



2013 Annual Review

Highlights of the Year

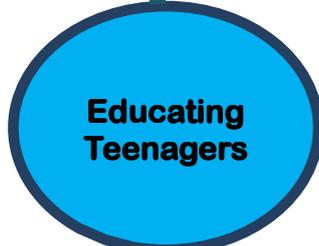
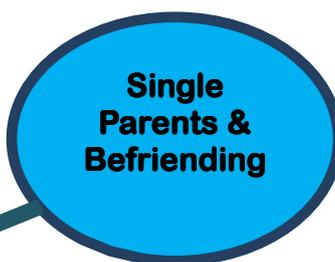
- Parent's Alone Lunch Club launched for single parents and their children.
- Eleven new volunteers and two new Trustees joined us.
- 700 teenagers reached with Relationships and Sex lessons in Hounslow and Richmond Borough (18% up on 2012)
- Listener training & induction revised and service audit begun to maintain current standards of best practice.
- Work begun on mobile-friendly website, and funds given to update IT hardware.



CPCC Staff & Trustees - June 2013

What We Do

LISTENERS— offer free pregnancy tests plus non-directional support & information to empower clients to make the best decision for them. They also provide support following pregnancy loss, arising from abortion or miscarriage, validating emotions to aid resolution.



so glad I came, feel like I have a way forward

BEFRIENDERS—support women continuing pregnancy under difficult circumstances and single parents.

EDUCATORS - Teach Sex and Relationships (SRE) to empower teenagers, to make healthy choices.

The Year at a Glance...

Figure 1: Where Clients Come From



Figure 2: Reason for Contact

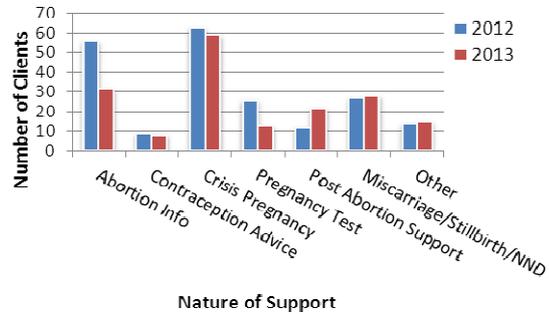


Figure 3: Age of Clients

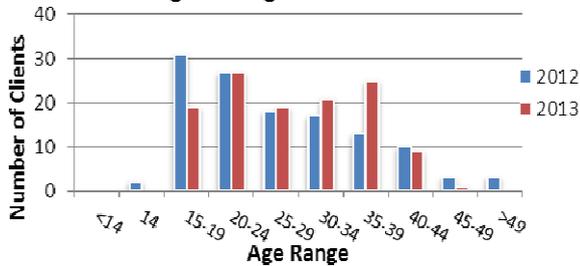


Figure 4: Gender of Clients

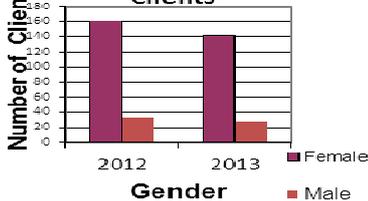
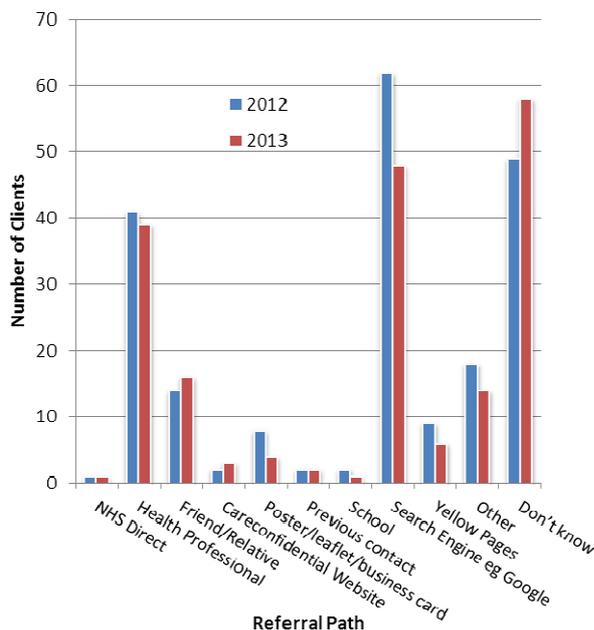


Figure 5: How they Heard About Us



LISTENING SERVICE

- ⇒ 192 clients contacted the centre during 2013 (208 in 2012). The reduction in number accessing us online (see Figure 5) coincides with a growing trend, particularly among the under 30s, towards accessing products and services online using mobile phones.
- ⇒ More came following pregnancy loss, (Journey clients) than with unplanned pregnancy (Crisis clients) and the total hours spent with clients increased from 400 to around 500.
- ⇒ 40% of Crisis clients gave feedback—89% found sessions helpful or very helpful and none found them unhelpful, coercive or guilt-inducing...
- ⇒ 10 Journey clients (36%) gave feedback - all described specific benefit; 7 stated that their beliefs and views were respected; 7 felt that our centre was needed & should be better known; 4 suggested improvements...

BEFRIENDING SERVICE

- ⇒ Following several months of planning, and with the support of St Richard's Church in Ham, seven enthusiastic volunteers launched the Parent's Alone monthly lunch club in October. We have been encouraged that our first two clients formed a new friendship and felt welcomed and committed to the club, and we are focussing now on raising the profile of this new venture.
- ⇒ We have also provided befriending support for a Mum following unplanned pregnancy.

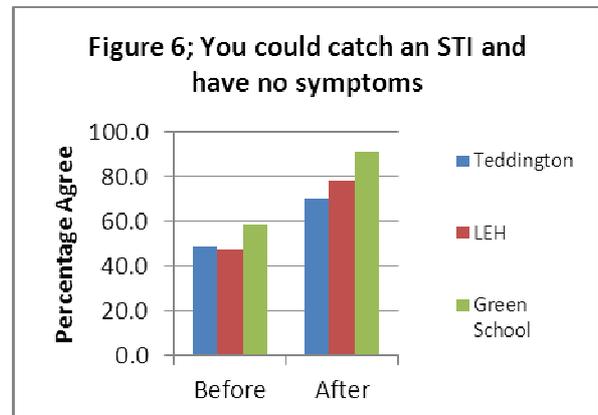


My daughter enjoyed herself, and so did I!

The venue, the lovely volunteers, the food and toys were good!

YOURCHOICE EDUCATION SERVICE

- ⇒ Feedback was obtained from 50% of pupils during 2013. We taught boys and girls aged 12-13 in Teddington School, girls aged 12-13 at the Lady Eleanor Holles School, and girls aged 14-15 in Green and Brentford schools. Feedback demonstrated clear improvement in their knowledge - e.g. regarding the incidence of Sexually Transmitted Infections which are asymptomatic (see Figure 6).
- ⇒ Overall, 75% of pupils said they were more confident to make decisions.



Green School Pupil

"I enjoyed these lessons. The people were good teachers"

Teddington School Pupil

"I have learned a lot and hope to use these lessons in later life"

Teddington School Teacher

"She is approachable and has clearly explained all aspects of the course to the students. I would recommend her to other schools"

and Finally...

"Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not" (Oprah Winfrey)

"I have never met you, but I appreciate all what you have done for us. I am forever grateful to you!" (Partner of a client)

"I think it is a fantastic service and there should be more "media" around it so it is more know in the public and community as I feel others could really benefit from it." (Client)

The commitment and generosity of everyone listed on this page enables us to exist and reach out to people who would otherwise have nowhere to go. Without each of you, and without God's help, it would not be possible to do this. On behalf of all our beneficiaries I would like to say a sincere "Thank you!"

Anne (Centre Director)

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|-----------------------------------|-----------------------------------|----------------------------|
| * Miller Philanthropy | * Hinchley Charitable Trust | * Kew Village Trust |
| * St Stephens PCC | * Hampton Fuel Allotments Charity | * The Big Give |
| * Pathways | * Richmond Parish Lands Charity | * Capital Investments Ltd |
| * Capt E Ramsden Trust | * Barnes Workhouse Fund | * St Mary's Church PCC |
| * Richmond National Schools Trust | | * Ham Christian Fellowship |
| | | * Cognitas Research |

Amanda A, Amanda C, Angie, Ann, Anna, Anne K, Anne M, Carol, Chelle, Chloe, Chris G, Chris G, Christine, David, Delia, Donna, Emma, Emily, Erin, Fatemeh, Fiona, Gilly, Helen, Jane, Jean, Jeannette, John P, John R, John W, Karen, Laura, Lesley, Liz, Lyn, Michael, Michele, Nicci, Paola, Paula, Peter, Raily, Sandi, Serita, Shannon, Sophia, Sue P, Sue W, Susan, Tarryn, & Vanessa.

Everyone who gave us a donation
Everyone who entered a sponsored event for the Centre
All who give by monthly standing order
All who support our fundraising events

PLANS FOR 2014

- Conduct a thorough audit to ensure best practice in all areas of our work.
- Partner with like-minded Centres to raise our profile – especially in Hounslow Borough.
- Complete and launch our updated mobile friendly website.
- Raise the profile of Parent's Alone, and begin to plan to develop our Befriending work.
- Update the curriculum provided by Yourchoice and pilot this in Richmond Park Academy.
- Complete our IT refresh and prepare financially and practically for a move to larger offices.
- Pilot a prayer breakfast as a means to engage more effectively with local churches.
- Plan to pilot post abortion support groups.