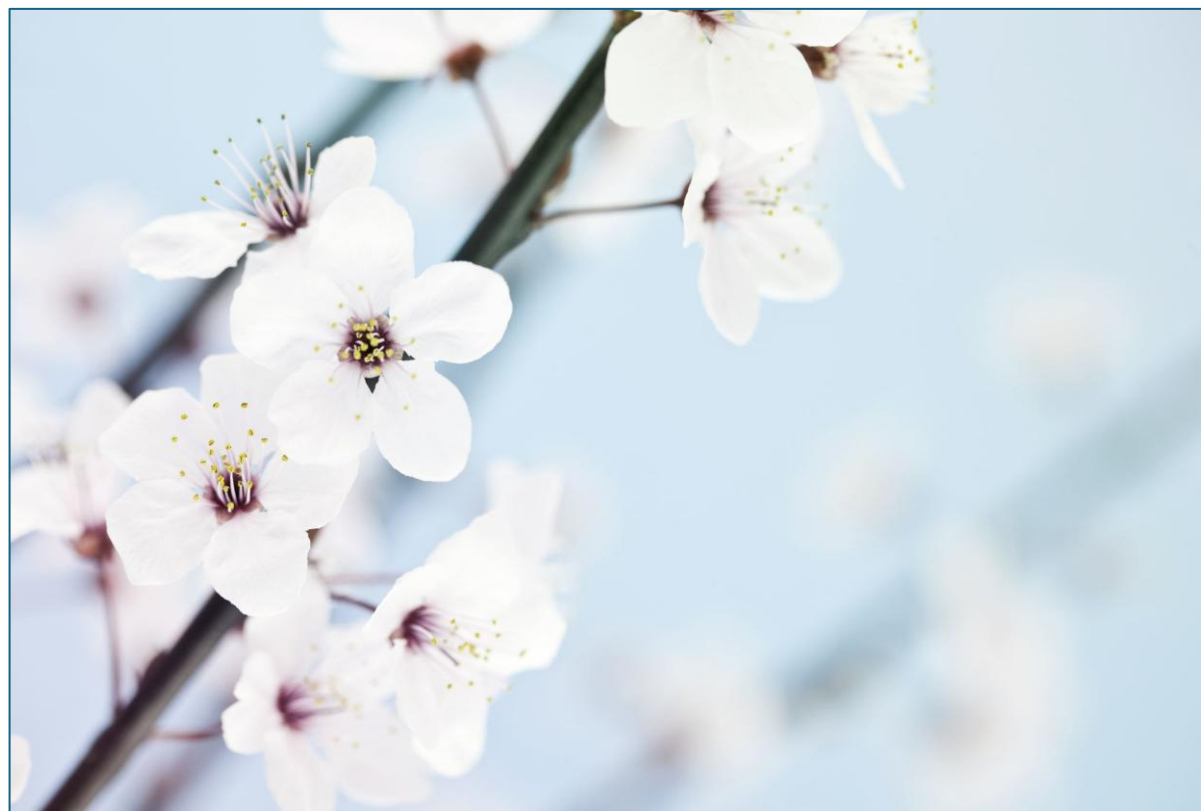




**acorn**  
**PREGNANCY**  
**COUNSELLING CENTRE**

## Spring Newsletter 2026

Updates and highlights from this season



Thank you for taking time to read our update and news about how Acorn is making an impact in our local community.

We hope you enjoy it. Feel free to pass this on to anyone who you think may also be interested in our work.



# A chat with Wendy, a member of our counselling team



- **Can you give a brief summary of your life experience, passions, hobbies?**

I have lived in Sussex for around 36 years. I have a dog who loves walking on the beach. One of my favourite places at this time of year, is my greenhouse where I sow seeds and love seeing them germinate.

- **How long have you been in this role?**

I have been part of the counselling team at Acorn for about 8 years.

- **Can you give an outline of what you do?**

I see clients for face-to-face sessions, or phone counselling, for up to 12 sessions for pregnancy loss in its many forms. I also offer one off sessions for clients who have an unexpected pregnancy. Every other week, I attend supervision with the rest of the team. And then occasionally, I will be part of a small group who give presentations about the work to interested groups.

- **What prompted you to want to be part of the Acorn team?**

My work life has been quite varied - careers in both nursing and teaching before I trained as a counsellor. I believe there are elements from both that are really useful in my present role. I also spent 5 years as a volunteer counsellor at St Barnabas Hospice.

- **What do you find most rewarding about working for Acorn?**

Acorn is a small charity offering an amazing service. I find it a privilege, albeit a humbling one, to be opposite clients as they share their very personal and painful experiences. If the counselling sessions make it even a little easier to live alongside the loss, then this work is valuable. I am still moved every time I read a client's evaluation on completion of sessions.



## The High Sheriff of West Sussex Mental Health Conferences

Wendy attended one of the joint mental health conferences for local organisations, which had a focus on men's mental health. This was arranged by our patron, High Sheriff of West Sussex, Dr Tim Fooks. Tim has produced a report and contact list following these conferences.

Wendy was able to network with others and to highlight that even though pregnancy loss may initially seem like a woman's issue, there are many men who also suffer distress. This group are often overlooked, but Acorn offers men individual support as they navigate their own journey. We have had very positive feedback from men who have had counselling with us.



## Goodbye and thank you!

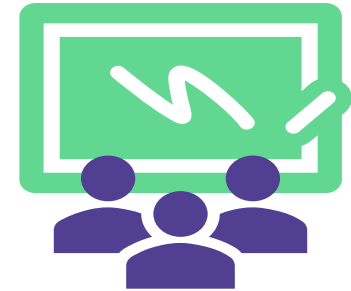


We send a very heartfelt thank you to Mary who has been a valued volunteer with Acorn for many years and has decided to step down from her role on the schools' team at Easter. She has also served as a trustee from 2015-2021, as well as being a dedicated advocate for Acorn.

We have appreciated her huge passion and commitment to the work of Acorn. She will be greatly missed by us all!



## Schools' Team



Our team of volunteers continue to lead sessions in local schools. The students learn about pregnancy and responsibility around relationships. The timeline activity, where students can see models of a foetus at different stages of development, is particularly popular.

This academic year, the team are visiting Angmering School, Bohunt School, Littlehampton Academy, Oscar Romero Catholic School, Our Lady of Sion, Shoreham Academy, St Andrew's High School and Steyning Grammar School.

As you can see, the team is busy and we always welcome new assistants to join! Assistants don't present the lesson but support the session leader in the classroom in practical ways. Could this be something that you or someone you know may be interested in? If so, please contact the office at [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)



## Counselling Team

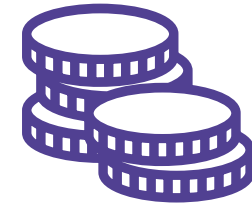
Our counselling team continues to provide weekly individual sessions with those who have had pregnancy loss or a one-off session for women with an unintended pregnancy. During 2025 they saw 37 clients in total, providing up to 12 free sessions per client.

Acorn volunteers were recently invited to speak at a meeting of pastoral leaders at Broadwater Baptist church. They highlighted the importance of good listening for those who are supporting people who have unintended pregnancy or any type of pregnancy loss. The team also shared about our counselling work and our support for men as well as women.

If you would like Acorn to share with your group or club about our counselling and/or schools' work, please contact us for an informal enquiry, at [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk) or Tel: 01903 823893



## Fundraising



Recently we have received grants from The Lynn Foundation and the David Hunt Trust. We are so very grateful, thank you.

As well as grants, we rely hugely on regular donations from individuals. If you already give to Acorn a very BIG thank you! We couldn't do, what we do, without you!

If you don't give to Acorn but would like to consider doing so, please contact our treasurer Patrick, in confidence, at [patrick@acornworthing.org.uk](mailto:patrick@acornworthing.org.uk). Thank you.

Also, are you a keen runner, baker, swimmer ..... or anything else? Would you consider raising funds for Acorn whilst doing your chosen activity? We would love it if you could! Contact the office if this is something you could do, at [office@acornworthing.org.uk](mailto:office@acornworthing.org.uk)



## AGM 1st June

Our AGM and Social will be held at Pilgrim House on Monday 1st June 7-9pm. Do come along to meet us and chat; we keep it as informal as possible. During the evening you will hear from our Patron, Dr Tim Fooks, our counselling and schools' teams. It would be great to see you!



## Could you display leaflets?

We have a selection of stationery, including leaflets and posters, that we're very happy to distribute if you can use them, maybe for a noticeboard, a school, or an office? There are also some business cards from the office that can be discreetly popped in a pocket or bag. Alternatively, they are available to download from our website: [www.acornworthing.org.uk/downloads/](http://www.acornworthing.org.uk/downloads/)



## Feedback about Acorn



**Here are some comments received:**

**Male counselling client:**

I feel there is still a belief that men should be strong and emotionless, but we should be allowed to feel how we feel without having to hide it!

**Teacher:**

The timeline activity was brilliant at engaging and prompting discussion.

**Thank you for your continued support of Acorn**