

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales · Charity number 1188199

Details

Other names	OPTIONS - THE WIMBLEDON PREGNANCY RESOURCE CENTRE, OPTIONS CIO, OPTIONS WIMBLEDON PREGNANCY RESOURCE CENTRE
Status	Registered
Legal form	CIO
Registered	2020-02-26
Register	View on the Charity Commission register

Contact

Address	Options CIO 577 Kingston Road London SW20 8SA
Phone	02085407675
Email	info@optionslondon.org
Website	www.optionslondon.org

Activities

Objects: THE OBJECTS OF THE CIO ARE:(A) THE PRESERVATION AND PROTECTION OF WOMEN'S HEALTH BY THE PROVISION OF ADVICE, COUNSELLING AND ASSISTANCE TO WOMEN AND THEIR PARTNERS AND FAMILIES WHO ARE SUFFERING FROM ANY PHYSICAL OR MENTAL ILLNESS, DISTRESS OR POVERTY DURING OR AS A RESULT OF PREGNANCY OR FOLLOWING AN ABORTION, MISCARRIAGE, COT DEATH, STILL BIRTH OR LOSS OF A CHILD; AND(B) THE ADVANCEMENT OF EDUCATION IN THE SUBJECT OF PREGNANCY AND THE TERMINATION OF PREGNANCY AND INTO THE EFFECTS THEREOF UPON WOMEN WHETHER PHYSICAL, MEDICAL OR PSYCHOLOGICAL BY THE PROVISION OF A SERVICE TO SCHOOLS AND COLLEGES THAT ENCOURAGES AND HELPS YOUNG PEOPLE TO MAKE RESPONSIBLE AND HEALTHY CHOICES WITH REGARD TO THEIR SEXUAL BEHAVIOUR.

Activities: The provision of advice and assistance to women and their partners who are suffering from any physical or mental illness, distress or poverty as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child.The provision of a service to schools/colleges which encourages young people to make responsible and healthy choices regard to sexual behaviour.

Classification

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

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£53,731	£37,521	-	-
2024-03-31	£57,918	£39,922	-	-
2023-03-31	£42,777	£41,491	-	-
2022-03-31	£52,640	£39,073	-	-
2021-03-31	£70,816	£38,089	-	-

Trustees

Name	Role	Appointed
Genevieve Susan Johnston	Chair	2023-02-20
Chris Weir		2024-11-25
Dr Andrew John Nicholls		2022-05-23
Mary Kathleen Chambers		2020-02-26

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales - Charity number 1188199

Accounts

REGISTERED COMPANY NUMBER: (England and Wales)
REGISTERED CHARITY NUMBER: 1188199

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025
FOR
OPTIONS PREGNANCY RESOURCE CENTRE CIO

OPTIONS PREGNANCY RESOURCE CENTRE CIO

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FOR THE YEAR ENDED 31 MARCH 2025**

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OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. 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).

INCORPORATION

The charitable incorporated organisation was incorporated on 26 February 2020 and commenced trading on 1 April 2020.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal objects of the charity are:-

- The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress, or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child; and
- The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical, or psychological by the provision of a service to schools and colleges that encourages and helps young people to make responsible and healthy choices with regard to their sexual behaviour.

Public benefit

The trustees have complied with their duties under 17(5) of the Charities Act 2011 to have due regard to public benefit guidance when exercising their powers or duties.

How our activities deliver public benefit

Our core activities and who we try to help are described in our report. All our charitable activities focus on the effects and impact of pregnancy and related activities.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We provide listening and pastoral support using counselling skills for women with a crisis pregnancy or in difficulty after an abortion or miscarriage, and for partners, friends and family affected by these situations. Volunteers are trained to provide these services face-to-face, online, or on the phone. Offering a hybrid approach means we can provide help suitable to our client's needs.

Help is provided:

- to crisis pregnancy clients through appointments (online and in person) with a volunteer trained in pastoral support using counselling skills, made at very short notice; and
- to post-abortion/post-miscarriage clients through short term (3 months) one to one or group support with a volunteer trained in pastoral support using counselling skills, courses, study groups and support groups, all facilitated by the volunteer counsellor(s).

These appointments or courses/groups are accessed by telephone (manned during office hours and answerphone at other times) and by email, are advertised on our website and are promoted through networking with relevant local referring agencies (such as a local Early Pregnancy Unit at a local Hospital Trust, local GPs and IAPT services). To this end we employ a Operations Director and Volunteer Manager to recruit, arrange training, organise supervision and support a volunteer team of counsellors and to network with local referring agencies.

Fundraising activities

The charity's principal funding sources for the year was from Options Wimbledon (the Charity previously undertaking the same objects as Options CIO and which has transferred its assets and ongoing operations to Options CIO). The grants made to Options Wimbledon and transferred to Options CIO were from local churches, a grant from a benevolent association, gifts from individual donors and a corporate donation.

Achievement and performance

The main achievements of the charity during the year were as follows:

- We have had a team of up to 16 volunteers during the year. 8 of whom are active and trained for client-facing work (4 baby loss and 4 crisis pregnancy), 5 volunteers have stepped back during the year and 3 further new volunteers were trained during the year. A further 4 have been recruited and trained during the year. The volunteers are supported and overseen by our employed Operations Director and Volunteer Manager;
- Contact has been maintained with all GP practice managers in Merton and Wandsworth and with the Early Pregnancy Unit at St Georges;
- Discussions with two charities with similar objectives led to the establishment of a Pregnancy Crisis Helpline with each partner providing skills to enable members of the public to have access to a national helpline in the event of a crisis pregnancy. Options volunteers serve as listeners taking calls on the Pregnancy Helpline;
- The Charity's two employees run the day-to-day operations of the charity from home. The Charity's registered office remains at 577 Kingston Road and this is available also for face-to-face meetings, for volunteer supervision and training;
- 6 churches continue to support the work financially.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Financial Review and Reserves policy

The charity endeavours to maintain sufficient reserves to manage ongoing cashflow requirements.

The trustees are aware that the charity's income, while it is growing, is not as robust as they would wish. The Board are confident that the charity remains viable, and they will continue to work to extend the support base among local churches.

FUTURE PLANS

In the coming year, we plan to:

- Sustain our current programmes, offering either in person or online appointments to be as flexible as possible for our teams and our service users.
- Run our accredited training course for new volunteers to meet growing demand for our services.
- Continue to develop a plan for growth with an emphasis on increasingly effective and sustained marketing so that all trained volunteers are used optimally.
- Continue to offer our services to clients either face to face or online/by telephone - as suits them best.
- Continue working with the Crisis Pregnancy Helpline partners to ensure that crisis pregnancy clients who are seeking services like those offered by Options are able to access what they need.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The charity is a charitable incorporated organisation, incorporated on 26 February 2020.

Recruitment and appointment of new trustees

Trustees are appointed for a two-year term pursuant to the charity's constitution or 3 years by other arrangement. Existing trustees may be re-appointed. During the year under consideration Chris Weir was appointed as a trustee to serve for a period of 2 years. Chris will bring expertise in financial and operational matters.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

(England and Wales) Registered Charity number 1188199

Registered office

577 Kingston Road
Raynes Park
London
SW20 8SA

Trustees

G S Johnston (Re-appointed March 2023 for 3 years)
M K Chambers (Re-appointed May 2024 for 2 years)
A J Nicholls (Re-appointed May 2022 for 3 years)
C P Weir (Appointed 25 November 2024 for 2 years)

Independent Examiner

bk Plus
Chartered Certified Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

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

Mrs G S Johnston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

Independent examiner's report to the trustees of Options Pregnancy Resource Centre CIO ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

K McManus FCA

bk plus Brighouse
Chartered Certified Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Date:

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		53,731	57,918
Charitable activities			
Counselling and support services		<u>1,805</u>	<u>-</u>
Total		<u>55,536</u>	<u>57,918</u>
 EXPENDITURE ON			
Charitable activities			
Counselling and support services		<u>37,521</u>	<u>39,922</u>
 NET INCOME		 18,015	 17,996
 RECONCILIATION OF FUNDS			
Total funds brought forward		<u>65,576</u>	<u>47,580</u>
 TOTAL FUNDS CARRIED FORWARD		 <u><u>83,591</u></u>	 <u><u>65,576</u></u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**BALANCE SHEET
31 MARCH 2025**

	Notes	2025 Unrestricted fund £	2024 Total funds £
FIXED ASSETS			
Tangible assets	5	-	387
CURRENT ASSETS			
Debtors	6	7,874	74,269
Cash at bank		<u>77,097</u>	<u>-</u>
		84,971	74,269
CREDITORS			
Amounts falling due within one year	7	(1,380)	(9,080)
		<u>83,591</u>	<u>65,189</u>
NET CURRENT ASSETS			
		83,591	65,576
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>83,591</u>	<u>65,576</u>
NET ASSETS/(LIABILITIES)		<u>83,591</u>	<u>65,576</u>
FUNDS	8		
Unrestricted funds		<u>83,591</u>	<u>65,576</u>
TOTAL FUNDS		<u>83,591</u>	<u>65,576</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**BALANCE SHEET - continued
31 MARCH 2025**

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

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

.....
G S Johnston - Trustee

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, 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 Companies Act 2006. 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 33% on cost

TAXATION

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

FUND ACCOUNTING

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

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.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>387</u>	<u>386</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>57,918</u>
EXPENDITURE ON	
Charitable activities	
Counselling and support services	<u>39,922</u>
NET INCOME	17,996
RECONCILIATION OF FUNDS	
Total funds brought forward	47,580
TOTAL FUNDS CARRIED FORWARD	<u><u>65,576</u></u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2024 and 31 March 2025	<u>1,286</u>	<u>1,159</u>	<u>2,445</u>
DEPRECIATION			
At 1 April 2024	1,286	772	2,058
Charge for year	<u>-</u>	<u>387</u>	<u>387</u>
At 31 March 2025	<u>1,286</u>	<u>1,159</u>	<u>2,445</u>
NET BOOK VALUE			
At 31 March 2025	<u>-</u>	<u>-</u>	<u>-</u>
At 31 March 2024	<u>-</u>	<u>387</u>	<u>387</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Money owed by Options charity	1,814	69,349
Gift aid debtor	<u>6,060</u>	<u>4,920</u>
	<u>7,874</u>	<u>74,269</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	-	1,260
Deferred income	-	6,500
Accrued expenses	<u>1,380</u>	<u>1,320</u>
	<u>1,380</u>	<u>9,080</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

8. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	65,576	18,015	83,591
	_____	_____	_____
TOTAL FUNDS	<u>65,576</u>	<u>18,015</u>	<u>83,591</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	55,536	(37,521)	18,015
	_____	_____	_____
TOTAL FUNDS	<u>55,536</u>	<u>(37,521)</u>	<u>18,015</u>

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	47,580	17,996	65,576
	_____	_____	_____
TOTAL FUNDS	<u>47,580</u>	<u>17,996</u>	<u>65,576</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	57,918	(39,922)	17,996
	_____	_____	_____
TOTAL FUNDS	<u>57,918</u>	<u>(39,922)</u>	<u>17,996</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

8. MOVEMENT IN FUNDS - continued

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

	At 1.4.23 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	47,580	36,011	83,591
	—————	—————	—————
TOTAL FUNDS	<u>47,580</u>	<u>36,011</u>	<u>83,591</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	113,454	(77,443)	36,011
	—————	—————	—————
TOTAL FUNDS	<u>113,454</u>	<u>(77,443)</u>	<u>36,011</u>

9. RELATED PARTY DISCLOSURES

The assets and undertakings of the Options Wimbledon Pregnancy Resource Centre (charity number 1112366) were intended to be transferred to the CIO on 31 March 2020, however the bank accounts will now remain in the charity until 1 April 2025, held on trust for the CIO. All charitable activities are now carried out via the CIO.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	52,591	55,719
Gift aid	<u>1,140</u>	<u>2,199</u>
	53,731	57,918
Charitable activities		
Grants	<u>1,805</u>	<u>-</u>
Total incoming resources	55,536	57,918
EXPENDITURE		
Charitable activities		
Insurance	669	638
Training courses & supervision	3,145	3,453
Telephone & broadband	134	257
Postage, stationery & IT	388	315
Advertising, PR & website cost	410	2,187
Sundries	1,100	737
Wages recharged	28,973	29,714
Employer's pension recharged	<u>521</u>	<u>576</u>
	35,340	37,877
Support costs		
Finance		
Bank charges	90	60
Computer equipment	<u>387</u>	<u>386</u>
	477	446
Governance costs		
Accountancy, payroll and independent examination fees	<u>1,704</u>	<u>1,599</u>
Total resources expended	<u>37,521</u>	<u>39,922</u>
Net income	<u><u>18,015</u></u>	<u><u>17,996</u></u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales - Charity number 1188199

Accounts

Document Details

Filename:	Options CIO 2024 accounts (V2).pdf
Client of:	Brosnans Chartered Accountants

Signature Details

Name:	Genevieve Susan Johnston
Email:	genevieve.johnston@dundonald.org
Date & Time:	20/03/2025 21:42:50 PM (GMT)
IP Address:	5.69.166.242
Signing Statement:	Genevieve Susan Johnston confirms that the information is correct and complete to the best of their knowledge and belief.

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REGISTERED CHARITY NUMBER: 1188199

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024
FOR
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

OPTIONS PREGNANCY RESOURCE CENTRE CIO

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OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal objects of the charity are:-

The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child; and

The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological by the provision of a service to schools and colleges that encourages and helps young people to make responsible and healthy choices with regard to their sexual behaviour.

Public benefit

The trustees have complied with their duties under 17(5) of the Charities Act 2011 to have due regard to public benefit guidance when exercising their powers or duties.

How our activities deliver public benefit

Our core activities and who we try to help are described in our report. All our charitable activities focus on the effects and impact of pregnancy and related activities.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We continued face to face operations, whilst continuing to undertake some of our activities online. We provide listening and pastoral support using counselling skills for women with a crisis pregnancy or in difficulty after an abortion or miscarriage, and for partners, friends and family affected by these situations. Offering a hybrid approach, face to face or online, means we can provide help suitable to our client's needs.

Help is provided:

- to crisis pregnancy clients through appointments (online and in person) with a volunteer trained in pastoral support using counselling skills, made at very short notice; and
- to post-abortion/post-miscarriage clients through short term (3 months) one to one or group support with a volunteer trained in pastoral support using counselling skills, courses, study groups and support groups, all facilitated by the volunteer counsellor(s).

These appointments or courses/groups are accessed by telephone (manned during office hours and answerphone at other times) and by email, are advertised on our website and are promoted through networking with relevant local referring agencies (such as a local Early Pregnancy Unit at a local Hospital Trust, local GPs and IAPT services). To this end we employ a Centre Director and Centre Manager to recruit, arrange training, organise supervision and support a volunteer team of counsellors and to network with local referring agencies.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

Fundraising activities

The charity's principal funding sources for the year were those of grants from local churches, gifts from individual donors and a corporate donation. The charity's fundraising activities consist of requests to local churches and their members.

Achievement and performance

The main achievements of the charity during the year were as follows:

- We have a team of 16 trained listeners and 7 other volunteers supported and overseen by our employed Operations and Volunteer Manager and the Director. Contact has been made with all GP practice managers in Merton and Wandsworth with information about the services offered by Options – for GPs to make referrals to the charity's services. Connection has also continued with the Early Pregnancy Unit at St Georges, and relations maintained with the NHS IAPT (Improving Access to Psychological Therapies) with referrals of clients for support made to Options from both these sources;
- Through these initiatives we have maintained the number of clients that we are supporting with counselling skills - both crisis pregnancy clients and baby-loss and post-abortion clients. Volunteers are able to meet with clients either face-to-face (using facilities at 577 Kingston Road or GP surgeries in rooms which are hired for this purpose). Online feedback is now being collated from clients to benchmark the services offered by Options and ensure we continue to offer an excellent service and follow up with improvements if not;
- Discussions with two charities with similar objectives have continued to ascertain whether together as partners we might serve our common public benefit objectives better. Time was taken to ensure that all parties had practices, policies, training and safeguarding in place before any operations were launched, particularly in light of the Charity Commission investigation (Ref CRM:0261086) into the provision of crisis pregnancy counselling services which inter alia investigated quality of counselling and safeguards. Options' activities and operations were not subject of this investigation but as this investigation was into the sector that the charity serves, we followed the progress of the case for any decisions or outcomes that would affect our own policies and practice;

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

- The Charity's two employees run the day-to-day operations of the charity from home. The Charity has relocated its registered office to 577 Kingston Road and as there is access on site to space for face-to-face meetings for supervision and training and also for meeting with clients, we have encouraged staff and volunteers to make use of this space;
- We continue to partner with 8 supporter churches who support the work financially. The rebranding of the charity has been completed and this now needs to be reflected in the charity's website so a refresh and re-organisation of this resource will be undertaken next with help from an external agency to ensure that we are communicating our range of services effectively to those we want to reach;
- We have reviewed our staff/volunteer handbook's policies and procedures with help from external specialists to ensure that we operate to consistently high standards (particularly in light of critical media attention exposing bad practice in this sector).

FINANCIAL REVIEW

Financial Review and Reserves policy

The charity endeavours to maintain sufficient reserves to manage ongoing cashflow requirements.

We have generated sufficient income to continue employment of a part-time Centre Director, and a part time Centre Manager and to fund our various initiatives and activities. The Board are confident that the charity remains viable, and they will continue to work to extend the support base among local churches.

FUTURE PLANS

In the coming year, we plan to:

- Recruit further trustees to help in governance and management of the charity.
- Sustain our current programmes, offering either in person or online appointments to be as flexible as possible for our teams and our service users.
- Run our accredited training course for new volunteers to meet growing demand for our services.
- Continue to develop a plan for growth with an emphasis on increasingly effective and sustained marketing so that all trained volunteers are used optimally.
- Continue to offer our services to clients either face to face or online/by telephone - as suits them best but as the facilities at 577 Kingston Road are now available, we plan to ensure that volunteers and staff are meeting physically here on a regular basis for operational and supervision meetings.
- Continue to investigate ways in which we can grow the number of crisis pregnancy clients who seek our services by exploring possible partnerships with other charities/service providers with similar objectives and train existing volunteers to be able to handle calls which might result from the proposed collaboration with the national helpline.
- Complete the rebranding work and update our website.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its Foundation. The charity is a charitable incorporated organisation, incorporated on 26 February 2020.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

Recruitment and appointment of new trustees

Trustees are appointed for a two-year term pursuant to the charity's constitution. Existing trustees may be re-appointed. During the year under consideration two of the existing trustees were reappointed for a further period of 2 years and two trustees resigned leaving three trustees serving on the Board. Additional trustees are needed to help oversee the Charity and so individuals will be approached and asked to serve in this way, supporting the work of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188199

Registered office

577 Kingston Road
Raynes Park
London
SW20 8SA

Trustees

G S Johnston
M K Chambers
A J Nicholls
C Weir (appointed 25 November 2024)
G Reid (resigned 20 November 2023)
H S Fielder (resigned 22 May 2023)

Independent Examiner

Brosnans
Chartered Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Approved by order of the board of trustees on 24 February 2025 and signed on its behalf by:

Mrs G S Johnston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

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

I report to the charity trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity trustees of the CIO 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 CIO'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 CIO 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.



Laura R Brain FCA

Brosnans
Chartered Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Date: 24 February 2025

OPTIONS PREGNANCY RESOURCE CENTRE CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>57,918</u>	<u>42,777</u>
EXPENDITURE ON			
Charitable activities			
Counselling and support services		<u>39,922</u>	<u>41,491</u>
NET INCOME		17,996	1,286
RECONCILIATION OF FUNDS (ALL UNRESTRICTED)			
Total funds brought forward		<u>47,580</u>	<u>46,294</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>65,576</u></u>	<u><u>47,580</u></u>

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**BALANCE SHEET
31 MARCH 2024**

	Notes	2024 Total funds £	2023 Total funds £
FIXED ASSETS			
Tangible assets	5	387	773
CURRENT ASSETS			
Debtors	6	74,269	55,779
CREDITORS			
Amounts falling due within one year	7	(9,080)	(8,972)
		<hr/>	<hr/>
NET CURRENT ASSETS		<u>65,189</u>	<u>46,807</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		65,576	47,580
		<hr/>	<hr/>
NET ASSETS/(LIABILITIES)		<u>65,576</u>	<u>47,580</u>
FUNDS	8		
Unrestricted funds		<u>65,576</u>	<u>47,580</u>
TOTAL FUNDS		<u>65,576</u>	<u>47,580</u>

All funds are unrestricted.

The financial statements were approved by the Board of Trustees and authorised for issue on 24 February 2025 and were signed on its behalf by:

G S Johnston - Trustee

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 33% on cost

TAXATION

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

FUND ACCOUNTING

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

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.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation	<u>386</u>	<u>386</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

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

TRUSTEES' EXPENSES

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>42,777</u>
 EXPENDITURE ON	
Charitable activities	
Counselling and support services	<u>41,491</u>
 NET INCOME	 1,286
 RECONCILIATION OF FUNDS	
Total funds brought forward	 46,294
 TOTAL FUNDS CARRIED FORWARD	 <u>47,580</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2023 and 31 March 2024	<u>1,286</u>	<u>1,159</u>	<u>2,445</u>
DEPRECIATION			
At 1 April 2023	1,286	386	1,672
Charge for year	<u>-</u>	<u>386</u>	<u>386</u>
At 31 March 2024	<u>1,286</u>	<u>772</u>	<u>2,058</u>
NET BOOK VALUE			
At 31 March 2024	<u>-</u>	<u>387</u>	<u>387</u>
At 31 March 2023	<u>-</u>	<u>773</u>	<u>773</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Money owed by Options charity	69,349	53,058
Gift aid debtor	<u>4,920</u>	<u>2,721</u>
	<u>74,269</u>	<u>55,779</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	1,260	1,557
Deferred income	6,500	6,500
Accrued expenses	<u>1,320</u>	<u>915</u>
	<u>9,080</u>	<u>8,972</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

8. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	47,580	17,996	65,576
	_____	_____	_____
TOTAL FUNDS	<u>47,580</u>	<u>17,996</u>	<u>65,576</u>

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

	Income £	Expenditure £	Movement in funds £
Unrestricted funds			
General fund	57,918	(39,922)	17,996
	_____	_____	_____
TOTAL FUNDS	<u>57,918</u>	<u>(39,922)</u>	<u>17,996</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	46,294	1,286	47,580
	_____	_____	_____
TOTAL FUNDS	<u>46,294</u>	<u>1,286</u>	<u>47,580</u>

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

	Income £	Expenditure £	Movement in funds £
Unrestricted funds			
General fund	42,777	(41,491)	1,286
	_____	_____	_____
TOTAL FUNDS	<u>42,777</u>	<u>(41,491)</u>	<u>1,286</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

9. RELATED PARTY DISCLOSURES

The assets and undertakings of the Options Wimbledon Pregnancy Resource Centre (charity number 1112366) were intended to be transferred to the CIO on 31 March 2020, however the bank accounts will now remain in the charity until 1 April 2025, held on trust for the CIO. All charitable activities are now carried out via the CIO.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024**

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	55,719	41,221
Gift aid	<u>2,199</u>	<u>1,556</u>
	<u>57,918</u>	<u>42,777</u>
Total income	57,918	42,777
EXPENDITURE		
Charitable activities		
Insurance	638	635
Training courses & supervision	3,453	2,014
Telephone & broadband	257	385
Postage, stationery & IT	315	775
Advertising, PR & website cost	2,187	596
Sundries	737	878
Wages recharged	29,714	28,949
Employer's pension recharged	<u>576</u>	<u>5,201</u>
	37,877	39,433
Support costs		
Finance		
Bank charges	60	61
Computer equipment	<u>386</u>	<u>386</u>
	446	447
Governance costs		
Accountancy, payroll and independent examination fees	<u>1,599</u>	<u>1,611</u>
Total expenditure	<u>39,922</u>	<u>41,491</u>
Net income	<u><u>17,996</u></u>	<u><u>1,286</u></u>

This page does not form part of the statutory financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales - Charity number 1188199

Accounts

REGISTERED COMPANY NUMBER: (England and Wales)
REGISTERED CHARITY NUMBER: 1188199

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023
FOR
OPTIONS PREGNANCY RESOURCE CENTRE CIO

OPTIONS PREGNANCY RESOURCE CENTRE CIO

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FOR THE YEAR ENDED 31 MARCH 2023**

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OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 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).

INCORPORATION

The charitable incorporated organisation was incorporated on 26 February 2020 and commenced trading on 1 April 2020.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal objects of the charity are:-

- The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress, or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child; and
- The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical, or psychological by the provision of a service to schools and colleges that encourages and helps young people to make responsible and healthy choices with regard to their sexual behaviour.

Public benefit

The trustees have complied with their duties under 17(5) of the Charities Act 2011 to have due regard to public benefit guidance when exercising their powers or duties.

How our activities deliver public benefit

Our core activities and who we try to help are described in our report. All our charitable activities focus on the effects and impact of pregnancy and related activities.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We continued face to face operations, whilst continuing to undertake some of our activities online. We provide listening and pastoral support using counselling skills for women with a crisis pregnancy or in difficulty after an abortion or miscarriage, and for partners, friends and family affected by these situations. Offering a hybrid approach, face to face or online, means we can provide help suitable to our client's needs.

Help is provided:

- to crisis pregnancy clients through appointments (online and in person) with a volunteer trained in pastoral support using counselling skills, made at very short notice; and
- to post-abortion/post-miscarriage clients through short term (3 months) one to one or group support with a volunteer trained in pastoral support using counselling skills, courses, study groups and support groups, all facilitated by the volunteer counsellor(s).

These appointments or courses/groups are accessed by telephone (manned during office hours and answerphone at other times) and by email, are advertised on our website and are promoted through networking with relevant local referring agencies (such as a local Early Pregnancy Unit at a local Hospital Trust, local GPs and IAPT services).

To this end we employ a Centre Director and Centre Manager to recruit, arrange training, organise supervision and support a volunteer team of counsellors and to network with local referring agencies.

Fundraising activities

The charity's principal funding sources for the year were those of grants from local churches, gifts from individual donors and a corporate donation. The charity's fundraising activities consist of requests to local churches and their members.

Achievement and performance

The main achievements of the charity during the year were as follows:

- We have continued to grow the number of clients that we are supporting with counselling skills - both crisis pregnancy clients and baby-loss and post-abortion clients. A waiting list was in operation for baby-loss/post-abortion counselling during the year and to alleviate this we have arranged for further training for counsellors so that these clients may be seen in a group context rather than individually;
- We have been in discussions with charities with similar objectives but different, complementary assets, to establish whether together as partners we might serve our common public benefit objectives better. These discussions are ongoing as we want to undertake due diligence to ensure that we are not compromising on our ethics, vision and values or putting too much stress or demand on our volunteers;
- We have continued to be supportive of employees wanting to work from home but now that the site at 577 Kingston Road has been redeveloped, we have encouraged operational meetings, supervision of volunteers and some counselling to return to this site;
- We continue to partner with supporter churches who support the work financially;

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

- A rebranding exercise has been undertaken with help from an external agency to ensure that we are communicating our range of services effectively to those we want to reach;
- We have informally and formally reviewed our staff/volunteer handbook's policies and procedures to ensure that we operate to consistently high standards (particularly in light of critical media attention exposing bad practice in this sector);
- We have researched salaries to ensure that we are remunerating staff in line with industry benchmarks or better.

FINANCIAL REVIEW

Financial Review and Reserves policy

The charity endeavours to maintain sufficient reserves to manage ongoing cashflow requirements.

The trustees are aware that the charity's income, while it is growing, is not as robust as they would wish. The trustees have already secured new partner churches who are committed to supporting the charity for at least a three-year period.

We have generated sufficient income to continue employment of a part-time Centre Director, and a part-time Centre Manager for the Streatham satellite centre and to fund our various initiatives and activities. The Board are confident that the charity remains viable, and they will continue to work to extend the support base among local churches.

FUTURE PLANS

In the coming year, we plan to:

- Sustain our current programmes, offering either in person or online appointments to be as flexible as possible for our teams and our service users.
- Run our accredited training course for new volunteers to meet growing demand for our services.
- Continue to develop a plan for growth with an emphasis on increasingly effective and sustained marketing so that all trained volunteers are used optimally.
- Continue to offer our services to clients either face to face or online/by telephone - as suits them best but as the facilities at 577 Kingston Road are now available, we plan to ensure that volunteers and staff are meeting physically here on a regular basis for operational and supervision meetings.
- Continue to investigate ways in which we can grow the number of crisis pregnancy clients who seek our services by exploring possible partnerships with other charities/service providers with similar objectives.
- Complete the rebranding work and update our website.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is a charitable incorporated organisation, incorporated on 26 February 2020.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2023

Recruitment and appointment of new trustees

Trustees are appointed for a two-year term pursuant to the charity's constitution. Existing trustees may be re-appointed. If the need to recruit additional trustees arises suitable individuals will be sought initially from amongst those actively involved in supporting the work of the charity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
(England and Wales)

Registered Charity number
1188199

Registered office
Barlow Robbins LLP
The Oriel
Sydenham Road
Guildford
Surrey
GU1 3SR

Trustees
G S Johnston
M K Chambers
A J Nicholls
G Reid (resigned 20 November 2023)
H S Fielder (resigned 22 May 2023)

Independent Examiner
Brosnans
Chartered Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Approved by order of the board of trustees on 22 January 2024 and signed on its behalf by:


G S Johnston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

Independent examiner's report to the trustees of Options Pregnancy Resource Centre CIO ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.



Laura R Brain FCA

Brosnans
Chartered Accountants
Birkby House
Bailliff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Date: 23 January 2024

OPTIONS PREGNANCY RESOURCE CENTRE CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM		
Donations and legacies	<u>42,777</u>	<u>52,640</u>
EXPENDITURE ON		
Charitable activities		
Counselling and support services	<u>41,491</u>	<u>39,073</u>
NET INCOME/(EXPENDITURE)	1,286	13,567
RECONCILIATION OF FUNDS		
Total funds brought forward	46,294	32,727
TOTAL FUNDS CARRIED FORWARD	<u>47,580</u>	<u>46,294</u>

All the funds are unrestricted.

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**BALANCE SHEET
31 MARCH 2023**

	Notes	2023 Total funds £	2022 Total funds £
FIXED ASSETS			
Tangible assets	5	773	-
CURRENT ASSETS			
Debtors	6	55,779	53,994
CREDITORS			
Amounts falling due within one year	7	(8,972)	(7,700)
NET CURRENT ASSETS		<u>46,807</u>	<u>46,294</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		47,580	46,294
NET ASSETS/(LIABILITIES)		<u>47,580</u>	<u>46,294</u>
FUNDS			
Unrestricted funds	8	<u>47,580</u>	<u>46,294</u>
TOTAL FUNDS		<u>47,580</u>	<u>46,294</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

BALANCE SHEET - continued
31 MARCH 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 22 January 2024 and were signed on its behalf by:



G S Johnston - Trustee

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, 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 Companies Act 2006. 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 33% on cost

TAXATION

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

FUND ACCOUNTING

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

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.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	<u>386</u>	<u>108</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

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

TRUSTEES' EXPENSES

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>52,640</u>
EXPENDITURE ON	
Charitable activities	
Counselling and support services	<u>39,073</u>
NET INCOME	13,567
RECONCILIATION OF FUNDS	
Total funds brought forward	<u>32,727</u>
TOTAL FUNDS CARRIED FORWARD	<u>46,294</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

5. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2022	1,286	-	1,286
Additions	<u>-</u>	<u>1,159</u>	<u>1,159</u>
At 31 March 2023	<u>1,286</u>	<u>1,159</u>	<u>2,445</u>
DEPRECIATION			
At 1 April 2022	1,286	-	1,286
Charge for year	<u>-</u>	<u>386</u>	<u>386</u>
At 31 March 2023	<u>1,286</u>	<u>386</u>	<u>1,672</u>
NET BOOK VALUE			
At 31 March 2023	<u>-</u>	<u>773</u>	<u>773</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>-</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Money owed by Options charity	53,058	52,829
Gift aid debtor	<u>2,721</u>	<u>1,165</u>
	<u>55,779</u>	<u>53,994</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	1,557	-
Deferred income	6,500	6,500
Accrued expenses	<u>915</u>	<u>1,200</u>
	<u>8,972</u>	<u>7,700</u>

8. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	46,294	1,286	47,580
	<u>46,294</u>	<u>1,286</u>	<u>47,580</u>
TOTAL FUNDS	<u>46,294</u>	<u>1,286</u>	<u>47,580</u>

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

	Income	Expenditure	Movement in funds
	£	£	£
Unrestricted funds			
General fund	42,777	(41,491)	1,286
	<u>42,777</u>	<u>(41,491)</u>	<u>1,286</u>
TOTAL FUNDS	<u>42,777</u>	<u>(41,491)</u>	<u>1,286</u>

Comparatives for movement in funds

	At 1.4.21	Net movement in funds	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	32,727	13,567	46,294
	<u>32,727</u>	<u>13,567</u>	<u>46,294</u>
TOTAL FUNDS	<u>32,727</u>	<u>13,567</u>	<u>46,294</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

8. MOVEMENT IN FUNDS - continued

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

	Income £	Expenditure £	Movement in funds £
Unrestricted funds			
General fund	52,640	(39,073)	13,567
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>52,640</u>	<u>(39,073)</u>	<u>13,567</u>

9. RELATED PARTY DISCLOSURES

The assets and undertakings of the Options Wimbledon Pregnancy Resource Centre (charity number 1112366) were intended to be transferred to the CIO on 31 March 2020, however the bank accounts will now remain in the charity until 1 April 2024, held on trust for the CIO. All charitable activities are now carried out via the CIO.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	41,221	51,825
Gift aid	<u>1,556</u>	<u>815</u>
	<u>42,777</u>	<u>52,640</u>
Total income	42,777	52,640
EXPENDITURE		
Charitable activities		
Subscriptions	-	176
Insurance	635	538
Training courses & supervision	2,014	2,958
Telephone & broadband	385	340
Postage, stationery & IT	775	655
Advertising, PR & website cost	596	3,538
Sundries	878	402
Wages recharged	28,949	28,447
Employer's pension recharged	<u>5,201</u>	<u>-</u>
	39,433	37,054
Support costs		
Finance		
Bank charges	61	15
Fixtures and fittings	-	108
Computer equipment	<u>386</u>	<u>-</u>
	447	123
Governance costs		
Accountancy, payroll and independent examination fees	<u>1,611</u>	<u>1,896</u>
Total expenditure	<u>41,491</u>	<u>39,073</u>
Net (expenditure)/income	<u>1,286</u>	<u>13,567</u>

This page does not form part of the statutory financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales - Charity number 1188199

Accounts

REGISTERED CHARITY NUMBER: 1188199

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022
FOR
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

OPTIONS PREGNANCY RESOURCE CENTRE CIO

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FOR THE YEAR ENDED 31 MARCH 2022**

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OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. 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).

INCORPORATION

The charitable incorporated organisation was incorporated on 26 February 2020 and commenced trading on 1 April 2020.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal objects of the charity are:-

- The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child; and

- The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological by the provision of a service to schools and colleges that encourages and helps young people to make responsible and healthy choices with regard to their sexual behaviour.

Public benefit

The trustees have complied with their duties under 17(5) of the Charities Act 2011 to have due regard to public benefit guidance when exercising their powers or duties.

How our activities deliver public benefit

Our core activities and who we try to help are described in our report. All our charitable activities focus on the effects and impact of pregnancy and related activities.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We remained subject to Covid restrictions until July of the year under review and once restrictions eased, we managed a careful return to face to face operations, whilst continuing to undertake some of our activities online. We provide listening and pastoral support using counselling skills for women with a crisis pregnancy or in difficulty after an abortion or miscarriage, and for partners, friends and family affected by these situations. Offering a hybrid approach, face to face or online, means we can provide help suitable to our client's needs.

Help is provided:

- to crisis pregnancy clients through appointments (online and in person) with a volunteer trained in pastoral support using counselling skills, made at very short notice; and
- to post-abortion/post-miscarriage clients through short term (3 months) one to one or group support with a volunteer trained in pastoral support using counselling skills, courses, study groups and support groups, all facilitated by the volunteer counsellor(s).

These appointments or courses/groups are accessed by telephone (manned during office hours and answerphone at other times), and by email, are advertised on our website and elsewhere, and are promoted through social media and by networking with relevant local agencies and GPs.

To this end we employ a Centre Director and Administrator to recruit, train, supervise and support a volunteer team of counsellors, receptionist and support workers.

Fundraising activities

The charity's principal funding sources for the year were those of grants from local churches, gifts from individual donors and a corporate donation. The charity's fundraising activities consist of requests to local churches and their members.

Achievement and performance

The main achievements of the charity during the year were as follows:

We sustained our pastoral support work (using counselling skills), to both crisis pregnancy and post-abortion clients, principally providing online appointments and, where restrictions permitted, some meetings in person.

We strengthened our partnerships with supporter churches. A number of churches have made one-off donations. Others have renewed and, in some cases, increased their support.

We reviewed our overall strategy to identify our short-medium term objectives, in particular we reviewed our marketing strategy with a view to achieving these objectives.

We grew our volunteer base in the field of marketing, to help develop and implement a strategy.

During the period under review, the Trust's usual base of operations at 577 Kingston Road was undergoing redevelopment. This did not cause interruption to any services offered as either these were being offered online (as employees and volunteers worked from home), or we were able to relocate and use premises nearby for meetings, training and supervision once covid restrictions were lifted.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Financial Review and Reserves policy

The charity endeavours to maintain sufficient reserves to manage ongoing cashflow requirements.

The trustees are aware that the charity's income, while it is growing, is not as robust as they would wish. The trustees have already secured new partner churches who are committed to supporting the charity for at least a three year period.

We have generated sufficient income to continue employment of a part-time Centre Director, and a part time Centre Manager for the Streatham satellite centre and to fund our various initiatives and activities. The Board are confident that the charity remains viable, and they will continue to work to extend the support base among local churches.

FUTURE PLANS

In the coming year, we plan to:

- Sustain our current programmes, offering either in person or online appointments to be as flexible as possible for our teams and our service users.
- Run our accredited training course for new volunteers to meet growing demand for our services.
- Continue to develop a plan for growth with an emphasis on increasingly effective and sustained marketing so that all trained volunteers are used optimally.
- Continue to refine and develop our online services and once the redevelopment at 577 Kingston Road is complete, return some or all of the operations to this base, as seems best.
- Continue to investigate ways in which we may expand our services into other London boroughs, by the provision of training to, or partnering with other local groups interested in the development of a similar service.
- With the help of relevant professionals (who are giving their time at substantially reduced rates) and suitably qualified volunteers we will formulate a new marketing strategy including a refresh of our brand, imaging and messaging to make sure that we are communicating effectively not only with those who might wish to make use of our services but also with our supporter base.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

The charity is a charitable incorporated organisation, incorporated on 26 February 2020.

Recruitment and appointment of new trustees

Trustees are appointed for a two-year term pursuant to the charity's constitution. Existing trustees may be re-appointed. If the need to recruit additional trustees arises suitable individuals will be sought initially from amongst those actively involved in supporting the work of the charity.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to mitigate exposure to the major risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188199

Registered office

Barlow Robbins LLP
The Oriel
Sydenham Road
Guildford
Surrey
GU1 3SR

Trustees

G S Johnston
M K Chambers
Dr A J Nicholls
G Reid
H S Fielder

Independent Examiner

Brosnans
Chartered Accountants
Birkby House
Bailliff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Approved by order of the board of trustees on 31 January 2023 and signed on its behalf by:



G S Johnston - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

Independent examiner's report to the trustees of Options Pregnancy Resource Centre CIO ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Laura R Brain FCA
Chartered Accountant
Brosnans
Chartered Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

31 January 2023

OPTIONS PREGNANCY RESOURCE CENTRE CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Year ended 31.3.22 Unrestricted fund £	Period 26.2.20 to 31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies		<u>52,640</u>	<u>70,816</u>
EXPENDITURE ON			
Charitable activities			
Counselling and support services		<u>39,073</u>	<u>38,089</u>
NET INCOME		13,567	32,727
RECONCILIATION OF FUNDS			
Total funds brought forward		<u>32,727</u>	-
TOTAL FUNDS CARRIED FORWARD		<u>46,294</u>	<u>32,727</u>

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

BALANCE SHEET
31 MARCH 2022

	Notes	2022 Unrestricted funds £	2021 Unrestricted funds £
FIXED ASSETS			
Tangible assets	5	-	108
CURRENT ASSETS			
Debtors	6	53,994	40,199
CREDITORS			
Amounts falling due within one year	7	(7,700)	(7,580)
NET CURRENT ASSETS		<u>46,294</u>	<u>32,619</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>46,294</u>	<u>32,727</u>
NET ASSETS/(LIABILITIES)		<u>46,294</u>	<u>32,727</u>
FUNDS	8		
Unrestricted funds		<u>46,294</u>	<u>32,727</u>
TOTAL FUNDS		<u>46,294</u>	<u>32,727</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

BALANCE SHEET - continued
31 MARCH 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 31 January 2023 and were signed on its behalf by:



G S Johnston - Trustee

The notes form part of these financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charitable company, 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 Companies Act 2006. 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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 33% on cost

TAXATION

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

FUND ACCOUNTING

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

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.

OPTIONS PREGNANCY RESOURCE CENTRE CIO
NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	Year ended 31.3.22	Period 26.2.20 to 31.3.21
Depreciation - owned assets	£ <u>108</u>	£ <u>428</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the period ended 31 March 2021.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the period ended 31 March 2021.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	<u>70,816</u>
EXPENDITURE ON	
Charitable activities	
Counselling and support services	<u>38,089</u>
NET INCOME	<u>32,727</u>
TOTAL FUNDS CARRIED FORWARD	<u>32,727</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

5. TANGIBLE FIXED ASSETS		
		Fixtures and fittings £
COST		
At 1 April 2021 and 31 March 2022		<u>1,286</u>
DEPRECIATION		
At 1 April 2021		1,178
Charge for year		<u>108</u>
At 31 March 2022		<u>1,286</u>
NET BOOK VALUE		
At 31 March 2022		<u>-</u>
At 31 March 2021		<u>108</u>
6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2022	2021
	£	£
Money owed by Options charity	52,829	39,849
Gift aid debtor	<u>1,165</u>	<u>350</u>
	<u>53,994</u>	<u>40,199</u>
7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	2022	2021
	£	£
Deferred income	6,500	6,500
Accrued expenses	<u>1,200</u>	<u>1,080</u>
	<u>7,700</u>	<u>7,580</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

8. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	32,727	13,567	46,294
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>32,727</u>	<u>13,567</u>	<u>46,294</u>

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

	Income £	Expenditure £	Movement in funds £
Unrestricted funds			
General fund	52,640	(39,073)	13,567
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>52,640</u>	<u>(39,073)</u>	<u>13,567</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.3.21 £
Unrestricted funds		
General fund	32,727	32,727
	<hr/>	<hr/>
TOTAL FUNDS	<u>32,727</u>	<u>32,727</u>

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

	Income £	Expenditure £	Movement in funds £
Unrestricted funds			
General fund	70,816	(38,089)	32,727
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>70,816</u>	<u>(38,089)</u>	<u>32,727</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

9. RELATED PARTY DISCLOSURES

The assets and undertakings of the Options Wimbledon Pregnancy Resource Centre (charity number 1112366) were intended to be transferred to the CIO on 31 March 2020, however the bank accounts will now remain in the charity until 1 April 2022, held on trust for the CIO. All charitable activities are now carried out via the CIO.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Year ended 31.3.22 £	Period 26.2.20 to 31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donation from Options Wimbledon Pregnancy Resource Centre	-	31,156
Donations	51,825	39,309
Gift aid	815	351
	<u>52,640</u>	<u>70,816</u>
EXPENDITURE		
Charitable activities		
Subscriptions	176	334
Insurance	538	538
Training courses and supervision	2,958	2,561
Telephone and broadband	340	583
Postage, stationery and IT	655	1,316
Advertising, PR and website cost	3,538	698
Sundries	402	451
Wages recharged	28,447	30,088
	<u>37,054</u>	<u>36,569</u>
Support costs		
Finance		
Bank charges	15	-
Fixtures and fittings	108	428
	<u>123</u>	<u>428</u>
Governance costs		
Accountancy, payroll and independent examination fees	1,896	1,092
	<u>1,896</u>	<u>1,092</u>
Total expenditure	<u>39,073</u>	<u>38,089</u>
Net income	<u>13,567</u>	<u>32,727</u>

This page does not form part of the statutory financial statements

OPTIONS PREGNANCY RESOURCE CENTRE CIO

England & Wales - Charity number 1188199

Accounts

REGISTERED CIO NUMBER: CE020872 (England and Wales)
REGISTERED CHARITY NUMBER: 1188199

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021
FOR
OPTIONS PREGNANCY RESOURCE CENTRE CIO

OPTIONS PREGNANCY RESOURCE CENTRE CIO

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FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

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OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

The trustees present their report with the financial statements of the charity for the period 26 February 2020 to 31 March 2021. 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).

INCORPORATION

The charitable incorporated organisation was incorporated on 26 February 2020 and commenced trading on 1 April 2020.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The principal objects of the charity are:-

- The preservation and protection of women's health by the provision of advice, counselling and assistance to women and their partners and families who are suffering from any physical or mental illness, distress or poverty during or as a result of pregnancy or following an abortion, miscarriage, cot death, still birth or loss of a child; and
- The advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women whether physical, medical or psychological by the provision of a service to schools and colleges that encourages and helps young people to make responsible and healthy choices with regard to their sexual behaviour.

Public benefit

The trustees have complied with their duties under 17(5) of the Charities Act 2011 to have due regard to public benefit guidance when exercising their powers or duties.

How our activities deliver public benefit

Our core activities and who we try to help are described in our report. All our charitable activities focus on the effects and impact of pregnancy and related activities.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We were subject to Covid restrictions for the year under review and so the bulk of our activities were carried out online. When the pandemic struck we were able quickly to move our operation online. We provide listening and pastoral support using counselling skills for women with a crisis pregnancy or in difficulty after an abortion or miscarriage, and for partners, friends and family affected by these situations.

Help is provided:

- to crisis pregnancy clients through appointments (online and in person) with a volunteer trained in pastoral support using counselling skills, made at very short notice; and
- to post-abortion/post-miscarriage clients through short term (3 months) one to one or group support with a volunteer trained in pastoral support using counselling skills, courses, study groups and support groups, all facilitated by the volunteer counsellor(s).

These appointments or courses/groups are accessed by telephone (manned during office hours and answerphone at other times), and by email, are advertised on our website and elsewhere, and are promoted through social media and by networking with relevant local agencies and GPs.

To this end we train, supervise and support a volunteer team of counsellors, receptionist and support workers.

We have also provided resources for families in need (e.g. baby clothing and equipment) on request.

Fundraising activities

The charity's principal funding sources for the year were those of grants from local churches and gifts from individual donors. The charity's fundraising activities consist of requests to local churches and their members.

Achievement and performance

The main achievements of the charity during the year were as follows:

We sustained our pastoral support work (using counselling skills), to both crisis pregnancy and post-abortion clients, principally providing online appointments and, where restrictions permitted, some meetings in person.

We strengthened our partnerships with supporter churches. A number of churches have made one-off donations. Others have renewed and in some cases increased their support.

We reviewed our marketing strategy and continued our social media presence.

We grew our back-office volunteer base.

We were able to quickly and effectively move our services online and thus able to continue delivering them, despite the coronavirus pandemic.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

FINANCIAL REVIEW

Financial Review and Reserves Policy

The charity endeavours to maintain sufficient reserves to manage ongoing cashflow requirements.

The trustees are aware that the charity's income, while it is growing, is not as robust as they would wish. The trustees have already secured new partner churches who are committed to supporting the charity for at least a three year period.

We have generated sufficient income to continue employment of a part-time Centre Director, and a part-time Centre Manager for the Streatham satellite centre and to fund our various initiatives and activities. The Board are confident that the charity remains viable, and they will continue to work to extend the support base among local churches.

FUTURE PLANS

In the coming year, we plan to:

- Sustain our current programmes, returning to in person appointments when restrictions permit
- Run our accredited training course for new volunteers to meet growing demand for our services
- Continue to develop a plan for growth with an emphasis on increasingly effective and sustained marketing of our services
- Continue to refine and develop our online services and reopen service locations when government guidance permits
- Continue to investigate ways in which we may expand our services into other London boroughs, by the provision of training to local groups interested in the development of a similar service.
- With the help of relevant professionals (who are giving their time at substantially reduced rates) and suitably qualified volunteers we will formulate a new marketing strategy including a refresh of our brand, imaging and messaging to make sure that we are communicating effectively not only with those who might wish to make use of our services but also with our supporter base.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

**REPORT OF THE TRUSTEES
FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021**

Recruitment and appointment of new trustees

Trustees are appointed for a two year term pursuant to the charity's constitution. Existing trustees may be re-appointed. If the need to recruit additional trustees arises suitable individuals will be sought initially from amongst those actively involved in supporting the work of the charity.

Risk management

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is a charitable incorporated organisation, incorporated on 26 February 2020.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

REPORT OF THE TRUSTEES
FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1188199

Registered office

Moore Barlow LLP
The Oriel
Sydenham Road
Guildford
GU1 3SR

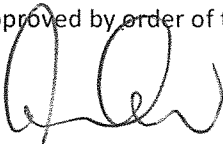
Trustees

Mrs G S Johnston
Ms MK Chambers
Dr A J Nicholls
Mr G Reid
Ms H S Fielder

Independent Examiner

Brosnans
Chartered Accountants
Birkby House
Bailiff Bridge
Brighouse
West Yorkshire
HD6 4JJ

Approved by order of the board of trustees on 24 January 2022 and signed on its behalf by:



G Reid
Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
OPTIONS PREGNANCY RESOURCE CENTRE CIO**

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

I report to the charity trustees on my examination of the accounts of Options Pregnancy Resource Centre CIO (the Charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity'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 Charity 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.

Laura R Brain FCA
Chartered Accountant
Brosnans
Chartered Accountants
Birkby House
Bailliff Bridge
Brighouse
West Yorkshire
HD6 4JJ

24 January 2022

OPTIONS PREGNANCY RESOURCE CENTRE CIO

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

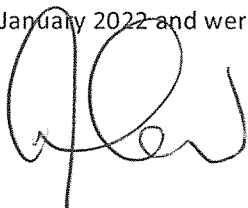
	Unrestricted funds £
INCOME AND ENDOWMENTS FROM	
Donations and contributions towards training	70,816
EXPENDITURE ON	
Charitable activities	
Counselling and support services	38,089
	—————
NET INCOME	32,727
	—————
TOTAL FUNDS CARRIED FORWARD	<u>32,727</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

BALANCE SHEET
31 MARCH 2021

	Notes	Unrestricted funds £
FIXED ASSETS		
Tangible assets	4	108
CURRENT ASSETS		
Debtors	5	40,199
CREDITORS		
Amounts falling due within one year	6	(7,580)
		<hr/>
NET CURRENT ASSETS		<u>32,619</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<hr/> 32,727
NET ASSETS		<u>32,727</u>
FUNDS	7	
Unrestricted funds		<u>32,727</u>
TOTAL FUNDS		<u>32,727</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 24 January 2022 and were signed on its behalf by:



G Reid - Trustee

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

TAXATION

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

FUND ACCOUNTING

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

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.

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

Depreciation - owned assets	£ <u>428</u>
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3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 March 2021.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the period ended 31 March 2021.

4. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
Transfer to ownership	<u>1,286</u>
DEPRECIATION	
Charge for year	428
Transfer to ownership	<u>750</u>
At 31 March 2021	<u>1,178</u>
NET BOOK VALUE	
At 31 March 2021	<u>108</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Money owed by Options charity (see note 8)	39,849
Gift aid debtor	<u>350</u>
	<u>40,199</u>

OPTIONS PREGNANCY RESOURCE CENTRE CIO

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Deferred income	6,500
Accrued expenses	<u>1,080</u>
	<u>7,580</u>

7. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.3.21 £
Unrestricted funds		
General fund	32,727	32,727
	<u> </u>	<u> </u>
TOTAL FUNDS	<u>32,727</u>	<u>32,727</u>

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

	Income £	Expenses £	Movement in funds £
Unrestricted funds			
General fund	70,816	(38,089)	32,727
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>70,816</u>	<u>(38,089)</u>	<u>32,727</u>

8. RELATED PARTY DISCLOSURES

The assets and undertakings of the Options Wimbledon Pregnancy Resource Centre (charity number 1112366) were intended to be transferred to the CIO on 31 March 2020, however the bank accounts will now remain in the charity until 1 April 2022, held on trust for the CIO. All charitable activities are now carried out via the CIO.

OPTIONS PREGNANCY RESOURCE CENTRE CIO
 DETAILED STATEMENT OF FINANCIAL ACTIVITIES
 FOR THE PERIOD 26 FEBRUARY 2020 TO 31 MARCH 2021

£

INCOME AND ENDOWMENTS

Donations and legacies

Donation from Options Wimbledon Pregnancy Resource Centre	31,157
Donations	39,228
Training	80
Gift aid	<u>351</u>
	<u>70,816</u>

Total income	70,816
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EXPENDITURE

Charitable activities

Subscriptions	334
Insurance	538
Training courses & supervision	2,561
Telephone & broadband	583
Postage, stationery & IT	1,316
Advertising, PR & website costs	698
Sundries	543
Wages recharged	<u>29,996</u>
	36,569

Support costs

Fixtures and fittings depreciation	428
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Governance costs

Accountancy, payroll and independent examination fees	<u>1,092</u>
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Total expenditure	<u>38,089</u>
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Net income	<u><u>32,727</u></u>
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