

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

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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').

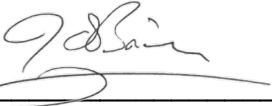
I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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

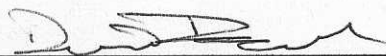
2023				2024
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
874	Bank interest	1244	-	1244
5423	Commisioned work	12000	-	12000
990	Direct Payments	1215	-	1215
117040	Grants & donations	8747	130864	139611
5	Sundry income	-	-	-
<u>124332</u>	Total receipts	<u>23206</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.