



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 14th 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
<i>add Other Income</i>		101
Interest Received		101
Gross Profit		101
<i>less Administration Expenses</i>	-2,640	
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	
<i>less Staff Costs</i>	656	
Staff Training	656	
<i>less Tax-Disallowable Admin Expenses</i>	8	
Business Entertaining	8	
Operating Profit		£2,076
<i>less Drawings</i>		£0
<i>less Profit & Loss journal entries</i>		£0
Retained Profit this period:		£2,076
Retained Profit brought forward:		£10,224
Distributable Reserves / Retained Profit carried forward:		£12,300