



Reflect

York | Harrogate | Selby | Thirsk

Reflect is a **free** support service in North Yorkshire for anyone facing a **Pregnancy Choice** and for those struggling after experiencing **Pregnancy Loss**.

Become a *Reflector* today!

We are looking for regular monthly financial supporters who would together enable us to meet our running costs each year so that we can continue to provide a free service.

Can you help?

"I can't put into words just how valuable the support has been for me. I feel like me again."

The need

1 in 3 women will have a termination in their lifetime, and 1 in 4 early pregnancies end in miscarriage. Around 1 in 240 pregnancies end in stillbirth. This is why Reflect exists to help those in need.

Approximately 97% of terminations in recent years were carried out to reduce the risk of harm to the physical or mental health of the pregnant woman. However, we are continuing to see women and men for post-termination support.

Research shows a woman is best able to cope with a pregnancy choice decision made free from pressure or fear. A woman (and her partner) are far more likely to cope with a decision that has not been rushed, knowing they have made a truly informed choice, even if it is difficult at the time. We offer this time and space at Reflect.

In order to fulfil this vision and to continue to expand the work we do, we are asking you to help by giving financially.

Our vision

To see anyone in North Yorkshire, enabled to make an informed decision about a pregnancy choice, without fear, pressure or judgment, and to support those who have been affected by pregnancy loss through miscarriage, stillbirth or post-termination.

Motivated by Christian compassion, we desire to see all people supported throughout the decision-making process and beyond, whatever the outcome. We seek to raise awareness of issues surrounding pregnancy, including parenting, termination, adoption and pregnancy loss, and to provide support for those in need.

The challenge

Will you become a Reflector and be a regular monthly giver?

We are completely reliant on donations and grants so whatever you are able to contribute, your support is invaluable. With your donations we can:

- Keep our service free to those who need our support.
- Fund our telephone helpline and website to be easily accessible to those in need.
- Advertise our free services so anyone knows where to look for help.
- Continue to expand our services. Reflect opened in York in 2007, Harrogate in 2014, Selby in 2018 and most recently in Thirsk.

Become a *Reflector* today!

Thank you for supporting our work. Your regular gift will help bring light and hope to people's lives.

Name:

Address:
Postcode:

Email:

Would you like to receive our regular email: (please tick)

Newsletter Y N

Prayer letter Y N

You can opt out anytime via our MailChimp unsubscribe button or emailing enquiry@reflectyork.co.uk

Please note our bank details before returning this form to Reflect:

Sort Code: 40-52-40 Account Number: 00014946 Account Name: Reflect
Address: Reflect, CAF bank Ltd, 25 Kings Hill, West Malling, Kent, ME19 4JQ

The sum of per month: (please tick)

£5 £10 £20 other £

Yes, I am a UK taxpayer

Please treat as Gift Aid donations all qualifying gifts of money made today, and in the past 4 years and in the future. I understand the charity will reclaim 25p of tax on every £1 that I give. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. If in the future your circumstances change and you no longer pay tax on your income and/or capital gains at least equal to the tax that Reflect reclaims, you can cancel your declaration. Please notify Reflect if you change your name or address while the declaration is still in force.

I am not a taxpayer

Signature:

Date:

Registered Charity No 1118904
Head Office: Reflect, The Gateway Centre, Front Street, Acomb, YO243BZ
Website: reflectsupport.co.uk Email: enquiry@reflectsupport.co.uk



What we do

Pregnancy Choice

An unintended pregnancy can be a crisis for anyone whatever their circumstance. Or a planned pregnancy may turn into an agonising situation if a woman has been advised of a possible foetal anomaly after antenatal screening or diagnostic test. Facing this can be a difficult and confusing experience.

Our trained advisors help people work through all their options, enabling them to make a choice for themselves. We listen and provide space to help them think. We signpost to all appropriate services and relevant agencies for ongoing support.

Pregnancy Loss

Miscarriage & stillbirth affect many women and their difficult experience is not always acknowledged. We help women & men to work through their emotions and grief.

After having an termination a woman may experience a variety of emotions, some may be unsettling and some may not surface until months or even years later.

We offer 'Reflections: Walking through loss'- A structured support programme for anyone struggling. This has proved to be life-changing for many women who have completed the programme at Reflect.

“We can safely say that the day we found Reflect was the day that changed our lives forever... We cannot emphasise enough the importance of the work that Reflect does or how essential it is that they become more widely recognised so that other people in need can benefit from their incredible support.”