

# THE PARENTING PROJECT

England & Wales · Charity number 1125291

## Details

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Status	Registered
Legal form	Charitable company
Company number	<a href="#">06032858</a>
Registered	2008-07-31
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	St. Johns Family and Wellbeing Centre Mortimer Road Kenilworth Warwickshire CV8 1FS
Phone	07941112792
Email	<a href="mailto:Headoffice@parentingproject.org.uk">Headoffice@parentingproject.org.uk</a>
Website	<a href="http://www.parentingproject.org.uk">www.parentingproject.org.uk</a>

## Activities

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**Objects:** TO ADVANCE EDUCATION AMONGST PARENTS, CARERS, THOSE WITH PARENTAL RESPONSIBILITIES AND PROFESSIONALS CONCERNED WITH CHILDREN AND YOUNG PEOPLE INCLUDING THE PROVISION OF TRAINING AND ADVICE, COUNSELLING AND SUPPORT SERVICES IN THE STRATFORD ON AVON DISTRICT AND SURROUNDING AREA (HEREINAFTER CALLED 'THE AREA OF BENEFIT').

**Activities:** To improve the life experiences and outcomes of children, young people and their families by providing services and support at a time when they are most needed

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups

## Geography

- **Area of benefit:** STRATFORD ON AVON DISTRICT AND SURROUNDING AREA
- Coventry City
- Warwickshire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£478,377	£394,129	-	-
2024-03-31	£450,457	£362,360	-	-
2023-03-31	£420,890	£567,106	-	-
2022-03-31	£432,948	£416,464	-	-
2021-03-31	£345,929	£353,210	-	-

## Trustees

Name	Role	Appointed
ADAM WILLIAM JOHN SHERRATT		2011-09-05
ANDREA JOYCE MILTON		2011-09-05
Allison Mary Anne Watmore		2026-03-20
Beverley Jane Ballinger		2016-08-01
Graham Robert Lowther		2022-05-10
JANE WILLIAMS		

**THE PARENTING PROJECT**

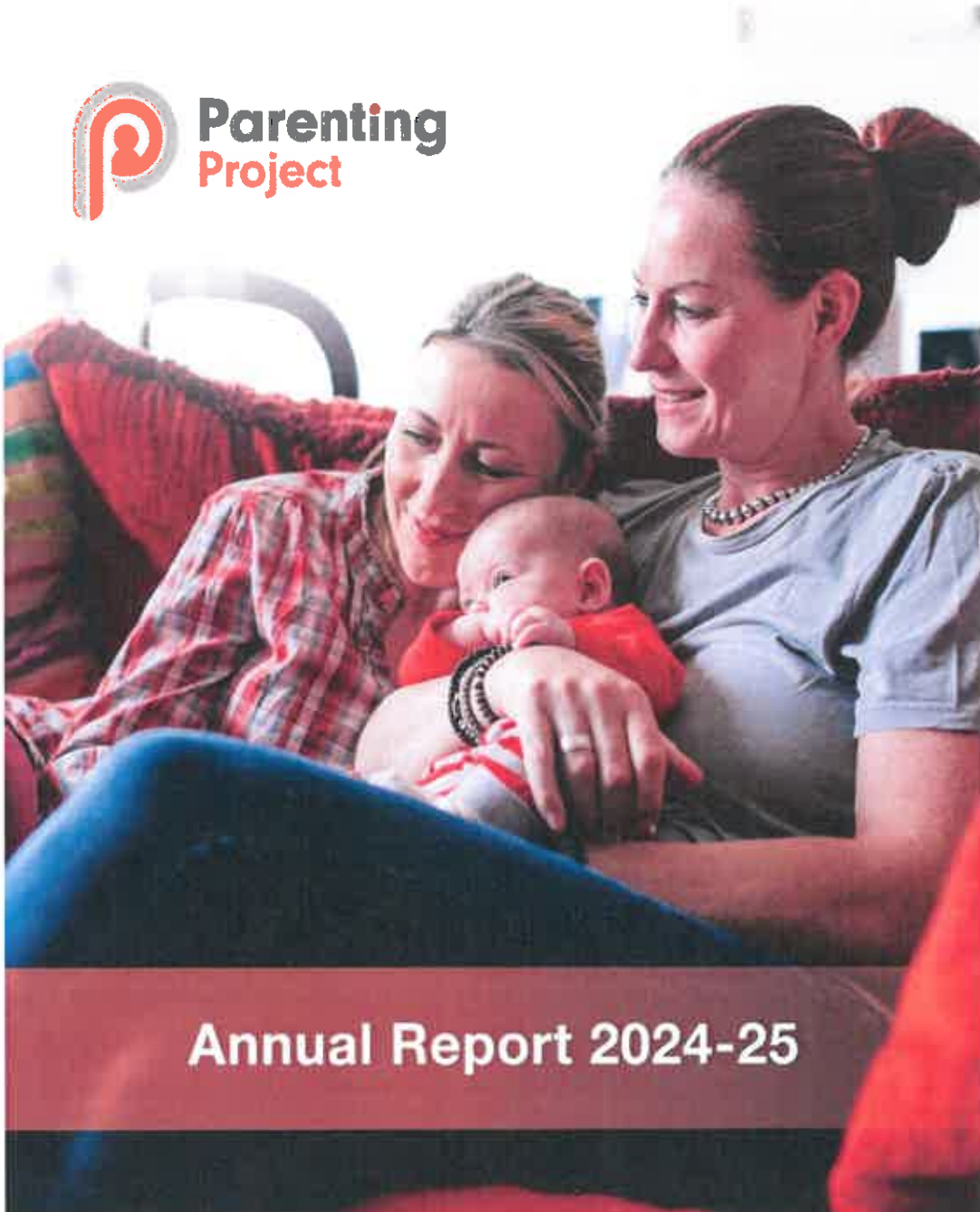
England & Wales - Charity number 1125291

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# Accounts

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REGISTERED COMPANY NUMBER: 06032858  
REGISTERED CHARITY NUMBER: 1125291



## Annual Report 2024-25

**REPORT OF THE TRUSTEES  
AND CONSOLIDATED FINANCIAL STATEMENTS FOR THE  
YEAR ENDED 31 MARCH 2025  
FOR  
THE PARENTING PROJECT**

**The Parenting Project**

**Contents of the Consolidated Financial Statements  
for the Year Ended 31 March 2025**

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**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

All sections of this report form the Annual Report of the Trustees for the year ended 31st March 2025.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Name**  
The Parenting Project

**Registered Company number**  
06032858

**Registered Charity number**  
1125291

**Registered office**  
St Johns Family And Wellbeing Centre  
Mortimer Road  
Kenilworth  
England  
CV8 1FS

**Company Secretary**  
Elaine Johnston

**Trustees and Directors**  
Jane Williams - Chair  
Adam Sherratt - Treasurer  
Andrea Milton  
Beverley Ballinger  
Graham Lowther

**Senior Management**  
Elaine Johnston - CEO  
Emma Smith - Development Manager

**Accountants**  
SAB Accountancy Services Ltd  
102 Hamstead Road  
Great Barr  
Birmingham  
B43 5BN

**Independent Examiner**  
Stacey Millington ACMA, CGMA  
61 Bridge Street  
Kington  
HR5 3DJ

**Bankers**  
Lloyds Bank  
Stourbridge Business Centre  
Lloyds Bank Commercial  
PO Box 1000  
BX1 1 LT

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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 2019).

## OBJECTIVES AND ACTIVITIES

The charitable objects agreed with the Charities Commission are:

To advance education amongst parents, carers, those with parental responsibilities and professionals concerned with children and young people including the provision of training and advice, counselling and support services in the Stratford On Avon district and surrounding area.

### Public Benefit

The trustees consider that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

## ACHIEVEMENTS AND PERFORMANCE

### Charitable activities

## WHAT WE DO

The Parenting Project changes the lives of families with children 0-19(25 SEND) by improving their mental health and preventing suicide.

We are a charity offering free mental health support, therapy, family support, parent mentoring and therapeutic group work based in Warwickshire.

Our professional team of Wellbeing Facilitators, Counselling Therapists and Parent Mentors get to the heart of family difficulties and work with them to change their lives and achieve a sense of

We help families to increase their confidence and feel hopeful for the future.



## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### ACHIEVEMENTS AND PERFORMANCE - continued

## WHY WE ARE DIFFERENT

### *Pathway of services*

Our pathway of services works. Families typically experience significant change in their lives following our support and reduced levels of psychological distress.

### *Therapy*

We offer a minimum of 18 sessions of trauma-informed, person centred counselling and psychotherapy.

### *Our People*

Our team are all trained and experienced professionals. Families have the same worker/therapists throughout their time with us.

### *Place*

We are community based. Families access our services in their own homes or community venues.

### *Partners*

We work with a range of partner agencies in the statutory sector as well as voluntary organisations. All help us to identify those who need our support the most.

## OUR AIMS

- To improve access to services for families who are overwhelmed, often by parenting demands and emotional pain
- To contribute knowledge and take innovative approaches to mental health support
- To build an evidence base in effective mental health support and support research into the impact of community based mental health services
- To listen to our beneficiaries on their lived experiences and respond by enhancing our learning and developing our services to meet their needs



**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**ACHIEVEMENTS AND PERFORMANCE - continued**

**OUR VALUES**

**Empathy**

**Strengthening Relationships**

**Persistent Conviction**

**Openness to Opportunity**

**Creative Collaboration**

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### ACHIEVEMENTS AND PERFORMANCE - continued

## A MESSAGE FROM OUR CHAIR

Welcome to this year's annual report. Since the creation of The Parenting Project, 26 years ago, one feature of the charity has been the most enduring and will remain so. The charity came from the community, for the community and this is why we are effective.

One of our values is 'persistent conviction'. Holding a sure and certain commitment to families means we persevere to do what serves families and individuals best, even if it is not the easiest or usual thing to do. Holding the communities we work with at the centre of our work has also served all aspects of our charity well, including navigating this difficult period charities are experiencing, where funding is more limited whilst demand for support is growing.

Last year was a critical year for us as we re-shaped our approach to our strategic development and fundraising plan following a watershed in terms of funding. Following a period of harnessing the opportunities presented to us by working with a number of new funders, I'm delighted to say that we can now continue to provide our support for families with renewed confidence in our future.

I stated that we planned to transform our brand profile, to include a change of name for us. Following consultation with the community and professionals we have learned that The Parenting Project is widely recognised and respected locally and we would not benefit from a change of name. This was a realisation for us, one that is quite humbling as we continue to pursue our goal of supporting every family who needs us. We are proud to be called and recognised as The Parenting Project.

A special acknowledgement goes to all of our funders, current and past. You have helped thousands of families to make changes in their lives. A special thank you to our whole team, including our volunteers, staff team and my fellow trustees who all work to ensure a better future for the families we serve.



Jane Williams  
Chair of Trustees

**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**ACHIEVEMENTS AND PERFORMANCE - continued**

## **OUR REFERRALS**

We continue to be very proud that, over time, we have formed effective relationships with our partners who work with us to identify those who need us most. We appreciate our partners in the NHS, Social Care, Education and other statutory services who regularly refer parents to us.

Importantly, we also receive referrals from the voluntary sector and encourage individuals and families to refer themselves to our services via our website.

## **OUR BENEFICIARIES**

During this financial year a total of **807** individuals benefitted from our support. Beneficiaries include children 0-19 (25 if SEND) and parents. Our objects and funding limited the services we are able to provide to families. We approximate that we are only able to meet the needs of 13% of families who need the support we offer within Warwickshire.

It is notable that 20% of the parents we are working with are Fathers, this is something we have been working on for several years when the number of fathers we have worked with was, on average, 10%.



## **OUR SERVICE PATHWAY ELEMENTS**

Our pathway is the foundation for securing sustainable outcomes and positive impact for our beneficiaries. By offering holistic support for families we are able to meet their wellbeing needs comprehensively. The following services form our pathway of support.

**COUNSELLING**  
**FAMILY WELLBEING SUPPORT**  
**PARENT MENTORING**  
**GROUP THERAPY FOR CHILDREN**

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### ACHIEVEMENTS AND PERFORMANCE - continued

## OUR SERVICE PATHWAY



## FAMILY WELLBEING SUPPORT

Our Family Wellbeing Facilitators provide 1:1 support for parents and their families and work with the family as a whole. Support includes home visits, phone calls and video calls, depending upon the family's needs.

Facilitators work with families to listen to their circumstances and work with them to address the issues, which are important to them. We do not have set timescales for this support, it varies depending on family need. Our families tell us that it works for them. We are alongside families to help them to make changes themselves.

Families generally require support for debt, money management, parenting, child behaviour, domestic abuse, housing, organisation and underpinning mental health and wellbeing issues.

This year we provided support for **263** individuals (106 families).

***"The Parenting Project has been fantastic and has been really great to know someone has been able to support and offer a listening ear as well as go above and beyond to help address the situation at home" (Parent, 2025)***

**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**ACHIEVEMENTS AND PERFORMANCE - continued**

## **PARENT MENTORS**

Our Parent Mentors are volunteers with varied backgrounds and careers who are passionate about providing encouragement and emotional support to parents and their families. They often provide support when families are stepping away from statutory, or other formal support. 1:1 Visits are made to the family home or a venue of their choice to provide a listening ear and emotional support. Our mentors often support parents to get out of the home and make connections within the community.

Our parents tell us that having someone to talk to and guide them are the most important aspects of having a mentor. This year our mentors supported **169** individuals (70 families).

*"It has been a valuable service. My Parent Mentor is amazing and I would recommend her to anyone. For me it was having an older friend who is of similar heritage to me which has helped me learn more about my country of origin (Jamaica)." (Parent, 2025)*

## **GROUP THERAPY FOR CHILDREN**

This enables us to work with children in their setting in schools. Our group work helps children to develop social communication skills, which builds their confidence and self-esteem, emotional development and resilience. Our delivery style is always adapted to the needs of the children referred.

We deliver 2 types of groups – Friendship Groups and Lego© Based Therapy.

The children are identified either through direct school referrals or through a contract we hold with Warwickshire County Council to deliver support for their Mental Health in Schools (MHISC) programme.

This year we worked with **38** children identified within MHISC and **8** children identified by individual schools within our pathway areas. In addition, to form the groups, a further **108** children benefitted from the groups.

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### ACHIEVEMENTS AND PERFORMANCE - continued

## COUNSELLING

We offer 18 sessions of trauma-informed counselling to parents. Counselling, and in particular the therapeutic relationship, aims not to take the expert position but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Rather than tell the client what to do, it facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them. At its core is the Person Centred Approach.

This year, 25 counsellors provided counselling for 221 parents. The vast majority of parents in counselling accessed the full offer of 18 sessions, which is optimum for addressing the effects of trauma. Over the year, we received 457 referrals for counselling.

*“Being able to retell and reframe events has been a huge thing and ultimately has changed how I identify with myself. Now I feel in control and I have a say in how my past is interpreted. Previously I felt very controlled by it.” (Parent, 2025)*

*“It’s been a safe place to explore the difficult feelings that I’ve sat with. Without the counselling I think my mental health would’ve dropped significantly, so this has allowed me to actually see what is going on. I would’ve masked it, gripped my teeth and cracked on, but counselling has allowed me to stop acknowledge it, talk about it. Counselling has kept me functioning.” (Parent, 2024)*

## OUR IMPACT

We only do what we do if it has an impact on the families we serve. By listening to our beneficiaries we continually monitor and evaluate the impact of each of our services and the pathway as a whole.

Our data shows that 85% of our families showed a significant improvement in their mental health, ability to parent, child behaviour and the factors affecting their wellbeing such as debt, housing, domestic abuse, childhood trauma and relationships.

Data is only able to provide an indication of our impact. It is the stories of individuals which show our impact best.



## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### ALEX'S STORY

Alex is a father of 2 children. He is divorced and does not live in the family home. Alex was referred for counselling by his GP for struggling with his anger and experiencing difficulties in his relationship with his ex-wife and children. This was Alex's first experience of counselling.

Alex shared during his assessment that he grew up witnessing domestic abuse and there was substance abuse within the family home. Alex felt that his childhood impacted on his ability to create and maintain 'healthy' relationships, he felt isolated, and that he had never 'learnt' how to cope with his anger. Alex shared he was struggling financially, was feeling stressed and "under pressure".

Alex attended 18 sessions of counselling in a Children and Family Centre local to him.

During his final session of counselling he completed a Core-34 form with his counsellor. Alex shared a significant improvement in wellbeing. Alex reported that he had not been distressed by unwanted images or memories in the same way that he had been before beginning counselling.

Alex shared that he felt more able to cope when things go wrong and was feeling less overwhelmed. During the final session Alex completed an evaluation form; Alex identified that counselling had had a positive effect on his parenting, helped him to understand himself better, to have better relationships and be more confident. Alex felt that his childhood had had an impact on his current life.

*"There are so many positive things to say about The Parenting Project it is hard to limit myself to such a small box. The ability to access free at point of use high quality counselling, quickly, flexibly, locally in person is and has been for me personally a life saver. I would not be in the position I am now had it not been for connecting with X and The Parenting Project. I am stronger, more aware and have a much better understanding of my family and most importantly myself. The style, approach and techniques used in the sessions have proven powerful and effective in improving my ability to parent my children and look after myself better in order to maintain and grow all my relationships positively.*

*After two years without any contact with one of my children, just before the last session, contact was rebuilt for many reasons but I strongly believe that I was appearing different to them than before and as a result of the changes I have made in my life following from and during the counselling I was able to understand better their needs through acceptance, choices and kindness. We are continuing to rebuild our relationship now and I owe a massive thanks to X and The Parenting Project in helping me achieve my goals through shared hard work.*

*My ability to afford paying for this quality level of counselling at the time was impossible and without this opportunity my life would not have progressed in the same way over the last 18 weeks. I will strive to make a donation to The Parenting Project once my financial situation improves. I am grateful to all of the team that make this kind of joy possible and appreciate how much hard work goes into such an organisation. Long may The Parenting Project continue."*

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### **SARAH'S STORY**

Sarah is a single parent of her son James, she is separated from her ex-partner, Dave, who shares the care of their son James equally with Sarah.

The relationship between Sarah and Dave has been volatile and Sarah was a victim of domestic abuse and coercive control. James has recently been diagnosed with ADHD, which Dave is struggling to accept.

Despite no longer living together Sarah felt that she was no better off and Dave was still impacting on her daily life.

Through the Parenting Project, Sarah accessed 1:1 counselling, she felt that counselling enabled her to explain how she was feeling, and it worked well for her.

Alongside counselling, Sarah was also supported by a Family Wellbeing Facilitator (FWF), who explored strategies with Sarah to support her independence and increased confidence in parenting and in establishing boundaries with Dave and agreements on how they would communicate over James.

The FWF supported exploration of James's ADHD with Sarah and supported discussions with school and Dave on what James's needs are and how they can be consistently met, by Mum, Dad and school.

#### Outcomes:

Sarah is rebuilding her life by riding her bike again which, along with the fresh air, is definitely improving her mental health. Sarah felt confident to meet up with old friends that she had lost due to her previous relationship and even arranged a girls' trip away for the week she didn't have James. James is more settled, with both parents and school supporting him consistently.

*'I am not just existing and I want to live again, which means I am much better and feel more confident'*

The case studies above are examples of the work we do and the impact we achieve with many families. Thank you to the parents who have agreed to let us use their case studies and quotes, and note that they have been anonymised in line with our ethical policy and approach to working with all families.

**The Parenting Project**

**Report of the Trustees  
for the Year Ended 31 March 2025**

**OUR FUNDERS**

Our pathway is fully funded by the charity of Thomas Oken & Nicholas Eyfler for Warwick Town, and Stratford Town Trust funds the pathway for the families of Stratford Town. Other pathway services are funded individually.

**National Lottery Community Fund  
HS2 Fund  
Guiding Light  
Thomas Oken & Nicholas Eyfler  
Leamington Town Council  
Kenilworth Town Council  
Warwickshire County Councillors Grant Fund  
Warwick District Council  
Municipal Charities Stratford  
Robert Waley-Cohen  
Stratford Town Trust – Schools Programme  
Stratford Town Trust – Family Wellbeing Pathway  
Ministry of Justice  
Police and Crime Commissioner  
Talking Therapies  
Warwick Relief in Need  
Kenilworth Lions  
Kenilworth Rotary Club  
Arnold Clark  
Masonic  
Stratford District Council  
King Henry VIII Fund  
Warwick Town Council**

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2025

#### THE FUTURE

Currently, for charities, the future remains unpredictable. This means that we need to be very cautious about attempting to grow in line with the rising demand for our services. Therefore, our focus is on securing our charity for the future. This is why we are now progressing our Community Interest Company (CIC) called The Growth Pool, which we developed to help to sustain The Parenting Project in the medium and long term.

**The Growth Pool delivers wellbeing support and training to individuals, schools, organisations and companies.**

It shares The Parenting Project's mission to improve people's life experiences and outcomes and work together to meet people where they are and offer the most appropriate support.

Whereas The Parenting Project often supports those in crisis, The Growth Pool delivers proactive support designed to maintain and improve wellbeing, working towards less people needing crisis level support in the future.

Any profit surplus to keeping the cogs of The Growth Pool turning, is donated to The Parenting Project to fund the essential mental health and family support work we deliver.



**The Growth Pool**

Development • Coaching • Training

A subsidiary of The Parenting Project

<https://thegrowthpool.com/>

#### Plans for future periods

To further develop and expand the Family Wellbeing Programme and raise funds in line with our fundraising strategy to ensure we can continue to provide our pathway of services for the growing number of families who need it.

To continue to work with children 0-19 (25 if SEND) and their parents.

To work with the trading arm of the charity, The Growth Pool CIC, to enable the Parenting Project to become sustainable in the medium and long term.

**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**FINANCIAL REVIEW**

**Financial overview**

The charities income for the year amounted to £478,377 (2023-24: £461,305). This includes grants received totalling £437,725 (2023-24: £404,485). Other significant income receiving during the year included £3,396 from donations and £37,000 from contracts.

Total expenditure incurred during the year amounted to £394,129 (2023-24: £373,208). This included charitable activities expenditure totalling £380,887 (2023-24: £352,689) and support costs of £13,100 (2023-24 £9,491).

Significant expenditure on charitable activities includes staff costs of £296,766 (2023-24: £269,130), activities costs amounted to £47,976 (2023-24: £53,233), activities costs comprise the cost of associated counsellors as well as resources required in order to delivery our services. Rent & rates amounted to £10,364 (2023-24: £11,794).

When all financial activities are taken into account the charity made a surplus of £60,713 (2023-24: £27,553) within unrestricted funds. Unrestricted reserves brought forward amounted to £27,798, after taking into account this years surplus, unrestricted reserves increased to £88,510 as at 31st March 2025.

Restricted reserves as at 31st March 2025 amounted to £117,606 (2023-24: £94,070), this represented grants received in advance which will be fully spent within 2025-26. Restricted grants can only be expended in line with the conditions agreed in advance with funders.

**Reserves policy**

The trustees have reviewed the company's requirements for reserves and have made the decision to maintain the existing reserves policy which is to build unrestricted reserves equivalent to 6 months core expenditure. This is estimated to be in the region of £150,000 and would give the charity sufficient head room to protect against key financial risks. Key financial risks include the risk of not securing additional grant funding as well as the risk to cash flow in the event that a grant or contract is paid later than anticipated.

Unlike many charities we have been unable to achieve this level of reserves this year. However, our aim continues to be to replenish our reserves in the medium to long term and this years surplus is evidence of those ambitions coming to fruition.

**Going concern**

The financial statements 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 12 months from authorising these financial statements.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2025**

#### **FINANCIAL REVIEW - continued**

As with all charities that rely heavily on generous donations and grant funding, we are exposed to the risk of future grant applications being unsuccessful. However, the trustees and key management personnel are confident in that the operation plans in place will realise future incomings that ensure that the going concern status of the charity is reasonable.

#### **Fundraising activities**

The charity does not carry out significant fundraising activities.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Legal status**

The Parenting Project is a Private Limited Liability Company, also known as an Unincorporated Association, which is registered with Companies House and The Charity Commission. The Parenting Project is governed by a Board of Trustees and supported by sub-committees if considered appropriate.

The Parenting Project governing documents are:

- Memorandum of Association
- Articles of Association

The Articles of Association specify that the board is comprised of not less than five, but not limited. New trustees are appointed by the board from a wide range of backgrounds to bring balance and expertise to the Parenting Project. The board consists of a chair, deputy chair and trustees who are responsible for its governance and strategy. The day to day management and operation of the Parenting Project is designated to the CEO.

#### **Management and governance**

The Parenting Project operates under the Good Governance Code for the voluntary and community sector. The code clarifies the roles and responsibilities of the trustees and provides guidance in ensuring effective decision-making and accountability. The code is not mandatory but the Parenting Project is making a clear statement about our commitment to high standards of governance by operating within the code.

The board meets formally at least four times a year and, in addition, hosts an Annual General Meeting to discuss publicly the previous year's performance and look ahead to future priorities.

#### **Key management remuneration**

The board of directors, who are the trustees, and the senior management team comprise the key management personnel of the charity, in charge of directing and controlling, running and operating the charity on a day-to-day basis. All directors give their time freely and no director receives remuneration.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2025**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT - continued**

The pay of the senior management team is usually reviewed annually alongside the review of all members of the team and the usual process is to take into consideration pay levels in other charities of a similar size and type within the region.

#### **Related parties**

The charity has one subsidiary company, The Growth Pool Community Interest Company (CIC) which is Limited by Guarantee. The company was formed in order to help to sustain the The Parenting Project in the medium and long term. The activities of the subsidiary are to deliver wellbeing support and training to individuals, schools, organisations and companies.

#### **Safeguarding children**

We continue to set safeguarding as a priority for the Parenting Project. We have a clear structure of responsibility for keeping children safe with 4 fully trained Designated Safeguarding Leads who are responsible for all aspects of our Safeguarding Policy and Procedures.

Our Safeguarding Policy is thoroughly reviewed annually to bring it in line with the most recent government guidelines. The Parenting Project Safeguarding Policy is reviewed annually. The next review will be in April 2026.

We are confident in our ability to safeguard children and adhere to all legal requirements in this regard. In addition, and equally important, we continue to foster a strong safeguarding culture based on effective communication, inquiry, regular training inspiring confidence in our team and a focus on the wellbeing of children.

#### **Statement as to Disclosure of Information to the Independent Examiners**

So far as the trustees are aware, there is no relevant information (as defined by section 418 of the 2006 Companies Act) of which the company's Independent Examiners are unaware, and each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself or herself aware of any relevant information and to establish that the company's Independent Examiners are aware of that information. Company law requires the trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2025**

#### **STATEMENT OF TRUSTEES RESPONSIBILITIES**

The trustees (who are also the directors of The Parenting Project for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant information of which the charitable company's independent examiners are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of it.

Approved by order of the board of trustees on 10 November 2025 and signed on its behalf by:



Jane Williams - Chair of Trustees

**Independent Examiner's Report to the Trustees of  
The Parenting Project ('the Company')  
for the Year Ended 31 March 2025**

I report to the trustees on my examination of the group financial statements of The Parenting Project (the "charitable company") for the year ended 31 March 2025, which comprise the consolidated Statement of Financial Activities, the consolidated and charity Balance Sheets, the consolidated Cash Flow Statement, and the related notes.

**Responsibilities and basis of report**

As the trustees of the charitable company (who are also the directors for the purposes of company law), you are responsible for the preparation of the group and parent charity financial statements in accordance with the requirements of the Charities Act 2011, the Companies Act 2006, and the Charities SORP (FRS 102).

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Management Accountants (CIMA), which is one of the listed bodies. In the course of my examination, no matter has come to my attention:

- 1 - which gives me reasonable cause to believe that, in any material respect:
- the accounting records were not kept in accordance with section 386 of the Companies Act
  - the financial statements do not accord with the accounting records; or
  - the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006, other than where disclosure is not required under section 132 of the Charities Act 2011; or
  - the financial statements have not been prepared in accordance with the methods and principles set out in the Charities SORP (FRS 102);

2 - or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

**Independent examiner's signature**



Stacey Millington ACMA, CGMA  
61 Bridge Street  
Kington  
HR5 3DJ

11 November 2025

**The Parenting Project**

**Consolidated Statement of Financial Activities  
(Incorporating an Income and Expenditure Account)**

	Notes	Un- restricted funds £	Restricted funds £	2024-25 Total funds £	2023-24 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	3,396	-	3,396	24,710
<b>Charitable activities</b>					
Charitable activities	3	87,000	387,725	474,725	425,648
Other trading activities		142	-	142	10,848
Investment income	4	113	-	113	99
<b>Total</b>		<b>90,652</b>	<b>387,725</b>	<b>478,377</b>	<b>461,305</b>
<b>EXPENDITURE ON</b>					
Other trading activities		142	-	142	10,848
<b>Charitable activities</b>					
Charitable activities	6	21,880	359,007	380,887	352,869
Support costs	5	7,917	5,183	13,100	9,491
<b>Total</b>		<b>29,939</b>	<b>364,190</b>	<b>394,129</b>	<b>373,208</b>
<b>Net income/-expenditure</b>		<b>60,713</b>	<b>23,536</b>	<b>84,248</b>	<b>88,097</b>
Transfers between funds		-	-	-	-
<b>Net movement in funds</b>	15	<b>60,713</b>	<b>23,536</b>	<b>84,248</b>	<b>88,097</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward	15	27,798	94,070	121,868	33,771
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>88,510</b>	<b>117,606</b>	<b>206,116</b>	<b>121,868</b>

**CONTINUING OPERATIONS**

The statement of financial activities includes all gains and losses recognised during the year. All incoming resources and resources expended derive from continuing activities.

The income of the parent charity for 2025 was £478,235 (2024: £450,457) and the operating surplus for the year was £84,248 (2024: £88,097). The Consolidated Statement of Financial Activities includes all gains and losses realised in the year.

**The Parenting Project**  
**Consolidated Balance Sheet**

	Notes	Un- restricted funds £	Restricted funds £	31.03.25 Total funds £	31.03.24 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	1,340	-	1,340	2,000
<b>CURRENT ASSETS</b>					
Debtors	9	11,895	-	11,895	11,524
Cash at bank and in hand		95,689	117,606	213,295	129,484
		<u>107,584</u>	<u>117,606</u>	<u>225,190</u>	<u>141,008</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	20,414	-	20,414	21,140
<b>NET CURRENT ASSETS / - LIABILITIES</b>		<u>87,170</u>	<u>117,606</u>	<u>204,776</u>	<u>119,868</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>88,510</u>	<u>117,606</u>	<u>206,116</u>	<u>121,868</u>
<b>NET ASSETS</b>		<u>88,510</u>	<u>117,606</u>	<u>206,116</u>	<u>121,868</u>
<b>FUNDS</b>	15				
Unrestricted funds		88,510	-	88,510	27,798
Restricted funds		-	117,606	117,606	94,070
		<u>88,510</u>	<u>117,606</u>	<u>206,116</u>	<u>121,868</u>

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Responsibilities of directors/trustees:**

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006 - however, in accordance with section 145 of the Charities Act 2011 the accounts have been examined by an independent examiner.
- The director/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 November 2025 and were signed on its behalf by:

Jane Williams - Chair of Trustees

**The Parenting Project**  
**Parent Charity Balance Sheet**

		Un- restricted funds	Restricted funds	31.03.25 Total funds	31.03.24 Total funds
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	10	1,340	-	1,340	2,000
<b>CURRENT ASSETS</b>					
Debtors	9	11,895	-	11,895	11,524
Cash at bank and in hand		94,623	117,606	212,229	121,726
		<u>106,518</u>	<u>117,606</u>	<u>224,124</u>	<u>133,250</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	19,348	-	19,348	13,382
<b>NET CURRENT ASSETS / - LIABILITIES</b>		<u>87,170</u>	<u>117,606</u>	<u>204,776</u>	<u>119,868</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>88,510</b>	<b>117,606</b>	<b>206,116</b>	<b>121,868</b>
<b>NET ASSETS</b>		<u><u>88,510</u></u>	<u><u>117,606</u></u>	<u><u>206,116</u></u>	<u><u>121,868</u></u>
<b>FUNDS</b>					
	15				
Unrestricted funds		88,510	-	88,510	27,798
Restricted funds		-	117,606	117,606	94,070
		<u>88,510</u>	<u>117,606</u>	<u>206,116</u>	<u>121,868</u>

continued on next page

**The Parenting Project**  
**Parent Charity Balance Sheet**

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

As permitted by s408 of the Companies Act 2006, the parent charity has not presented its own profit and loss account and related notes. The company's surplus for the year was £84,248 (2023-24: £88,097).

**Responsibilities of directors/trustees:**

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006 - however, in accordance with section 145 of the Charities Act 2011 the accounts have been examined by an independent examiner.
- The director/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 November 2025 and were signed on its behalf by:



Jane Williams - Chair of Trustees

**The Parenting Project**

**Consolidated Cash Flow Statement  
for the Year Ended 31 March 2025**

	Notes	2024-25 £	2023-24 £
<b>Cash flows from operating activities</b>	1		
Cash generated from operations		<u>83,699</u>	<u>81,190</u>
Net cash provided by operating activities		<u>83,699</u>	<u>81,190</u>
<b>Cash flows from investing activities</b>	1		
Purchase of tangible fixed assets		<u>-</u>	<u>-</u>
Interest received		113	99
Net cash provided by/-used in investing activities		<u>113</u>	<u>99</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>83,812</u>	<u>81,289</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>129,484</u>	<u>48,195</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>213,295</u></u>	<u><u>129,484</u></u>

**The Parenting Project**

**Notes to the Consolidated Cash Flow Statement  
for the Year Ended 31 March 2025**

**1 RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING  
ACTIVITIES**

	<b>2024-25</b>	<b>2023-24</b>
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	<b>£ 84,248</b>	<b>£ 88,097</b>
<b>Adjustments for:</b>		
Depreciation charges	660	985
Loss on disposal of fixed assets	-	-
Interest received	- 113	- 99
Decrease /- increase in debtors	- 371	70
Increase /- decrease in creditors	- 725	- 7,863
	<u>- 550</u>	<u>- 6,907</u>
<b>Net cash provided /- used by operations</b>	<u><b>83,699</b></u>	<u><b>81,190</b></u>

The notes form part of these financial statements

## **The Parenting Project**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### **1 ACCOUNTING POLICIES**

##### **Status of the company**

The charitable company is limited by guarantee and does not have share capital. The liability of members is limited to £1 per member. Any surplus on winding up is to be donated to a charity whose objects are of a similar nature.

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

The Consolidated Statement of Financial Activities (SOFA) and Consolidated Balance Sheet consolidate the financial statements of the Group and its subsidiary undertakings. The results of the subsidiary are consolidated on a line by line basis.

The presentational currency of these financial statements is Sterling. All amounts have been rounded to the nearest £1.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then the income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### 1 ACCOUNTING POLICIES - continued

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot be directly attributed to a particular heading they have been allocated to activities on a basis consistent with the use of resources.

Expenditure is classified under the following heading:

Expenditure on charitable activities comprise the direct costs of activities undertaken to further the purposes of the charity, including grants payable and all associated support costs.

Expenditure on raising funds comprise the costs of commercial trading.

Irrecoverable VAT is charged as a cost against the activity for which expenditure was incurred.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure of the objects of the charity. Where support costs cannot be fully attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources.

##### **Tangible Fixed Assets**

Depreciation is calculated so as to write off the cost of each asset, less its residual value, over its estimated useful economic life. The depreciation charge recognised each year relates to the class of the asset, the rates and classes are as follows:

Computer equipment - 33.3% *reducing balance*

##### **Debtors**

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

##### **Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

## **The Parenting Project**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### **1 ACCOUNTING POLICIES - continued**

##### **Creditors and provisions**

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 estimated or measured reliably. Creditors and provisions are normally recognised at their settlement amounts after allowing for any trade discounts due.

##### **Taxation**

The Parenting Project meets the definition of charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charity for UK corporation tax purposes.

The subsidiary "The Growth Pool CIC" is subject to Corporation Tax.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **TRUSTEES REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor the year ended 31 March 2024.

##### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2025 nor the year ended 31 March 2024 except for the reimbursement of reasonable out of pocket expenses.

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**2 DONATIONS AND LEGACIES**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2024-25</b>	<b>Total 2023-24</b>
	£	£	£	£
Donations	3,396	-	3,396	24,710

**3 CHARITABLE ACTIVITIES**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2024-25</b>	<b>Total 2023-24</b>
	£	£	£	£
Grants	50,000	387,725	437,725	404,485
Contracts	37,000	-	37,000	21,163
	<u>87,000</u>	<u>387,725</u>	<u>474,725</u>	<u>425,648</u>

**4 INVESTMENTS**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2024-25</b>	<b>Total 2023-24</b>
	£	£	£	£
Bank interest	113	-	113	99

**5 SUPPORT COSTS**

	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2024-25</b>	<b>Total 2023-24</b>
	£	£	£	£
Consultancy	4,015	940	4,955	4,582
Professional fees	1,502	4,243	5,745	2,509
Independent examiners remuneration	2,400	-	2,400	2,400
	<u>7,917</u>	<u>5,183</u>	<u>13,100</u>	<u>9,491</u>

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**6 CHARITABLE ACTIVITIES EXPENDITURE**

	Unrestricted Funds £	Restricted Funds £	Total 2024-25 £	Total 2023-24 £
Staff costs	12,556	284,210	296,766	269,130
Activities costs	2,407	45,569	47,976	53,233
Equipment & resources	317	2,249	2,566	257
Travel & subsistence	165	3,718	3,883	1,492
Staff training	106	6,988	7,094	490
Marketing, PR & publicity	475	721	1,196	65
Insurance	2,568	-	2,568	2,910
Printing, postage & stationery	546	211	757	472
Rent & rates	976	9,388	10,364	11,794
Telecoms	106	3,106	3,212	3,823
Depreciation	660	-	660	985
Computer and I.T costs	858	2,821	3,679	8,072
Bank charges	139	27	166	145
	<u>21,880</u>	<u>359,007</u>	<u>380,887</u>	<u>352,869</u>

**7 STAFF COSTS AND ASSOCIATED EXPENSES**

	Total 2024-25 £	Total 2023-24 £
Wages and salaries	270,080	234,888
Social security costs	14,558	19,906
Other pension costs	12,128	14,336
	<u>296,766</u>	<u>269,130</u>
The average number of employees during the year was as follows:	<u>11</u>	<u>11</u>

No employee received emoluments in excess of £60,000

The key management personnel comprise the Trustees, the CEO and Development Manager. Trustees receive no remuneration or other benefits from the charity. The remuneration of key management personnel for the year, including pension contributions was £84,336 (2023-24: £87,715).

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>Group</b>		<b>Parent Charity</b>	
	<b>2024-25</b>	<b>2023-24</b>	<b>2024-25</b>	<b>2023-24</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Trade creditors	7,528	5,051	7,528	5,051
Accruals	4,982	3,120	4,982	3,120
Social security and other taxes	6,838	5,210	6,838	5,210
Other creditors	-	-	-	-
Deferred income - advance fees	1,066	7,758	-	-
	<b>20,414</b>	<b>21,140</b>	<b>19,348</b>	<b>13,382</b>

**9 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>Group</b>		<b>Parent Charity</b>	
	<b>2024-25</b>	<b>2023-24</b>	<b>2024-25</b>	<b>2023-24</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Trade debtors	10,952	7,755	10,952	7,755
Accrued income	-	2,500	-	2,500
Prepayments	944	1,269	944	1,269
	<b>11,895</b>	<b>11,524</b>	<b>11,895</b>	<b>11,524</b>

**10 TANGIBLE FIXED ASSETS**

<b>GROUP</b>	<b>Computer equipment</b>	<b>Total</b>
<b>Cost</b>	<b>£</b>	<b>£</b>
At 1 April 2024	15,540	15,540
Additions	-	-
Disposals	-	-
<b>At 31 March 2025</b>	<b>15,540</b>	<b>15,540</b>
<b>Depreciation</b>		
At 1 April 2024	13,540	13,540
Disposals	-	-
Charge for the year	660	660
<b>At 31 March 2025</b>	<b>14,200</b>	<b>14,200</b>
<b>Net Book Value</b>		
At 31 March 2025	<b>1,340</b>	<b>1,340</b>
At 31 March 2024	2,000	2,000

**The Parenting Project**

**Notes to the Financial Statements  
 for the Year Ended 31 March 2025**

**10 TANGIBLE FIXED ASSETS**

***PARENT CHARITY***

	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost</b>		
At 1st April 2024	15,540	15,540
Additions	-	-
Disposals	-	-
<b>At 31 March 2025</b>	<u>15,540</u>	<u>15,540</u>
<b>Depreciation</b>		
At 1st April 2024	13,540	13,540
Disposals	-	-
Charge for the year	660	660
<b>At 31 March 2025</b>	<u>14,200</u>	<u>14,200</u>
<b>Net Book Value</b>		
At 31 March 2025	<u>1,340</u>	<u>1,340</u>
At 31 March 2024	2,000	2,000

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**11 CONTROLLING INTEREST**

The Charity is controlled by its Trustees.

The charity, The Parenting Project, is the parent company in a group that includes its wholly-owned subsidiary, The Growth Pool CIC. The parent charity is a company limited by guarantee, registered in England and Wales. The parent charity holds 100% of the voting rights and is the sole Person with Significant Control (PSC) over the subsidiary, The Growth Pool CIC, which is also a company limited by guarantee, incorporated in the UK.

and its subsidiary, The Growth Pool CIC. The charity has consolidated the subsidiary's financial results in accordance with the Statement of Recommended Practice (SORP), Financial Reporting Standard (FRS 102), and the Charities Act 2011, as applicable to UK charities.

**12 COMMITMENTS - CONSOLIDATED AND PARENT CHARITY**

The total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>Total 2024-25 £</b>	<b>Total 2023-24 £</b>
Expiring:		
Within one year	1,100	733
Between two and five years	-	-
In more than five years	-	-
	<u>1,100</u>	<u>733</u>

**13 ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total 2024-25 £</b>	<b>Total 2023-24 £</b>
Fixed assets	1,340	-	1,340	2,000
Current assets	107,584	117,606	225,190	133,250
Current liabilities	- 20,414	-	- 20,414	- 13,382
<b>Total funds</b>	<u>88,510</u>	<u>117,606</u>	<u>206,116</u>	<u>121,868</u>

**14 RELATED PARTY DISCLOSURES**

The charitable company has taken advantage of exemption, under the terms of Financial Report Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', not to disclose related party transactions with wholly owned subsidiaries within the group.

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**15 MOVEMENT IN FUNDS**

**CONSOLIDATED**

	Balance at beginning of year £	Income £	Exp- enditure £	Transfers between funds £	Balance at end of year £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	27,798	90,652	29,939	-	88,510
<b>Total Unrestricted funds</b>	<b>27,798</b>	<b>90,652</b>	<b>29,939</b>	<b>-</b>	<b>88,510</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	14,292	205,336	184,850	-	34,779
Parent Mentoring Programme	4,000	3,000	7,000	-	-
Schools Programme	-	19,709	-	-	19,709
Skills Escalator Fund	-	7,500	3,750	-	3,750
Project Matresence	-	39,032	2,400	-	36,632
Counselling & Mental Health Programme	75,778	113,148	166,190	-	22,736
<b>Total Restricted funds</b>	<b>94,070</b>	<b>387,725</b>	<b>364,190</b>	<b>-</b>	<b>117,606</b>
<b>TOTAL FUNDS</b>	<b>121,868</b>	<b>478,377</b>	<b>394,129</b>	<b>-</b>	<b>206,116</b>

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2025**

**15 MOVEMENT IN FUNDS**

**PARENT CHARITY**

	Balance at beginning of year £	Income £	Exp- enditure £	Transfers between funds £	Balance at end of year £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	27,798	90,510	29,797	-	88,510
<b>Total Unrestricted funds</b>	<b>27,798</b>	<b>90,510</b>	<b>29,797</b>	<b>-</b>	<b>88,510</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	14,292	205,336	184,850	-	34,779
Parent Mentoring Programme	4,000	3,000	7,000	-	-
Schools Programme	-	19,709	-	-	19,709
Skills Escalator Fund	-	7,500	3,750	-	3,750
Project Matresence	-	39,032	2,400	-	36,632
Counselling & Mental Health Programme	75,778	113,148	166,190	-	22,736
<b>Total Restricted funds</b>	<b>94,070</b>	<b>387,725</b>	<b>364,190</b>	<b>-</b>	<b>117,606</b>
<b>TOTAL FUNDS</b>	<b>121,868</b>	<b>478,235</b>	<b>393,987</b>	<b>-</b>	<b>206,116</b>

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2025

#### 15 MOVEMENT IN FUNDS

**General funds** - are accumulated unrestricted funds available for general purposes and include funds designated for a particular purpose, the use of such funds remains at the discretion of the trustees.

**Family Wellbeing Programme** - The programme offers tailored support with an allocated a qualified and experienced Family Wellbeing Facilitator, who works with the whole family. It is for families who are experiencing a range of difficulties, including family breakdown, school non-attendance, difficulty accessing services, poverty, domestic abuse and poor mental health. The facilitator works with the family until identified changes are achieved and the family is making good progress.

**Parent Mentoring Programme** - This is for parents who are struggling with their role as a parent and would benefit from emotional and/or practical support from a Parent Mentor volunteer. The Parent Mentor spends time with the family on a weekly basis for up to 2 hours. Parents decide on the type of support they want and for how long in order to make progress as a parent and an individual. The goal of the Parent Mentoring Programme is to facilitate an outcome of confidence, wellbeing and independence for the parent.

**Counselling & Mental Health Programme** - Counselling helps parents to achieve a sense of agency which is essential for them to feel in control of their lives and to believe in their capacity to influence their own thoughts and behaviour and build confidence in their ability to handle a wide range of tasks and situations, including being a parent. Parents will access up to 18 sessions with a trauma informed, person centred Counsellor.

**Project Matresence** - is a programme for new Mothers aiming to support new mothers navigate their transition to and through early motherhood. Project Matresence is a six-week psychotherapist-led circle providing a space for new mums (6-12 months postpartum) to connect with self, with other mums. New mums are invited to creatively explore the real impact of becoming a mother on identity, relationships and emotions in a safe, small group environment. Through sharing experiences with others, without judgement, and creative exploration, participants can expect to increase awareness of their individual matresence experience and understand how it impacts them and their relationships.

**Skills Escalator Fund** - this was government funding distributed through local authorities specifically for addressing training needs in small companies including charities.

**Schools Programme** - funded by Stratford Town Trust has been developed in response to growing concerns from schools around family engagement, attendance & children's wellbeing. A Family Wellbeing Facilitator has been linked to 3 schools in Stratford upon Avon and delivers; group work with children, 1-1 support with children, drop in's for parents, Family Wellbeing Support and support/signposting advice for TA's and Teachers who are leading Early Help plans.

The Parenting Project

Notes to the Financial Statements  
for the Year Ended 31 March 2025

16 COMPARATIVE MOVEMENT IN FUNDS FOR THE YEAR ENDED 31 MARCH 2024

**CONSOLIDATED**

	At 01.04.23 £	Income £	Exp- enditure £	Transfers between funds £	At 31.03.24 £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	245	120,570	93,017	-	27,798
<b>Total Unrestricted funds</b>	<b>245</b>	<b>120,570</b>	<b>93,017</b>	<b>-</b>	<b>27,798</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	3,010	118,943	98,061	-	23,892
Parent Mentoring Programme	-	4,000	2,800	-	1,200
Counselling & Mental Health Programme	11,944	217,792	160,758	-	68,978
WCC Dad's Matter Programme	18,572	-	18,572	-	-
<b>Total Restricted funds</b>	<b>33,526</b>	<b>340,735</b>	<b>280,191</b>	<b>-</b>	<b>94,070</b>
<b>TOTAL FUNDS</b>	<b>33,771</b>	<b>461,305</b>	<b>373,208</b>	<b>-</b>	<b>121,868</b>

**PARENT CHARITY**

	At 01.04.23 £	Income £	Exp- enditure £	Transfers between funds £	At 31.03.24 £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	245	109,722	82,169	-	27,798
<b>Total Unrestricted funds</b>	<b>245</b>	<b>109,722</b>	<b>82,169</b>	<b>-</b>	<b>27,798</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	3,010	118,943	98,061	-	23,892
Parent Mentoring Programme	-	4,000	2,800	-	1,200
Counselling & Mental Health Programme	11,944	217,792	160,758	-	68,978
WCC Dad's Matter Programme	18,572	-	18,572	-	-
<b>Total Restricted funds</b>	<b>33,526</b>	<b>340,735</b>	<b>280,191</b>	<b>-</b>	<b>94,070</b>
<b>TOTAL FUNDS</b>	<b>33,771</b>	<b>450,457</b>	<b>362,360</b>	<b>-</b>	<b>121,868</b>

**THE PARENTING PROJECT**

England & Wales - Charity number 1125291

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# Accounts

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# Annual Report 2023-24

**Report and Financial Statements for the Year Ended 31 March 2024**  
(A company limited by guarantee)

Registered Charity number 1125291 • Company number 6032858

**The Parenting Project**

**Contents of the Financial Statements  
for the Year Ended 31 March 2024**

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**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2024**

All sections of this report form the Annual Report of the Trustees for the year ended 31st March 2024.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Name**

The Parenting Project

**Registered Company number**

06032858

**Registered Charity number**

1125291

**Registered office**

St Johns Family And Wellbeing Centre  
Mortimer Road  
Kenilworth  
England  
CV8 1FS

**Company Secretary**

Elaine Johnston

**Trustees and Directors**

Jane Williams - Chair  
Adam Sherratt - Treasurer  
Andrea Milton  
Beverley Ballinger  
Graham Lowther  
Sally Lightfoot (resigned 1 February 2024)

**Senior Management**

Elaine Johnston - CEO  
Emma Smith - Development Manager

**Accountants**

SAB Accountancy Services Ltd  
102 Hamstead Road  
Great Barr  
Birmingham  
B43 5BN

**Independent Examiner**

Pearl Accountancy Services Limited  
61 Bridge Street  
Kington  
HR5 3DJ

**Bankers**

Lloyds Bank  
Stourbridge Business Centre  
Lloyds Bank Commercial  
PO Box 1000  
BX1 1 LT

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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 2019).

## OBJECTIVES AND ACTIVITIES

The charitable objects agreed with the Charities Commission are:

To advance education amongst parents, carers, those with parental responsibilities and professionals concerned with children and young people including the provision of training and advice, counselling and support services in the Stratford On Avon district and surrounding area.

### Public Benefit

The trustees consider that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission.

## ACHIEVEMENTS AND PERFORMANCE

### Charitable activities

## WHAT WE DO

The Parenting Project changes the lives of families with children 0-19 (25 SEND) by improving their mental health and preventing suicide.

We are a charity offering free mental health support, therapy, family support, parent mentoring and therapeutic group work based in Warwickshire.

Our professional team of Wellbeing Facilitators, Counselling Therapists and Parent Mentors get to the heart of family difficulties and work with them to solve them.

We help families to feel hopeful for the future.

## WHY WE ARE DIFFERENT

### *Pathway of services*

Our pathway of services works. Families typically experience significant change in their lives following our support and reduced levels of psychological distress.

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

#### ACHIEVEMENTS AND PERFORMANCE - continued

##### *Therapy*

We offer a minimum of 18 sessions of trauma-informed, person centred counselling and psychotherapy.

##### *Our People*

Our team are all trained and experienced professionals. Families have the same worker/therapists throughout their time with us.

##### *Place*

We are community based. Families access our services in their own homes or community venues.

##### *Partners*

We work with a range of partner agencies in the statutory sector as well as voluntary organisations. All help us to identify those who need our support the most.

## OUR AIMS

- To improve access to services for families who are overwhelmed, often by parenting demands and emotional pain
- To contribute knowledge and take innovative approaches to mental health support
- To build an evidence base in effective mental health support and support research into the impact of community based mental health services
- To listen to our beneficiaries on their lived experiences and respond by enhancing our learning and developing our services to meet their needs

## OUR VALUES

**Empathy**

**Strengthening Relationships**

**Persistent Conviction**

**Openness to Opportunity**

**Creative Collaboration**



## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

## **A MESSAGE FROM OUR CHAIR**

When I embarked on the goal of developing The Parenting Project, 25 years ago, it was driven by the need for parenting support in the Stratford on Avon District. Since then, the charity has grown and developed in response to family need, most of which, pivots around mental health throughout Warwickshire.

It has been a journey of determination and perseverance to develop our highly effective pathway of services, which was developed after listening and understanding what families needed from us.

This year is a critical year for us as we re-shape our approach to our strategic development and our fundraising strategy. Last year we experienced a watershed in terms of funding, resulting in a pause in our development with reduced teams. As with most things in life, we saw the opportunities the situation brought forward. With this in mind, later this year, we will be transforming our brand profile to reflect our development into mental health support for families and the wider community. This will include a change of name for us. In effect we have pruned back and now we are seeing the green shoots of new growth.

Our dedication to our beneficiaries is driven by our belief that we can not only survive, but thrive into the future.

I am proud of the impact we have made to date on thousands of families, but we know there are many, many more who need our support.

A special acknowledgement goes to our whole team, including my fellow Trustees, our volunteers and staff team, who always work tirelessly, even in the most difficult circumstances.

This is not an easy time for charities like ourselves but we will continue to do our work to meet growing need and look forward to a better future together.

Jane Williams  
Chair of Trustees

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

## **THE FUTURE**

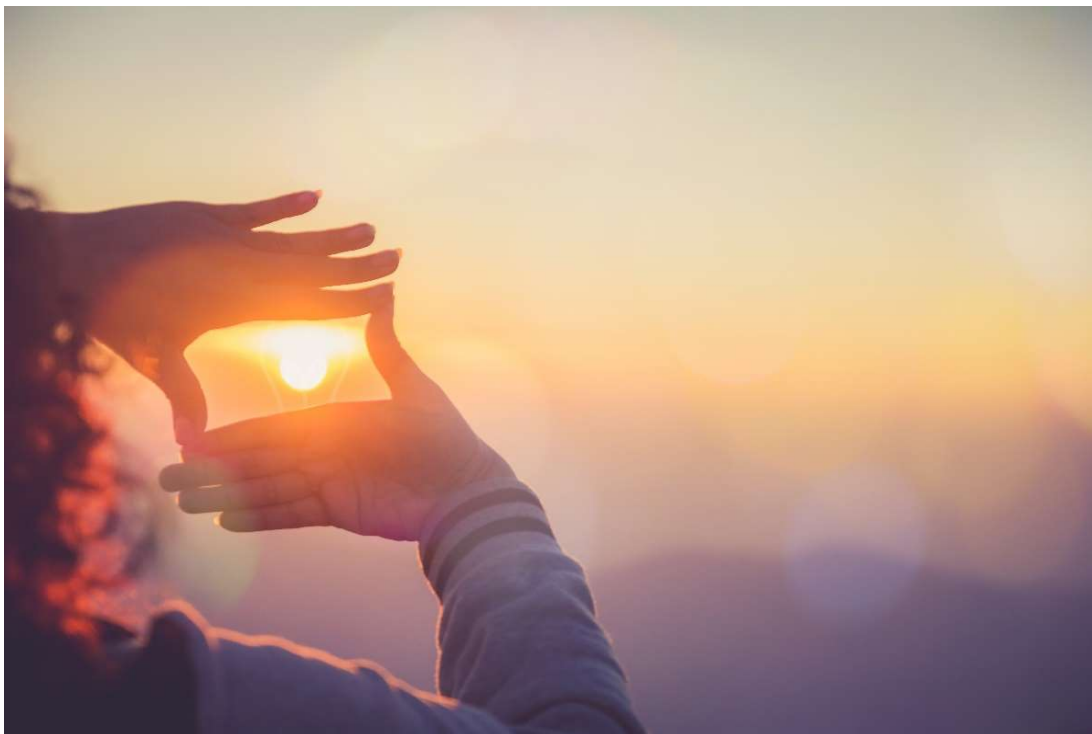
The next few years are still uncertain for us as we dust ourselves down from the pressures of a difficult funding landscape.

True to our values, our persistent conviction manifests as a sure and certain commitment to families, which means we persevere to do what serves families and individuals best (even if it is not the easiest or usual thing to do). To this end we are ambitious in our plans to secure our future in the long term.

In 2022 we registered a Community Interest Company (CIC), The Growth Pool. The aim is to develop the CIC to generate enough income in 5 years' time to fund our core costs, which are something most smaller charities struggle to find.

The company delivers wellbeing support and training to individuals, schools, organisations and companies.

This year we will be taking The Growth Pool to the next stage of its development following a successful pilot last year.



## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

## REFERRALS

We are proud that, over time, we have formed effective relationships with our partners who work with us to identify those who need us the most. We are very grateful to our partners in the NHS, Social Care, Education and other statutory services who regularly refer parents to us.

Importantly, we encourage individuals and families to refer themselves to our services via our website.

## OUR BENEFICIARIES

During this financial year a total of 596 individuals benefitted from our support. Beneficiaries include children 0-19 (25 if SEND) and parents. Our objects and funding limited the services we are able to provide to families. We approximate that we are only able to meet the needs of 12% of families who need the support we offer within Warwickshire.

## OUR SERVICE PATHWAY

Our pathway is the foundation for securing sustainable outcomes and positive impact for our beneficiaries. By offering holistic support for families we are able to meet their wellbeing needs comprehensively. The following services form our pathway of support.



**OUR PATHWAY HELPS TO PREVENT  
FAMILIES FROM ESCALATING INTO CRISIS**

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

## FAMILY WELLBEING SUPPORT

Our Family Wellbeing Facilitators provide 1:1 support for parents and their families and work with the family as a whole. Support includes home visits, phone calls and video calls, depending upon the family's needs.

Facilitators work with families to listen to their circumstances and work with them to address the issues, which are important to them. We do not have set timescales for this support, it varies depending on family need. Our families tell us that it works for them. We are alongside families to help them to make changes themselves.

Families generally require support for debt, money management, parenting, child behaviour, domestic abuse, housing, organisation and underpinning mental health and wellbeing issues.

This year we provided support for 124 individuals (31 families).

***“The Parenting Project has made a big difference, they are the only ones who have listened to me, who actually supported me and have been there for me. They actually got me.”***

***(Parent, 2024)***

## PARENT MENTORS

Our Parent Mentors are volunteers with varied backgrounds and careers who are passionate about providing encouragement and emotional support to parents and their families. They often provide support when families are stepping away from statutory, or other formal support. 1:1 Visits are made to the family home or a venue of their choice to provide a listening ear and emotional support. Our mentors often support parents to get out of the home and make connections within the community.

Our parents tell us that having someone to talk to is the most important aspect of having a mentor. This year our mentors supported 130 individuals (32 families).

***“Unbiased, a listening ear non-judgemental support. Different from a friend because I don't have to reciprocate.”***

***“Absolutely fantastic support. The support was invaluable at a very difficult time. I felt I gained confidence in myself, felt less lonely and more able to cope with the daily challenges.”***

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

## GROUP THERAPY FOR CHILDREN

This enables us to work with children in their setting in schools. Our group work helps children to develop social communication skills, which builds their confidence and self-esteem, emotional development and resilience. Our delivery style is always adapted to the needs of the children referred.

We deliver 2 types of groups – Friendship Groups and Lego© Based Therapy.

The children are identified either through direct school referrals or through a contract we hold with Warwickshire County Council to deliver support for their Mental Health in Schools (MHISC) programme.

This year we worked with 30 children identified within MHISC and 13 children identified by individual schools within our pathway areas. In addition, to form the groups, a further 116 children benefitted from the groups.

## COUNSELLING

We offer 18 sessions of trauma-informed counselling to parents. Counselling, and in particular the therapeutic relationship, aims not to take the expert position but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Rather than tell the client what to do, it facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them. At its core is the Person Centred Approach.

This year we provided counselling for 166 parents. The vast majority of parents in counselling accessed the full offer of 18 sessions, which is optimum for addressing the effects of trauma.

***“Therapy has been a much needed process, it’s made me realise how much I was struggling. It made me realise how much I was holding things in and that sometimes it overwhelms me and gets too much. I think I’m much better at seeing things from other people’s perspective rather than tunnel vision that my anxiety so easily steers me towards. I have accepted that others couldn’t get me out of my big black hole and then I found a way out myself.”***

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

## **OUR IMPACT**

We only do what we do if it has an impact on the families we serve. By listening to our beneficiaries we continually monitor and evaluate the impact of each of our services and the pathway as a whole.

Our data shows that 91% of our families showed a significant improvement in their mental health, ability to parent, child behaviour and the factors affecting their wellbeing such as debt, housing, domestic abuse, childhood trauma and relationships.

Data is only able to provide an indication of our impact. It is the stories of individuals which show our impact best.

## **CONCLUSION**

In conclusion our priorities for the future are:

- To further develop and expand the Family Wellbeing Programme and raise funds in line with our fundraising strategy to ensure we can continue to provide our pathway of services for the growing number of families who need it,
- To continue to work with children 0-19 (25 if SEND) and their parents,
- To examine and change the Parenting Project name and brand in line with evolving demand for mental health and wellbeing support,
- To work with the trading arm of the charity, The Growth Pool CIC, to enable the Parenting Project to become sustainable in the medium and long term.

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

#### **SAM'S STORY**

Sam was referred for counselling by his GP for struggling with his mental health after being involved in a car accident a year ago. Sam is 37 years old, married and a father of 3. He shared during his assessment that he had been experiencing feelings of low mood, had felt himself withdrawing from his family and was angry at himself for “not having gotten over it by now”. Sam shared that he had difficulty sleeping, was experiencing flashbacks and had been isolating himself from friends and family.

Sam had no prior experience of counselling and felt it difficult to speak to his GP about how he had been feeling as he did not want to be “weak”. When asked what he hoped to get from counselling, he said he wanted to be able to process what happened to him and for it to have “less of a hold over him”. Sam wanted to be more present and a “better father” for his children.

Sam worked with his allocated counsellor for 16 weeks. Within the therapeutic relationship, built on trust, feeling safe and free from judgement, Sam was able to share experience in a space in which he felt heard and valued. Sam spoke of feelings of shame, anger and feeling powerless to move forward. Through this exploration, Sam was able to begin to connect with his experience, what he had been through, and make sense of his thoughts and emotions. By working through the feelings of shame and anger, Sam was able to be much more in touch with his vulnerability and made connections to relationships he experienced in his childhood.

By the end of counselling, Sam shared feeling less overwhelmed and consumed by his experience. Sam reported feeling more grounded and able to sleep. He showed an improved score on his final Core-34 assessment, which showed an improvement from 57 to 12.

Sam completed an evaluation form about his experience of counselling and shared “Counselling has allowed me to open up about things I wouldn’t talk to others about. It helped me to process and deal with my stress.”

## The Parenting Project

### Report of the Trustees for the Year Ended 31 March 2024

#### **TOM & SOPHIE'S STORY**

Tom and his daughter Sophie (aged 14) were referred to us because they were struggling in various ways and, following the death of his wife, both were not able to come to terms with Mum's death and found it difficult to engage with and trust support agencies.

The family live in an isolated village and have no family or friends to provide them with support.

The initial priority was to gain their trust. This was achieved by our Family Wellbeing Facilitator (FWF) making weekly visits to the home and school. Within a few weeks, both were engaging with our FWF as well as other professionals, including Sophie's school.

Previously, Sophie was not engaging well at school, she lacked self-confidence and found it difficult to attend essential doctor and dentist appointments. She was clearly struggling with her mental health, which was affecting her ability to function and achieve a good level of wellbeing. She was also being bullied at school for her personal hygiene. The family didn't have a washing machine and were washing their clothes by hand. Through our FWF they now have a washing machine.

Dad had neglected himself and the family home and was not dealing with his debts. Our FWF worked closely with Tom. She referred him for our counselling service and worked alongside Act on Energy to access a grant to help to clear his energy bill debts and set up a direct debit and a manageable payment plan. She also helped him to register with the Big Difference Scheme to help with his water bills. Now Tom has direct debits set up for his bills he is managing his finances much better.

Once Tom began to address his responsibilities one at a time, his confidence grew, this and the counselling sessions, have improved his mental health, so much so, he is returning to work for a few hours each week.

Sophie is now accessing doctor and dental appointments. Her mental health and school attendance is improving. This was helped by regular conversations with our FWF who made referrals to KOOTH (mental health support for young people), Lifespace for mentoring and Warwickshire Youth Pride. Sophie also now keeps diaries and journals to record her feelings.

Both are now moving forward with their lives.

**The Parenting Project**

**Report of the Trustees  
for the Year Ended 31 March 2024**

**OUR FUNDERS**

Our pathway is fully funded by the charity of Thomas Oken & Nicholas Eyfler for Warwick Town and Stratford Town Trust funds the pathway for the families of Stratford Town. Other pathway services are funded individually.

**National Lottery Community Fund  
Thomas Oken & Nicholas Eyfler  
Leamington Town Council  
Kenilworth Town Council  
Warwickshire County Councillors Grant Fund  
Warwick District Council  
Municipal Charities Stratford  
King Henry VIII Fund  
Warwick Town Council  
L&Q Placemakers Fund  
Talking Therapies Robert Waley Cohen  
Charles Pragnell  
Stratford Town Trust  
Ministry of Justice  
Heart of England Graham Griffiths  
Patrick Trust  
ICB Innovation Fund  
HoE Coventry Building Society  
Rugby Benevolent Fund  
WCC Carers**

**The Parenting Project**  
**Report of the Trustees**  
**for the Year Ended 31 March 2024**

**FINANCIAL REVIEW****Financial overview**

The charities income for the year amounted to £450,457 (2022-23: £420,890). This includes grants received totalling £404,485 (2022-23: £356,892). Other significant income receiving during the year included £24,710 from donations and £21,163 from contracts.

Total expenditure incurred during the year amounted to £362,360 (2022-23: £567,106). This included charitable activities expenditure totalling £352,869 (2022-23: £558,821) and support costs of £9,491 (2022-23 £8,285).

Significant expenditure on charitable activities includes staff costs of £269,130 (2022-23: £441,249), activities costs amounted to £53,233 (2022-23: £66,327), activities costs comprise the cost of associated counsellors as well as resources required in order to delivery our services. Rent & rates amounted to £11,794 (2022-23: £9,956).

When all financial activities are taken into account the charity made a surplus of £27,553 (2022-23: £80,308 deficit) within unrestricted funds. Unrestricted reserves brought forward amounted to £245, after taking into account this years surplus, unrestricted reserves increased to £27,798 as at 31st March 2024.

Restricted reserves as at 31st March 2024 amounted to £94,070 (2022-23: £60,544), this represented grants received in advance which will be fully spent within 2024-25. Restricted grants can only be expended in line with the conditions agreed in advance with funders.

**Reserves policy**

The trustees have reviewed the company's requirements for reserves and have made the decision to maintain the existing reserves policy which is to build unrestricted reserves equivalent to 6 months core expenditure. This is estimated to be in the region of £150,000 and would give the charity sufficient head room to protect against key financial risks. Key financial risks include the risk of not securing additional grant funding as well as the risk to cash flow in the event that a grant or contract is paid later than anticipated.

Unlike many charities we have been unable to achieve this level of reserves this year. However, our aim is to replenish our reserves in the medium to long term and this years surplus is evidence of those ambitions beginning to come to fruition.

**Going concern**

The financial statements 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 12 months from authorising these financial statements.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **FINANCIAL REVIEW - continued**

As with all charities that rely heavily on generous donations and grant funding, we are exposed to the risk of future grant applications being unsuccessful. However, the trustees and key management personnel are confident in that the operation plans in place will realise future incomings that ensure that the going concern status of the charity is reasonable.

#### **Fundraising activities**

The charity does not carry out significant fundraising activities.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Legal status**

The Parenting Project is a Private Limited Liability Company, also known as an Unincorporated Association, which is registered with Companies House and The Charity Commission. The Parenting Project is governed by a Board of Trustees and supported by sub-committees if considered appropriate.

The Parenting Project governing documents are:

- Memorandum of Association
- Articles of Association

The Articles of Association specify that the board is comprised of not less than five, but not limited. New trustees are appointed by the board from a wide range of backgrounds to bring balance and expertise to the Parenting Project. The board consists of a chair, deputy chair and trustees who are responsible for its governance and strategy. The day to day management and operation of the Parenting Project is designated to the CEO.

#### **Management and governance**

The Parenting Project operates under the Good Governance Code for the voluntary and community sector. The code clarifies the roles and responsibilities of the trustees and provides guidance in ensuring effective decision-making and accountability. The code is not mandatory but the Parenting Project is making a clear statement about our commitment to high standards of governance by operating within the code.

The board meets formally at least four times a year and, in addition, hosts an Annual General Meeting to discuss publicly the previous year's performance and look ahead to future priorities.

#### **Key management remuneration**

The board of directors, who are the trustees, and the senior management team comprise the key management personnel of the charity, in charge of directing and controlling, running and operating the charity on a day-to-day basis. All directors give their time freely and no director receives remuneration.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT - continued**

The pay of the senior management team is usually reviewed annually alongside the review of all members of the team and the usual process is to take into consideration pay levels in other charities of a similar size and type within the region.

#### **Safeguarding children**

We continue to set safeguarding as a priority for the Parenting Project. We have a clear structure of responsibility for keeping children safe with 4 fully trained Designated Safeguarding Leads who are responsible for all aspects of our Safeguarding Policy and Procedures.

Our Safeguarding Policy is thoroughly reviewed annually to bring it in line with the most recent government guidelines. The Parenting Project Safeguarding Policy is reviewed annually. The next review will be in April 2025.

We are confident in our ability to safeguard children and adhere to all legal requirements in this regard. In addition, and equally important, we continue to foster a strong safeguarding culture based on effective communication, inquiry, regular training inspiring confidence in our team and a focus on the wellbeing of children.

## **The Parenting Project**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **STATEMENT OF TRUSTEES RESPONSIBILITIES**

The trustees (who are also the directors of The Parenting Project for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant information of which the charitable company's independent examiners are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of it.

Approved by order of the board of trustees on 9 September 2024 and signed on its behalf by:

Jane Williams - Chair of Trustees

**Independent Examiner's Report to the Trustees of  
The Parenting Project ('the Company')  
for the Year Ended 31 March 2024**

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages' 17 to 32.

**Responsibilities and basis of report**

As the charity trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Chartered Institute of Management Accountants (CIMA), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- 1) accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Samantha Jackson  
Pearl Accountancy Services Limited  
61 Bridge Street  
Kington  
HR5 3DJ

10 September 2024

## The Parenting Project

### Statement of Financial Activities (Incorporating an Income and Expenditure Account)

		Un- restricted funds	Restricted funds	2023-24 Total funds	2022-23 Total funds
	Notes	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	24,710	-	24,710	63,942
<b>Charitable activities</b>					
Charitable activities	3	84,913	340,735	425,648	356,892
Investment income	4	99	-	99	56
<b>Total</b>		<b>109,722</b>	<b>340,735</b>	<b>450,457</b>	420,890
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable activities	6	72,984	279,885	352,869	558,821
Support costs	5	9,185	306	9,491	8,285
<b>Total</b>		<b>82,169</b>	<b>280,191</b>	<b>362,360</b>	567,106
<b>Net income/-expenditure</b>		<b>27,553</b>	<b>60,544</b>	<b>88,097</b>	- 146,216
Transfers between funds		-	-	-	-
<b>Net movement in funds</b>	15	<b>27,553</b>	<b>60,544</b>	<b>88,097</b>	- 146,216
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward	15	245	33,526	33,771	179,987
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>27,798</b>	<b>94,070</b>	<b>121,868</b>	33,771

#### CONTINUING OPERATIONS

The statement of financial activities includes all gains and losses recognised during the year. All incoming resources and resources expended derive from continuing activities.

**The Parenting Project****Balance Sheet**

	Notes	Un- restricted funds	Restricted funds	31.03.24 Total funds	31.03.23 Total funds
		£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	10	2,000	-	<b>2,000</b>	2,985
<b>CURRENT ASSETS</b>					
Debtors	9	11,524	-	<b>11,524</b>	11,594
Cash at bank and in hand		27,656	94,070	<b>121,726</b>	40,437
		<b>39,180</b>	<b>94,070</b>	<b>133,250</b>	52,031
<b>CREDITORS</b>					
Amounts falling due within one year	8	13,382	-	<b>13,382</b>	21,245
<b>NET CURRENT ASSETS / - LIABILITIES</b>		<b>25,798</b>	<b>94,070</b>	<b>119,868</b>	30,786
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b>27,798</b>	<b>94,070</b>	<b>121,868</b>	33,771
<b>NET ASSETS</b>		<b>27,798</b>	<b>94,070</b>	<b>121,868</b>	33,771
<b>FUNDS</b>	15				
Unrestricted funds		<b>27,798</b>	-	<b>27,798</b>	245
Restricted funds		-	<b>94,070</b>	<b>94,070</b>	33,526
		<b>27,798</b>	<b>94,070</b>	<b>121,868</b>	33,771

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Responsibilities of directors/trustees:

- The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006 - however, in accordance with section 145 of the Charities Act 2011 the accounts have been examined by an independent examiner who's report appears on page 18;
- The director/trustees acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 9 September 2024 and were signed on its behalf by:

Jane Williams - Chair of Trustees

## The Parenting Project

### Cash Flow Statement for the Year Ended 31 March 2024

	Notes	2023-24 £	2022-23 £
<b>Cash flows from operating activities</b>	1		
Cash generated from operations		81,190	- 148,256
Net cash provided by operating activities		<u>81,190</u>	<u>- 148,256</u>
 <b>Cash flows from investing activities</b>	 1		
Purchase of tangible fixed assets		-	678
Interest received		99	56
Net cash provided by/-used in investing activities		<u>99</u>	<u>- 622</u>
 <b>Change in cash and cash equivalents in the reporting period</b>		 <u>81,289</u>	 <u>- 148,878</u>
 <b>Cash and cash equivalents at the beginning of the reporting period</b>		 <u>40,437</u>	 <u>189,315</u>
 <b>Cash and cash equivalents at the end of the reporting period</b>		 <u><u>121,726</u></u>	 <u><u>40,437</u></u>

## The Parenting Project

### Notes to the Cash Flow Statement for the Year Ended 31 March 2024

#### 1 RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	<b>2023-24</b>	<b>2022-23</b>
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	<b>£</b> 88,097	<b>£</b> - 146,216
<b>Adjustments for:</b>		
Depreciation charges	985	5,180
Loss on disposal of fixed assets	-	-
Interest received	- 99	- 56
Decrease /- increase in debtors	70	- 11,524
Increase /- decrease in creditors	- 7,863	4,360
	- 6,907	- 2,040
<b>Net cash provided /- used by operations</b>	<b>81,190</b>	<b>- 148,256</b>

The notes form part of these financial statements

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 1 ACCOUNTING POLICIES

##### **Status of the company**

The charitable company is limited by guarantee and does not have share capital. The liability of members is limited to £1 per member. Any surplus on winding up is to be donated to a charity whose objects are of a similar nature.

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then the income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Income from grants, whether 'capital' grants or 'revenue' grants, is recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Income from trading activities includes income earned from fundraising events and trading activities. Income is received in exchange for supplying goods and services, in order to raise funds and is recognised when entitlement has occurred.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 1 ACCOUNTING POLICIES - continued

##### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs relating to the category. Where costs cannot be directly attributed to a particular heading they have been allocated to activities on a basis consistent with the use of resources. Expenditure is classified under the following heading:

Expenditure on charitable activities comprise the direct costs of activities undertaken to further the purposes of the charity, including grants payable and all associated support costs.

Expenditure on raising funds comprise the costs of commercial trading.

Irrecoverable VAT is charged as a cost against the activity for which expenditure was incurred.

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure of the objects of the charity. Where support costs cannot be fully attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with the use of resources.

##### **Tangible Fixed Assets**

Depreciation is calculated so as to write off the cost of each asset, less its residual value, over its estimated useful economic life. The depreciation charge recognised each year relates to the class of the asset, the rates and classes are as follows:

Computer equipment - 33.3% *reducing balance*

##### **Debtors**

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

##### **Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 1 ACCOUNTING POLICIES - continued

##### **Creditors and provisions**

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 estimated or measured reliably. Creditors and provisions are normally recognised at their settlement amounts after allowing for any trade discounts due.

##### **Taxation**

The Parenting Project meets the definition of charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charity for UK corporation tax purposes.

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **TRUSTEES REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor the year ended 31 March 2023.

##### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor the year ended 31 March 2023 except for the reimbursement of reasonable out of pocket expenses.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 2 DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
Donations	24,710	-	24,710	63,942

#### 3 CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
Grants	63,750	340,735	404,485	356,892
Contracts	21,163	-	21,163	-
	<u>84,913</u>	<u>340,735</u>	<u>425,648</u>	<u>356,892</u>

#### 4 INVESTMENTS

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
Bank interest	99	-	99	56

#### 5 SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
Consultancy	4,582	-	4,582	5,855
Professional fees	2,203	306	2,509	-
Auditor / Independent examiners remuneration	2,400	-	2,400	2,430
	<u>9,185</u>	<u>306</u>	<u>9,491</u>	<u>8,285</u>

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 6 CHARITABLE ACTIVITIES EXPENDITURE

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
Staff costs	39,083	230,048	269,130	441,249
Volunteer costs	-	-	-	868
Activities costs	8,995	44,239	53,233	66,327
Equipment & resources	257	-	257	3,009
Cleaning	-	-	-	1,957
Travel & subsistence	406	1,085	1,492	7,421
Staff training	70	420	490	6,502
Marketing, PR & publicity	5	60	65	1,702
Insurance	2,910	-	2,910	2,893
Printing, postage & stationery	70	402	472	2,076
Rent & rates	11,794	-	11,794	9,956
Telecoms	2,328	1,495	3,823	4,737
Depreciation	985	-	985	5,180
Computer and I.T costs	5,936	2,137	8,072	4,792
Bank charges	145	-	145	152
	<b>72,984</b>	<b>279,885</b>	<b>352,869</b>	<b>558,821</b>

#### 7 STAFF COSTS AND ASSOCIATED EXPENSES

	Total 2023-24 £	Total 2022-23 £
Wages and salaries	234,888	397,549
Social security costs	19,906	23,853
Other pension costs	14,336	19,847
	<b>269,130</b>	<b>441,249</b>
The average number of employees during the year was as follows:	<b>11</b>	<b>19</b>

No employee received emoluments in excess of £60,000

The key management personnel comprise the Trustees, the CEO and Development Manager. Trustees receive no remuneration or other benefits from the charity. The remuneration of key management personnel for the year, including pension contributions was £79,744 (2022/23: £82,136).

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 8 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<b>Total 2023-24</b>	<b>Total 2022-23</b>
	£	£
Trade creditors	5,051	3,762
Accruals	3,120	4,860
Social security and other taxes	5,210	7,110
Other creditors	-	1,763
Deferred income - advance fees	-	3,750
	<b><u>13,382</u></b>	<b><u>21,245</u></b>

#### 9 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	<b>Total 2023-24</b>	<b>Total 2022-23</b>
	£	£
Trade debtors	7,755	9,320
Accrued income	2,500	-
Prepayments	1,269	2,274
	<b><u>11,524</u></b>	<b><u>11,594</u></b>

#### 10 TANGIBLE FIXED ASSETS

	<b>Computer equipment</b>	<b>Total</b>
	£	£
<b>Cost</b>		
At 1st April 2023	15,540	15,540
Additions	-	-
Disposals	-	-
<b>At 31 March 2024</b>	<b><u>15,540</u></b>	<b><u>15,540</u></b>
<b>Depreciation</b>		
At 1st April 2023	12,555	12,555
Disposals	-	-
Charge for the year	985	985
<b>At 31 March 2024</b>	<b><u>13,540</u></b>	<b><u>13,540</u></b>
<b>Net Book Value</b>		
At 31 March 2024	<b><u>2,000</u></b>	<b><u>2,000</u></b>
At 31 March 2023	2,985	2,985

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 11 CONTROLLING INTEREST

The Charity is controlled by its Trustees.

#### 12 COMMITMENTS

The total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>Total 2023-24 £</b>	<b>Total 2022-23 £</b>
Expiring:		
Within one year	733	733
Between two and five years	-	-
In more than five years	-	-
	<u>733</u>	<u>733</u>

#### 13 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total 2023-24 £</b>	<b>Total 2022-23 £</b>
Fixed assets	2,000	-	2,000	2,985
Current assets	39,180	94,070	133,250	52,031
Current liabilities	- 13,382	-	- 13,382	- 21,245
<b>Total funds</b>	<u>27,798</u>	<u>94,070</u>	<u>121,868</u>	<u>33,771</u>

#### 14 RELATED PARTY DISCLOSURES

There were no transactions with related parties in this reporting period.

**The Parenting Project**

**Notes to the Financial Statements  
for the Year Ended 31 March 2024**

**15 MOVEMENT IN FUNDS**

	Balance at beginning of year £	Income £	Exp- enditure £	Transfers between funds £	Balance at end of year £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	245	109,722	82,169	-	27,798
<b>Total Unrestricted funds</b>	<b>245</b>	<b>109,722</b>	<b>82,169</b>	<b>-</b>	<b>27,798</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	3,010	118,943	98,061	-	23,892
Parent Wellbeing Programme	-	4,000	2,800	-	1,200
Mental Health Programme	11,944	217,792	160,758	-	68,978
WCC Dad's Matter Programme	18,572	-	18,572	-	-
<b>Total Restricted funds</b>	<b>33,526</b>	<b>340,735</b>	<b>280,191</b>	<b>-</b>	<b>94,070</b>
<b>TOTAL FUNDS</b>	<b>33,771</b>	<b>450,457</b>	<b>362,360</b>	<b>-</b>	<b>121,868</b>

The purpose of each fund is summarised on the next page.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 15 MOVEMENT IN FUNDS

**General funds** - are accumulated unrestricted funds available for general purposes and include funds designated for a particular purpose, the use of such funds remains at the discretion of the trustees.

**Family Wellbeing Programme** - The programme offers tailored support with an allocated a qualified and experienced Family Wellbeing Facilitator, who works with the whole family. It is for families who are experiencing a range of difficulties, including family breakdown, school non-attendance, difficulty accessing services, poverty, domestic abuse and poor mental health. The facilitator works with the family until identified changes are achieved and the family is making good progress.

**Parent Wellbeing Programme** - This is for parents who are struggling with their role as a parent and would benefit from emotional and/or practical support from a Parent Mentor volunteer. The Parent Mentor spends time with the family on a weekly basis for up to 2 hours. Parents decide on the type of support they want and for how long in order to make progress as a parent and an individual. The goal of the Parent Mentoring Programme is to facilitate an outcome of confidence, wellbeing and independence for the parent.

**Mental Health Programme** - Counselling helps parents to achieve a sense of agency which is essential for them to feel in control of their lives and to believe in their capacity to influence their own thoughts and behaviour and build confidence in their ability to handle a wide range of tasks and situations, including being a parent. Parents will access up to 18 sessions with a trauma informed, person centred Counsellor.

**Dads Matter Programme** - This was a Co-production proof of concept between Home Start, Barnardos By your Side and The Parenting Project. Dad Matters Warwickshire exists to support dads to have the best possible relationship with their families. They work closely with other professionals within South Warwickshire and nationally to better support dads in the first 1001 days of their parenting journey.

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 16 COMPARATIVE STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Un- restricted funds	Restricted funds	2022-23 Total funds	2021-22 Total funds
	£	£	£	£
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies	6,442	57,500	63,942	54,560
<b>Charitable activities</b>				
Charitable activities	-	356,892	356,892	378,380
Investment income	56	-	56	6
<b>Total</b>	<b>6,498</b>	<b>414,392</b>	<b>420,890</b>	432,946
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Charitable activities	72,791	486,030	558,821	409,330
Support costs	8,285	-	8,285	7,134
<b>Total</b>	<b>81,076</b>	<b>486,030</b>	<b>567,106</b>	416,464
<b>Net income/-expenditure</b>	<b>- 74,578</b>	<b>- 71,638</b>	<b>- 146,216</b>	16,482
Transfers between funds	- 5,730	5,730	-	-
<b>Net movement in funds</b>	<b>- 80,308</b>	<b>- 65,908</b>	<b>- 146,216</b>	16,482
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	80,553	99,434	179,987	163,505
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>245</b>	<b>33,526</b>	<b>33,771</b>	179,987

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 17 COMPARATIVE BALANCE SHEET FOR THE YEAR ENDED 31 MARCH 2023

	Un- restricted funds	Restricted funds	2022-23 Total funds	2021-22 Total funds
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible assets	2,985	-	<b>2,985</b>	7,487
<b>CURRENT ASSETS</b>				
Debtors	-	11,594	<b>11,594</b>	70
Cash at bank and in hand	10,993	29,444	<b>40,437</b>	189,315
	<b>10,993</b>	<b>41,038</b>	<b>52,031</b>	189,385
<b>CREDITORS</b>				
Amounts falling due within one year	13,733	7,512	<b>21,245</b>	16,885
<b>NET CURRENT ASSETS / - LIABILITIES</b>	<b>- 2,740</b>	<b>33,526</b>	<b>30,786</b>	172,500
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b>245</b>	<b>33,526</b>	<b>33,771</b>	179,987
<b>NET ASSETS</b>	<b>245</b>	<b>33,526</b>	<b>33,771</b>	179,987
<b>FUNDS</b>				
Unrestricted funds	<b>245</b>	-	<b>245</b>	80,553
Restricted funds	-	<b>33,526</b>	<b>33,526</b>	99,434
	<b>245</b>	<b>33,526</b>	<b>33,771</b>	179,987

## The Parenting Project

### Notes to the Financial Statements for the Year Ended 31 March 2024

#### 18 COMPARATIVE MOVEMENT IN FUNDS FOR THE YEAR ENDED 31 MARCH 2023

	Balance at beginning of year £	Income £	Exp- enditure £	Transfers between funds £	Balance at end of year £
<b>UNRESTRICTED FUNDS</b>					
<b>General funds</b>					
General Funds	80,553	6,498	- 81,076	- 5,730	245
<b>Total Unrestricted funds</b>	<b>80,553</b>	<b>6,498</b>	<b>- 81,076</b>	<b>- 5,730</b>	<b>245</b>
<b>RESTRICTED FUNDS</b>					
Family Wellbeing Programme	15,993	79,282	- 84,054	- 8,211	3,010
Parent Wellbeing Programme	724	23,400	- 24,124	-	-
Mental Health Programme	30,779	299,710	- 334,800	16,255	11,944
WCC Dad's Matter Programme	39,438	-	- 18,552	- 2,314	18,572
Trading Arm Development	12,500	12,000	- 24,500	-	-
<b>Total Restricted funds</b>	<b>99,434</b>	<b>414,392</b>	<b>- 486,030</b>	<b>5,730</b>	<b>33,526</b>
<b>TOTAL FUNDS</b>	<b>179,987</b>	<b>420,890</b>	<b>- 567,106</b>	<b>-</b>	<b>33,771</b>

**THE PARENTING PROJECT**

England & Wales - Charity number 1125291

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# Accounts

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# **Annual Report and Financial Statements**

**For the Year Ended 31 March 2023**

(A company limited by guarantee)

**Registered Charity number 1125291**

**Company number 6032858**

# Annual Report and Financial Statements

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# The Parenting Project

## Report of the Board of Trustees

The Board of Trustees presents its report and audited financial statements for the year ended March 31st 2023.

### Reference and Administrative Information

Charity Name	Parenting Project
Charity registration number	1125291
Company registration number	6032858
Registered Office and operational address:	St. John's Family & Wellbeing Centre Mortimer Road Kenilworth Warwickshire CV8 1FS

### Board of Trustees

Mrs J M Williams	Chair
Mr A W J Sherratt	Treasurer
Mrs B J Ballinger	
Mrs A J Milton	
Sally Lightfoot	
Graham Lowther	Appointed 10.5.22
Mitchell Burns-Jackson	Appointed 28.11.22 (resigned 6.9.23)

### Company Secretary

Ms E Johnston

**Auditors:** Cooper Adams Ltd, 12 Payton St, Stratford upon Avon, Warwickshire, CV37 6UA

**Bank:** Lloyds Bank, Stourbridge Business Centre, Lloyds Bank Commercial, PO Box 1000, BX1 1LT.

**Jane Williams Chair  
Welcome to our Annual Report for financial year ending 2023**

As I present this year's report I am reflecting upon our greatest challenge to date. During the final quarter of our financial year we were facing a significant shortfall in funds. The reasons for this are varied and have been described as a 'perfect storm' that many charities are experiencing, whilst also coping with the 'tsunami' impact of the pandemic and the cost of living on families and individuals.

Earlier this year, the Charities Aid Foundation outlined the current pressures on charities and stated that an unprecedented number of charities are facing financial difficulties. They stated that 'unfortunately some gems will be lost this year'. We were at significant risk of being one of those gems.

During Covid, we took the difficult decision to continue to provide a full service for our beneficiaries, a third of whom were at risk of suicide or serious harm.

During 2020, the first year of the pandemic, a high number of funding bodies closed their doors to new funding applications due to the uncertainty of the global investment markets. This meant that we were unable to renew many of our grants so we began to draw on our reserves. Given the unprecedented circumstances families were coping with, this was the right thing to do. We had a duty to support families when they needed us the most.

Other factors have also impacted our financial position. As I have spoken of previously, funding streams are under enormous pressure as charities, like ourselves, require increased support to enable us to continue to deliver our services and meet demand. For some time we have recognised the pressure on the funding sector and the difficulties in raising funds to meet our core costs in particular.

With the help of some special people this year, we are determined to survive and, eventually thrive. Our newly created Community Interest Company, The Growth Pool, offers us the chance to become sustainable in the future. In the meantime we will continue to fight for our wonderful charity in order for us to serve the families who need us for many years to come.

The Board of Trustees and I wish to convey our sincere thanks to the Parenting Project employees, past and present and volunteers alike.

Jane Williams - Chair of Trustees

Signed: ..... Date: ...25 October 2023.....

## Objectives and Activities

### Purpose and Aims

Our Charity's purpose, as set out in the objects contained in the company's memorandum of association, is to:

- Make a positive difference to the lives of families to improve outcomes for children by providing support at the earliest point of need.
- To be there to provide high quality parenting support by recognising that parents are key to making a difference to the lives of their children.

The aims of our charity are to support parents to do their best for their children to enable them to grow and develop well and to provide support and services for children 0-19 years (25 if SEND) to help them to secure positive outcomes in all aspects of their lives. We work directly with children as well as the parents themselves and our special projects have enabled us to work with a wider demographic throughout Warwickshire and Coventry.

### Vision and Mission Statement

Our vision is that we will be there to improve lives for children, young people and their families when support is needed and continue to develop our range of services, programmes and projects in response to their needs.

Our Mission:

***“To improve the life experiences and outcomes of children, young people and their families by providing services and support at a time when they are most needed”***

Our Values:

**Empathy:** Carefully holding families so they can connect with the resources they have to move, in their own way, toward the goals they set for themselves.

**Strengthening Relationships:** Building trusting relationships with families and others well placed to support them, facilitating choice, confidence and self-belief.

**Persistent Conviction:** A sure and certain commitment to families, means we persevere to do what serves families and individuals best, even if it's not the easiest or usual thing to do.

**Openness to Opportunity:** Being ready and willing to evolve, adapt to conditions and explore the potential of the new.

**Creative Collaboration:** Working with others to spark individual or collective endeavour that can be strengthened and sustained.

#### Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review examines our achievements and the outcomes of our work over the previous 12 months. We look at the effectiveness of each key activity and assess the benefits of those activities and the difference they have made to the children and families we have supported. The review also helps us to ensure our aims, objectives and activities remain focused upon our stated purpose.

Our activities during this financial year became more limited due to our reduced income. Whilst we continued to focus upon our aims and objectives we needed to restrict our activities to only those we receive direct funding for. This has widened the gap in counselling and family wellbeing services further in the area we work.

#### **The Focus of our Work**

Mental ill health continues to be the focus of our work.

Parents experiencing mental ill health often request support and therapy in their endeavour to mitigate against the impact of their emotional health on their children and yet, it is well documented that such help and support is difficult to access and insufficient.

A range of research has suggested that children may experience a range of adverse consequences when living with parents with mental illness and poor emotional wellbeing.

Effects on children are described in the literature as mainly negative – including poor psycho-social development and attachments, compromised emotional and mental well-being and poor transitions into adulthood.

However, not all children will be adversely affected when parents have mental illness and positive outcomes have also been identified, including enhanced maturity and children's capacity to develop resilience and effective coping mechanisms.

These outcomes are more likely to occur when children and families are supported adequately and appropriately.

Key factors in ensuring children do not suffer adverse consequences of living with a parent who has mental illness are:

- Providing effective support to families.
- Listening to what children have to say about their experiences and needs in the context of parental mental illness.
- Providing children with age appropriate information about mental health conditions.
- Recognising that, alongside their own health needs, parents with mental illness may also have additional parenting needs. This is an important message for practitioners working with adults with mental health problems and their families.  
*(Jo Aldridge, 2012 Loughborough University)*

#### Our objectives for 2022/23:

- To further develop and expand the Family Wellbeing Programme
- To continue to provide support for children 0-19 (25 if SEND) and their parents
- To work with the trading arm of the charity, The Growth Pool CIC, to enable the Parenting Project to become sustainable in the medium and long term
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Whilst we continued to deliver our full Family Wellbeing pathway of services, we were unable to continue to develop and expand our work this year. We met the other objectives and worked with The Growth Pool CIC to pilot their 'Well Supported Schools' Programme in the final quarter of this financial year.

#### How our activities deliver public benefit

Our main activities and those we aim to help are described below. All of our charitable activities focus upon improving the lives of children and their families and other beneficiaries within our special projects. They are undertaken to further our charitable purposes for public benefit.

#### Who used and benefitted from our services?

Our objects and funding limited the services we were able to provide to families this year, to Warwickshire. During this financial year at total of **820** families and **2,870** individuals benefitted from our support. Beneficiaries include children 0-19 (25 if SEND) and parents.

#### Our Focus on Mental Health

The continued increase in mental health issues continues to be widely accepted. Through this lens, many people, including children, are more likely to be living with poor mental health than ever before.

Social inequalities, poverty, and adverse childhood experiences are recognised as the main reasons for distress and suffering, and therefore make up the documented figure of 1 in 4 people experiencing mental ill-health at any one time. (Johnstone, Boyle, Cromby et al 2018).

Understanding mental health and emotional wellbeing in a medicalised context increases the risk of perpetuating dependency and marginalisation as services, that are quite often doing their best, can unwittingly emulate triggers and potentially reinforce childhood issues and past abusive relationships as experts try to help and advise families. A plan 'put in place' to engage families and increase their sense of agency can actually have the opposite effect due to the perceived power imbalances.

The trauma-informed approach is based on the recognition that people who use services have quite often experienced significant adversity. It is also noted that the key to recovery is when trusting relationships and validation are experienced (Johnstone, Boyle, Cromby et al 2018).

It may therefore be more helpful to make sense of emotional wellbeing and mental health through an individual's social and developmental context - in essence, their lived experience. Trauma-informed projects are running in service design, education, prisons, and public health ([www.cestoohigh.com](http://www.cestoohigh.com)). Our counselling service and entire organisation adopts a Trauma Informed Approach.

Counselling, and in particular the therapeutic relationship, aims not to take the expert position but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Rather than tell the client what to do, it facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them. At its core is the Person Centred Approach.

The Person-Centred Approach is transferable and is recognised to work very well in allied helping professions, quite often we hear the phrase 'patient-centred care' in hospitals or child-centred approaches in schools to demonstrate how putting the person at the centre of any professional involvement seeks to empower individuals, facilitate independence and, in the case of parenting, improve outcomes for children.

The use of language is key to effective communication, using counselling skills is a simple yet effective way to facilitate insight and understanding.

Communities that adopt an approach which focuses on the strengths and abilities of those it seeks to support, can position themselves well to achieve better outcomes. They are

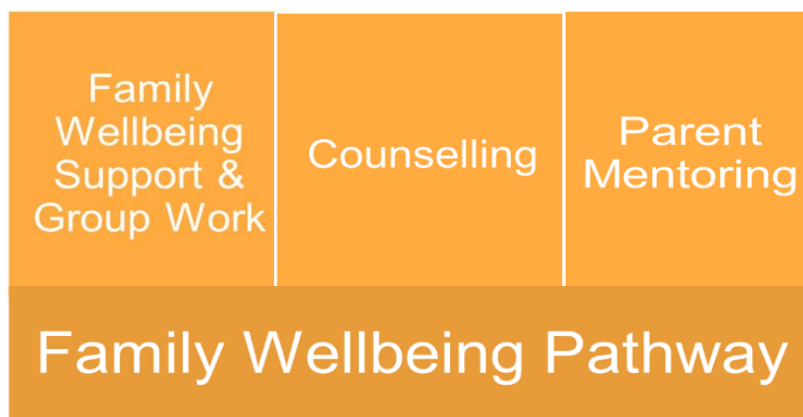
socially and economically robust where people play a part in the decisions that are important to them increasing a sense of self-agency and autonomy (Places: empowerment and investment for local communities, 2018).

Therefore to promote independence and resilience we continue to work in collaboration with those we are endeavouring to help and support to move forward, in their own way, towards the goals they set for themselves.

**Family Wellbeing Pathway**

The Family Wellbeing Pathway evolved over a number of years in response to family need, in particular, mental health. It offers a pathway of support and activities which aim to improve outcomes for families. Each family is assessed and offered support from the pathway activities as appropriate. For some families, dependent on need, this means they will access all or most of the activities within the pathway, whilst others may only need one or two elements, for example, counselling and signposting to other partner organisations. Importantly, all families will access the pathway which is appropriate for them to achieve improved outcomes and independence. Crucially, parents will choose the pathway most suitable for them to bring about changes in their lives.

**The Pathway:**



**The Family Wellbeing Programme**

As with all of our support services, the Family Wellbeing Team have continued to adapt and deliver support in a flexible approach, adapting to ensure parents have continued to have access to support, either through face to face, zoom, phone calls or text messages.

Over this period we have been able to fully return to delivering group work. In schools the team have delivered Brick Club and Friendship groups with primary aged children, Transition and Anxiety workshops with teenagers and their parents, we have also delivered the New Baby Programme with expectant and new parents.

During 2023, the team have experienced significant changes in staffing, the Team Lead left in January 2023, a number of key members of staff have also made the difficult decision to leave due to the uncertain financial position of the charity in early 2023.

We have restructured the Family Wellbeing Service, to have one lead who oversees and line manages the Family Wellbeing Facilitators and Parent Mentors. This has supported referral, triage, assessment and team allocation processes and has led to parents experiencing a streamlined process from referral to the identification of an appropriate pathway of support.

Despite these challenges, the team have continued to provide a consistent and high level of support for families and within the group work delivery.

In September 2022, we were successful with our tender for WCC Mental Health in School Children (MHISC) frame work, the tender was submitted jointly with Lifespace Trust, with the Parenting Project being the lead provider. Schools are able to refer children and young people who are within Early Help to access a group through Parenting Project or 1-1 mentoring through Lifespace.

### **Family Wellbeing Data Warwick**

Through funding from Thomas Oken and Nicholas Eyffler Trust, we have delivered our pathway in Warwick for the third year in 2022/23.

We have provided 1-1 support for 25 Individual families within the Warwick Town area. Support was provided to support families experiencing difficulties with: finances, parenting, child's behaviour, mental health, schooling, accessing appropriate education, SEND, social isolation, relationship break downs, domestic abuse, housing, support to access CA and foodbank.

Number of referrals received April 2022 – March 2023 = 30

Numbers of families supported through a Family Wellbeing Facilitator = 25

Number of families signposted to other services / NFA = 5

### **Feedback from Parents**

*"Our FWF has not only helped my child within school but has always helped my child and our family with home life and supported us with decisions we have made to help my child. She has helped us with suitable routines and boundaries for my child due to his disabilities."*

*"Our FWF has been working with my family for a couple of months now and all I can say is how much I appreciate all the help and support she has given to me and my family. I've been at very low points and she's always takes the time for me even if it's just to talk to and get things off my chest. She has really supported and helped so much with moving things forward and with getting things in place and getting the support my oldest daughter needs. I really felt like giving up with all professionals at one point until the FWF came along, and showed me there is people out there that care and will help whenever they can. All I can say*

*really is if it wasn't for her and all the help and support she has given I wouldn't nowhere I would be right now it's a nice feeling to have someone on my side and support me and my family where we need it".*

### **Group Work and 1-1 support in Warwick Schools**

Group work and 1-1 support with children and young people was delivered in two Primary schools. Brick Club, Friendship and Craft groups were delivered, the focus of the sessions was to help with anxiety, friendships, emotions, resilience, behaviours and transitions.

We give 360 degree feedback following each session, to the class teacher and each child's parent. Sharing with them information on the topics covered and tools and resources used in the session. This has enabled parents not known to the team to have the opportunity to reach out for information, advice and signposting. Parents have also reported benefits of having the resources shared, for them to use at home, for example the breathing star.

Numbers of Young People:

30 at Heathcote Primary School

30 at Newburgh Primary School

Group work feedback and quotes:

"With aims geared towards improving social communication and interaction, the children accessing LEGO Therapy are increasing their knowledge and capability of turn taking, being clear in their communication and tolerance, and we are starting to notice this transferring into the classroom and their interactions with other children".

"The children in the Resilience and Emotions Group have also had a great opportunity to build strategies to try to enable them to manage their emotions and consider approaches for emotional regulation and resilience".

### **Group work and Volunteers**

The Warwick groups were supported by two volunteers, who supported the Family Wellbeing Facilitators in the group work delivering, enabling additional sessions to be delivered.

### **Family Wellbeing Data Stratford upon Avon**

Delivery of the Family Wellbeing Pathway across Stratford District was funded through Orbit Housing's Better Days Grant until September 2022, since then priority has been in Stratford upon Avon where the pathway is funded by Stratford Town Trust.

We have provided 1-1 support for 27 Individual families within the Stratford area. Support was provided to support families experiencing difficulties with: finances, parenting, child's behaviour, mental health, SEND, schooling, accessing appropriate education, social isolation, relationship break downs, domestic abuse, food, family welfare, health and safety within the home.

Number of referrals received April 22 – March 23 = 41

Number of families supported through a Family Wellbeing Facilitator = 27

Number of families signposted to other services / NFA = 14

## Feedback from Parents

*“I would like to say how grateful we are as a family for the help we have received from the parent project, as I have said many of time we honestly couldn’t have done it without the support of our FWF having a child with additional needs”*

*“Thank you again for your input, I only wish that there were more like you out there”*

*“Your support has been so valuable to our little family. I honestly feel like a different person after the short time we have known you. I’m much more confident about talking to the children about their Dad and other issues and they’re responding well (most of the time 😊)”*

## **Group Work and 1-1 support in Stratford District Schools**

Group work and 1-1 support with children and young people was delivered in 8 schools across Stratford District:

Wellesbourne Primary School

Tredington Primary School

St Nicholas Primary, Alcester

St Lawrence Primary, Napton

Henley in Arden C of E Primary School

Stratford Primary School

Holy Trinity Primary School, Stratford upon Avon

Thomas Jolyffe Primary School

We delivered the following groups: Brick Club, Friendship and Craft groups were delivered, the focus of the sessions was to help with anxiety, friendships, emotions, resilience, behaviours and transitions.

We give 360 degree feedback following each session, to the class teacher and each child’s parent. Sharing with them information on the topics covered and tools and resources used in the session. This has enabled parents not known to the team to have the opportunity to reach out for information, advice and signposting. Parents have also reported benefits of having the resources shared, for them to use at home, for example the breathing star.

## Feedback from Parents & Teachers

*"I enjoy getting your updates each week and asking my son, how he is getting on – thank you".*

*"Interestingly when we were building with Lego together at the weekend (I'm the supplier), he was more creative / consistent with his language describing the pieces!"*

*"We are finding the Brick Club really beneficial to the children, they are really looking forward to the group each week."*

*"I am so grateful for the amazing support that you have provided through so many interventions (in school), but especially the commitment and passion you bring to your work. You have been an inspiration!"*

## **Family Wellbeing Data Rugby**

During 2023/23 we received funding from Rugby Benevolent Fund, which supported our delivery of the Family Wellbeing Pathway with a small number of families in the District. We have provided support for 15 individual families in Rugby, mainly through providing Counselling and Parent Mentor support.

## **MHISC**

Since September 2022, we have been delivering support through the MHISC programme, we are also managing the referrals on behalf of Lifespace Trust, who are delivering 1-1 mentoring through the programme.

Parenting Project have received 14 referrals, and delivered 12 groups to date. The group work is developed around the referred child, we work with the child's school who identify other children to join the child in the group. We provide either Brick Club or Friendship / Craft Groups.

### **Brick Club:**

These sessions are delivered by a qualified and experienced Lego Based Therapist. Lego based therapy aims to develop social communication skills in children, such as sharing, turn-taking, following rules, building confidence, self-esteem, and problem-solving.

### **Nurture/Friendship Groups:**

Delivered by experienced and highly skilled Wellbeing Facilitators, Nurture/Friendship Groups focus on social and emotional development and building resilience. Delivery style and content is adapted to the needs of individual children. Common topics covered are: Friendships, bullying, feelings, worries and anxiety.

### Feedback from Children

*"I like Lego therapy because I love playing Lego, the rules are really good because they are really fair."*

*"I have enjoyed coming to Lego Club to be with my friends and I love Lego. I have learned to be good at teamwork."*

### Progress Programme

Progress is a specialised programme of support designed to help young people who are not in education, employment or training (NEET) to build foundations to overcome barriers to their route to education, training or work.

We delivered a contract through Ground Work UK to support NEET young people in Coventry and Warwickshire from September 2021 until 31<sup>st</sup> March 2023, when the project ceased. Our provision included 1-1 counselling and group work. Through the programme we delivered 21 groups, over 35 sessions which 96 young people attended. We received 56 referrals for counselling and 40 young people accessed the service.

Counselling was delivered over 18 sessions, face to face or via zoom/phone, all of the counsellors within the programme were qualified counsellors and provided trauma informed, person centred counselling.

### Progress Counselling Feedback:

*"Helped me to understand myself"*

*"Been a positive experience"*

*"Helped me to be more confident"*

*"Made me feel better, less weight on shoulders"*

*"Relieved my thoughts aren't invalid"*

Group work offered the opportunity for young people to come together in small groups to explore topics which were important to them, for example: anxiety, confidence, communication. The sessions all included a topic and an activity, for example: Stone Mandala Painting, flip books, calming key rings. While undertaking the activity the lead facilitated discussions and shared ideas, resources that could be supportive for example: breathing techniques, Wim Hoff cold showers, signposting to tools and support.

### Group Work Feedback from young People:

*"I like these distraction techniques. I feel they will work if I start them before my anxiety cripples me, hopefully it will stop them from getting to that point."*

*“This was good. Thank you “*

*“I've really enjoyed these sessions and have learnt so much about myself “*

*“It's so important to understand your moods and your triggers. These sessions were great. They could help so many people “*

*“We managed to engage a good number of our more socially anxious participants on to these sessions and we have seen them increase in confidence significantly. Many participants who took part in these events have progressed into employment or education”.*

### **Progress Plus**

We are keen to continue to deliver the programme and have been successful with smaller pots of grant funding, through which we are planning to deliver 1-1 counselling and similar group work sessions for young people who are NEET or are at risk of becoming NEET.

### **Anxiety Workshops**

This workshop discusses lots of different ideas/strategies and tools that may help deal with any anxiety or low mood people may be feeling. The ideas are all very varied so the person attending needs to decide what they feel will work for them. We are all different so have different needs. What works for one person won't work for another but what's important is the person feels they are taking control of their own mental health and how they want to move forward with it. If you attend one of the face to face workshops in one of the children centres then there will have lots of resources which can be explored.

The sessions can be attended by the young person on their own, they can bring a family member or a parent/ carer could come on their behalf.

We have delivered the sessions on several dates and various locations in South Warwickshire and also online. The anxiety workshop is a standalone one off session.

We arranged 6 zoom workshops and 4 Face to face using both Alcester and Stratford Children's centres

The Zoom sessions were better attended than the Face to face with 15 people attending in total (not including professionals) with 4 professionals also attending.

### **Next Steps**

For the Young People that struggle with low mood or nervousness to explore and discover different strategies they can use to help them move forward in a positive way in their lives

#### Feedback from Young People and Parents:

*"I really enjoyed the workshop. There were lots of tips to help with anxiety and I think every person will use one or other depending on their likes. I realised while listening which ones could work for me and my daughter."*

*"The sessions lead was great, very professional and comforting"*

*"Felt it was very welcoming and easy to understand and follow"*

*"I found the workshop more informative and beneficial than the suggestions my mental health team give me."*

*"It was a very nice environment to be in especially with it being an anxiety workshop. It would have been useful to take away a list of all the elements of the course that were covered for memory/reflect what was covered later on. The session lead was lovely and very chatty and it was nice at times to listen to her."*

#### Feedback from Professionals:

*"That was really good. They interacted so well and I can see they will use these ideas to help them in the future."*

*"Thank you very much for the time and effort you put into organising such an interesting session."*

*"This is so good, even if they don't use these ideas straightaway they will have them to use in the future."*

#### **New baby Programme**

A workshop aimed antenatally and for parents with new-borns up to about 4 months. It's written to help, support and guide parents to understand their baby and their own emotions and feelings antenatally and up to the age of 2.

The first 1001 days of life, from conception to the age of 2 are considered to be critical developmental days. The New Baby Workshop will help, guide and discover ways to understand and support babies, during the antenatal period, through to age 2 and beyond.

We explore the following plus much more:

- Brain development & how you can support it.
- Baby cues and the 7 sleep/wake states

- The impact of a caregiver's mental health on your developing child and what support is out there to help you.
- Developing your child's self-awareness.
- The Solihull Approach using concepts called Containment, Reciprocity and Behaviour Management.
- How to use play and sensory play to boost both your child's physical and emotional development.
- Dads role
- The crying baby program

The sessions have been delivered over 2 zoom workshops and 3 face to face workshops using Stratford and Alcester children's centres

The Zoom sessions were better attended with a total of 15 attendees

Feedback from Parents

*"That was interesting. I liked the baby sensory ideas "*

*Thank you this is good I learnt a lot "*

*"I have so much to think about now "*

*"I will definitely do some of the play ideas "*

*"The presenters were fantastic and really knowledgeable."*

### **Parent Mentoring**

Our successful Parent Mentor service is delivered across South Warwickshire and in the town of Rugby, for parents who are struggling with their role as a parent and would benefit from emotional and/or practical support from a Parent Mentor volunteer. The Parent Mentor spends time with the family on a weekly basis for up to 2 hours, for 3-6 months.

Parents decide on the type of support they want in order to make progress as a parent and an individual. The goal of the Parent Mentoring Programme is to facilitate an outcome of confidence, wellbeing and independence for the parent which has a positive impact on the whole family.

Parent Mentors are recruited rigorously from often professional backgrounds, it is a volunteer role for which mentors receive comprehensive training and induction including safeguarding. They also receive individual and group supervision and on call support. Current and previous Parent Mentors have found the role valuable in terms of their own

learning and development and rewarding as they support parents to make positive and lasting changes in their lives.

All parents identified as suitable for the programme are assessed and matched to an appropriate Parent Mentor.

In October 2022, The Parent Mentors were nominated for Warwickshire CAVA Volunteer award and they received the special recognition award for health and wellbeing. This is a fabulous recognition for the contribution the volunteers in supporting the health and wellbeing of families they mentor.

Earlier in 2023, the Parent Mentor Lead left the charity, we were sad to see her leave and thank her for her dedication in extending the service and growing the programme across South Warwickshire.

Within our restructure we have one experienced and qualified Family Wellbeing Lead, who is overseeing and managing the Parent Mentor Programme.

Between April 2022 and March 2023

Number of referrals = 60

Number of families supported = 55

Number of Volunteer Parent Mentors over the period = 21 Parent Mentors

Number of families signposted to other services / NFA = 5

Referrals Received from:

Nurseries and pre-schools, schools, children's teams, strengthening families, FIS, Early Help, Home Start, NCT Parent in Mind, self-referrals

Feedback from Parents

*"The mentor was so kind and thoughtful, always there to help and listen to whatever is going on"*

*"The mentor gave me a shoulder to lean on"*

*"It gave me someone impartial to talk about issues going on in my life when they caused me to be conflicted, I feel Parent Mentoring is a valuable resource"*

*"I think my issues are bigger than my mentor experiences. We did have good conversations and she helped me take actions and reassured me about things which are now helpful, I am now accessing parenting project counselling service, I think it will make a big difference."*

### Parent Mentor Process:

On receipt of a referral, the families are all contacted by the Family Wellbeing Lead and are either visited in their home or have a telephone conversation. The Lead gathers appropriate information and supports the parent in completing a set of questions, based on Warwickshire Edinburgh Mental Wellbeing Scale (WEMWBS). The questions are a good indicator of how the parent is feeling at that time and it gives the Lead an insight into what is happening for that family. The parent is asked to score themselves on the challenges of parenting, emotional wellbeing, and level of confidence, aspirations, isolation and loneliness.

There is a chance for parents to express how they feel about the chance of having a mentor and what their hope are from being able to benefit from the service. A risk assessment is also completed around visiting the home. If at this point specialist services are needed then the Lead will refer on as required, for example to: domestic abuse, drug/alcohol support or social services. The Lead is a designated person for safeguarding and is fully trained and experienced.

Once the information is gathered about the family circumstances then the parent can be matched to a mentor. This process is thought about carefully as each mentor has a unique background, specialist skills and personal attributes.

The Lead makes a joint home visit with the Parent Mentor to introduce them to the parent, during this visit, the Parent and the Mentor are able to explore and agree how the sessions will initially be used.

### The Parent Mentor Volunteers:

The mentors receive six weekly supervision, either as a group face to face or 1-1 virtually. The sessions help them explore possibilities and options and enable them to share experiences. Supervision also plays an important role with safeguarding families and volunteers.

Parent Mentors are also invited to two social events a year, through which we are able to highlight the difference they are making and thank them for their support.

## **Our Counselling Service**

The Parenting Project counselling service is an organisational member of the BACP

### **Overview of the Service and Delivery**

The Parenting Project Counselling Service predominantly works with adults aged 18+. We have been providing a small Child and Young Person Counselling Service (11-18 year olds) in targeted areas linked to specific projects.

Service delivery has been impacted in the final quarter of the reporting period due to financial constraints experienced by the Charity.

### **Therapeutic Context**

We provide a safe, highly ethical and confidential service to parents/carers of children, from pregnancy through to 19 (25 SEND). We offer up to 18 weekly sessions using either Person Centred or Integrative counselling/psychotherapy.

Our service considers Trauma informed approaches in our therapeutic relationships and reflects on the ACES (adverse childhood experiences) when working with adults in counselling.

We work with clients experiencing different and varied issues, these can be multiple and complex. Studies show childhood experiences can have a profound effect on our adult well-being, both physical and psychological. As a result of these studies, and our own emerging data, we remain aware of the impact of adversity in childhood and work with parents to achieve better outcomes, not only for themselves but also their children. By holding the sentiment '*It is not what is wrong with you, but what has happened to you*' at the core of our work we learn that being 'Trauma informed' in our relationship with clients can facilitate better outcomes and help avoid the stigma which often comes when experiencing mental health problems.

As a service we believe that the client is the expert in their own world, as such we do not have counsellors that specialise in particular areas or presenting issues. We prize the notion that a client can explore and work through their experiences, from their own perspective, drawing upon their own resources without the need for an external expert. As a service we find that when thoughts and realisations come from *within* this can allow for shifts and change.

Our counsellors are trained to facilitate the 'making sense' of thoughts, feelings and emotions and to support people to manage the external influences upon them. This enables individuals to grow their awareness and build their internal resources to improve confidence, self-esteem and emotional resilience. This awareness promotes an ability to make choices and therefore there is the potential for change. The experience of counselling can promote autonomy, agency and self-power which become internal resources integrated into our way of being; these shifts and changes are lasting.

The therapeutic relationship facilitates, and allows for, the experiencing of self and the other in a way that is accepted, valued and met with empathy. This relationship is one of depth, equality, compassion and acceptance; which can be unfamiliar to some. Being able to build awareness of self within the therapeutic relationship allows for this to be

translated to relationships outside the therapy room. In an empathic environment, where *it is ok not to be ok*, we can begin to connect to, acknowledge, accept and value our emotions and support ourselves to develop self-regulation and self-soothing abilities. When this is not facilitated we can internalise our emotions, creating internal struggles and conflicts, which can lead to such coping mechanisms as self-harm or risky behaviours. If we are able to access a place where we can express our fears, hopes and struggles, and that these are accepted, then emotional resilience can grow.

### **Adult Service**

As a service we offer face to face, telephone and online counselling. The remote service was initially created as a response to the pandemic when we were required to close our face to face service. Feedback from clients highlighted how valuable the remote service had been to them, for some people this way of delivery had allowed them to access a service that they would not have been able to access previously. Re-building the face to face service took considerable time, with careful planning and preparation to ensure ethical working. During this reporting year we were able to grow this service to deliver face to face sessions in 10 Children and Family centres across Warwickshire.

Over this reporting period we continued to observe a rise in referrals and a higher demand for the service along with a growing level, and complexity, of need for clients. Complexity is seen within clients' stories, life experiences, presenting issues and identified risk. The number of referrals from statutory services has increased during this time due to statutory services being overwhelmed and their restricted service thresholds. There continues to be a significant change in the landscape; previously we worked predominantly within early intervention, we now find ourselves working at crisis level as the impact on society, and the ever increasing demand on services, intensifies and influences the level of support needed. Over this reporting period 42% of clients who attended an assessment were identified as experiencing current or historical risk. This was in the form of self-harm, suicidal ideation and attempts on life. 25% of clients disclosed during assessment they had experienced childhood trauma in the form of abuse and/or neglect.

The growing complexity and need within society is being reflected in the increasing number of safeguarding discussions and referrals that we notice in our service. This in turn leads to a greater level of support needed by counsellors and the staff team. The average number of sessions that clients are accessing has generally increased over the past few years to 14 sessions. This increase could be due to a number of reasons including; the complexity of need for clients; the ease of remote counselling sessions and the added impact of the pandemic and other world events.

As mentioned above the level and complexity of need, both on a societal and individual level, is demonstrated in a higher demand for the service and an increase in the number of

sessions accessed compared to previous years. This has put a considerable strain on our capacity and waiting lists and we made the difficult decision to close our referrals on two separate occasions over the past year to support us in alleviating our waiting lists. This decision was not made lightly; finding the balance between offering a service to those in need, managing expectations, ensuring ethical working and waiting times, and meeting funders requirements is a delicate balancing act. Through discussion with other agencies and organisations this seems to be reflected across the county and highlights the level of need within the community.

The counselling service is predominantly a placement agency in which students who are in training join our counselling team to obtain their placement hours and to bring theory into practice. As a placement agency we value the importance of building relationships with the students. We pride ourselves in taking time to work alongside the student, to provide the structure around them and to support them whilst they navigate their training and placement requirements. This in turn ensures that they have an ethical safe space within which to meet their clients and a rich environment to become autonomous practitioners. We facilitate regular team meetings for counsellors which provide a space for reflection, exploration and sharing of experience. Students benefit from 1:1 Placement Check ins with members of the counselling staff team, who are qualified counsellors. The support provided to students is both practical administration and therapeutic. This holding of the process is respected by the training organisations and we have received valuable feedback from students about their time on placement and the student experience.

### **Placement Student Feedback**

*'THANK YOU to everyone involved. I feel you have given me a fantastic entry into life as a psychotherapist, it allowed me to take my theory into practice and explore my own process as a therapist. [I've learnt] The importance of process, patience, curiosity, care and consideration. I felt the placement went above and beyond what was expected from a placement and demonstrated to me that they held my best interests along with those of the clients and the system. I feel the care, consideration, flexibility, availability and experience of the mentoring and mentors was exceptional. The carefully considered systems and boundaries, which held me and the clients safely, allowed me to feel safe enough to practice as a novice and develop my practical skills and personal therapeutic style'*

We have good links and relationships with Universities and course providers which is important to ensure that we remain up to date with ever changing course expectations and requirements and to reflect back to trainers. Attending student placement fairs provides a great opportunity for us to meet with those on training and to share the values and ethos of our service. Recruitment of students is a cyclical and ongoing process. Due to the uncertainty around the future of the Charity, we postponed our February intake of new students.

Alongside our student counsellors we sourced some limited funding which enabled us to continue our associate model, which was piloted in the previous year. Associate counsellors are qualified and therefore have more experience to work with clients that may have complexity within their experiences and/or present with risk. The associate counsellors are previous students who were on placement with us during their training. We would like to continue to grow this model to support counsellors as they transition from trainee to qualified therapist. Being able to offer such a service puts Parenting Project in good stead with other organisations and means we are able to support and add to the counselling and psychotherapy profession as a whole.

The associate model has been vital in supporting us to deliver counselling in response to the increasing challenges of need and complexity that we may not otherwise have been able to meet. We rely on future funding to continue to support this model so that we are not forced to re-evaluate our criteria for accessing the service, in turn not meeting the needs of clients who have already been refused by statutory services.

### **Child and Young Person Service**

Over the past year we have continued to provide one to one remote counselling for school aged children between 11-18 years old who are deemed to be Gillick Competent. Children and young people were offered up to 12 sessions of counselling, with a qualified counsellor who had gone on to complete further training in child and young person counselling. Towards the end of the reporting year we gradually closed the Child and Young Person service as the funding we received to support this work had ended by March 2023.

Our values, ethos and therapeutic intention comes from the same place no matter the age of the client. We hold in mind that the adult we are working with was once a child bringing with them all that has gone before and all their experiences of life. In a similar vein we approach the child in a way that values and honours the adult they are to become; in essence we hold both the adult and child services within the same therapeutic framework.

### **Adult Service**

#### **Referrals and Assessments Overview**

We have received 449 referrals into our service over the year and have completed 179 client assessments. 247 people have accessed a course of counselling with us.

As mentioned above, referrals were paused on two occasions in 2022 and the number of assessments completed was reduced in order to alleviate our waiting lists and to support capacity within the service.

Referrals and assessments were paused from 7th February 2023 onwards in order to plan ethical endings due to the potential funding constraints within the Charity.

As we collate data at different stages, and individual clients can transcend across reporting periods, it can be challenging to pinpoint exactly how many people we have processed within the year. From referral to completing counselling, clients can be in the service for 6 months.

We use an encrypted online platform, Sgioba, to generate appointments and assessments for clients. Referrals are made to us through the system by using the counselling service's online referral link. The system uses email as the preferred method of communication however we still offer text and phone calls should this be stipulated in the referral. Not all referrals result in counselling. This can be for various reasons, for example a change of mind or circumstances and childcare issues can create barriers to access. One way of attempting to address these barriers has been to offer more appointments, in turn reaching more parents who may have restricted availability or childcare issues.

Sometimes the act of making a referral is *enough* for a client at that moment in time, through experience we have seen that if a client is held by the service through the referral process this can give confidence to engage when the time is right. On occasion, the opportunity to attend an in depth assessment, with a counsellor who is trained to listen, can be all that is needed. For others the chance to attend up to 18 sessions of therapy feels essential.

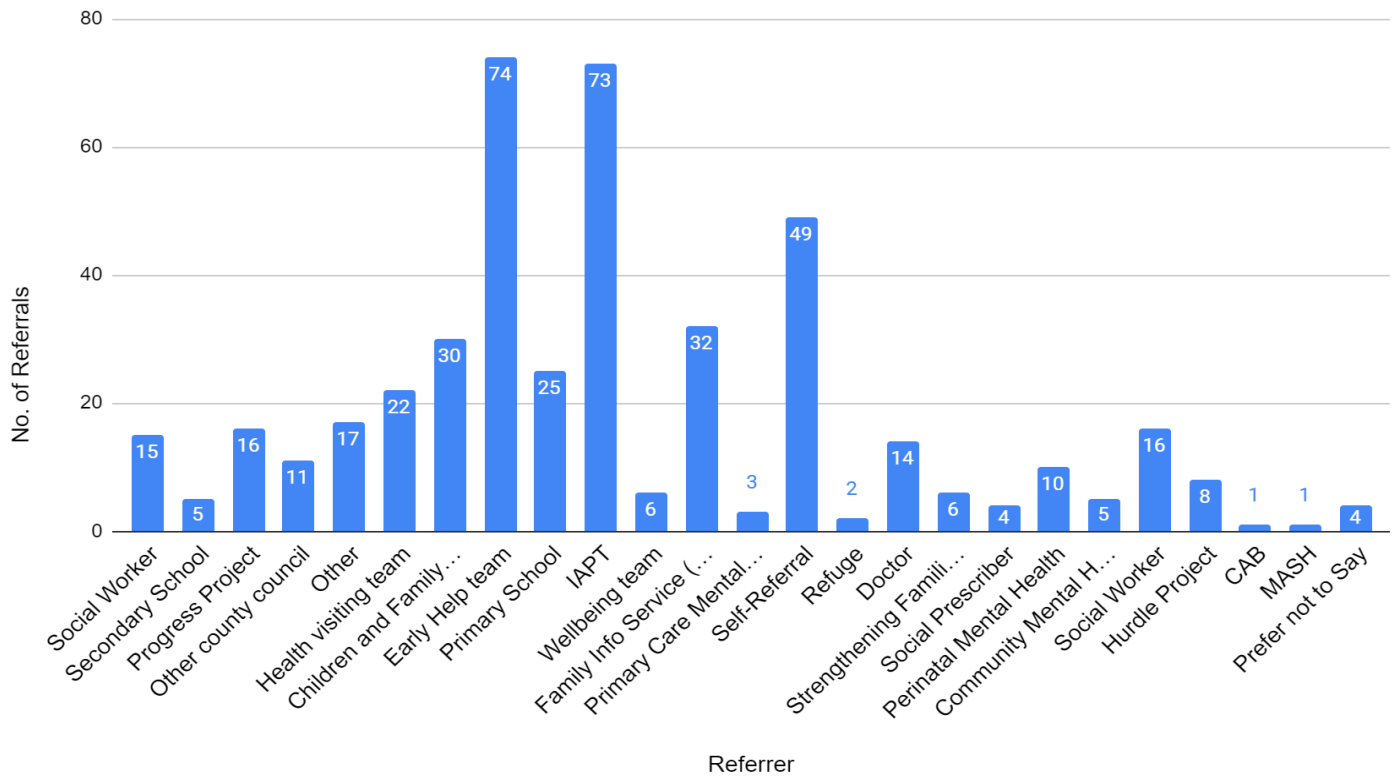
Data is taken at each point of contact with clients. This gives us a clear picture of who is referring in to the service, the type of issues people are seeking help for and other pertinent information which is useful to report on. We also collate data during therapy and at the last session to evaluate the service.

### **Referrers and Reasons for Referrals**

The counselling service is well known to local services; it has a good reputation that has allowed for relationships to develop with *regular referrers*. This in turn helps us effectively meet the needs of parents who do not meet statutory services criteria, such as IAPT, where difficulties may be rooted in childhood trauma or relational issues. A high proportion of referrals into our service come from statutory services predominantly the Early Help Team.

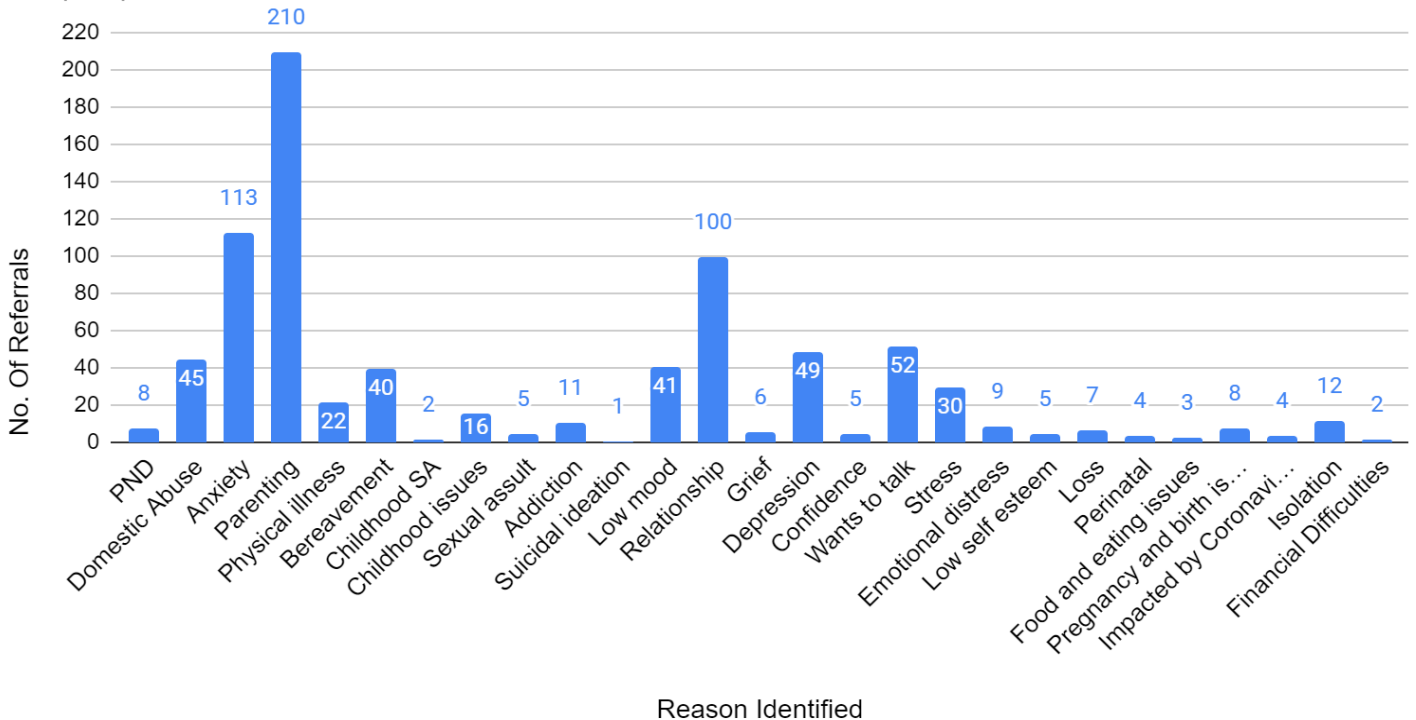
The following graph shows the referrers we have noted over this past year;  
Reasons for referrals for 449 clients referred during this reporting period;

Referrers; 449 Referrals



Reason For Referral

Multiple options can be selected



## Statistics

### Gender

Of the 449 referrals we received over the reporting year we note approximately 82% of referrals identified as female and 18% as male. We notice an increase in males accessing the service from previous years.

	Number of referrals
Male	83
Female	366

### Ethnicity

Of the 449 referrals we received over the reporting year we observe that a high percentage were White British.

	Number of Referrals
White	409
Asian or Asian British - Bangladeshi	1
Asian or Asian British - Pakistani	3
Asian or Asian British - Indian	4
Black or Black British - Caribbean	7
Black or Black British - African	4
Mixed - White and Black Caribbean	3
Mixed - White and Asian	4
Chinese	2
Gypsy or Traveller	1
Other White background	4
Other Asian background	3
Other mixed background	1
Other ethnic background	3

### Assessment data

Of the 179 clients were assessed over the past year and shared their sexuality, the following was identified during the assessment

#### Sexuality

	Number of Clients
Heterosexual	168
Bisexual	5
Gay	1
Lesbian	1
Prefer not to say	4

#### Risk

75 clients (42%) shared either current or historical risk. Risk can be identified through discussion and exploration within assessment. Risk encompasses current self-harm, current suicidal ideation, previous attempts on life, previous suicidal ideation or previous self-harm.

#### Trauma, abuse and neglect and its impact on the next generation

As an organisation that is trauma informed, we look to make sense of distress and suffering by paying attention to intergenerational and social contexts. This is in line with current research which aligns with the social model of mental health rather than the medical one. In essence, this allows us to think about what has happened to a person and then how they have gone on to develop, the coping strategies they have put in place, the relationships they form and how this may influence their parenting. We think about their life stress and how this has impacted them.

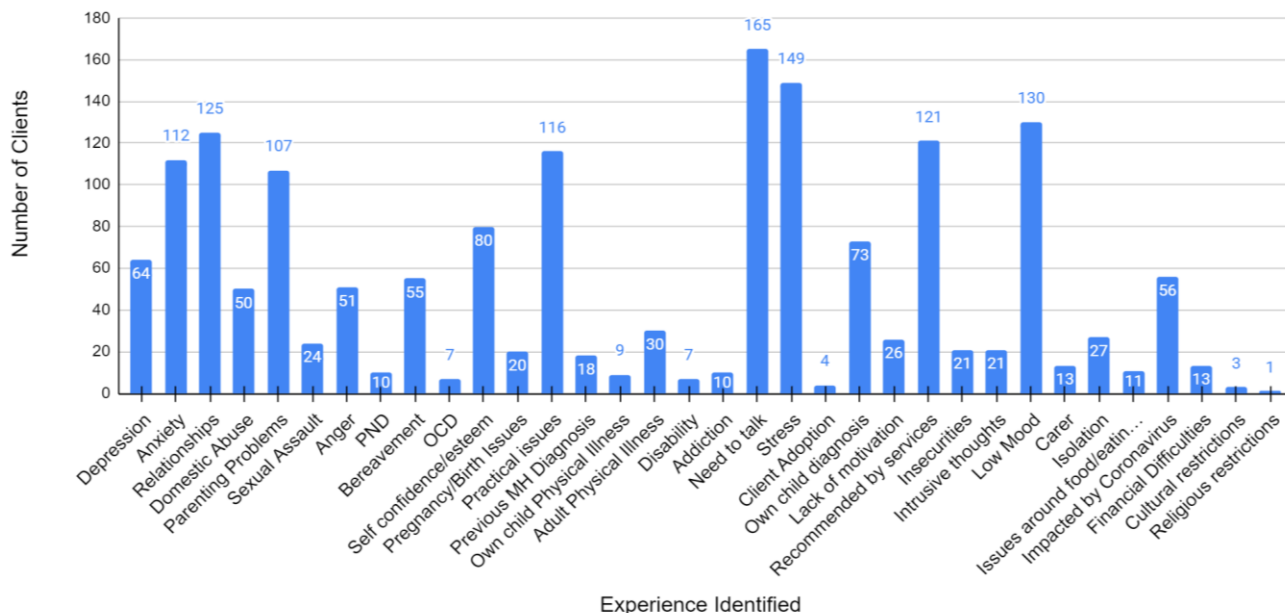
45 clients who were assessed disclosed during their assessment that they had experienced trauma, abuse or neglect in their own childhood. This was in the form of physical abuse, emotional abuse, sexual abuse or neglect, or a combination of experiences.

## Life Experiences of Clients

Whilst clients may refer for a specific issue, through our assessment process we actually see that clients' distress and experience is multi-layered, complex and often intergenerational

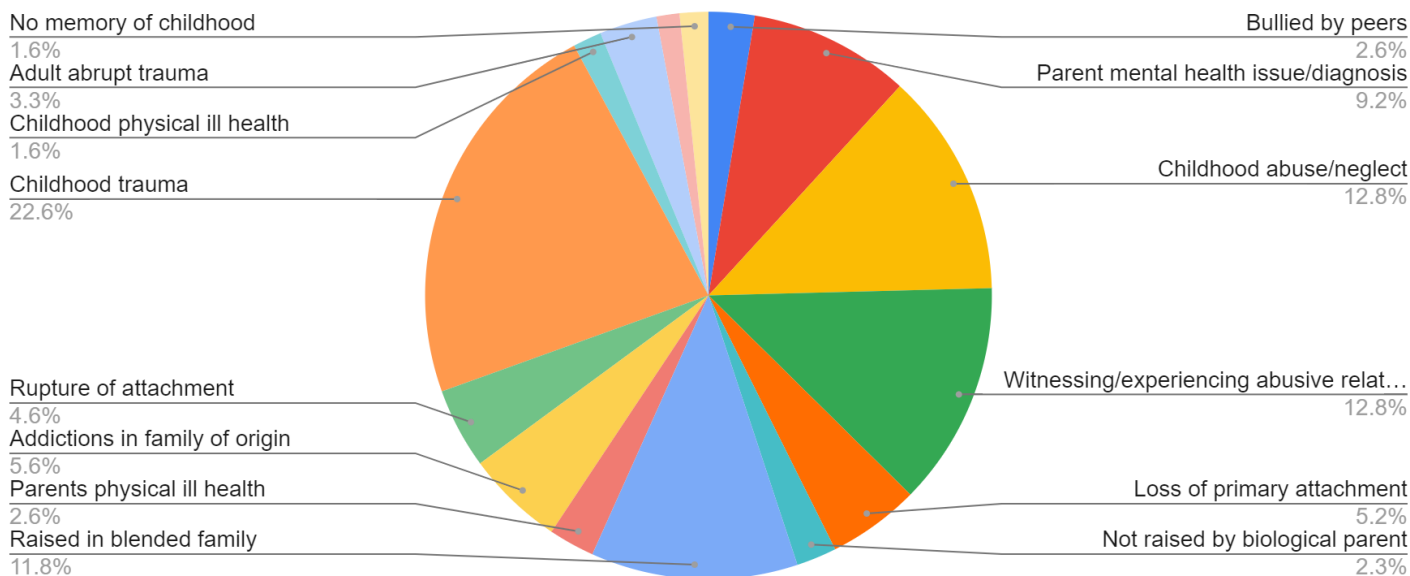
### Experiences present in assessment

Multiple experiences can be identified



## Life Experiences of Clients

179 Assessed Clients

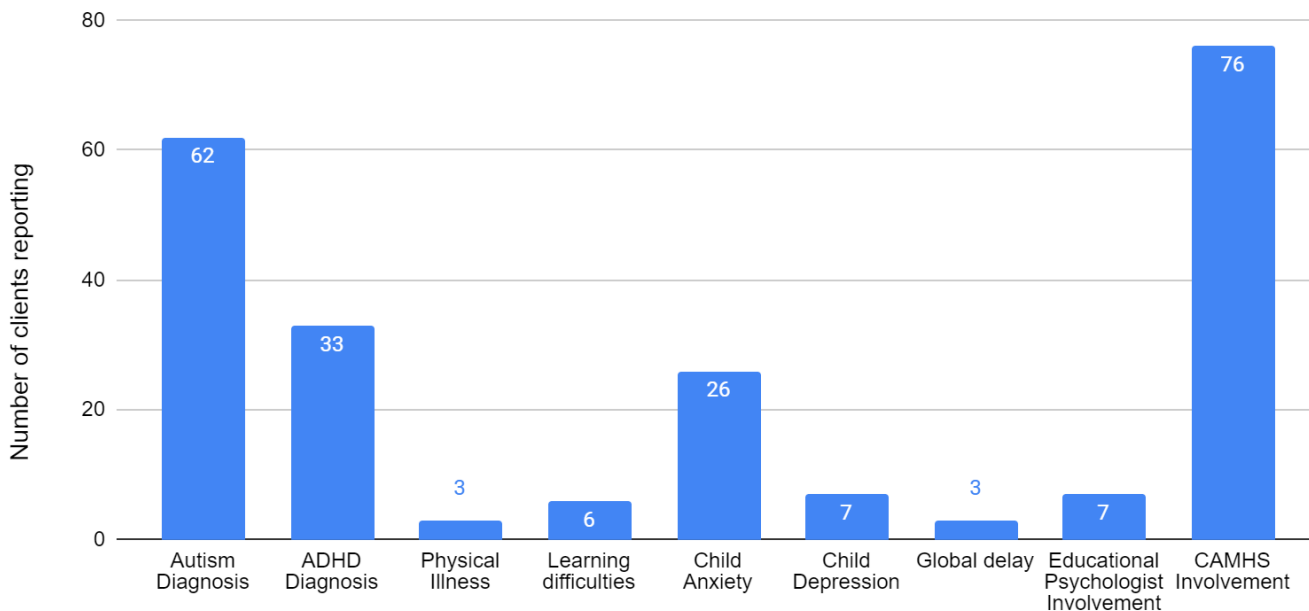


During an assessment clients are invited to talk about their own children; 66% of assessed clients shared that their own child/ren experienced mental health difficulties.

76 clients shared that Children and Mental Health Services were supporting their famili

### Experiences of Children

As shared by 179 Clients



Experiences of Children within Family

### Client Outcomes

We use the Core-34 outcome measures to evaluate the service. This allows us to measure a client's Functioning, Problems, Wellbeing and Risk at various stages throughout their counselling. The questionnaire stipulates the client reflects on how they have been over the last week rather than over a wider time frame. The aim is to achieve a lower score over the duration of the counselling, this would indicate an improvement to overall mental health.

Over this year 85% of clients showed an improvement in their scores at the end of therapy. It is important to remember that different clients will react and behave differently to the questions on the form. Some may feel overwhelmed and this may signify a higher score. Others may internalise emotions and therefore minimise their needs. Others may, through the process of counselling, have a greater awareness of their emotions that may not have been present at the beginning of counselling. Counselling can also raise issues, so it is not uncommon for clients to experience more unrest whilst they go through this process. Clients are able to refer back into the service should they feel more sessions would be of benefit.

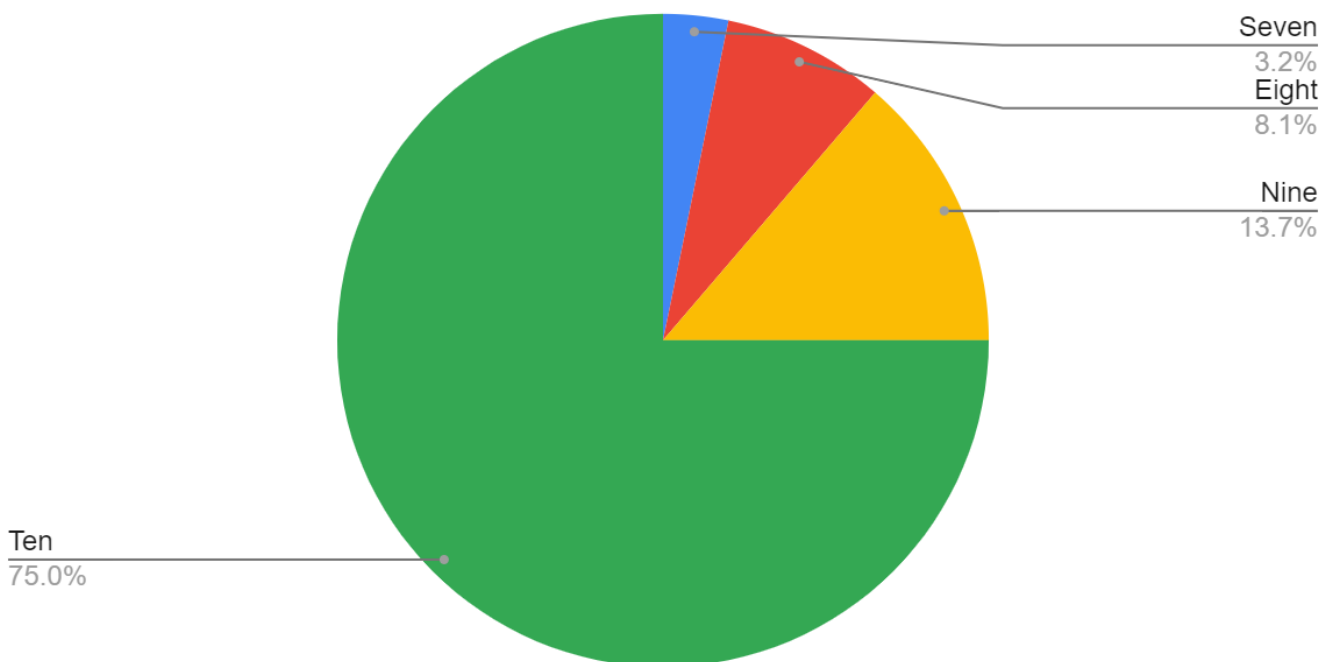
## Client Feedback

Clients can comment on the counselling they have received. This enables us to evaluate the service and make improvements along the way. It is also helpful to see how the service helps those who access it.

For those that gave feedback the following chart shows how clients rated their overall experience of the service;

### Client Satisfaction rating for service

Scale of 1-10; 10 being most helpful



Through an evaluation form clients can share how counselling has helped them. The below list gives an example of the areas in which clients felt they had experienced change due to their counselling experience;

*Helped me to make personal changes*

*Better relationships*

*Helped me to be more confident*

*See abusive behaviours in others*

*Had a positive effect on my parenting*

*Helped me to understand myself*

*Been a positive experience*

*Helped me to understand my child better*

*Helped me to understand my own childhood better*

*Helped me to have better relationships*

*Helped me to consider work and education for my future*

## Comments from Clients

Whilst we acknowledge the usefulness of such wellbeing measures as the CORE-34 form, as a service we value the voices of clients in order to really hear their experience of counselling and the impact that this has had on their lives.

*[Counselling has] Taught me not to blame myself for previous experiences  
Counselling has helped me feel not alone.*

*I feel incredibly privileged to have been given 18 sessions and I feel that this length of time has allowed me to really explore where I was stuck and how I could move forward.*

*My counsellor has been patient*

*[Counselling] has really helped me through a very difficult and traumatic period in my life. It has helped me make better decisions*

*I have found the counselling extremely helpful. I have had a very traumatic experience over the last 2 years because of my son's self-harming. Counselling has helped me process bad memories and come to terms with them so that they no longer keep on re-surfacing. I feel much more positive about my parenting and the future.*

*Has helped highlight changes to my life and realise what I need to do for myself  
Great to have the opportunity to talk to someone when struggling. Great to have this service available to access. This has been a very positive experience and has helped me move forward in my life.*

*I found counselling scary at the beginning but this was only for the first few minutes then I noticed after meeting my counsellor I felt comfortable enough to explore my thoughts and feelings. I noticed that what I was holding onto from the past was impacting on my parenting and feel that having a place to process these feelings enabled me to move forward.*

*I didn't know what to expect as I had never done counselling before and felt very apprehensive. I worried what people would think of me needing counselling but realise now that it isn't just for people with serious mental health problems and would encourage anyone to go to counselling if they are struggling. I notice that my whole outlook has changed.*

*Helped me have a safe space to think.*

*I am so thankful to have had this service. I would not have achieved and grown so much without it. Thank you so much.*

*I have had counselling before and maybe due to cultural difficulties it didn't work for me previously. This counselling was different and I found a very strong connection with my counsellor which has supported me and enabled me to explore some difficult issues.*

*It was so much better than NHS IAPT. I felt there was no "agenda" or targets it was just about me and positive outcomes.*

*Let me hear my own voice.*

### **Child and Young Person Counselling Service**

Referrals have been made through specific projects such as the Progress Programme, the Men and Boys Project in Bedworth and a high school in Warwickshire through our Children In Need funding.

We have received 13 referrals into our Child and Young people's (CYP) Counselling Service this year. We have received referrals from 8 males and 5 females.

13 assessments were completed and 15 clients accessed a course of counselling with us.

At the beginning, mid-point and end of counselling children and young people complete a Core-10 Outcomes Measures questionnaire which enables us to monitor their progression with respect to; Subjective Wellbeing, Problems/Symptoms, Life Functioning and Risk/harm.

82% of clients showed improvement in their overall wellbeing by the end of their counselling.

To promote autonomy in the children we work with, we ask them to reflect on their sessions periodically to ensure they are finding them helpful and to share feedback. See below some comments from clients;

*At times it was a difficult experience but it was worth it to come out happier and better end goals*

*It has helped me improve how I communicate my feelings to my parents.*

*I feel more confident to challenge myself and am very pleased when I overcome my fears*

*I feel better*

*Quite a good experience, had good conversations. I don't think I'd have made links on my own*

*Counselling has been helpful in letting it out*

*I feel like counselling has showed me the broader view on the situation I'm in and where to start on getting myself out of it and in a better situation mentally and physically*

*Counselling has helped me in more ways I could ever have imagined. I am very grateful the opportunity was given to me.*

## **Reflections**

Being reflexive in our way of leading the service has allowed us to adjust to the changing landscape within society, the Charity and within the service itself. We have faced periods of both challenge and growth over the past few years; this year we have been met with an ever increasing strain on our capacity, as a response to societal constraints, and towards the end of this reporting year the funding issues within the organisation. The service has experienced growth, a pause, strain, uncertainty and endings. Being able to turn to the values, principles and ethos embedded within the service has ensured a safe and ethical service to continue. Staying grounded and safe helped us to remain observant, and responsive, to the changing needs of the service, whilst continually holding the best interests of clients, counsellors and the whole service at the core of what we do. We feel incredibly proud of what we have been able to achieve over the past year.

We are anticipating, and concerned for, how the continual increase in demand on services, charities and organisations will be impacted by the effects and aftermath of the cost of living crisis. The BACP completed a member survey (September, 2022) and found that 60% of private therapists were seeing clients cutting back on therapy sessions due to money concerns and 47% reported clients pausing or cancelling sessions as they could no longer afford them (Cost of Living Crisis: Survey shows impact on mental health, BACP, September 2022). This is of concern for us as a third sector counselling service; if people can no longer afford private therapy and NHS waitlists for mental health care are increasing exponentially, with narrow thresholds for criteria for support, then the impact on charities and individuals could be overwhelming. The level of need possibly outweighing service provision.

Our data shows that 66% of clients who were assessed shared that their own children were struggling. It was reported in the Guardian earlier this year that NHS treatment referral figures show that 'the number of children in England needing treatment for serious mental health problems has risen by 39% in a year' (Andrew Gregory, Guardian, 3rd January 23). Within this article Dr. Lockhart (Child and Adolescent Psychiatrist at the Royal College of Psychiatrists) shared that part of this increase is due to the impacts of the pandemic "children themselves feeling very untethered from the day-to-day life that supports them... but also seeing their own parents struggle, and then that collective heightened sense of anxiety and loss of control we all had really affected children." We would suggest that this not only relates to recent world events, such as the pandemic

and the war in Ukraine, but also to children's lives and experiences as a whole. The impact of children witnessing parental distress is reflected in the intergenerational patterns we see in our service every day.

We are thankful to our funders who have supported us in being able to offer this service within the community. There are many people that have had the opportunity to be heard; their comments and feedback are powerful indicators of the impact that this service has had on both theirs and their children's lives. Thank you.

## **Structure, Governance and Management**

### **Statement of Trustee's Responsibilities**

The trustees are responsible for preparing the Annual Accounts in accordance with applicable law and regulations. The trustees are also Directors of the Parenting Project for the purpose of company law. Under that law the trustees have elected to prepare the financial statements in accordance with the UK generally accepted accounting practice (UK Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing the financial statements, the directors were required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time, the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees have adopted the provisions of the Statements of Recommended Practice (SORP).

### **Statement as to Disclosure of Information to Auditors**

So far as the trustees are aware, there is no relevant audit information (as defined by section 418 of the 2006 Companies Act) of which the company's auditors are unaware, and each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information. Company law requires the trustees to prepare financial statements that give a true and fair view of the state of

affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year.

### How we are Organised

The Parenting Project recognises that in order to deliver its strategic aims, objectives and priorities successfully, it needs sound corporate governance arrangements in place. Our Governance Handbook sets out the roles, responsibilities and procedures for the effective and efficient conduct of its business. It also provides new trustees with a handbook of good governance structures and practice.

### Legal Status

The Parenting Project is a Private Limited Liability Company, also known as an Unincorporated Association, which is registered with Companies House and The Charity Commission. The Parenting Project is governed by a Board of Trustees and supported by sub-committees if considered appropriate.

The Parenting Project governing documents are:

- Memorandum of Association
- Articles of Association

The Articles of Association specify that the board is comprised of not less than five, but not limited. New trustees are appointed by the board from a wide range of backgrounds to bring balance and expertise to the Parenting Project. The board consists of a chair, deputy chair and trustees who are responsible for its governance and strategy. The day to day management and operation of the Parenting Project is designated to the Chief Officer.

### Management and Governance

The Parenting Project operates under the Good Governance Code for the voluntary and community sector. The code clarifies the roles and responsibilities of the trustees and provides guidance in ensuring effective decision-making and accountability. The code is not mandatory but the Parenting Project is making a clear statement about our commitment to high standards of governance by operating within the code.

We currently have 6 trustees. As part of our commitment to effective governance we have improved the accountability between the Children's Centre Advisory Board and the Board of Trustees by ensuring a trustee attends each Advisory Board meeting when possible. We also continue to audit our governance functions to ensure continual improvement.

The board meets formally at least four times a year and, in addition, hosts an Annual General Meeting to discuss publicly the previous year's performance and look ahead to

future priorities. The board has a schedule of business which details the essential business items which trustees are required to consider throughout the year.

### Safeguarding Children

We continue to set safeguarding as a priority for the Parenting Project. We have a clear structure of responsibility for keeping children safe with a minimum of 6 fully trained Designated Safeguarding Leads who are responsible for all aspects of our Safeguarding Policy and Procedures.

Our Safeguarding Policy is thoroughly reviewed annually to bring it in line with the most recent government guidelines included in the document 'Working Together to Safeguard Children'. (HM Government, 2015) and the new Warwickshire Integrated Front Door, which replaced Safeguarding Children Board new Multi-Agency Safeguarding Hub (MASH) in September 2022.

We are confident in our ability to safeguard children and adhere to all legal requirements in this regard. In addition, and equally important, we continue to foster a strong safeguarding culture based on effective communication, inquiry, regular training inspiring confidence in our team and a focus on the wellbeing of children.

### **Plans for Future Periods**

Our single goal for the next 2 years is to continue to do everything we can to secure the future of the charity by ensuring we are not only solvent but we can begin to replace our reserves and recover fully from the financial impact of Covid, the cost of living crisis and the reduction in available grants. Diversifying our income streams has always been a priority for us but it has become urgent this year. We need to continue to save lives – the lives of parents and therefore, the lives of their children.

### **Financial Review**

#### **Analysis of Results for the Year**

As our Chair stated in her address, this has been our most challenging year to date. In the last half of this financial year we were facing the predicted reality of a depleted income, which reflects the current state of the charity sector, particularly for medium sized organisations like ourselves. In a survey in May this year (Markel UK, 2023) it was found that 24.5% of charities said they were not confident in their organisation's financial health for the forthcoming year. Two thirds of charities said they had seen a drop in revenue over the last 12 months. The factor we are most aware of is that we are 95% dependent upon grants, most of which are for 12 months only. This does not enable us to plan effectively for the growth and development of our services, which are relied upon by statutory services, who make 87% of our referrals. We are working hard to change our situation but our future is still at risk as we write this report. We continue to aim to diversify our funding streams by applying for potential contracts, secure donations, continue to increase partnership work and progress our CIC The Growth Pool.

## Thank You to our Funders this Year

<b>FAMILY WELLBEING PROGRAMME</b>	<b>DONATIONS</b>
Thomas Oken & Nicholas Eyfler Trust	Robert Waley-Cohen
Stratford Town Trust	
Leamington Town Council	
Dudley Lodge	
CWCDA Accelerate	
L&Q Placemakers Fund	
<b>PARENT MENTORING PROGRAMME</b>	
Municipal	
WCC Carers	
Heart of England Grant	
WPH	
Kenilworth Town Council	
<b>MENTAL HEALTH PROGRAMME</b>	
Kenilworth Town Council	
Nuneaton & Bedford CC Funded by Barnardos	
King Henry V111 Fund Warwick	
Warwickshire PCC	
BBC Children in Need	
Warwickshire Police Crime Commissioner MOJ Fund	
National Lottery Reaching Communities Fund	
Progress Groundwork Programme	
Warwickshire County Councils Grants	

Our total income for this year amounted to £420,890 and our total expenditure was £567,106.

### Reserves Policy

The Parenting Project is keenly aware of the need to secure its viability beyond the immediate future. To provide reliable services over the longer term, the project must be able to absorb setbacks and to take advantage of change and opportunity. The Parenting Project aims to provide for this by putting aside, when it can afford it, some unrestricted income as a reserve against future uncertainties. Should one of the Parenting Project funding streams be withdrawn, the Parenting Project would need to find alternative methods of funding, preferably without depleting existing unrestricted reserves. However, reserves are required in case this cannot happen.

The trustees have examined the company's requirements for reserves. It is acknowledged that the reserves of the charity have become depleted for the reasons outlined by the Chair. As outlined above, the Trustees recognise that it is prudent to

ensure that there are sufficient reserves to provide financial flexibility in the case of external challenges. The trustees therefore consider that the ideal level of reserves, as at March 31<sup>st</sup> 2023, would be £150,000 representing 6 months core expenditure. However, like many charities we have been unable to achieve this level of reserves this year. As stated above, it is our aim to replenish our reserves in the medium term.

This report has been prepared in accordance with the Statement of Recommended Practice:

Accounting and Reporting by Charities (issued in March 2005) and in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small entities.

Approved by the Management Committee on 25<sup>th</sup> October 2023 and signed on its behalf by:

Jane Williams

Chair of Trustees

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Opinion**

We have audited the financial statements of The Parenting Project (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

David Cooper FCA (Senior Statutory Auditor)  
for and on behalf of Cooper Adams Ltd  
Chartered Accountants  
and Statutory Auditors  
12 Payton Street  
Stratford upon Avon  
Warwickshire  
CV37 6UA

25 October 2023

**STATEMENT OF FINANCIAL ACTIVITIES**  
for the Year Ended 31 March 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	6,442	414,392	420,834	432,940
Investment income	3	56	-	56	6
<b>Total</b>		<u>6,498</u>	<u>414,392</u>	<u>420,890</u>	<u>432,946</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Provision of services	4	72,791	486,030	558,821	409,330
Support costs		8,285	-	8,285	7,134
<b>Total</b>		<u>81,076</u>	<u>486,030</u>	<u>567,106</u>	<u>416,464</u>
<b>NET INCOME/(EXPENDITURE)</b>					
Transfers between funds	12	(74,578)	(71,638)	(146,216)	16,482
		<u>(5,730)</u>	<u>5,730</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(80,308)</u>	<u>(65,908)</u>	<u>(146,216)</u>	<u>16,482</u>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		80,553	99,434	179,987	163,505
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>245</u>	<u>33,526</u>	<u>33,771</u>	<u>179,987</u>

**THE PARENTING PROJECT (REGISTERED NUMBER: 06032858)**

**STATEMENT OF FINANCIAL POSITION**  
**31 March 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	2,985	-	2,985	7,487
<b>CURRENT ASSETS</b>					
Debtors	10	-	11,594	11,594	70
Cash at bank and in hand		10,993	29,444	40,437	189,315
		<u>10,993</u>	<u>41,038</u>	<u>52,031</u>	<u>189,385</u>
<b>CREDITORS</b>					
Amounts falling due within one year	11	(13,733)	(7,512)	(21,245)	(16,885)
<b>NET CURRENT ASSETS</b>		<u>(2,740)</u>	<u>33,526</u>	<u>30,786</u>	<u>172,500</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		245	33,526	33,771	179,987
<b>NET ASSETS</b>		<u>245</u>	<u>33,526</u>	<u>33,771</u>	<u>179,987</u>
<b>FUNDS</b>	12				
Unrestricted funds				245	80,553
Restricted funds				33,526	99,434
<b>TOTAL FUNDS</b>				<u>33,771</u>	<u>179,987</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 October 2023 and were signed on its behalf by:

J M L Williams - Trustee

**STATEMENT OF CASH FLOWS**  
for the Year Ended 31 March 2023

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	(148,256)	34,746
Net cash (used in)/provided by operating activities		<u>(148,256)</u>	<u>34,746</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(678)	(7,600)
Interest received		56	6
Net cash used in investing activities		<u>(622)</u>	<u>(7,594)</u>
<b>Change in cash and cash equivalents in the reporting period</b>			
		(148,878)	27,152
<b>Cash and cash equivalents at the beginning of the reporting period</b>			
		<u>189,315</u>	<u>162,163</u>
<b>Cash and cash equivalents at the end of the reporting period</b>			
		<u><u>40,437</u></u>	<u><u>189,315</u></u>

The notes form part of these financial statements

**NOTES TO THE STATEMENT OF CASH FLOWS**  
for the Year Ended 31 March 2023

**1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2023 £	2022 £
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(146,216)	16,482
<b>Adjustments for:</b>		
Depreciation charges	5,180	4,954
Interest received	(56)	(6)
(Increase)/decrease in debtors	(11,524)	21,196
Increase/(decrease) in creditors	4,360	(7,880)
<b>Net cash (used in)/provided by operations</b>	<u>(148,256)</u>	<u>34,746</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.22 £	Cash flow £	At 31.3.23 £
<b>Net cash</b>			
Cash at bank and in hand	189,315	(148,878)	40,437
	<u>189,315</u>	<u>(148,878)</u>	<u>40,437</u>
<b>Total</b>	<u>189,315</u>	<u>(148,878)</u>	<u>40,437</u>

**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year Ended 31 March 2023

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on reducing balance

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2023	2022
	£	£
Donations	63,942	54,560
Grants	270,321	335,095
Lottery Reaching Communities	86,571	43,285
	<u>420,834</u>	<u>432,940</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	56	6
	<u>56</u>	<u>6</u>

4. CHARITABLE ACTIVITIES COSTS

Provision of Services

	2023	2022
	£	£
Staff salaries	397,549	306,727
Social security	23,853	19,899
Pensions	19,847	15,419
Costs of volunteers	868	800
Activities costs	2,991	1,214
Activities equipment and resources	3,009	1,449
Cleaning	1,957	2,678
Travelling and subsistence	6,848	1,301
Employee expenses	573	652
Staff training	6,502	1,868
Publicity	1,702	5,987
Insurance	2,893	3,058
Postage and delivery	55	381
Printing and stationery	2,021	2,607
Rent	9,956	7,892
Telephone and internet	4,737	7,084
Computer and software expenses	4,792	6,255
Bank charges	152	125
Depreciation of computer equipment	5,180	4,954
	<u>495,485</u>	<u>390,350</u>

5. SUPPORT COSTS

	2023	2022
	£	£
Trustees' expenses	-	53
Professional fees	5,855	4,801
Auditors' remuneration	2,430	2,280
	<u>8,285</u>	<u>7,134</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023**

**6. NET INCOME/(EXPENDITURE)**

	2023 £	2022 £
Depreciation - owned assets	5,180	4,951
Fees payable to auditor for:		
- audit	2,430	2,280
- other services	2,430	2,280
	<u>          </u>	<u>          </u>

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

Trustees were reimbursed expenses of £nil (2022: £53).

**8. STAFF COSTS**

	2023 £	2022 £
Wages and salaries	397,549	306,727
Social security costs	23,853	19,899
Other pension costs	19,847	15,419
	<u>          </u>	<u>          </u>
	<u>441,249</u>	<u>342,045</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Employees	19	15
	<u>          </u>	<u>          </u>

No employees received emoluments in excess of £60,000.

**9. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 April 2022	14,862
Additions	678
At 31 March 2023	<u>15,540</u>
<b>DEPRECIATION</b>	
At 1 April 2022	7,375
Charge for year	5,180
At 31 March 2023	<u>12,555</u>
<b>NET BOOK VALUE</b>	
At 31 March 2023	<u>2,985</u>
At 31 March 2022	<u>7,487</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023

9. TANGIBLE FIXED ASSETS - continued

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	11,594	70

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	3,762	7,851
Social security and other taxes	7,110	2,405
Other creditors	1,763	2,069
Deferred income	3,750	-
Accrued expenses	4,860	4,560
	<u>21,245</u>	<u>16,885</u>

12. MOVEMENT IN FUNDS

	2022 £	Incoming Resources £	Resources Expended £	Transfers	2023 £
<b>Unrestricted funds</b>					
General funds	80,553	6,498	(81,076)	(5,730)	245
<b>Restricted funds</b>					
Family Wellbeing Programme	15,993	79,282	(84,054)	(8,211)	3,010
Parent Mentoring Programme	724	23,400	(24,124)	-	-
Mental Health Programme	30,779	299,710	(334,800)	16,255	11,944
Trading Arm Development	12,500	12,000	(24,500)	-	-
WCC Dad's Matter Programme	39,438	-	(18,552)	(2,314)	18,572
<b>Total Restricted Funds</b>	<u>99,434</u>	<u>414,392</u>	<u>(486,030)</u>	<u>5,730</u>	<u>33,526</u>
<b>TOTAL FUNDS</b>	<u>179,987</u>	<u>420,890</u>	<u>(567,106)</u>	<u>-</u>	<u>33,771</u>

During the year an amount of £30,340 was transferred from restricted funds to the unrestricted general funds. This represents the agreed management fee for the year. Also, an amount of £36,070 was transferred from unrestricted funds to restricted funds, being the rectification of Lottery Reaching Communities funding.

**Family Wellbeing Programme**

This offers 4 services to beneficiaries. They are able to access one or all of the services to meet their needs. The services are Family Wellbeing Support; Parent Mentoring; Counselling and Therapeutic Group Work.

**Parent Mentoring Programme**

We provide experienced volunteers who provide informal support and guidance in a non-judgmental way. They can support anyone who has a parental role for 2-3 hours per week for up to 6 months.

**Mental Health Programme**

**NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2023****12. MOVEMENT IN FUNDS - continued**

Addresses the need for therapy, therefore we offer up to 18 sessions of trauma-informed counselling. This helps with many issues, for example stress, family difficulties, childhood trauma, phobias, eating problems, abuse, self-confidence, anger issues, parenting issues. The National Lottery Community Fund – Strengthened Families funding is our main contributor to the cost of our counselling service.

**Trading Arm Development**

Two years ago we took the step to set up a trading arm of The Parenting Project to generate funds to provide a sustainable income for us and received a grant to employ a Business Development Manager. Consequently, we set up a 'Community Interest Company', The Growth Pool, which was registered with Companies House on 14th April 2022. It began trading in January 2023 providing a programme called 'Well Supported Schools', which provides coaching, family support work, therapeutic group work and child counselling.

**WCC Dad's Matter Programme**

A national programme, which supports new fathers during the ante-natal and post-natal periods. We received a one year grant, which The Parenting Project administered as we were best placed to apply for the grant as a member of the Dad Matter's consortium in Warwickshire. Members: Barnardos, Home Start South Warwickshire, The Parenting Project and By Your Side.

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

**THE PARENTING PROJECT**

England & Wales - Charity number 1125291

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# Accounts

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# Annual Report 2021-22

**Report and Financial Statements for the Year Ended 31 March 2022**  
(A company limited by guarantee)

Registered Charity number 1125291 • Company number 6032858

## **Annual Report and Financial Statements**

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# **The Parenting Project Report of the Board of Trustees**

The Board of Trustees presents its report and audited financial statements for the year ended March 31st 2022.

## **Reference and Administrative Information**

Charity Name	Parenting Project
Charity registration number	1125291
Company registration number	06032858
Registered Office and operational address:	St. John's Family & Wellbeing Centre Mortimer Road Kenilworth Warwickshire CV8 1FS

## **Board of Trustees**

Mrs J M Williams	Chair
Mr A W J Sherratt	Treasurer
Mrs B J Ballinger	
Mrs R H Faulkner	Resigned January 2022
Mrs A J Milton	
Sally Lightfoot	Appointed May 2021
Graham Lowther	Appointed May 2022

## **Company Secretary**

Ms E Johnston

**Auditors:** Cooper Adams Ltd, 12 Payton St, Stratford upon Avon, Warwickshire, CV37 6UA

**Bank:** Lloyds Bank, Stourbridge Business Centre, Lloyds Bank Commercial, PO Box 1000, BX1 1LT.

**Jane Williams Chair**  
**Welcome to our Annual Report for financial year ending 2022**

I am pleased to be able to present this year's report as we continue to improve and move forward as an organisation, despite the ongoing challenges charities are encountering as we endeavour to support our beneficiaries in the current testing times we are living in.

Transition is arguably the most appropriate term to describe this financial year as we all continued to face the uncertainty that Covid restrictions brought to our lives, hampering our ability to function and plan. In addition, funding streams are under enormous pressure as charities, like ourselves, require increased support to enable us to continue to deliver our services and meet demand. For some time we have recognised the pressure on the funding sector and the difficulties in raising funds to meet our core costs in particular.

This year we took a significant step forward with our plans to generate unrestricted income to fund our core costs in the medium term. Over recent years we have been researching the feasibility of setting up a Community Impact Company (CIC) as a separate trading arm subsidiary of The Parenting Project. In April 2021 we were able to employ a Business Development Manager to set up the company and develop a business plan. I am very proud to announce that the company is now registered with Companies House and is called The Growth Pool. Details are contained in this report.

Over recent years we are finding that families are increasingly experiencing more complex difficulties, this is a theme echoed throughout the sector. Consequently, families often require assistance for longer periods and the support required is itself complex, involving multifaceted arrangements. This clearly puts more pressure on us to resource effective support as referrals to us increase. Because of this we are so very appreciative of each and every one of our funders, who listen to us and place their trust in us to provide an effective pathway of support for our beneficiaries.

The Board of Trustees and I wish to convey our heartfelt thanks to the Parenting Project Team, employees and volunteers alike. Our talented team have stepped up and met every challenge they have been presented with.

We move forward with hope and optimism as we enter new territory with The Growth Pool.

Jane Williams - Chair of Trustees

Signed:  .....

Date: 18/10/22 .....

## Objectives and Activities

### Purpose and Aims

Our Charity's purpose, as set out in the objects contained in the company's memorandum of association, is to:

- Make a positive difference to the lives of families to improve outcomes for children by providing support at the earliest point of need.
- To be there to provide high quality parenting support by recognising that parents are key to making a difference to the lives of their children.

The aims of our charity are to support parents to do their best for their children to enable them to grow and develop well and to provide support and services for children 0-19 years (25 if SEND) to help them to secure positive outcomes in all aspects of their lives. We work directly with children as well as the parents themselves and our special projects have enabled us to work with a wider demographic throughout Warwickshire and Coventry.

### Vision and Mission Statement

Our vision is that we will be there to improve lives for children, young people and their families when support is needed and continue to develop our range of services, programmes and projects in response to their needs.

Our Mission:

***“To improve the life experiences and outcomes of children, young people and their families by providing services and support at a time when they are most needed”***

Our Values *(updated May 2022)*

**Empathy:** Carefully holding families so they can connect with the resources they have to move, in their own way, toward the goals they set for themselves.

**Strengthening Relationships:** Building trusting relationships with families and others well placed to support them, facilitating choice, confidence and self-belief.

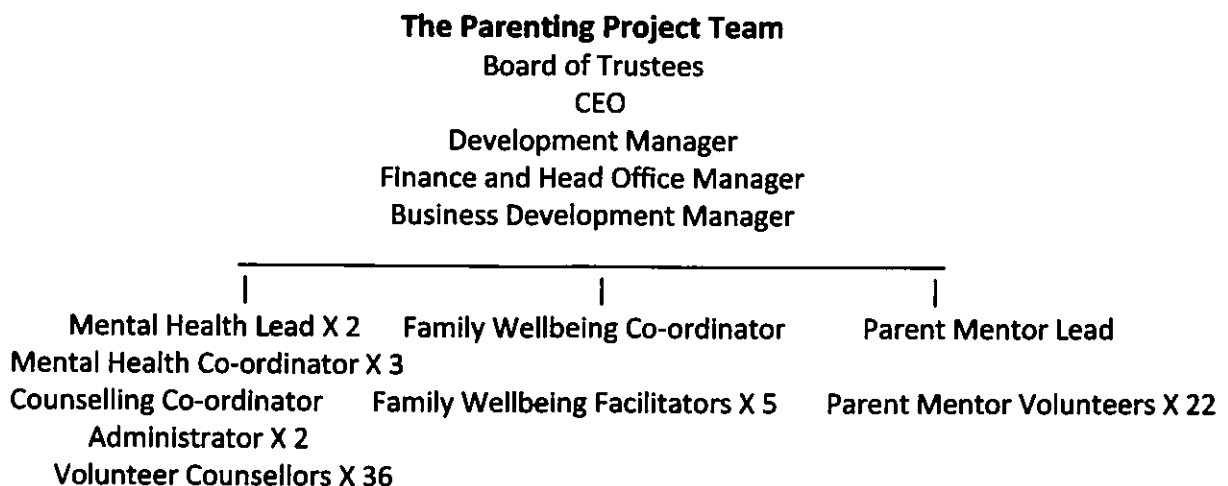
**Persistent Conviction:** A sure and certain commitment to families, means we persevere to do what serves families and individuals best, even if it's not the easiest or usual thing to do.

**Openness to Opportunity:** Being ready and willing to evolve, adapt to conditions and explore the potential of the new.

**Creative Collaboration:** Working with others to spark individual or collective endeavour that can be strengthened and sustained.

### Ensuring our work delivers our aims

We review our aims, objectives and activities each year. The review examines our achievements and the outcomes of our work over the previous 12 months. We look at the effectiveness of each key activity and assess the benefits of those activities and the difference they have made to the children and families we have supported. The review also helps us to ensure our aims, objectives and activities remain focused upon our stated purpose. For example, the trustees consider how our planned developments and services will contribute to the aims and objectives they have set.



### **The Focus of our Work**

Parents experiencing mental ill health often request support and therapy in their endeavour to mitigate against the impact of their emotional health on their children and yet, it is well documented that such help and support is difficult to access and insufficient.

A range of research has suggested that children may experience a range of adverse consequences when living with parents with mental illness and poor emotional wellbeing.

Effects on children are described in the literature as mainly negative – including poor psycho-social development and attachments, compromised emotional and mental wellbeing and poor transitions into adulthood.

However, not all children will be adversely affected when parents have mental illness and positive outcomes have also been identified, including enhanced maturity and children's capacity to develop resilience and effective coping mechanisms. These outcomes are more likely to occur when children and families are supported adequately and appropriately.

Key factors in ensuring children do not suffer adverse consequences of living with a parent who has mental illness are:

- Providing effective support to families.
- Listening to what children have to say about their experiences and needs in the context of parental mental illness.
- Providing children with age appropriate information about mental health conditions.
- Recognising that, alongside their own health needs, parents with mental illness may also have additional parenting needs. This is an important message for practitioners working with adults with mental health problems and their families. *(Jo Aldridge, 2012 Loughborough University)*

We have continued to develop and implement our Family Wellbeing Strategy in the form of our Family Wellbeing Pathway in response to growing need to enable parents to improve and secure their mental health holistically and, consequently, that of their children.

Our objectives for 2021/22:

- To continue to respond to the mental health needs of families and the wider population
- To continue to provide support for children 0-19 (25 if SEND)
- To register the trading arm of the charity in the form of a Community Interest Company (CIC), which aims to enable the Parenting Project to become sustainable in the medium and long term

We have successfully met all three of our objectives during this financial year.

## How our activities deliver public benefit

Our main activities and those we aim to help are described below. All of our charitable activities focus upon improving the lives of children and their families and other beneficiaries within our special projects. They are undertaken to further our charitable purposes for public benefit. During the pandemic we remained focused on supporting the most vulnerable families and continued to support them remotely.

### Who used and benefitted from our services?

Our objects and funding limited the services we were able to provide to families this year, to Warwickshire. During this financial year a total of 1,940 individuals benefitted from our support. Beneficiaries include children 0-19 (25 if SEND) and parents.

### Focusing on Mental Health

It is well documented that there is an increase in mental health issues, purporting 1 in 4 people are now affected. If we view these statistics from a medicalised perspective we do in fact have an issue. Through this lens, many people, including children, are more likely to be living with a mental illness than ever before.

However, it is also accepted that the 1 in 4 figure is not totally random and is potentially misleading in that social inequalities, poverty, and adverse childhood experiences are recognised as the main reasons for distress and suffering, and therefore make up the 1 in 4. (Johnstone, Boyle, Cromby et al 2018).

Understanding mental health and emotional wellbeing in a medicalised context increases the risk of perpetuating dependency and marginalisation as services, that are quite often doing their best, can unwittingly emulate triggers and potentially reinforce childhood issues and past abusive relationships as experts try to help and advise families. A plan 'put in place' to engage families and increase their sense of agency can actually have the opposite effect due to the perceived power imbalances.

The trauma-informed approach is based on the recognition that people who use services have quite often experienced significant adversity. It is also noted that the key to recovery is when trusting relationships and validation are experienced (Johnstone, Boyle, Cromby et al 2018).

It may therefore be more helpful to make sense of emotional wellbeing and mental health through an individual's social and developmental context - in essence, their lived experience. Trauma-informed projects are running in service design, education, prisons, and public health ([www.cestoohigh.com](http://www.cestoohigh.com)). Our counselling service and entire organisation adopts a Trauma Informed Approach.

Counselling, and in particular the therapeutic relationship, aims not to take the expert position but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Rather than tell the client what to do, it facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them. At its core is the Person Centred Approach.

The Person-Centred Approach is transferable and is recognised to work very well in allied helping professions, quite often we hear the phrase 'patient-centred care' in hospitals or child-centred approaches in schools to demonstrate how putting the person at the centre of any professional involvement seeks to empower individuals, facilitate independence and, in the case of parenting, improve outcomes for children.

The use of language is key to effective communication, using counselling skills is a simple yet effective way to facilitate insight and understanding.

Communities that adopt an approach which focuses on the strengths and abilities of those it seeks to support, can position themselves well to achieve better outcomes. They are socially and economically robust where people play a part in the decisions that are important to them increasing a sense of self-agency and autonomy (Places: empowerment and investment for local communities, 2018).

Therefore to promote independence and resilience we work in collaboration with those we are endeavouring to help and support to move forward, in their own way, towards the goals they set for themselves.

### **Family Wellbeing Pathway**

The Family Wellbeing Pathway evolved over a number of years in response to family need, in particular, mental health. It offers a pathway of support and activities which aim to improve outcomes for families. Each family is assessed and offered support from the pathway activities as appropriate. For some families, dependent on need, this means they will access all or most of the activities within the pathway, whilst others may only need one or two elements, for example, counselling and signposting to other partner organisations. Importantly, all families will access the pathway which is appropriate for them to achieve improved outcomes and independence. Crucially, parents will choose the pathway most suitable for them to bring about changes in their lives.

## The Pathway:



## The Family Wellbeing Team Programme:

As with all of our support services, the Family Wellbeing service entered the new financial year still managing a global pandemic. Service delivery was adapted to meet the need whilst observing the strict restrictions. The team delivered support to families via text, email and zoom and also, very successfully, delivered 1:1 support via zoom, including for school children when access was permitted.

In addition to the pandemic, the team was impacted by the departure of the Team Lead, who retired. The remaining workers continued to deliver support to the families in Stratford District and Warwick. Despite the changes and pressures the team delivered an outstanding service for families who needed support and also developed and delivered other zoom sessions to deliver the New Baby Programme and Baby Massage. The ability to be this agile has meant that Parenting Project services remained accessible and grew to meet growing demand. Growth within a time of such uncertainty is testament to The Parenting Project team, their beliefs and their passion. Subsequently the team grew during the year from two members to six.

## Family Wellbeing Data

### Warwick

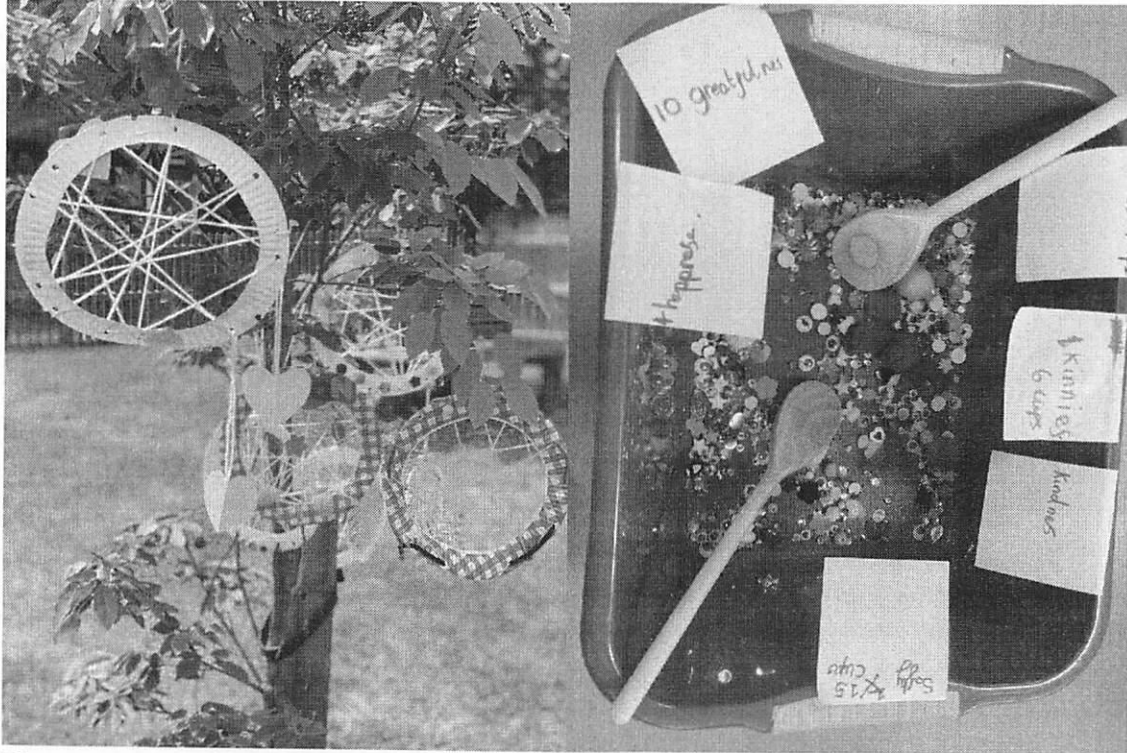
We provided 1:1 support for 23 individual families within the Warwick Town area. Support was provided for a range of issues including finances, parenting, child behavior, mental health, schooling, accessing appropriate education, social isolation and the consequences of Covid.

Group work and 1:1 support was delivered in 5 different schools. The focus of the sessions was to help with anxiety, friendships, emotions, behaviors and transition. We supported 73 children individually and worked with most of their families.

### Stratford

The team supported 31 families within Stratford District, prioritising Orbit Housing Tenants, the issues families face were similar to the Warwick area.

Group work and 1:1 support was delivered in 6 different schools. The focus of the sessions was to help with anxiety, friendships, emotions, behaviours and transition. We supported 127 children individually and worked with most of their families.



The group work and 1:1 work is delivered through Lego and craft therapy where a child is learning without necessarily realising the impact this is having on them. The skills and techniques learnt and used within these sessions are amazing. Above are just some photos of the craft things that have been made – worry catchers, friendship soup, painted stones.

Our 360 approach to our work means that children have a consistent message. We share the sessions with both the families and the teaching staff. One child said this:-  
*“my mum says I am much calmer when I use my breathing star and she has noticed I don’t get angry as much. I have taught my mum to also use the breathing star and sometimes we all do it together as a family”*

These comments are very powerful when they are said by children. Other comments include:-

*“so everything we have been doing over the last few weeks has been about friendships?” –*

This was the realization from a child in a friendship group;

*"I like this group as you don't tell me what to do – you support what I want to do"*

We have also become part of The Fred Winter Centre in Stratford delivering support for Orbit Families.

As a team we have looked at our procedures and streamlined them to ensure we have the maximum time with our families. We allow our families to ensure we deliver support to meet their needs, in a way that they feel comfortable and at their pace. Each family is treated individually; we do not deliver a "one size" fits all approach. We work with and alongside people and recognise that families have the right to choose whether or not they need support. Even if a referral is not appropriate or within our funded areas no family is left without support, signposting to other services and advice is always given.

It cannot be recognised enough the impact we made on families during the pandemic and this is due to the commitment and passion by the Team and the Organisation. To adapt and deliver in constantly changing rules and government restrictions demonstrates the strength and resilience of the team whilst experiencing the impact of the pandemic themselves. We would like to take this opportunity to thank the team on behalf of the Trustees, the CEO and the agencies who continue to refer families to our services.

### **The Progress Programme**

Progress is a specialised programme of support designed to help young people who are not in education, employment or training (NEETs) to build foundations and overcome barriers to their route to work.

This year the Parenting Project secured a contract for 18 months to provide support to the young people by delivering counselling and therapeutic group work. One of the Family Wellbeing Facilitators delivers therapeutic work in groups and for individuals and our mental health team delivers counselling. Each session is tailored to the group or the individual. A full report will be included in next year's Annual Report.

### **The Future of the Programme**

We have continued with the delivery of The New Baby programme via zoom, we are looking for this to be delivered face to face in the near future. We are also looking at developing anxiety workshops for both children and adults to suggest strategies to deal with anxiety.

We would like to move into Secondary, Private and Specialist Schools to deliver some of our existing projects and build relationships with them to build our offer in collaboration with them.

The team has lots of ideas around growth and this is very exciting as we share the belief that we are giving the children of today the skills to be the parents of tomorrow. We want to encourage children to be open and discuss their emotions and worries. If we give them the skills to manage these they will always have something to help them regulate themselves and this will have such a positive impact.

We are developing our networking and promoting The Parenting Project after not being able to due to the pandemic. This is so invigorating as we all are aware of the awful situation we are still in but for different reasons. We want to remove the stigma around asking for help / accessing support. We also want to normalise emotions again for example its ok not to be ok, its normal to feel anxious and nervous etc.

Unfortunately we are tied by the constraints of funding which can cause frustrations due to wanting to help everyone however the continual search and application of tenders continues on a daily basis. The security gained by longer term tenders can help settle the team however this is why we are looking to promote the purchase of our services. It is evident that every service is swamped by the need and whilst some services have placed referrals on hold we are still managing but every service is stretched and this is only going to get worse as more and more families are impacted by the cost of living and fuel crisis.

We are constantly looking to recruit volunteers to help us deliver our services within school. Volunteers play a vital role in this delivery and enable us to reach and support more children. So if you would like to help or know anyone who would please get in touch it's invaluable for us, amazing for the children we support and you would also get a lot from it. We believe in our volunteers and treat them as part of our team. Our future is bright, our team is evolving, developing and moving into new schools and new areas. As a team we will continue to promote The Parenting Project and our values to ensure our services are known and therefore accessed. Next year will be an exciting journey and we look forward to sharing this with you next year.

## **Counselling**

### **Overview of Service and Delivery**

Our staff team has been through transition and change over the past year. We have been able to expand our team to support the challenging and ever growing needs of the service within a society that has increased demands and needs.

The Parenting Project Counselling Service predominantly works with adults aged 18+. We provide a small Child and Young Person Counselling Service (11-18 year olds) in targeted areas and within specific projects.

### **Therapeutic Context**

We offer a safe, highly ethical and confidential service to parents/carers of children, from pregnancy through to 19 (25 SEND). We offer up to 18 weekly sessions using either Person Centred, or Integrative counselling / psychotherapy.

Our service considers Trauma informed approaches in our therapeutic relationships and reflects on the ACES (adverse childhood experiences) when working with adults in counselling.

Our service sees clients with different and varied issues, these can be multiple and complex. Studies show childhood experiences can have a profound effect on our adult well-being, both physical and psychological. As a result of these studies, and our own emerging data, we remain aware of the impact of adversity in childhood and work with parents to achieve better outcomes, not only for themselves but also their children. By holding the sentiment *'It is not what is wrong with you, but what has happened to you'* at the core of our work we learn that being 'Trauma informed' in our relationship with clients can facilitate better outcomes and help avoid the stigma which often comes when experiencing mental health problems.

### **Adult Service**

During the first half of the year we continued to offer telephone and online counselling to clients across Warwickshire, this remote service being created as a response to the pandemic. We continued to build our online/telephone service whilst being mindful of a strong desire to return to face to face delivery. Feedback from clients highlighted how valuable the remote service had been, for some this way of delivery allowed access to a service not previously available to them.

In September 2022 we reopened our face to face referrals, after careful planning and preparation, to run alongside the online and telephone service. Re-building the face to face service has taken considerable time and we are slowly returning to pre pandemic levels. We currently have counsellors offering face to face sessions in 10 Children and Family centres across Warwickshire.

Over the past few years we have noticed a rise in referrals and a higher demand for the service. We note that the level, and complexity, of need for clients has increased. Complexity is seen within clients' stories, life experiences, presenting issues and identified risk. We also note that the number of referrals from statutory services has increased during this time due to service overwhelm and clients not meeting service criteria. Where at one time we worked more within early intervention, we now find ourselves working at crisis level as the impact on society, and the ever increasing demand on services, increases and influences the level of support needed.

We notice that the average number of sessions that clients are accessing has generally increased over the past few years to 14 sessions. This increase could be due to a number of reasons including; the complexity of need for clients; the ease of remote counselling sessions and the added impact of the pandemic.

As mentioned above the level and complexity of need, both on a societal and individual level, is demonstrated in a higher demand for the service and an increase in the number of sessions accessed compared to previous years. Through discussion with other agencies and organisations this seems to be reflected across the county and highlights the level of need within the community.

The counselling service is predominantly a placement agency in which students who are in training join our counselling team to obtain their placement hours and to bring theory into practice. As a placement agency we value the importance of building relationships with the students. We pride ourselves in taking time to work alongside the student, to provide the structure around them, to support them whilst they navigate their training and placement requirements. This in turn ensures that they have an ethical safe space within which to meet their clients and a rich environment to become the autonomous practitioner they are to become. This holding of the process is respected by the training organisations and we have received valuable feedback from students about their time on placement and the student experience.

*"I have been very fortunate to have had my placement within the Parenting Project. The value of the professional framework in which the placement was held - for example the training, support, team meetings, professionalism of the counsellors, efficiency of the administration function and the robust safeguarding procedures - cannot be underestimated in terms of its impact on my learning , whilst also ensuring ethical and safe practice"*

During this year we have been re-establishing links and rebuilding relationships with universities and student courses following the disruption caused by the pandemic. This has been an important exercise to ensure that we remain up to date with ever changing course expectations and requirements. Attending student placement fairs provides great opportunity for us to meet with those on training and to share the values and ethos of our service.

Alongside our student counsellors we have been able to source some limited funding which has enabled us to pilot an associate model. Associate counsellors are qualified and therefore have more experience to work with clients that may have complexity within their experiences and/or present with risk. This model has been vital in supporting us to deliver counselling in response to the increasing need and complexity that we may not otherwise have been able to meet.

Being able to offer such a service puts Parenting Project in good stead with other organisations and means we are able to support and add to the counselling and therapy profession as a whole.

### **Child and Young Person Counselling Service**

Over the past year we have continued to provide one to one remote counselling for school aged children between 11-18 years old who are deemed to be Gillick Competent. Young people are given a choice as to whether they would prefer zoom or telephone sessions. Our feedback from young people about their experience has shown the benefits of remote working, with young people expressing their enthusiasm for this way of working. This has reinforced the idea that by adapting our delivery method, and putting measures in place to ensure that we can continue to reach young people, has been an important step towards continuing to understand their lived experiences. This feels incredibly important bearing in mind children and young people's current world context and the impact of the pandemic on children's lived experiences, which as a society we are only just beginning to understand.

We have developed a good relationship with a school in the Stratford District who we have worked closely with to identify children who may benefit from counselling. The majority of our referrals at this time are through the school and we have received invaluable feedback from the pastoral manager about the impact that counselling has had for young people. Such feedback has included an observed increase in confidence and autonomy for young people, that counselling has really made a difference and the staff have seen progress in the young people; *"Counselling has really helped the young people by being listened to and feeling heard"*.

Our CYP counsellors are qualified and have gone on to complete further training in child and young person counselling. We have facilitated some of our counsellors to attend a training course in child and young person counselling in Birmingham. Counsellors use an integrative, person centred, relational approach to working with children and young people. Their approach is age appropriate and developmentally accessible through creative techniques such as drawing, games, stones etc. to encourage engagement and exploration. Children and young people are offered up to 12 sessions of counselling outside of core school hours.

### **Funding Projects**

As always we are appreciative of our funders who, with their support we can continue to provide a free service to those who need it most. Whilst in previous years the funding received has been primarily location based - i.e. targeted areas within the county - the funding that has been recently awarded has been both location based and also project based. This has influenced service delivery and the systems in place to provide counselling within the community. We feel privileged to be able to build

partnerships and relationships with other organisations and funders to be able to work together to meet the needs of various groups within society.

## **Adult Service**

### **Referrals and assessments overview**

We have received 525 referrals into our service over the year and have completed 262 client assessments. 240 people have accessed a course of counselling with us. As we collate data at different stages, and individual clients can transcend across reporting periods, it can be challenging to pinpoint exactly how many people we have processed within the year.

We use an encrypted online platform, Sgioba, to generate appointments and assessments for clients. Referrals are made to us through the system by using the counselling service's online referral link. The system uses email as the preferred method of communication however we still offer text and phone calls should this be stipulated in the referral.

Not all referrals result in counselling and this can be for various reasons for example a change of mind or circumstances and childcare issues can create barriers to access. One way of attempting to address these barriers has been to offer more appointments, in turn reaching more parents who may have restricted availability or childcare issues. Sometimes the act of making a referral is *enough* for a client at that moment in time, through experience we have seen that if a client is held by the service through the referral process this can give confidence to engage when the time is right. On occasion, we have noticed that when parents are given the opportunity to attend an in depth assessment and share their struggles with a counsellor who is trained to listen can be all that is needed, for others the chance to attend up to 18 sessions of therapy feels essential.

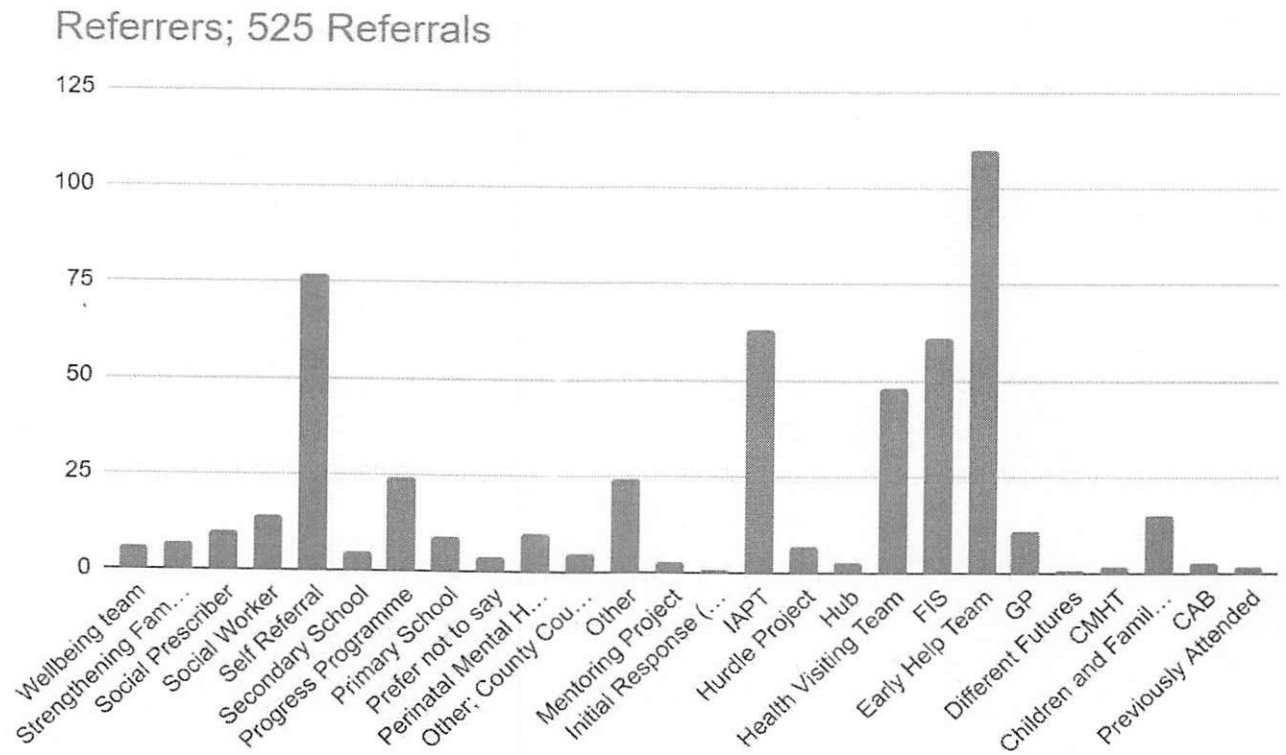
Data is taken at each point of contact with clients. This gives us a clear picture of who is referring in to the service, the type of issues people are seeking help for and other pertinent information which is useful to report on. We also collate data during therapy and at the last session to evaluate the service.

### **Referrers and Reasons for Referrals**

We build relationships with local services to help us effectively meet the needs of parents who do not meet statutory services criteria, such as IAPT, where difficulties may be rooted in childhood trauma or relational issues. We note that a high proportion

of referrals into our service do come from statutory services and we notice an increase in self-referrals from previous years.

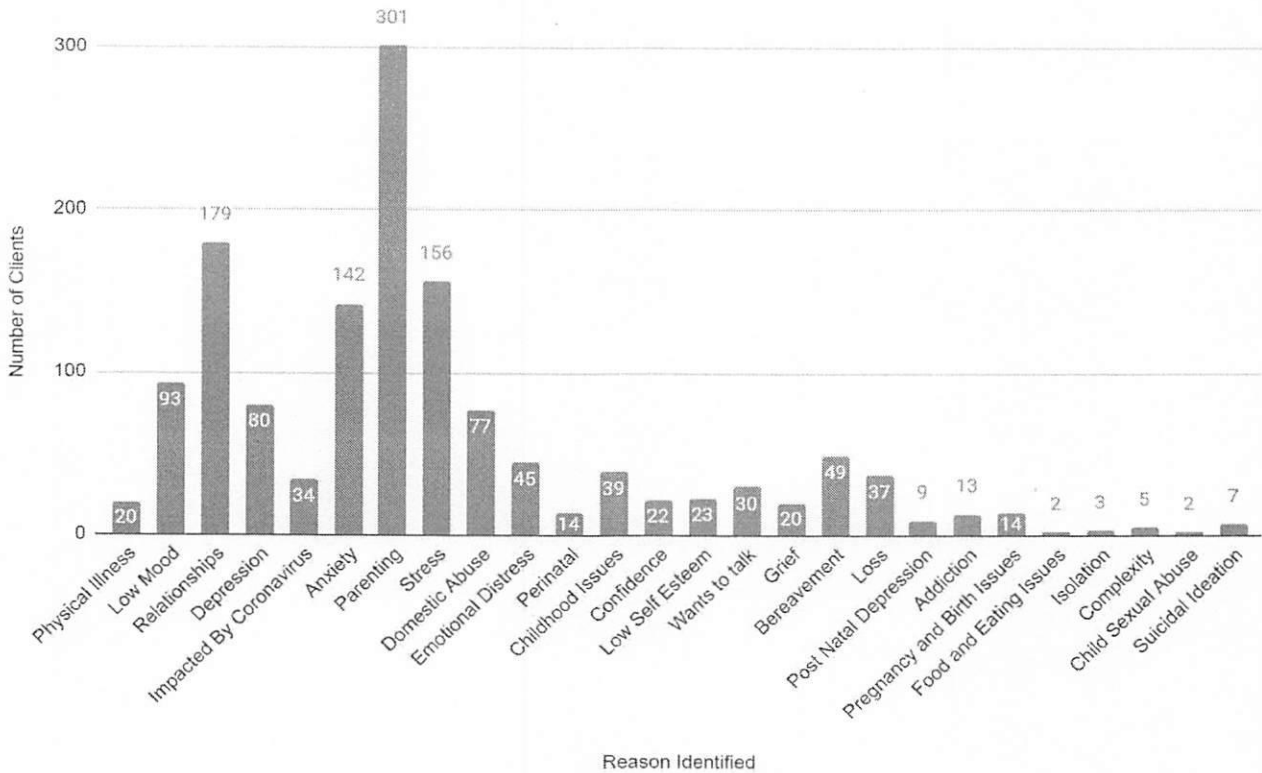
The following graph shows the referrers we have noted over this past year:



Reasons for referrals for 525 clients referred during this reporting period;

## Reason for referral

Multiple reasons can be selected



## Data

### Gender

Of the 525 referrals we received over the reporting year we note approximately 86% of referrals identified as female and 13% as male. We notice an increase in males accessing the service from previous years.

	Number of referrals
Female	454
Male	67
Non-Binary	1
Prefer not to Say	3

## **Ethnicity**

Of the 525 referrals we received over the reporting year we observe that a high percentage were White British.

	Number of Referrals
Asian or Asian British - Indian	9
Asian or Asian British - Pakistani	4
Black or Black British - African	2
Black or Black British - Caribbean	9
Chinese	3
Mixed - White and Asian	2
Mixed - White and Black African	1
Mixed - White and Black Caribbean	7
Prefer not to say	30
Other	2
Other Asian background	3
Other Black background	1
Other ethnic background	1
Other mixed background	1
Other white background	4
White British	446

## **Assessment data**

262 clients were assessed over the past year and the following was identified during the assessment

## **Sexuality**

	Number of Clients
Heterosexual	243

Bisexual	6
Prefer not to Say	10
Lesbian	3

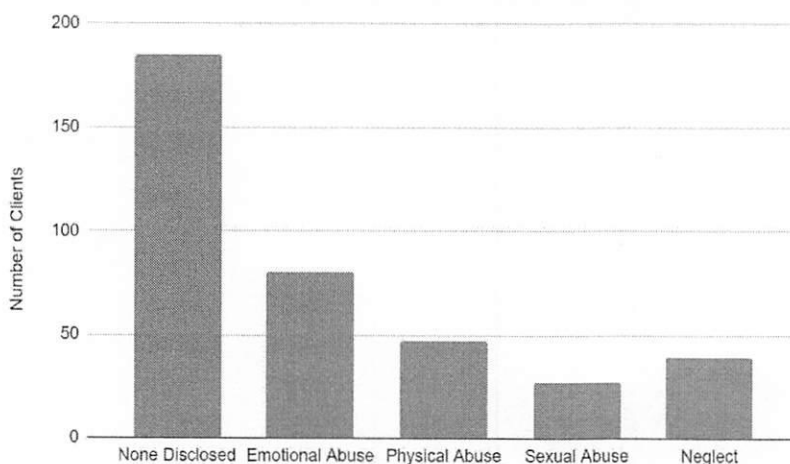
### Risk

123 clients shared either current or historical risk. Risk can be identified through discussion and exploration within assessment. Risk encompasses current self-harm, current suicidal ideation, previous attempts on life, previous suicidal ideation or previous self-harm.

### Trauma, abuse and neglect and its impact on the next generation

As an organisation that is trauma informed, we look to make sense of distress and suffering by paying attention to intergenerational and social contexts. This is in line with current research which aligns with the social model of mental health rather than the medical one. In essence, this allows us to think about what has happened to a person and then how they have gone on to develop, the coping strategies they have

Present in childhood as per Statutory Definition 2006



put in place, the relationships they go on to have and how this may influence their parenting. We think about their life stress and how this has impacted them.

77 clients who were assessed disclosed during their assessment that they had experienced trauma,

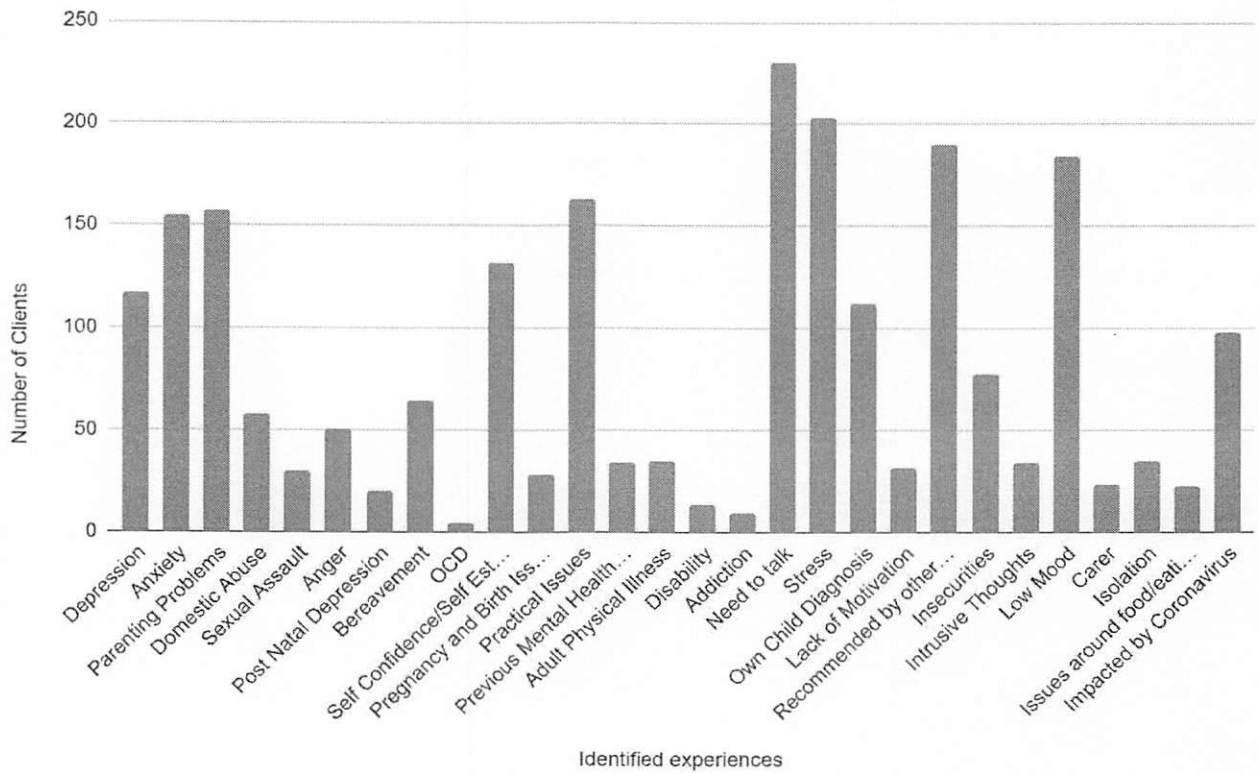
abuse or neglect in their own childhood. This was in the form of physical abuse, emotional abuse, sexual abuse or neglect, or a combination of experiences.

### Life Experiences of Clients

We note that whilst clients may refer for a specific issue, through our assessment process we actually see that clients' distress and experience is multi-layered, complex and often intergenerational.

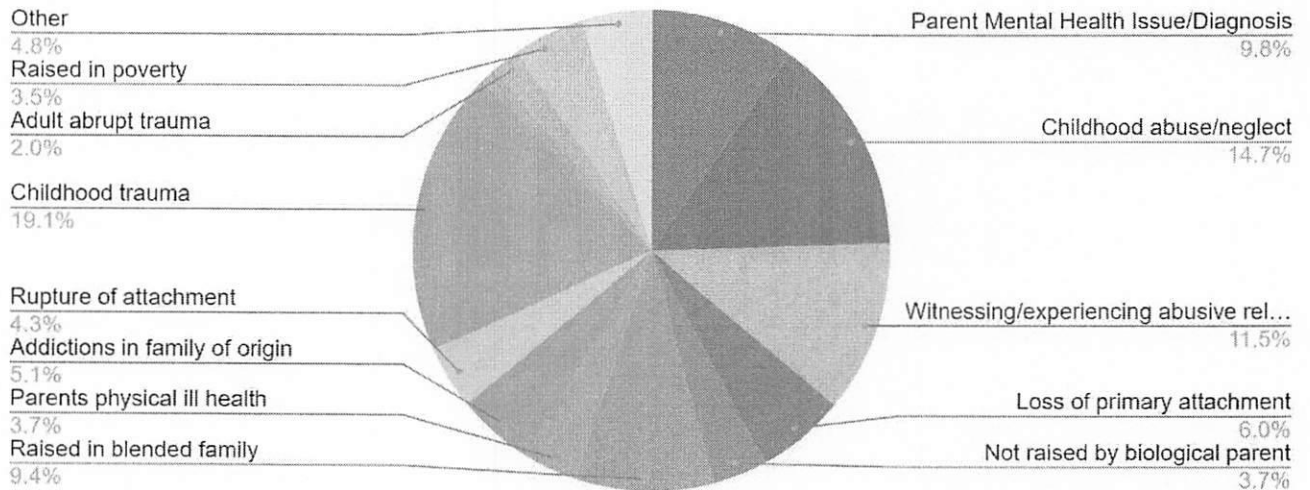
## Experiences present in client assessment

Multiple experiences can be identified



## Life Experiences of Clients

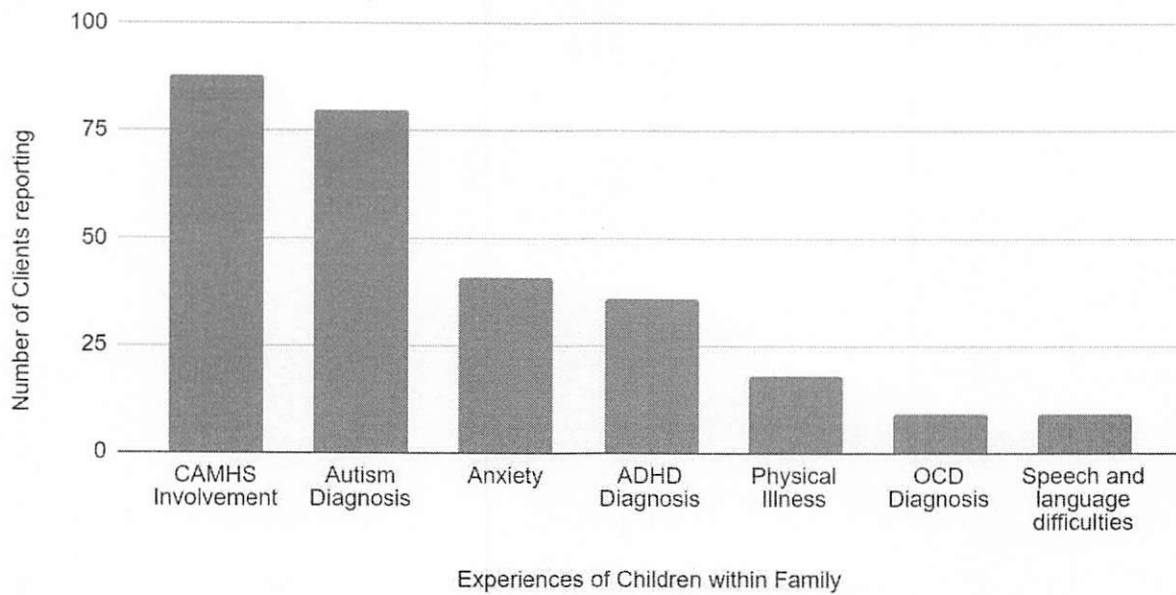
262 Assessed Clients



During an assessment clients are invited to talk about their own children; we note that a high proportion of assessed clients shared that their own child/ren experienced mental health difficulties.

80 clients shared that Children and Mental Health Services were supporting their families.

## Experience of Children as shared by Clients



### Client Outcomes

We currently use the 34 CORE outcome measure to evaluate the service. This allows us to measure a client's Functioning, Problems, Wellbeing and Risk at various stages throughout their counselling. The questionnaire stipulates the client reflects on how they have been over the last week rather than over a wider time frame. The aim is to achieve a lower score over the duration of the counselling, this would indicate an improvement to overall mental health.

86% of clients showed an improvement in their scores at the end of therapy.

It is important to remember that different clients will react and behave differently to the questions on the form. Some may feel overwhelmed and this may signify a higher score. Others may internalise emotions and therefore minimise their needs. Others may, through the process of counselling, have a greater awareness of their emotions that may not have been present at the beginning of counselling. Clients are able to refer back into the service should they feel more sessions would be of benefit.

Counselling can also raise issues, so it is not uncommon for clients to experience more unrest whilst they go through this process.

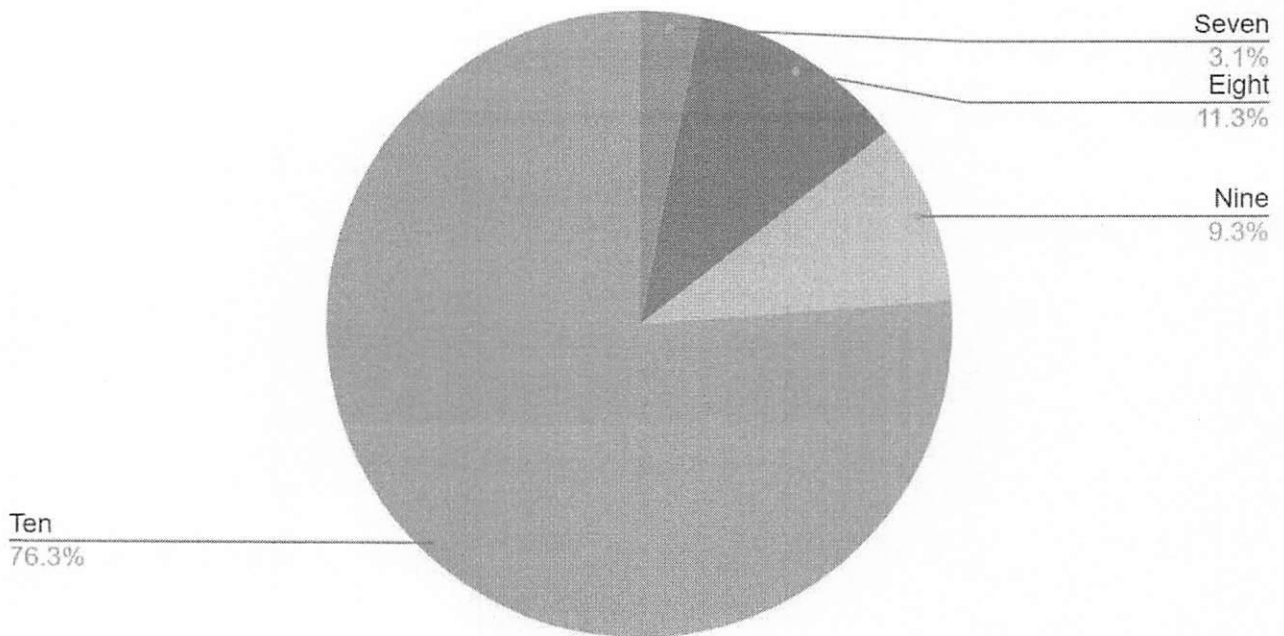
### Client Feedback

Clients can comment on the counselling they have received. This enables us to evaluate how we are doing and make improvements along the way. It is also helpful to see how the service helps those who access it.

For those that gave feedback the following chart shows how clients rated their overall experience of the service;

## Clients Satisfaction rating for service

Scale of 1-10; 10 being most helpful



Through an evaluation form clients are invited to share how counselling has helped them. The below list gives an example of the areas in which clients felt they had experienced change due to their counselling experience;

*Helped me to make personal changes*

*Better relationships*

*Helped me to be more confident*

*See abusive behaviours in others*

*Had a positive effect on my parenting*

*Helped me to understand myself*

*Been a positive experience*

*It motivated me*

*Helped me to understand my child better*

*Helped me to understand my own childhood better*

*Helped me to have better relationships*

*Helped me to consider work and education for my future*

### **Comments from Clients**

Whilst we acknowledge the usefulness of such wellbeing measures as the CORE-34 form, as a service we value the voices of clients in order to really hear their experience of counselling and the impact that this has had on their lives.

*[Counselling has given me an] understanding and acceptance of previous experiences*

*[Counselling] Has been an enormously valuable experience which I will use forever more in my future. My counsellor has been fantastic*

*I really appreciated the time given to me and the help from my counsellor. It is a great service which helps people when they need it most*

*[Counselling] Has been a positive experience and I feel stronger. It has given me confidence in myself and I'm more aware of how I think and why. I am going to be more my true self and so pleased I have had this opportunity. Thank you so much*

*Thank you so much for all your help and support. I feel that I am in a very good place and understand what I can do now to help myself and my children. I am so pleased I have had this opportunity*

*The service has been invaluable. I do wonder if I hadn't had counselling that I might not be here at all.*

### **Child and Young Person Counselling Service**

We predominantly work with adults and our Child and Young Person service is a small part. Our values, ethos and therapeutic intention comes from the same place no matter the age of the client. We are always holding in mind that the adult we are working with was once a child, which the adult in front of us is bringing with them all that has gone before, with all their experiences of life. In a similar vein we approach the child in a way that values and honours the adult they are to become; in essence we hold both the adult and child services within the same therapeutic framework. We have expanded on this ethos using quotes from children to support our approach and therapeutic rationale.

We have received 35 referrals into our Child and Young people's (CYP) Counselling Service this year.

Referrals have been made through specific projects such as the Progress Programme, the Men and Boys Project in Bedworth and a high school in Warwickshire through our Child In Need funding.

We have received referrals from 8 males and 27 females.

Of those 35 referrals 20 clients have engaged with us attending assessment or assessment and counselling.

As a society we have experienced high levels of uncertainty and restriction which has placed pressure and stress on everyone to some extent. The stressors on families and systems have significantly affected children and young people over the past few years.

Increased pressures at home, disruption in daily life, relationships, school life, fear and isolation have, and will continue to have, impacts on child development and life experiences.

Being able to offer a counselling service to children who are affected, either directly or indirectly, by the pandemic and other world events feels imperative at this time. Our counsellors are trained to facilitate the 'making sense' of thoughts, feelings and emotions and to support children to manage external influences on them. Supporting children to grow and build their internal resources to improve confidence, self-esteem and emotional resilience. This in turn promotes an ability to make choices which will continue with a child into adulthood. This is an important concept to consider; a number of the children we have worked with have recognised that counselling has helped them to explore what is happening for them and to have a greater understanding of what is underneath their experiences; which has allowed for personal change. One child expressed *"counselling was a good experience, helped me to make personal changes, helped me to understand myself better and to think about my future"*. Another child shared that they *"would have counselling again and would recommend it to others"*; again this demonstrates how the experience of counselling can promote autonomy which can be carried forward into adulthood and becomes a resource that they can return to at any time they choose.

In a space where emotions and experiences are accepted and welcomed we can begin to connect and acknowledge our experiences. In an empathic environment, where *it is ok not to be ok*, we can begin to accept and value our emotions and support ourselves to develop self-regulation and self-soothing abilities. When this is not facilitated we can internalise our emotions which can lead to such coping mechanisms as self-harm, outbursts and behavioural struggles. If a child is able to access a place where they are able to express their fears, hopes, struggles, and that these are accepted, then emotional resilience can grow. One child commented *"I liked there was no power imbalance. I learned more about how I think and how I work, I learned more about dealing with my emotions in a way I found useful"*.

The therapeutic relationship facilitates and allows for the experiencing of self and other in a way that is accepted, valued and met with empathy. The relationship that can develop between counsellor and child is one of equality, compassion and acceptance which can be unfamiliar to some. Children are able to experience themselves within this relationship which can be translated to relationships outside the therapy room. One child expressed that *"counselling has helped me to be more confident, make*

*personal changes, deal with things better, helped with relationships and knowing when to walk away, understand myself better by talking and I realised how much I have to cope with."*

To promote autonomy in the children we work with, we ask them to reflect on their sessions periodically to ensure they are finding them helpful and also to gain feedback. Quotes from our clients have been shared above.

At the beginning, mid-point and end of counselling children and young people complete a Core-10 Outcomes Measures questionnaire which enables us to monitor their progression with respect to; Subjective Wellbeing, Problems/Symptoms, Life Functioning and Risk/harm.

One question on the Core-10 relates to how young people have *felt able to cope when things go wrong*; 100% of young people who completed a course of counselling with us improved in this area by the end of counselling.

When asked the question *'My thoughts and feelings distress me'* 80% of clients reported improvement by the end of counselling. 75% of clients felt *less edgy and nervous* by the end of counselling and 100% of young people expressed significant improvement in relation to *I have felt unhappy*.

## **Reflections**

As a service we believe that the client is the expert in their own world, as such we do not have counsellors that specialise in particular areas or presenting issues. We prize the notion that a client can work through whatever is going on for them from their perspective and that counselling can be an opportunity to explore and draw upon their own resources without a need for an external expert. When ideas or solutions are suggested by others we can sometimes adopt things that do not fit or only help for a while, as a service we find that when thoughts and realisations come from within this can allow for shifts and change.

We only know what we know, we can only draw on the experiences that we have growing up, there is no right and wrong, we do what we do as a result of the experiences that we have had. We are all in a process.

We notice a large number of our referrals cite parenting as the main issue for clients. The opportunity to explore their own childhood, in assessment or within counselling, often brings about the realisation that a client's own needs as a child have not been met which can create a pattern of relating that is brought forward into their own

parenting. Having the space to explore their own issues and experiences can often lead to more space for parents to meet their children's needs. This relates to intergenerational patterns of relating, suggesting that the impact and experiences on a child growing up not only impacts them as an adult but can carry through to their children too.

The patterns and correlations we notice within assessments provide further insight into intergenerational trauma and how the impacts/experiences for children can influence the present experience. For example those that come to us with experiences of current domestic abuse tend to also have witnessed such relationships whilst growing up. Upon exploration with the client we notice similar patterns repeating through the generations.

When we reflect back over the past year there is a sense of pride and achievement within the team that we have not only continued to run the service but also grow and adapt in what has proved to be very challenging times.

On a difficult and challenging day we find ourselves looking back over client comments which brings about a sense of groundedness; a powerful reminder of the impact our service can have on people's lives.

*Eloise Jenkins and Jen Rivett - Mental Health Leads, July 2022*

### **Parent Mentoring**

This service is for parents who are struggling with their role as a parent and would benefit from emotional and/or practical support from a Parent Mentor volunteer. The Parent Mentor spends time with the family on a weekly basis for up to 2 hours, for 3-6 months. Parents decide on the type of support they want in order to make progress as a parent and an individual. The goal of the Parent Mentoring Programme is to facilitate an outcome of confidence, wellbeing and independence for the parent which has a positive impact on the whole family.

Parent Mentors are recruited rigorously from often professional backgrounds, it is a volunteer role for which mentors receive comprehensive training and induction including safeguarding. They also receive individual and group supervision and on call support. Current and previous Parent Mentors have found the role valuable in terms of their own learning and development and rewarding as they support parents to make positive and lasting changes in their lives.

All parents identified as suitable for the programme are assessed and matched to an appropriate Parent Mentor.

The Parent Mentor Programme is led by the Parent Mentor Lead, who is extensively experienced and a suitably qualified senior manager.

During this financial year we recruited 22 Parent Mentors and supported 45 families (180 individuals) through the Parent Mentor Programme.

71 Referrals were made to the service:

10 New mentors were recruited and trained.

The highest number of mentors we had at one time was 23

The referrals came from various sources:

<b>Family Information Service</b>	25
<b>Schools/ Nurseries</b>	18
<b>Early Help and Targeted Support</b>	15
<b>Wellbeing Team (Internal Parenting Project)</b>	5
<b>Children's Services</b>	3
<b>Community Centres</b>	2
<b>Self</b>	2
<b>Social Prescribing</b>	1

### **The Process**

The families are all contacted by the Parent Mentor Lead and are either visited in the home or have a telephone conversation.

The Lead completes a set of questions which the parent is asked to score themselves from 1-10. 1 is low and 10 is high. The questions are a good indicator of how the parent is feeling at that time and it gives the Lead an insight into what is happening for that family. The parent is asked to score themselves on the challenges of parenting, emotional wellbeing, level of confidence, aspirations, isolation and loneliness.

There is a chance for parents to express how they feel about the chance of having a mentor and what their hope are from being able to benefit from the service. A risk assessment is also completed around visiting the home.

If at this point specialist services are needed then the Lead will refer on as required to domestic abuse, drug/alcohol support or social services. The Lead is a designated person for safeguarding and is fully trained and experienced.

Once the information is gathered about the family circumstances then the parent can be matched to a mentor. This process is thought about carefully as each mentor has a unique background, specialist skills and personal attributes.

## **The Mentors**

The mentors receive six weekly supervisions which help them explore possibilities and options and enable them to share experiences. Supervision also plays an important role with safeguarding families and volunteers.

Mentors are also invited to two social events a year.

## **Trading Arm of The Parenting Project – The Growth Pool Community Interest Company (CIC)**



**The Growth Pool**

Development • Coaching • Training

A subsidiary of The Parenting Project

### **Development to Date:**

- The Parenting Project ([parentingproject.org.uk](http://parentingproject.org.uk)) decided to develop a trading arm to create future financial sustainability for the charity.
- We undertook research and analysis to identify what we should trade in. This work led us to identifying a gap in the market for coaching, support and training services that use our charity's proven trauma-informed and person centred approach.
- We developed a business plan for an associate business model delivering three 'coaching-led' wellbeing services which we would launch one by one.
- We registered a CIC company, limited by guarantee with four directors.
- We developed a brand identity and have begun the development of a website ([thegrowthpool.com](http://thegrowthpool.com)) and marketing materials.
- Along the way, our ideas and plans have organically developed through our ongoing intake of research, listening to the ever-evolving need and barriers in our proposed service areas and building relationships with relevant organisations.

## **Who we are:**

- The Growth Pool CIC is a Community Interest Company, limited by guarantee and wholly owned by its parent charity, The Parenting Project ([parentingproject.org.uk](http://parentingproject.org.uk)).
- The Growth Pool shares The Parenting Project's mission to improve people's life experiences and outcomes, and aims to extend the charity's proven trauma-informed, person-centred approach to more services and additional audiences.
- The Growth Pool will support The Parenting Project through donating a proportion of its income to help fund the charity's mental health and wellbeing support services.
- Whilst The Parenting Project often provides highly complex, crisis level support, The Growth Pool will focus on the delivery of low-level and proactive wellbeing support with the aim to reduce the need of crisis support in the future. The Growth Pool aims to embed wellbeing support into our lives as a welcome, positive and necessary foundation.

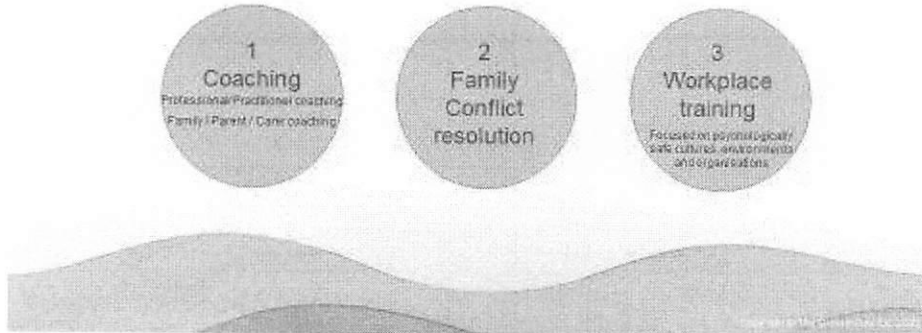
## **Our Big Why:**

- We believe that the current societal approach to mental health is too narrow for long term psychological safety, emotional wellbeing, and to provide the
- opportunity to reach personal potential. We also believe that maintaining good day-to-day psychological health requires proactive action and care.
- We are dedicated to normalising the access of wellbeing support, not only in times of extreme difficulty, but also for consistent and improved psychological health in order to be our best selves.
- We exist to provide the safe spaces, resources and support, to build, maintain and improve psychological health and emotional wellbeing.
- We don't stand still, we grow and adapt our services to meet the ever evolving needs of the communities we work within.

## Our initial service proposal



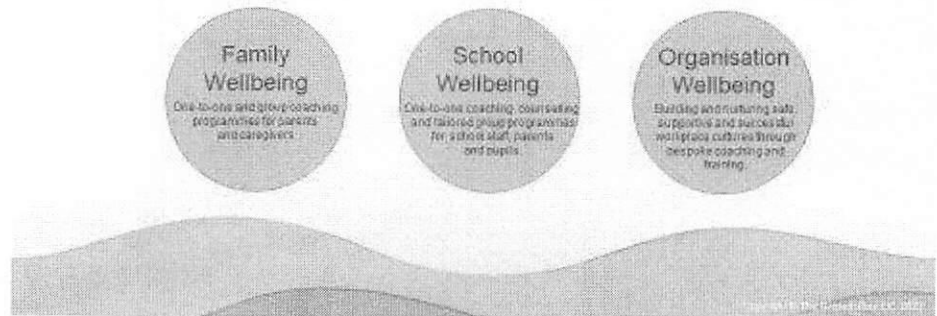
Three separate services as outlined in our business plan.



## Our evolving service proposal



Grouping services by audience rather than 'product' to allow more flexibility within our offer and easier audience targeting. This development is not yet reflected in our business plan.



## Starting with Schools



- Due to our experience and relationships with schools through our parent charity, as well as schools being a door to staff, parents and pupils alike, we have decided to launch The Growth Pool with a wellbeing offer for schools.
- Schools are a great starting point for the work we want to do for many reasons, but due to financial and time constraints, also a really challenging audience to engage with and sell to.
- We are working on developing specific marketing materials for schools to begin the journey of brand awareness, engagement and lead generation.
- We are developing a relationship with The Gateway Alliance who are at forefront of professional learning in education throughout Warwickshire ([gatewayalliance.co.uk](http://gatewayalliance.co.uk)) who are very interested in promoting our services at their events and through their channels. They believe our wellbeing offer for schools is needed and will be well received.
- We are making contact with the private schools in Warwickshire as we acknowledge that this audience will have more financial flexibility.

## **Structure, Governance and Management**

### **Statement of Trustee's Responsibilities**

The trustees are responsible for preparing the Annual Accounts in accordance with applicable law and regulations. The trustees are also Directors of the Parenting Project for the purpose of company law. Under that law the trustees have elected to prepare the financial statements in accordance with the UK generally accepted accounting practice (UK Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing the financial statements, the directors were required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time, the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees have adopted the provisions of the Statements of Recommended Practice (SORP).

### **Statement as to Disclosure of Information to Auditors**

So far as the trustees are aware, there is no relevant audit information (as defined by section 418 of the 2006 Companies Act) of which the company's auditors are unaware, and each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information. Company law requires the trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year.

## How we are Organised

The Parenting Project recognises that in order to deliver its strategic aims, objectives and priorities successfully, it needs sound corporate governance arrangements in place. Our Governance Handbook sets out the roles, responsibilities and procedures for the effective and efficient conduct of its business. It also provides new trustees with a handbook of good governance structures and practice.

## Legal Status

The Parenting Project is a Private Limited Liability Company, also known as an Unincorporated Association, which is registered with Companies House and The Charity Commission. The Parenting Project is governed by a Board of Trustees and supported by sub-committees if considered appropriate.

The Parenting Project governing documents are:

- Memorandum of Association
- Articles of Association

The Articles of Association specify that the board is comprised of not less than five, but not limited. New trustees are appointed by the board from a wide range of backgrounds to bring balance and expertise to the Parenting Project. The board consists of a chair, deputy chair and trustees who are responsible for its governance and strategy. The day to day management and operation of the Parenting Project is designated to the Chief Officer.

## Management and Governance

The Parenting Project operates under the Good Governance Code for the voluntary and community sector. The code clarifies the roles and responsibilities of the trustees and provides guidance in ensuring effective decision-making and accountability. The code is not mandatory but the Parenting Project is making a clear statement about our commitment to high standards of governance by operating within the code.

We currently have 6 trustees. As part of our commitment to effective governance we have improved the accountability between the Children's Centre Advisory Board and the Board of Trustees by ensuring a trustee attends each Advisory Board meeting when possible. We also continue to audit our governance functions to ensure continual improvement.

The board meets formally at least four times a year and, in addition, hosts an Annual General Meeting to discuss publicly the previous year's performance and look ahead to

future priorities. The board has a schedule of business which details the essential business items which trustees are required to consider throughout the year.

### Safeguarding Children

We continue to set safeguarding as a priority for the Parenting Project. We have a clear structure of responsibility for keeping children safe with a minimum of 6 fully trained Designated Safeguarding Leads who are responsible for all aspects of our Safeguarding Policy and Procedures.

Our Safeguarding Policy is thoroughly reviewed annually to bring it in line with the most recent government guidelines included in the document 'Working Together to Safeguard Children'. (HM Government, 2015) and Warwickshire Safeguarding Children Board new Multi-Agency Safeguarding Hub (MASH) procedures which took effect from May 2016. The Parenting Project Safeguarding Policy is reviewed annually. The next review will be in April 2022.

We are confident in our ability to safeguard children and adhere to all legal requirements in this regard. In addition, and equally important, we continue to foster a strong safeguarding culture based on effective communication, inquiry, regular training inspiring confidence in our team and a focus on the wellbeing of children.

### **Plans for Future Periods**

- To further develop and expand the Family Wellbeing Programme
- To continue to provide support for children 0-19 (25 if SEND) and their parents
- To work with the trading arm of the charity, The Growth Pool CIC, to enable the Parenting Project to become sustainable in the medium and long term

### **Financial Review**

#### **Analysis of Results for the Year**

This year was the first full year without the Children's Centre contract we previously held for a total of 11 years. The impact of the pandemic limited our income as many funding opportunities became unavailable to charities. We did, however, received £43,285 from the government via the Lottery Fund. This enabled us to continue to deliver services to the most vulnerable families.

### Income for the year

<b>FAMILY WELLBEING PROGRAMME</b>	<b>GRANT</b>	<b>DONATIONS</b>	<b>AMOUNT</b>
Orbit Housing	£31,636.00	Robert Waley-Cohen	£41,500.00
Thomas Oken & Nicholas Eyfler Trust	£32,024.00		
Stratford Town Trust	£10,222.00	General Donations	13,060.00
Leamington Town Council	£2,000.00		
Dudley Lodge (Associate Counsellor)	968.00		
CWCDA Accelerate (Associate Counsellor)	70.00		
<b>PARENT MENTORING PROGRAMME</b>			
Heart of England Grant	£7,893.00		
Warwick CER Trust	£2,730.00		
Kenilworth Town Council	£5,660.00		
<b>MENTAL HEALTH PROGRAMME</b>			
Bedworth Lions	£6,000.00		
WCC County Councils Grants	5670.00		
Rugby Benevolent Fund	£10,000.00		
Nuneaton & Bedworth CC (Barnardos) funded by Leamington Town Council	7,500.00		
WCC Covid Response	£48,147.00		
Warwick Town Council	£5000.00		
King Henry 8 <sup>th</sup> Fund Warwick	£7,500.00		
Warwickshire PCC	£29,995.00		
Leamington Town Council			
WCC County Councillors Grant Fund	£9,500.00		
BBC Children in Need	£9,991.00		
Progress Groundwork Programme	£21,818.00		
Warks Police Crime Commissioner MOJ Fund	£19,250.00		
National Lottery Reaching Communities Fund	£43,285.00		
WCC Dad's Matter Fund	39,438.00		
<b>TRADING ARM DEVELOPMENT</b>			
Warwick District Council/CDA	£12,500.00		
Stratford Town Trust	£9,583.00		
<b>TOTAL</b>	<b>378,380.00</b>	<b>TOTAL</b>	<b>54,560.00</b>

Our total income for this year amounted to £432,946 and our total expenditure was £416,464.

### Reserves Policy

The Parenting Project is keenly aware of the need to secure its viability beyond the immediate future. To provide reliable services over the longer term, the project must be able to absorb setbacks and to take advantage of change and opportunity. The Parenting Project aims to provide for this by putting aside, when it can afford it, some unrestricted income as a reserve against future uncertainties. Should one of the Parenting Project funding streams be withdrawn, the Parenting Project would need to find alternative methods of funding, preferably without depleting existing unrestricted reserves. However, reserves are required in case this cannot happen.

The trustees have examined the company's requirements for reserves. It is the Trustee's view that it is prudent to ensure that there are sufficient reserves to provide financial flexibility in the case of forthcoming challenges. The trustees therefore consider that the ideal level of reserves as at March 31<sup>st</sup> 2022 would be £150,000 representing 6 months core expenditure and current contract end costs. The current reserves are £179,987, £99,434 of the reserves is restricted funding which is required to deliver grant contracts and Family Wellbeing projects.

### Investment Policy

Aside from retaining an amount of reserves each year, the Parenting Project's funds are received mostly in quarterly amounts and spent in the short term so there are limited funds for long term investment. Having considered the options available the company has decided to invest the small amount in a common investment fund. There is an investment policy in place.

This report has been prepared in accordance with the Statement of Recommended Practice:

Accounting and Reporting by Charities (issued in March 2005) and in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small entities.

Approved by the Management Committee on October 18th 2022 and signed on its behalf by:

  
Jane Williams

Chair of Trustees

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Opinion**

We have audited the financial statements of The Parenting Project (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



David Cooper FCA (Senior Statutory Auditor)  
for and on behalf of Cooper Adams Ltd  
Chartered Accountants  
and Statutory Auditors  
12 Payton Street  
Stratford upon Avon  
Warwickshire  
CV37 6UA

18 October 2022

**STATEMENT OF FINANCIAL ACTIVITIES  
for the Year Ended 31 March 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	56,345	376,595	432,940	345,676
Investment income	3	6	-	6	253
<b>Total</b>		<u>56,351</u>	<u>376,595</u>	<u>432,946</u>	<u>345,929</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Provision of services	4	109,875	280,475	390,350	341,246
Support costs		7,231	18,883	26,114	11,964
<b>Total</b>		<u>117,106</u>	<u>299,358</u>	<u>416,464</u>	<u>353,210</u>
<b>NET INCOME/(EXPENDITURE)</b>		(60,755)	77,237	16,482	(7,281)
Transfers between funds	12	25,303	(25,303)	-	-
Net movement in funds		(35,452)	51,934	16,482	(7,281)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		116,005	47,500	163,505	170,786
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>80,553</u></u>	<u><u>99,434</u></u>	<u><u>179,987</u></u>	<u><u>163,505</u></u>

The notes form part of these financial statements

**THE PARENTING PROJECT (REGISTERED NUMBER: 06032858)**

**STATEMENT OF FINANCIAL POSITION**  
**31 March 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	9	7,487	-	7,487	4,841
<b>CURRENT ASSETS</b>					
Debtors	10	-	70	70	21,266
Cash at bank and in hand		89,951	99,364	189,315	162,163
		<u>89,951</u>	<u>99,434</u>	<u>189,385</u>	<u>183,429</u>
<b>CREDITORS</b>					
Amounts falling due within one year	11	(16,885)	-	(16,885)	(24,765)
		<u>73,066</u>	<u>99,434</u>	<u>172,500</u>	<u>158,664</u>
<b>NET CURRENT ASSETS</b>					
		<u>80,553</u>	<u>99,434</u>	<u>179,987</u>	<u>163,505</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>80,553</u>	<u>99,434</u>	<u>179,987</u>	<u>163,505</u>
<b>NET ASSETS</b>					
		<u>80,553</u>	<u>99,434</u>	<u>179,987</u>	<u>163,505</u>
<b>FUNDS</b>					
	12				
Unrestricted funds				80,553	116,005
Restricted funds				99,434	47,500
				<u>179,987</u>	<u>163,505</u>
<b>TOTAL FUNDS</b>					
				<u>179,987</u>	<u>163,505</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 October 2022 and were signed on its behalf by:



J M L Williams - Trustee

The notes form part of these financial statements

**STATEMENT OF CASH FLOWS**  
for the Year Ended 31 March 2022

	Notes	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>34,746</u>	<u>(38,263)</u>
Net cash provided by/(used in) operating activities		<u>34,746</u>	<u>(38,263)</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(7,600)	(7,262)
Interest received		6	253
Net cash used in investing activities		<u>(7,594)</u>	<u>(7,009)</u>
<b>Change in cash and cash equivalents in the reporting period</b>			
		27,152	(45,272)
<b>Cash and cash equivalents at the beginning of the reporting period</b>			
		<u>162,163</u>	<u>207,435</u>
<b>Cash and cash equivalents at the end of the reporting period</b>			
		<u><u>189,315</u></u>	<u><u>162,163</u></u>

The notes form part of these financial statements

**NOTES TO THE STATEMENT OF CASH FLOWS**  
for the Year Ended 31 March 2022

**1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2022 £	2021 £
<b>Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)</b>	16,482	(7,281)
<b>Adjustments for:</b>		
Depreciation charges	4,954	2,421
Interest received	(6)	(253)
Decrease in debtors	21,196	3,734
Decrease in creditors	(7,880)	(36,884)
<b>Net cash provided by/(used in) operations</b>	<u>34,746</u>	<u>(38,263)</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.21 £	Cash flow £	At 31.3.22 £
<b>Net cash</b>			
Cash at bank and in hand	162,163	27,152	189,315
	<u>162,163</u>	<u>27,152</u>	<u>189,315</u>
<b>Total</b>	<u>162,163</u>	<u>27,152</u>	<u>189,315</u>

**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year Ended 31 March 2022

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on reducing balance

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2022	2021
	£	£
Donations	54,560	38,374
Grants	335,095	307,302
Lottery Reaching Communities	43,285	-
	<u>432,940</u>	<u>345,676</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2022

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	6	253
	<u>6</u>	<u>253</u>

4. CHARITABLE ACTIVITIES COSTS

Provision of Services

	2022	2021
	£	£
Staff salaries	306,727	271,612
Social security	19,899	21,790
Pensions	15,419	13,629
Costs of volunteers	800	348
Activities costs	1,214	189
Activities equipment and resources	1,449	196
Cleaning	2,678	3,273
Travelling and subsistence	1,301	2,032
Employee expenses	652	279
Staff training	1,868	4,262
Publicity	5,987	1,362
Insurance	3,058	3,098
Postage and delivery	381	170
Printing and stationery	2,607	2,687
Rent	7,892	7,892
Repairs and maintenance	-	29
Telephone and internet	7,084	3,453
Utilities	-	(32)
Computer and software expenses	6,255	2,406
Bank charges	125	150
Depreciation of computer equipment	4,954	2,421
	<u>390,350</u>	<u>341,246</u>

5. SUPPORT COSTS

	2022	2021
	£	£
Trustees' expenses	53	100
Professional fees	23,781	9,764
Auditors' remuneration	2,280	2,100
	<u>26,114</u>	<u>11,964</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2022

6. NET INCOME/(EXPENDITURE)

	2022 £	2021 £
Depreciation - owned assets	4,951	2,421
Fees payable to auditor for:		
- audit	2,280	2,100
- other services	2,280	2,100
	<u>          </u>	<u>          </u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

Trustees were reimbursed expenses of £53 (2021: £100).

8. STAFF COSTS

	2022 £	2021 £
Wages and salaries	306,727	271,612
Social security costs	19,899	21,790
Other pension costs	15,419	13,629
	<u>          </u>	<u>          </u>
	<u>342,045</u>	<u>307,031</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Employees	15	13
	<u>          </u>	<u>          </u>

No employees received emoluments in excess of £60,000.

9. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 April 2021	7,262
Additions	7,600
	<u>          </u>
At 31 March 2022	14,862
<b>DEPRECIATION</b>	
At 1 April 2021	2,421
Charge for year	4,954
	<u>          </u>
At 31 March 2022	7,375
<b>NET BOOK VALUE</b>	
At 31 March 2022	<u>7,487</u>
At 31 March 2021	<u>4,841</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2022

10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	70	21,266

11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	7,851	320
Social security and other taxes	2,405	5,909
Other creditors	2,069	1,444
Deferred income	-	5,000
Accrued expenses	4,560	12,092
	<u>16,885</u>	<u>24,765</u>

12. MOVEMENT IN FUNDS

	2021	Incoming Resources	Resources Expended	Transfers	2022
	£	£	£		£
<b>Unrestricted funds</b>					
General funds	116,005	56,351	(117,106)	25,303	80,553
<b>Restricted funds</b>					
Family Wellbeing Programme	12,403	76,920	(61,318)	(12,012)	15,993
Parent Mentoring Programme	6,099	16,283	(18,867)	(2,791)	724
Mental Health Programme	19,416	221,871	(200,008)	(10,500)	30,779
Trading Arm Development	9,582	22,083	(19,165)	-	12,500
WCC Dad's Matter Programme	-	39,438	-	-	39,438
<b>Total Restricted Funds</b>	<u>47,500</u>	<u>376,595</u>	<u>(299,358)</u>	<u>(25,303)</u>	<u>99,434</u>
<b>TOTAL FUNDS</b>	<u>163,505</u>	<u>432,946</u>	<u>(416,464)</u>	<u>-</u>	<u>179,987</u>

During the year an amount of £25,303 was transferred from restricted funds to the unrestricted general funds. This represents the agreed management fee for the year.

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

**THE PARENTING PROJECT**

England & Wales - Charity number 1125291

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# Accounts

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# **Parenting Project**

## **The Parenting Project**

### **Report and Financial Statements For the Year Ended 31 March 2021 (A company limited by guarantee)**

**Registered Charity number 1125291  
Company number 6032858**

## **Annual Report and Financial Statements**

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Report of the Trustees	1 to 15
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**Jane Williams Chair**  
**Welcome to our Annual Report for financial year ending 2021**

Despite the impact of the pandemic and the associated isolation due to repeated lock downs, it feels that this year's report has come around more quickly than any other year.

The pandemic has affected us all in so many ways. For the charity sector the challenge has been to continue to support our beneficiaries, who are facing unprecedented difficulties caused by, or exacerbated by the global situation, whilst ensuring we are able to survive financially in order to continue to meet growing demand.


Nationally, funding streams were put on hold whilst the global financial impact was assessed. For us this meant that we were unable to apply for the grants and contracts identified in our fundraising strategy. The impact of the situation could not fully be predicted, which was extremely challenging. There were decisions to take, which demanded significant courage.

First and foremost we decided very quickly to maintain our support for families at a time when they clearly needed us the most. This meant that we could not access significant funding through the government's furlough scheme. All other government support and support from some trust funds involved competitive bidding, which meant we needed to constantly prove the need for our work within a context of less than a 10% chance of success.

Following our bid for government funding for charities, administered by the Lottery Fund, I'm pleased to say we were successful in securing enough funds to maintain our services during the worst of the pandemic. Since then, as funders began to open their doors again and recognised the importance of providing support for the mental health of families, we have secured further funding for new and existing programmes of work.

It is with great pride that I and the Board of Trustees, acknowledge the phenomenal work and commitment of our team, employed staff and volunteers alike. They have worked so very hard, despite the challenges they have faced in their own lives, and have literally enabled families to find the strength to survive this unprecedented time.

Jane Williams Chair of Trustees

Signed:  .....

Date: 14 December 2021

## **Objectives and Activities**

### **Purpose and Aims**

Our Charity's purpose, as set out in the objects contained in the company's memorandum of association, is to:

- **Make a positive difference to the lives of families to improve outcomes for children by providing support at the earliest point of need.**
- **To be there to provide high quality parenting support by recognising that parents are key to making a difference to the lives of their children.**

The aims of our charity are to support parents to do their best for their children to enable them to grow and develop well and to provide support and services for children 0-19 years (25 if SEND) to help them to secure positive outcomes in all aspects of their lives. We work directly with children as well as the parents themselves.

### **Vision and Mission Statement**

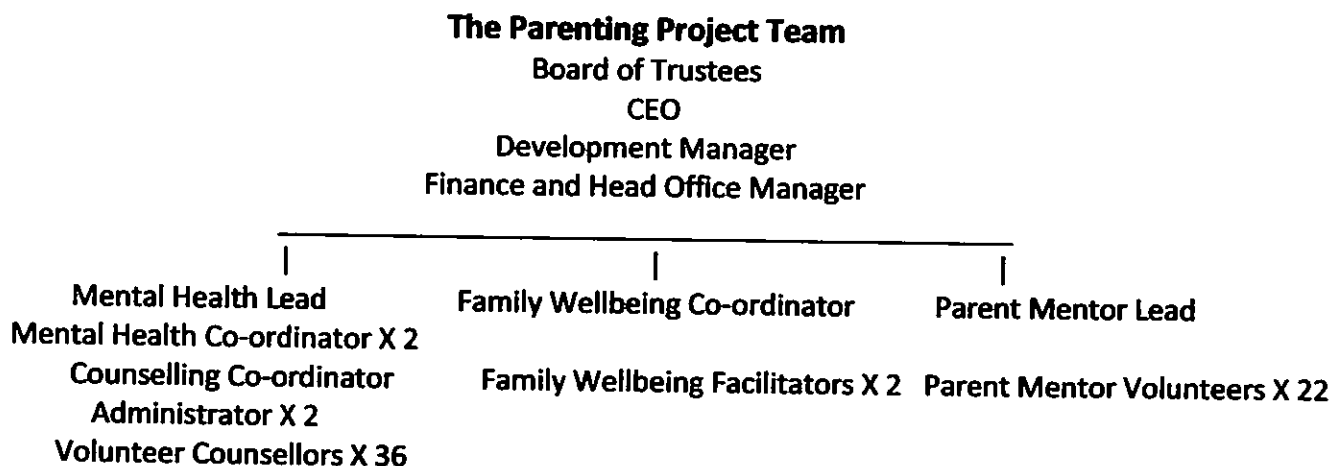
Our vision is that we will be there to improve lives for children, young people and their families when support is needed and continue to develop our range of services, programmes and projects in response to their needs.

Our Mission:

***“To improve the life experiences and outcomes of children, young people and their families by providing services and support at a time when they are most needed”***

### **Ensuring our work delivers our aims**

We review our aims, objectives and activities each year. The review examines our achievements and the outcomes of our work over the previous 12 months. We look at the effectiveness of each key activity and assess the benefits of those activities and the difference they have made to the children and families we have supported. The review also helps us to ensure our aims, objectives and activities remain focused upon our stated purpose. For example, the trustees consider how our planned developments and services will contribute to the aims and objectives they have set.



## **The Focus of our Work**

We have continued to develop and implement our Mental Health Strategy in response to growing need to enable parents to improve and secure their mental health and, consequently, that of their children.

Parents experiencing mental ill health often request support and therapy in their endeavour to mitigate against the impact of their emotional health on their children and yet, it is well documented that such help and support is difficult to access and insufficient.

A range of research has suggested that children may experience a range of adverse consequences when living with parents with mental illness and poor emotional wellbeing.

Effects on children are described in the literature as mainly negative – including poor psycho-social development and attachments, compromised emotional and mental wellbeing and poor transitions into adulthood.

However, not all children will be adversely affected when parents have mental illness and positive outcomes have also been identified, including enhanced maturity and children’s capacity to develop resilience and effective coping mechanisms.

These outcomes are more likely to occur when children and families are supported adequately and appropriately.

Key factors in ensuring children do not suffer adverse consequences of living with a parent who has mental illness are:

- Providing effective support to families.
- Listening to what children have to say about their experiences and needs in the context of parental mental illness.
- Providing children with age appropriate information about mental health conditions.

- Recognising that, alongside their own health needs, parents with mental illness may also have additional parenting needs. This is an important message for practitioners working with adults with mental health problems and their families.  
*(Jo Aldridge, 2012 Loughborough University)*

As we continue to develop our understanding of this and expand our focus on mental health support, we have consolidated our work into our pathway of support we have called the Parenting Project Family Wellbeing Programme. This is described in more detail below.

### Our objectives for 2020/21:

- To continue to respond to the mental health needs of families and the wider population
- To continue to provide support for children 0-19 (25 if SEND)
- To develop a trading arm of the charity which will enable the Parenting Project to become sustainable in the medium and long term

We have now successfully met all three of our objectives. Funding from Stratford Town Trust has enabled us to employ a Business Development Manager to create and develop a trading arm of our charity, which will be developed over the forthcoming year and will be aligned with our values.

### How our activities deliver public benefit

Our main activities and those we aim to help are described below. All of our charitable activities focus upon improving the lives of children and their families and are undertaken to further our charitable purposes for public benefit. During the pandemic we remained focused on supporting the most vulnerable families and continued to support them remotely. Our commitment to families at this time meant that we only furloughed 3 members of our team for a period of several weeks.

### Who used and benefitted from our services?

Our objects and funding limited the services we were able to provide to families this year, to Warwickshire. During this financial year a total of 575 individuals benefitted from our support. Beneficiaries include children 0-19 (25 if SEND) and parents.

## Focusing on Mental Health

It is well documented that there is an increase in mental health issues, purporting 1 in 4 people are now affected. If we view these statistics from a medicalised perspective we do in fact have an issue. Through this lens, many people, including children, are more likely to be living with a mental illness than ever before.

However, it is also accepted that the 1 in 4 figure is not totally random and is potentially misleading in that social inequalities, poverty, and adverse childhood experiences are recognised as the main reasons for distress and suffering, and therefore make up the 1 in 4. (Johnstone, Boyle, Cromby et al 2018).

Understanding mental health and emotional wellbeing in a medicalised context increases the risk of perpetuating dependency and marginalisation as services, that are quite often doing their best, can unwittingly emulate triggers and potentially reinforce childhood issues and past abusive relationships as experts try to help and advise families. A plan 'put in place' to engage families and increase their sense of agency can actually have the opposite effect due to the perceived power imbalances.

The trauma-informed approach is based on the recognition that people who use services have quite often experienced significant adversity. It is also noted that the key to recovery is when trusting relationships and validation are experienced (Johnstone, Boyle, Cromby et al 2018).

It may therefore be more helpful to make sense of emotional wellbeing and mental health through an individual's social and developmental context - in essence, their lived experience. Trauma-informed projects are running in service design, education, prisons, and public health ([www.acestoohigh.com](http://www.acestoohigh.com)). Our counselling service and entire organisation adopts a Trauma Informed Approach.

Counselling, and in particular the therapeutic relationship, aims not to take the expert position but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Rather than tell the client what to do, it facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them. At its core is the Person Centred Approach.

The Person-Centred Approach is transferable and is recognised to work very well in allied helping professions, quite often we hear the phrase 'patient-centred care' in hospitals or child-centred approaches in schools to demonstrate how putting the person at the centre of any professional involvement seeks to empower individuals, facilitate independence and, in the case of parenting, improve outcomes for children.

The use of language is key to effective communication, using counselling skills is a simple yet effective way to facilitate insight and understanding.

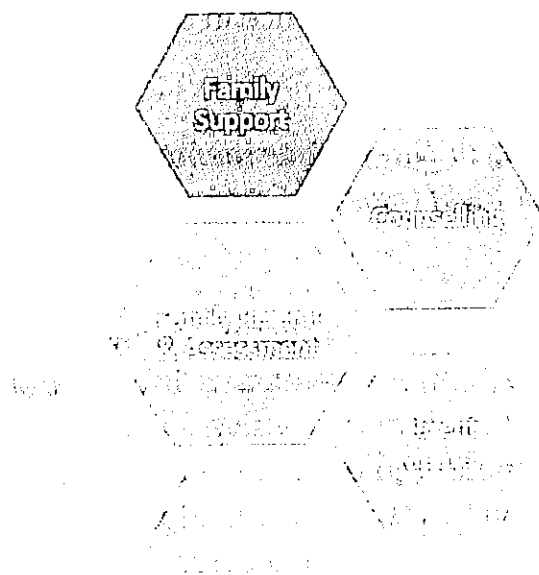
Communities that adopt an approach which focuses on the strengths and abilities of those it seeks to support, can position themselves well to achieve better outcomes. They are socially and economically robust where people play a part in the decisions that are important to them increasing a sense of self-agency and autonomy (Places: empowerment and investment for local communities, 2018).

Therefore to promote independence and resilience we work in collaboration with those we are endeavouring to help and support, those taking responsibility for the choices they make.

### Family Wellbeing Pathway

The Family Wellbeing Pathway evolved over a number of years in response to family need, in particular, mental health. It offers a pathway of support and activities which aim to improve outcomes for families. Each family is assessed and offered support from the pathway activities as appropriate. For some families, dependent on need, this means they will access all or most of the activities within the pathway, whilst others may only need one or two elements, for example, counselling and signposting to other partner organisations. Importantly, all families will access the pathway which is appropriate for them to achieve improved outcomes and independence. Crucially, parents will choose the pathway most suitable for them to bring about changes in their lives.

### **The Pathway:**



**Family Support;** this is 1:1 support for families who need guidance on dealing with specific problems which are overwhelming them. For example, debt, benefit claims, housing, impact of domestic abuse, school attendance, child behaviour, child development, school attainment levels, isolation, loneliness, confidence, self-esteem, attachment with new baby and family relationships.

1:1 support is delivered by a qualified and experienced Family Wellbeing Facilitators.

Family support is delivered by our Family Wellbeing Team:

Family Wellbeing Lead  
2 X Family Wellbeing Facilitators

**Group Activities;**

Lego Based Therapy	Art Therapy
Parenting Programmes	Parent Groups
Baby massage	

Group activities are provided in schools to complement our programme of family support. They are delivered by our Family Wellbeing Team.

During this financial year we provided family support and group work to 78 families (312 individuals) The full pathway was funded in Warwick Town by Thomas Oken and Nicholas Eyfler Trust and by Orbit Housing for the Stratford District.

**Counselling;** Counselling helps parents to achieve a sense of agency which is essential for them to feel in control of their lives and to believe in their capacity to influence their own thoughts and behaviour and build confidence in their ability to handle a wide range of tasks and situations, including being a parent.

*Many children whose parents or carers have mental health problems go on to achieve their full potential in life, particularly if their parents receive the right support at the right time (Hogg, 2013).*

Parents access up to 18 sessions with a trauma informed, person centred Counsellor. Now Covid 19 restrictions have been lifted, the sessions are delivered in locally based venues which are accessible and inclusive and a blend of online or telephone counselling. Outcomes are measured using the 'Core 34 Outcomes Measure Tool' which measures mental wellbeing in terms of risk, function, problems and subjective wellbeing. From existing data of counselling over 1,000 parents an average improvement score of 94% was achieved.

The Counsellors are supported by the Parenting Project Mental Health Team;

Mental Health Lead

2 X Mental Health Coordinators

Counselling Coordinator

2 X Mental Health Administrators

Parenting Project is an organisational member of the British Association for Counselling and Psychotherapy (BACP). We require all counsellors to hold individual membership of the BACP. The association promotes and facilitates research to produce trusted best practice by providing a robust framework to ensure the profession follows and adheres to the highest possible standards that protect individuals seeking therapy.

<https://www.bacp.co.uk/about-us/about-bacp/>

We are also members of the Association of Mental Health Providers.

Our counselling placement provider model enables us to deliver effective counselling therapy which is affordable. The following provides a snapshot of the service:

- We deliver in 12 Children and Family Centres and numerous outreach venues throughout Warwickshire
- We provide more than 90 hours a week of counselling, currently available to Warwickshire parents (mothers and fathers/carers of children aged 0-19, 25 if SEND)
- Counselling is inclusive for all who meet criteria
- Safeguarding procedures are in place and used effectively
- We are able to offer different modalities, with a person-centred/trauma-informed core
- Our volunteer placement counsellors come from helping backgrounds and second careers, e.g. Doctors, Nurses, Teachers, CPNs, Support Workers, psychologists etc.
- We have strong partnerships with universities
- We are recommended as a counselling placement organisation due to our excellent knowledge and application of ethics and morals and safe counselling practice. Students are well supported and contracts are in place.
- We are audited by universities
- We are an organisational member of the BACP
- We train student counsellors in different areas, offer quality CPD, and utilise current student skills to share knowledge.

We are valued and recognised by our local partners, both statutory and non-statutory, e.g. RISE (formally CAMHS), Perinatal MH, Health Visitors, GPs, IAPT, Crisis Team, Midwives, Social workers, Social Care, Early Help, Family Information Service, CAB, Children and Family

Centres, other voluntary and statutory sector services. This list is by no means definitive and continues to grow year on year.

During this financial year we received 383 referrals to the service and provided counselling for 212 parents. In addition we received 6 referrals for the child and young person counselling pilot delivered in South West Warwickshire only.

**Parent Mentoring;** this is for parents who are struggling with their role as a parent and would benefit from emotional and/or practical support from a Parent Mentor volunteer. The Parent Mentor spends time with the family on a weekly basis for up to 2 hours, for 3-6 months. Parents decide on the type of support they want in order to make progress as a parent and an individual. The goal of the Parent Mentoring Programme is to facilitate an outcome of confidence, wellbeing and independence for the parent which has a positive impact on the whole family.

Parent Mentors are recruited rigorously from often professional backgrounds, it is a volunteer role for which mentors receive comprehensive training and induction including safeguarding. They also receive group supervision and on call support. Current and previous Parent Mentors have found the role valuable in terms of their own learning and development and rewarding as they support parents to make positive and lasting changes in their lives.

All parents identified as suitable for the programme are assessed and matched to an appropriate Parent Mentor.

The Parent Mentor Programme is led by the Parent Mentor Lead, who is extensively experienced and suitably qualified senior manager.

During this financial year we recruited 22 Parent Mentors and supported 45 families (180 individuals) through the Parent Mentor Programme.

## **Structure, Governance and Management**

### **Statement of Trustee's Responsibilities**

The trustees are responsible for preparing the Annual Accounts in accordance with applicable law and regulations. The trustees are also Directors of the Parenting Project for the purpose of company law. Under that law the trustees have elected to prepare the financial statements in accordance with the UK generally accepted accounting practice (UK Accounting Standards and applicable law). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing the financial statements, the directors were required to:

- Select suitable accounting policies and apply them consistently;
- Make judgements and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time, the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees have adopted the provisions of the Statements of Recommended Practice (SORP).

### **Statement as to Disclosure of Information to Auditors**

So far as the trustees are aware, there is no relevant audit information (as defined by section 418 of the 2006 Companies Act) of which the company's auditors are unaware, and each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information. Company law requires the trustees to prepare financial statements that give a true and fair view of the state of affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year.

### **How we are Organised**

The Parenting Project recognises that in order to deliver its strategic aims, objectives and priorities successfully, it needs sound corporate governance arrangements in place. Our

**Governance Handbook sets out the roles, responsibilities and procedures for the effective and efficient conduct of its business. It also provides new trustees with a handbook of good governance structures and practice.**

### **Legal Status**

**The Parenting Project is a Private Limited Liability Company, also known as an Unincorporated Association, which is registered with Companies House and The Charity Commission. The Parenting Project is governed by a Board of Trustees and supported by sub-committees if considered appropriate.**

**The Parenting Project governing documents are:**

- Memorandum of Association**
- Articles of Association**

**The Articles of Association specify that the board is comprised of not less than five, but not limited. New trustees are appointed by the board from a wide range of backgrounds to bring balance and expertise to the Parenting Project. The board consists of a chair, deputy chair and trustees who are responsible for its governance and strategy. The day to day management and operation of the Parenting Project is designated to the Chief Officer.**

### **Management and Governance**

**The Parenting Project operates under the Good Governance Code for the voluntary and community sector. The code clarifies the roles and responsibilities of the trustees and provides guidance in ensuring effective decision-making and accountability. The code is not mandatory but the Parenting Project is making a clear statement about our commitment to high standards of governance by operating within the code.**

**We currently have 6 trustees. As part of our commitment to effective governance we have improved the accountability between the Children’s Centre Advisory Board and the Board of Trustees by ensuring a trustee attends each Advisory Board meeting when possible. We also continue to audit our governance functions to ensure continual improvement.**

**The board meets formally at least four times a year and, in addition, hosts an Annual General Meeting to discuss publicly the previous year’s performance and look ahead to future priorities. The board has a schedule of business which details the essential business items which trustees are required to consider throughout the year.**

## Safeguarding Children

We continue to set safeguarding as a priority for the Parenting Project. We have a clear structure of responsibility for keeping children safe with a minimum of 6 fully trained Designated Safeguarding Leads who are responsible for all aspects of our Safeguarding Policy and Procedures.

Our Safeguarding Policy is thoroughly reviewed annually to bring it in line with the most recent government guidelines included in the document 'Working Together to Safeguard Children'. (HM Government, 2015) and Warwickshire Safeguarding Children Board new Multi-Agency Safeguarding Hub (MASH) procedures which took effect from May 2016. The Parenting Project Safeguarding Policy is reviewed annually. The next review will be in April 2022.

We are confident in our ability to safeguard children and adhere to all legal requirements in this regard. In addition, and equally important, we continue to foster a strong safeguarding culture based on effective communication, inquiry, regular training inspiring confidence in our team and a focus on the wellbeing of children.

### **Plans for Future Periods**

- To further develop and expand the Family Wellbeing Programme
- To continue to provide support for children 0-19 (25 if SEND) and their parents
- To develop a trading arm of the charity which will enable the Parenting Project to become sustainable in the medium and long term

Due to the pandemic we were forced to hold our plans for this year and delay the development of a trading arm to support the charity. At the end of April 2021 we began to realise our plans to develop a trading arm by employing a Business Development Manager funded by Stratford Town Trust.

### **Financial Review**

#### Analysis of Results for the Year

This year was the first full year without the Children's Centre contract we previously held for a total of 11 years. The impact of the pandemic limited our income as many funding opportunities became unavailable to charities. We did, however, receive £97,241 from the government via the Lottery Fund. This enabled us to continue to deliver services to the most vulnerable families.

## Income for the year

<b>FAMILY WELLBEING PROGRAMME</b>	<b>GRANT</b>	<b>DONATIONS</b>	<b>AMOUNT</b>
Orbit Housing	£52,064.00	Heart of England CV resilience Fund	£1500
Thomas Oken & Nicholas Eyfler Trust	£23,561.00	Robert Waley-Cohen	£33000
<b>PARENT MENTORING PROGRAMME</b>		Advent of Change	£645
Municipal Charities Parent Mentoring	£5,000.00	Tesco Groundwork	£500
Kenilworth Town Council Parent Mentoring	£11,315.00	In memory of Ian Thompson	£1842
<b>MENTAL HEALTH PROGRAMME</b>		General Donations	£610
Kenilworth/Nuneaton	£6,000.00	Virgin Money Giving	£277
Rugby	£2,000.00		
WPH Charitable Trust	£5,000.00		
Warwick Provident	£3,000.00		
29th May 1961 Trust	4000.00		
STT Counselling	£7,500.00		
Nuneaton & Bedworth CC (Barnardos) funded by Leamington Town Council	£7,500.00		
WCC County Councillors Grants	£12,351.00		
BBC Children in Need	£9,991.00		
Warks Public Health Parenting in Mind	£25,000.00		
Warks Police Crime Commissioner MOJ Fund	£17,379.00		
<b>LOTTERY COMMUNITY FUND</b>	£97,241.00		
<b>STT BUSINESS DEVELOPMENT MANAGER</b>	£9,582.00		
<b>TOTAL</b>	<b>298,484.00</b>	<b>TOTAL</b>	<b>38,374.00</b>

Our total income for this year amounted to £345,929 and our total expenditure was £353,210.

## Reserves Policy

The Parenting Project is keenly aware of the need to secure its viability beyond the immediate future. To provide reliable services over the longer term, the project must be able to absorb setbacks and to take advantage of change and opportunity. The Parenting Project aims to provide for this by putting aside, when it can afford it, some unrestricted income as a reserve against future uncertainties. Should one of the Parenting Project funding streams be withdrawn, the Parenting Project would need to find alternative methods of funding, preferably without depleting existing unrestricted reserves. However, reserves are required in case this cannot happen.

The trustees have examined the company's requirements for reserves. It is the Trustee's view that it is prudent to ensure that there are sufficient reserves to provide financial flexibility in the case of forthcoming challenges. The trustees therefore consider that the ideal level of reserves as at March 31<sup>st</sup> 2021 would be £150,000 representing 6 months core expenditure and current contract end costs. The current reserves are £163,505. £47,500 of the reserves is restricted funding which is required to deliver grant contracts and Family Wellbeing projects.

## Investment Policy

Aside from retaining an amount of reserves each year, the Parenting Project's funds are received mostly in quarterly amounts and spent in the short term so there are limited funds for long term investment. Having considered the options available the company has decided to invest the small amount in a common investment fund. There is an investment policy in place.

This report has been prepared in accordance with the Statement of Recommended Practice:

Accounting and Reporting by Charities (issued in March 2005) and in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small entities.

Approved by the Management Committee on November 30<sup>th</sup> 2021 and signed on its behalf by:



Jane Williams

Chair of Trustees

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Opinion**

We have audited the financial statements of The Parenting Project (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

## **REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THE PARENTING PROJECT**

### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



David Cooper FCA (Senior Statutory Auditor)  
for and on behalf of Cooper Adams Ltd  
Chartered Accountants  
and Statutory Auditors  
12 Payton Street  
Stratford upon Avon  
Warwickshire  
CV37 6UA

14 December 2021

**STATEMENT OF FINANCIAL ACTIVITIES**  
for the Year Ended 31 March 2021

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	3,374	35,000	38,374	47,849
<b>Charitable activities</b>					
Grants received for projects	4	-	290,984	290,984	385,120
Sundry income		16,318	-	16,318	15,486
Investment income	3	253	-	253	754
<b>Total</b>		<u>19,945</u>	<u>325,984</u>	<u>345,929</u>	<u>449,209</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Provision of services	5	93,485	245,340	338,825	514,953
Support costs		7,531	6,854	14,385	21,069
<b>Total</b>		<u>101,016</u>	<u>252,194</u>	<u>353,210</u>	<u>536,022</u>
<b>NET INCOME/(EXPENDITURE)</b>		<u>(81,071)</u>	<u>73,790</u>	<u>(7,281)</u>	<u>(86,813)</u>
Transfers between funds	14	55,584	(55,584)	-	-
<b>Net movement in funds</b>		<u>(25,487)</u>	<u>18,206</u>	<u>(7,281)</u>	<u>(86,813)</u>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>141,492</u>	<u>29,294</u>	<u>170,786</u>	<u>257,599</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>116,005</u></u>	<u><u>47,500</u></u>	<u><u>163,505</u></u>	<u><u>170,786</u></u>

**THE PARENTING PROJECT (REGISTERED NUMBER: 6032858)**

**STATEMENT OF FINANCIAL POSITION**  
**31 March 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	11	4,841	-	4,841	-
<b>CURRENT ASSETS</b>					
Debtors	12	-	21,266	21,266	25,000
Cash at bank and in hand		115,364	46,799	162,163	207,435
		<u>115,364</u>	<u>68,065</u>	<u>183,429</u>	<u>232,435</u>
<b>CREDITORS</b>					
Amounts falling due within one year	13	(4,200)	(20,565)	(24,765)	(61,649)
<b>NET CURRENT ASSETS</b>					
		<u>111,164</u>	<u>47,500</u>	<u>158,664</u>	<u>170,786</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>116,005</u>	<u>47,500</u>	<u>163,505</u>	<u>170,786</u>
<b>NET ASSETS</b>					
		<u><u>116,005</u></u>	<u><u>47,500</u></u>	<u><u>163,505</u></u>	<u><u>170,786</u></u>
<b>FUNDS</b>					
Unrestricted funds	14			116,005	141,492
Restricted funds				47,500	29,294
<b>TOTAL FUNDS</b>					
				<u><u>163,505</u></u>	<u><u>170,786</u></u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:



.....  
 J M L Williams - Trustee

**STATEMENT OF CASH FLOWS  
for the Year Ended 31 March 2021**

	2021 £	2020 £
<b>Cash flows from operating activities</b>		
Cash generated from operations	(38,263)	(62,924)
Net cash used in operating activities	(38,263)	(62,924)
<b>Cash flows from investing activities</b>		
Purchase of tangible fixed assets	(7,262)	-
Interest received	253	754
Net cash (used in)/provided by investing activities	(7,009)	754
<b>Change in cash and cash equivalents in the reporting period</b>	<b>(45,272)</b>	<b>(62,170)</b>
Cash and cash equivalents at the beginning of the reporting period	207,435	269,605
<b>Cash and cash equivalents at the end of the reporting period</b>	<b>162,163</b>	<b>207,435</b>

Notes

1

**NOTES TO THE STATEMENT OF CASH FLOWS  
for the Year Ended 31 March 2021**

**1. RECONCILIATION OF NET EXPENDITURE TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2021 £	2020 £
<b>Net expenditure for the reporting period (as per the Statement of Financial Activities)</b>	(7,281)	(86,813)
<b>Adjustments for:</b>		
Depreciation charges	2,421	-
Interest received	(253)	(754)
Decrease/(Increase) in debtors	3,734	(12,425)
(Decrease)/increase in creditors	(36,884)	37,068
<b>Net cash used in operations</b>	<u>(38,263)</u>	<u>(62,924)</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.20 £	Cash flow £	At 31.3.21 £
<b>Net cash</b>			
Cash at bank and in hand	207,435	(45,272)	162,163
	<u>207,435</u>	<u>(45,272)</u>	<u>162,163</u>
<b>Total</b>	<u>207,435</u>	<u>(45,272)</u>	<u>162,163</u>

**NOTES TO THE FINANCIAL STATEMENTS**  
for the Year Ended 31 March 2021

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on reducing balance

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2021	2020
	£	£
Donations	<u>38,374</u>	<u>47,849</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2021**

**3. INVESTMENT INCOME**

	2021	2020
	£	£
Deposit account interest	253	754
	<u>253</u>	<u>754</u>

**4. INCOME FROM CHARITABLE ACTIVITIES**

	2021	2020
	£	£
Grants from Warwickshire County Council	-	305,764
Grants from Stratford Town Trust	17,082	20,155
Grants from local County Councillors	11,821	8,350
Other grants	262,081	50,851
Sundry income	16,318	15,486
	<u>307,302</u>	<u>400,606</u>

**5. CHARITABLE ACTIVITIES COSTS**

Detailed analysis of charitable activities costs is shown on the detailed Statement of Financial Activities.

**6. SUPPORT COSTS**

	2021	2020
	£	£
Trustees' expenses	100	30
Professional fees	9,764	18,989
Auditors' remuneration	2,100	2,050
	<u>11,964</u>	<u>21,069</u>

**7. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	2,421	-
	<u>2,421</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2021

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

Trustees were reimbursed expenses of £100 (2020: £30).

9. STAFF COSTS

	2021 £	2020 £
Wages and salaries	271,612	373,323
Social security costs	21,790	23,960
Other pension costs	13,629	19,391
	<u>307,031</u>	<u>416,674</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Employees	<u>13</u>	<u>21</u>

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	47,849	-	47,849
<b>Charitable activities</b>			
Grants received for projects	-	385,120	385,120
Sundry income	15,486	-	15,486
Investment income	<u>754</u>	<u>-</u>	<u>754</u>
<b>Total</b>	<b>64,089</b>	<b>385,120</b>	<b>449,209</b>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Provision of services	206,268	308,685	514,953
Support costs	7,132	13,937	21,069
<b>Total</b>	<u>213,400</u>	<u>322,622</u>	<u>536,022</u>
<b>NET INCOME/(EXPENDITURE)</b>	<b>(149,311)</b>	<b>62,498</b>	<b>(86,813)</b>
Transfers between funds	<u>87,457</u>	<u>(87,457)</u>	<u>-</u>
<b>Net movement in funds</b>	<b>(61,854)</b>	<b>(24,959)</b>	<b>(86,813)</b>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2021

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	203,346	54,253	257,599
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>141,492</u>	<u>29,294</u>	<u>170,786</u>

11. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
Additions	7,262
<b>DEPRECIATION</b>	
Charge for year	2,421
<b>NET BOOK VALUE</b>	
At 31 March 2021	<u>4,841</u>
At 31 March 2020	<u>-</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Other debtors	<u>21,266</u>	<u>25,000</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	320	3,795
Social security and other taxes	5,909	5,880
Other creditors	1,444	1,358
Deferred income	5,000	46,306
Accrued expenses	12,092	4,310
	<u>24,765</u>	<u>61,649</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
for the Year Ended 31 March 2021

14. MOVEMENT IN FUNDS

	2020 £	Incoming Resources £	Resources Expended £	Transfers	2021 £
<b>Unrestricted funds</b>					
General funds	141,492	1,945	(141,492)	55,584	116,005
<b>Restricted funds</b>					
CV34	-	19,361	(8,578)	(2,700)	8,083
STT Family Support	6,659	7,500	(13,409)	(750)	-
WCC County Councillors	6,294	12,321	(11,228)	(1,182)	6,205
Housing Priority	730	44,157	(32,723)	(7,844)	4,320
BBC Children in Need	-	9,991	(9,991)	-	-
Municipal Charities	6,178	5,000	(10,008)	-	1,170
Parent Mentoring	-	2,900	-	(1,076)	1,824
Kenilworth Town Council	-	11,315	(7,040)	-	4,275
Counselling	9,433	64,237	(58,559)	(3,070)	12,041
Warwick Police Commissioner	-	17,379	(9,917)	(7,462)	-
Lottery Community Fund	-	97,241	(73,241)	(24,000)	-
STT Business Development	-	9,582	-	-	9,582
Parenting in Mind	-	25,000	(17,500)	(7,500)	-
<b>Total Restricted Funds</b>	<b>29,294</b>	<b>325,984</b>	<b>(252,194)</b>	<b>(55,584)</b>	<b>47,500</b>
<b>TOTAL FUNDS</b>	<b>170,786</b>	<b>345,929</b>	<b>(353,210)</b>	<b>-</b>	<b>163,505</b>

During the year an amount of £55,584 was transferred from the CV34 , STT Family Support, WCC County Councillors, Housing Priority, Parent Mentoring, Counselling, Warwick Police Commissioner, Lottery Community and Parenting in Mind funds to the unrestricted general funds. This represents the agreed management fee for the year.

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

16. CHARITABLE STATUS

The company is registered as a charity on 31 July 2008. The charity number is 1125291.

17. COMPANY STATUS

The Parenting Project is a company limited by guarantee not having any share capital.

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
for the Year Ended 31 March 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	38,374	47,849
<b>Investment income</b>		
Deposit account interest	253	754
<b>Charitable activities</b>		
Grants from Warwickshire County Council	-	305,764
Grants from Stratford Town Trust	17,082	20,155
Grants from local County Councillors	11,821	8,350
Other grants	262,081	50,851
Sundry income	16,318	15,486
	<hr/>	<hr/>
	307,302	400,606
<b>Total incoming resources</b>	<hr/>	<hr/>
	345,929	449,209
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Staff salaries	271,612	373,323
Social security	21,790	23,960
Pensions	13,629	19,391
Costs of volunteers	348	1,568
Activities costs	189	14,830
Activities equipment and resources	196	1,833
Cleaning	3,273	3,692
Travelling and subsistence	2,032	13,592
Employee expenses	279	485
Staff training	4,262	2,876
Publicity	1,362	3,145
Insurance	3,098	956
Postage and delivery	170	754
Printing and stationery	2,687	5,305
Rent	7,892	17,026
Repairs and maintenance	29	5,768
Telephone and internet	3,453	7,310
Utilities	(32)	16,207
Computer and software expenses	2,406	2,810
Bank charges	150	122
Depreciation of computer equipment	2,421	-
	<hr/>	<hr/>
	341,246	514,953
<b>Support costs</b>		
<b>Management</b>		
Auditors' remuneration	2,100	2,050
Professional fees	9,764	18,989
Carried forward	11,864	21,039

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
for the Year Ended 31 March 2021

	2021 £	2020 £
<b>Management</b>		
Brought forward	11,864	21,039
Trustees' expenses	100	30
	<u>11,964</u>	<u>21,069</u>
Total resources expended	<u>353,210</u>	<u>536,022</u>
Net expenditure	<u>(7,281)</u>	<u>(86,813)</u>