No. 1181151)

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**Independent Examiner's Report to the Trustees of Jakin Pregnancy and Counselling Trust**

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**Responsibilities and basis of report**

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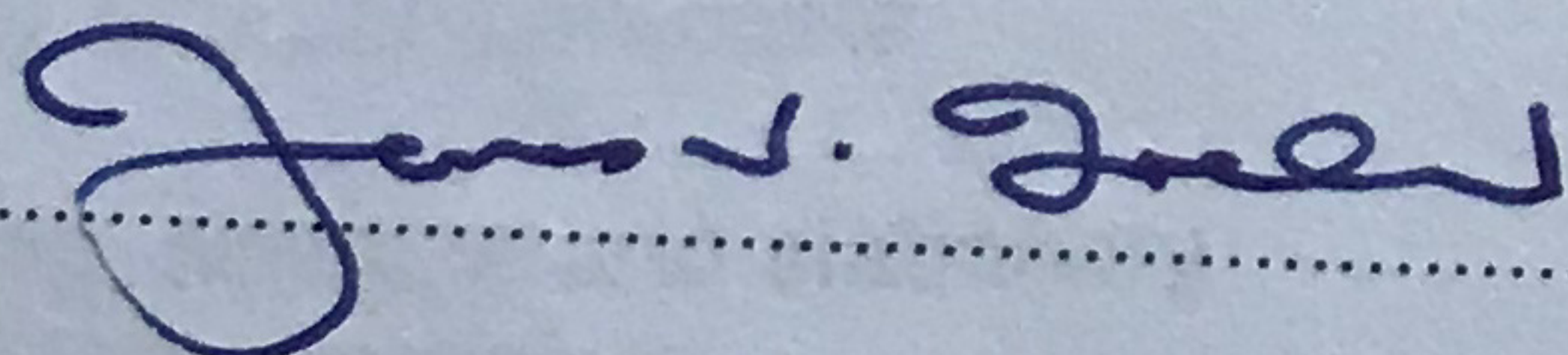
**Independent examiner's statement**

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.

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 .....



Date .....

24<sup>th</sup> January 2022

J. W. Ireland  
Chartered Accountant  
10 Station Street  
Kibworth Beauchamp  
Leicester LE8 0LN

**JAKIN PREGNANCY CARE AND COUNSELLING**

England & Wales - Charity number 1181151

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# Accounts

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## **CONCLUSIONS FROM STATISTICS FOR THE PERIOD JANUARY 2021 TO END OF DECEMBER 2021**

This is our twentieth year running our free counselling service in Leicester and Leicestershire. On the 24th September this year we will be 20 years old!! We have continued throughout all the challenges in the ongoing pandemic to care for clients Monday to Friday. Our counselling sessions which used to be held face to face at five local counselling centres in Leicester and Loughborough, continued being delivered through telephone calls, zoom sessions or whatsapp video calls which have carried on working well. However this year we were also able to restart some face to face sessions from July at Saffron Lane one day a week and even to do one face to face appointment at Loughborough. We are all used now to working virtually and alot of our clients still prefer it. We offer clients the choice now of how they receive their sessions, although we do advise them that face to face appointments are limited and will be a longer wait, prioritising these appointments for clients who have no spaces to talk from in their homes without being overheard. Our supervision, team meetings, prayer meetings and training courses, all are still being delivered virtually and we foresee moving forward that our services will continue to be offered with these choices.

As a team we have continued to grow, with Sophie, Mel and Sam joining our team this year. They are all done or are mid doing the Growing Through Grief training course online and Sophie and Mel also completed the pregnancy choices training course. Sophie did training to be able to do initial assessments of new clients for us and she has been doing these with new clients, while Mel has been seeing pregnancy choices clients for us and Sam will start with new clients in the new year. They join Caroline, Angela, Jane, Suzie, Geri, Suzanne, Hannah, Joy, and Rose taking our counselling team up to 12. Claire and Yvonne stepped back for personal reasons this year. And we are all supported by our amazing team of Trustees; Anona, Sally, Pete and Emma.

We gave one presentation in November this year, to a group called 'Friends and Neighbours' which runs at Rose's church. This raised over £200 and another ongoing monthly financial supporter, as well as alot of awareness and new prayer support.

Rose ran two training courses, the first was the Pregnancy Choices one to team members and some new Cambridge ladies in the summer and the second was supporting the new team members as they did the Growing Through Grief course in the Autumn. Both courses were delivered via zoom, using presentations and breakout rooms and the whole training course manual was delivered virtually and the manual sent out electronically, which continues to work well as a way to equip new volunteers.

This year Sally was successful in gaining a pot of funding for us to have a new website made. This was just in time as our old website was due to be closed

down by BT. So in May, Anona's daughter in law Mits, who runs a web creating business, created our very own brand new modern website with beautiful new graphics and a whole new feel. The feedback has been really good from clients and team alike on how easy it was to use and how good it looked.

Client numbers last year had dipped as it was no ordinary year when the pandemic started. However this year we have been busier than any other year that we have been open.

This year we have seen more new clients than ever before, we have had 125 new clients, as opposed to last year we saw just 66 new clients. This year we have done more sessions too, we have done 1049 sessions this year as opposed to last year in which we did 696 sessions, an increase of about 50 percent. This year on average we have seen 45 clients a month, last year this was an average of 29 clients each month. This year we have seen on average 10 new clients a month, last year it was 5 new clients per month.

Of the 125 new clients who came to us and received counselling, 16 came for pregnancy choices, last year 3 came for this, a significant rise and one we have been praying for. 46 clients came to us for post abortion counselling whereas last year this was 21. 36 clients came for miscarriage counselling, last year this was 21. 19 came for stillbirth counselling, last year this was 15. No clients came for pregnancy tests this year or last year. 6 clients came for pregnancy support through difficult pregnancies as opposed to 4 last year and 2 clients came after traumatic births, there were 2 of these clients last year as well. The pregnancy support clients are for eg mums who have chosen to keep their baby in difficult circumstances, or have been to us for pregnancy choices and then come back for ongoing support through their pregnancies, or are mums referred to us concerned they will have difficulty bonding with the baby because of a previous trauma or mental health issue.

We have continued to receive referrals through our mobile phone and also via text, and email. And now with our new website we have seen more clients access us through the internet. We still have our Instagram, Facebook page and Twitter account fairly regularly updated, although I must admit I struggle with the Twitter page due to not being clued up on how it works.

Our referrals this year mainly came again from GPs and NHS counsellors, the Lets Talk and Open Mind NHS counsellors have changed provider and are now called Vitamins. 37 came to us through this way, it was 29 last year, 16 came through the internet whereas just 4 came from the internet last year, 20 came by word of mouth from friends or relatives recommending us, 10 came this way last year, the biggest jump is 24 came through the Bereavement midwives this year when this was just 9 last year. Another jump is 15 came through the hospital, and 6 came this way last year. Rose attended a new maternity health hub at the hospital with other agencies doing counselling in Leicester which has raised awareness and there is a push going on to deliver

more mental health care in this area, so the hospital staff are much more aware now of who there is to signpost patients to for aftercare. None came from Bpas this year or last year. 8 came from the Perinatal Midwives, 1 came from them last year and 2 came from the crisis team and 2 from Star and Cruse and 1 came from a local school.

Our clients have continued to be mainly female, however this year we have also counselled 4 men, whereas we had 1 male client last year and this year we had 12 couples as opposed to the 8 couples seen last year. We continue to see a mix of clients, although mainly White British, we do also see Caribbean, Asian, and European clients.

Our clients mainly come to us from the LE2 area in Leicester as this postcode area is very large and closest to our venues, this was 35 this year, followed by 18 from Loughborough areas and 9 from Wigston. We have also seen clients from most other areas of Leicester, like Melton, Hinckley, Kibworth and Coalville. We have also been contacted by clients as far afield as Ipswich, Coventry, Peterborough, Cambridgeshire, and Manchester, so we refer them on to local centres when we can.

The issues we've cared for in the counselling work, include grief support, in which we support clients to talk about their loved ones, how they individually are experiencing their loss, identify all their losses and support them to mourn, symbolise and express hidden emotions, we also help them working on deep seated shame and low self esteem, increased anxiety levels, previous abuse, or wounds unhealed in their past and support them with daily triggers and trauma effects they live with. From these stats you will see figures, but its only when you look at the individual stories of clients that you see the true picture of the counselling our clients receive.

A massive thanks goes out to all the team who all give of their time voluntarily and to our prayer supporters, for all your hard work and commitment without which we could not run our service and have helped so many people in need, we thank you so much everyone!

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Receipts and Payments account for the period from 1<sup>st</sup> January 2021 to 31<sup>st</sup> December 2021

	2021 TOTAL General fund	2020 TOTAL General fund
	£	£
<b>GENERAL FUND RECEIPTS</b>		
Income Receipts		
From voluntary sources		
Donations	18,602.25	13,636.20
Fundraising	-	-
Gift Aid	1,175.39	1,739.53
Training	-	-
Other income	-	-
	<u>19,777.64</u>	<u>15,375.73</u>
From assets		
Deposit interest	0.34	2.73
Total receipts	<u>19,777.98</u>	<u>15,378.46</u>
<b>PAYMENTS</b>		
Charitable activity direct expenditure		
Resources for clients	-	-
Pregnancy testing kits	-	-
	<u>-</u>	<u>-</u>
Other expenditure		
Salary and pension costs	15,323.77	14,743.07
Gift	-	25.00
Printing, postage and stationery	301.05	377.25
Training/supervision	500.00	455.00
Travel	-	40.00
Rent, rates and telephone	184.72	50.00
Insurance	210.03	195.03
Website costs	3,600.00	-
	<u>20,119.57</u>	<u>15,885.35</u>
Total payments	<u>20,119.57</u>	<u>15,885.35</u>
Net receipts/(payments) for the year	<u>(341.59)</u>	<u>(506.89)</u>
<b>ACCUMULATED RESERVES</b>		
At 31 <sup>st</sup> December 2020	6,829.26	7,336.15
Net receipts/(payments) for the period	<u>(341.59)</u>	<u>(506.89)</u>
At 31 <sup>st</sup> December 2021	<u>6,487.67</u>	<u>6,829.26</u>

**JAKIN PREGNANCY CARE AND COUNSELLING TRUST**  
**Charity No 1181151**

Statement of Assets and Liabilities at 31<sup>st</sup> December 2021

	31.12.21 TOTAL General fund £	31.12.20 TOTAL General fund £
<b>MONETARY ASSETS</b>		
Bank current account		
Bank deposit account		
Cash in hand		
	<b>2,987.35</b>	3,752.99
	<b><u>3,500.32</u></b>	<u>3,076.27</u>
	<b><u>6,487.67</u></b>	<u>6,829.26</u>

**JAKIN PREGNANCY AND COUNSELLING TRUST**  
(Charity Registration No. 1181151)

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**Independent Examiner's Report to the Trustees of Jakin Pregnancy and Counselling Trust**

I report to the trustees on my examination of the accounts of the Jakin Pregnancy and Counselling Trust (the Trust) for the period ended 31st December 2021.

**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 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 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.

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 J. W. Ireland

Date 24.1.22

J. W. Ireland  
Chartered Accountant  
10 Station Street  
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