



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on Pregnancy Options Centre

Pregnancy Options Centre provides free, non-directive counselling and support to women and men, facing unplanned pregnancy or struggling following a pregnancy loss, including a miscarriage, stillbirth, ectopic pregnancy, therapeutic termination or after an abortion. We support both recent and historic experiences.

We continue to be operational during COVID-19, providing support by telephone and video. Unplanned pregnancy clients will be offered an hour session to talk through their thoughts and feelings about their pregnancy, giving space to explore all options available to them with a non-judgemental volunteer counsellor. Pregnancy loss and post abortion clients will be offered an initial assessment to talk through their experience as well as regular check ins until face to face support can resume. If clients are at risk to discuss their pregnancy or circumstances by telephone, we can offer text or email support as well as signposting to other agencies, as appropriate.

**Pregnancy Options Centre is currently in the process of planning to re-open the centre for client support soon, whilst following government guidelines to protecting our staff, volunteers, and clients. Please see our [website](#) and social media pages for up to date information.**

Our non-judgemental, specially trained volunteers give unplanned pregnancy clients the chance to talk to someone independent and help them explore their options including abortion, adoption or parenting. Longer term support looks at complex issues and emotions that clients can feel after a pregnancy loss or abortion, such as grief, guilt, shame, depression, anger and acceptance. We are based in Chichester, West Sussex but serve all the Chichester and Arun Districts as well as the border of Hampshire. We are organisational members of the BACP (British Association of Counsellor and Psychotherapists) and adhere to their code of ethics. Referrals come from Mental Health teams such as Time to Talk as well as GP's, Midwives and self-referrals via our website and [Facebook page](#).

**"I was so incredibly grateful that the service existed and felt immediately heard at a time when I had never felt more isolated due to shame and other negative emotions" - Post Abortion Client.**

Pregnancy Options Centre also works in local schools and youth settings across the district, delivering educational sessions on healthy sex and relationships, sexual health, online safety, signs of Child Sexual Exploitation, consent and the consequences of risky sexual behaviour. Our education team work closely with the Community Safety Teams to develop sessions as part of an early intervention and are supported by the District Council, working with vulnerable students across County Lines.

Young people are given tools to resist peer pressure, value their self-respect and gain confidence, helping them to build a firm foundation for adult life. They develop values that will impact positively on their health, wellbeing and safety, enabling them to make considered, responsible and well-timed decisions for themselves.

Pregnancy Options Centre's schools work is postponed until further notice but will certainly return to support local young people when safe to do so.

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All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk), Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

**healthwatch**  
West Sussex

You can also follow our social media channels:  
Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)

