

RAINBOW PARENTS CARERS FORUM

England & Wales · Charity number 1155205

Details

Status Registered

Legal form CIO

Registered 2014-01-06

Register [View on the Charity Commission register](#)

Contact

Address 2A Cross Street
Nottingham
NG5 7BL

Phone 01157860211

Email admin@rainbowpcf.org.uk

Website <http://www.rainbowpcf.org.uk/>

Activities

Objects: TO ENHANCE THE DEVELOPMENT AND EDUCATION OF DISABLED CHILDREN BY ENCOURAGING PARENTS AND THEIR CARERS TO UNDERSTAND AND PROVIDE FOR THE NEEDS OF THEIR CHILDREN THROUGH COMMUNITY GROUPS AND BY:(A)OFFERING APPROPRIATE PLAY, EDUCATION AND CARE FACILITIES, FAMILY LEARNING AND EXTENDED HOURS GROUPS, TOGETHER WITH THE RIGHT OF PARENTS TO TAKE RESPONSIBILITY FOR AND TO BECOME INVOLVED IN THE ACTIVITIES OF SUCH GROUPS, ENSURING THAT SUCH GROUPS OFFER OPPORTUNITIES FOR ALL CHILDREN WHATEVER THEIR RACE, CULTURE, RELIGION, MEANS OR ABILITY;(B)ENCOURAGING THE STUDY OF THE NEEDS OF SUCH CHILDREN AND THEIR FAMILIES AND PROMOTING PUBLIC INTEREST IN AND RECOGNITION OF SUCH NEEDS IN THE LOCAL AREAS; AND3.2 TO PROMOTE AND PROTECT THE GOOD HEALTH OF PARENTS AND CARERS OF DISABLED CHILDREN AND THEIR FAMILIES BY PROVIDING A NETWORK OF PARENTS AND CARERS OF DISABLED CHILDREN AND YOUNG PEOPLE AND ENCOURAGING AND DELIVERING PEER SUPPORT, PROMOTING AWARENESS AND HELPING TO IMPLEMENT THE IMPROVEMENT OF SERVICES FOR THEM.

Activities: A support group and independent voice for parents/carers of children with a disability/additional needs in Nottingham and surrounding areas linked to the National Network P/C Forums. Run by parents for parents. Providing peer support, play sessions, empowerment training, healthy exercise sessions, signposting to services and support.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Derby City
- Derbyshire
- Leicester City
- Leicestershire
- Nottingham City
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£154,070	£147,218	-	-
2023-12-31	£124,332	£132,558	-	-
2022-12-31	£118,182	£97,852	-	-
2021-12-31	£131,947	£126,680	-	-
2020-12-31	£190,620	£122,603	-	-

Trustees

Name	Role	Appointed
David Bingham		2022-01-01
SUSAN JILL HOPKINSON		2016-11-11
Sarah Springthorpe		2023-05-30

Accounts

Rainbow Parents Carers Forum
(Registered charity, number 1155205)
Financial statements
for the year ended 31 December 2024

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7	Receipts & payments account
8	Statement of assets & liabilities
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**Rainbow Parents Carers Forum
Trustees' annual report
for the year ended 31 December 2024**

Full name Rainbow Parents Carers Forum

Organisation type Charitable incorporated organisation

Registered charity number 1155205

Principal address

2A Cross Street, Nottingham, NG5 7BL

Trustees

Susan Hopkinson, Chair

Dave Bingham

Sarah Springthorpe

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its CIO foundation constitution adopted on 6th Jan 2014.

To appoint new trustees, we usually advertise, nominate, propose and elect.

Objectives and activities

To enhance the development and education of SEN and disabled children by encouraging parents and carers to understand and provide for the needs of their children through community groups and by:

Offering appropriate play, education and care facilities, family learning and extended hours groups, together with the rights of parents to take responsibility for and to become involved in the activities of such groups ensuring that such groups offer opportunities for all children whatever their race, culture, religion, means or ability;

Encouraging the study of the needs of such children and their families and promoting public interest in and recognition of such needs in the local areas; and

To promote and protect the good health of parents and carers of disabled children and their families by providing a network of parents and carers of disabled children and young people, encouraging and delivering peer support, promoting awareness and helping to implement the improvement of services for them.

Supporting individuals aged 12-25 by offering interactive, educational and recreational inclusive opportunities.

Rainbow Parents Carers Forum

Summary of the main activities undertaken for the public benefit

We have met our charitable objectives through the following activities:

We have delivered regular Saturday 'Family inclusive play' sessions for up to 12 year olds, with support workers. Plus, a befriending social group for aged 12 to 25 years.

We have hosted regular parent peer support meetings/workshops giving the opportunity for parents/carers to meet during the school day and in the evening.

We have supported 1to1 meetings for families to receive support with matters relating to education, health and social care.

Communication with our membership via our regular e-bulletin alongside the use of social media.

As members of the National Network of Parent Carer Forums we have worked with the Department for Education and our Local Authority to influence and shape the delivery of services for disabled families. This includes attending work stream meetings and supporting parents and carers to act as representatives at these strategic meetings.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

By enabling SEND children and their parents and carers to socialise in a safe, supportive setting to reduce social isolation and improve health and wellbeing.

By facilitating a network of peer to peer support to enable sharing of experiences and knowledge exchange that empowers families to have a voice and be heard.

By raising awareness of the challenges that our families may experience and signposting to possible solutions that may improve outcomes and reduce distress and hardship.

By supporting parents to self-advocate, advocate for others and represent their community.

Rainbow Parents Carers Forum

Summary of the main achievements during the period

1. Hosted 34 family inclusive play sessions, providing a total of 1057 places for parents/carers and children/young people these included:
 - 12 early years sessions with specialist SEND practitioner support to provide parent carers with early intervention support.
 - 2 Christmas fun session.
 - 5 school holiday swimming sessions.
 - 4 other holiday activities with support to attend a pantomime and creative arts workshops.
2. Hosted 14 Befriending Social Group activities for 12 to 25 year olds, providing a total of 178 places. These included 5 sport centre activities including fencing, dodgeball, table tennis, and climbing. Outdoor activities including golf, narrowboat and farm activities - a total of 4. Also, 4 indoor games sessions.
3. Hosted 29 parent to parent peer support face to face meetings either during the school day or evening during term time that 192 parent carers attended. These include autism, fetal alcohol and pan disability specific groups.
4. Hosted a parent carer conference event for 49 parent carers, 23 professionals and collaborators. There were 4 SEND specific workshops including sensory strategies, sleep, SEND employment and exclusions. We provided a lunch and opportunity for the community to meet and share.
5. Continued to produce monthly e-bulletins (12) sending to over 850 members with an average open rate of 54%.
6. Provided 119 hours of volunteering opportunities for 9 befriending play mentors and 3 office-based admin roles. Additionally, 46 volunteering hours for 10 parent-carer steering group members.
7. We collaborated with 18 other organisations:
 - i) Nottingham City Council Targeted Support Workers, Family Mentors and service managers in both social care and education
 - ii) Integrated Care Board
 - iii) Nottingham CVS & Children & Young People's Provider Network
 - iv) University of Nottingham
 - v) Contact
 - vi) National Network of Parent Carer Forums
 - vii) Hummingbirds SEND Services
 - viii) Space Inclusive
 - ix) My Journey
 - x) Pulp Friction
 - xi) The Nottingham Contemporary
 - xii) Nottingham Nursery School & Training Centre
 - xiii) Farm Eco
 - xiv) The Lenton Centre

Rainbow Parents Carers Forum

- xv) Tesco Bulwell
- xvi) Severn Trent Community
- xvii) Flegdlings
- xviii) Nottingham Trent University volunteers, sports department and student placements

8. Provided regular updates at 10 steering group meetings on both local and national developments in relation to the SEND service provision and other relevant areas of interest of the community we serve.
9. Provided over 40 hours of direct individual support to families in need and/or crisis, plus transport to access our sessions for hard to reach/seldom heard families.
10. Our contribution to 'shaping and influencing' was achieved by 16 parental carers/representatives attending work-stream meetings, steering groups or conferences.
11. Delivered 14 sessions for 110 participants as part of the Autism in Schools initiative working with the local authority and schools to reach parent carers in the community.
12. Provided 300 loans from our SEND toy library to 73 families.

We have continued to deliver our activities, supporting increasing numbers of vulnerable families.

We are extremely grateful to our funders - the National Lottery Community Fund, the Department for Education and the Integrated Care Board. Additionally, to all our collaborators who support us to deliver our whole service.

Financial Review

Our financial status is well monitored, the budget and expenses are all on track.

The charity's policy on reserves

We aim to have a reserves policy and to build up a reserve from any commissioned work or donations, so that we can meet our statutory liabilities to employees in the event the CIO has to be wound up. Also, to create a small fund for unforeseen contingencies.

Signed on behalf of the charity's trustees:

Signed  Date 20/8/25
Susan Hopkinson, Chair

**Independent examiner's report to the trustees of
Rainbow Parents Carers Forum
for the year ended 31 December 2024**

I report to the trustees on my examination of the accounts of Rainbow Parents Carers Forum (the charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

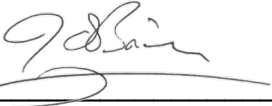
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other 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.

Signed  Date 20/08/2025
John O'Brien MSc, FAIA, FCIE
Employee of Community Accounting Plus

Rainbow Parents Carers Forum
Receipts & payments account
for the year ended 31 December 2024

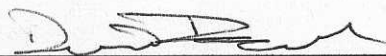
2023				2024
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
874	Bank interest	1244	-	1244
5423	Commisioned work	12000	-	12000
990	Direct Payments	1215	-	1215
117040	Grants & donations	8747	130864	139611
5	Sundry income	-	-	-
<u>124332</u>	Total receipts	<u>23206</u>	<u>130864</u>	<u>154070</u>
	Payments			
7724	Activities & events	1203	8848	10051
16498	Equipment	1323	952	2275
500	Gifts and Vouchers	198	445	643
1513	Hospitality & Refreshments	232	817	1049
925	Insurance	-	1097	1097
3044	IT Support	950	650	1600
573	Marketing & developments	-	603	603
4050	Office rental	-	5400	5400
4	Paypal fees	13	-	13
1476	Payroll	-	1292	1292
518	Phones	-	550	550
374	Premises Repairs and Maintenance	-	28	28
489	Printing postage & stationery	1116	407	1523
6893	Professional fees	2805	3755	6560
360	Publications & subscriptions	1160	444	1604
109	Recruitment	-	-	-
11523	Sessional workers, HMRC, pension	-	8488	8488
-	Sundry expenditure	189	40	229
456	Training & Capability	123	105	228
1246	Travel expenses	243	1160	1403
77	Volunteer expenses	-	79	79
74160	Wages, HMRC & pension	8158	94202	102360
46	Website	40	103	143
<u>132558</u>	Total payments	<u>17753</u>	<u>129465</u>	<u>147218</u>
(8226)	Net receipts/(payments)	5453	1399	6852
<u>184544</u>	Cash funds at start of this period	<u>96261</u>	<u>80057</u>	<u>176318</u>
<u>176318</u>	Cash funds at end of this period	<u>101714</u>	<u>81456</u>	<u>183170</u>

Rainbow Parents Carers Forum
Statement of assets and liabilities
at 31 December 2024

2023			2024
£		Note	£
176318	Cash assets		
<u>176318</u>	Bank accounts		<u>183170</u>
			<u>183170</u>
	Other monetary assets		
1516	Prepayments	4	4372
<u>1516</u>			<u>4372</u>
	Assets retained for the charity's own use		
	Laptop, purchased 2020, cost £575		
	Microsoft Surface Pro, purchased February 2023, cost £608		
	Sensory Room, purchased 2023, cost £14,995		
	Liabilities		
(2833)	Creditors	5	(1458)
<u>(2833)</u>			<u>(1458)</u>

These financial statements are accepted on behalf of the charity by:

Signed



David Bingham, Trustee

Date

20.8.2025

Rainbow Parents Carers Forum
Notes to the accounts
for the year ended 31 December 2024

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Pears Foundation	5000	-	5000
Tuvida	1200	-	1200
NHS Nottingham & Nottinghamshire ICB	1380		1380
Department of Education		24815	24815
Big Lottery Fund	-	106049	106049
General donations	1167	-	1167
	8747	130864	139611

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Transfers £	Closing balance £
Restricted funds					
Big lottery fund grant	64702	106049	(102399)	-	68352
Department of Education	9548	24815	(25670)	-	8693
Health & wellbeing activities	900	-	-	-	900
Mencap	2876	-	(1396)	-	1480
Rushcliffe Autism	2031	-	-	(2031)	-
	80057	130864	(129465)	(2031)	79425
Unrestricted funds					
General Fund	96261	23206	(17753)	2031	103745
	96261	23206	(17753)	2031	103745

The Core Funding (The National Lottery) fund ensures we can provide the best staffing available to support our beneficiaries and maintain a service to meet the needs of our community.

The Participation & engagement (DfE) provides the resource to amplify the voice of those seldom heard and the wider community.

Health and wellbeing activities - delivering BSG activities to the community.

Mencap funds ensures additional support to our uses.

The Trent Autism Parent Support – TAPS fund provides additional support in the Rushcliffe area.

Rainbow Parents Carers Forum

4. Prepayments

	£
Ladbroke Insurance	703
IT support	415
HMRC	3254
	<u>4372</u>

5. Creditors

	£
Pensions	480
Independent examination fee	978
	<u>1458</u>

6. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

7. Related party transactions

There were no related party transactions in this period.

8. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Accounts

Rainbow Parents Carers Forum
(Registered charity, number 1155205)
Financial statements
for the year ended 31 December 2023

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**Rainbow Parents Carers Forum
Trustees' annual report
for the year ended 31 December 2023**

Full name Rainbow Parents Carers Forum

Organisation type Charitable incorporated organisation

Registered charity number 1155205

Principal address 2A Cross Street, Arnold, Nottingham, NG5 7BL

Trustees

Susan Hopkinson, Chair

David Bingham

Sarah Springthorpe, from 01/06/2023

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham NG1 5GL

Governance and management

CIO – Foundation registered 06 Jan 2014. To appoint new trustees, we usually advertise, nominate, propose and elect.

Objectives and activities

To enhance the development and education of disabled children by encouraging parents and their carers to understand and provide for the needs of their children through community groups and by:

- a) Offering appropriate play, education and care facilities, family learning and extended hours groups, together with the right of parents to take responsibility for and to become involved in the activities of such groups, ensuring that such groups offer opportunities for all children whatever their race, culture, religion, means or ability;
- b) Encouraging the study of the needs of such children and their families and promoting public interest in and recognition of such needs in the local areas, and;
- c) To promote and protect the good health of parents and carers of disabled children and their families by providing a network of parents and carers of disabled children and young people and encouraging and delivering peer support, promoting awareness and helping to implement the improvement of services for them;

Rainbow Parents Carers Forum

We have met our charitable objectives through the following activities:

Summary of the main activities undertaken for the public benefit

We have met our charitable objectives through the following activities:

- We have delivered regular Saturday 'stay and play' sessions for up to 12 years with support workers and delivered befriending social group for aged 12 to 25 years.
- We have hosted regular parent peer support meetings/workshops giving the opportunity for parents/carers to meet during the school day and in the evening.
- We have supported 1 to 1 meetings in partnership with Nottingham City Disabled Children's Team, for families to receive support with matters relating to social care.
- We have communication with our members via our regular e-bulletin alongside the use of social media.
- As members of the National Network of Parent Carer Forums we have worked with the Department for Education and our Local Authority to influence and shape the delivery of services for disabled families. This includes attending work stream meetings and supporting parents and carers to act as representatives at these strategic meetings.
- Supporting individuals aged 12-25 by offering interactive, educational and recreational inclusive opportunities.

These activities benefit the public in the following ways:

- By enabling SEND children and their parents and carers to socialise in a safe, supportive setting to reduce social isolation and improve health and wellbeing.
- By facilitating a network of peer to peer support to enable sharing of experiences and knowledge exchange that empowers families to have a voice and be heard.
- By raising awareness of the challenges that our families may experience and signposting to possible solutions that may improve outcomes and reduce distress and hardship.
- By supporting parents to self-advocate, advocate for others and represent their community.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

In the year we hosted family inclusive sessions comprise 33 inclusive supervised play sessions, these included pre-school sessions with specialist early years practitioner support to meet the demand from this age group, and also a Christmas fun session. Additionally, we hosted 7 school holiday swimming sessions, plus 4 other holiday activities including support to access a circus and pantomime. All these total 1,069 places.

Rainbow Parents Carers Forum

Hosted 22 Befriending Social Group activities that were either, sport centre, outdoor/bushcraft activities and indoor sessions, providing 229 places.

Hosted 21 parent to parent peer support face to face meetings either during the school day or evening during term time that 130 parent carers attended.

Continued to produce regular e-bulletins (19) receiving an average open rate of 68%.

Provided volunteering opportunities for 9 befriending play mentors. Additionally, volunteering for 8 parent-carer steering group members.

We collaborated with:

- i) Nottingham City Council Targeted Support Workers, Family Mentors and service managers in both social care and education departments
- ii) Integrated Care Board
- iii) Nottingham CVS & Children & Young People's Provider Network
- iv) University of Nottingham and Nottingham Trent University volunteers, sports department and placements
- v) Contact
- vi) National Network of Parent Carer Forums
- vii) Hummingbirds
- viii) Space Inclusive
- ix) My Journey
- x) Pulp Friction
- xi) The Nottingham Contemporary
- xii) Nottingham Nursery School & Training Centre
- xiii) The Woods Project, Forest School, Nottingham.

Provided regular updates at each forum meeting on both local and national developments in relation to the SEND service provision and other relevant areas of interest of the community we serve.

Provided direct individual support to families in need and/or crisis, including transport to access our sessions for hard to reach/seldom heard families.

Our contribution to 'shaping and influencing' was achieved by 70 parental representatives attending work-stream meetings, steering groups or conferences.

We have continued to deliver our activities, supporting increasing numbers of vulnerable families.

We continue to be extremely grateful to our funders - National Lottery Community Fund and the Department for Education plus all our collaborators for their ongoing support.

Rainbow Parents Carers Forum

The charity's policy on reserves

We aim to have a reserves policy and to build up a reserve from any commissioned work or donations, so that we can meet our statutory liabilities to employees in the event the CIO has to be wound up. Also, to create a small fund for unforeseen contingencies.

Signed on behalf of the charity's trustees:

Signed  Date 26/9/24
Susan Hopkins, Trustee

**Independent examiner's report to the trustees of
Rainbow Parents Carers Forum
for the year ended 31 December 2023**

I report to the trustees on my examination of the accounts of Rainbow Parents Carers Forum (the charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

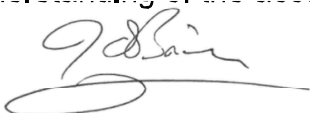
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other 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.

Signed  Date 27/09/2024
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Rainbow Parents Carers Forum
Receipts & payments account
for the year ended 31 December 2023

2022				2023
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
214	Bank interest	874	-	874
6003	Commisioned work	5423	-	5423
1460	Direct payments	990	-	990
118182	Grants & donations	2	115316	117040
159	Sundry income	5	-	5
<u>126018</u>	Total receipts	<u>9016</u>	<u>115316</u>	<u>124332</u>
	Payments			
6854	Activities & events	338	7386	7724
202	Equipment	8746	7752	16498
-	Gifts & vouchers	-	500	500
1291	Hospitality & refreshments	304	1209	1513
779	Insurance	-	925	925
546	IT support	-	3044	3044
758	Marketing & developments	-	573	573
155	Office move	-	-	-
6120	Office rental	-	4050	4050
-	Paypal fees	4	-	4
-	Payroll	-	1476	1476
479	Phones	-	518	518
-	Premises repairs & maintenance	-	374	374
595	Printing, postage & stationery	198	291	489
5567	Professional fees	850	6043	6893
249	Publications & subscriptions	-	360	360
-	Recruitment	-	109	109
6170	Sessional workers	-	11523	11523
3020	Training & capability	-	456	456
433	Travel expenses	162	1084	1246
47	Volunteer expenses	5	72	77
74458	Wages, HMRC & pension	-	74160	74160
-	Website	-	46	46
2779	Sundry payments	-	-	-
<u>110502</u>	Total payments	<u>10607</u>	<u>121951</u>	<u>132558</u>
15516	Net receipts/(payments)	(1591)	(6635)	(8226)
<u>169028</u>	Cash funds at start of this period	<u>97852</u>	<u>86692</u>	<u>184544</u>
<u>184544</u>	Cash funds at end of this period	<u>96261</u>	<u>80057</u>	<u>176318</u>

Rainbow Parents Carers Forum
Statement of assets and liabilities
at 31 December 2023

2022			2023
£		Note	£
184514	Cash assets		176318
30	Bank accounts		-
<u>184544</u>	Cash in hand		<u>176318</u>
	Other monetary assets		
-	Prepayments	4	1516
<u>-</u>			<u>1516</u>
	Assets retained for the charity's own use		
	Laptop, purchased 2020, cost £575		
	Microsoft Surface Pro, purchased 2023, cost £608		
	Sensory Room, purchased 2023, cost £14,995		
	Liabilities		
(1884)	Creditors	5	(2833)
<u>(1884)</u>			<u>(2833)</u>

These financial statements are accepted on behalf of the charity by:

Signed  Dated 26.1.2024
David Bingham, Trustee

Rainbow Parents Carers Forum
Notes to the accounts
for the year ended 31 December 2023

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted	Restricted	Total
	£	£	£
National Lottery Community Fund	-	94366	94366
DFE	-	20050	20050
Nottinghamshire County Council	-	900	900
Philip Adams	1000	-	1000
Park Garden Trail	450	-	450
Sundry grants & donations	274	-	274
	1724	115316	117040

3. Funds analysis

	Opening balance	Receipts	(Payments)	Closing balance
	£	£	£	£
Restricted funds				
Salaries (National Lottery Community Fund)	71641	94366	(101305)	64702
Participation & engagement (DFE)	9876	20050	(20378)	9548
Health & wellbeing activities	-	900	-	900
Mencap	3144	-	(268)	2876
Trent Autism Parent Support - TAPS	2031	-	-	2031
	86692	115316	(121951)	80057
Unrestricted funds				
General	97852	9016	(10607)	96261
	97852	9016	(10607)	96261

The Salaries (National Lottery) fund ensures we can provide the best staffing available to support our beneficiaries and maintain a first-class service.

The Participation & engagement (DFE) fund provides a full range of services to our beneficiaries.

Health and wellbeing activities - delivering BSG activities to the community.

Mencap funds ensures additional support to our uses.

The Trent Autism Parent Support – TAPS fund provides additional support in the Rushcliffe area.

Rainbow Parents Carers Forum

4. Prepayments

	£
Insurance	612
IT support	904
	<u>1516</u>

5. Creditors

	£
Independent examination fee	936
Pensions	1030
HMRC	867
	<u>2833</u>

6. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

7. Related party transactions

There were no related party transactions in this period.

8. Glossary of terms

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Accounts

Rainbow Parents Carers Forum
(Registered charity, number 1155205)
Financial statements
for the year end 31 December 2021

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6	Receipts & payments account
7	Statement of assets & liabilities
8 - 9	Notes to the accounts

**Rainbow Parents Carers Forum
Trustees' annual report
for the year ended 31 December 2021**

Full name Rainbow Parents Carers Forum

Organisation type Charitable incorporated organisation

Registered charity number 1155205

Principal address Radford Care Group, 25 Prospect Street, Nottingham NG7 5QE

Trustees

Susan Hopkinson, Chair

David Bingham, from 01/01/2022

Christopher Hill, from 01/01/2022

Farah Jamil, until 31/12/2021

Richard Owen, until 31/12/2021

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham NG1 5GL

Governance and management

CIO – Foundation registered 06 Jan 2014. To appoint new trustees, we usually advertise, nominate, propose and elect.

Aims and objectives

To enhance the development and education of disabled children by encouraging parents and their carers to understand and provide for the needs of their children through community groups and by:

- a) Offering appropriate play, education and care facilities, family learning and extended hours groups, together with the right of parents to take responsibility for and to become involved in the activities of such groups, ensuring that such groups offer opportunities for all children whatever their race, culture, religion, means or ability;
- b) Encouraging the study of the needs of such children and their families and promoting public interest in and recognition of such needs in the local areas; and
- c) To promote and protect the good health of parents and carers of disabled children and their families by providing a network of parents and carers of disabled children and young people and encouraging and delivering peer support, promoting awareness and helping to implement the improvement of services for them;
- d) Supporting individuals aged 16-25 by offering interactive, educational and recreational inclusive opportunities.

Rainbow Parents Carers Forum

We have met our charitable objectives through the following activities:

- We have endeavoured to deliver a programme of twice monthly Saturday 'stay and play' sessions and family support by trained individuals.
- We have run a programme of monthly parent peer support meetings/workshops giving the opportunity for parents/carers to meet during the school day.
- We have supported 1 to 1 meetings in partnership with Nottingham City Disabled Children's Team for families to receive support with matters relating to education, health and social care.
- Communication with our membership via our regular e-bulletin alongside the use of social media, including Facebook and Twitter.
- We have further supported parents and carers of disabled children through offering workshops.
- As members of the National Network of Parent Carer Forums we have worked with the Department of Education and our Local Authority to influence and shape the delivery of services for disabled families. This includes attending work stream meetings and supporting parents/carers to act as representatives at these strategic meetings.
- We held our Annual Event via Zoom with minimal face to face parent/carers due to the restrictions for social distancing.

Benefits to the public:

- By enabling disabled children and their parents to socialise in a safe, supportive setting to reduce social isolation and improve health and well-being;
- By facilitating a network of peer to peer support to enable knowledge exchange that empowers families to have a voice and be heard;
- By raising awareness of the challenges that our families may experience and signposting to possible solutions that may improve outcomes and reduce distress and hardship;
- By training parents to self-advocate, advocate for others and represent their community.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

- Hosted family inclusive sessions including 27 inclusive play supervised play sessions, 3 swimming sessions for families and a small Christmas fun day.
- Hosted 34 Befriending Social Group sessions both 'online virtual' meetings and in-person training and fun days. We have 26 uniques who access this group.
- Parent Peer Support - 21 sessions, a mixture of in-person and online with parents, staff and additionally 10 parent volunteers attended 20 hours of training.
- Continued to produce regular e-bulletins (24) receiving an average open rate of 40%. Facebook followers at 660 and our posts reached over 16732. Twitter (808 followers) tweets over 5430 profile visits; Website visits during the year 15176, an average of 1264 per month.

Rainbow Parents Carers Forum

- Hosted our 9th Annual (Virtual) Event held over 29 March to 1 April 2021 with 61 parents/ carers booked onto the Zoom presentations/workshops.
- Provided volunteering opportunities-
 - 5 Befrienders 72 hours,
 - 17 Parent Reps 120 hours.
- We worked in partnership with Nottingham City Council; Nottingham CVS & Children & Young People's Provider Network; University of Nottingham and Nottingham Trent Universities; Notts Clubs for Young People; Contact; National Network of Parent Carer Forums and Trent Autism Parent Support.
- Provided regular updates at each forum meeting on both local and national developments in relation to the SEND Reforms and other areas of interest.
- Increased our individual support and development of beneficiaries and offered 6 SEND Workshops.

Financial review and policy on reserves

We aim to have a reserves policy and to build up a reserve from any underspent budgets, so that we can meet our statutory liabilities to employees in the event the CIO has to be wound up and also to create a small fund for unforeseen contingencies.

Becoming self-sustainable in the event of continuation or alternative funding not being available will mean that the current delivery will be reduced to a minimal offer until all reserves are depleted.

We have continued to deliver during challenging times following the pandemic and are grateful to our funders - The Big Lottery Community Fund and the Department for Education.

Signed on behalf of the charity's trustees:

Signed *S. Hopkinson*
Susan Hopkinson, Trustee

Date 28/9/22

**Independent examiner's report to the trustees of
Rainbow Parents Carers Forum
for the year ended 31 December 2021**

I report to the trustees on my examination of the accounts of Rainbow Parents Carers Forum (the charity) for the year ended 31 December 2021.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

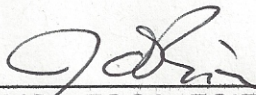
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other 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.

Signed  Date 26/9/22
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Rainbow Parents Carers Forum
Receipts & payments account
for the period ended 31 December 2021

2020				2021
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
Receipts				
189619	Grants & donations	2 6508	123872	130380
40	Fundraising	-	-	-
876	Direct payments	1462	-	1462
85	Bank interest	43	-	43
-	Sundry receipts	62	-	62
<u>190620</u>	Total receipts	<u>8075</u>	<u>123872</u>	<u>131947</u>
Payments				
2785	Activities & events	1813	3281	5094
6909	Equipment, repairs & renewals	2158	182	2340
713	Insurance	-	780	780
1280	Marketing & development	-	1672	1672
8504	Office rental	1050	4089	5139
892	Printing, postage & stationery	258	86	344
7212	Professional & coordinator fees	998	4997	5995
144	Publications & subscriptions	-	144	144
7457	Sessional workers	-	6177	6177
2029	IT support	-	769	769
366	Telephone	-	1476	1476
190	Travel expenses	-	755	755
188	Training & capability	500	100	600
238	Volunteer expenses	314	1811	2125
81912	Wages, NI & pension	-	90477	90477
355	Premises maintenance	-	441	441
633	Office move	170	250	420
788	Hospitality & gifts	160	1374	1534
8	Sundry payments	-	398	398
<u>122603</u>	Total payments	<u>7421</u>	<u>119259</u>	<u>126680</u>
68017	Net receipts/(payments)	654	4613	5267
95744	Cash funds at start of this period	90662	73099	163761
<u>163761</u>	Cash funds at end of this period	<u>91316</u>	<u>77712</u>	<u>169028</u>

Rainbow Parents Carers Forum
Statement of assets and liabilities
at 31 December 2021

2020		2021
	Note	£
Cash assets		
163726	Bank accounts	168993
<u>35</u>	Cash in hand	<u>35</u>
<u>163761</u>		<u>169028</u>
Other monetary assets		
<u>-</u>	HMRC overpaid	<u>2142</u>
<u>-</u>		<u>2142</u>
Assets retained for the charity's own use		
General equipment.		
Laptop purchased 29/12/20 at a cost of £575		
Liabilities		
<u>(1726)</u>	Creditors	<u>(1325)</u>
<u>(1726)</u>		<u>(1325)</u>

These financial statements are accepted on behalf of the charity by:

Signed 
David Bingham, Trustee

Dated 23-9-2022

Rainbow Parents Carers Forum
Notes to the accounts
for the year ended 31 December 2021

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
National Lottery Community Fund	-	90351	90351
Department for Education	-	25521	25521
Department for Education Regional	-	8000	8000
HMRC JRS	1995	-	1995
Philip Adams	1500	-	1500
Sundry donations	3013	-	3013
	<u>6508</u>	<u>123872</u>	<u>130380</u>

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Closing balance £
Restricted funds				
Participation & engagement (DFE)	-	25521	(22184)	3337
Salaries (National Lottery Community Fund)	68759	90351	(93404)	65706
Regional participation & engagement (DFE)	2309	8000	(3671)	6638
Trent Autism Parent Support - TAPS	2031	-	-	2031
	<u>73099</u>	<u>123872</u>	<u>(119259)</u>	<u>77712</u>
Unrestricted funds				
General fund	90662	8075	(7421)	91316
	<u>90662</u>	<u>8075</u>	<u>(7421)</u>	<u>91316</u>

The Participation & engagement (DFE) fund provides a full range of services to our beneficiaries.

The Regional participation & engagement (DFE) enables participation at a regional level.

The Salaries (National Lottery) fund ensures we can provide the best staffing available to support our beneficiaries and maintain a first-class service.

The Trent Autism Parent Support – TAPS fund provides additional support in the Rushcliffe area.

Rainbow Parents Carers Forum

4. Creditors

	£
Independent examination fee	804
Pensions	521
	1325

5. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

6. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

Accounts

Rainbow Parents Carers Forum
(Registered charity, number 1155205)
Financial statements
for the year end 31 December 2020

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**Rainbow Parents Carers Forum
Trustees' annual report
for the year ended 31 December 2020**

Full name Rainbow Parents Carers Forum

Organisation type Charitable incorporated organisation

Registered charity number 1155205

Principal address Beeston Youth and Community Centre, West End, Beeston,
Nottinghamshire NG9 1GL

Trustees

Farah Jamil, Treasurer
Richard Owen

Susan Hopkinson, Chair
Joanne Shaw resigned 24/08/20

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41
Talbot Street, Nottingham NG1 5GL

Governance and management

CIO – Foundation registered 06 Jan 2014. To appoint new trustees, we usually
advertise, nominate, propose and elect.

Aims and objectives

To enhance the development and education of disabled children by encouraging
parents and their carers to understand and provide for the needs of their children
through community groups and by:

- a) Offering appropriate play, education and care facilities, family learning and
extended hours groups, together with the right of parents to take responsibility for
and to become involved in the activities of such groups, ensuring that such
groups offer opportunities for all children whatever their race, culture, religion,
means or ability;
- b) Encouraging the study of the needs of such children and their families and
promoting public interest in and recognition of such needs in the local areas; and
- c) To promote and protect the good health of parents and carers of disabled
children and their families by providing a network of parents and carers of
disabled children and young people and encouraging and delivering peer
support, promoting awareness and helping to implement the improvement of
services for them.

Objectives and activities

Charitable purposes:

- The advancement of education;
- The advancement of health and well-being;
- The advancement of citizenship and community development;
- The relief of those in need, by reason of disability or hardship.

Rainbow Parents Carers Forum

We have met our charitable objectives through the following activities:

- We have tried to run a programme of twice monthly Saturday 'Stay and Play' sessions and family support by a trained individual;
- We have run a programme of monthly Parent 2 Parent meetings giving the opportunity for parents/carers to meet for peer to peer support during the school day;
- We have hosted monthly surgeries with Ask Us Nottinghamshire and Nottingham City Disabled Children's Team for families to receive support with matters relating to education, health, and social care;
- Communication with our membership via our regular e-bulletin alongside the use of social media, including Facebook and Twitter;
- We have further supported parents and carers of disabled children through offering a programme of training courses and workshops;
- As members of the National Network of Parent Carer Forums we have worked with the Department of Education and our Local Authority to influence and shape the delivery of services for disabled families. This includes attending work stream meetings and supporting parents/carers to act as representatives at those meetings;
- We have postponed an annual conference giving parents/carers. Due to Covid.

Benefits to the public:

- By enabling disabled children and their parents to socialise in a safe, supportive setting to reduce social isolation and improve health and well-being;
- By facilitating a network of peer to peer support to enable knowledge exchange that empowers families to have a voice and be heard;
- By raising awareness of the challenges that our families may experience and signposting to possible solutions that may improve outcomes and reduce distress and hardship;
- By training parents to self-advocate, advocate for others and represent their community;
- By training young people with additional needs to prepare for work and everyday living and finances.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

- Hosted family inclusive sessions when permitted, due to Covid19 restrictions/lockdown, including 14 inclusive supervised play sessions and a small Christmas fun day. Play sessions have varied from indoor facilities to outdoor in a local farm;
- Befriending sessions hosting 25 sessions from online virtual meetings to in person photography training and fun days. We have over 20 individuals who access this opportunity;

Rainbow Parents Carers Forum

- Breakaway Ambassador was a 9 session course taken by 11 members of our befriending scheme learning how to fundraise;
- Parent 2 Parent support meetings, 12 sessions, a mixture of in person and online;
- Activity packs were given to 22 of our families to ensure they had fun/educational activities during summer due to restrictions;
- Continued to produce regular e-bulletins (28) receiving an average open rate of 42% open. Facebook followers at 559 and our posts reached over 12,250. Twitter tweets received over 85,000 and over 780 profile visits; Website visits during the year 13,759 and an average of 1,150 per month;
- 9th Annual Event scheduled for 24 March 2020 has been rescheduled for 2021. A total of 48 parents/carers had been booked on to attend;
- Representative Meetings that staff and volunteer parent reps took part in spanning over 45 hours worth of meetings;
- 16 Befrienders contributed 142 hours of their time, 9 Office Administrators volunteered 138.65 hours and 2 Parent Support volunteered 42.75 hours;
- Worked in partnership with Nottingham City Council, Nottingham CVS & Children & Young People's Provider Network, University of Nottingham and Nottingham Trent University, Notts Clubs for Young People, Contact a Family, National Network of Parent Carer Forums and Trent Autism Parent Support;
- Provided regular updates at each forum meeting on both local and national developments in relation to the SEND Reforms and other areas of interest;
- Increased our support and development of beneficiaries and Junior Volunteers (JV). The JV's contributed about 10 hours of their time over two months worth of sessions;
- We offered 12 Disabled Children Team surgeries and SEND Workshops.

The charity's policy on reserves

We aim to have a reserves policy and to build up a reserve from any underspent budgets, so that we can meet our statutory liabilities to employees in the event the CIO has to be wound up and also to create a small fund for unforeseen contingencies.

Risk analysis

Becoming self-sustainable in the event of continuation or alternative funding not being available will mean that the current delivery will be reduced to a minimal offer until all reserves are depleted.

Signed on behalf of the charity's trustees:

Signed _____ Date _____
Susan Hopkinson, Trustee

**Independent examiner's report to the trustees of
Rainbow Parents Carers Forum
for the year ended 31 December 2020**

I report to the trustees on my examination of the accounts of Rainbow Parents Carers Forum (the charity) for the year ended 31 December 2020.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other 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.

Signed _____ Date _____
John O'Brien MSc, FCCA, FCIE
Employee of Community Accounting Plus

Rainbow Parents Carers Forum
Receipts & payments account
for the period ended 31 December 2020

2019				2020
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
161354	Grants & donations	2 25049	164570	189619
361	Fundraising	40	-	40
357	Direct payments	876	-	876
28	Bank interest	85	-	85
-	Sundry receipts	-	-	-
<u>162100</u>	Total receipts	<u>26050</u>	<u>164570</u>	<u>190620</u>
	Payments			
11344	Activities & events	236	2549	2785
779	Equipment, repairs & renewals	3370	3539	6909
661	Insurance	-	713	713
1413	Marketing & development	-	1280	1280
2999	Office rental	-	8504	8504
954	Printing, postage & stationery	20	872	892
4801	Professional & coordinator fees	1177	6035	7212
130	Publications & subscriptions	-	144	144
-	Sessional workers	-	7457	7457
2976	IT support	-	2029	2029
394	Telephone	-	366	366
1623	Travel expenses	-	190	190
1163	Training & capability	-	188	188
722	Volunteer expenses	105	133	238
107795	Wages, NI & pension	9180	72732	81912
338	Premises maintenance	355	-	355
1521	Office move	-	633	633
1743	Hospitality	355	433	788
3	Sundry payments	8	-	8
<u>141359</u>	Total payments	<u>14806</u>	<u>107797</u>	<u>122603</u>
20741	Net receipts/(payments)	11244	56773	68017
-	Funds Transfer	3934	(3934)	-
75003	Cash funds at start of this period	75484	20260	95744
<u>95744</u>	Cash funds at end of this period	<u>90662</u>	<u>73099</u>	<u>163761</u>

**Rainbow Parents Carers Forum
Statement of assets and liabilities
at 31 December 2020**

<i>2019</i>			<i>2020</i>
	Cash assets	Note	£
95713	Bank accounts		163726
<u>31</u>	Cash in hand		<u>35</u>
<u>95744</u>			<u>163761</u>
	Assets retained for the charity's own use		
	General equipment.		
	Laptop purchased 29/12/20 at a cost of £575		
	Liabilities		
<u>(2342)</u>	Creditors	4	<u>(1726)</u>
<u>(2342)</u>			<u>(1726)</u>

These financial statements are accepted on behalf of the charity by:

Signed _____ Dated _____
Farah Jamil, Trustee

Rainbow Parents Carers Forum
Notes to the accounts
for the year ended 31 December 2020

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
National Lottery Community Fund	-	141132	141132
Department for Education	-	15000	15000
Department for Education Regional	-	2376	2376
People's Health Trust	-	6062	6062
HMRC JRS	11375	-	11375
Active partners	6000	-	6000
Contact a Family	4800	-	4800
Sundry donations	2874	-	2874
	<u>25049</u>	<u>164570</u>	<u>189619</u>

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Funds transfer £	Closing balance £
Restricted funds					
Participation & engagement (DFE)	9937	15000	(24937)	-	-
Rainbow sessions (People's Health Trust)	7750	6062	(9878)	(3934)	-
Salaries (National Lottery Community Fund)	542	141132	(72915)	-	68759
Regional participation & engagement (DFE)	-	2376	(67)	-	2309
Rushcliffe Autism	2031	-	-	-	2031
	<u>20260</u>	<u>164570</u>	<u>(107797)</u>	<u>(3934)</u>	<u>73099</u>
Unrestricted funds					
General fund	75484	26050	(14806)	3934	90662
	<u>75484</u>	<u>26050</u>	<u>(14806)</u>	<u>3934</u>	<u>90662</u>

The Participation & engagement (DFE) fund provides opportunities for parent carers to have a voice and influence services they receive.

The Regional participation & engagement (DFE) enables participation at a regional level.

Rainbow Parents Carers Forum

The Rainbow sessions fund monies (PHT) enables the charity to provide support to the members of the social group.

The Salaries (Big Lottery) fund ensures we can provide the best staffing available to support our members and maintain a community led service.

The Rushcliffe Autism fund provides additional support in the Rushcliffe area.

Active Partners Finding supported the supply of bespoke lockdown activity/play packs for families.

The transfer from the Peoples health Lottery represents the release of the restriction by the funder.

Rainbow Parents Carers Forum

4. Creditors

	£
Independent examination fee	780
HMRC	395
Pensions	251
Wages	300
	<u>1726</u>

5. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

6. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.