

# 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
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Current Assets	15520
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Bank Account: Business Current Account	1813
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Bank Account: THE WELL PREGNANCY C	6706
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Other Creditors	7000
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less Current Liabilities	7160
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Contra Account	7160
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Net Current Assets	8360
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Total Assets	8360
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##### Owner's Equity:

Retained Profit	8360
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Total Owner's Equity	8360
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Assets retained for charity's own use	Laptop
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## 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>