



CITY PREGNANCY COUNSELLING & PSYCHOTHERAPY ('CPCP')

Registered charity number 1140992

FIRST ANNUAL REPORT 1 MAY 2011 – 30 APRIL 2012

About City Pregnancy Counselling and Psychotherapy

CPCP is a charity providing counselling and psychotherapy psychotherapists to women, men and couples experiencing difficulties related to pregnancy, pregnancy loss, infertility and related issues. The counselling and psychotherapy is provided by volunteer counsellors and psychotherapists who are either professionally qualified (to Diploma level or higher) or who are currently undertaking counselling courses at Diploma level or higher.

Principal address

15A Lamb's Passage, London EC1Y 8LE

Constitution

CPCP was constituted by a declaration of trust dated 31st December 2010 (the **Declaration of Trust**), which functions as the charity's governing document.

Trustees

The Trustees are Rev. Peter Newby, Miss Hannah Southon and Miss Christina Manara, who were appointed as Trustees by the Declaration of Trust. Pursuant to clause 9 of the Declaration of Trust, the power to select and appoint additional or replacement trustees lies with the Trustees from time to time. In selecting a new or replacement trustee, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity and in making the appointment, the Trustees must pass a unanimous resolution in favour of the appointment.

Structure, governance and management

The Trustees are responsible for the overall governance and running of the charity. CPCP employs one person, on a part-time basis (20 hours per week), in the position of Therapy Manager, who is responsible for the day-to-day running and administration of the charity and the clinical supervision of the counsellors and psychotherapists. Over the course of the year, CPCP maintained a team of between 9 - 10 volunteer counsellors and psychotherapists.

The majority of management decisions are taken by the Management Committee, which meets approximately once a month and which is comprised of one or more of the Trustees, the Therapy Manager, a volunteer and persons invited by the Trustees

to attend in a consultative capacity. Clients are also welcome to attend the Management Committee meetings in a representative capacity.

The Trustees agreed a Policies and Procedures manual which came into effect in April 2012 – this will assist the staff and volunteers of CPCP to meet their legal, professional and ethical responsibilities.

Objects and activities

The object of CPCP, as set out in its governing document, is the relief of physical or mental illness or mental or emotional suffering of persons living or working in England or Wales, but in particular those living and working in the City of London and the surrounding area of Greater London, caused by difficulties connected with pregnancy and parenthood.

The activity carried out by CPCP in furtherance of its objects is the provision of counselling and psychotherapy, free of charge, for the persons living and working in the charity's area of benefit. In setting the charity's objects and in planning and implementing its activities, the Trustees have given careful consideration to the guidance issued by the Charity Commission on public benefit.

Achievements and performance

Total client numbers from 1 May 2011 to 30 April 2012 were 81. Client numbers remained constant at between 27 and 31 a week, over the year. The length of time for which clients were seen ranged from 2 years (two clients who first came to CPCP when it was under the umbrella of LIFE) to a few weeks. The majority of clients were seen for a few months. Clients came seeking help in relation to the following issues:

- 27 (including 2 couples) sought support in coming to a decision regarding the continuation of pregnancy. 26 decided to continue their pregnancies, 2 of whom required continuing support after giving birth.
- 8 sought support during pregnancy.
- 19 sought post-abortion counselling.
- 1 who initially required counselling in relation to an unplanned pregnancy and then came for post-abortion counselling.
- 16 sought counselling following pregnancy loss (including one couple).
- 2 sought help in relation to post natal depression.
- 8 sought help to come to terms with infertility. 2 then went on to conceive.

Developments over the past year

CPCP became independent of the charity LIFE on 1 May 2011. Over the course of this last year significant progress has been made in developing links with health and welfare organisations in the surrounding boroughs. Towards the end of the year approximately 50% of CPCP's clients were referred by their GPs. Referrals from other public (e.g., children's centres) and voluntary sector organisations (such as SANDS) and self-referrals accounted for the remaining 50%.

Financial review and accounts

The Trustees do not at present have a policy on reserves.

The total expenditure for the past year was £31,805, which was £2,195 below the Trustees' estimated expenditure.

Income and expenditure 1/5/ 2011 – 30/4/2012 (receipts and payments basis)

Income	£	£
Grants*	31,895.91	
Individual donations	9,509.51	
Total income		40,405
Expenditure		
Staff Costs	18,982	
Training Costs	3,636	
Rates, & Utilities	1,462	
Office Exp	2,067	
Advertising/web site	755	
Telephone	941	
Volunteer Expenses	847	
Travel	360	
Maintenance	1,491	
Household	1,264	
Total expenditure		(31,805)
TOTAL		8,600

*Grants were gratefully received from the trustees of the St. John Southworth Fund, the Philip King Charitable Trust, the Catholic Bishops Conference of England and Wales and St. Mary Moorfields Church.

Statement of assets and liabilities

At the end of its first financial year, CPCP had no liabilities and assets of £8,600 consisting of cash in its bank account.

Goals for the coming year

CPCP receives many cards and notes of thanks from clients. Going forward, an evaluation form will be completed for each client, enabling the Trustees to assess outcomes on a more objective basis. Another key goal for all staff and volunteers is to build on the ongoing work of forging links with the wider community and to reach out to more doctors, organisations and communities in the surrounding area. CPCP is nearing the threshold of the maximum number of clients its counsellors and psychotherapists can see each week. The key constraint is the number of hours worked by the Therapy Manager, and one of the key objectives for the Trustees this coming year is to secure sufficient funding to increase her hours to at least 25 per week.

Thanks

The Trustees would like to take this opportunity to thank all staff, volunteers and CPCP donors – the success of CPCP in helping so many clients in its first year of independent operation is entirely due to their hard work, dedication and generosity.

Declaration

The Trustees declare that they have approved the Trustees' report above

Signed on behalf of all the charity's Trustees

Signature(s)

Full names(s)

Position

Date