

2024 IMPACT REPORT

Making a big **impact for** those in need.

About us

Pregnancy Crisis Care is a Plymouth-based charity, helping individuals and couples with any pregnancy-related crisis or loss, by providing free, confidential, impartial counselling and support. Our team of dedicated volunteer and paid Counsellors have all undertaken specialised training in areas of pregnancy choices and loss counselling.

In 2024...

207

People were supported

12

Counsellors are trained, or in training, 8 of which are voluntary and 4 are part-time paid

IT TAKES TIME:

3092

Number of counselling sessions over the year

APPROXIMATELY:

14hrs

of support is given to each person

42

Men visited the centre

182

Woman visited the centre

Always here to help!

Making a big difference to people's lives is why Pregnancy Crisis Care exists. Over the past year, we've continued our record of improving lives by delivering over 3092 counselling sessions to couples and individuals facing pregnancy crises."

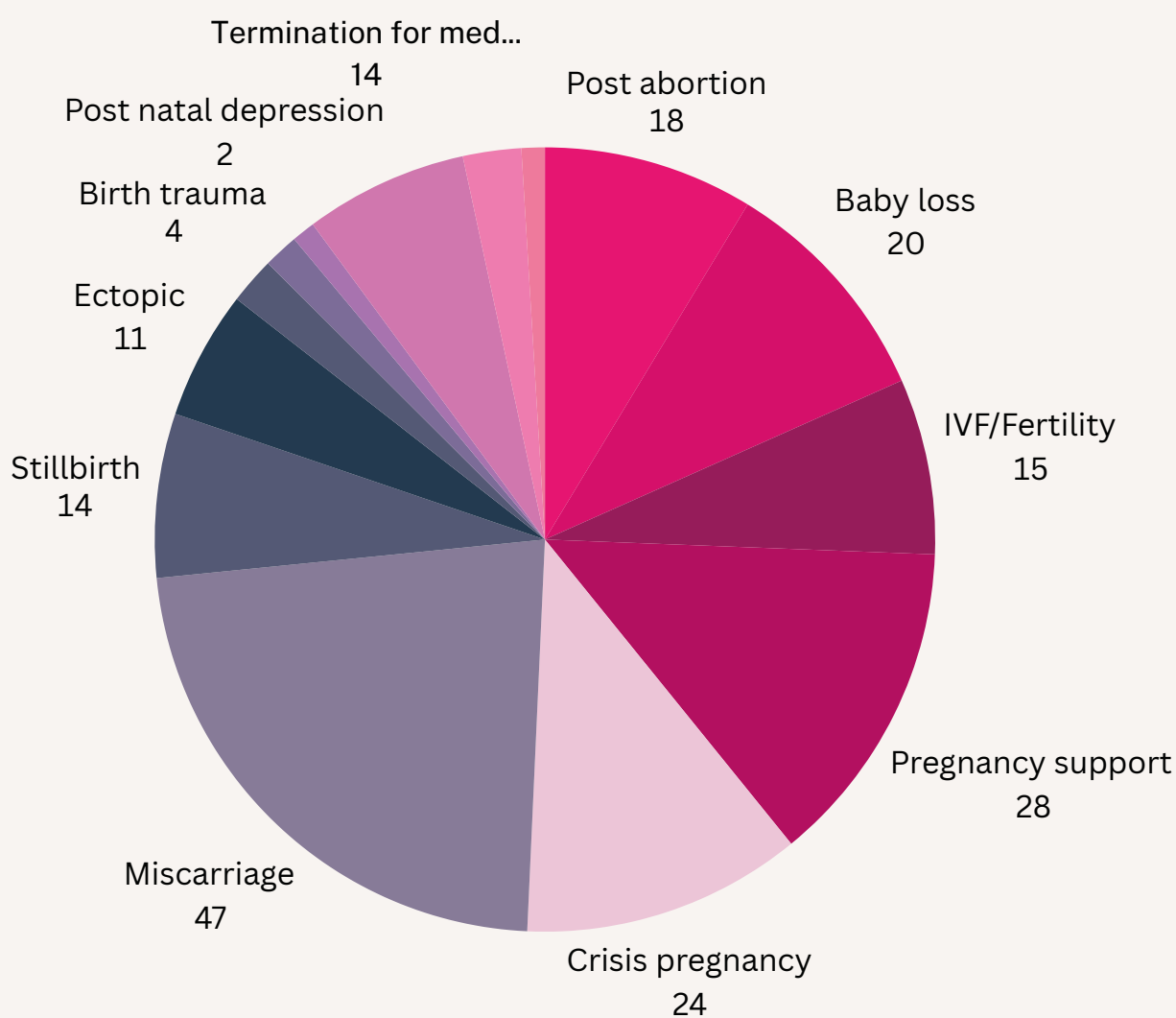


HOW WE HELP AND OUR IMPACT

Online & on the phone

The service we provide

We support a wide range of issues around a crisis in pregnancy. The following chart illustrates the range of issues Pregnancy Crisis Care supported people with last year.



Outcome of our work



Quotes

“The support has made me appreciate my anxieties and how to handle them. Also how to learn to accept and deal with situations and feelings that I struggled with before”

“Coming to the sessions has helped us listen to both of our feelings. This charity has excellent service that has helped save my life.”

THE FUTURE

Continuing to **grow!**

Quotes

"I don't feel I could have got by without your support."

"I'm growing, I am starting to see things I didn't before, talking about things is helping a lot."

"I feel at peace...I'm talking to my husband a lot more about things."

"The difference the charity has made to me is massive, thank you. I am able to deal with everything in a calm way, things don't bother me like they used to. I'm just generally happy".

Future Plans

After 16 years of growth, we're still looking ahead!

Future plans include finding new premises (fingers crossed!), training for our amazing volunteers and staff, and delivering fundraising events like our quiz night, summer garden party and charity ball.

It's a privilege to support those in need; we'll continue growing! We're so grateful for all your support - financial and emotional! We'll keep raising awareness and being there for anyone facing a pregnancy crisis or loss.

This service is vital, and we're committed to its future!

Did you know?

We are an independent charity, we are not part of the NHS or funded by local authority

We receive one-off grant funding from Trusts and Foundations across the UK through ongoing applications

£12k

This year we raised £12k from two fundraising events, thank you for your support

Thank you for taking the time to read our impact report. We hope it gave you a clear picture of the work we do and why it is so important to so many people. Please feel free to share this. Thank you again!