

Thank you to...

- Everyone that supported us through donating and regular giving
- All those that attended an event or a sponsored challenge to raise funds for us
- Our amazing volunteers, for all their time and expertise
- Emma Ashford for 10 years of dedicated service at SEEN
- All the charitable trusts and foundations that have supported us financially, including: St Stephens Church, Richmond Parish Lands, Hampton Fund, Kingston Charitable Foundation, Postcode Lottery, Grocers Hall and many more



Testimonials

'The support and care from the initial contact to the end of the course is excellent. I felt listened too as well as understood when discussing my experience. Each session was well structured but also allows you the freedom to talk about your own individual needs.'

MISCARRIAGE CLIENT

'I've learnt to love myself more and that I am worth something. I felt that I was invisible.'

PRISONER

'The fact that me and my partner were able to go through all the options together and by ourselves is hugely important for me. I appreciate this so much. If this was not funded I couldn't have emotional support during my termination.'

UNPLANNED PREGNANCY CLIENT



ANNUAL REVIEW 2023

- 136** Centre clients listened to
- 33** NHS clients listened to
- 24** Prisoners received 'I AM' Project
- 120** Young people taught RSE
- 526** Client sessions facilitated
- 1,264** Volunteer hours clocked

2024 Events

- **Curry Night**
Thurs 21st Mar, Sheesh Mahal
- **Reaching New Limits Talk**
Date TBC
- **25th Anniversary Party**
Fri 10th May, York House
- **Christmas Film**
Sun 8th Dec, The Exchange
- **Wreath Workshops**
9th & 10th Dec, York House

2024 Plans

- SEEN Listening Hub to be piloted at Greenwood Community Centre
- New in-house SEEN training course for pregnancy loss to be developed and implemented
- Recruit and train 6 new listeners
- Create new SEEN database
- Launch SEEN Podcast covering topics around pregnancy and loss



Celebrating becoming one of The Mayor's chosen charities (June 2023)

Highlights of the year

- Being selected as one of the Mayor of Richmond's chosen charities
- Nel Holland became our new Schools Coordinator
- 100% of our unplanned pregnancy & pregnancy loss clients came to us for support via professional organisations and friends/relatives, compared to 38% in 2022
- Our listeners are currently supporting 20 clients, the most that we have ever had at one time
- We saw a 30% increase in pregnancy loss clients, supporting 39 in 2022 and 51 in 2023
- Our prisons team increased from 2 to 3 facilitators
- Our befriending team supported 3 clients through their pregnancy journeys after prior pregnancy loss