

Company No. 4226256
Charity No. 1087969

Every Parent & Child
(A company limited by guarantee)

Report and Financial Statements
For the Year Ended 31 March 2025

Community House 311 Fore Street
London N9 0PZ

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For the Year Ended 31 March 2025

Company Charity name Every Parent & Child (known as EPC)
(formerly Enfield Parents & Children)

Registered office and
operations address Community House
311 Fore Street
London N9 0PZ

Telephone 020 8373 6243
Website www.epandc.org.uk

Directors (also known as Trustees)

Chair	Ingrid Cranfield
Treasurer	Sudipta Ghosh
Company Secretary	Jaspal Dhani (Acting)

Directors	Thomas Boadu Ingrid Cranfield Sudipta Ghosh Jane Hessami Leo Meggitt (Vice Chair) Sarah Tite
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Chief Executive Jaspal Dhani

Independent Examiner TACTS Accountant
61 Fountains Crescent
Southgate
London N14 6BD

Bankers

Barclays Bank
4-6 South Mall
Edmonton
London N9

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

Charity registration number: 1087969
Company registration number: 4226256

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Trustees' Report

Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2024-25.

Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Ensuring children and young people are better able to realise their educational potential.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Working with educational institutions – and society more generally – to provide more inclusive environments for children and young people.
- Supporting children and young people to lead positive independent adult lives, contributing to wider society.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Providing emotional and well-being support to children and young people so that they are better able to manage their emotions and relationships within the school and external settings.
- Providing emotional and well-being support to parents/carers of those we support to manage their emotions and wellbeing.

Our Mission and Vision Statements

Our mission is to contribute to a world where children and young people with Special Educational Needs and Disabilities and those in need of special assistance can thrive.

Our vision is to support children and young people with Special Educational Needs and Disabilities or who require special assistance, and their families, to succeed in education and community life to improve their life chances.

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Our Services

Staff changes during the year

Following the departure of Anna-Dialechti Koloni last year, we welcomed Lucy-May Robin as Anna's successor in the role of Child Health Community Champions Lead. Lucy is a qualified early years professional, with 15 years' experience of working in the early years sector and holds a First-class Honours degree in Early Childhood studies. In 2023, Lucy gave birth to twins and had to perform CPR on one child who was then two weeks old. This, alongside her personal experiences of breastfeeding and motherhood, spurred Lucy into volunteering with the ABC Parents project, supporting mothers in the community and making a real difference.

Starfish

The Starfish Project enables children to develop communication, social and educational skills in order to participate fully in their education and reach their full potential. Children at risk of social exclusion will have access to an enriching programme of support, which will lead to an improvement in emotional wellbeing, more participation in school and the wider community and engagement with learning.

Transition from primary to secondary school is an extremely challenging time in some children's lives, especially for those children who may already be at risk of social exclusion and underachieving. Evidence shows that children are often emotionally, socially and linguistically unprepared for the change. These concerns often begin in years 4 and 5 and those children who are already vulnerable (because of family circumstances, special educational needs and speech and language issues) face particular and specific challenges which affect their attainment, participation, self-esteem, wellbeing and progress in the final years of primary school. Children with low levels of self-esteem and subjective wellbeing are often not equipped with the tools and strategies to cope with such a huge change in their lives and benefit from specific, targeted support to be able to deal with the challenges ahead.

Starfish continues to support primary age children in Key Stage 2 who are at a disadvantage in terms of their chances of making a successful transition to secondary school, to develop the skills and confidence to participate, engage with learning, value themselves and believe in their capacity to progress and do well both socially and academically. The project will show them how to present themselves positively and how to engage with other people as well as building social capacity and developing strategies they can use to progress and achieve.

The core elements and project pathways promote stronger personal, social and academic performance as well as developing equal access to wider opportunities and a range of different experiences. The project will improve self-esteem, mental health and wellbeing and children will be supported to be active citizens in their schools, society, community and family.

The project is delivered in nine primary schools in LB Enfield, with children initially taking part in the Aspire and Shine pathway; targeted children will also be referred to the most appropriate Starfish pathway for their needs.

The nine local primary schools included:

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- Fleecefield
- Starks Field
- Wilbury
- St Edmund's
- Latymer All Saints
- Houndsfield
- Galliard
- Brettenham, and
- Churchfield.

Delivery of the Mentoring, Ready Steady Grow! and Family Art Club pathways was supported by Edmonton Community Partnership, Blanco Activities, and Tiger Monkey.

Starfish impact

A total of 372 children had access to an enriching programme of support consisting of six different Starfish pathways, which contributed to an improvement in emotional well-being, increased participation in school and better engagement with learning.

1. **Starfish Aspire and Shine:** Life and communication skills training encourages collaborative learning and team work as well as developing resilience, problem-solving skills and school engagement. The sessions, themed around tolerance and respect, encourage children to value themselves and provide access to new opportunities and experiences.
 - Delivered in five schools, 196 children benefited from The Aspire and Shine pathway
 - 3 full day sessions per group of 30 children from each school
 - 90% felt more confident
 - 93% reported that they now speak up more in class.

Quotes from participants:

"Starfish is helpful for me because it has made me more courageous."
"Starfish is helpful because I don't have to be nervous anymore."

2. **Starfish Young Leaders:** Young Leaders will plan and develop their own school-based projects for change, developing self-advocacy and leadership skills through practising teamwork, improving interpersonal relationships and exploring problem-solving, peer learning and making safe choices.
 - Delivered in eight schools, 96 children participated in the Young Leaders pathway
 - 88% reported that they can now make friends more easily
 - 90% reported feeling less nervous about trying new things.

Quotes from participants:

"We learnt tolerance because we all had different opinions leading to us respecting others."
"I improved on my confidence and bravery."

3. **Starfish Mentoring Pathway:** The project will train mentors to provide one-to-one and group mentoring sessions in all the primary schools. There will be a focus on raising self-esteem, managing friendships and developing positive peer relationships as well as developing resilience, confidence and social skills.

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- Delivered in eight schools, 12 students participated in the Mentoring pathway
- 100% of participants enjoyed the sessions and said that what they learnt would help them in the future.

Quotes from participants:

"I am more confident putting my hand up in class."

"I feel safe and it helps me control anger and respect others' feelings."

4. **Starfish Ready, Steady, Grow!** A pathway developing physical wellbeing sessions for targeted children. The sessions will support children to develop concentration, self-control and determination. Increased social contact and experience through weekly exercise sessions will improve physical and mental health and support children to socialise and make new friends. This will lead to an improvement in their confidence, reduced anxiety and improved ability to cope with stress.
- Delivered across two schools, 30 children participated in the Ready, Steady, Grow! pathway
 - 100% reported feeling more confident
 - 92% reported that they can now take part in more school activities.

Quotes from participants:

"I am less nervous now."

"I'm more confident and can speak up for myself now."

5. **Starfish Family Arts Club:** EPC's partner, Tiger Monkey, delivered the after-school arts clubs in Starfish schools to encourage parents to come into school and work on arts-based projects with their children. The clubs encouraged family cohesion and supported parents/carers with children's development and learning as well as encouraging fun and creativity.
- Delivered across two schools, 30 children were supported in the Family Arts Club pathway
 - 87% reported that they were able to make friends more easily
 - 8-% said they felt less nervous about trying new things.

Quotes from participants:

"I loved seeing my Mum being this creative."

"I loved the day that I played with my Dad and my friend Lily."

6. **Starfish Play Therapy:** This pathway will be for targeted children, depending on individual needs. Children who have specific emotional, social or mental health issues will have access to play therapy sessions with a qualified therapist on a one-to-one basis. Children will develop confidence and self-esteem, wellbeing and enjoyment as well as speaking up in class, increased positive behaviour and class cohesion. Children will be encouraged to join in new activities, be more engaged in class and have increased resilience in managing friendship difficulties.

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- Awaiting evaluations – All current school evaluations mention that children have left sessions much happier. Overall feedback from schools has been positive, and schools are keen for Play Therapy to continue so that other children can benefit.

Next steps

For Year 2, we will continue to maximise the number of children attending each pathway whilst focusing on the quality of delivery. We will also focus on reviewing and refining each of the pathways to ensure children get the best possible results from participating in Starfish.

This will include:

- Improving referral criteria and making sure schools have a full understanding of whom to refer to, and to which pathway
- Reviewing evaluation processes to obtain the most detailed feedback to effectively demonstrate that we are meeting project objectives
- Strengthening relationships and working collaboratively with schools, partners, therapists and facilitators.

ABC Parents Project

ABC Parents, a paediatric community outreach programme in Enfield and Haringey, aims to address health disparities and reduce unnecessary emergency department visits for children under five in North Middlesex Hospital area. The initiative tackles the lack of child health knowledge, parental confidence and sustainable communities. By providing education and resuscitation training and empowering parents to manage child health concerns, it aims to decrease the reliance on acute services.

Screening for health disparities and providing in-person and virtual support sessions aid in reducing stigma and improving parental advocacy for community support. The programme's multidisciplinary approach, backed by various local organisations, fosters a community of resources for families, with a network of trained parent champions supporting this initiative. This partnership, supported by North Central London Integrated Care System and Public Health, focuses on coproduction with families at its core, aiming to build sustainable community health and wellbeing.

Parental fear, doubt, isolation and a lack of knowledge are all key drivers in health behaviours and important determinants of A&E attendance. Parents often doubt their own ability or judgement and this lack of confidence can prevent them from even attempting 'self-care'.

Results

- **Increased Champion Engagement:**
With the appointment of the new Champions Lead in June 2024, there was a marked increase in Champion recruitment and engagement, particularly during the summer months. This has contributed to an enhanced sense of community and support across the project.

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Training Success:

The collaborative efforts of the Champions Lead and Project Lead resulted in a substantial increase in the number of individuals trained, which was crucial in securing funding for 2025–26.

- **Pathways for Champions:**
New pathways were created for Champions, allowing them to better utilise their skills and lived experience to support the project. This has provided them with more opportunities for growth and development, enhancing both their personal empowerment and their impact on the project.
- **Funding Secured for 2025–26:**
Through the efforts of the team and the increase in training, funding for the 2025–26 period has been secured, providing financial stability and an opportunity to expand the project.
- **Creche Policy and Operational Guidance:**
The collation of the creche policy and appendices has provided clear operational guidance to creche workers, improving consistency and efficiency. Additionally, the updated government legislation has allowed us to reinstate the affected creche worker, enabling us to run the creche at a similar capacity to last year.

The project has faced a few significant challenges in the past year, including recruitment gaps, staffing turnover, and creche worker shortages. Despite these obstacles, the team's collaborative efforts have resulted in several positive outcomes, including increased Champion engagement, successful training initiatives, and the securing of funding for the 2025–26 period. The collation of the creche policy and the ability to reinstate a creche worker have also contributed to improvements in operational capacity within the creche itself. The ongoing challenges with staffing, support from partners, and achieving full operational capacity remain areas of focus for the coming months. Addressing these issues will be critical to ensuring continued success and growth for the project.

Key Performance Indicators

- 20 Community Champions recruited, trained, and retained by Bridge Renewal Trust, coordinated by EPC's Champions Lead.
- 10 Breastfeeding Champions trained and supervised by the Breastfeeding Network (BFN).
- 11 Community Champions retained from 2023/24
- 18 new Champions recruited
- 11 completed statutory mandatory training
- Seven began onboarding

Breastfeeding Champions:

- 11 Level 2 peer supporters
- One Level 3 peer supporter (Anna)
- One additional Level 2 trained in November 2024

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Champions sector breakdown

In total, there were 51 accounts of Champion feedback during 2024/25. All but one reported enjoying their experience with ABC Parents; the one respondent who was unsure explained they were unable to actively volunteer due to work commitments.

- 27 out of 51 Champions reported speaking one or more additional languages.
- 22 out of 51 Champions self-identified as needing additional support in areas such as finances, healthy eating, housing, or mental health.
- All Champions indicated they had helped or advised others using the Healthier Together framework and reported engaging in outreach through schools, community groups, word of mouth, and local networks.

Champions outcomes

- Nine Champions entered employment
- Three moved on to further education
- Four undertook additional training to upskill

My Time Counselling Service

Funded by BBC Children in Need, the project started in September 2022 with the aim of supporting children and young people across Enfield, Haringey and Waltham Forest. The project provides:

1. Individual therapeutic 1:1 counselling/play therapy. Providing children aged 5 to 18 with space to explore their thoughts, feelings and difficulties through individual talking and therapeutic play.
2. Closed therapeutic groups in schools to enable children to share their experiences, validate feelings, build relationships and experiment with alternative ways of behaving in a safe and supportive environment.
3. Wellbeing service: a drop-in for older children, either alone or with friends, to access therapeutic support and to learn self-managing techniques such as mindfulness, mediation and visualisation. We hope to help children meet challenges, build emotional resilience and develop coping strategies. We are acutely aware that some children struggle to access our services as they don't want peers to think they have a 'mental health' issue or need 'counselling'. This started off well, but, owing to COVID-19, the lockdowns, schools operating in year group bubbles and restriction of students moving around the school, the numbers here have since been minimal. We expect numbers to rise substantially, as the need is, if anything, greater than it was before the pandemic.
4. Developing parenting skills: this is very important as parents play a key role in

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embedding and sustaining outcomes the children achieve through the other parts of the project.

Results

The progress and impact of My Time Counselling Service have been both positive and far-reaching. We received referrals through several pathways, including parents/carers, Enfield Early Help and Haringey Early Help, GP surgeries and schools in Enfield, Haringey, west and north-west London. Referrals from so far afield are proof that counselling services are very much needed in other areas and that demand is outstripping supply. We could not support all of the referrals as our geographic target areas are Enfield, Haringey and Waltham Forest. Research shows children learn more from what they 'see' than from what they 'hear', and if parents can role-model 'good and active' mental health care, then their children stand a better chance of reflecting and internalising these habits and incorporating them into their own lives. Influenced by this research, we decided to hold family activity days during the half term, where we focus on good mental health and wellbeing in a relaxed and informal way. With funding from Tesco Community Grant, we commissioned Dionne Ible of Qemamu Mosaics (who featured in the BBC programme 'Make it at Market') to deliver two sessions themed 'Is your cup half full or half empty?' Participants made mosaic tiles to represent the feelings and thoughts that were triggered by this theme. Discussion was developed around what we can do to 'replenish our emotional cups' in our daily lives.

Children/Young people counselled to date

- My Time has supported 75 children in the reporting year.
- Cheryl Ko, our School Drop-in and Family Support Therapist, has been working in Frederick Bremer Secondary School in Waltham Forest, where she counselled four young people each for 10 weeks. Cheryl also worked in Kingsmead Secondary School and is presently supporting four students at Heron Hall Academy.
- The service provided counselling support to a parent whose daughter was accessing My Time Counselling services. My Time was able to instigate a Team Around the Child meeting in the secondary school and instigate additional support for this young person, who was an emotionally based school non-attender.
- My Time has successfully counselled a Haringey primary school child, (who has autism and was not able to articulate his emotions, especially when upset) at our offices, whose sessions came to an end last month. His primary school wanted our services, but unfortunately, My Time could not supply a counsellor, as none was available.
- We will be hosting an end of the project party soon after schools break up for the summer holidays, with the theme 'I Mind my Mental Health', where we will celebrate our achievements and thank the families for supporting and participating in the project.

Work with parents

Although My Time works with children/young people between the ages of 5-18 years who may/may not have special educational needs/disabilities, but whose mental health is at risk, the project has offered counselling to selected parents whose children/young people are being counselled. This has been a professional judgement on the part of the Service Manager, (who is a qualified counsellor) and who has seen the possible benefits for the parent and child in terms of their interaction and emotionally healthier family relationships, if the parent was

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counselled. The parent has usually been counselled by the Service Manager and the child by another counsellor within the My Time team of counsellors.

The parents' counselling sessions have brought up several issues for the parents, some directly affecting their relationship with their child and other issues indirectly affecting their relationship. It has also raised their awareness of other ways of interacting, relating and 'being' with their child, provided the safe space to explore this and given them the time, safe and space to see these 'issues' through the 'lens' of their child. In most of these cases (we have counselled five parents to date), the parents were not aware of the impact of their behaviour and language on their child and they have learnt more about themselves, as well as their child. The sessions have given the parents a safe and supportive space to talk about themselves and their parenting challenges without judgement or criticism and a place where they are listened to with empathy and unconditional positive regard – something which very few parents, if any, receive in our society today.

Challenges

- Having an insufficient number of volunteer counsellors meant that some schools did not receive counselling support in a timely manner.
- We are managing a small waiting list due to high demand and the insufficient number of volunteer counsellors.
- Parents are not responding to feedback forms as much as we would like, even though they have been reminded several times.
- Our ongoing recruitment drive for counsellors has been slow. Recently we interviewed and offered the role to four volunteer counsellors. Regrettably, two withdrew their applications for personal reasons; one showed he was not a suitable fit and the offer was withdrawn, and the fourth had a successful start at Hazelbury primary school.

Future aims for My Time Counselling

- To secure continuation funding
- To include the parents more, as this benefits not only the children but the parents/carers as well. The relationship between parent and child/young person improves, giving rise to more harmonious family relationships and dynamics
- To include sessions aimed at secondary aged young people only, particularly on raising confidence and self-esteem.

Case Study

Child X is a six-year-old male who is autistic, has ADHD and is very articulate. Child X was struggling with social interactions and communication, particularly related to impulsivity and emotional regulation. This was having an impact on his self-esteem and anxiety.

It was hard for Child X to discuss what was happening for him as he could not always identify or articulate his feelings, and he found it hard to focus on subjects beyond his interests. He was referred to My Time because of these issues.

Child X had an emotional meltdown in one of his counselling sessions when told that the

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session was coming to an end and he needed to tidy up. He continued to play even though he had been asked to tidy up, and when the instruction was repeated, he threw the toy down, turned his back, went to hide in the corner of the room and became tearful. When asked why he was upset, he was unable to explain or answer. In the following session, the volunteer counsellor explored his behaviour and a series of emotions he might have felt at the time. Using cut-out faces with different facial expressions, Child X was able to cut out the facial expression he felt at the time. The volunteer counsellor explored how the feeling presented itself in him and where he might have felt it in his body. We looked at different coloured paints, what they meant to us and how they made us feel. Using a cut body image and the use of different coloured paints, Child X was able to paint the body parts where he began to feel 'hot' just before this type of meltdown occurred. We then used the association of the colours to name his feelings. We developed a booklet of feelings against colours, which we made in the sessions together – i.e. yellow was his happy colour. This booklet included facial expressions of how Child X thought he might be feeling at each session, and we talked through this.

We then explored and practised ways of calming down when his warning signs appeared and before his feelings escalated. We practised deep breathing, counting to ten, taking time out from the situation if it involved his peers/adults and wrote this all down in his booklet. We talked about the negative impact of his behaviour on himself, on his peers/adults, the impact on his learning and how long this emotionally charged state lasted.

Child X began to understand how this negative behaviour was affecting himself and the impact it had on others. Talking about and naming emotions using art and craft whilst playing, role modelling and practising different coping strategies together enabled Child X to dare to explore other more favourable ways of behaving and 'being'. This increased his confidence and self-esteem levels and gave him lots of opportunities to practice his new social skills. Sharing these strategies with mum enabled her to consider 'what works' in the home environment and continue the emotional dialogue with her son. This gave rise to less stressful interactions between mum and son and gave mum more skills to add to her parenting. Child X now takes his feelings booklet to school with him.

Looking ahead to 2025–26

We will continue to strengthen and expand our role in the ABC Parents project. We are negotiating with the funder for a much larger budget to onboard new pathways, which will address emerging priorities that will better identify service gaps and meet need.

We are very conscious of the fact that the BBC Children in Need funding will end in August 2025. Our priority is to secure continuation funding either from BBC Children in Need or other sources. The My Time Counselling Service remains a critical service for the hundreds of children and young people we support.

We will need to update the ICT systems and support. With the cost-of-living crisis, there has been a considerable increase in the cost of service support that ensures the ICT works and staff get timely support when needed.

Finally, we will continue with our focus on strengthening the Board of Directors with recruitment and training. The current Board of Directors will be focused on updating the Strategic Plan, revising and setting priorities for 2025-2028.

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Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001, and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national REACH website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by the members of the company.

Directors' induction and training

The Charity has an information pack for new Trustees, and prospective Trustees are interviewed by the Chief Executive and Chair. They are offered support before attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity in the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree on major areas of policy and the strategic direction of the Charity. At the time of writing, the Board has six members from a variety of professional backgrounds.

A scheme of delegation is in place, and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

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Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required. Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers, and staff.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience, and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 2 and 9 on pages 21 & 22.

Related parties

The Charity works in partnership with Enfield and North Central London Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

There is no connection between Trustees or senior managers of the Charity and suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the Charity have fulfilled the public benefit requirement.

Financial Review

EPC's main funding sources are both restricted & unrestricted funding. This year we were successful in bringing in £210,369 from various sources and have an unrestricted reserve of £138,893 (of which £125,000 is designated), which the charity aims to continue spending on its charitable objects.

Our principal source of income has been through grant funding.

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Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time-horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at Board meetings.

In the previous reporting year, the Trustees took the decision to invest unrestricted reserves in the COIF Charities Ethical Investment Fund provided by CCLA and the Charity Multi-Asset Fund provided by Schroders. This investment has yielded £3,148 for the year.

Reserves policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, that adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £106,840. The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Our Big Thank You

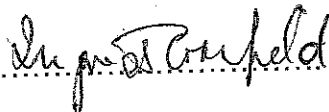
The year would not have been possible without the support of our amazing staff, volunteers, partners, and funders. Thank you for your continued support of Every Parent & Child – together we make communities stronger so that they can thrive.

Approved by the Board on 15th July 2025 and signed on its behalf by:

Ingrid Cranfield.....

Director

For and on behalf of the Board of Directors



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Independent Examiner's Report to the Trustees of Every Parent & Child

I report on the accounts of the company for the year ended 31st March 2025, which are set out on pages 18 to 25.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate:

- that accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102);
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 15/07/2025

Chartered Certified Accountant
TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

Every Parent & Child

Annual Account

For the Year Ended 31 March 2025

EVERY PARENT & CHILD STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2025

	<u>Note</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2025</u>	<u>Total Funds 2024</u>
		£	£	£	£
<u>INCOMING RESOURCES: -</u>					
Incoming resources from generated funds:					
Voluntary income		3,080	-	3,080	132
Investment Income	(8)	3,148	-	3,148	3,055
Incoming resources from charitable activities:					
Grants to provide charitable activities	(10)	-	204,141	204,141	110,317
TOTAL INCOMING RESOURCES		6,228	204,141	210,369	113,504
<u>RESOURCES EXPENDED</u>					
Expenditure on charitable activities	(11)	2,791	210,889	213,680	147,350
TOTAL RESOURCES EXPENDED		2,791	210,889	213,680	147,350
Net Incomings and (outgoings) resources		3,437	(6,748)	(3,310)	(33,846)
Gains/(losses) revaluation of investment assets (5)		(4,199)	-	(4,199)	6,524
Net movements in funds for the year		(762)	(6,748)	(7,509)	(27,322)
Balances Brought Forward	(14)	139,655	30,559	170,214	197,536
Balances Carried Forward	(14)	138,893	23,811	162,705	170,214

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

Every Parent & Child

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For the Year Ended 31 March 2025

BALANCE SHEET AS AT 31st MARCH 2025


	Notes	£ <u>2025</u> £	£ <u>2024</u> £
Fixed Assets			
Tangible assets			
Investments	(5)	84,488	88,687
Current Assets:			
Debtors	(6)	29,484	13,821
Cash at Bank and In Hand		119,151	133,095
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(7)	70,418	65,389
Net Current Assets		<u>78,217</u>	<u>81,527</u>
Net Assets		<u>162,705</u>	<u>170,214</u>
As Represented By			
Unrestricted Fund		13,894	14,655
Restricted Fund	(12)	23,811	30,559
Designated Funds	(15)	125,000	125,000
Total Funds		<u>162,705</u>	<u>170,214</u>


The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

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

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Directors and Trustees on 15/07/2025 and signed on their behalf by:


Ingrid Cranfield
Director/Trustee


Sudipta Ghosh
Director/Trustee

Every Parent & Child

Annual Account

For the Year Ended 31 March 2025

Notes to the Accounts

1. Accounting policies

Basis of accounting

The accounts (financial statements) have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting

Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Every Parent & Child

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For the Year Ended 31 March 2025

Fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments

Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits

Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs

The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

2. Related party transactions

There were no related party transactions that require disclosure during the year.

3. Taxation

The charity has no corporation tax liability because income from its activities is in pursuance of its charitable objectives and all income is applied for charitable purposes.

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For the Year Ended 31 March 2025

4. Pension costs

The company charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6%. There was no outstanding amount at the year end.

5. Investment assets

Listed Investments at market value comprise

	2025 £	2024 £
Unit Trusts:		
Market valuation brought forward	88,687	82,163
Gains and losses on revaluation of investment assets	(4,199)	6,524
Market valuation carried forward	<u>84,488</u>	<u>88,687</u>

All fixed assets investments are held in UK and are unrestricted

6. Debtors

	2025 £	2024 £
Accruals and Prepayments	29,484	13,821
Other Debtors	-	-
	<u>29,484</u>	<u>13,821</u>

7. Accruals and Creditors

	2025 £	2024 £
Accruals & Deferred Income	68,215	63,032
Other Creditors	2,203	2,357
	<u>70,418</u>	<u>65,389</u>

8. Investment income

	2025 £	2024 £
Income from UK listed investments & interest receivable	3,148	3,055
	<u>3,148</u>	<u>3,055</u>

All income from investments is unrestricted

9. Staff Cost

	2025 £	2024 £
Salaries	65,701	64,111
Tax and NIC	6,292	6,331

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For the Year Ended 31 March 2025

	4,958	4,700
Pension	<u>76,952</u>	<u>75,142</u>

No employee earned £60,000 or more per annum.

The number of employees during the year was seven part-time.

The trustees received no remuneration, and no expenses were claimed by them.

The average number of volunteers during the year was 20.

10. Income from Charitable Activities

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>Funds</u> 2025	<u>Total</u> <u>Funds</u> 2024
	£	£	£	£
Incoming resources from charitable activities:				
ABC Parenting grant	-	70,734	70,734	37,747
Enfield CFC Waitrose	-	-	-	1,235
BBC Children in Need	-	39,370	39,370	36,781
NHS Enfield CCG Grant	-	-	-	26,006
Big Lottery Fund - Starfish	-	94,037	94,037	8,548
TOTAL INCOMING RESOURCES	<u>-</u>	<u>204,141</u>	<u>204,141</u>	<u>113,504</u>

11. Expenditure on charitable activities:

	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>Total</u> <u>Funds</u> 2025	<u>Total</u> <u>Funds</u> 2024
	£	£	£	£
Charitable Expenses				
Staff and Salary costs	-	76,952	76,952	75,142
Sessional Workers and Consultancy	2,467	52,705	55,172	10,165
Recruitment Cost	-	1,450	1,450	245
Publicity and Fundraising	-	4,025	4,025	-
Rent, Room Hire and Rates	-	20,107	20,107	14,420
Travelling and Transport	-	292	292	14
Office Expenses & Running Costs.	-	6,463	6,463	4,715
Professional Fees	-	1,100	1,100	1,100
IT support & Computer Maintenance	-	4,459	4,459	4,947
Volunteer Expenses	-	47	47	-
Insurance	-	712	712	713
Training	-	920	920	295
Donation	-	482	482	370
Workshops and Activities	-	41,175	41,175	35,223

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Management Committee Expenses	324	-	324	-
TOTAL RESOURCES EXPENDED	2,791	210,889	213,681	147,350

12. Analysis of Restricted Funds:

	Balance at 1st April 2024	Incoming resources	Outgoing resources	Balance at 31st March 2025
		£	£	£
Big Lottery Fund(Starfish)	4,349	94,037	84,916	13,470
BBC Children in Need	-	39,370	39,370	-
NHS Enfield CCG Grant	9,656	0	9,656	-
ABC Parenting grant	16,554	70,734	76,947	10,341
	30,559	204,141	210,889	23,811

Purpose:

- Youth development in communication, social and life skills
- Counselling sessions for children and young people.
- Mentoring programme to selected local Primary and Secondary Schools.
- Volunteering.
- Active youth and Improving health and wellbeing.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Funds
	£	£	£
Fixed Assets	84,488	-	84,488
Current Assets	124,824	23,811	148,635
Current Liabilities	70,418	-	70,418
Net Assets as at 31st Mar 2025	138,894	23,811	162,705

14. Movement in funds

	Unrestricted funds	Designated Fund	Restricted funds	Total
	£	£	£	£
At 1st April 2024	14,655	125,000	30,559	170,214
Surplus/(Deficit) for the year	3,437	-	(6,748)	(3,310)
Transfer between funds	-	-	-	-
Gains and losses on revaluation of investment assets	(4,199)	-	-	(4,199)
At 31st March 2025	13,894	125,000	23,811	162,705

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15. Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

- Management Team Structure fund is to provide for any shortfall in management and core function salaries.
- Admin support for EPC fund is for an admin worker to support EPC's structure.
- Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.
- Website, IT maintenance & marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.
- Fundraiser is to provide for the salary of staff engaged in fundraising.
- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert a Special Educational Statements to an Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.
- Cover for funds paid in arrears.
- Redundancies
- Key staff sickness cover.