CHOICES PREGNANCY CENTRE EXETER

TRUSTEES' ANNUAL REPORT FOR THE PERIOD 6 APRIL 2025 to 5 APRIL 2026

Reference and administration details

Charity name: Choices Pregnancy Centre Exeter

Registered Charity Number: 1159847

Registered Address: 5 Heavitree Road, Exeter EX1 2LD

Trustees who managed the charity during the period:

Dr Christopher Scott Hamilton (Chair)

Ms Frances Mary Tilley (Treasurer)

Mrs Janice Mechelle Passmore

Ms Dawn Fallon

Structure, Governance and Management

Choices Pregnancy Centre Exeter (CHOICES) is a Charitable Incorporated Organisation, whose governing document is its constitution dated 1 December 2014. It is managed by its Board of Trustees and, in accordance with the governing document, those Trustees are appointed for a term of 3 years by a resolution passed at a properly convened Trustees meeting.

From 1 April 2019 CHOICES has employed a Centre Manager who reports directly to the Trustees. The Centre Manager's duties include:

Administration: managing the office, ensuring all privacy, data protection etc policies are adhered to and regularly reviewed, collating statistics, chairing management team meetings and providing progress reports to the Trustees.

Counselling: organising initial assessments of potential new clients, allocating clients to volunteer counsellors, co-ordinating and facilitating supervision sessions for those volunteers and carrying out personal counselling casework.

Fundraising: researching potential sources of grant income and making recommendations to the Trustees based on that research, initiating and co-ordinating general fundraising activities.

Training: co-ordinating the recruitment and training of new volunteer counsellors, organising individual and group programmes of professional development of established volunteers and ensuring that her own professional training is kept up to date.

Liaison: raising awareness of the charity's activities within local organisations and acting as the first point of contact for the charity except where legislation dictates otherwise.

Objectives and activities

In accordance with its governing document, CHOICES' objects are:

(a) Relieving persons in need, distress or hardship by the provision of support in the areas of pregnancy choices, issues arising post-abortion or from baby loss and other pregnancy related concerns.

(b) The advancement of education for the public benefit in the subject of sexual health and relationships.

It does the following in pursuit of those objectives:

(1) Pregnancy crisis support – where clients faced with a pregnancy crisis meet with a volunteer to discuss their situation and the choices available to them.

(2) Baby loss counselling – where, over a period of 3 to 4 months or so, clients who have suffered baby loss are taken through a Baby Loss programme, with a view to helping them to process grief and recover from associated difficulties such as depression and anxiety.

(3) School visits – where the aim is to support local High Schools in the education of students regarding baby development, making informed choices regarding unplanned pregnancies and Sexually Transmitted Infections.

These services are provided by volunteers, all of whom have either been trained by CHOICES or, in the case of newer recruits, have undertaken accredited training provided by the Pregnancy Centres Network (PCN). All of the support undertaken abides by the British Association for Counselling and Psychotherapy's Ethical Framework for Good Practice.

CHOICES recognises the national organisation known as PCN as a source of support and information in the areas in which CHOICES is active. CHOICES therefore makes small voluntary donations to them.

Achievements and Performance

During the year ended 5 April 2026 the Choices team consisted of 4 active volunteers, with 4 other team members remaining but not active, due to life commitments. In the year we had 42 enquiries or referrals from which, 33 were contacted regarding baby loss, 16 miscarriage, 3 still birth, 6

termination of pregnancy and 7 for Termination for Medical reasons. For comparison, in the previous year we saw 41 new clients.

Choices has an excellent relationship and referral system with Bereavement Suites within maternity units at Torbay, Exeter which also covers the North Devon area. This has given a rise in numbers of miscarriage and termination for medical reasons clients. It has been encouraging to see more partners and husbands attending support sessions, which we observe, makes a tangible difference to relationships and recovery.

The Mental Health Teams from Exeter College and University are also referring students who have experienced crisis and loss. These young people have all benefitted from the safe space and time to reflect and grieve in their individual ways. This has meant a return to studies, the rebuilding of family relationships and the ability to move forward into a hopeful future. It is always the objective of the Team at Choices, to build self-esteem and affirm abilities of all clients using the support programme.

Choices had an addition to the Team who is currently completing her training, mentored by Vikki Neale in the Teignmouth office. The hope is that this volunteer will officially join our Teignmouth office and currently she is providing support during client sessions to gain experience. Our volunteer Gill Buff completed both the Pregnancy Crisis course and The Post Abortion courses which meant that she was able to join the volunteer team at Exeter officially. Gill had been shadowing practitioners to gain experience. Both additions bring a wealth of experience in the Mental Health and Medical fields.

Financial Review

Our funding comes via a mixture of regular and one-off donations by individuals, our own fundraising events and grants made by various organisations and Trusts.

We were very grateful to receive grants during the year from Devon Community, Together Church, The Lighthouse Church and Bovey Tracey PC

For the year ended 5 April 2026 CHOICES had total income of £10,672 and expenditure amounted to £17,133 resulting in a net (profit/deficit) for the year of £6,461. However, £1,000 of the income was in the form of ring-fenced grants and £6,764. of the £17,133 expenditure was similarly ring-fenced.

The Charity has a bank balance at 5 April 2026 of £25,216.26 of which £4,300 is ring-fenced and £20,916.26 is available for general use.

Going forward, the principle foreseeable expenditure continues to be the Centre Manager's salary and rent payable for the Teignmouth office. The cash held at the bank means that the short-term future of the Charity is assured. The grant received from The Community Foundation last year was carried over into this year, which has secured training, Supervision, Safeguarding and the Teams' Continued Professional Development. The coming year the focus for funding will be on core costs.

As always, we remain very grateful to the following organisations who have provided valued financial support to enable us to run CHOICES:

Andre Christian Trust

Teignmouth United Reform Church

Together Church

The Lighthouse Church

Bovey Tracey PC

At the conclusion of our baby-loss counselling programme we ask our clients for feedback, with the aim of seeking to continuously improve the service which we provide. We also like to hear how our practitioners feel about the work they do:

Client Feedback

"Just wanted to drop you a little note to say that our baby arrived safely. His arrival did stir up a lot of feelings but thanks to your help, I managed to get through them (and put my big stick down for a while!). So, thanks for listening over the last couple of months. Talking to you has allowed me to start enjoying life with the newest member of our family and realise how lucky I am to have both of them...so THANK YOU"

Practitioner Feedback

"Listening to clients tell their story can be harrowing at times and we wonder how they are even putting one foot in front of the other. Seeing the client progress from tears to stability and hope is the most rewarding experience, one which, as a practitioner, I am privileged to see."

Focus

The next year Choices will continue to focus on increasing its volunteer base to meet the rising need in the community. This will involve inviting people to consider our training courses and join the team. We shall continue with mentoring those joining and train the current team to provide the best standard of care for our clients. We shall also seek to increase our Trustee team, to maintain resilience.

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CHARITY NO 1159847

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 5th APRIL 2026

	Unrestricted Funds	Restricted Funds	Total	Last Year
RECEIPTS				
Donations	7,551	1,000	8,551	3,398
Fundraising			0	1,060
Stewardship	1,612		1,612	1,693
Grants			0	5,000
Bank interest	253		253	376
HMRC Gift Aid	256		256	531
TOTAL RECEIPTS	9,672	1,000	10,672	12,058
PAYMENTS				
Sundry Costs				359
Rent	1,357	2,064	3,421	4,785
Light and Heat			0	102
Repairs and Renewals	539		539	179
Meeting Costs			0	44
Office service charge	20		20	
Phone and Broadband	862		862	732
Printing,Stationery and Postage	94		94	164
Training and Supervision Costs		716	716	603
Travel Costs	443		443	634
Insurance	584		584	570
Contribution to PCN	300		300	
DBS Checks	238		238	150
IT Costs	432		432	60
Conferences		1,444	1,444	347
Funding Bids			0	200
Wages	5,380	2,540	7,920	7,260
Professional Fees	120		120	276
Video Preparation			0	1,850
Fundraising Costs			0	84
Equipment			0	699
TOTAL PAYMENTS	10,369	6,764	17,133	19,098
NET OF RECEIPTS/PAYMENTS	-697	-5,764	-6,461	-7,040
CASH FUND LAST YEAR END	21,613	10,064	31,677	38,717
CASH FUNDS THIS YEAR END	20,916	4,300	25,216	31,677

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STATEMENT OF ASSETS AND LIABILITIES AS AT 5th April 2026

CASH FUNDS	Unrestricted Funds	Restricted Funds
Cash at Bank		
Current Account	£4,471.82	
Deposit Account	£16,444.44	£4,300.00
	£20,916.26	£4,300.00

FIXED ASSETS

	Carrying value	Asset Fund
Office equipment including computers	£902.00	Restricted fund
	£764.00	Unrestricted fund
Office furniture and fittings	£438.00	Restricted fund
	£862.00	Unrestricted fund
	£2,966.00	

DR C S HAMILTON

MS F M TILLEY