



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2021 To 31/3/2022

Charity name: Huddersfield Pregnancy Crisis Centre ("Talkthru")

Charity registration number: 1190830

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	a) Advancement of education in the subject of pregnancy and the termination of pregnancy and into the effects thereof upon women, whether physical, mental or psychological. b) Preservation and protection of Women's health. c) 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, loss of child or sexual abuse. d) Provision of such other charitable purposes which may conveniently be carried on in connection with the above objects.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Counselling and support on a one-to-one basis to women and their partners following the loss of a child in pregnancy or neonatally. Counselling on a one-to-one basis for women who have had their babies taken into care by statutory authorities. Liaison with other practitioners and organisations in the field of baby loss.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on	Para 1.18	The trustees are mindful of guidance issued and as a consequence declare interests at the start of every Trustees Meeting. Trustees have in the past

public benefit		(under the former charity (ref 1122488) sought permission to pay a connected person, and seek to make an annual declaration of any potential conflicts of interest. We regularly scrutinise our activities against our stated charitable objects.
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Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Over the past year Talkthru has seen a continued increase in demand for psychological support following mental distress related to a pregnancy issue. We received 126 number of referrals with 1223 planned appointments. In response to COVID-19 pandemic we moved our service delivery online and when lockdown ended we offered service users the choice of in person, phone or video counselling. This has resulted in greater accessibility for users to our service who may struggle to attend counselling in person due to poverty, childcare or mental health issues. 50% of appointments were delivered by phone. Hence, we continue with this model of service delivery.

		<p>Due to the continued increase in demand for our service, we have sought to increase our team of counsellors. In November 2021 trustees held a vision and strategy day. Professional counselling bodies passed a motion in 2018 that qualified counsellors should not work for free but be paid for work done for charities. Trustees devised an action plan to increase the number of counsellors working for Talkthru and introducing paid positions which would lead to greater sustainability for the charity.</p> <p>Talkthru was successful in receiving Kirklees Council funding to deliver counselling to mothers who had had their babies removed into care. The Project Lead successfully liaised with the Public Sector and Third Sector to promote the new service. Women referred into this service have complex issues. Those that engaged with the service reported how beneficial it was to have time and space to process their thoughts and feelings and begin to make healthy lifestyle choices for themselves.</p> <p>A former service user died suddenly in November 2020. Friends and families committed to fundraise for Talkthru in her memory during 2021, in recognition of the positive contribution Talkthru counselling had made to the user's mental wellbeing. This had made a significant contribution to the income of the charity, enabling it to weather the storms of the pandemic and other circumstances. It also had the added benefit of raising awareness of the charity and thus more people coming forward asking for psychological help from Talkthru.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the financial year end total cash at the bank and in hand £75243 (previous year £54549)
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have set up a reserves account to ensure liabilities are met should Talkthru cease to operate and to continue operating with resilience despite uncertain financial circumstances.
Amount of reserves held	Para 1.22	£10000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO registered 12th August, 2020 replacing the former Trust.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	We are open to recruiting more trustees, especially to reflect diversity in our client group. There are no constitutional provisions concerning appointment.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	We have policies specifying trustee roles and induction.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	We have a project lead who liaises with the trustee board. As a charity we have liaised with Forget Me Not (Children's) Hospice about complementing each other's services. We also work within the Maternity Voice Partnerships for our local area and the Perinatal Mental Health Network.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Huddersfield Pregnancy Crisis Center
Other name the charity uses	Talkthru
Registered charity number	1190830

Charity's principal address	Revenue Chambers St. Peters Street Huddersfield HD1 1DL

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	George Spencer	Trustee (liaison)	Whole year	
2	John Naylor	Trustee (Chair)	Whole year	
3	Janet Woodhouse	Trustee (safeguarding lead)	Whole year	
4	Stephanie Watson	Trustee (finance)	Whole year	
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19				
20				

Corporate trustees - names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

John Naylor

Full name(s)

Dr John Naylor

**Position (eg
Secretary, Chair, etc)**

Chair

Date

24/01/2023

Independent examiners' report to the trustees of Talkthru

I report on the accounts of the Trust for the year ended 31st March 2022, which are set out on pages within this return.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Charities Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that, in any material respect, the trustees' requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

K L Barrow ACMA CGMA
63 Ridings Fields
Brockholes
Holmfirth
West Yorkshire
HD9 7BG

Signed 16th January 2023

Talkthru

Balance Sheet

As of March 31, 2022

	<u>Total</u>
Fixed Asset	
Tangible assets	
Cost - Office Equipment	419.97
Depreciation - Office Equipment	-419.97
	<u>0.</u>
Total Tangible assets	00
	<u>0.</u>
Total Fixed Asset	00
Cash at bank and in hand	
Bank Account	65,243.73
Co-Op Savings Account	10,000.00
	<u>75,243.</u>
Total Cash at bank and in hand	73
Debtors	
Debtors - Gift Aid	508.79
Debtors-1	0.00
	<u>508.</u>
Total Debtors	79
Current Assets	
Debtors - Prepayments	2,723.00
	<u>2,723.</u>
Total Current Assets	00
	<u>78,475.</u>
Net current assets	52
Creditors: amounts falling due within one year	
Trade Creditors	
Creditors - Accruals	0.00
	<u>0.</u>
Total Trade Creditors	00
Current Liabilities	
Accruals Provisions	0.00
Payroll Clearing	0.00
Payroll Liabilities	
HMRC	142.58
	<u>142.</u>
Total Payroll Liabilities	58
Tax and National Insurance	0.00
	<u>142.</u>
Total Current Liabilities	58
Total Creditors: amounts falling due within one year	142.
	<u>58</u>
Net current assets (liabilities)	78,332.
	<u>94</u>
Total assets less current liabilities	78,332.
	<u>94</u>
Total net assets (liabilities)	78,332.
	<u>94</u>
Charity funds	
Opening Balance Equity	22,572.42
Retained Earnings	35,627.39
Surplus/(Deficit)	20,133.13

Income	£	
CCH Support	1,800.00	
Fundraising Events	14,160.89	
Baby Bottles	21.58	
	14,182.4	
Total Fundraising Events	7	
Gift Aid Income	2,688.23	
Gifts Received	1,065.58	
Gifts from Individuals - One-off	420.00	
Gifts From Individuals - Regular	2,735.00	
Gifts from Organisations	1,124.15	
	5,344.7	
Total Gifts Received	3	
Grants Received	34,689.00	
	58,704.4	
Total Income	3	
Expenditures		
Admin & Operating Costs		
Misc Expenses	194.26	
Professional Costs	625.00	
Professional Insurance	106.03	
Software & IT Expenses	1,492.15	
Stationery & Consumables	108.40	
Supervision	1,993.75	
Telephone Costs	696.46	
Training & Seminars	392.49	
Website/Marketing	1,000.00	
	6,608.5	
Total Admin & Operating Costs	4	
contents and business insurance	208.32	
Payroll Expenses		
Taxes	13.47	
Wages	9,234.48	
	9,247.9	
Total Payroll Expenses	5	
Premises Costs		
Buildings Insurance	619.01	
Rent	6,641.00	
Utilities	1,604.68	
	8,864.6	
Total Premises Costs	9	
Psychotherapy	2,325.00	
Staff Costs		
Taxes	70.45	
Travel	44.85	
Wages	11,201.50	
	11,316.80	
Total Staff Costs	38,571.3	
Total Expenditures	0	
	20,133.1	
Net Operating Income	3	
Net Income/(Expenditure)	20,133.13	

This concludes my independent review for the financial year ended
31/3/22

K L Barrow

16/01/2023