

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').

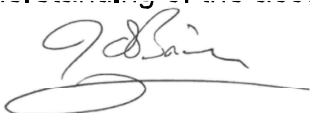
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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.