



**acorn**  
**PREGNANCY**  
COUNSELLING CENTRE

# Annual Report 2022

## Acorn is “Fantastic!”

### Acclaim for the Schools Team

***“Thank you for continuing to come into the school. I think your organisation is fantastic and the work you do is so important.”***

This is the feedback we have received from one school we have visited in the last year, and from another:

***“I really don’t think my words will suffice to explain how all the members of the school community have enjoyed and benefitted from the lessons delivered by Acorn.”***

### Praise for the Counselling Team

Our counselling work has also received glowing praise from clients:

***“I truly cannot thank Acorn enough for all the support and guidance they have shown me. The help this charity has provided me with is second to none, just speaking to someone once a week has changed my life in so many ways.”***

This past year we have continued to fulfil our charitable objects in spite of the challenges created by Covid.

*Richard Marshall, Chairman.*

*April 2022*

Acorn Pregnancy Counselling Centre

Annual Report 21/22

Charity 1094389



See you at the  
**AGM on Mon 6 June, 7pm!**  
At Pilgrim House  
**RSVP**



# Acorn Schools work



## Back to School!

Having had to stop our schools work when schools were shut, we have been back to a full programme in the current academic year. Indeed we have never been busier.

## Acorn welcomed by more schools

We have been welcomed into 3 schools new to Acorn: Worthing High, Bohunt and Sion. So now we visit a total of 10 schools in the Worthing area – more than ever before.

## Double the lessons at Durrington!

In addition Durrington High were so keen to ensure that a year group did not miss out on the sessions delivered by Acorn that they asked us to cover both years 10 and 11 – a total of 26 x 1 hour sessions delivered at just one school!



*Thank you for continuing to come into the school. I think your organisation is fantastic and the work you do is so important."*

*Teacher*

## 100 Sessions this year

### Model foetus used in schools



With the new schools we will have taken around 100 sessions in the current academic year – a major achievement for the schools team. This means that over 2500 young people in the Worthing area will have been able to consider issues relating to relationships and unexpected pregnancy helping them make informed decisions and choices in the future.

### Thanks to the team

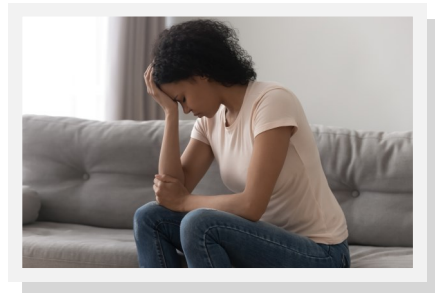
Many thanks to Steph Spanner for so ably leading the team and for the whole team who have enthusiastically taken on the challenge of delivering so many sessions which we know are greatly appreciated by both students and staff alike.



# Acorn Counselling

## Counselling options available to clients

We have continued to offer clients a choice of face to face, telephone or online counselling.



## Who we helped

### 221 hours of counselling in 2021

63 clients made contact with us during the year of which 37 came to appointments. 2 of these were for crisis pregnancy counselling, 5 for initial assessments only, with some 30 clients seen for up to 10 weeks of pregnancy loss counselling sessions each (predominantly miscarriage and abortion). In total 221 x 1 hour sessions with clients were held.

## How did they find Acorn?

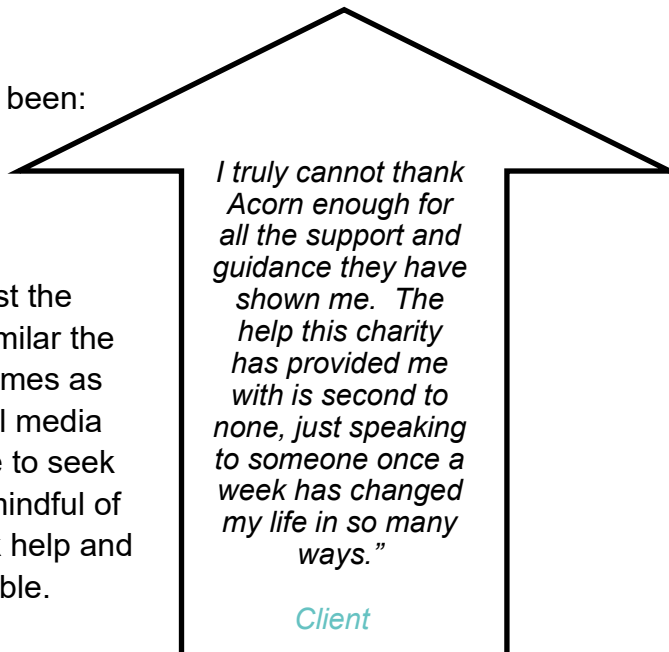
Over the past year the main sources of referral have been:

35% Website/social media

19% Time to Talk

19% Friend

It is interesting to note that over the last 4 years whilst the overall number of clients seen has stayed roughly similar the source of referrals has changed with for instance 3 times as many people coming as a result of the website/social media now compared with 4 years ago. Whilst we continue to seek referrals from all sources we need to be constantly mindful of the changes in ways people access advice and seek help and ensure the route to finding Acorn is as easy as possible.



*I truly cannot thank Acorn enough for all the support and guidance they have shown me. The help this charity has provided me with is second to none, just speaking to someone once a week has changed my life in so many ways."*

Client

## Pregnancy counselling team

Thanks to the team ...

Our counselling service has been provided by a team of 3 counselling volunteers supervised by Angela Watt.

... our expert trainers and our landlord

We are always seeking more counselling volunteers and this year have provided a 10 week pregnancy loss training course to 3 potential counselling volunteers to hopefully expand the team. We are very grateful to our trainers Gillian Woodward and Wendy Marshall for giving their time and expertise in running the course and to our landlord at Pilgrim House in providing the wonderful facilities for hosting it.





# Acorn premises

## At home in Pilgrim House!

We have continued to be based from our office and counselling room at Pilgrim House albeit moving along the corridor taking advantage of a vacant office. As mentioned (page 3) our landlord also kindly allowed us to use the upstairs prayer room for the counselling course. We have also been able to hold our trustee meetings in the conference room and will be using the premises again at our forthcoming AGM.

*I really don't think my words will suffice to explain how all the members of the school community have enjoyed and benefitted from the lessons delivered by Acorn.*

*Teacher*

# Finance



## Thanks to our financial supporters

Whilst our income dropped in the past year, this was largely due to a reduction in grant income which had been exceptionally high in the previous year. We did however receive grants from Sussex Community Foundation and Green Hills Christian Trust and we are grateful to both these organisations. We do appreciate everyone who gives to Acorn especially those who do so on a regular basis.

### New branding expenditure

The increase in expenditure was planned with costs relating to marketing – the new branding, website and videos – being funded out of grant money provided the previous year. The deficit for the year was largely caused by this timing issue.

### We are also grateful to our Treasurer, Bookkeeper and Independent Examiner

Our Treasurer Patrick Woodward has decided to remain in this role having been greatly assisted this year by a new member of the finance team Debbie Squires an experienced bookkeeper. We are grateful to them both and to Andrew Kean our independent examiner.



# Acorn Centre

## Centre Management

Angela Geach has continued to work as our part time (12 hours per week) employed member of staff. This is a key role amongst other things being the first point of contact for any client. We are grateful for Angela's caring manner, creativity, diligence and commitment.





# Acorn Trustees



## Five trustees

During the year there have been 5 trustees – my co trustees being Patrick Woodward, Gillian Woodward and Pam Denman and the trustees co-opted Paul Cross to the role as well. There will be a resolution to appoint Paul formally as a trustee at the AGM.

## Official bodies

Acorn continues to be registered with the Fundraising Regulator and remains a member of the National Council of Voluntary Organisations and of the British Association of Counselling & Psychotherapy.

# Communication



## Acorn video stars on the new-look website!

We have completed our rebranding with a refreshed website and range of leaflets. Our schools and counselling volunteers have also recorded professionally produced videos to help a wider audience understand the work – they are available on the website.

## Keeping everyone up to date

Our monthly mailing continues to keep supporters up to date and our quarterly newsletters available for download from the website are also sent to former clients who wish to keep in touch.

We continue to keep the church community of Worthing informed about the work with regular updates sent to ministers.

Our social media activity is growing – Acorn is on Facebook, Twitter and Instagram – and one client came to us this year as a result of a third party podcast she had heard.

The monthly prayer meetings are attended by a committed core group and we are seeking to increase prayer activity in the coming year using a WhatsApp group.

We remain closely in touch with other similar West Sussex-based pregnancy counselling groups but also promote the work of Acorn through other groups including a local bereavement forum.



## Client ambassador

Users of the services we provide are our best ambassadors. One client was so impressed with the counselling she received that she took our leaflets into her local GP surgery to make sure they referred other patients as she was so concerned that they hadn't signposted her to Acorn. She then agreed to write an article for Inside Worthing which has appeared in the April edition circulated to over 45,000 homes in the Worthing area and we have already had a referral as a result.

Acorn's article published in Inside Worthing, April 2022

# The Future

## Acorn still needed and appreciated

The services provided by Acorn are greatly appreciated and remain much in need. We know this from the comments we receive from users and also the demand for more provision. In the past year this has been particularly evidenced in our schools work which has increased nearly 50%. To achieve this we are completely reliant on the commitment of all those who give their time and skills with such enthusiasm and professionalism. My thanks to all of them.

We look forward to building the team further in the coming year.

*Richard Marshall, Chairman. April 2022*



## Want to Volunteer?

### “Fantastic” Acorn volunteers

Our volunteers are special people, in fact schools and clients say they're “fantastic!”

Could you help?

We are looking to increase our volunteer numbers and we particularly need more Schools volunteers. If you would like to join our fantastic volunteer team, please let us know. ★

Counselling volunteer	Schools team	Admin	Treasurer	Trustee
Church friend	Fundraiser	Donor	Prayer partner	Member

## Like a visit from Acorn?

If you'd like Acorn to speak to a group you're involved in (church group? social club?), or for Acorn's Schools team to visit your school's year 10 students, do get in touch. ★

★ [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)



# Acorn Charitable Objects

## 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 :	Pilgrim House, St Dunstan's Road, Worthing, BN13 1AA
Trustees:	Richard Marshall (Chair), Patrick Woodward, Gillian Woodward, Pam Denman, Paul Cross
Company secretary:	Patrick Woodward
Treasurer:	Patrick Woodward
Centre Manager:	Angela Geach
Independent Examiner:	Andrew Kean
Bankers:	Lloyds Bank, South Street, Worthing

## Contact Acorn

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