

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.

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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.

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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
Broshans
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	<u>46,294</u>	<u>32,727</u>
TOTAL FUNDS CARRIED FORWARD	<u>47,580</u>	<u>46,294</u>
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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		<u>47,580</u>	<u>46,294</u>
NET ASSETS/(LIABILITIES)		<u>47,580</u>	<u>46,294</u>
FUNDS	8		
Unrestricted funds		<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 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	-	1,159	1,159
At 31 March 2023	1,286	1,159	2,445
DEPRECIATION			
At 1 April 2022	1,286	-	1,286
Charge for year	-	386	386
At 31 March 2023	1,286	386	1,672
NET BOOK VALUE			
At 31 March 2023	-	773	773
At 31 March 2022	-	-	-

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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	915	1,200
	<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