

# THE WELL PREGNANCY CHOICES CENTRE

England & Wales · Charity number 1197013

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-12-08

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 3 Royal Crescent  
Cheltenham  
GL50 3DA

**Phone** 07988726631

**Email** [centremanager@thewellpregnancychoicescentre.co.uk](mailto:centremanager@thewellpregnancychoicescentre.co.uk)

**Website** [www.thewellpregnancychoicescentre.co.uk](http://www.thewellpregnancychoicescentre.co.uk)

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD HEALTH FOR THE PUBLIC BENEFIT IN CHELTENHAM AND THE SURROUNDING AREA THROUGH THE PROVISION OF FREE INFORMATION, ADVICE, COUNSELLING AND SUPPORT TO WOMEN, THEIR PARTNERS AND/OR FAMILY REGARDING TERMINATION OF PREGNANCY, MISCARRIAGE, STILLBIRTH, COT DEATH OR LOSS OF A CHILD.

**Activities:** Clients facing a difficult pregnancy choice will be given a safe space as well as time to share their story at The Well Pregnancy Choices Centre. We offer support in an unbiased, non-directive, compassionate way. We also support clients through our post-termination programme if they are having difficulties following a termination.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Children/young People, The General Public/mankind

## Geography

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- **Area of benefit:** LOCAL
- Gloucestershire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-10-01	£2,779	£2,396	-	-
2024-10-01	£3,378	£1,301	-	-
2023-10-01	£4,478	£2,006	-	-
2022-10-01	£11,229	£3,003	-	-

## Trustees

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Name	Role	Appointed
<b>Abigail Sidery</b>	Chair	2024-07-22
Carole Whyborn		2021-12-08
Rachel Denniss		2025-03-31
Vanessa McCarthy		2021-12-08

**THE WELL PREGNANCY CHOICES CENTRE**

England & Wales - Charity number 1197013

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# Accounts

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# Trustee Annual Report 2024-2025

## **Aims and Purposes**

The Well Pregnancy Choices Centre was registered as a charity in December 2021 and officially launched on 14<sup>th</sup> March 2022.

There were 1,766 abortions in Gloucestershire in 2022. Figures have not yet been released for 2024. Research shows a woman (and her partner) are best able to cope with an unintended pregnancy decision when it is made free from pressure or fear, knowing they have made a truly informed choice, even if it is difficult at the time.

At The Well Pregnancy Choices Centre, we are able to provide the time, space and care that is needed for people facing a difficult Pregnancy Choice. Clients are given the space and support to make an informed decision without fear, pressure, or judgement. All the clients who completed evaluation forms said they found the session helpful and would recommend The Well Pregnancy Choices Centre to others.

The Centre provides caring and compassionate non-directive and non-biased counselling and support to women, partners and their families who are suffering from any physical or mental illness or distress during or because of pregnancy or the termination of pregnancy. This is delivered by accredited practitioners.

We also seek to preserve and protect the health of women with unplanned pregnancy or pregnancy complicated by a diagnosis of foetal abnormality or maternal morbidity or the termination of pregnancy.

## **Charitable Objectives and Activities**

The Well Pregnancy Choices centre is committed to enabling anyone in and around Gloucestershire to access our services. Our objective is that anyone who needs support due to physical or mental illness or distress during or because of pregnancy or the termination of pregnancy can do so free of charge and in their own time without feeling rushed or directed towards any particular outcome.

## **Achievements and Performance**

### CLIENT SUPPORT

Our clients come from Gloucestershire, Bristol and further afield. In the year from October 2024, we had 55 new client referrals.

In the year from October 2024, we made 15 appointments for clients to be seen at the Centre with a further 57 client appointments for our telephone and zoom support programmes. This is a total of 72 appointments, a similar number to those supported last year.

Our statistics show that new clients contacted us for support for

Miscarriage 4%

Post abortion 22%

Unplanned pregnancy 73%

Contraceptive support 1%

To ensure our service remains at a high standard, we monitor and evaluate the services that we offer. Client feedback has been encouraging:

*One pregnancy choices client wrote: "There was a structured format and the practitioner listened to everything I said and always asked if there was anything else I wanted to discuss or ask. The practitioner asked open questions and listened to everything I had to say. I felt everything I said was valid and understood."*

*Another pregnancy choices client wrote: "The session helped to give me more clarity and feel supported. I felt listened to and cared for."*

*A post abortion client when asked what the most helpful part of the support programme was, responded: "Being able to express and work through feelings that I had bottled up and tried to ignore. The material helped me explore and think about things in a different way which helped me with my loss and grief. I am able to forgive myself and know it didn't make me a bad Mum."*

*Another post abortion client said: "From the beginning, the programme has lifted all of the negative emotions I felt and turned them into positive emotions. I was able to get to the root of my feelings and address them properly at a comfortable pace."*

This year we have continued to focus on raising awareness of the centre through marketing, networking, and building relationships with other organisations in the area. It takes time to build those relationships in order for them to signpost potential clients to our centre. Business cards, leaflets and flyers have been distributed to local GP surgeries, churches and other organisations such as Cheltenham foodbank. We plan to continue to build relationships with these and other organisations.

Helen Adair, the Centre Manager has continued to work as the Centre Director of a similar centre in Bristol. We have held joint supervision sessions and will continue to develop our connection with them. They often have a 12+ week waiting list for post-termination support clients. We have seen some of their clients who wanted sessions via Zoom or the telephone, thus reducing their waiting list and the amount of time a client had to wait for support.

We continue to plan to increase the number of trustees and will do this through advertising in the local trustee bank. We plan to increase the number of volunteers who can offer support to clients. We will fund volunteers to complete the accredited training courses.

## **VOLUNTEERS**

The Centre is reliant on voluntary help. This keeps the cost of our support services down so we can continue to provide them free of charge. We have a team of four volunteer practitioners. Three have completed both the accredited pregnancy choices and post-abortion courses and one has completed the pregnancy choices training course and is planning to complete the post-abortion programme at the end of 2025.

Volunteers are given training and support including regular CPD from local professionals and via the Pregnancy Centres Network (PCN). The Pregnancy Centres Network (PCN) offers accredited training at Level 3 in pregnancy choices and post termination support which volunteers have completed.

Those involved in providing support have access to regular supervision. A trained supervision facilitator provides six weekly group supervision.

Our work is strengthened and improved by working together with other agencies. We are constantly working to raise our profile amongst health professionals, universities and the public by networking, forging partnerships and by advertising.

Finally, the Trustees would like to thank the volunteers who support the work of the Centre.

## **Structure**

The Well Pregnancy Choices Centre currently has four trustees.

The Centre Manager deals with the day-to-day running of the centre, the administration, supports clients and makes connections with other organisations.

All the trustees are responsible for making decisions on all matters of general concern and importance to the centre including deciding on how the funds of The Well Pregnancy Choices centre are to be spent.

The trustees met regularly during the year.

## **Administrative Information**

The Well Pregnancy Choices Centre is based in Cheltenham. It operates by appointment only and uses a room within a local community space to meet clients.

The administrative address is 10 Queens Head Close, Aston Cross, Tewkesbury, GL20 8FJ

It is a Charity Incorporated Organisation (CIO) and the registered Charity Number is 1197013

The Trustees are Rachel Denniss, Vanessa McCarthy, Abbey Sidery and Carole Whyborn.

## Financial Review

The Well Pregnancy Choices Centre held a fundraising morning in September 2024.

Other income came from individual donations.

Finally, the Trustees would like to thank all those who support the work of the Centre.

**Profit & Loss**  
The Well Pregnancy Choices Centre  
Accounting Year 2024/25

	Debit	Credit
<b>add Other Income</b>		<b>713</b>
Interest Received		85
Refund of Other Tax Received		627
<b>Gross Profit</b>		<b>713</b>
<b>less Administration Expenses</b>	<b>-1,148</b>	
Office Costs	50	
Web Hosting	551	
Mobile Phone	60	
Licenses and Permits	47	
Miscellaneous	21	
Advertising and Promotion	12	
Legal and Professional Fees	12	
Charitable Donations	-2,066	
Insurance	165	
<b>less Staff Costs</b>	<b>1,478</b>	
Staff Training	1,478	
<b>Operating Profit</b>		<b>£383</b>
<b>less Drawings</b>		<b>£0</b>
<b>less Profit &amp; Loss journal entries</b>		<b>£0</b>
<b>Retained Profit this period:</b>		<b>£383</b>
<b>Retained Profit brought forward:</b>		<b>£12,946</b>
<b>Distributable Reserves / Retained Profit carried forward:</b>		<b>£13,329</b>

**THE WELL PREGNANCY CHOICES CENTRE**

England & Wales - Charity number 1197013

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# Accounts

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# Trustee Annual Report 2023-2024

## Aims and Purposes

The Well Pregnancy Choices Centre was registered as a charity in December 2021 and officially launched on 14<sup>th</sup> March 2022.

There were 1,766 abortions in Gloucestershire in 2022. Figures have not yet been released for 2023. Research shows a woman (and her partner) are best able to cope with an unintended pregnancy decision when it is made free from pressure or fear, knowing they have made a truly informed choice, even if it is difficult at the time.

At The Well Pregnancy Choices Centre, we are able to provide the time, space and care that is needed for people facing a difficult Pregnancy Choice. Clients are given the space and support to make an informed decision without fear, pressure, or judgement. All the clients who completed evaluation forms said they found the session helpful and would recommend The Well Pregnancy Choices Centre to others.

The Centre provides caring and compassionate non-directive and non-biased counselling, advice and support to women, partners and their families who are suffering from any physical or mental illness or distress during or because of pregnancy or the termination of pregnancy. This is delivered by accredited practitioners.

We also seek to preserve and protect the health of women with unplanned pregnancy or pregnancy complicated by a diagnosis of foetal abnormality or maternal morbidity or the termination of pregnancy.

## Charitable Objectives and Activities

The Well Pregnancy Choices centre is committed to enabling anyone in and around Gloucestershire to access our services. Our objective is that anyone who needs support due to physical or mental illness or distress during or because of pregnancy or the termination of pregnancy can do so free of charge and in their own time without feeling rushed or directed towards any particular outcome.

## Achievements and Performance

## CLIENT SUPPORT

Our clients come from Gloucestershire, Bristol and further afield. In the year from October 2023, we had 70 new client referrals.

In the year from October 2023, we made 43 appointments for clients to be seen at the Centre with a further 36 client appointments for our telephone and zoom support programmes. This is a total of 79 appointments, a substantial increase on the number supported last year.

Our statistics show that new clients contacted us for support for

Miscarriage 4%

Post abortion 13%

Unplanned pregnancy 83%

To ensure our service remains at a high standard, we monitor and evaluate the services that we offer. Client feedback has been encouraging:

*One pregnancy choices client wrote: The practitioner was lovely, she was very patient, understanding, impartial and gave me some really good advice and support throughout the whole session, I felt very at ease.*

*Another pregnancy choices client wrote: I cannot thank you enough for the time today. I wrote down for myself afterwards that it felt like a weight was lifted and I could breathe air again for that hour. It doesn't make the decision easier but it helped to feel like I've thought it through a bit more. My husband also wanted me to thank you- he said speaking to you has clearly helped me and that has been a massive support and help to him too, so thank you!*

*A post abortion client wrote: I am more understanding and accepting of myself. I learned that I need to be more compassionate and kinder to myself. I learned that I have been punishing myself throughout the past years. Certain beliefs I picked up from childhood, from the surroundings, which do not support me anymore and need to be let go.*

*Another post abortion client, when asked what the most helpful part of the support programme was, responded: "I enjoyed seeing the progress I made after each session as I started to become more like my old self. I particularly enjoyed the whole idea of The Bowl breaking and in the last session putting it back together again but this time stronger."*

This year we have continued to focus on raising awareness of the centre through marketing, networking, and building relationships with other organisations in the area.

It takes time to build those relationships in order for them to signpost potential clients to our centre. Business cards, leaflets and flyers have been distributed to local GP surgeries, churches and other organisations such as the local Mothers' Union in Cheltenham and the Cheltenham foodbank.

A meeting with the student wellbeing team at the local university has been held for a second year. The student wellbeing team are keen to refer their students requiring our specialist services to us.

We plan to continue to build relationships with these and other organisations.

Helen Adair, the Centre Manager was appointed as the Centre Director of a similar centre in Yate near Bristol. We have attended training sessions with them and given a training session and attended their supervision sessions. We will continue to develop our connection with them. They often have a 12-week waiting list for post-termination support clients. We have seen some of their clients who wanted sessions via Zoom thus reducing their waiting list and the amount of time a client had to wait for support.

We continue to plan to increase the number of trustees and will do this through advertising in the local trustee bank. We plan to increase the number of volunteers who can offer support to clients. We will fund volunteers to complete the accredited training courses.

## VOLUNTEERS

The Centre is reliant on voluntary help. This keeps the cost of our support services down so we can continue to provide them free of charge. We have a team of four volunteer practitioners. Three have completed both the accredited pregnancy choices and post-abortion courses and one is currently taking part in the pregnancy choices training course.

Volunteers are given training and support including regular CPD from local professionals and via the Pregnancy Centres Network (PCN). The Pregnancy Centres Network (PCN) offers accredited training at Level 3 in pregnancy choices and post termination support which volunteers have completed.

Those involved in providing support have access to supervision at the centre in Yate on a regular basis. A trained supervision facilitator provides monthly group supervision.

Our work is strengthened and improved by working together with other agencies. We are constantly working to raise our profile amongst health professionals, universities and the public by networking, forging partnerships and by advertising.

Finally, the Trustees would like to thank the volunteers who support the work of the Centre.

## Structure

The Well Pregnancy Choices Centre currently has five trustees, one of whom is the Centre Manager, and three others are accredited practitioners.

The Centre Manager deals with the day-to-day running of the centre, the administration, supports clients and makes connections with other organisations.

All the trustees are responsible for making decisions on all matters of general concern and importance to the centre including deciding on how the funds of The Well Pregnancy Choices centre are to be spent.

The trustees met three times between November and July but were in regular communication throughout the year to agree various aspects of the management of the centre.

## Administrative Information

The Well Pregnancy Choices Centre is based in Cheltenham. It operates by appointment only and uses a room within a local community space to meet clients.

The administrative address is 10 Queens Head Close, Aston Cross, Tewkesbury, GL20 8FJ

It is a Charity Incorporated Organisation (CIO) and the registered Charity Number is 1197013

The Trustees are Helen Adair, Redacted name, Vanessa McCarthy, Abbey Sidery and Carole Whyborn.

## Financial Review

The Well Pregnancy Choices Centre held a fundraising morning in January.

Other income came from individual donations.

**Profit & Loss**  
The Well Pregnancy Choices Centre  
Accounting Year 2023/24

	Debit	Credit
<b>add Other Income</b>		<b>101</b>
Interest Received		101
<b>Gross Profit</b>		<b>101</b>
<b>less Administration Expenses</b>	<b>-2,640</b>	
Office Costs	37	
Mobile Phone	60	
Stationery	4	
Licenses and Permits	35	
Miscellaneous	237	
Advertising and Promotion	87	
Postage	12	
Charitable Donations	-3,277	
Insurance	165	
<b>less Staff Costs</b>	<b>656</b>	
Staff Training	656	
<b>less Tax-Disallowable Admin Expenses</b>	<b>8</b>	
Business Entertaining	8	
<b>Operating Profit</b>		<b>£2,076</b>
<b>less Drawings</b>		<b>£0</b>
<b>less Profit &amp; Loss journal entries</b>		<b>£0</b>
<b>Retained Profit this period:</b>		<b>£2,076</b>
<b>Retained Profit brought forward:</b>		<b>£10,224</b>
<b>Distributable Reserves / Retained Profit carried forward:</b>		<b>£12,300</b>

**THE WELL PREGNANCY CHOICES CENTRE**

England & Wales - Charity number 1197013

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# Accounts

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# Trustee Annual Report 2022-2023

## Aims and Purposes

The Well Pregnancy Choices Centre was registered as a charity in December 2021 and officially launched on 14<sup>th</sup> March 2022.

There were 1,568 abortions in Gloucestershire in 2021. Figures have not yet been released for 2022. Research shows a woman (and her partner) are best able to cope with an unintended pregnancy decision when it is made free from pressure or fear, knowing they have made a truly informed choice, even if it is difficult at the time.

At The Well Pregnancy Choices Centre, we are able to provide the time, space and care that is needed for people facing a difficult Pregnancy Choice. Clients are given the space and support to make an informed decision without fear, pressure, or judgement. All the clients who completed evaluation forms said they found the session helpful and would recommend The Well Pregnancy Choices Centre to others.

The Centre provides caring and compassionate non-directive and non-biased counselling, advice and support to women, partners and their families who are suffering from any physical or mental illness or distress during or because of pregnancy or the termination of pregnancy. This is delivered by accredited practitioners.

We also seek to preserve and protect the health of women with unplanned pregnancy or pregnancy complicated by a diagnosis of foetal abnormality or maternal morbidity or the termination of pregnancy.

## Charitable Objectives and Activities

The Well Pregnancy Choices centre is committed to enabling anyone in and around Gloucestershire to access our services. Our objective is that anyone who needs support due to physical or mental illness or distress during or because of pregnancy or the termination of pregnancy can do so free of charge and in their own time without feeling rushed or directed towards any particular outcome.

## Achievements and Performance

## CLIENT SUPPORT

Our clients come from Gloucestershire, Bristol and further afield. In the year from October 2022, we had 12 new client referrals.

In the year from October 2022, we made 20 appointments for clients to be seen at the Centre with a further 38 client appointments for our telephone and zoom support programmes. This is a total of 58 appointments.

Our statistics show that clients contacted us for support for

Miscarriage 8%

Post abortion 42%

Unplanned pregnancy 42%

Other issues 8%

To ensure our service remains at a high standard, we monitor and evaluate the services that we offer. Client feedback has been encouraging:

One pregnancy choices client wrote: The session was helpful because "it made me realise that I needed to talk to someone about my situation"

A miscarriage client wrote: "remembering baby as a real person and that my feelings of loss and grief and hurt are valid. Such a brilliant programme, at the time I needed it most but didn't know it existed. I hope this programme is one day available to all those who need it :) thank you to all involved!"

A post abortion client wrote: "During the Bowl support programme I feel I have had significantly less days of low self esteem and I am better equipped to manage emotions after learning mechanisms to support me throughout these periods."

Another post abortion client, when asked what the most helpful part of the support programme was, responded: "Knowing that the therapist I had was so supportive and listened to what I had to say. Also her ideas things such as starting a journal helped me express my feelings and make it easier to talk about them."

Another post abortion client wrote: "Thank you for saving my life, without this programme I don't honestly think I'd be here, this programme is hard but it is worth every second of the hard work just to still be here and be happy with the decision that me and my partner made because it was the right decision at the time."

This year we have continued to focus on raising awareness of the centre through marketing, networking, and building relationships with other organisations in the area. It takes time to build those relationships in order for them to signpost potential clients to our centre. Business cards, leaflets and flyers have been distributed to local GP surgeries, churches and other organisations such as the local Mothers' Union in Cheltenham and the Cheltenham foodbank. The student wellbeing team at the local university has been contacted and a meeting held with them.

We plan to continue to build relationships with these and other organisations.

Connections have been made with a centre in Yate near Bristol. We have attended training sessions with them and given a training session. We will continue to develop our connection with them. They often have a 12-week waiting list for post-termination support clients. We have seen two of their clients who wanted sessions via Zoom thus reducing their waiting list and the amount of time a client had to wait for support.

We continue to plan to increase the number of trustees and will do this through advertising the local trustee bank. We plan to increase the number of volunteers who can offer support to clients. We will fund volunteers to complete the accredited training courses.

## VOLUNTEERS

The Centre is reliant on voluntary help. This keeps the cost of our support services down so we can continue to provide them for free. We have a team of 3 volunteers.

Volunteers are given training and support including regular CPD from local professionals and via the Pregnancy Centres Network (PCN). The Pregnancy Centres Network (PCN) offers accredited training at Level 3 in pregnancy choices and post termination support which volunteers have completed.

Those involved in providing support have access to supervision at the centre in Yate on a regular basis. A trained supervision facilitator provides monthly group supervision.

Our work is strengthened and improved by working together with other agencies. We are constantly working to raise our profile amongst health professionals, universities and the public by networking, forging partnerships and by advertising.

Finally, the Trustees would like to thank the many volunteers who support the work of the Centre.

## Structure

The Well Pregnancy Choices Centre currently has four trustees, one of whom is the Centre Manager, and another is an accredited practitioner. Both are volunteers.

The Centre Manager deals with the day-to-day running of the centre, the administration, supports clients and makes connections with other organisations.

All the trustees are responsible for making decisions on all matters of general concern and importance to the centre including deciding on how the funds of The Well Pregnancy Choices centre are to be spent.

The trustees met twice between November and June but were in regular communication throughout the year to agree various aspects of the management of the centre.

## Administrative Information

The Well Pregnancy Choices Centre is based in Cheltenham. It operates by appointment only and uses a room within a local community space to meet clients.

The administrative address is 10 Queens Head Close, Aston Cross, Tewkesbury, GL20 8FJ

It is a Charity Incorporated Organisation (CIO) and the registered Charity Number is 1197013

The Trustees are Helen Adair, Redacted name, Vanessa McCarthy and Carole Whyborn. All have been trustees since the charity was registered on 8<sup>th</sup> December 2021.

## Financial Review

The Well Pregnancy Choices Centre held a fundraising evening in April.

Other income came from individual donations.

**Profit & Loss**  
**The Well Pregnancy Choices Centre**  
Accounting Year 2022/23

	Debit	Credit
<b>add Other Income</b>		<b>68</b>
Interest Received		68
<b>less Administration Expenses</b>	<b>-2,906</b>	
Office Costs	4	
Office Equipment	60	
Mobile Phone	60	
Stationery	135	
Licenses and Permits	35	
Miscellaneous	154	
Advertising and Promotion	155	
Postage	34	
Charitable Donations	-3,746	
Insurance	165	
Travel	38	
<b>less Staff Costs</b>	<b>1,157</b>	
Staff Training	1,157	
<b>less Tax-Disallowable Admin Expenses</b>	<b>9</b>	
Business Entertaining	9	
<b>Operating Profit</b>		<b>£1,808</b>
<b>less Drawings</b>		<b>£0</b>
<b>less Profit &amp; Loss journal entries</b>		<b>£0</b>
<b>Retained Profit this period:</b>		<b>£1,808</b>
<b>Retained Profit brought forward:</b>		<b>£8,416</b>
<b>Distributable Reserves / Retained Profit carried forward:</b>		<b>£10,224</b>

**THE WELL PREGNANCY CHOICES CENTRE**

England & Wales - Charity number 1197013

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# Accounts

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# Trustee Annual Report 2021-2022



## Aims and Purposes

The Well Pregnancy Choices Centre was registered as a charity in December 2021 and officially launched on 14<sup>th</sup> March 2022.

There were 1,568 abortions in Gloucestershire in 2021. Research shows a woman (and her partner) are best able to cope with an unintended pregnancy decision when it is made free from pressure or fear, knowing they have made a truly informed choice, even if it is difficult at the time. At The Well Pregnancy Choices Centre, we are able to provide the time, space and care that is needed for people facing a difficult Pregnancy Choice. Clients are given the space and support to make an informed decision without fear, pressure or judgement.

The Centre provides caring and compassionate non-directive and non-biased counselling, advice and support to women, partners and their families who are suffering from any physical or mental illness or distress during or as a result of pregnancy or the termination of pregnancy. This is delivered by accredited practitioners.

We also seek to preserve and protect the health of women with unplanned pregnancy or pregnancy complicated by a diagnosis of foetal abnormality or maternal morbidity or the termination of pregnancy.

## Charitable Objectives and Activities

The Well Pregnancy Choices centre is committed to enabling anyone in the area of Gloucestershire to access our services. When planning for the launch and for the year we considered the commission's guidance on public benefit. Our objective is that anyone who needs support due to physical or mental illness or distress during or as a result of pregnancy or the termination of pregnancy can do so free of charge and in their own time without feeling rushed or directed towards any particular outcome.

## Achievements and Performance

We have seen two clients this year, one post-termination client and one pregnancy choices client. The post-termination client was taken through a structured programme which lasted for ten sessions over a period of four months. These sessions took place both via Zoom and in person. At the end of the programme the client gave this feedback:

“A structured programme which allowed me to understand what we are going to cover and to what extent. I also valued that I was not judged at all by the therapist and my 'case' was seen and treated as an individual case. I felt comfortable, valued and respected. My journey as an individual woman was taken into account.”

I have understood my decision to terminate better. I have learnt a lot about myself, self-compassion and mindfulness. A big eye-opener was for me what influence my past and my family had on my decision. I am more aware of 'me!'”

This year has mainly been focused on launching the centre, marketing, networking and building relationships with other organisations in the area. It takes time to build those relationships in order for them to signpost potential clients to our centre. Business cards, leaflets and flyers have been distributed to local GP surgeries and churches. The local university was also contacted.

We plan to continue contacting other GP surgeries in the wider area and to contact local schools and colleges, so they know what services we can offer to support patients and students.

Many clients who are seeking support often do so using the internet, to this regard time was given to build an informative website which was launched in March 2022. We will continue monitoring and developing the website to ensure it reaches those looking for our services.

Connections have been made with a centre in Yate near Bristol. We have been able to join with them for a training session. We will continue to develop our connection with them. They currently have a 12-week waiting list for post-termination support clients, so we plan to offer the programme to some of their clients who prefer to have sessions via Zoom thus reducing their waiting list and the amount of time a client has to wait for support.

We plan to increase the number of trustees and will do this through advertising and plan to increase the number of volunteers who can offer support to clients. We will fund volunteers to complete the accredited training course.

## Structure

The Well Pregnancy Choices Centre currently has four trustees, one of whom is the Centre Manager, and another is an accredited practitioner. Both are volunteers.

The Centre Manager deals with the day-to-day running of the centre, the administration and sees clients.

All the trustees are responsible for making decisions on all matters of general concern and importance to the centre including deciding on how the funds of The Well Pregnancy Choices centre are to be spent.

The trustees met twice between February and October but were in regular communication throughout the year to agree various aspects of the management of the centre.

## Administrative Information

The Well Pregnancy Choices Centre is based in Cheltenham. It operates by appointment only and uses a room within a local community space to meet clients.

The administrative address is 10 Queens Head Close, Aston Cross, Tewkesbury, GL20 8FJ

It is a Charity Incorporated Organisation (CIO) and the registered Charity Number is 1197013

The Trustees are Helen Adair, Redacted name, Vanessa McCarthy and Carole Whyborn. All have been trustees since the charity was registered on 8<sup>th</sup> December 2021.

## Financial Review

The Well Pregnancy Choices Centre received funding of £8000 from the National Lottery Community Fund which helped with the start up costs of the centre, including the website, insurance, marketing materials, a laptop and training for practitioners and trustees.

Other income came from individual donations.

### Assets and liabilities

#### The Well Pregnancy Choices Centre -

##### Capital Assets

Net Book Value 0

Current Assets 15520

Bank Account: Business Current Account 1813

Bank Account: THE WELL PREGNANCY C 6706

Other Creditors 7000

less Current Liabilities 7160

Contra Account 7160

Net Current Assets 8360

Total Assets 8360

##### Owner's Equity:

Retained Profit 8360

Total Owner's Equity 8360

Assets retained for charity's own use Laptop

## Financial accounts

### Balance Sheet

#### The Well Pregnancy Choices Centre

As at 01 October 2022

	£	£
<b>Capital Assets</b>		
Net Book Value	£0	
<b>Current Assets</b>	<b>15,476</b>	
Bank Account: Business Current Account	1,772	
Bank Account: THE WELL PREGNANCY C	6,704	
Other Creditors	7,000	
<b>less Current Liabilities</b>		<b>7,160</b>
Contra Account		7,160
<b>Net Current Assets</b>	<b>£8,316</b>	
<b>Total Assets</b>	<b>£8,316</b>	
<b>Owner's Equity:</b>		
Retained Profit		8,316
<b>Total Owner's Equity</b>		<b>£8,316</b>

## The Well Pregnancy Choices Centre

Accounting Year 2021/22

	Debit	Credit
<b><i>add Other Income</i></b>		<b>11,229</b>
Interest Received		4
Grant Income		11,225
<b><i>less Administration Expenses</i></b>	<b>1,575</b>	
Web Hosting	335	
Computer	600	
Office Equipment	25	
Other Computer Costs	14	
Mobile Phone	35	
Stationery	10	
Miscellaneous	64	
Advertising and Promotion	281	
Books and Journals	47	
Insurance	165	
<b><i>less Staff Costs</i></b>	<b>1,428</b>	
Staff Training	1,428	
<b>Operating Profit</b>		<b>£8,226</b>
<b><i>less Drawings</i></b>		<b>-£90</b>
<b><i>less Profit &amp; Loss journal entries</i></b>		<b>£0</b>
<b>Retained Profit this period:</b>		<b>£8,316</b>