

A woman with brown hair is lying in bed, covered by a white sheet. She is wearing a light green button-down shirt and is looking down at a smartphone held in her hands. The background is softly blurred, showing more of the bed and some light coming from a window.

**Destigmatising  
abortion,  
one conversation  
at a time**

**abortion  
talk**

**Our impact 2025**

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As Chair of Abortion Talk, I am always deeply aware of the trust people place in us when they reach out. Behind every call or webchat is a person trying to make sense of something that can feel complicated, emotional or isolating. Being able to offer a calm, non-judgemental space at those moments is at the heart of why Abortion Talk exists.

This year has been one of learning and growth. We have reached more people, developed new ways to offer support, and continued to work with healthcare professionals and students to promote compassionate, respectful abortion care. None of this happens without the commitment, skill and generosity of our volunteers, staff and trustees, whose care for this work is evident in everything they do.

I am proud of what Abortion Talk has achieved this year, and grateful to our funders, partners and supporters who make this work possible. Most of all, I want to thank the people who contact us and trust us with their stories. Their experiences continue to guide and motivate our work.

Laura Russell  
Chair, Abortion Talk



## Our impact at a glance

We are really proud of what we have achieved this year at Abortion Talk.

**900** Talkline hours, now offered **4** days a week



**18** workshops across **all 4** UK nations with more than **350** total attendees



**433** Talkline conversations, **3 times** as many as last year

Introduced our Talkline **webchat**, which now facilitates **43% conversations**



Developed **Abortion Care Fundamentals** course, piloting **10 workshops** with more than **150 students**



**12 new volunteers** grew the Talkline team to **32**



Partnered with **all** independent UK abortion providers

## Our milestones this year

Here are some of our highlights from the last year...

An essential new training offer for nurse and midwifery students

### **Abortion care fundamentals workshop piloted**

### **Independent evaluation started**

We sought outside expertise to help us understand what we are doing well and what can be improved.

Growing the range of skills on our board and strengthening our governance.

### **Recruited three new trustees**

### **Third volunteer cohort trained**

12 new volunteers completed their training and brought our total number of Talkline volunteers to 32.

We brought together 100 attendees to learn and share in our joint mission to destigmatise abortion.

### **Annual Abortion Talk & Doctors for Choice UK conference**

### **Webchat introduced**

Helped us double the number of conversations we have about abortion.

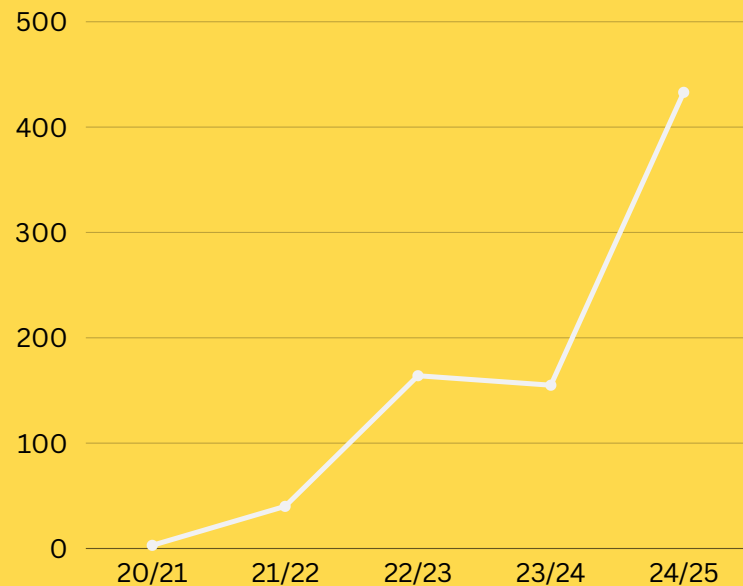
### **Evaluation completed**

We can't wait to share the findings soon.

## Our Talkline

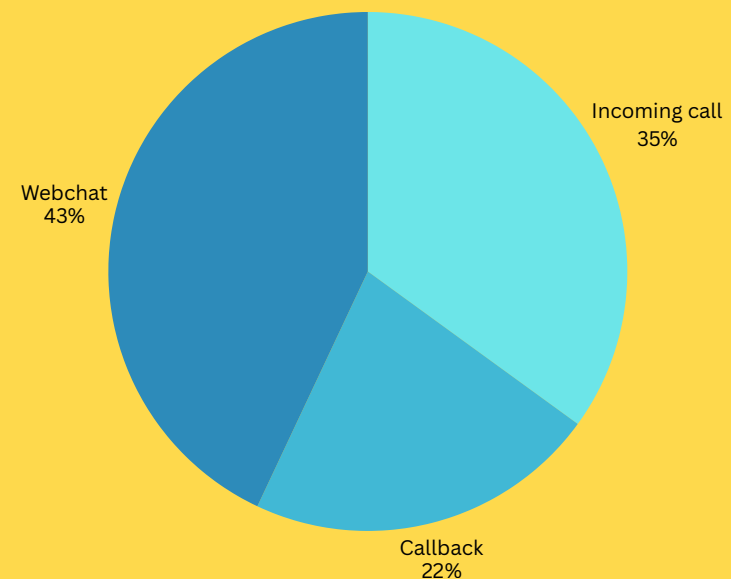
Let's take a closer look at our Talkline impact...

We answered calls and chats from 433 people in 2024/25. This represents nearly **three times the number of contacts** compared to the previous year.



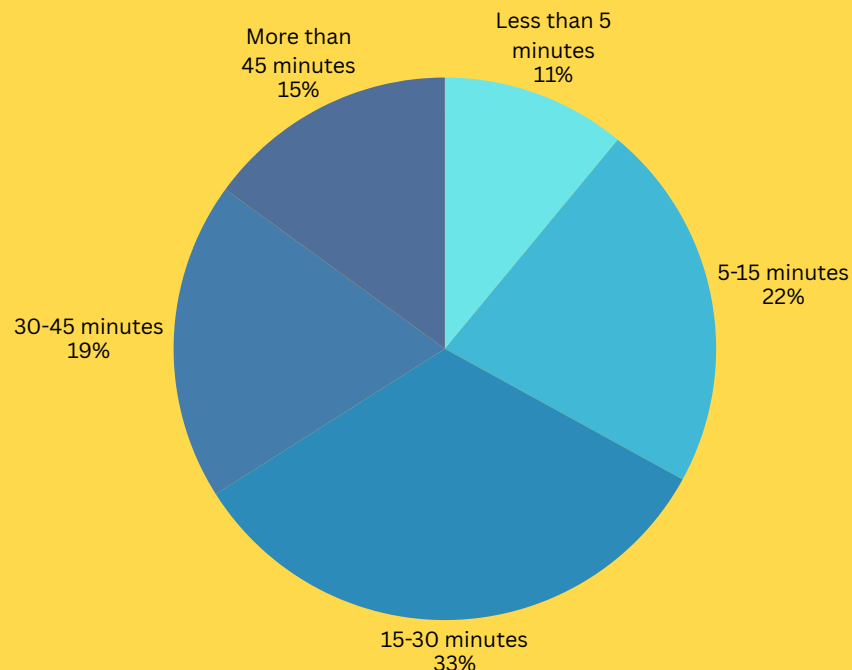
Since introducing webchat in April 2025, almost half of everyone who reaches out now chooses this route.

**Webchat accounts for 43% of contacts**, compared with 35% via phone calls and 22% via requested call-backs.

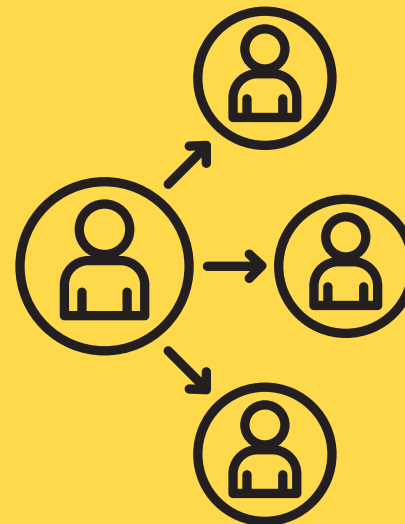


## Our Talkline

**We are available for whatever length of conversation people need**, from quick questions to longer, in-depth support. While some contacts last under 15 minutes, over two-thirds go beyond this, reflecting the time and space many people need to talk.



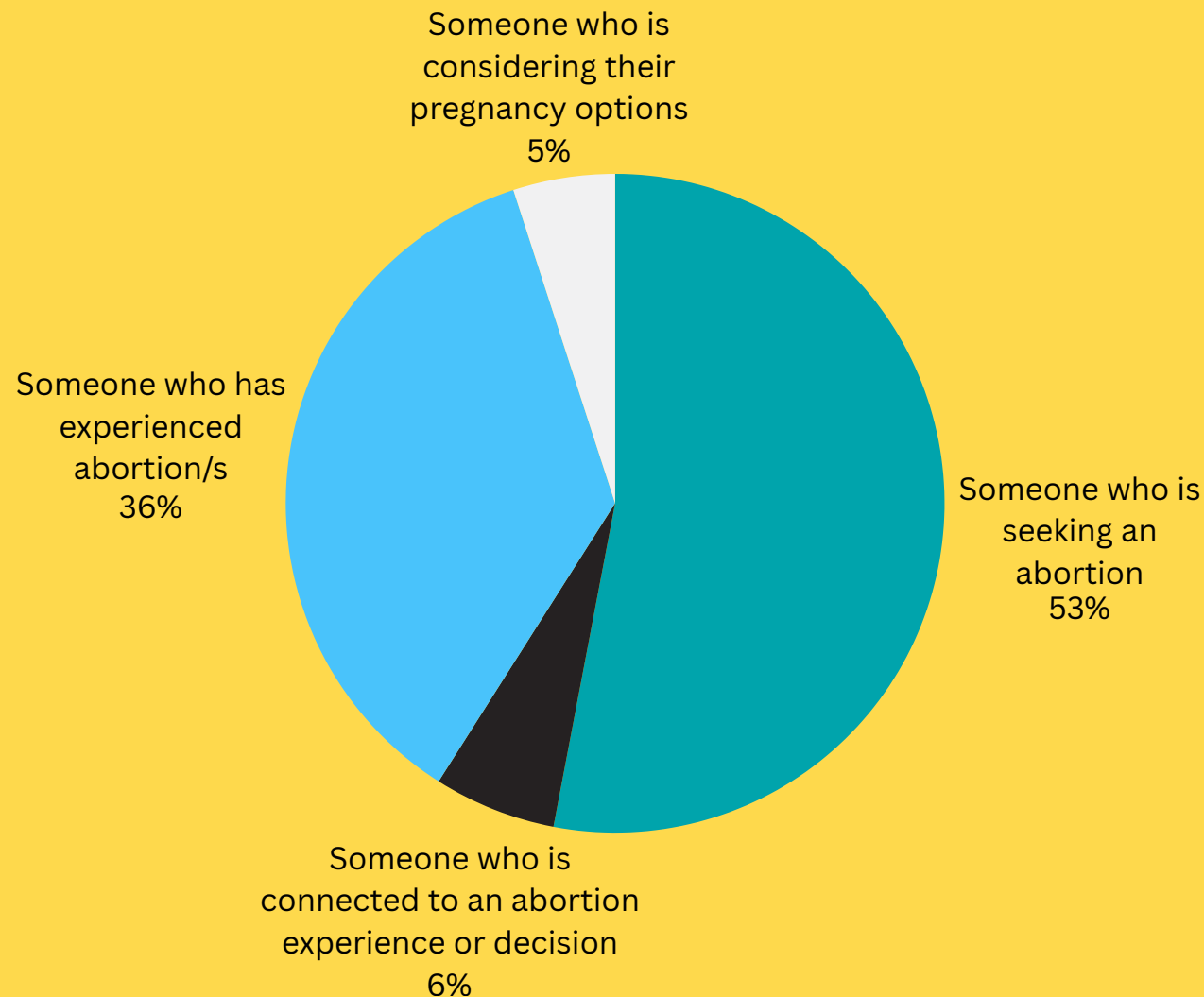
We don't always know how people find Abortion Talk, but almost **one in four** of our callers **reach us through conversations with an abortion provider** or information on a provider's website. We are also listed on other healthcare provider websites, such as Brook, NHS Grampian and Sexual Health Wales.



**Around one in five** of the people who contact us find us via searching on **Google**, through our **social media**, or **our website**.

## Our Talkline

Most of our callers are considering their pregnancy options, seeking an abortion or have already had an abortion themselves. But we also speak to partners, family members and friends, as well as couples together.



## Our Talkline

The people who have contacted us at Abortion Talk this year are not one kind of person. Like all people who have abortions, they are individuals living full, varied lives. And like any of us, their lives can be complicated.

Here is a snap shot of some parts of their identities or current situations, when they contacted us.



living with parents  
navigating big changes

thirty-somethings  
living with housemates  
peri-menopausal

practicing Christian  
recently single  
newly married

struggling financially

new mums  
going through a breakup  
single parents

about to start new jobs  
full-time carers to children with complex conditions  
grieving loss  
juggling full-time work and study

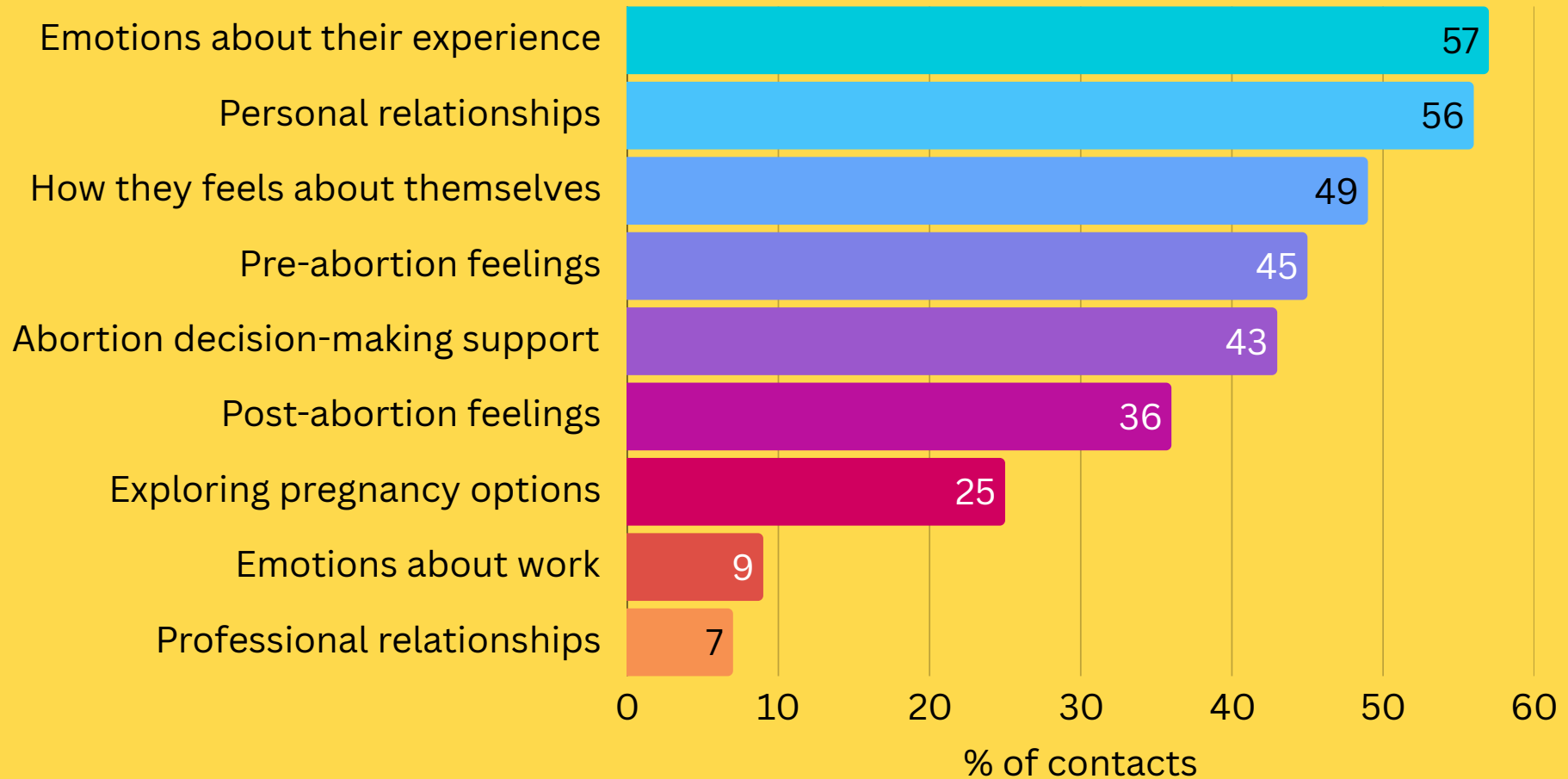
in unhealthy relationships  
living with health conditions



relationships  
university students

## Our Talkline

The most common thing people want to discuss in their conversations with us is:



## Our Talkline

These are some of the feelings and questions our callers have shared with us.

I feel grief and sadness about the abortion I had last month - is this normal? It was right for me, but how do I process these feelings?

I just found out I'm pregnant. I can't tell anyone. I don't know what to do.

What's the difference between a medical and a surgical abortion?

How do I best support my daughter, who is thinking about having an abortion?

I've booked an abortion appointment, but now I'm not sure I want one, can I change my mind?

How do I get an abortion?

I want to have an abortion, but my boyfriend doesn't support me.

I'm worried about what other people will think, if I tell them I've had an abortion.

We just need someone to talk to about this - we aren't ready to tell our family.

Is it normal to feel sad about an abortion I had a year ago? My friend is having a baby and it's really triggered me.

It means a lot that our conversations have made a difference to those who contact us. Here's some of the feedback we have received from Talkline users.

"I would have been lost with no options if it wasn't for you - thank you 😊"

"It was nice to get things off my chest with someone anonymous who wasn't judgemental about me or my experience."

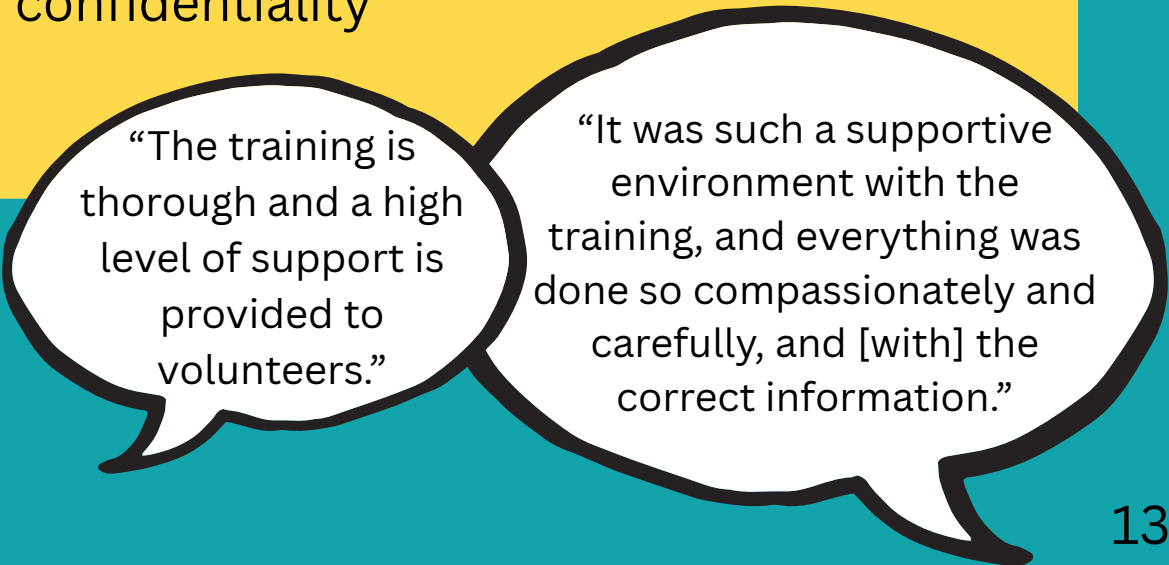
"It really does help to say some of this stuff out loud."

"[After my conversation with Abortion Talk] I feel more confident in making a decision and I don't feel as scared."

## Our Talkline volunteers

Abortion Talk is powered by volunteers. **A team of 32** operate our Talkline four evenings a week all through the year (with the exception of the period between Christmas and New Year). This year our Talkline volunteers provided **900 hours of support** by telephone and webchat.

To join the talkline team, volunteers go through a robust selection and training process involving interviews, 15 hours of workshops and practice calls before taking their first live call. Training covers information about abortion methods and availability, the law in the UK, feelings around stigma, active listening, empathy, confidentiality and safeguarding.



“The training is thorough and a high level of support is provided to volunteers.”

“It was such a supportive environment with the training, and everything was done so compassionately and carefully, and [with] the correct information.”

## Our Talkline volunteers

Our Talkline volunteers come from range of backgrounds including healthcare, advocacy, education, research, project management, design, youth work and more. They are united by their passion for creating safe, non-judgemental spaces for people to talk about their abortion experiences.

*“At the end of a shift you realise how much of a difference you make - even if it's just to be a listening ear to someone who had no-one else to talk to”*

*Amy Ridler, Volunteer*



*“This work to destigmatise abortion as a vital and essential form of reproductive healthcare is more important now than ever”*

*Aideen O'Shaughnessy, Volunteer*



Our workshops have had a huge impact this year too....



As well as the Talkline, **Abortion Talk delivers specialist workshops** for students, healthcare professionals and abortion advocates. These workshops cover abortion law, clinical practice, values clarification, emotional support, and non-stigmatising, respectful care. Building on a strong track record of delivering programmes in healthcare settings since 2021, this year we consolidated and expanded this work by continuing to deliver bespoke workshops while also developing and piloting new training programmes.

This year we delivered **18 workshops** reaching over **350 individuals** across all four nations of the UK. This has doubled since last year, when we delivered 8 workshops.

## Our workshops

This year, we designed **Abortion Care Fundamentals** in partnership with the Open University. This new training was delivered in partnership with City University, the University of Northampton, and the Open University in Wales. Specifically for student nurses and midwives, these workshops provide participants with the knowledge, skills and values-based framework required to deliver non-judgemental abortion care.

This year, we delivered **10 pilot workshops** reaching **156 nursing and midwifery students**.

As part of the pilot, we worked with the Open University to evaluate these workshops. After the training:

- **97%** of participants reported **feeling confident talking to patients about abortion** (up from 32%, before the workshop)
- **92%** felt **prepared to answer patients' questions** (up from 21%,
- **97%** reported **understanding UK abortion law** (up from 45%).

These results demonstrate the Fundamentals workshop's effectiveness in preparing a workforce to provide accurate, compassionate, and non-stigmatising abortion care.

## Our workshops

We have had some great feedback from our workshop attendees...

“The workshops provided to my unit were invaluable. Staff still talk about them and felt really empowered after them.”

“I have learnt so much and feel a lot more confident with abortion care.”

“Many many thanks for such a truly fantastic workshop. I left on a total high, it was brilliant.”

“Staff have a better understanding of abortion, their thoughts and feelings on abortion and why people seek an abortion.”

This year we received **£21,200** from the Open University to carry out an independent evaluation of our services as well as further develop our workshop resources. We received **£16,200** from sponsors including the three main independent abortion providers in the UK. The Fore supported us with a further **£10,000** following on from their grant of £20,000 last year. Sales from workshops totalled **£6,090**. The rest of our income came from individual donations, sales of merchandise, and Gift Aid.

## Our plans for the year ahead

We have big plans for the year ahead.  
Here's some of what we are looking forward to....

This is important to ensure we remain effective, accountable, and well-placed to deliver our mission.



Thank you to our partners, funders and donors without whose support we could not have had this impact.



Thank you for your support!

Any questions about this report or how you can support our work destigmatising abortion?  
Contact us at **info@abortiontalk.com**.

Visit our website to learn more about Abortion Talk and make a donation, or follow our us on social media.



## Charity commission information (1)

Abortion Talk is a charitable trust (charity commission registration number 297667) whose registered address is Crown House, 27 Old Gloucester Street, London WC1N 3AX. We are governed by a Trust Deed which was last amended on 4 September 2023.

Abortion Talk's only voting members are its charity trustees. The trustees all have an equal vote on all matters and manage the affairs of the trust. None have received benefits or claimed personal expenses from the trust. In appointing new trustees, regard is given to the knowledge, skills and experience needed for the effective administration of the trust. Operationally the trustees are supported by a small team of freelance contractors.

Established in 1987 and revitalised in 2021 after a period of dormancy, we have four strategic objectives:

1. Develop and grow our Talkline, so that people who want to talk about their abortion experiences get the chance to be heard.
2. Expand our workshops for healthcare providers, community groups and students, to address abortion stigma while promoting competent and compassionate care.
3. Develop Abortion Talk's infrastructure, so that we're ready to grow.
4. Support our partners in their campaigns to challenge abortion stigma more widely.

Our trustees during the annual report period (1 October 2024 - 30 September 2025) were:

Hannah Brearley (appointed 28 October 2024, resigned 10 June 2025)

Charlotte Chung (appointed 28 October 2024)

Mara Clarke (appointed 28 October 2024)

Jane Fisher

Sally Gimson (resigned 28 October 2024)

Zoe Macalpine

Chowa Nkonde (resigned 28 October 2024)

Laura Russell (Chair)

Wendy Savage (resigned 28 October 2024)

Helen Timbrell (appointed 28 October 2024)

Hayley Webb

Samuel Yosef

## Charity commission information (3)

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed,
- subject to any material departures disclosed and explained in the financial statements;

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2015 and the provisions of the trust deed. They are also responsible for safekeeping the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the trustees,



Laura Russell, Chair of the Board of Trustees

## Statement of independent examiner (1)

Independent Examiner's Report to the Members of Abortion Talk, Year Ended 30 September 2025

I report on the accounts of the charity for the year ended 30 September 2025.

### Respective Responsibilities of Trustees and Examiner

The 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 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

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

### Basis of Independent Examiner's Report

My examination was carried out in accordance with the 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.

## Statement of independent examiner (2)

### 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 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 section 396 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.



Jane Ascroft FCA MA (Cantab)  
Chartered Accountant (ICAEW) and Independent examiner

Enterprise House  
Harmire Enterprise Park  
Barnard Castle  
County Durham  
DL12 8XP  
10th December 2025

## Income and expenditure (1)

Abortion Talk - charity registration number 297667.

Receipts and payment accounts (For the year ended 30 September 2025)

Receipts	Unrestricted funds (to nearest £)	Restricted funds (to nearest £)	Endowment funds (to the nearest £)	Total funds (to the nearest £)	Last year (to the nearest £)
Donations - Individual giving	£2,879	£0	£0	£2,879	£4,675
Donations - Gift Aid	£58	£0	£0	£58	£0
Donation - corporate	£16,200	£0	£0	£16,200	£15,100
Grants	£10,142	£0	£0	£10,142	£20,613
Sales - partnerships	£21,200	£0	£0	£21,200	£19,600
Sales - royalties	£16	£0	£0	£16	£76
Sales - workshops	£6,090	£0	£0	£6,090	£10,532
Other	£0	£0	£0	£0	£90
<b>Subtotal</b>	<b>£56,585</b>	<b>£0</b>	<b>£0</b>	<b>£56,585</b>	<b>£70,686</b>
<b>Assets and investment sales</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>
<b>Total receipts</b>	<b>£56,585</b>	<b>£0</b>	<b>£0</b>	<b>£56,585</b>	<b>£70,686</b>
<b>Payments</b>					
Talkline operations	£8,680	£0	£0	£8,680	£6,787
Workshop operations	£16,178	£0	£0	£16,178	£24,034
People	£22,945	£0	£0	£22,945	£10,997
Fundraising and evaluation	£16,627	£0	£0	£16,627	£73
Marketing and Comms	£7,218	£0	£0	£7,218	£2,569
Office costs	£207	£0	£0	£207	£168
Software	£380	£0	£0	£380	£188
Legal and professional	£732	£0	£0	£732	£639
<b>Subtotal</b>	<b>£72,967</b>	<b>£0</b>	<b>£0</b>	<b>£72,967</b>	<b>£45,455</b>
<b>Asset and investment purchases</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>	<b>£0</b>
<b>Total payments</b>	<b>£72,967</b>	<b>£0</b>	<b>£0</b>	<b>£72,967</b>	<b>£45,455</b>
<b>Net of receipts/(payments)</b>	<b>-£16,383</b>	<b>£0</b>	<b>£0</b>	<b>-£16,383</b>	<b>£25,231</b>
Transfer between funds	£0	£0	£0	£0	0
Cash funds last year end	£45,479	£0	£0	£45,479	20248
<b>Cash funds this year end</b>	<b>£29,096</b>	<b>£0</b>	<b>£0</b>	<b>£29,096</b>	<b>£45,479</b>

# Income and expenditure (2)

Abortion Talk - charity registration number 297667.  
Statement of assets and liabilities (For the year ended 30 September 2025)

Cash funds	Details	Unrestricted funds (to nearest £)	Restricted funds (to nearest £)	Endowment funds (to nearest £)
	Coop bank account	£28,934	£0	£0
	Wise bank account	£0	£0	£0
	Paypal account	£161	£0	£0
	Total cash funds	£29,095	£0	£0
Signed on behalf of all the trustees	Signature	Print name	Date of approval	



Laura Russell 26 January 2026