



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

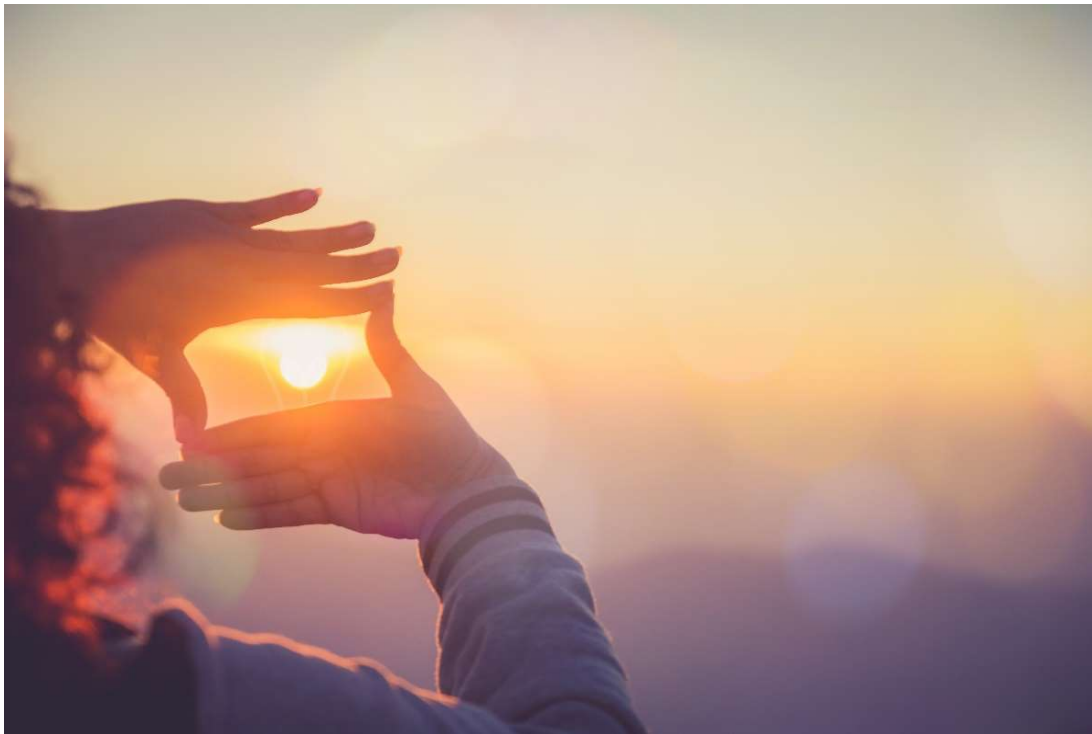
The next few years are still uncertain for us as we dust ourselves down from the pressures of a difficult funding landscape.

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

		Un- restricted funds	Restricted funds	31.03.24 Total funds	31.03.23 Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	10	2,000	-	2,000	2,985
CURRENT ASSETS					
Debtors	9	11,524	-	11,524	11,594
Cash at bank and in hand		27,656	94,070	121,726	40,437
		39,180	94,070	133,250	52,031
CREDITORS					
Amounts falling due within one year	8	13,382	-	13,382	21,245
NET CURRENT ASSETS / - LIABILITIES		25,798	94,070	119,868	30,786
TOTAL ASSETS LESS CURRENT LIABILITIES		27,798	94,070	121,868	33,771
NET ASSETS		27,798	94,070	121,868	33,771
FUNDS	15				
Unrestricted funds		27,798	-	27,798	245
Restricted funds		-	94,070	94,070	33,526
		27,798	94,070	121,868	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 £
Cash flows from operating activities	1		
Cash generated from operations		<u>81,190</u>	<u>- 148,256</u>
Net cash provided by operating activities		<u>81,190</u>	<u>- 148,256</u>
 Cash flows from investing activities	 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>
 Change in cash and cash equivalents in the reporting period		<u>81,289</u>	<u>- 148,878</u>
 Cash and cash equivalents at the beginning of the reporting period		<u>40,437</u>	<u>189,315</u>
 Cash and cash equivalents at the end of the reporting period		<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

	2023-24	2022-23
Net income for the reporting period (as per the Statement of Financial Activities)	£ 88,097	£ - 146,216
Adjustments for:		
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
	<u>- 6,907</u>	<u>- 2,040</u>
Net cash provided /- used by operations	<u>81,190</u>	<u>- 148,256</u>

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
	72,984	279,885	352,869	558,821

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
	269,130	441,249
The average number of employees during the year was as follows:	11	19

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

	Total 2023-24 £	Total 2022-23 £
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
	13,382	21,245

9 DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

10 TANGIBLE FIXED ASSETS

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

	Total 2023-24 £	Total 2022-23 £
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

	Unrestricted Funds £	Restricted Funds £	Total 2023-24 £	Total 2022-23 £
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
Total funds	<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 £
UNRESTRICTED FUNDS					
General funds					
General Funds	245	109,722	82,169	-	27,798
Total Unrestricted funds	245	109,722	82,169	-	27,798
RESTRICTED FUNDS					
Family Wellbeing Programme	3,010	118,943	98,061	-	23,892
Parent Wellbeing Programme	-	4,000	2,800	-	1,200
Mental Heath Programme	11,944	217,792	160,758	-	68,978
WCC Dad's Matter Programme	18,572	-	18,572	-	-
Total Restricted funds	33,526	340,735	280,191	-	94,070
TOTAL FUNDS	33,771	450,457	362,360	-	121,868

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
	£	£	£	£
INCOME AND ENDOWMENTS FROM				
Donations and legacies	6,442	57,500	63,942	54,560
Charitable activities				
Charitable activities	-	356,892	356,892	378,380
Investment income	56	-	56	6
Total	6,498	414,392	420,890	432,946
EXPENDITURE ON				
Charitable activities				
Charitable activities	72,791	486,030	558,821	409,330
Support costs	8,285	-	8,285	7,134
Total	81,076	486,030	567,106	416,464
Net income/-expenditure	- 74,578	- 71,638	- 146,216	16,482
Transfers between funds	- 5,730	5,730	-	-
Net movement in funds	- 80,308	- 65,908	- 146,216	16,482
RECONCILIATION OF FUNDS				
Total funds brought forward	80,553	99,434	179,987	163,505
TOTAL FUNDS CARRIED FORWARD	245	33,526	33,771	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
	£	£	£	£
FIXED ASSETS				
Tangible assets	2,985	-	2,985	7,487
CURRENT ASSETS				
Debtors	-	11,594	11,594	70
Cash at bank and in hand	10,993	29,444	40,437	189,315
	10,993	41,038	52,031	189,385
CREDITORS				
Amounts falling due within one year	13,733	7,512	21,245	16,885
NET CURRENT ASSETS / - LIABILITIES	- 2,740	33,526	30,786	172,500
TOTAL ASSETS LESS CURRENT LIABILITIES	245	33,526	33,771	179,987
NET ASSETS	245	33,526	33,771	179,987
FUNDS				
Unrestricted funds	245	-	245	80,553
Restricted funds	-	33,526	33,526	99,434
	245	33,526	33,771	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 £
UNRESTRICTED FUNDS					
General funds					
General Funds	80,553	6,498	- 81,076	- 5,730	245
Total Unrestricted funds	80,553	6,498	- 81,076	- 5,730	245
RESTRICTED FUNDS					
Family Wellbeing Programme	15,993	79,282	- 84,054	- 8,211	3,010
Parent Wellbeing Programme	724	23,400	- 24,124	-	-
Mental Heath 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	-	-
Total Restricted funds	99,434	414,392	- 486,030	5,730	33,526
TOTAL FUNDS	179,987	420,890	- 567,106	-	33,771