

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 1st January 2022 to 31st December 2022

	2022 TOTAL General fund	2021 TOTAL General fund
	£	£
GENERAL FUND RECEIPTS		
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>
PAYMENTS		
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>
ACCUMULATED RESERVES		
At 31st 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 st 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 31st December 2022

	31.12.22 TOTAL General fund £	31.12.21 TOTAL General fund £
MONETARY ASSETS		
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)

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 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 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.

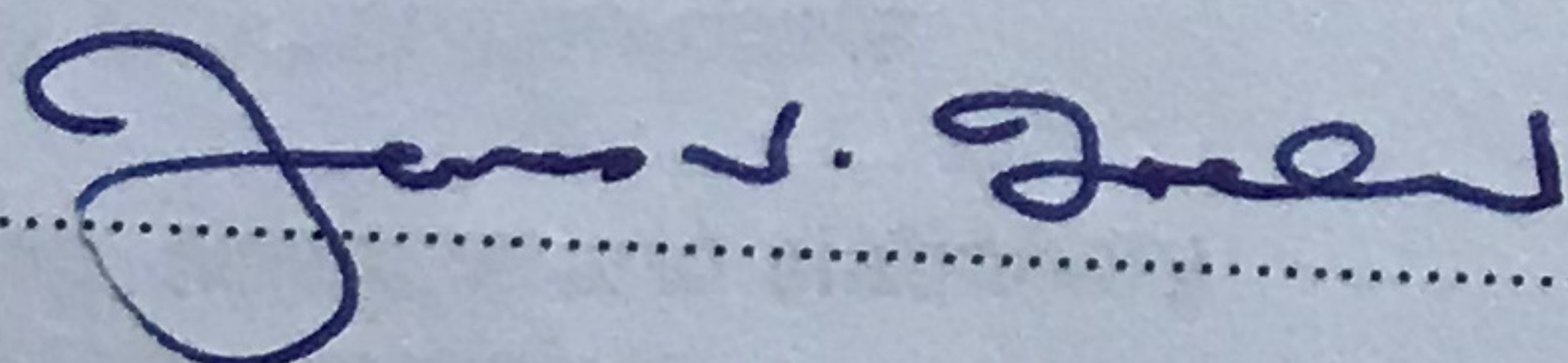
Independent examiner's statement

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

24th January 2022

J. W. Ireland
Chartered Accountant
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Kibworth Beauchamp
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