

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 1st January 2021 to 31st December 2021

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

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

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

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').

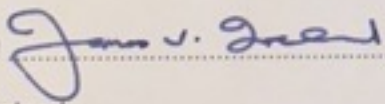
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 

Date 24.1.22

J. W. Ireland
Chartered Accountant
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Leicester LE8 0LN