



Trustees' Annual Report for the period

From 01.05.2019 Period start date To 30.04.2020 Period end date

Charity name: City Pregnancy Counselling & Psychotherapy

Charity registration number: 1140992

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The objects of the charity, as set out in its governing document, are the relief of physical or mental illness or mental or emotional suffering of persons living or working in the City of London and the surrounding area of Greater London, caused by difficulties connected with pregnancy, pregnancy loss or early years parenting.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The charity provides counselling and psychotherapy by appropriately qualified and supervised staff and volunteers, in line with the British Association of Counselling and Psychotherapy's ('BACP') Ethical Framework for the Counselling Professions. The charity is accredited by the BACP. The service is provided free of charge.</p> <p>In support of its main activity, the charity also organises Continuing Professional Development for its staff and volunteers on topics relevant to pregnancy, pregnancy loss and early-years parenting.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	In setting the charity's objectives and planning its activities, the Trustees have had regard to the Charity Commission's guidance on public benefit in general and in particular that relating to the advancement of health.

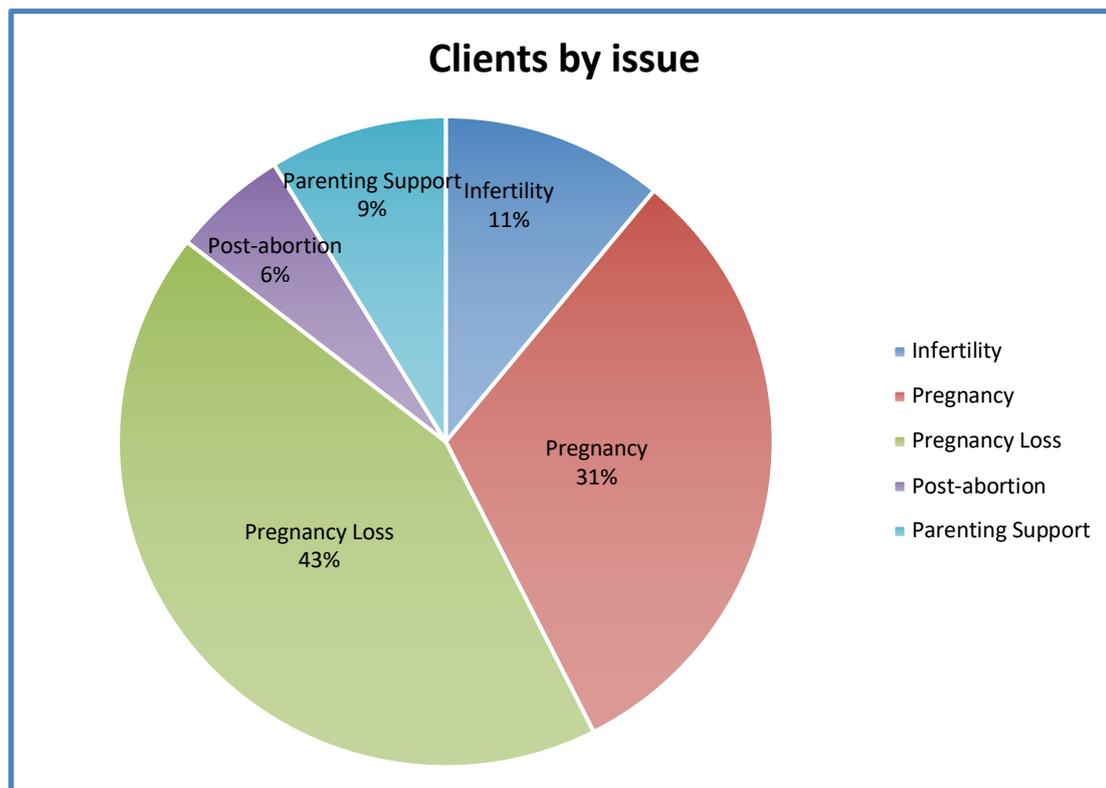
Additional information

	SORP reference	
Contribution made by volunteers	Para 1.38	The counselling and psychotherapy provided by the charity are provided by the Therapy Manager and a team of fifteen volunteer counsellors and therapists.

Achievements and Performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole (SORP reference Para 1.20)

During the year 1 May 2019 to 30 April 2020, CPCP provided counselling and psychotherapy to 228 clients, a significant increase over previous years. The issues in relation to which clients accessed help at CPCP broke down into the following categories.

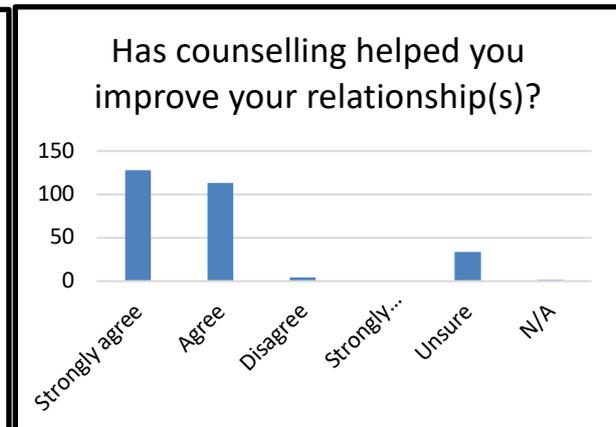
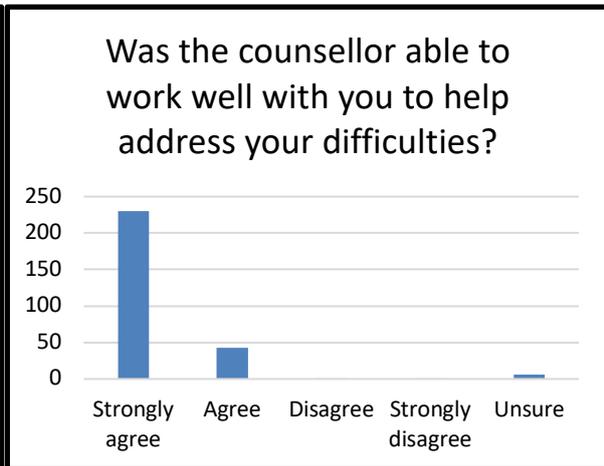
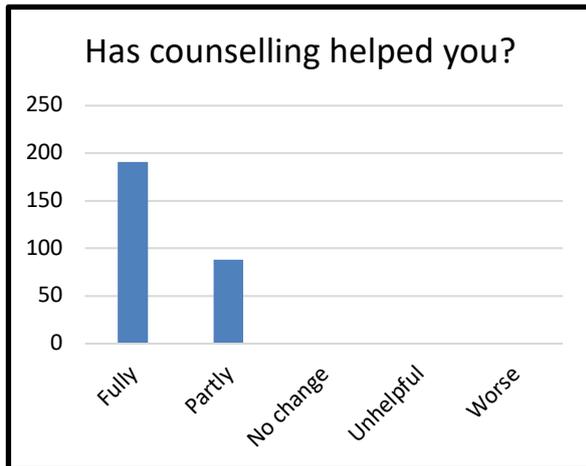


The average length of time for which clients attended therapy (one 50-minute session per week) ranged from just over two months (clients with a current pregnancy) to four months (clients experiencing infertility). Shortly before the imposition of coronavirus restrictions in March 2020, CPCP moved all of its service provision, training and clinical supervision online and is therefore able to continue to support its clients continuously over the period that restrictions have been in place.

CPCP monitors the impact of its services on its beneficiaries in two ways: through asking clients to voluntarily complete feedback questionnaires at the conclusion of their therapy and through the use of Clinical Outcomes in Route Evaluation Outcome Measures ('CORE OM').

Through the feedback questionnaire, the client is able to provide a qualitative assessment of their experience of the counselling and psychotherapy and its immediate effects. To-date, 284 have been returned. The results demonstrate that clients' experience of CPCP is overwhelmingly positive, and further that there is a positive impact in turn upon the client's relationships.

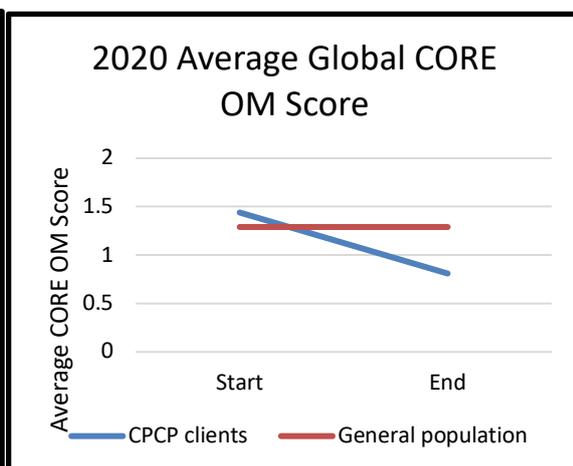
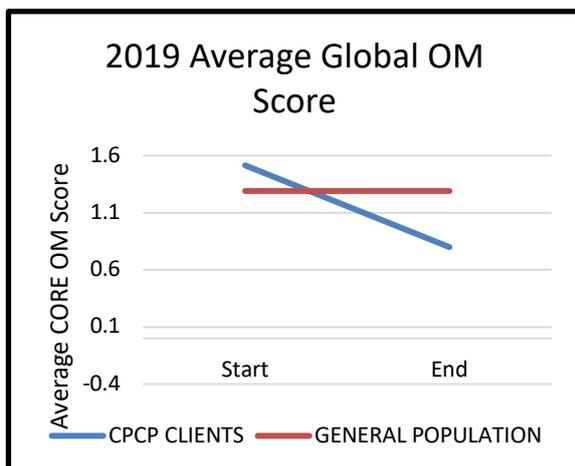
Feedback questionnaire results (cumulative)



CORE OM Analysis

The CORE OM questionnaire asks 34 questions addressing a client's own perception of their Wellbeing, Problems and Functioning and Risk (suicidal ideation and harm to self and others). Each item is scored on a 5-point scale ranging from 0 (not at all) to 4 (most of the time). The questionnaire is completed on initial assessment and again upon conclusion of therapy. Comparing the scores provides a quantitative assessment of the effectiveness of therapy.

69 CORE OM analyses were carried out for clients who commenced therapy at CPCP in 2019 and 47 for clients who commenced therapy during 2020. Comparing the average score for all 34 questions for these clients against the average for the general population evidences that prior to beginning therapy, clients scored above the population average, evidencing a greater level of distress than the average population. At the end of therapy, the score is significantly below the population average.



Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>Total funds received during the year were £39,244. The charity's source of funds were donations from grant-making charities (see additional information, below) and private individuals.</p> <p>Total payments made during the year by the charity amounted to £27,346. The surplus cash funds of £11,898 were carried forward to the financial year ending 30.04.2020.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>The charity has limited and regular expenditure which is budgeted for before the start of each financial year. The property which is used by the charity for all its charitable purposes is donated rent-free and the upkeep is funded by the charity. The trustees have resolved to maintain a reserve of 4 months' running costs at any one time which they believe to be suitable for the charity. Due to the regularity and frequency of expenses, this charity is able to budget for this accurately.</p>
Amount of reserves held	Para 1.22	4 months' expenditure, approximately £9,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	No uncertainties.

Additional information

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>During its financial year ending 30 April 2020, CPCP received grants from:</p> <ul style="list-style-type: none"> • The Catholic Bishops Conference of England and Wales • The Saint John Southworth Caritas Fund • The trustees of the Philip King Charitable Trust • The Mercer's Company • The Marc and Rachel Polonsky Philanthropic Fund • The Parish of St Mary Moorfields
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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Deed of trust dated 31 December 2010
How is the charity constituted?	Para 1.25	Trust
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Pursuant to clause 9 of the charity's governing document, the power to select and appoint additional or replacement trustees lies with the Trustees. In selecting new or replacement trustees, 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.

Reference and Administrative details

Charity name	City Pregnancy Counselling & Psychotherapy
Other name the charity uses	CPCP
Registered charity number	1140992
Charity's principal address	15A Lambs Passage London EC1Y 8LE

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Peter Dominic Newby	N/A	Whole year	
Hannah Lucy Jennings	N/A	Whole year	
Sylvia Berko	N/A	Whole year	

Corporate trustees – names of the directors at the date the report was approved – N/A

Name of trustees holding title to property belonging to the charity – N/A

Funds held as custodian trustees on behalf of others – N/A

Name of chief executive or names of senior staff members

Joasia James, Therapy Manager

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature	<i>Hannah Jennings</i>
Full name	Hannah Lucy Jennings
Position	Trustee
Date	13 February 2021