



Acorn Pregnancy Counselling Centre is based in Worthing, West Sussex BN13 1AA.

Registered Charity No 1094389



## Acorn in Schools

Acorn volunteer teams visit secondary schools in Worthing and the surrounding area to give presentations to Year 10 (aged 14 and 15) students.

A mix of film clips, discussion and interactive exercises help students consider the issues around relationships and unintended pregnancy.

School students thoroughly enjoy our visits to the classroom which are lively and engaging and their teachers are always very complimentary too!

This is what one teacher had to say:

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



## Support Acorn

We make no charge for our services. Our work is funded by **DONATIONS** from individuals, organisations and grant-making bodies.

We welcome single or monthly donations. To download a Standing Order and Gift Aid form please go to [www.acornworthing.org.uk](http://www.acornworthing.org.uk).

To donate by cheque please make payable to Acorn Pregnancy Counselling Centre Ltd and post to Pilgrim House, 51-63 St Dunstan's Road, Worthing BN13 1AA.

## JOIN THE ACORN 100

The Acorn 100 are our special friends who kindly donate £5 every month (or more). Call 01903 823893 or email [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk) to find out how you can join the Acorn 100!

## AMAZON SMILE

You can help raise funds for Acorn every time you shop online at Amazon. We are registered with the Amazon Smile scheme and receive 50p for every £100 spent. Visit [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and search for Acorn Worthing.

## FUNDRAISING IDEAS

We invite you to help us raise funds. You may like to put on a cake sale or run a marathon! If you have a fundraising idea, let us know and we'll provide you with the information and support that you need.



**acorn**  
PREGNANCY  
COUNSELLING CENTRE

A Worthing based charity offering counselling to women and their partners.

- UNINTENDED PREGNANCY
- PREGNANCY LOSS
- COUNSELLING AFTER ABORTION

[www.acornworthing.org.uk](http://www.acornworthing.org.uk)  
01903 823893 | [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)

**ACORN SERVICES ARE FREE OF CHARGE**



## Unintended Pregnancy

**Would an unintended pregnancy mean a crisis for you?**

Come and talk it through at Acorn. You don't need to feel pressurised into making quick decisions.

Our services are free, confidential and non-judgemental. We offer counselling face to face, by phone or via Zoom.

*"Thank you!  
I am so grateful that my GP had heard of you and recommended you."*

## Our Vision

**For the Worthing area to be a place where no-one has to experience pregnancy loss, or unintended pregnancy unsupported, and where all young people are able to learn the story of pregnancy.**



## Pregnancy Loss

**The loss of a child at any stage of pregnancy through miscarriage, still birth or failed IVF can be devastating.**

Others may not recognise your loss. A complex set of emotions can make it difficult to talk about what has happened.



People often expect you to 'get over it' or push it out of your thoughts to avoid facing difficult emotions.

Our trained counselling volunteers are here to help you through your bereavement journey with one-to-one support.

Acorn will help you find ways to appropriately express feelings such as unresolved anger, sadness, grief and shame so that you can begin to heal.

## Counselling After Abortion

**Having an abortion is a very private matter and is often kept secret.**

Women may fear criticism and feel judged if they reveal what has happened to them. They often feel the weight of responsibility and put on a brave face, especially if questions and second thoughts surface afterwards.

Sometimes an abortion is performed when tests show an abnormality or the chance of one. Prospective parents need support around this time in order to make an incredibly difficult decision.

Relationships can be put under stress. It is common for a woman to suppress her feelings, making it hard for her to move on.

Acorn counselling volunteers can help. Our services are free of charge. You are welcome to contact us to find out how we can help you.

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