



# 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.

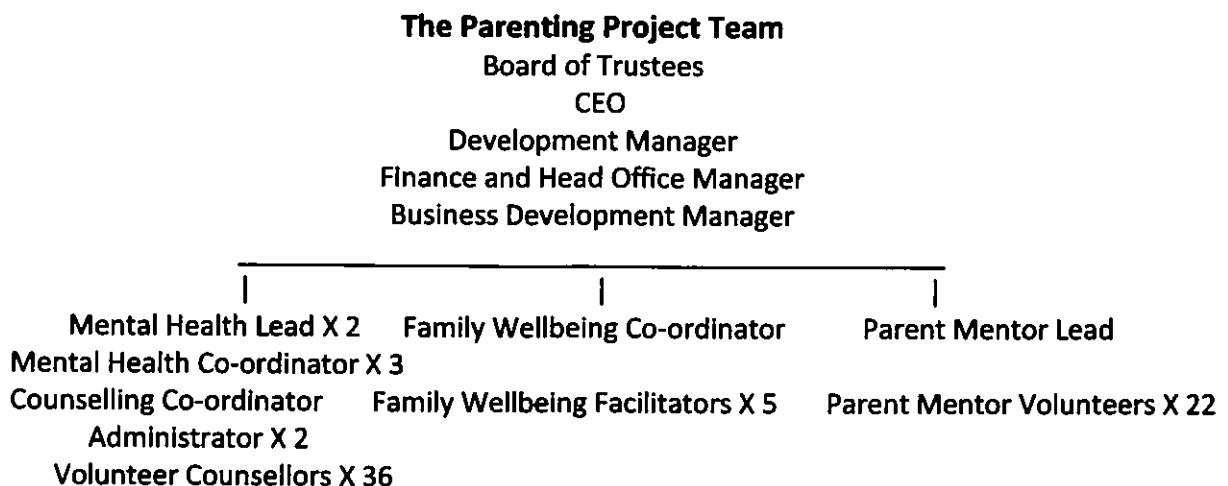
**Persistent Conviction:** A sure and certain commitment to families, means we persevere to do what serves families and individuals best, even if it's not the easiest or usual thing to do.

**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 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)*

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.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 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

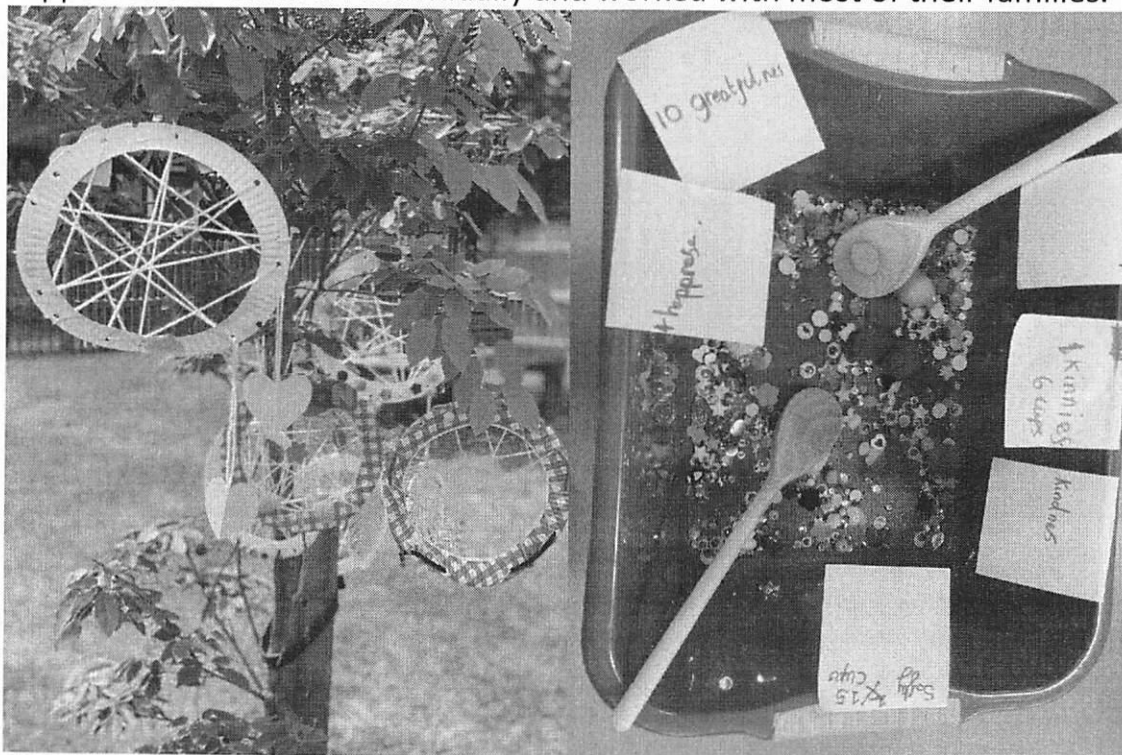
We provided 1:1 support for 23 individual families within the Warwick Town area. Support was provided for a range of issues including finances, parenting, child behavior, mental health, schooling, accessing appropriate education, social isolation and the consequences of Covid.

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.

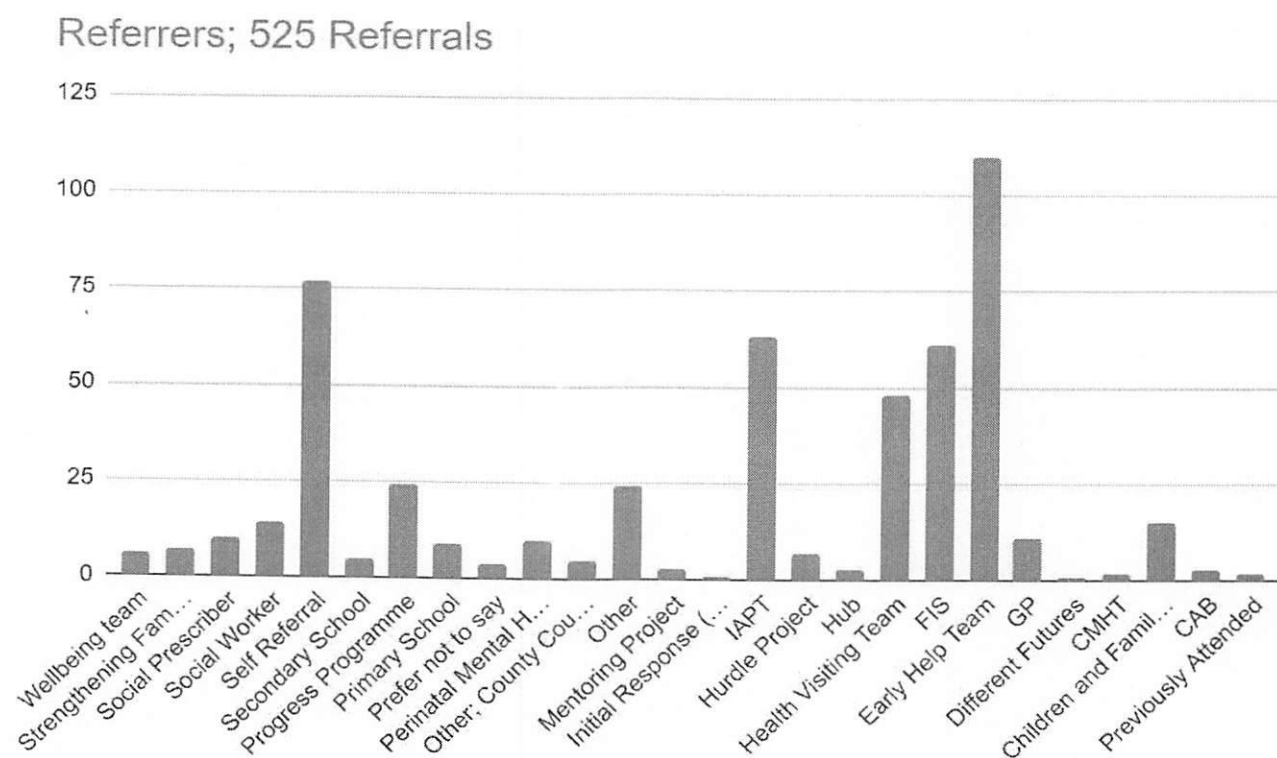
Data is taken at each point of contact with clients. This gives us a clear picture of who is referring in to the service, the type of issues people are seeking help for and other pertinent information which is useful to report on. We also collate data during therapy and at the last session to evaluate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

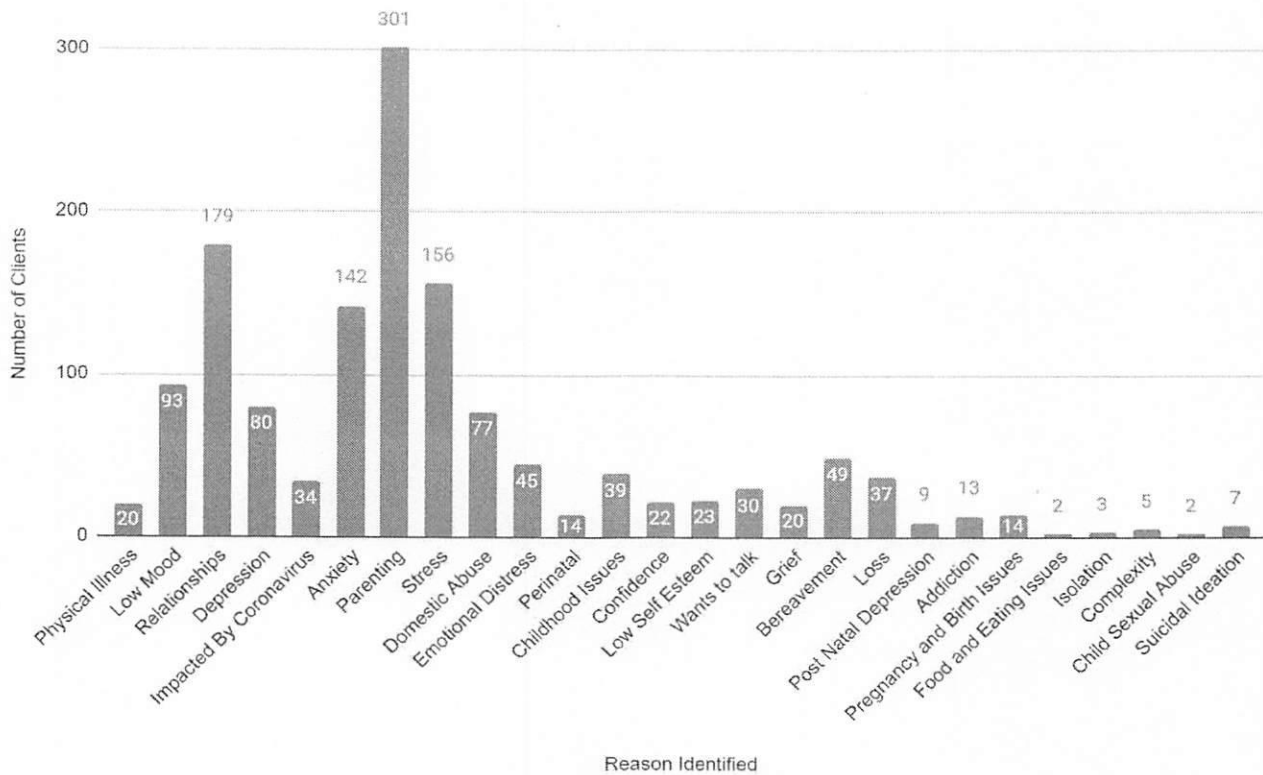
The following graph shows the referrers we have noted over this past year:



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

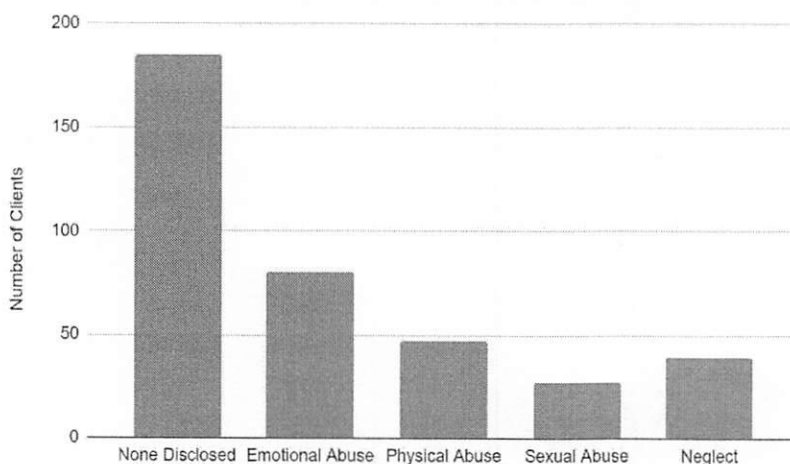
### Risk

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,

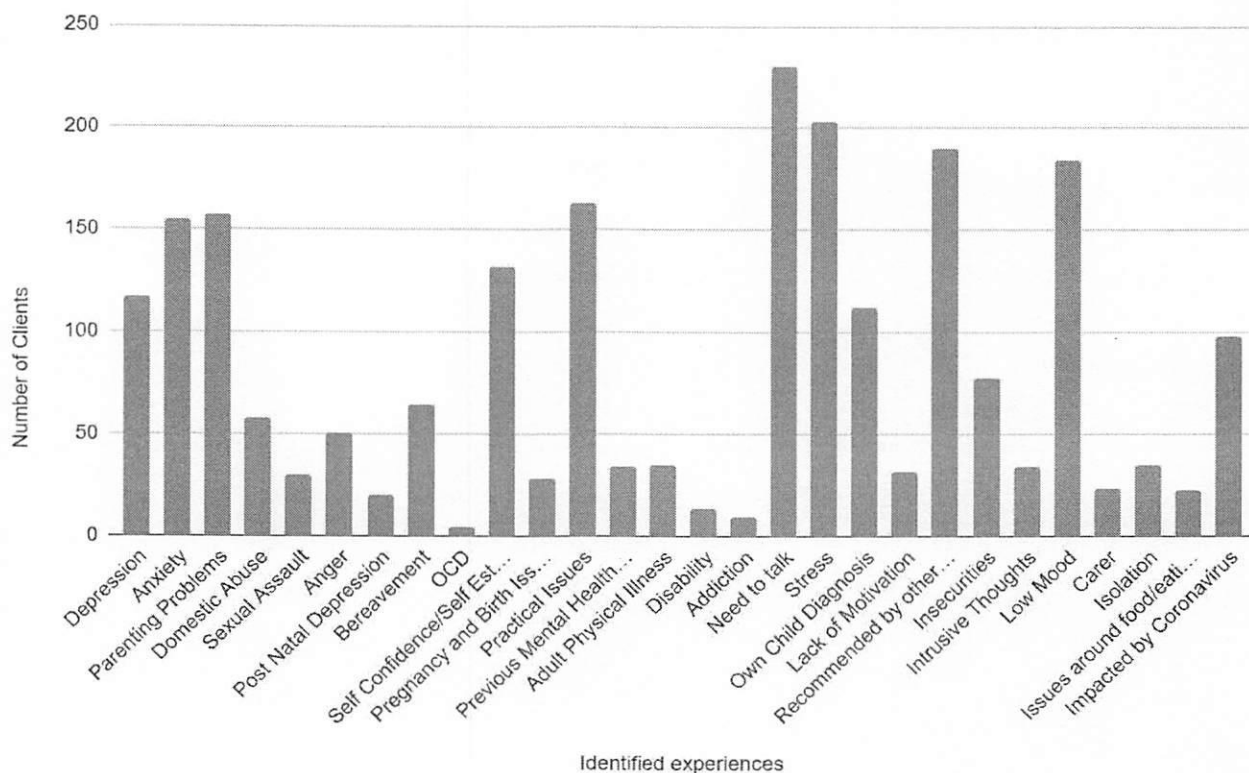
abuse or neglect in their own childhood. This was in the form of physical abuse, emotional abuse, sexual abuse or neglect, or a combination of experiences.

### 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.

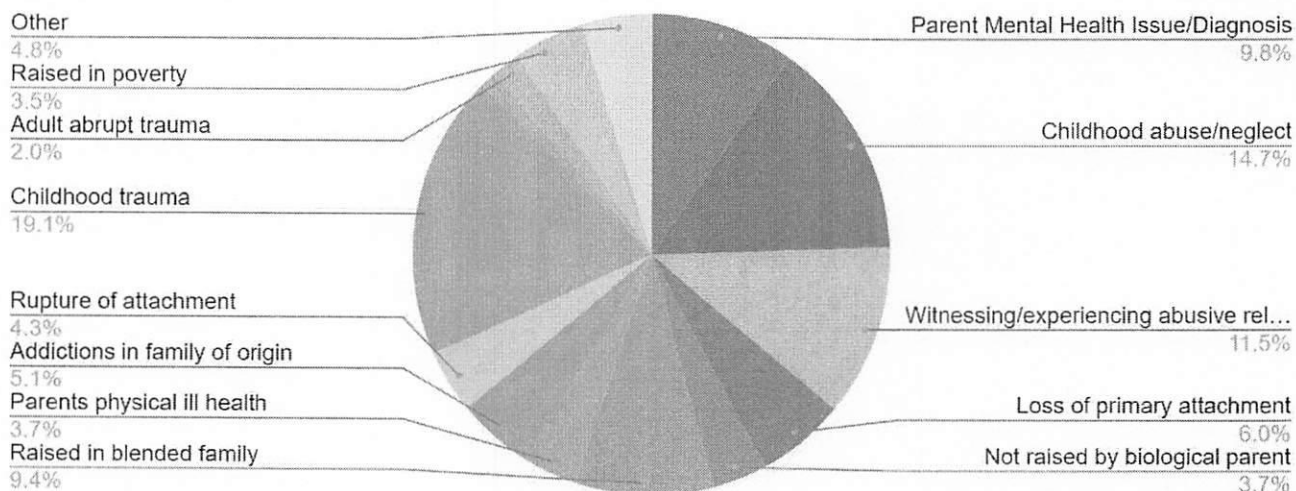
## Experiences present in client assessment

Multiple experiences can be identified



## Life Experiences of Clients

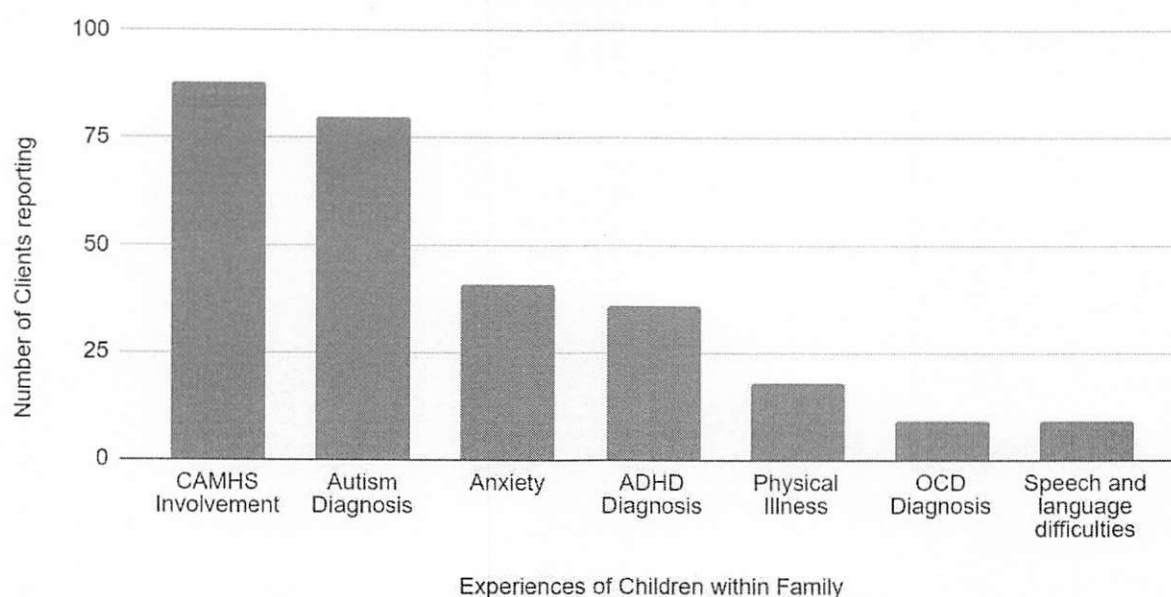
262 Assessed Clients



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.

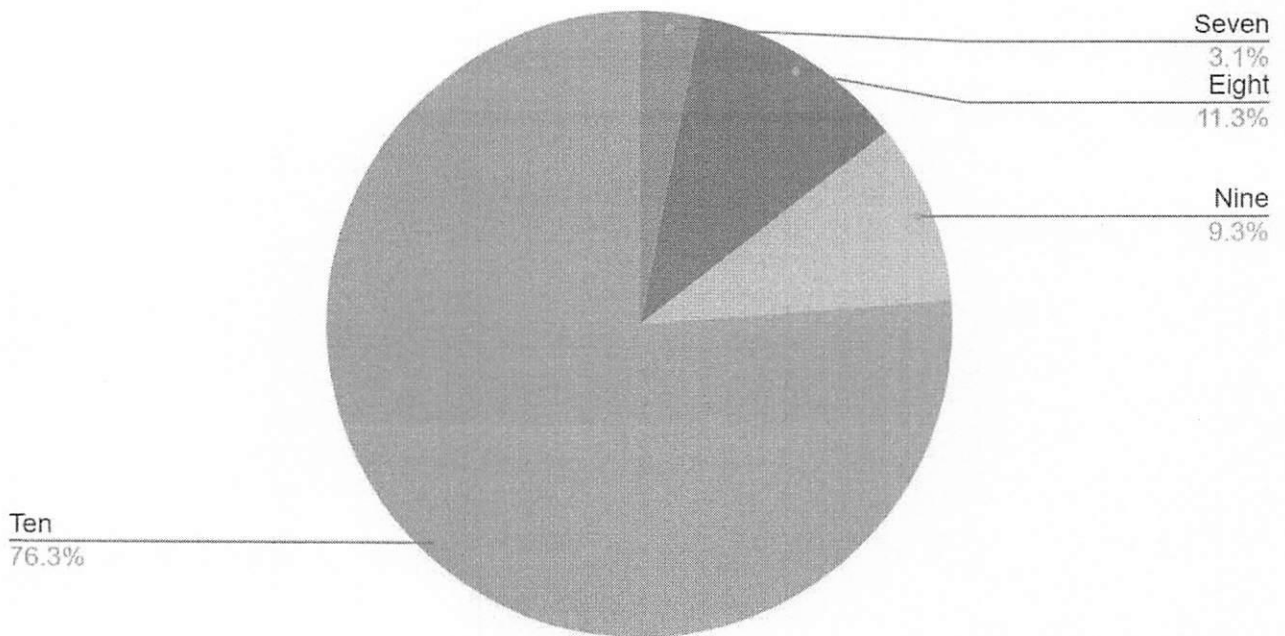
### Client Feedback

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.

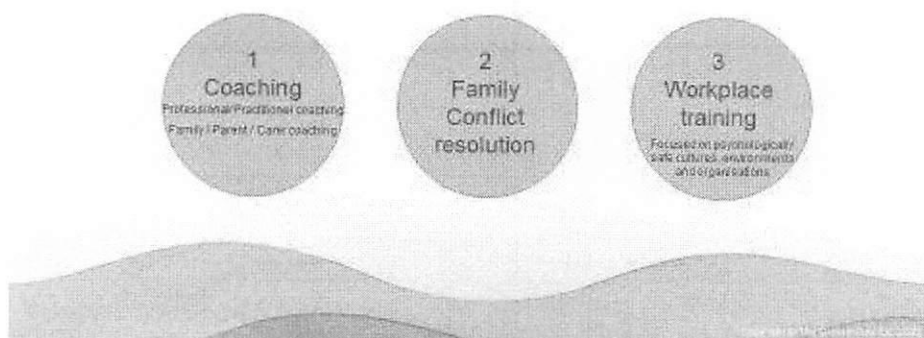
## **Our Big Why:**

- 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



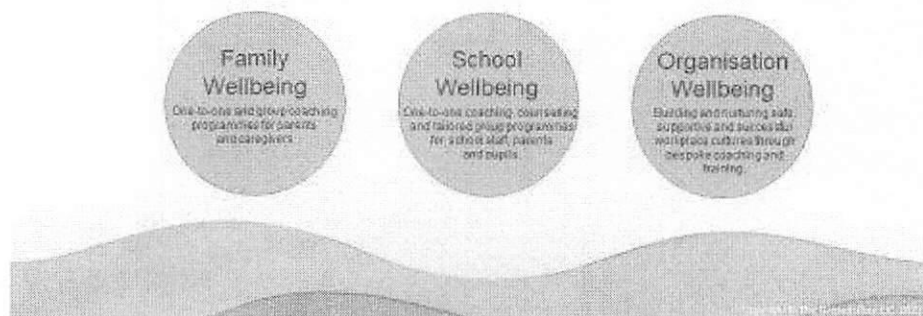
Three separate services as outlined in our business plan.



## 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) 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>	4				
Provision of services		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)
<b>Transfers between funds</b>	12	<u>25,303</u>	<u>(25,303)</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		(35,452)	51,934	16,482	(7,281)
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		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)
<b>NET CURRENT ASSETS</b>		<u>73,066</u>	<u>99,434</u>	<u>172,500</u>	<u>158,664</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
<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

**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	34,746	(38,263)
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</b>			
<b>in the reporting period</b>		27,152	(45,272)
<b>Cash and cash equivalents at the</b>			
<b>beginning of the reporting period</b>		<u>162,163</u>	<u>207,435</u>
<b>Cash and cash equivalents at the end</b>			
<b>of the reporting period</b>		<u>189,315</u>	<u>162,163</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>        </u>	<u>        </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>2,280</u>	<u>2,100</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>342,045</u>	<u>307,031</u>

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

	2022	2021
Employees	15	13

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
At 31 March 2022	<u>14,862</u>
<b>DEPRECIATION</b>	
At 1 April 2021	2,421
Charge for year	4,954
At 31 March 2022	<u>7,375</u>
<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.