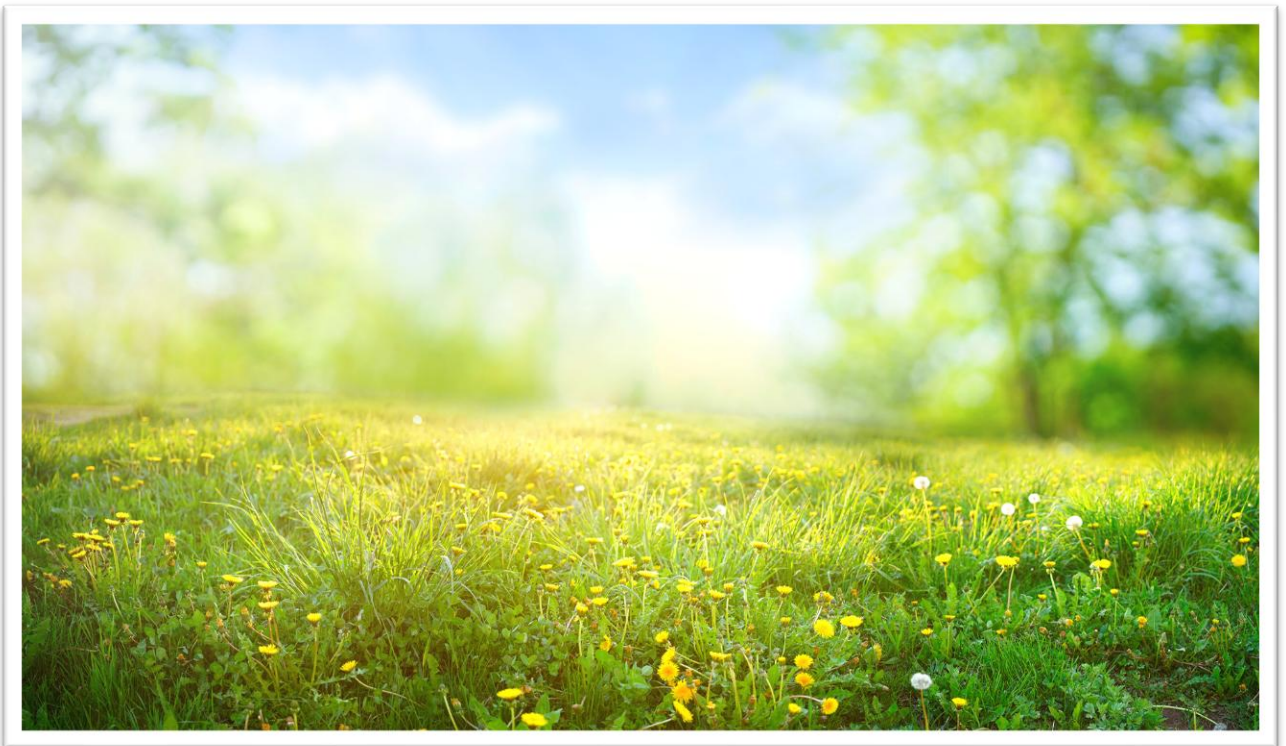




acorn
PREGNANCY
COUNSELLING CENTRE

Summer 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.

www.acornworthing.org.uk



A chat with one of our trustees, Patrick



- **What is your role in Acorn?**

I am a trustee and treasurer – both are voluntary roles.

- **How long have you been involved with Acorn?**

Since 2012.

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

As a trustee I meet with my fellow trustees once a quarter to review all aspects of the charity, including finance, recent events, future plans, policies, etc. As Acorn is a small charity it is quite a "hands on" role, with frequent emails between us to discuss anything that arises between meetings. As I have some technical knowledge, I am usually the first port of call for any issues around computers, phones, and the website. As treasurer I oversee the keeping of financial records. Most of this is now automated with accounting software, but it still needs a human eye running over it! I also pay any bills, although these are mostly automated via bank direct debits, etc. I pay in any cheques received, but these are very few these days!

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

Gillian, my wife, was interested in counselling, so when Acorn was seeking new counsellors, I tagged along and was impacted by the work of Acorn and the stories of so many clients who we help. I am the sort of person who likes to get involved with what is going on, and I had skills that would benefit Acorn, so I was delighted when I was asked to be a Trustee.

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

Firstly, the impact that we see Acorn has, and also the relationships within the team. We work together in different areas, but with the common goal of building up Acorn to help people. We are not just a team of volunteers and staff, but we are also friends, and that makes a huge difference.

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

My background was in media, and I have worked in radio for a large part of my career, first as a volunteer and later paid as a presenter/producer on several radio stations. I have always loved radio as a means of information and entertainment and am still working on various radio and podcasting projects. My family is a huge part of my life, with children and grandchildren living locally so we see a lot of them, and they mean so much to me.



Goodbye and thank you!



Two people have recently stepped down from their roles at Acorn: Jan, who has volunteered on our schools' team for 10 years and Charlotte, our Social Media Officer.

We truly appreciate these ladies and the commitment, dependability and enthusiasm which they have brought to their roles. They have been amazing! We will miss them both very much and wish them the very best.



Schools' Team

Our schools' team have continued throughout the academic year to provide top quality sessions in local secondary schools. Usually, the team presents to classes of around 30, but this year, at one school, they lead two sessions of 150 students! Last year the team presented 78 sessions in total. That's a lot of great work done by our volunteers and we are immensely grateful to them!

At our recent AGM, Pam, a member of the schools' team, shared about the work that the schools' team do, noting that it can be hard but is also rewarding and a privilege.

During the school summer holiday, Steph, our schools' team leader, will still be active in contacting schools to arrange visits for the next academic year.



Counselling Team

Our team of four, continue to see clients for counselling, either in-person at our room in Pilgrim House, or via phone or online. When a client completes their sessions (up to 12), we give them the opportunity to give feedback anonymously.

It is always moving and encouraging when we receive this. It's clear that the members of the counselling team are very much appreciated by the clients and that they provide a safe place for clients begin to heal.



A recent evaluation from a client said: *'I found this service to be a lifeline at a time when no one else seemed to be available to be able to help (including the NHS). My counsellor was really lovely and helped me to process what had happened, and for that I will be forever grateful.'*

Acorn counsels both women and men, and are wanting to make that more widely known. We are pleased to report that a new Acorn leaflet which is designed to reflect male clients is available. Contact us if you would like to have some!

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 or 01903 823893



Our new Charity Partner: Carpenter Box

We are delighted that Carpenter Box contacted us earlier this year, to advise that their staff had nominated Acorn for a 3 year charity relationship. This means that Carpenter Box are willing to support Acorn in various practical ways, help increase our profile and support us financially. Carpenter Box are an award-winning firm of Chartered Accountants, Tax and Business Advisers. Take a look at: www.carpenterbox.com We are very much looking forward to building bonds with them over time and are so grateful for their support.



Trustees

Pam, who has faithfully served as a trustee for 6 years has decided to step down. We are so grateful for all she has given to this role. She is still an active schools team leader. Liz has volunteered to be a new trustee and was elected at our recent AGM – welcome Liz!



Fundraising

Are you a keen dancer, reader, walker... 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

Also, if you would like to give to Acorn regularly, please contact our treasurer Patrick, in confidence, at patrick@acornworthing.org.uk. Thank 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, such as for a noticeboard, a school or an office. There are also some business cards from the office that can be popped in a pocket or bag. Alternatively, they are available to download from our website: www.acornworthing.org.uk/downloads/



Feedback about Acorn



Here are some comments we have received:

“The timeline activity was brilliant at engaging and prompting discussion”

– Teacher

“Everything was handled so well and professionally. I really felt listened to and it has really helped me through my situation”

– Client

Thank you for your continued support of Acorn