

In their own words ...

..... Thanks from clients & schools.



At our trustee meetings I always seek to share some of our clients' anonymous comments which are provided after they have been through the counselling sessions. These often move me to tears as I realise how important that time has been for them. A time when they have found someone who listens to them, is sensitive to their situation and non-judgemental in attitude. It is so encouraging to read the words of affirmation of the service they have received. Here are a sample:

'Your presence and counselling has been paramount in my healing'

'I feel a weight has been lifted'

'People who are close to me see the change in me'

'I will forever be grateful and never forget you'

We also receive words of thanks from the schools we visit. Here is one:

'Thank you very much for Acorn's invaluable contribution to our Personal Development Programme. The sessions you have led have been informative and thought provoking. I know that the students have enjoyed their lesson with you.'

When we spend time organising meetings,

preparing applications for funding, praying, setting agendas, writing policies, typing up minutes, setting strategy, ensuring payments are made, liaising with the landlord, cleaning the Centre, standing in front of a class of children, listening to clients and doing all the myriad of other things entailed in a small charity it is so important to reflect on why we are doing these things, what is the purpose?

Acorn has been established for 23 years and over that time many hundreds of lives have been impacted for good, many people who have been in a place of emotional turmoil have found stability and a way to move forward. Many thousands of children have had a chance to consider the impact of their own life choices on themselves and others and learn the story of pregnancy. We may never know the full impact this has had and will have on countless families in Worthing and wider afield.

Richard Marshall April 2018

Do come to our



**Social & AGM, Tuesday
22 May. It's more a party than a
meeting (!) with plenty of time
to chat and discuss ideas.
Everyone is welcome, bring a
friend! RSVP**

Helping clients

Pregnancy counselling team

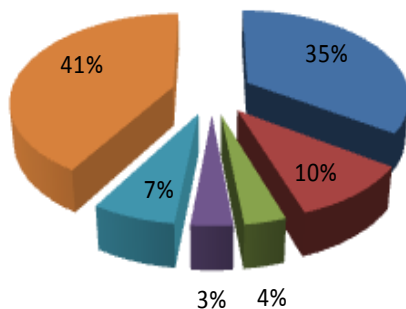
Who we helped this year

During the year we saw 17 clients for an average of 10 weeks of pregnancy loss counselling sessions each (predominantly miscarriage and abortion) and 12 clients for crisis pregnancy counselling. In addition we had contact with another 27 clients for either information or who decided not to proceed with counselling.



Clients in 2017

■ Miscarriage ■ Abortion ■ Both ■ Other(Ectopic) ■ Fertility ■ Unplanned



I will forever be grateful
and never forget you

Client

Developing the team

The work has continued to develop and we now have a team of 6 counselling volunteers with a good blend of experience and qualifications very ably supervised by Angela Watt. We have continued to invest in our people with assistance provided to gain Level 3 counselling qualifications and pregnancy loss training.

Training

We have broadened the knowledge base by part funding a course in infant loss for 4 counselling volunteers. Our aim is to ensure our counselling volunteers provide a professional caring service and are equipped and able to respond to the needs of our clients.

Thanks to all the counselling team for the difference they are making to the lives of vulnerable people.

Schools' Work

Who we saw

In the current academic year we are taking around fifty 1 hour sessions in 5 local schools. That is approximately 1250 pupils who will have been helped to make informed decisions and choices in the future.



The team

Our schools team has been led enthusiastically by Steph Spanner. She and Pam Denman have shown great energy and commitment in taking over responsibility for delivering the sessions supported by their team of assistants. We are very grateful to them all for the many hours hard work they put in to this activity.



Thank you very much for Acorn's invaluable contribution to our Personal Development Programme. The sessions you have led have been informative and thought provoking. I know that the students have enjoyed their lesson with you.

Local school

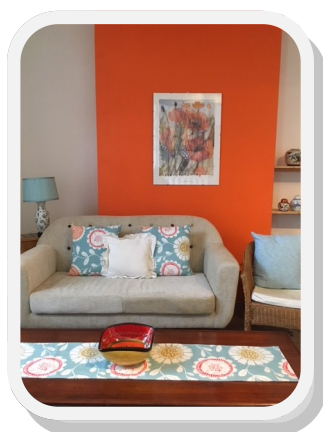
Acorn House

Centre Management ... Orange is the new, er, purple??

The Regional Day and many other activities have been very effectively organised by our Centre Manager Angela Geach who has also done a great job transforming the feel of the Centre with a fresh colour scheme for the walls and replacement of some of the furniture. We have had very positive comments from clients regarding the ambience of the rooms.

Extended hours

In January 2017 we increased Angela's core hours from 10 to 12 per week. Following provision of the Co-op funding we have been able to increase these hours still further to 15 per week for a 6 month period. We would like to be able to extend this but our ability to do so will depend on our financial position.



The new-look Centre:
- Orange!!

Thanks to our cleaners

Many thanks as well to those involved in giving their time to ensure the Centre is clean and tidy – this does make a difference in the way visitors perceive us.

Finance and Regional

Finance

Income

Whilst regular donations have reduced over the year, our grant income from charitable trusts and community funds increased by nearly £10,000. This enabled us to complete the refurbishment of the Centre, provide support towards the training costs of some of our counselling volunteers and temporarily increase the hours of the Centre Manager.

Thanks to our Treasurer

We wish to acknowledge Patrick Woodward who has continued to do a great job in many different ways both as a trustee and also Treasurer of Acorn.

Thanks to Co-op

Funds for the year have been boosted following Co-op agreeing to appoint Acorn as one of their designated charities within their Local Community Fund programme. We express our appreciation to them and their customers who specified Acorn as their choice and are hopeful of being nominated again in the future.

Fundraising

Our fundraising walk in September raised over £2,000 – well done to all the walkers! **Please let us know if you have any fundraising ideas.**

Thanks to all who donate

We are also thankful for the donations provided by a number of grant making trusts and for the individuals and churches who provide funding on a regular basis – this makes such a difference as we seek to plan the future of the charity.



Your presence and counselling has been paramount in my healing

Client

Regional Day Hosted by Acorn

We were delighted to meet up

We were delighted recently to host the annual Regional Day for similar pregnancy counselling charities in West Sussex. It was great to meet up with fellow trustees, schools workers, Centre Managers and counselling volunteers and exchange ideas – it is important to encourage and learn from each other recognising we are not alone in this chosen field of service.



Elections

There have been 4 trustees over the last year – my co-trustees being Mary Parish, Patrick Woodward and Wendy Marshall and we also have the support of Acorn’s Advisory GP Dr Becky Richards. We are delighted to put forward Steph Spanner as a new trustee at the AGM with myself and Patrick standing for re-election as well.

What we do

The trustees meet formally at least 4 times a year although given that the role involves both governance and operational matters there is a regular weekly stream of e-mails. We have tackled many different matters over the year including the development and approval of several policies.

Training and development

We have attended a number of external events and courses in particular run by Community Works and Voluntary Action Worthing. We recognise the importance of training and peer engagement at trustee level to ensure good governance. We are now registered with the Fundraising Regulator and a member of the National Council of Voluntary Organisations.

The Future

I feel a weight has been lifted

Client

What of next year?

The core work will remain the same – provision of pregnancy counselling services and relationships education in schools. We hope that with the increased strength of the team that we can see more clients and visit more schools. We will seek to maintain the high quality standards and reputation established over many years.

On the move?

In 2019 the lease of our premises comes to an end and the trustees will need to consider whether to seek to renew this or move to alternative premises. We need to ensure the facilities used by our clients are entirely appropriate for their needs. We are happy to receive any comments or suggestions.

Staying accessible

Effective communication of the existence of our service is essential so that more people are able to access it. That will mean continuing to maintain good relationships with health professionals but also seeking better use of social media and digital communication.

Encouraging individual supporters

Just less than 60% of our core expenditure is covered by regular donations with the remainder through one off gifts and fundraising. We need to increase the number of people committed to the work of Acorn through prayer and regular giving.

Recruiting and expanding

With just one part time employee, Acorn survives and will continue to develop and grow due to the commitment of its volunteers. As there has been over the last year there is bound to be change over the next and we must continue to seek the involvement of more counselling volunteers, receptionists, prayer warriors, schools workers, fundraisers, office workers, cleaners, trustees and anyone else who wants to get involved in a small charity that has a big impact on people’s lives.

Richard Marshall April 2018



How can I help?

Acorn needs your help in a variety of ways: volunteers, members, financial support, fundraising, and prayer partners. If you'd like to help please let us know.

Simply complete the form below and the office will email you.



Your name

Your e-mail address

To unsubscribe at any time, email: office@acornworthing.org.uk

I'd like to receive Acorn News Bulletins (usually bi-monthly)

Yes

I'd like to receive Acorn AGM and event invitations (approx. one or two per year). (Acorn members automatically receive AGM invitations)

Yes

I'd like to receive Acorn staff/volunteer recruitment ads (approx one per year)

Yes

I'd like to receive Acorn fundraising information (approx. one or two per year)

Yes

I'd like Acorn to email me on how I can get involved as a:

Volunteer:

- **Counselling volunteer**
- **Helper to counselling volunteers**
- **Schools worker**
- **Cleaner**
- **Office admin person**

Member

- **Fundraiser -Coffee morning? Sponsored walk? Jumble sale?**
- **Prayer partner**
- **Church rep**

Gift donor:

- **Monthly giving**
- **A gift in my will**
- **Acorn Amazon wishlist**

I'd like an Acorn speaker at my group

Yes

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:	Richard Marshall (Chair), Wendy Marshall, Mary Parish, Patrick Woodward
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

