



ACORN Annual Report

2016/17

Thanks to all our supporters

Thank you for your continued support of Acorn and the work that we do. We have had a very positive year.



Aims for the year

Our aims were to **strengthen the counselling team** (page 2) and the **schools work** (page 5) and to **promote our work in the community** (page 2), with a long term aim of attracting more crisis pregnancy clients. We have been greatly assisted in this by having Angela Geach as our Office Manager. She has gradually been making the role her own and has been a steadfast support throughout the year.

Bridget saying goodbye

David and I are moving in July to Cheshire to be nearer our family and I have been spending more time up there since last September in order to support his elderly mother. So we haven't been able to give as much time to Acorn as previously and we will be stepping down as trustees. I have been so grateful for everyone's support in the years that I have been Chair. I'm confident that the current trustees together with Angela

(and the new Angela, page 4) will take Acorn forward to provide a service for local people. Once again we are very grateful to all our volunteers—we couldn't do it without you!

Suggestions please!

Your support is very important to us so we will be spending some time at the **Social and AGM**

exploring ways to communicate better with our supporters (other than Angela's excellent Bulletin) and to provide opportunities for you to join in prayer support.



Invitation—do come!

We look forward to sharing with you at our Social and AGM on Monday 15 May. Please do come, it will be more of a social occasion than usual, with plenty of time to chat and discuss ideas.

Bridget Hobson

Goals for this Year

Strengthening the counselling team

We currently have three trained pregnancy loss counselling volunteers and three more who are training. In addition we have two crisis pregnancy counselling volunteers and our supervisor also sees these clients as further back up.

We have three new counselling volunteers who have been undertaking training over the year and it's becoming clearer as to how we will manage our training in the future.

Four counselling volunteers are taking the Level 2 Certificate in Counselling skills course at Northbrook or Worthing College. This course lasts a whole year and provides a very secure foundation for our volunteers. Some are considering going on to Level 3.

We have also had to say good bye to two of our counselling volunteers. Roz Merrick came to us whilst on her Level 3 course and went through *The Journey* course. She has seen a number of clients but now she is studying for Level 4 and needs a placement which Acorn is unable provide at the moment. We wish her well in her training and thank her for her time over the last year.

We are sad to lose Jacqui Marshall who has been one of our pregnancy loss volunteers for many years, as well as doing most of the other jobs at one time or another. She was a trustee and also one of our befrienders, and was a birthing partner for some of our clients. We want to say a huge thank you for all that she has brought to Acorn, for all the time she has given, and we wish her well in the future. She will be staying in touch as one of our supporters.



Promoting our work in the community

Last September we hosted an *Open* meeting with a visiting speaker Jenny Baines, who heads up the *Open* charity working with *Care*. This offers support for pregnancy loss and weekend retreats in different areas round the country where they go through a programme very similar to *The Journey*. We had a lunch for local ministers where we were able to explain more fully what both *Open* and Acorn have to offer and an evening meeting which was reasonably attended by Acorn supporters and some new contacts.

We had invitations to speak at the Queen Street ladies meeting and at Goring URC. These opportunities to speak at local churches are very valuable.

Since last September we've been adopted by the Co-Op store in Rowlands Road as one of their chosen local charities and this is now extended to other local stores. It's resulted in a donation of over £3300 and an opportunity to attend a presentation day.



Bridget Hobson

Facts and Figures

Finances and Fundraising

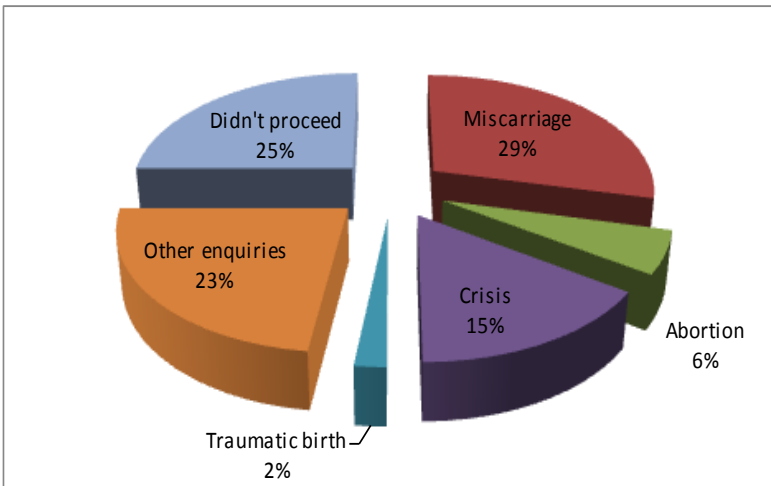
Finances continue to be a challenge for Acorn, although this year we “broke even”. We were greatly helped by the fundraising efforts of the Marshall family, with Richard’s sponsored walk and their sons Pete and Matt running the Worthing Half Marathon. We also received some funding from grant making trusts, although these involve a good deal of paperwork and research!

All in all, our income was slightly more, and our expenses slightly less, than last year, which is encouraging. A detailed breakdown forms part of this Report. At present we don’t yet have the finances to expand or look to develop more services and help more people. We need to attract more individuals and churches to support us regularly and also put on more fundraising events such as coffee mornings, cake sales and sponsored events. Please see me if you would like to help in this way.



Patrick Woodward, Treasurer

Who We Helped This Year



The pie chart shows who has contacted us for help this year.

From 52 contacts:

- We saw 15 clients about miscarriage;
- 3 clients about abortion;
- 8 clients to talk about a crisis pregnancy;
- and 1 who’d had a traumatic birth experience.
- 13 chose not to proceed further;
- and 12 others called with other enquiries and asked for information, which we were happy to provide.

Our Crisis Pregnancy Training day was ably led by Alison Crosthwaite and Gillian Woodward. We are working towards an In house pregnancy loss training course in the autumn for those currently on the Level 2 courses. Last June several counselling volunteers attended Safeguarding training with Options at Chichester.

The trustees have set aside a budget for training, initially provided by funding from Aviva. This will enable us to pay for In house training and to offer financial support to volunteers on Level 2 or 3 courses.

In January we hosted an excellent training day on Infertility, using the funds provided by Worthing Community Chest. Our speaker was Kate Brian from Fertility Network UK and she was very knowledgeable and very compassionate and gave us several ideas for the future. Some of our pregnancy loss clients are struggling with infertility problems too so this was very valuable training.

We have been able to co-operate with the other regional centres, Chichester in particular, who have helped us out with seeing clients when our waiting list was long. We are also able to share training with them, as in the Safeguarding training.

Alison Crosthwaite has been in the supervision role for over a year now and is feeling it's time to take a step back, although she is willing to become a trustee and will be the mainstay of our training team. We have been very fortunate to find a local counsellor who is training to be a supervisor and she is going to join us from September to be our supervisor and lead counsellor. Her name is Angela Watt and we are looking forward to working with her.

Once we feel we have a stronger counselling team to see crisis pregnancy clients we plan to advertise our services to local doctors and clinics in an effort to expand this side of the work.



Trustees

As I've already mentioned, David and I will be stepping down as trustees as we are on the move.

Our Vice Chair, Richard Marshall, will be the new Chair and I'm very confident that he and the trustees will continue to take Acorn forward. I am leaving it in capable hands.

Also, we are very glad that Alison Crosthwaite is willing to join the board and we are always on the lookout for other willing volunteers.

We are also very pleased to be able to call on the expertise of a local GP, Dr Becky Richards, who is going to be on call for us as a medical adviser now that David is no longer available to act in that capacity.

Bridget Hobson (Chair of Trustees)

Schools' Work

We are working with Angmering, Durrington, Davison, St Andrews High Schools and Shoreham Academy. This year we made the decision to offer one session to year 10 classes (age 14-15years) only, as we are working with only 3 presenters and 4 assistants. I have been able to help out with the occasional lesson and we are delighted to welcome Pam Denman to join the team. By the end of the year we will have taken 48 sessions which is still a lot of young people contacted over the year, approximately 1200.

The session includes:

- Introduction to the work of a pregnancy counselling centre and a description of what Acorn offers
- A class discussion as to how a young couple might feel on finding themselves unexpectedly pregnant
- The advantages and disadvantages of the choices open to them

The Lifeline game, illustrating the normal development of a pregnancy, together with facts about the legal time limits for abortion.

These sessions engage the young people, and we have very positive feedback from the staff.

We are urgently looking for more people to join our team. We need someone who would be willing to liaise with the schools and co-ordinate the programme, as this is the job I have been doing. Two of our presenters are also counselling volunteers and they would like to concentrate on this in the future so we need more people willing to do this, training is available. If we don't find volunteers for these roles we may not be able to cover the schools work for the coming year.



Bridget Hobson, Schools Co-ordinator

Acorn House



We are delighted to say that our Landlord has finally addressed our damp problem seriously and some specialist work was undertaken in November which involved Angela moving out of the office for a few weeks which she managed very capably. We are hoping that this will now make it a much more pleasant place for us to work and for clients to visit. We are therefore planning the redecoration work that is needed and would like to update furniture and give the centre a new look for 2017.

Angela says

I am amazed that I've been Centre Manager for a whole year now - it's flown by!

The highlight for me has been getting to know the great team of people involved with Acorn, everyone I've met is passionately dedicated and every minute they spend with us is given voluntarily! I'd like to thank you all on behalf of the Worthing community.

To me, the heart of my role is to support and encourage the team, so I try to think of ways to do that better - that's why I started the (monthly-ish!) news bulletin. Even so, face-to-face is still the best way to get to know you, so do come along to Acorn events when you can.

We've held some great events this year – including Bronwen's Farewell Lunch, the concert, the Open Meetings and of course our volunteers' Christmas carvery bash, which was great fun! There'll definitely be another Christmas meal out this year, and maybe a summer one – volunteers keep 21st July free, just in case. If you're not a volunteer but you have some time to spare, please do consider helping Acorn in some way...

Angela Geach



How can I help?

Acorn needs your help in a variety of ways: volunteers, members, financial support or fundraising and prayer partners. If you'd like to help please let us know. Complete the form below or email the office: office@acornworthing.org.uk

Volunteer:

- Helper's register: assistant to counselling
volunteers
- Counselling
- Office
- Schools
- Acorn champion (church rep)
- Cleaning

- Prayer partner** (email address, please)
- I'd like a speaker** at my group

- Acorn member**
- Acorn One Hundred** (monthly giving)
- A gift in my will**
- Fundraising:** coffee morning/cake sale/
sponsored event

_____ Name

----- Address

Post code -----

----- Email address

----- Phone

Summary of the objects of the charity as set out in its governing document:

To educate people on the subject of pregnancy and the termination of pregnancy and its effects.

To preserve and protect women's health and to provide advice, counselling and assistance to women and their families who are suffering from any effects or distress as a result of pregnancy or following an abortion, miscarriage, cot death, still birth, or loss of a child.

A summary of the main activities undertaken for the public benefit in relation to these objects is contained in this report.

Administrative information

Name of charity:	Acorn Pregnancy Counselling Centre Limited
Registered Charity Number:	1094389
Company registration number:	04407431
Registered office & operational address:	Acorn House, 8 Stanford Square, Worthing, West Sussex BN11 3EZ
Trustees:	Bridget Hobson (Chair), David Hobson, Richard Marshall, Wendy Marshall, Patrick Woodward, Mary Parish
Company secretary:	Patrick Woodward
Treasurer:	Patrick Woodward
Centre Manager:	Angela Geach
Independent Examiner:	Anthony Jackson, CPFA
Bankers:	Lloyds Bank, South Street, Worthing



office@acornworthing.org.uk

01903 823893

acornworthing.org.uk

Charity no 1094389

Acorn PCC is a company limited by Guarantee no 04407431





Acorn Pregnancy Counselling Centre
 Statement of Financial Activities
 For the 12 months to 28th February 2017

Detailed Income and Expenditure Statement

	2017 Unrestricted Funds £	2017 Restricted Funds £	2017 Total Funds £	2016 Total Funds £
INCOMING RESOURCES				
Donations	8,631		8,631	8,353
Training Charges	0		0	250
Fund Raising	3,109		3,109	895
Trust Income	2,800	1,600	4,400	4,896
Interest Income	4		4	4
Gift Aid	601		601	463
Total Income	15,145	1,600	16,745	14,861
CHARITABLE EXPENDITURE				
Direct Charitable Expenditure	8,631	730	9,361	8,518
Management & Administration	7,135		7,135	7,275
Total Charitable Expenditure	15,766	730	16,496	15,793
Movement in Total Funds for the Year	-621	870	249	-932
Transfer To General Funds				0
Funds Brought Forward	9,881	450	10,331	11,263
Funds Carried Forward	9,260	1,320	10,580	10,331

Expenditure Breakdown

Direct Charitable Expenditure

Schools Work	52		52	222
Advertising & Promotion	231		231	373
Medical Supplies	0	0	0	4
Training	0	730	730	940
Telephone & Broadband	300		300	200
Insurance-counselling	132		132	129
Rent-Counselling Room	2,779		2,779	2,228
Staff Costs	4,000		4,000	3,329
Subscriptions	447		447	558
Hire of Rooms for counselling	40		40	30
Supervision	610		610	505
Sundry	40		40	0
Total Direct Charitable Expenditure	8,631	730	9,361	8,518

Management & Administration Expenditure

Safeguarding	168		168	103
Postage	27		27	57
Staff Costs	1,300		1,300	2,223
Council Tax	209		209	0
Sundry	103		103	115
Rent-Office & Administration	2,779		2,779	2,114
Repairs & Maintenance & Security	413		413	149
Insurance	791		791	729
Heat & Light & Water	1,038		1,038	943
Accountancy Charges	75		75	75
Telephone and broadband	66		66	296
Travelling	22		22	24
Office expenses	144		144	447
Total Management and Admin Exp	7,135	0	7,135	7,275

Total Expenditure	15,766	730	16,496	15,793
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Acorn Pregnancy Counselling Centre Limited
Balance Sheet As at 28 February 2017

	<u>2017</u>	<u>2016</u>
Fixed Assets		
Tangible Fixed Assets	0	0
Current Assets		
Debtors		
Cash At Bank & in Hand	10,578	10,331
Total Net Assets	<u>10,578</u>	<u>10,331</u>
<u>Total Net Assets represented by:</u>		
Unrestricted Funds	9,258	9,881
Restricted Funds	1,320	450
	<u>10,578</u>	<u>10,331</u>

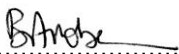
The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and have instead opted for an Independent Examination in accordance with S145(1).

The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The Trustees approved these accounts on... 25/04/2017

Signed, on behalf of the Trustees
and Acorn Pregnancy Counselling Centre Ltd



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B Hobson
DIRECTOR