



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 students (aged 14 and 15).

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.

Make a phone donation now. Just text **ACORN**, followed by the amount, to **70460**.

For example, to donate £10, text ACORN 10. Texts cost the chosen donation amount plus one standard network rate message.

### Regular Donation

We welcome single or monthly donations via our website. Just visit [acornworthing.org.uk](http://acornworthing.org.uk).



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



- UNINTENDED PREGNANCY
- PREGNANCY LOSS
- COUNSELLING AFTER ABORTION

This leaflet aims to provide support for men. Please also see our leaflet especially for women.

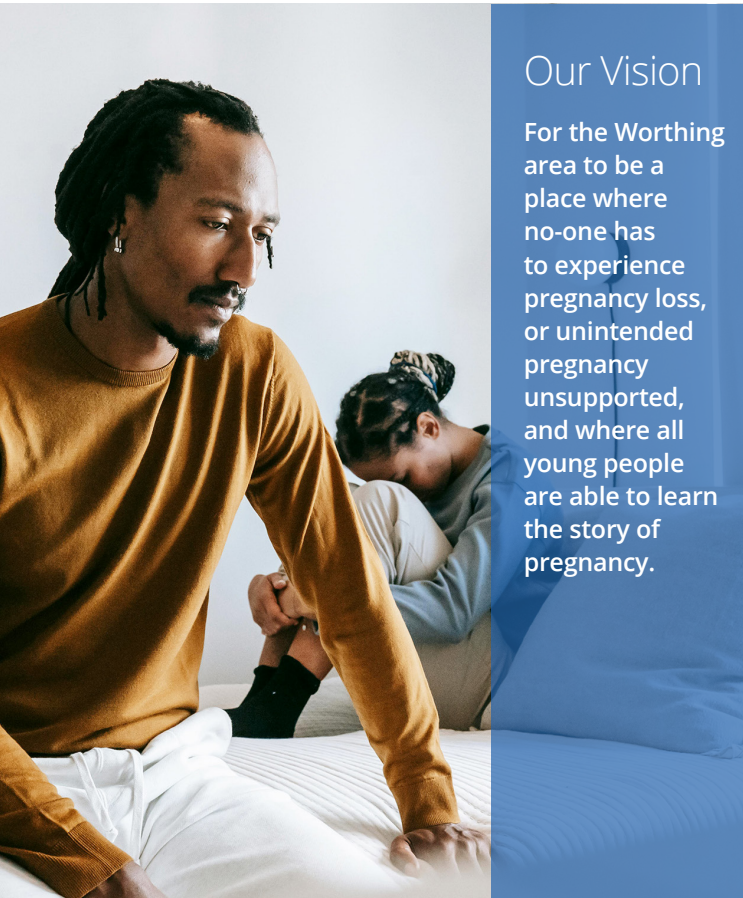
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**ACORN SERVICES ARE FREE OF CHARGE**



## Unintended Pregnancy

**If your partner becomes pregnant unintentionally, this can be challenging for both partners to handle.**

There are some points to consider on our website page 'Pregnant Now what?' Legally, it is the woman's decision, and many men will simply want to support her in whatever she decides. We do not offer couples' counselling, and will not normally offer counselling to men in this situation.



### 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, stillbirth or failed IVF can be devastating for both partners.**

Andy told us: "I didn't know what to say or do. I felt a deep sadness which I now understand was grief. This was mixed with utter despair at the helplessness I experienced when my wife started miscarrying."

Others may not recognise your loss. A complex set of emotions can make it difficult to talk about what has happened. Andy continues: "Society doesn't know how to deal with miscarriage, and men who tend to struggle more with talking about emotions with each other certainly don't."

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

Our trained counselling team is 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. You may feel the same.

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.

Men's feelings will often be different from the woman's, and it may be hard to understand each other. We would see a couple separately, with different members of the counselling team.

**ACORN's** counselling team can help. Our services are free of charge. You are welcome to contact us to find out how we can help you.



[www.acornworthing.org.uk](http://www.acornworthing.org.uk)  
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