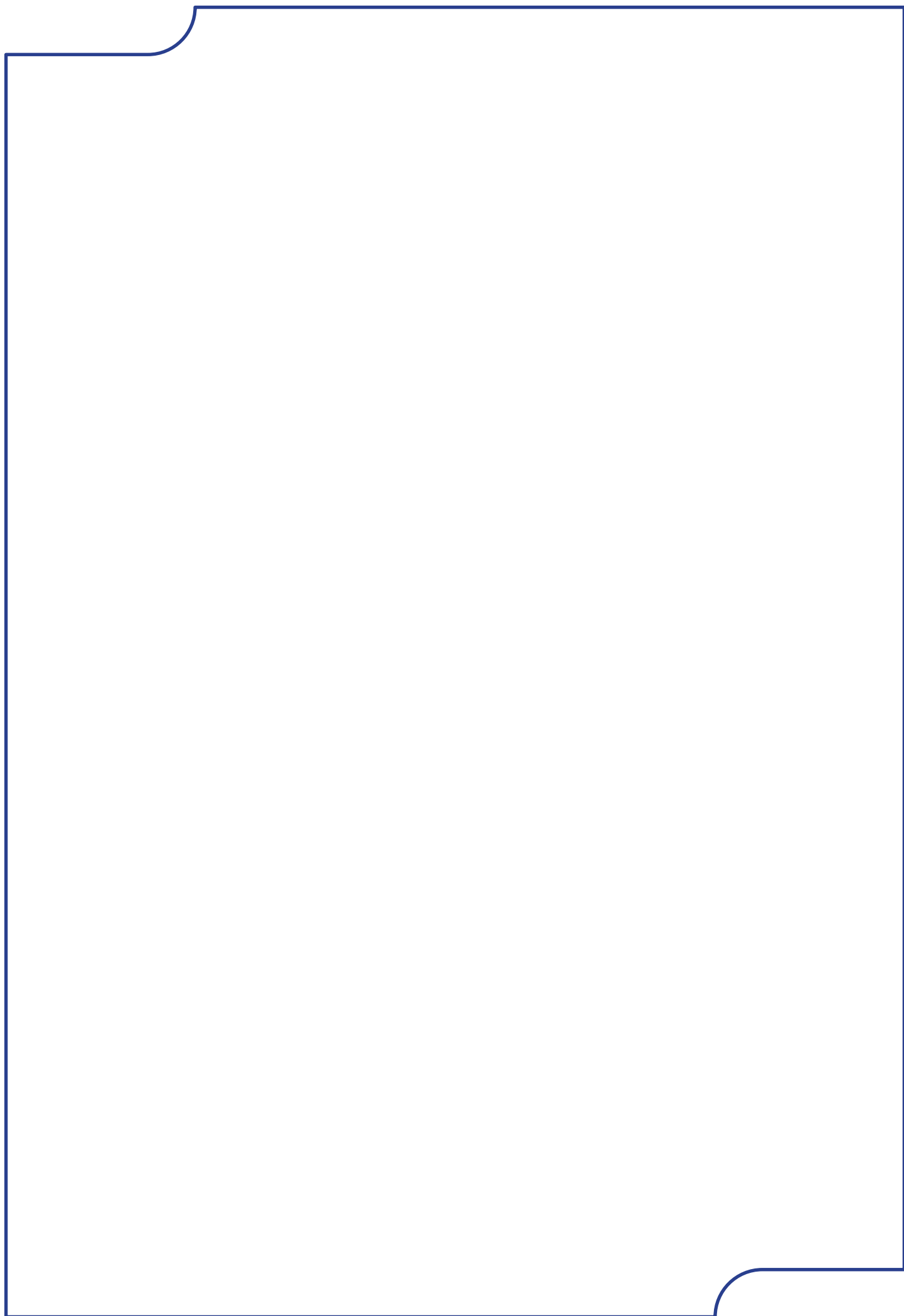




Annual Report & Accounts 2025

(For the year ended 31st December 2025)

SEEN Ltd Registered charity no. 1148979
Registered company no. 8010183





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INTRODUCTION FROM THE CHAIR

Following the decision in 2024 to review the governance of SEEN, as well as to ensure that we do not lose sight of the original vision and mission of the charity amid opportunities that exist to grow our services, it has been an absolute privilege for me to discuss our ethos and working practices with volunteers and staff members. This has been a rich learning experience as, with every discussion, I have witnessed first-hand the integrity, dedication and passion for all that SEEN stands for.

The unstinting support of a Board who are deeply committed to equality and inclusion, has undergirded the work of the charity, enabling us to benefit from governance training/mentoring provided by Richmond Council for Voluntary Services, Cranfield Trust and Cinnamon Network.

Meanwhile, discussions that began around our stated vision and mission have led us to re-focus on ways to be more available to clients who have just discovered an unexpected pregnancy, as this was the original reason for the existence of the charity. It has been encouraging to note an increase in the number of unplanned pregnancy clients supported for the second consecutive year.

While our prevention work in schools is currently under review to ensure that the focus of lessons complements the expertise we have gained from our work with clients, it has been exciting to witness the expansion of the "I AM" education project for vulnerable adults, widening its reach in Bronzefield prison as well as in the local community.

In a financial environment that is still very challenging for charities, with ever increasing competition for grant funding, we continue to be greatly helped by the ongoing support of individual donors. Many have continued regular support over decades, providing the unrestricted income which gives us security; others have begun to donate to us recently after benefitting from our services, and others offered to match fund a successful appeal during 2025. This was a great encouragement to volunteers and staff who work so hard to provide our services, and we are very grateful for every gift, large or small, that was generously offered.

We greatly appreciate the generosity of each grant-making funder who supported SEEN, as well as everyone who sponsored a swimmer or marathon runner and/or attended one of our fundraising events during 2025.

We are very grateful for the very generous support of St Stephen's Church, which includes use of our office and counselling room, plus discounted use of further rooms in the Crossway building.

As ever, it has been a privilege to witness the gifts of many, whether financial gifts, or gifts of time and expertise, making a deep and abiding change to the lives of those we seek to support. On behalf of the trustees of SEEN, thank you!

Anne Wallace

Chair of Trustees



GENERAL INFORMATION

Address	SEEN Ltd 306 Richmond Road Twickenham, Middlesex TW1 2PD
Website	www.seen.charity
Telephone	020 8892 8483
Registered charity no	1148979
Company registration no	8010183
Bankers	CAF Bank Ltd 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4JQ
Accountant and Independent Examiner	JR Caladine Caladine Ltd Chantry House, 22 Upperton Road Eastbourne, East Sussex BN21 1BF
Trustees	Anne Wallace David La Bouchardiere Nicki Klass Michael Parker Rosalind Moody Lesley Bengé Angharad Thomas



BRIEF HISTORY

SEEN, formerly The Crossway Pregnancy Crisis Centre, was established in 1999, becoming a charity in 2005 and then a limited company in 2012. Becoming a limited company required that the charity register again with the Charities Commission of England and Wales, using its new name *Crossway Pregnancy Crisis Centre Ltd*. This limited company was registered as a new charity on 17th September 2012.

The Centre was founded in 1999 by a group of Christians in the Twickenham area who wanted to provide a different response to the polarised pro-life or pro-choice debate. Its creation was the practical expression of the desire to offer **unconditional and non-directive** support to people with unplanned pregnancies.

It is of central importance that this is a non-campaigning organisation, that it has no political position, and that it only seeks to offer unbiased help, listening, and education services.

OUR VISION

“That anyone facing an unplanned pregnancy or baby loss receives support and that everyone is empowered to build healthy relationships”

OUR MISSION

Our mission is:

- to **provide free, professional, unbiased and nurturing support** to all those who face unplanned pregnancy and pregnancy loss
- to **educate and empower young people and adults** about healthy relationships



OUR VALUES

At the heart of our charity lies a deep commitment to supporting people through some of life's most difficult and personal moments. Our values guide everything we do — from how we interact with individuals to how we shape our services and advocate for change.

Support

We offer non-judgmental, compassionate care to those who are in pain and struggling with **unplanned pregnancies** or **pregnancy loss**. Everyone deserves to be heard, understood, and supported — and we are here to walk alongside our clients with empathy and respect.

Empower

We are passionate about helping people build **self-esteem**, develop **resilience**, and gain the tools they need to make **well-informed decisions** about their lives and their futures. We believe in choice, agency, and the power of personal strength.

Educate

Through inclusive, age-appropriate education, we help young people and adults understand **positive relationships**, and **consent**. Knowledge is power — and we believe education is a key pillar in breaking cycles of stigma, silence, and misinformation.

Nurture

Every individual we work with is treated with **warmth**, **dignity**, and **compassion**. We nurture a safe and professional environment where people feel valued and supported, no matter their background, beliefs, or circumstances.

OUR ETHOS

SEEN is a Christian organisation, and we believe that all people deserve to be treated with care, compassion, and respect. We are not a campaigning organisation, and we do not have a political agenda. Rather, we offer a safe, non-judgmental, hopeful, and empowering space to our clients, our partners and each other.

We work with women and families facing pregnancy crises — from unplanned pregnancy to pregnancy and baby loss, including miscarriage, ectopic pregnancies, foetal anomaly, stillbirth, sudden infant death syndrome, terminations and more — and we recognise that these can be sensitive issues. Abortion, particularly, can become a controversial issue that divides people in a polarising debate. We choose instead to unite people by meeting our clients at their point of need and never passing judgement. Our goal is to provide listening and practical support so those in crisis can reach a place of resilience and hope for the future.

All SEEN staff and volunteers are appropriately trained and supervised to reflect our ethos. We are committed to working to the highest standards of excellence and practice within all relevant national legal frameworks and professional guidelines, including safeguarding and anti-discrimination legislation.

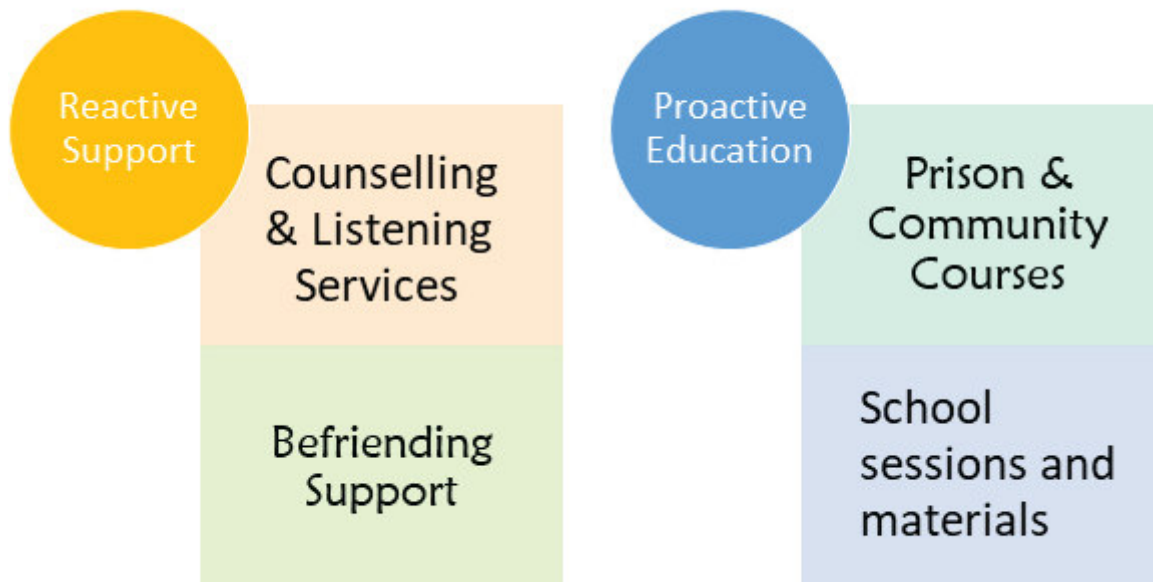
We are organisational members of the British Association of Counselling and Psychotherapy (BACP) and adhere to the BACP ethical framework. We take seriously our responsibility to provide a non-directive space for our clients.

As a faith-based organisation, SEEN reserves the right to apply occupational requirements to key counselling and leadership roles, to preserve the Christian ethos of our organisation in line with the Equality Act 2010.



OUR SERVICES – OUTPUTS, OUTCOMES AND IMPACT IN 2025

The work of SEEN provides both Reactive and Preventative support concerning unexpected pregnancy, pregnancy loss and relationships: -



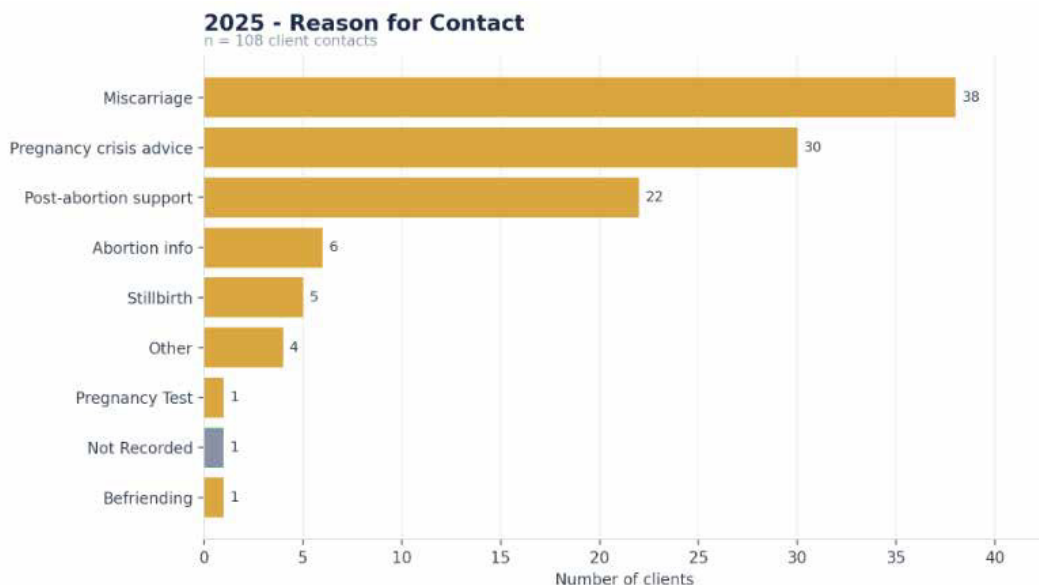


Since the Centre opened, we have:

- Supported **3,330 clients**
- Provided education sessions to over **15,158 young people** through our schools service.
- Delivered the 'I Am' course to **103 prisoners and members of the community**.

We can summarise our activities in 2025 with the following statistics:

- **108** clients accessed our listening service for one-to-one support
- **2351** pregnancy loss and unplanned pregnancy sessions
- **32** adults and prisoners taught about healthy relationships and self-esteem
- **1062** students taught in local primary and secondary schools
- **2269** volunteer hours given



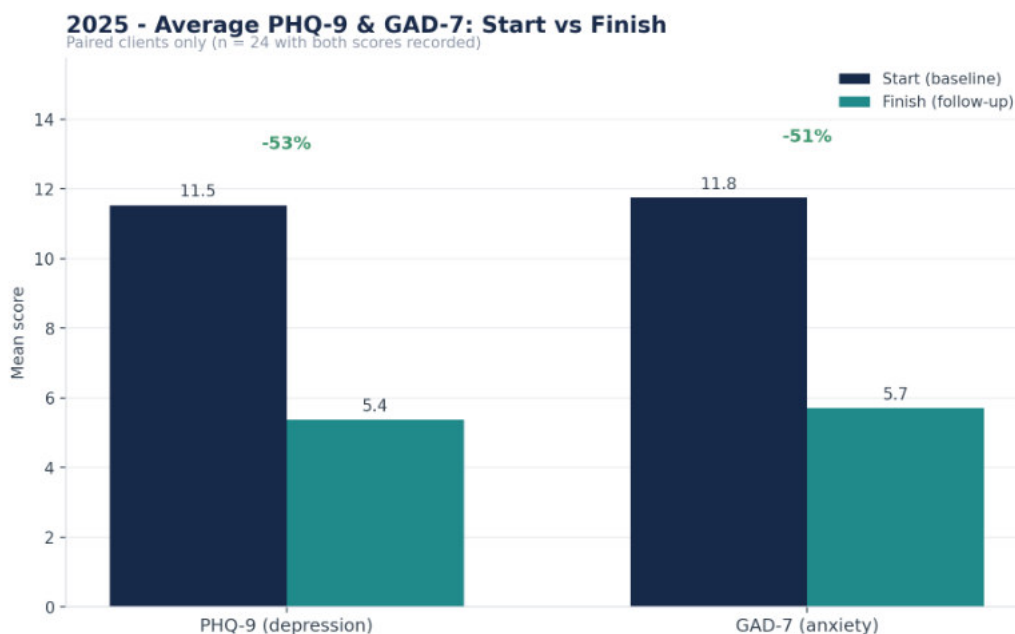
In addition, we have:

- Recruited and trained three new volunteer listeners and one prison volunteer.
- Seen a 30% increase in clients seeking unplanned pregnancy support and a 28% rise in post abortion support
- Supported 50% more clients facing a foetal anomaly than in 2024
- Welcomed two new Trustees, Lesley Benge and Angharad Thomas
- Launched 'I AM in the Community' at the Vineyard, Richmond and The Riverbank Trust
- Recruited three new members of staff – Alison Purves, Client and Office Administrator, Anna Johnson, Volunteer Coordinator and Lolade Oresanwo, Finance Coordinator
- Increased our prison team from 3 to 4 facilitators
- Had NUPAS, Papyrus and The London Fertility Coach facilitate training for our listeners
- Had clients referred to SEEN by over 20 local referral partners including Ruils, Richmond Wellbeing Service, GP surgeries and local hospitals.



Outcomes

To measure the impact of our services, we use the well-respected PHQ-9 Questionnaire to measure depression and the GAD-7 Questionnaire measure of anxiety, asking clients to complete these at the beginning and end of the support programme. Unplanned pregnancy and baby loss clients are asked to complete a feedback questionnaire. You can view the results below for 2025.



LISTENING SERVICE

UNPLANNED PREGNANCY SUPPORT

Our objective is for anyone facing the dilemma of an unplanned pregnancy to be offered immediate, free, compassionate and non-judgmental support with a trained listener to think through their thoughts and feelings about their situation. The feedback we get from those who use our service tells us how valued and valuable it is. Clients say they couldn't find anything similar elsewhere and that it was often the first place they felt listened to and were able to listen to themselves without feeling any coercion.

30 UNPLANNED PREGNANCY CLIENTS SUPPORTED



"SEEN were immediately responsive. They really understand the anguish and suffering that this situation causes both for women and their partners. They are doing an excellent and very necessary service in supporting people going through this truly heartbreaking time of loss."

UNPLANNED PREGNANCY CLIENT

Every year, our clients tell us how grateful they are to have found SEEN at such a critical time in their lives. They also comment that they had no idea that this service existed. We continue to work hard to create links with referrers and other professional bodies to ensure more people are able to access this support at such a crucial time. We endeavour to respond rapidly (within 24 hours) to every query and offer an appointment within the next day or so. Professional standards of listener recruitment and training combine to ensure clients are reassured they will always be given space to explore their own feelings without being judged or coerced to make a decision.

100% DIDN'T FEEL JUDGED BY MY LISTENER

84% HELPED ME WORK OUT WHAT TO DO

PREGNANCY LOSS SUPPORT

SEEN supports women and men who are facing difficulties processing their feelings, thoughts and responses following a pregnancy loss. This established listening service, which operates on a free cost model, offers 10 weekly sessions online or in person. The service is supported by trainee counsellors who have chosen to have their clinical placement with SEEN.

In the last year, we brought on 3 new volunteer listeners which has helped to keep our client waiting list down. This has helped us meet the increasing demand for the service.

22 POST-ABORTION CLIENTS SUPPORTED

38 MISCARRIAGE CLIENTS

2351 SESSIONS HELD WITH ALL CLIENTS

"I'm so thankful to SEEN charity and to Karen for our brilliant experience, it gave myself and my partner a chance to feel listened to and comforted during a very difficult time. The course built resilience and allowed us to move forward in a positive way, whilst still respecting our right to grieve. I will continue to spread the word about SEEN and your wonderful work. Thank you for all you do!"

MISCARRIAGE CLIENT

"I would recommend to everyone who is going through the pregnancy loss. It helps to understand what has happened and gives tools how to handle life after loss."

POST ABORTION CLIENT



74% FELT MORE HOPEFUL AND NOT DEPRESSED

94% HAVE FELT BETTER ABOUT THEMSELVES

100% FELT NON-SUICIDAL AND WILL NOT SELF-HARM

71% FELT ABLE TO DEAL WITH NORMAL DAILY LIFE

EDUCATION SERVICES

SCHOOLS

In the 2024-25 academic year our schools educator and volunteers worked within the Department of Education's Relationships and Sex Education and Health Education statutory guidance 2019. Our lesson delivery involved students at KS2, 3 and 4 of their education, covering subjects including: puberty, relationships, sexual reproduction and conception to birth. We then took the decision to pause our schools work in order to explore and evaluate curriculum options in the light of the focus and expertise of SEEN and how this relates to the National Curriculum.

1062 YOUNG PEOPLE RECEIVED RSE LESSONS

38 RSE SESSIONS DELIVERED

"Very informative - I learned a lot about the choices a woman has if she has an unplanned pregnancy."
Year 10 pupil, St Paul's Girls School

92% OF YEAR 8 PUPILS RATED THEIR COMMITTED RELATIONSHIP SESSION AS EXCELLENT

85% FELT THE COURSE ANSWERED ALL THEIR QUESTIONS AND CONCERNS



PRISON AND COMMUNITY COURSES

The 'I Am Project' is an educational course which we run for women in prison and recently launched in the community. 'Through the creative process, the course empowers women to build self-worth and make positive, healthy relationship choices.'

The 'I Am Project' runs in prison under the NHS Mental Health Team. The course runs over 8 weeks, with a maximum of eight participants. The two facilitators use creative self-expression to support discussion and learning. Launched in June 2025, the 'I Am Project in the Community' was first piloted at the Women's Hub at The Vineyard in Richmond.

The group nature of the course allows development of social skills as well as personal growth. Many of the women who have completed the course speak of it with great affection.

The "I Am Project" is a wonderful bonding experience for the participants, and it is a privilege to be able to work with these women through such a course.

32 PRISONERS / COMMUNITY PARTICIPANTS PARTICIPATED IN THE 'I AM' PROJECT

50 SESSIONS HELD

"The course reaffirmed my view of self-worth and sharpened the tools I use to love myself. I found it a wonderful addition to my week and I'm sad that it is over. I will take the sessions with me and treasure the connections I made. This course is invaluable. I want every woman in prison to have had this experience."

PRISONER

"I feel much more confident. I have learnt to be assertive which may sometimes mean saying "no". I used to work very hard and long hours always putting my family first. I don't regret it but now I appreciate and have learnt it is healthy to give myself time and care for me."

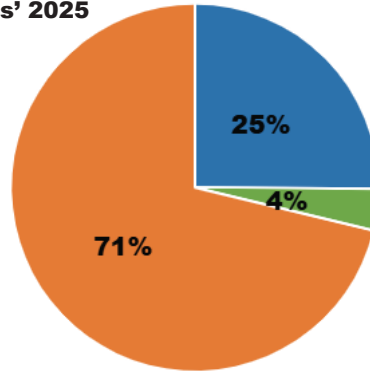
COMMUNITY PARTICIPANT





DEMOGRAPHIC ANALYSIS - GENERAL

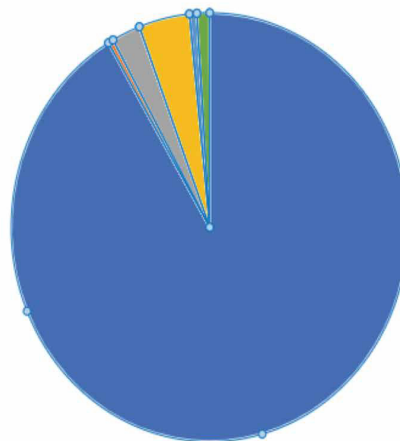
SEEN beneficiaries' 2025



- clients listened to for unplanned pregnancy, pregnancy loss support and befriending
- prisoners participated in the 'I Am' Project
- young people taught RSE in schools

SEEN Beneficiaries Overall Age Range

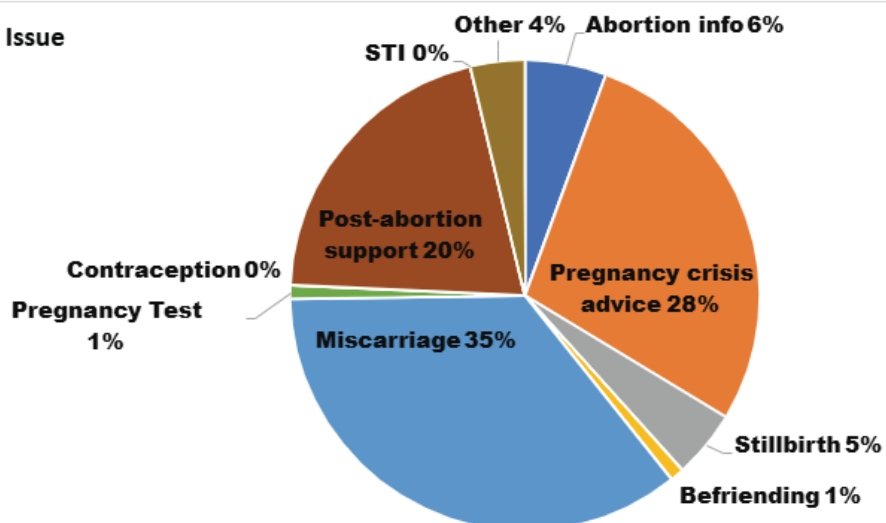
- yrs 10 - 15 (mostly schools)
- yrs 16 - 19
- yrs 20 - 29 (mostly prisons)
- yrs 30 - 39 (listening clients)
- yrs 40 - 49



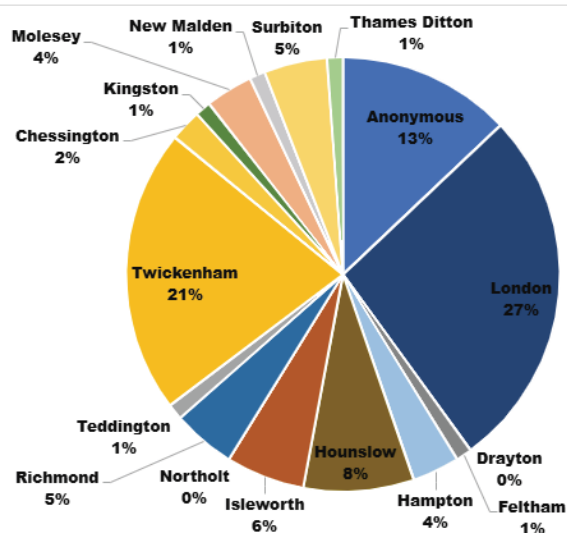


Demographic Analysis - Listening

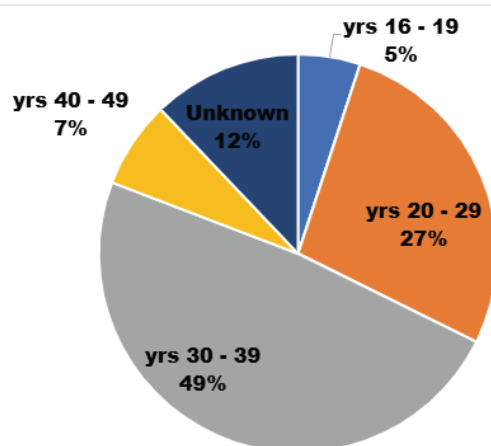
Client Issue



AREA



AGE RANGES





FUTURE PLANS

SEEN Trustees will ensure that best practice which has been highlighted during our review of our governance are fully embedded into our annual calendar

At the same time recent initiatives will be consolidated by

- Improving our outreach to those experiencing unplanned pregnancy and those in need of post abortion support by developing relationships with local termination clinics
- Run a pilot 'I AM Project' healthy relationship course at HMP Downview , Sutton
- Rolling out improved Safeguarding training
- Recruit and training 3 new listeners
- Recruiting a social media volunteer for SEEN
- A programme to recruit and support volunteers which includes CPD training and networking events
- Continuing to embed our charity in GP surgeries, Wellbeing clinics and hospitals as the agency to contact for support for those struggling with pregnancy loss and unplanned pregnancies
- Continuing to cultivate relationships with other organisations and charities for referrals and service promotions i.e. Midwives, community centres and social prescribers
- Streamlining and updating digital processes for the listening service
- To improve on collecting data around unplanned pregnancies
- Implement a database



FINANCE

Aware that grant income is increasingly variable, trustees were encouraged that non-restricted donations from individuals and clients and income generated from services and schools increased during 2025, so that the charity broke even this year. We hope to continue and increase regular giving from clients and donors going forward.

	2024	2025
Income	125,399	121,590
Expenditure	128,627	121,569
Net movement in funds	(3,228)	21

Income

Both income and expenditure reduced in 2025 compared to 2024 by 3-5%

Expenditure

In 2025, expenditure decreased by 5% compared with 2024. This was due to fundraising costs being reduced through doing smaller less expensive fundraisers. We responded to the small decrease in cost by cutting our staff cost proportionately.

Reserves and Financial Health

The Trustees have established a policy whereby sufficient unrestricted funds must be held in reserve to cover operational costs for at least three months totalling £22,000. At this level, the Centre should be able to honour all commitments in the event of a significant drop in funding.

The Trustees continue to monitor income and expenditure closely, and note that while unrestricted funds were low at the end of year (£19,931), they will take the following steps to alleviate the current shortfall of £2069.

- Increase unrestricted funds from grant income, regular and one-off donors
- Diversify income streams
- Grow the attendance of our fundraising events



Thanks

We can only achieve what we do with the support of many individuals and organisations.

We continue to be hugely grateful to everyone whose support and generosity has enabled SEEN to continue supporting our beneficiaries through 2025.

Schools

We thank the following schools for booking our RSE programme:

- The Lady Eleanor Holles School, Hampton
- St Paul's Boys, Hammersmith
- Twickenham Preparatory School, Hampton
- Heston Primary School, Hounslow

Trust and Grants

We are grateful to the following trusts and local organisations for grants and donations made to the charity during 2025:

- Allen Trust
- Bentley Motors
- City Bridge Trust
- Costco
- Kew Village Market
- Kingston Charitable Foundation
- Louis Nicholas Residuary Charitable Trust
- Marsh Charitable Trust
- Richmond Foundation
- Richmond Quakers
- Souter
- St Stephens Twickenham PCC
- The Beacon Lodge Charitable Trust
- The Dischma Charitable Trust
- The Joan Ainslie Trust
- The Rowan Bentall Charitable Trust
- William Grant & Sons

Individual support

We want to thank the many individuals who help us plan financially giving a regular donation, as well as everyone who gave one-off donations or took part in a sponsored events over the past year.

Pro-Bono support

We continue to be grateful to St Stephen's Church for free office space, counselling room facilities and use of other rooms for meetings and events, as well as giving us the opportunity to promote the charity through services and newsletters.



OUR OBJECTS, APPROACH AND BENEFITS

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what the charity should undertake.

Objects

The objects of the charity, as set out in our Memorandum and Articles of association, are these:

- a. The advancement of education in the subject of sex and relationships, pregnancy and the termination of pregnancy;
- b. Relief in need and distress caused by unplanned pregnancy or pregnancy loss in particular, but not exclusively by providing advice, counselling and services;
- c. The provision of goods and services to needy applicants to the charity;
- d. The promotion of other such charitable services which may conveniently be carried on in connection with the above objects.

We seek to achieve these objectives by delivering sex and relationship education to young people in schools and youth clubs, and to women in prison, and by providing support and information to clients experiencing pregnancy crisis and loss.

Through our work, we seek to benefit individuals by achieving the following:

- promote development of healthy, respectful relationships by building self-esteem, confidence and recognising risky behaviour which can lead to abuse, sexually transmitted infections, and unplanned pregnancy;
- enable those considering pregnancy termination to make their own, informed decision without pressure or coercion;
- help those experiencing pregnancy loss to be able to come to terms with what has happened and reduce any depression or anxiety;
- provide practical and emotional support to anyone continuing with an unplanned pregnancy in difficult circumstances.



Approach

The focus of our strategy is to increase the number of personal clients that we reach, and the continued improvement of our education and prison services, in addition to the development and welfare of our staff and volunteers.

In taking forward our strategy we:

- review organisational performance, staff performance and general morale
- seek to ensure the integrity of our services and that they are in keeping with our statement of faith
- invest in technology and the infrastructure of our Centre
- co-operate and share resources with local organisations
- constantly consider whether our activities are appropriate and needed.

Benefits to wider society

We continue to find that clients, staff and the public at large are surprised to find out how prevalent it is for women and families to experience a pregnancy crisis. Similarly, the pain or trauma of any of these crises can be experienced regardless of age, gender, social background or any other distinguishing category.

We also note that our experience reflects the research and opinions of other bodies looking into these areas.

LISTENING SERVICE

- Recent data shows there were 277,970 abortions for residents of England and Wales in 2023, the highest number since the Abortion Act was introduced, and 26,593 abortions (11%) higher than in 2022
[Abortion statistics, England and Wales: 2022 - GOV.UK](#)
- Dr Alison Wright, President of the Royal College of Obstetricians and Gynaecologists states: “This new data highlights how access to high-quality abortion care is essential for women’s health and reproductive autonomy.”
[RCOG responds to the latest abortion statistics for England and Wales | RCOG](#)
- We also noted that in Richmond in 2021, just under one-third (31.5%) of women under 25 who had an abortion had one or more previous abortions, similar to London overall.
- 45% of pregnancies are unintended and approximately one-third of births in England are estimated to be unplanned or associated with mixed feelings about pregnancy.
[Stillbirths - Office for National Statistics](#)



- 65% of women say they were denied adequate follow-up care after miscarriage.
[Miscarriage UK research reveals - Miscarriage UK](#)
- 68% experienced mental health problems such as grief, depression, PTSD and suicidal thoughts after pregnancy loss
[Miscarriage Association Report UK 2026](#)
- The BBC recently published an article stating that each year tens of thousands of women in the UK may be experiencing symptoms of PTSD after miscarriages, mainly due to the lack of provision of prompt psychological support. With the rising threshold for statutory services, the availability of therapeutic services is extremely limited.
[Miscarriage: Tens of thousands have PTSD symptoms - BBC News](#)

EDUCATION SERVICE

- 70% of 18–25-year-olds reported wishing they had received more information about some emotional aspect of a romantic relationship, including “how to have a more mature relationship”, “how to deal with breakups” and “how to avoid getting hurt in a relationship”.
- “Knowledge about safer sex and sexual health remains important to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life. This should be delivered in a non-judgemental, factual way & allow scope for young people to ask questions in a safe environment”. (Government guidance for statutory relationships education in primary schools & relationships & sex education in secondary schools, 2020).
- Research by the Prison Reform Trust identifies strong links between domestic and sexual abuse, coercive relationships, and women's offending.
[Key facts - Women In Prison](#)
- Evidence increasingly shows that positive, healthy relationships are associated with better outcomes during imprisonment and after release.
- Research published in 2025 highlights:
- Strengthening family relationships can help reduce intergenerational offending and support successful reintegration.
- Maternal imprisonment affects not only children but wider family relationships, creating
- lasting disruption that relationship-focused interventions may help address.
- Government research concludes that supportive family relationships are generally linked with improved resettlement and lower reoffending, although the quality of relationships matters as much as the existence of contact.
[Social Contact in Prison, Ministry of Defence 2025](#)



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustees, who are also the directors of the limited company, are responsible for the overall management and control of SEEN and meet formally six times a year. Further meetings of the Trustees and the Centre Director are arranged as needed to respond to matters, or at the request of the Centre Director.

Where each of the Trustees has assumed a particular responsibility, for example, for fundraising, the full confidence of the Board of Trustees is delegated to that trustee to make strategic decisions as needed and then report back to the Board after the fact. This is essential if we are to make progress in the development of our services and meeting our obligations.

The work of implementing all of the Board's decisions and policies is delegated to the Centre's Executive Director.

Some of our Trustees also volunteer their time to support the delivery of our services or our daily operations. In this capacity, the Trustees fully coordinate their contribution with the Centre Director to ensure good communication and the best use of their endeavours.

All Trustees give of their time freely and no remuneration or expenses were paid in the year. No trustee, or person connected with a trustee, received any benefit from the charity or from any third party on behalf of the charity.

Organisational Management

The Trustees determine the general policy of the Centre. The day to day running of the Centre is delegated to the Centre Director, supported by the staff.

The Centre Director also supports the work of the Trustees by providing information and reports, and handling all general administrative duties either personally or by delegating to an appropriate member of staff.

As appropriate for an organisation of our size, our staff work part time, in shifts that overlap with the Centre Director as agreed.

Risk Management

The Centre has considered the major risks to which the charity is exposed and established procedures to manage those risks.

We have a risk policy and a plan of action to deal with any potential risks prioritising those that are likely and would have high impact.

Through the risk management processes established for the Centre, the Trustees are satisfied that the major risks identified have been carefully mitigated, although all such measures are constantly under review. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.



Trustee Recruitment and Training

The Centre requires breadth and depth of experience to carry out its duties effectively and efficiently. When recruiting new Trustees, it is important they can attest to our statement of faith as well as bring a core skill to the team.

Applications to become a trustee are openly invited from the local community, local churches of any denomination, and anyone who can align their aims and purposes with ours. We welcome applications from people of different cultures, backgrounds and age ranges and we maintain a non-discrimination policy for trustee appointments, and throughout the charity.

Where possible we aim to have a Board of Trustees which includes the following:

- A trustee with a medical or health service background
- A trustee with a fundraising background
- A trustee with an education service background
- A trustee with a successful business background
- At least one female and at least one male trustee

One trustee may have one or more of these skills.



CHARITY TRUSTEES AND COMPANY DIRECTORS

The charity Trustees of SEEN Ltd are also Directors of the limited company, registered with Companies House. They have dual obligations, although there is no conflict between the two.

Trustees are unpaid and are required to oversee the activities of the charity to ensure that it is acting prudently and according to its purposes as registered with the Charity Commission for England and Wales¹.

Directors are required to manage the company in accordance with Government rules, as published by Companies House², to ensure its success, and act with skill, diligence and integrity.

The Trustees and Directors who served during the year were as follows.

Trustees & Directors:

Anne Wallace

David La Bouchardiere, Education Services

Nicki Klass, Treasurer

Michael Parker,

Rosalind Moody

Lesley Bengé

Angharad Thomas

Served:

full year service

full year service

full year service

full year service

full year service

full year service

September - December

Executive Director:

Fay Hamilton (Centre Director)

full year service

Signature

10 September 2026

¹ <https://www.gov.uk/government/organisations/charity-commission>

² <https://www.gov.uk/government/organisations/companies-house>



SEEN LTD

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SEEN LTD

I report to the Trustees on my examination of the financial statements of Seen Ltd (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the Trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the Companies Act 2006 and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

John Caladine FCCA CTA FCIE

Caladine Limited
Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF
Date: 21 September 2026



SEEN LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
Income from:							
Donations and legacies	3	69,902	31,167	101,069	46,774	54,982	101,756
Charitable activities	4	9,257	-	9,257	3,550	-	3,550
Other trading activities	5	10,819	-	10,819	19,676	-	19,676
Investments	6	445	-	445	417	-	417
Total income		<u>90,423</u>	<u>31,167</u>	<u>121,590</u>	<u>70,417</u>	<u>54,982</u>	<u>125,399</u>
Expenditure on:							
Raising funds	7	18,287	-	18,287	23,148	5,728	28,876
Charitable activities	8	61,598	41,684	103,282	61,448	38,303	99,751
Total expenditure		<u>79,885</u>	<u>41,684</u>	<u>121,569</u>	<u>84,596</u>	<u>44,031</u>	<u>128,627</u>
Net income/(expenditure)		10,538	(10,517)	21	(14,179)	10,951	(3,228)
Transfers between funds	18	(1,900)	1,900	-	-	-	-
Net movement in funds	10	8,638	(8,617)	21	(14,179)	10,951	(3,228)
Reconciliation of funds:							
Fund balances at 1 January 2025		11,293	24,767	36,060	25,472	13,816	39,288
Fund balances at 31 December 2025		<u>19,931</u>	<u>16,150</u>	<u>36,081</u>	<u>11,293</u>	<u>24,767</u>	<u>36,060</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.



SEEN LTD

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Trade and other receivables	15	2,517		4,940	
Cash at bank and in hand		37,101		34,306	
		<u>39,618</u>		<u>39,246</u>	
Current liabilities	16	(3,537)		(3,186)	
Net current assets			36,081		36,060
The funds of the charity					
Restricted income funds	18		16,150		24,767
Unrestricted funds	19		19,931		11,293
			<u>36,081</u>		<u>36,060</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 10th September 2026

Anne Wallace

Ms B Wallace

Trustee

Company registration number 08010183 (England and Wales)



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Company information

Seen Ltd is a private company limited by guarantee incorporated in England and Wales. The registered office is Chantry House, 22 Upperton Road, Eastbourne, East Sussex, BN21 1BF.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is included in the Statement of Financial Activities when:

- i. The charity becomes entitled to the income;
- ii. The trustees are virtually certain they will receive the income; and
- iii. The monetary value can be measured with sufficient reliability.

Where income has related expenditure the income and related expenditure are reported gross in the Statement of Financial Activities.

Grants and donations are only included in the Statement of Financial Activities when the charity has unconditional entitlement to the income.

1.5 Expenditure

Expenditure is recognised on an accruals basis as a liability as incurred and is apportioned to the appropriate cost centre.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies (Continued)

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following basis:

Computers	Fully depreciated
-----------	-------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies (Continued)

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	40,441	6,102	46,543	24,474	9,583	34,057
Grants	29,461	25,065	54,526	22,300	45,399	67,699
	<u>69,902</u>	<u>31,167</u>	<u>101,069</u>	<u>46,774</u>	<u>54,982</u>	<u>101,756</u>
Grants						
St Stephen's PCC	5,000	-	5,000	6,200	-	6,200
Hampton Fund	-	-	-	-	5,000	5,000
Richmond Parish Lands	-	-	-	-	5,000	5,000
Sedel-Collings	-	-	-	10,000	-	10,000
Richmond Foundation	-	5,000	5,000	-	-	-
City Bridge Foundation	-	9,751	9,751	-	9,722	9,722
Hambro & Dischma Charitable Trust	5,000	-	5,000	-	-	-
National Lottery	-	-	-	-	18,377	18,377
Louis Nicholas Residuary Charity Trust	5,000	-	5,000	-	-	-
Other	14,461	10,314	24,775	6,100	7,300	13,400
	<u>29,461</u>	<u>25,065</u>	<u>54,526</u>	<u>22,300</u>	<u>45,399</u>	<u>67,699</u>



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Support		
Services and Schools	9,257	3,550

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	10,819	19,676

6 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	445	417

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fundraising and publicity						
Staging fundraising events	4,600	-	4,600	11,149	-	11,149
Fundraising agents	306	-	306	-	-	-
Staff costs	13,381	-	13,381	11,999	5,728	17,727
	18,287	-	18,287	23,148	5,728	28,876



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

8 Expenditure on charitable activities

	Support	Support
	2025	2024
	£	£
Direct costs		
Staff costs	83,120	79,951
Office costs	3,171	1,875
Publicity	1,217	982
Subscriptions	89	949
Bank charges	120	120
Sundries	535	407
Training and staff expenses	339	2,256
Project costs	4,729	3,268
Subcontractors	1,768	-
	<u>95,088</u>	<u>89,808</u>
Share of support and governance costs (see note 9)		
Support	3,852	5,817
Governance	4,342	4,126
	<u>103,282</u>	<u>99,751</u>
Analysis by fund		
Unrestricted funds	61,598	61,448
Restricted funds	41,684	38,303
	<u>103,282</u>	<u>99,751</u>

9 Support costs allocated to activities

	2025	2024
	£	£
Insurance	936	821
IT, website & communications	2,916	4,996
Governance costs	4,342	4,126
	<u>8,194</u>	<u>9,943</u>
<u>Analysed between:</u>		
Support	<u>8,194</u>	<u>9,943</u>



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

9 Support costs allocated to activities (Continued)

	2025 £	2024 £
Governance costs comprise:		
Independent examination fees	850	810
Accountancy	1,970	1,890
Payroll and software	1,522	1,426
	<u>4,342</u>	<u>4,126</u>

10 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable to the charity's independent examiner:		
- for the independent examination of the charity's financial statements	850	810
- for tax advisory services	1,272	1,152
- for other financial services	1,970	1,890
	<u>4,092</u>	<u>3,852</u>

11 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

12 Employees

The average monthly number of employees (including part-time employees) during the year was:

	2025 Number	2024 Number
	<u>8</u>	<u>7</u>
Employment costs		
	2025 £	2024 £
Wages and salaries	95,142	96,190
Other pension costs	1,359	1,488
	<u>96,501</u>	<u>97,678</u>

There were no employees whose annual remuneration was more than £60,000.



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

12 Employees (Continued)

Remuneration of key management personnel

The remuneration of key management personnel (which includes gross pay, employer national insurance and pension contributions) is as follows.

	2025 £	2024 £
Aggregate compensation	29,825	28,032

13 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

14 Property, plant and equipment

	Computers £
Cost	
At 1 January 2025	3,768
At 31 December 2025	3,768
Depreciation and impairment	
At 1 January 2025	3,768
At 31 December 2025	3,768
Carrying amount	
At 31 December 2025	-

15 Trade and other receivables

	2025 £	2024 £
Amounts falling due within one year:		
Other receivables	1,802	4,361
Prepayments and accrued income	715	579
	2,517	4,940



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

16 Current liabilities

	2025 £	2024 £
Other taxation and social security	717	486
Accruals and deferred income	2,820	2,700
	<u>3,537</u>	<u>3,186</u>

17 Retirement benefit schemes

	2025 £	2024 £
Defined contribution schemes		
Charge to profit or loss in respect of defined contribution schemes	<u>1,359</u>	<u>1,488</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2025 £
Listening Project	24,767	9,940	(25,455)	-	9,252
Staffing Fund	-	5,374	(7,274)	1,900	-
Relationships Compass course	-	6,102	-	-	6,102
Prisons	-	9,751	(8,955)	-	796
	<u>24,767</u>	<u>31,167</u>	<u>(41,684)</u>	<u>1,900</u>	<u>16,150</u>

Previous year:	At 1 January 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 December 2024 £
Listening Project	1,262	40,260	(16,755)	-	24,767
Education Fund	1,606	-	(1,606)	-	-
Hampton Fund	1,937	5,000	(6,937)	-	-
Schools Co-ordinator	9,011	-	(9,011)	-	-
Prisons	-	9,722	(9,722)	-	-
	<u>13,816</u>	<u>54,982</u>	<u>(44,031)</u>	<u>-</u>	<u>24,767</u>



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

18 Restricted funds (Continued)

Listening Project - This fund supports the staffing costs of the lead counsellor for the Listening project. The Listening Project provides free and confidential support sessions for someone with a crisis pregnancy (unplanned / fetal anomaly) needs and courses for anyone struggling after pregnancy loss including abortion, miscarriage or still birth.

Staffing Fund - This fund represents monies received to cover staff costs. The deficit of this fund has been met by a transfer from unrestricted funds.

Education Fund - This fund represents grants to cover the costs of training and education staff salaries. The funds have been utilised and the fund is now closed.

Hampton Fund - This fund represents monies received from the Hampton Fund to be used for core costs including the Directors Salary. The funds have been utilised and the fund is now closed.

Schools Co-ordinator - Money raised from the December 2023 BigGive campaign for the Schools Co-ordinator post. The funds have been utilised and the fund is now closed.

Relationships Compass course - BigGive campaign monies raised to deliver a relational literacy course to the wider community.

Prisons - A grant to deliver the 'I Am' project in women's prisons.

19 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
General funds	11,293	90,423	(79,885)	(1,900)	19,931
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
General funds	25,472	70,417	(84,596)	-	11,293
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>



SEEN LTD

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

20 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 December 2025:			
Current assets/(liabilities)	19,931	16,150	36,081
	<u>19,931</u>	<u>16,150</u>	<u>36,081</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	11,293	24,767	36,060
	<u>11,293</u>	<u>24,767</u>	<u>36,060</u>

21 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).







SEEN Ltd Registered charity no. 1148979
Registered company no. 8010183

