



'Life is full of Choices'



aberdeen
choices

Annual Report 2010/11

Chairmans Remarks

This last year has seen Choices continue to establish itself as an important resource for women who find themselves with an unplanned pregnancy or facing pregnancy loss.

As well as direct access, GP's are now becoming more familiar with the service and referrals are coming from surgeries.

Our involvement in education has continued to be popular and seems to have struck a chord with staff and pupils during our relevant schools workshops on sexual health and relationship issues.

In these financially challenging times we continue to be committed to provide these necessary services in our city.

Dr. W J Harrison
Chairperson

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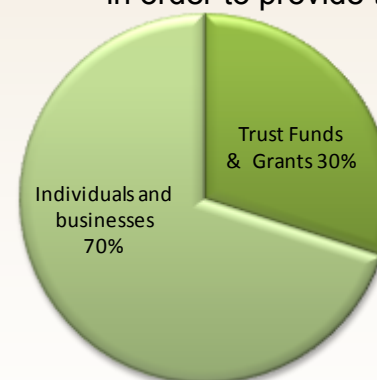
Governance

Choices Aberdeen are governed by a Board of eight directors who are responsible for strategic planning, governance and monitoring of the operations of the charity. The Centre Manager is responsible for the day to day management of the service.

A part-time counselling supervisor provides support and supervision to volunteer counsellors and ensures a quality service for clients.

A part-time youth worker develops and delivers educational workshops assisted by a team of volunteers.

Choices is a Scottish Registered charity and is dependent on receiving financial donations and grants in order to provide these services.



Choices are grateful to all the individuals and companies who have kindly supported us in the last year.

The annual accounts of Choices Aberdeen are audited by Anderson Anderson & Brown, Queens Road, Aberdeen and are available on request.

Funding

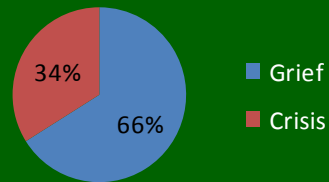
Counselling

Facing an unplanned pregnancy evokes a huge range of emotions which can, for many, result in a feeling of panic and despair. Our trained counsellors provide a safe place for people to talk over their feelings and circumstances. In this calm and confidential environment clients can find caring and professional support to see them through the most difficult times.

Our non-directive, person centred crisis counselling assists clients to see through the fog and confusion, giving them the opportunity to consider their options. Clients are supported, allowing them to reach their own informed choice.

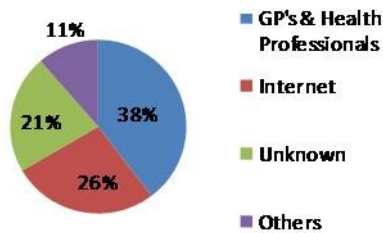
Thank you so much for all the help and support you've given to me over the past few months. It's really made a difference.' Client

Crisis & Grief Counselling



'Speaking to my Choices counsellor gave me a precious opportunity to talk about my fears and insecurities, and gather my thoughts.' Client

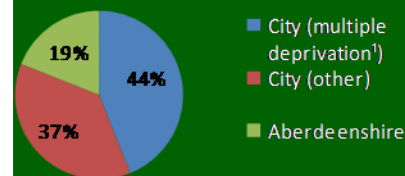
Referral Pattern



The grief felt with the loss of a close friend or relative is painful and numbing. For those who suffer the loss of a pregnancy the pain is also immensely keen.

Whether the loss is due to miscarriage, stillbirth, infant death or termination of pregnancy, the grief can be overwhelming and the results devastating. Even after months or years the loss can feel acute and impact the daily lives of those involved.

Clients By Area



Choices provide a place of solace and refuge in the midst of this grief. Our ten session grief counselling programme provides the opportunity for clients to explore the effects of pregnancy loss. It also sensitively provides clients with strategies to cope with a series of difficult emotions and behaviour patterns.

¹Scottish Index of Multiple Deprivation

Education

Choices is concerned about the wellbeing of young people and the feelings of hopelessness, lack of confidence and low aspirations that engulf so many. The breakdown of positive relationships is very often the beginning of these negative feelings which in turn often lead to vulnerability, alcohol/drug misuse, physical/sexual abuse, unplanned pregnancy, mental ill health or dependence on other false support systems.

Relationships & Sex Workshops

Stripping Off

A fresh look at our identity and challenging prejudice and gender stereotype

Sex, Love and Rock & Roll

An intimate take on relationships & sex

Pressure Point

Identifying and combating factors contributing to pressure (peer pressure and alcohol and drug

Going Gaga

Investigating the influence of the media and increasing media literacy

The Morning After

Exploring the physical and emotional outcomes of being sexually active

Love Hurts

Uncovering violence - breaking the cycle

'A third of teenagers say they learn about sex by watching porn²'

'It makes you think about how you like yourself as a person.'
Participant

'Very useful because I know loads now that I didn't know before.'
Participant

'UK teen pregnancy highest in Western Europe¹'

The empowerment and support of young people is important in effecting behavioural change and is crucial to their sexual health and wellbeing. In the last academic year we have been able to deliver workshops to over 400 young people and vulnerable adults in partnership with schools, youth projects and Aberdeen Foyer. Our relationships and sex workshops are developed and delivered by our education team and are dynamic, engaging and interactive

Annual Education Report is now available on request or via our website

Befriending

We provide practical help to anyone facing pregnancy crisis or grief. Whether it is coffee and a chat, accompanying to appointments, accessing other services or more hands on help, our team are happy to help.



'.. the practical support that I had from Choices helped me get through a really difficult time. I don't know what I would have done without them.' Client

Volunteering

Choices could not provide their services without the dedicated help of their volunteers. In order to keep our overheads low, we operate with only three part time staff members. We have a bank of trained volunteers who give their time and energy to ensure that our service is delivered where needed most. Thank you to everyone who has been involved over the last year!!

'Volunteering with Choices Aberdeen gives me the opportunity to do good and show real care to women in the city.' Volunteer

Development Plan 11/12

Counselling

Choices will develop an online counselling service to improve accessibility to our service. We will raise awareness of our grief counselling programme within NHS Grampian and other relevant service providers. We will continue to provide high quality training and support for our volunteers and staff.

Education

Choices will aim to increase by 40% the number of relationships and sex workshops delivered throughout the next academic year. We will also pilot a Youth Intervention Project which will focus on raising healthy self esteem, building secure relationships and promoting sexual health.

Befriending/Support Services

Choices will put the empowerment of parents at the heart of their service in the year 11/12. We will work with the families of young people on our Youth Intervention Project and with teenage and young mums. We will endeavour to develop public, third and private sector partnerships to deliver our service.

Funding

Choices will continue to attract funding from local individuals and businesses encouraging them to join us in providing a local service for local people. In addition, we will look for opportunities to develop other funding streams to provide a more sustainable future for our service provision.

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