



**Pregnancy
Crisis Care**
(Plymouth & SE Cornwall)

NEWSLETTER

July 2020

Pregnancy Crisis Care

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Social Media update!

We have been working hard to keep in contact with clients and friends on social media platforms such as Facebook and Twitter.

We share regular updates, useful advice and uplifting messages, so please, if you are not already, give us a follow.

Social media is a powerful platform to reach out to people and to support. If you have any additional ideas or features you would like us to include on our social media platforms, then please get in touch.

 **Pregnancy Crisis Care**

 **@PregCrisisCare**

Dear Friends,

We hope you are all well and keeping safe in these strange and difficult times. We thank you all for your patience and understanding too in our changing ways of operating. In addition to this, we would like to acknowledge all the wonderful work the centre has done in supporting our clients using the new methods such as zoom and online contact. It can be difficult using these new methods with the nature of our work, but the team have worked so well together to overcome any issues. All clients have been supported for crisis pregnancy, post abortion stress and baby loss. We are now looking forward to getting things up and running again soon and getting back to some normality.

FUND-RAISING

Unfortunately, due to coronavirus, we are suspending our charity quiz until next year. If all goes well, we are hoping for the quiz to take place on the following date:

Thursday 11th March 2021

7 pm at Boringdon Park Golf Club

Please spread the word so we can make this a special night to remember. There will also be a raffle and silent auction. For more information or for an entry form please email us at:

contact@pregnancycrisiscare.org.uk.

We will also be grateful to anyone willing to kindly donate a raffle prize to this fantastic fundraising event.

International Women's Day 2020

The International Women's Day at the Plymouth Argyle Mayflower Grandstand at Home Park in March provided a fantastic opportunity for us to network with other services and agencies around the city, alongside raising the profile of the Centre too.

This year's theme was 'unheard voices' which we thought was a powerful message for us a Centre too. Jane and Sarah had the opportunity to talk at this event, showing the amazing support we provide. We also shared some personal stories of our clients to show the powerful impact our Centre has on helping people in some of the most difficult times of their lives. This had a powerful relation to the theme of the event - their voices should be heard in order to help them grow and to support them in becoming stronger and beginning to take control again.

The event was truly inspiring and it was fantastic to see the wonderful work some other local businesses provide including Plymouth Street Pastors, Plymouth Argyle Ladies FC and Odils Learning Foundation.



Coronavirus and working from home

Like us, companies around the world have been encouraging their employees to work from home in order to prioritize the health and safety of their workforce and communities amid coronavirus. Here are a few tips to help try and keep a positive mindset in these times:

- Keep to your usual routine – this could be simple such as getting up and dressed at your usual time. This will help productivity during the day and also give you a feel of normality. It is also important to close things down at the end of your day to give your mind time to wind down, as it can be easy to stay tuned in when you are at home.
- Contact with colleagues – whether this is zoom calls, phone calls or even WhatsApp, It is important to communicate with colleagues regularly in order for the business to be successful, but also for your mental health and wellbeing. Feeling like part of a team can do wonders for your positive mind.
- Make a realistic schedule and stick to it – giving yourself something to work towards can really help achieve what you need to get done. Whether it is a tick list or a detailed forecast plan, it can really help. Also make sure you schedule regular breaks and set a time for when your day will come to a start or end.

We are hoping to get Covid ready to return to work by September, taking into consideration social distancing measures and ensuring all staff and client safety.

Upcoming Events

We are still looking forward to our Charity Ball at the New Continental next year! We will keep you all updated with the news on this event as this might now be later in the year due to covid interruptions. As soon as we are back to our working environment, we will get started on the exciting planning for this event!

Client feedback

Here are some kind words a few of our clients have shared with us. It is important to know the positive impact we are having in these people's lives and it is so rewarding to know we are helping them.

'I feel truly listened to, valued and that I matter...The service you provide and warmth you bring are amazing and have helped me through dark times.'

'Our counsellor has been absolutely amazing at supporting us throughout my partner's pregnancy. She helped us to communicate effectively and helped my partner and I through some difficult family situations. The support she has provided has taught us things that will stay with us for the rest of our lives. We are so grateful!'

'Has made me look at the situation differently and helped me understand what happened wasn't my fault. It has helped me start letting go of the anger towards certain people and it was particularly helpful to just be able to talk and not feel judged for my feelings.'

THANK YOU!

We would like to thank all our supporters and volunteers for their continued commitment and support. Whether you have been involved directly with the Centre, or helped raise funding – all have been essential to helping us run the Centre with excellence and enable us to offer sensitive support to those who need it most. It has not been the easiest time, having to work from home and not having the face to face contact that we are so used to. However, as you can see from client feedback, we have still been able to provide the crucial support that our clients need. Also, the team have come together when we have needed it the most and supported each other through this difficult and uncertain time. Also, through social media we have been able to send out positive messages and support and we hope supporters of PCC have benefited from these too. Thank you so much for your support – we really do appreciate and value you all. We hope to see all of you soon and please take care and stay safe.