

PARENT CLUB

England & Wales · Charity number 1158989

Details

Status Registered

Legal form CIO

Registered 2014-10-27

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

Contact

Address 73 Oakwood Road
London
NW11 6RJ

Phone 07957 468 224

Email info@parentclub.org.uk

Website www.parentclub.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Activities: Parent Club delivers Kitchen Clubs, where parents with pre-school children meet to prepare and share healthy, easy to cook food. They are designed to improve mental wellbeing through supporting parents to make new connections, learn new skills and make a positive contribution. Improved skills in healthy eating and parenting are also key outcomes. We currently work across North-East London.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** Children/young People, Other Defined Groups

Geography

- Hackney
- Haringey

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£229,975	£141,577	-	-
2023-12-31	£92,644	£110,101	-	-
2022-12-31	£120,294	£84,698	-	-
2021-12-31	£51,098	£55,563	-	-
2020-12-31	£66,483	£41,367	-	-

Trustees

Name	Role	Appointed
ANAND CHAYTANAND DOOBAY		2014-10-27
JONATHAN BUCKLAND		2014-10-27
MARIANNA CHAMPION		2016-03-21
Shuvo Loha		2016-03-21
Tamara Adenuga		2023-05-04

PARENT CLUB

England & Wales - Charity number 1158989

Accounts

REGISTERED CHARITY NUMBER: 1158989

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024
FOR
PARENT CLUB**

**Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY**



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2024	To	31	12	2024

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jonathan Buckland	Chair		
2	Shuvo Loha	Treasurer		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5	Tamara Adenuga			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted <i>(eg. trust, association, company)</i>	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods <i>(eg. appointed by, elected by)</i>	Nomination Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which are must be taken into consideration when planning the charity's activities for the ahead.

The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit:

'Our work continues to focus on engaging hard to reach and vulnerable families in projects where parents and children work with an experienced food professional to prepare a healthy vegetarian meal with fresh ingredients. Families can also access a rich play and learning environment, with activities facilitated by staff and volunteers. Activities include painting, craftwork, puzzles and storytelling. In consultation with parents, the menu changes for each session, with opportunities for parents to co-lead sessions. Recipe cards are available to take home for each session.

Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. We also aim to connect families with further support through signposting and referrals. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills. As well as reducing social isolation and improving access to good quality food, Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating, particularly because children growing up in low-income communities are less likely to eat well.

We have a special focus on working with families living in temporary accommodation and insecure housing.'

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Summary of delivery

In 2024, we delivered 149 sessions across five settings, supporting 490 unique beneficiaries (*cf* 433 beneficiaries in 2023).

Daubeney Children's Centre (11 sessions, Jan-March)

- 29 parents
- 42 children

This legacy project was delivered according to plan, with effective partnership working and good professional development for setting staff. Provisional agreement in place for work experience placements at Daubeney in 2025.

Woodlands Park Children's Centre (40 sessions, Jan-Dec)

- 47 parents
- 53 children

Our core children's centre project continued to achieve positive engagement and feedback from families. With good support from setting management, there was an increased proportion of NRPF and families in temporary accommodation, with reduced attrition and more consistent attendance from target families.

Round Chapel Old School Rooms (38 sessions, Jan-Dec)

- 62 parents
- 74 children

Our foundational core setting for families in temporary accommodation, this project continued to successfully support high needs, vulnerable families in partnership with The Round Chapel Families Project, who supported sessions with additional staff for signposting and advice, and continued to support through communications to families and referrals-in from other projects.

Redmond Community Centre (39 sessions, Jan-Dec)

- 49 parents
- 61 children

In our first full year of delivery for our second core project for families in temporary accommodation, strong partnerships were established with a range of local organisations including Woodberry Down Children's centre and the Family Support Service. Effective outreach to 5 local hostels ensured good attendance and engagement from families, with a high proportion from the target group, over 90%.

St Peters Church Crypt (21 sessions, June-Dec)

- 37 parents
- 42 children

A successful launch for our third core project for families in T.A., confirming that the hostel families model can be replicated effectively. Outreach focussed on two large local hostels – St Peter's Way and the Metropolitan. Good engagement from families, and positive feedback. A very high proportion of families were from the target group (95+%).

Staff

Chris Brown continued as Chief Executive and Project Co-ordinator, Kimberly Moulinier continued as Family Activities Organiser, and Tricia Fisher continued as Community Food Organiser. Amanda Moore continued as a Session Support Worker. Sessions at Daubeney were supported by a member of setting staff.

Volunteers

6 regular volunteers generously supported our work in 2024, four of whom were former volunteers.

'I started volunteering because I love the project and I wanted to use my experience to do something positive to help other people. In the situation I was in, my confidence went down and being a volunteer at Kitchen Club helped me to feel I was part of something again like in my previous life and made me feel good to be doing that'

Former beneficiary/Kitchen Club volunteer

Organisational Development

- Signposting & referrals process iterated to include a greater range of categories for information/support.
- Increased staffing capacity to support the new signposting and guidance function
- Further structure and guidance around strategies for focus families
- CRM system used successfully across 3 projects for families in TA
- Data from CRM used for case management and for generating reports for key metrics
- Parent Club appointed CVS rep for Hackney Council Social Connections Leads Group
- Branding and website completed, with proprietary recipes published open-source
- Focus on training and support for beneficiaries interested in volunteering

Kitchen Club Internship

We developed a new in-work training programme to help parents secure long term future employment. Following a formal application and interview process, by Dec 2024, we had successfully recruited four former beneficiaries with lived experience of temporary accommodation to join the pilot programme, launching in January 2025.

The 12-month professional development programme is designed to help parents launch careers in the catering and childcare sectors. The programme includes in-work training with the Kitchen Club project, independent study, employability coaching, and additional support with job searches and applications for jobs and further training.

Around 75% of the programme is allocated to working alongside established professionals to deliver Kitchen Club sessions, with 25% dedicated to professional development. Trainees need to commit to a minimum of 8hrs per week, with availability for work between 10am-2.30pm on at least three regular days per week during school term time.

'I am looking forward to doing the traineeship with Kitchen Club. I feel like I want to go back to work but my background was in another area and because of my experience I want to do something that I can contribute my experience and adapt my skills into a new career'

Key Partnerships

- Children's Centres (especially Woodlands Park, Daubeney, Woodberry Down)
- Hackney Food Bank
- Hackney Baby Bank
- Little Village
- Redmond Community Centre
- Hackney Playbus – referrals and outreach
- Health visitor – referral partner for Refugee/Asylum families
- Family Support Service, inc staff visits to Redmond project
- Bridge outcomes partnerships – access to Home Office funded TA
- Round Chapel Families project - recruitment, comms & signposting/support worker
- Hackney VCS – volunteer recruitment + E-voucher grant

Impact

Impact evaluations were carried out across 5 settings (Round Chapel, Woodlands Park, Daubeney, St Peter's, and Redmond). A total of 68 self-assessment surveys were completed, with space for beneficiaries to also provide written comments.

Self-assessment survey question	% Agree or Strongly Agree
Kitchen Club has helped me to eat more fruit and veg each week	97%
Kitchen Club has helped my child to eat more fruit and veg each week	97%
Kitchen Club has introduced me to new healthy recipes or ingredients'	99%
Kitchen Club has helped me to connect with other local parents	94%
Coming to Kitchen Club has been good for my sense of wellbeing	96%
Kitchen Club has helped me find out about other services/opportunities	94%
Kitchen Club has given me new ideas for play and learning activities	93%
Kitchen Club has helped me to share positive experiences with my child	98%

Example comments:

'At Kitchen Club we can sit down and talk with the other parents, have some lunch, and it's all free. It's a relief. At Kitchen Club they make you feel important, and they make you feel good. They listen to you and it's really nice how they treat the mums'

'Kitchen Club is helpful because I found a place where I can forget for a couple of hours about my problems. You can see your kid in a different place playing and you can have a nice lunch and you can also find out a lot of information'

'I went to a lot of other places where I felt that people were thinking what has she done wrong to be in this situation, or treating you like a number, and without empathy or humanity. Finding Kitchen Club was like finding an oasis, where I was treated with dignity and respect'

Creative Health research

A research student from the UCL Ma in Creative Health worked with several Kitchen Club families to explore the impact of temporary accommodation on parenting, mental health and social connection. Participants used photography to document and discuss aspects of their lived experience in temporary accommodation.

The research highlighted Kitchen Club's positive impact in providing practical help, access to additional services, and a space to connect with a network of support:

'X has built meaningful connections through Kitchen Club, where she has met most of the people she knows. These connections extend beyond Kitchen Club, as they spend time together outside of the sessions. These relationships bring her a sense of community. This highlights the importance of VSOs like Kitchen Club in assisting with the development of social connection for families in TA, especially recent arrivals who often lack a social network upon entry into the UK'

X noted that she feels very positive towards Kitchen Club and is grateful for the help they provided. She further emphasised this by explaining that she tells "everyone" in her accommodation to attend Kitchen Club. This further emphasises Kitchen Club's positive role in supporting families in TA to meet their basic needs and build a sense of community.'

Section E Financial review

Brief statement of the charity's policy on reserves

Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income

Our work was supported by 13 trusts and foundations, for a total of £207,875, comprised of grants ranging from £500 to £50,000. We also launched a new initiative to solicit donations from individuals and businesses – the '24 Carrot' supporters club, which helped us to secure £22,000 of additional funding. Our website also now includes a 'donate' button, from which we received £100.

Expenditure


Expenditure of £141,577 was higher than the previous year (£110K), reflecting increased staffing and venue hire costs, which now include venue hire for the new St Peter's project.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Shuvo Loha	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	25/04/2025	

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PARENT CLUB**

Independent Examiner's Report to the Trustees of Parent Club

I report to the trustees on my examination of the accounts of Parent Club (also known as the Kitchen Club) for the year ended 31st December 2024 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

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 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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 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.



Anwer Patel BA (Hons) FCA BFP

**ICAEW
Prestons & Jacksons Partnership LLP
364-368 Cranbrook Road
Ilford Essex
IG2 6HY**

Date: 29/04/2025



Receipts and payments accounts

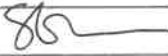
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For the period from	Period start date 01/01/2024	To	Period end date 31/12/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
The J Van Mars Foundation	-	50,000	-	50,000	30,000
Leathersellers	-	-	-	-	3,000
Charles French	-	5,000	-	5,000	3,000
Albert Hunt	-	-	-	-	2,000
Hackney Council	-	-	-	-	-
Hackney Council - Vouchers	-	-	-	-	5,000
Rocket Science (GLA)	-	-	-	-	986
St James Place Charitable Foundation	-	-	-	-	2,500
Groundwork	-	-	-	-	4,000
Groundwork - Tesco bags of help	-	-	-	-	1,000
Groundwork - Roundchapel (Comic Relief)	-	907	-	907	8,158
Chesterhill Charitable Trust	500	-	-	500	500
Beacon Lodge	-	-	-	-	5,000
Toy Trust	-	-	-	-	2,500
Vintners	-	-	-	-	5,000
Mercers Trustees - Roundchapel	-	15,000	-	15,000	15,000
Mercers Trustees - Wellbeing	-	-	-	-	5,000
Society of the holy child Jesus	10,000	-	-	10,000	-
Garfield Weston	10,000	-	-	10,000	-
Society of the holy cross	10,000	-	-	10,000	-
BBC Children in Need	-	15,000	-	15,000	-
Masonic Charitable Trust	5,000	-	-	5,000	-
Postcode Society	25,000	-	-	25,000	-
City Bridge Foundation	-	6,223	-	6,223	-
Lottery Community Fund 2025	-	19,985	-	19,985	-
National Lottery Community Fund - accrued 2024	-	35,260	-	35,260	-
Donations	22,100	-	-	22,100	-
Sub total (Gross income for AR)	82,600	147,375		229,975	92,644
Total receipts	82,600	147,375	-	229,975	92,644
A3 Payments					
Cost of Running Kitchen Clubs	6,564	15,434	-	21,998	11,685
Vouchers	-	2,000	-	2,000	3,000
Training and Staff support	468	3,172	-	3,640	1,679
Rent/Hire of Rooms	-	16,703	-	16,703	6,809
Wages/Salaries and National	28,229	56,922	-	85,151	79,146
Pension Contributions	1,806	-	-	1,806	1,843
Consultants/Contractors	5,140	-	-	5,140	2,520
External accountancy costs	600	-	-	600	600
Office and IT costs	3,011	420	-	3,431	1,753
Insurance	332	-	-	332	332
Bank Interest and Charges	194	-	-	194	208
Recruitment costs	582	-	-	582	526
Sub total	46,926	94,651	-	141,577	110,101
Total payments	46,926	94,651	-	141,577	110,101
Net of receipts/(payments)	35,674	52,724	-	88,398	17,457
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,409	41,854	-	65,263	£82,720
Cash funds this year end	59,083	94,578	-	153,661	65,263

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	59,083	94,578	-
	Total cash funds	59,083	94,578	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and Employers NIC	Unrestricted	3,309	22 January 2025
	Rent invoice from Dec24	Restricted - City Bridge Foundation	1,440	20 January 2025
Signed by one or two trustees on behalf of all the trustees				
	Signature	Print Name	Date of approval	
		Shuvo Loha	25/04/2025	

PARENT CLUB

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a receipt and payment basis and is comply with all the legal requirements.

Statutory Information

Parent Club is a charitable incorporated organisation (CIO) registered with Charity Commission in England and Wales.

Going Concern

The Board are confident that they have secured sufficient income for the next twelve months. For this reason, the accounts have been prepared on a going concern basis.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

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.

PARENT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

3. STAFF COSTS

	31.12.24	31.12.23
	£	£
Wages and salaries	<u>85,151</u>	<u>79,146</u>
	<u>85,151</u>	<u>79,146</u>

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

	31.12.24	31.12.23
Charitable Activities	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

4. KEY MANAGEMENT PERSONNEL

Key Management Personnel comprised of the Board of Trustees.

5. MOVEMENT IN FUNDS

	At 1/1/24	Net movement in funds	At 31/12/24
	£	£	£
Unrestricted funds			
General fund	23,409	35,674	59,083
Restricted funds			
Restricted Funds	41,854	52,724	94,578
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>65,263</u>	<u>88,398</u>	<u>153,661</u>

PARENT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,600	(46,926)	35,674
Restricted funds			
Restricted Funds	147,375	(94,651)	52,724
	<u>229,975</u>	<u>(141,577)</u>	<u>88,398</u>
TOTAL FUNDS			

Comparatives for movement in funds

	At 1/1/23 £	Net movement in funds £	At 31/12/23 £
Unrestricted funds			
General fund	30,000	(6,591)	23,409
Restricted funds			
Restricted Funds	52,720	(10,866)	41,854
	<u>82,720</u>	<u>(17,457)</u>	<u>65,263</u>
TOTAL FUNDS			

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	35,500	(42,091)	(6,591)
Restricted funds			
Restricted Funds	57,144	(68,010)	(10,866)
	<u>92,644</u>	<u>(110,101)</u>	<u>(17,457)</u>
TOTAL FUNDS			

PARENT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

5. MOVEMENT IN FUNDS - continued

Analysis of Restricted Funds carried forward as at 31st Dec 2024:

	31.12.24	31.12.23
BBC Children in Need	2,355	-
Beacon Lodge	-	2,779
Charles French	3,750	-
City Bridge Foundation	3,365	-
Comic Relief	-	4,096
Hackney Council	-	5,519
Jan Van Mars	47,756	-
Lottery Community Fund	19,985	-
St James Place	-	1,960
The Mercers Company - Round Chapel	15,000	15,000
The Mercers Company - Wellbeing	2,367	5,000
Toy Trust	-	2,500
Vintners	-	5,000
	<u>94,758</u>	<u>41,854</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

PARENT CLUB

England & Wales - Charity number 1158989

Accounts

REGISTERED CHARITY NUMBER: 1158989

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
PARENT CLUB**

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2023	To	31	12	2023

Section A Reference and administration details

Charity name Parent Club

Other names charity is known by Kitchen Club

Registered charity number (if any) 1158989

Charity's principal address 73 Oakwood Road

Postcode NW11 6RJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jonathan Buckland	Chair		
2	Shuvo Loha	Treasurer		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5	Tamara Adenuga		4th May 2023	Board of Trustees
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods (eg. appointed by, elected by)	Nomination Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.

Summary of the objects of the charity set out in its governing document

TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which must be taken into consideration when planning the charity's activities for the ahead.

The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit:

'Our work continues to focus on engaging hard to reach vulnerable families in projects where parents and children work with an experienced food professional to prepare a healthy vegetarian meal with fresh ingredients. Families can also access a rich play and learning environment, with activities facilitated by staff and volunteers. Activities include painting, craftwork, puzzles and storytelling. In consultation with parents, the menu changes for each session, with opportunities for parents to co-lead sessions. Recipe cards are available to take home for each session.

Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. We also aim to connect families with further support through signposting and referrals. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills. As well as reducing social isolation and improving access to good quality food. Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating, particularly because children growing up in low-income communities are less likely to eat well.

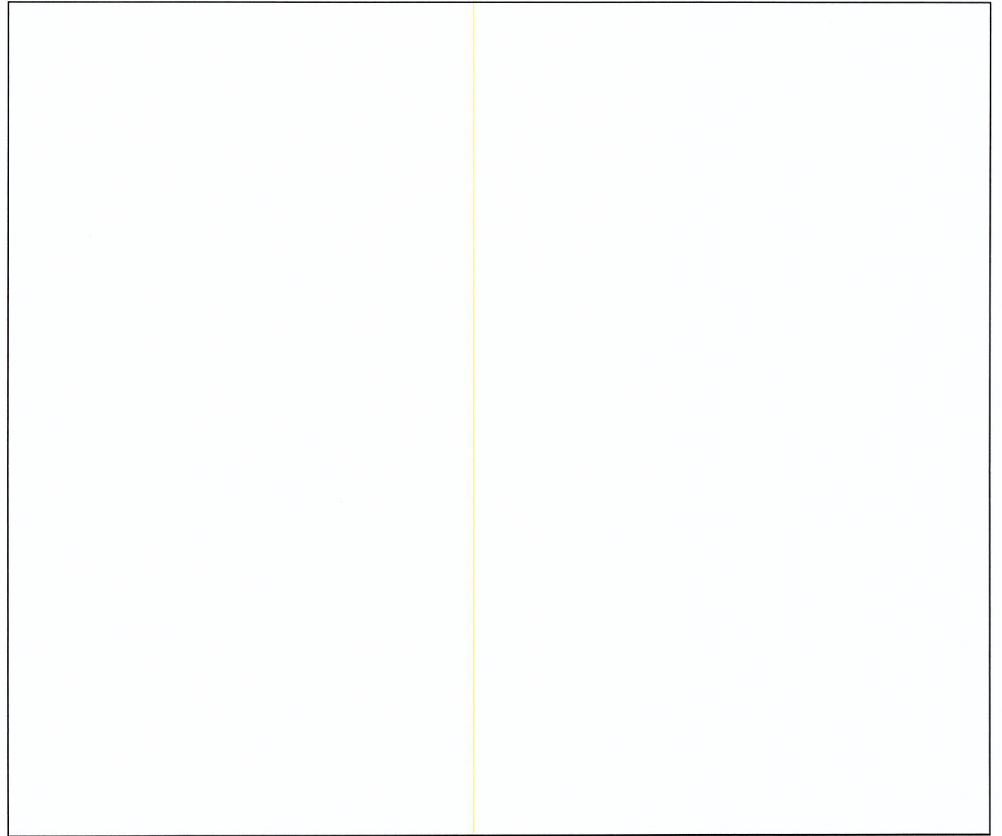
We have a special focus on working with families living in temporary accommodation and insecure housing.'

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Delivery summary

In 2023, we worked in five settings, delivering 133 sessions, with 480 unique beneficiaries. This compares to 132 sessions, with 433 unique beneficiaries in 2022.

Comet Children's Centre (legacy setting)

11 sessions (Jan–Mar)

30 parents

45 children

A successful legacy project, which continued as planned after the initial period of partnership delivery. Strong attendance and engagement.

Daubeney Children's Centre (legacy setting)

- 21 sessions (June-Dec)

- 29 parents

- 42 children

Sessions delivered according to plan, with good engagement from parents. Good skills development for setting staff, with commitment to continue the project in 2024.

Woodlands Park Children's Centre (core setting)

- 38 sessions (Jan–Dec)

- 49 parents

- 60 children

Positive engagement and feedback from families, with good support from setting management. Improved proportion of NRPF and families in temporary accommodation. Reduced attrition and more consistent attendance over longer periods from target families.

Round Chapel (core setting, families in T.A.)

37 sessions (Jan-Dec)

53 parents

66 children

Continues to be successful in supporting high needs, vulnerable families, with increasing numbers from Home Office-funded temporary accommodation in addition to council-funded hostels. An effective partnership with The Round Chapel Families Project, providing additional staff for signposting/advice and support with recruitment.

Redmond Community Centre (core setting, families in T.A.)

26 sessions (April-Dec)

46 parents

60 children

A successful launch, providing evidence that the 'hostel families' model can be replicated effectively. Strong partnerships established with a range of local organisations including Woodberry Down Children's centre and the Family Support Service. Effectively outreach to 5 local hostels. Good engagement from families, and positive feedback. A very high proportion of families from the target group, including a high proportion from

Home Office-funded accommodation.

Staff & Volunteers

- Chris Brown continued as Chief Executive and Project Co-ordinator (0.8 fte)
- Kimberly Moulinier continued as Family Activities Organiser (0.5 fte)
- Tricia Fisher was recruited as Community Food Organiser on 12-month fixed term contract (0.5 fte), replacing Clare Whitmore
- Amanda Moore was recruited as Session Support Worker on a 6-month fixed term contract 11.5 hrs p/w
- Sessions at Comet and Daubeney were supported by a member of setting staff
- Sessions were supported by 6 regular volunteers

Organisational Development

- Increased focus on families in temporary accommodation. New project established in Woodberry Down, with a further setting planned for 2024
- New, proactive signposting process
- Increased focus on acute material needs, with additional food to take away and supermarket e-vouchers for eligible families
- Increased staffing capacity to support the new signposting and guidance function
- Further structure and guidance around strategies for focus families
- Henry training complete and key approaches agreed
- Solihull Approach staff training & key messaging agreed
- Access to Solihull Approach online parenting course for beneficiaries
- Established as a referral partner for Hackney Food Bank and Hackney baby bank
- New logo and branding agreed, website in progress
- Proprietary recipes developed by Caroline Hire 50% complete
- CRM brief developed and platform agreed
- Focus groups within sessions for Hackney Council equalities policy consultation
- Contributions to policy and practice: Hackney Council Social Connections Leads Group, Woodberry Wetlands community forum, Hackney Temporary Accommodation Action Group (TAAG), Hackney Refugee & Migrant Forum

Key Partnerships

- Children's Centres (Woodlands Park, Daubeney, Comet, Woodberry Down)
- Hackney Food Bank
- Hackney Baby Bank
- Hackney Playbus – referrals and outreach
- Health visitor – referral partner for Refugee/Asylum families
- Family Support Service, inc staff visits to Redmond project
- Museum of Homelessness – staff visits for family crafting sessions
- Bags of Taste – visits to sessions for recruitment + showcase session
- Bridge outcomes partnerships – access to Home Office funded TA
- UCL MASC creative health placement agreed for 2024
- Round Chapel Families project - recruitment, comms & signposting/support worker
- Caris Families - cross-referral partnership, range of support tailored to needs of families in TA
- Hackney VCS – volunteer recruitment + E-voucher grant

Impact

Impact evaluations were carried out across 5 settings (Round Chapel, Woodlands Park, Daubeney, Comet, and Redmond). A total of 68 self-assessment surveys were completed, with space for beneficiaries to also provide written comments.

Self-assessment survey question	% Agree or Strongly Agree
Kitchen Club has helped me to eat more fruit and veg each week	97%
Kitchen Club has helped my child to eat more fruit and veg each week	97%
Kitchen Club has introduced me to new healthy recipes or ingredients'	99%
Kitchen Club has helped me to connect with other local parents	94%
Coming to Kitchen Club has been good for my sense of wellbeing	96%
Kitchen Club has helped me find out about other services & opportunities	94%
Kitchen Club has given me new ideas for play and learning activities	93%
Kitchen Club has helped me to share positive experiences with my child	98%

Example comments:

'It's good that she can cut and see the food being prepared. She now eats a more varied diet because of Kitchen Club'

'I like that there is always be the reading corner out. I also like that there is a variety of things to do. I also like that we are encouraged to do the activities'

'Kitchen Club helped me meet new people. I have made a lot of new friends'

'It is such a nice atmosphere! I was able to connect with the other ladies in the hostel. It helped me make friends'

'It helped me to get involved in the wider community'

'I like that it is a supportive and nurturing environment. It was just me and him in one room. Kitchen Club helped him to learn to socialise'

Brief statement of the charity's policy on reserves

Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income

Competition for grant funding remains high. However, we were successful in applications to 14 organisations, receiving total funding of £92,644, comprised of grants ranging from £500 to £30,000.

Expenditure

Expenditure of £110,101, was higher than in 2022, reflecting increased costs, including staffing costs and venue hire costs (in particular for the Redmond project).

Total expenditure = £110,101

Total number of sessions = 133

Cost per session = £828 per session

cf 2022

Total expenditure = £84,698

Total number of sessions = 132

Cost per session = £642 per session

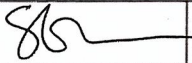
Section F

Other optional information

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The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	
Full name(s)	Shuvo Loha
Position (eg Secretary, Chair, etc)	Treasurer
Date	15th April 2024

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PARENT CLUB**

Independent examiner's report to the trustees of Parent Club

I report to the charity trustees on my examination of the accounts of Parent Club for the year ended 31st December 2023.

Responsibilities and basis of report

As the charity trustees of the Parent Club 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 Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all 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 material 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 Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

A. PATEL

A. Patel BA(Hons) BFP FCA

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: *16/04/2024*



CHARITY COMMISSION
FOR ENGLAND AND WALES

Parent Club 1158989

CC16a

Receipts and payments accounts

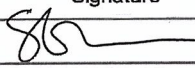
For the period from 01/01/2023 To 31/12/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
The J Van Mars Foundation	30,000		-	30,000	40,000
Leathersellers' Foundation	3,000			3,000	1,500
Charles S French Charitable Trust		3,000		3,000	3,000
The Albert Hunt Trust	2,000			2,000	2,000
Hackney Council				-	14,556
Hackney Giving - Hackney Council Cost of Living		5,000		5,000	-
Rocket Science (GLA)		986		986	8,875
St James Place Charitable Foundation		2,500		2,500	2,500
Groundwork - Comic Relief		4,000	-	4,000	-
Groundwork - Tesco bags of help		1,000		1,000	-
Groundwork - Comic Relief		8,158		8,158	-
Chesterhill Charitable Trust	500		-	500	-
The Beacon Lodge Charitable Trust	-	5,000	-	5,000	-
The Toy Trust		2,500	-	2,500	-
The Vintners' Company		5,000	-	5,000	-
The Mercers Company - Roundchapel		15,000		15,000	
The Mercers Company - Wellbeing		5,000		5,000	
Postcode Society				-	16,863
The Mrs Smith and Mount Trust				-	2,500
The Foyle Foundation				-	5,000
Magic Little Grants				-	500
The Charity of Sir Richard Whittington				-	10,000
Garfield Weston Foundation				-	8,000
Hedley Foundation				-	2,000
Arnold Clark				-	1,000
Morris Charitable Trust				-	2,000
Sub total (Gross income for AR)	35,500	57,144		92,644	120,294
Total receipts	35,500	57,144	-	92,644	120,294
A3 Payments					
Cost of Running Kitchen Clubs	1,430	10,255	-	11,685	9,143
Vouchers		3,000		3,000	
Rent/Hire of Rooms	-	6,809	-	6,809	1,710
Wages/Salaries and National Insurance	34,770	44,376	-	79,146	64,220
Pension Contributions	1,843		-	1,843	1,924
Consultants/Contractors	720	1,800		2,520	2,160
External accountancy costs	600			600	500
Office and IT costs	1,662	91		1,753	367
Insurance	332	-	-	332	332
Bank Interest and Charges	208	-	-	208	186
Recruitment costs	526	-	-	526	763
Sub total	42,091	68,010	-	110,101	84,698
Total payments	42,091	68,010	-	110,101	84,698
Net of receipts/(payments)	- 6,591	- 10,866	-	- 17,457	35,596
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	30,000	52,720	-	82,720	£47,124
Cash funds this year end	23,409	41,854	-	65,263	82,720

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Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	23,409	41,854	-
		-	-	-
		-	-	-
	Total cash funds	23,409	41,854	-
(agree balances with receipts and payments account(s))		OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Accrued Income - Lottery Community Fund (relating Aug to Dec 2023 - funds to be received in Jan24)		-	35,260
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and Employers NIC	Unrestricted	808	23 January 2024
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Shuvo Loha	15th April 2024	

PARENT CLUB

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

b) Statutory Information

Parent Club is a charitable incorporated organisation (CIO) registered with Charity Commission in England and Wales. The registered office address can be found at the information page.

c) Going Concern

The Board are confident that they would be able to secure new funding for the foreseeable future. For this reason, the accounts have been prepared on a going concern basis.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from tax on its charitable activities.

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.

PARENT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

There were no trustees' expenses for the year ended 31 December 2023 nor for the year ended 31 December 2022.

3. KEY MANAGEMENT PERSONNEL

Key Management Personnel comprised of the Board of Trustees.

PARENT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

4. MOVEMENT IN FUNDS

	At 1/1/23 £	Net movement in funds £	At 31/12/23 £
TOTAL FUNDS	<u>82,720</u>	<u>(17,457)</u>	<u>65,263</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
TOTAL FUNDS	<u>92,644</u>	<u>110,101</u>	<u>(17,457)</u>

Comparatives for movement in funds

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
Restricted funds			
Funds	47,124	35,596	82,720
TOTAL FUNDS	<u>47,124</u>	<u>35,596</u>	<u>82,720</u>

PARENT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2023

5. RESTRICTED FUNDS

Analysis of Restricted Funds carried forward as at 31st December 2023

	31.12.23
	£
St James Place Charitable Foundation	1,960
Hackney Giving – Hackney Council Cost of Living	3,519
The Vintners' Company	5,000
The Beacon Lodge Charitable Trust	2,779
Groundwork - Comic Relief	4,096
Hackney Council	2,000
The Toy Trust	2,500
The Mercer's Company- Roundchapel	15,000
The Mercer's Company- Wellbeing	5,000
	<hr/>
TOTAL FUNDS	<u>41,854</u>

6. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

PARENT CLUB

England & Wales - Charity number 1158989

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	01	2022	To	31	12	2022

Section A Reference and administration details

Charity name Parent Club

Other names charity is known by Kitchen Club

Registered charity number (if any) 1158989

Charity's principal address 73 Oakwood Road

Postcode NW11 6RJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shuvo Loha	Treasurer		
2	Jonathan Buckland	Chair		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted <small>(eg. trust, association, company)</small>	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Nomination Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which are must be taken into consideration when planning the charity's activities for the ahead.

The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit:

'Our work continues to focus on engaging hard to reach and vulnerable families in projects where parents and children work with an experienced food professional to prepare a healthy vegetarian meal with fresh ingredients. Families can also use an activities & soft play area, supported by the Family Activities Organiser and volunteers. Activities include painting, craftwork, puzzles and storytelling. In consultation with parents, the menu changes for each session, with opportunities for parents to co-lead sessions. Recipe cards are available to take home for each session.

Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills.

As well as reducing social isolation and improving access to good quality food, Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating, particularly because children growing up in low income communities are less likely to eat well.'

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Delivery summary

In 2022, we worked in five settings, delivering 132 sessions, with 433 unique beneficiaries. This compares to 89 sessions delivered in 2021, with 244 beneficiaries

Woodlands Park Children's Centre (core setting)

- 38 sessions (Jan–Dec)
- 79 parents
- 85 children

Overall a successful project, with very good engagement and feedback from families. Challenges included inconsistent information sharing, and some sessions with low numbers of target beneficiaries, but these issues were addressed by the end of the year.

Moreland Children's Centre (legacy setting)

17 sessions (Jan–May)
12 parents
24 children

Moreland did not continue the project independently as agreed. Following a review, several changes were made to our support offer for partner settings, including a more robust handover process.

Sebright Children's Centre (legacy setting)

27 sessions (April–Dec)
22 parents
20 children

Sebright was a successful project with effective engagement of high needs families. Additional grant funding has been secured by the setting to continue delivery as agreed.

A more robust handover strategy was used, informed by learning from Moreland. There was very good communication with senior and middle management, who supported the project. Crucial to this success was a strong delivery partnership, with motivated centre staff, accessing training and mentoring, from Parent Club, to develop knowledge, skills and confidence to lead sessions.

Comet Children's Centre (legacy setting)

12 sessions (Sept–Dec)
25 parents
35 children

One term of partnership delivery had been completed successfully by December 2022, with the setting committed to continuing the project as agreed. Positive relationships were established with setting management, who have given assurances that the project will continue, with funding from the central budget. The number of attendees per session increased to target levels by the end of the year, with strategies agreed to recruit a higher proportion of high needs families in 2023.

Round Chapel Hostel Families (core setting)

38 sessions (Jan–Dec)
59 parents
72 children

This project continued to effectively engage high needs, hard to reach, vulnerable families through targeted outreach and word-of-mouth referrals.

Additional staffing and volunteer capacity was employed to deliver high quality sessions.

The project benefitted from effective partnership working with The Round Chapel Families Project, with additional staff provided to provide signposting and advice. Additional services included vouchers for heating, food bank referrals, and babybank resources. Effective partnerships with Bags of Taste & Hackney Playbus provided access to additional opportunities for families.

Impact of Covid-19

The final pandemic restrictions were lifted in March 2022, although additional measures around infection control continued to be used, for example maintaining good ventilation and additional handwashing. There was one cancelled session for staff absence due to Covid-19.

Staff & Volunteers

- Chris Brown continued as Chief Executive and Project Co-ordinator, working 3 days per week
- Kimberly Moulinier continued as Family Activities Organiser (0.5 fte)
- Replacing Caroline Hire, who left her role in June, Clare Whitmore was recruited as Community Food Organiser on 12-month fixed term contract (0.5 fte)
- Sessions at Moreland, Comet and Sebright were each supported by setting staff in addition to Parent Club staff.
- The Round Chapel project benefitted from support by 3 regular volunteers

Organisational Development

- Further refinement of activities supporting positive attachment, with a focus on activities to try at home
- More co-cooking activities developed for parents and children
- Improved guidance/handouts for parents from the HENRY healthy start programme.
- New partnerships established with Caris Families, Museum of Homelessness, London Development Trust, Bags of Taste.
- Review of the children's centre programme, identifying several areas for refinement, including need for improved focus on recruitment of high needs families
- Improved handover for legacy settings, with clear process, milestones and checklist, etc.
- Clearer expectations for children's centre partner settings around recruitment of high needs families
- Delivery staff objectives agreed, with supporting guidance around key skills and expectations around delivery
- Improved structure for weekly delivery team meeting, with emphasis on reflective practice and strategies for identified 'focus families'
- Revised pre-session briefing and de-brief processes, with emphasis on psychologically-informed environment
- Hostel families identified as a target group for future projects, providing a clear focus on families with high levels of need
- In terms of public profile, our work was featured in an article in the Evening Standard and the Round Chapel project was used by Comic Relief in two of its fundraising campaigns

Impact

Impact evaluations were carried out across 4 settings (Round Chapel, Woodlands Park, Moreland, and Sebright). A total of 49 surveys were completed, with beneficiaries also invited to provide written comments on the service. The data suggest positive impact across a range of measures.

Quantitative data:

Self-assessment survey question	% Agree or Strongly Agree
Kitchen Club has helped me to eat more fruit and veg each week	98%
Kitchen Club has helped my child to eat more fruit and veg each week	98%
Kitchen Club has introduced me to new healthy recipes or ingredients'	98%
Kitchen Club has helped me to connect with other local parents	96%
Coming to Kitchen Club has been good for my sense of wellbeing	94%
Kitchen Club has helped me find out about other services and opportunities	94%
Kitchen Club has given me new ideas for play and learning activities'	90%
Kitchen Club has helped me to share positive experiences with my child	98%

Example comments:

"We really enjoy coming to Kitchen Club. The staff are always friendly, encouraging and helpful, and have provided some lovely activities"

"It has been an absolute pleasure to come to Kitchen Club and it has helped to encourage good eating habits with my child (who has had some eating issue). Thank you to all the staff at Kitchen Club. We really appreciate it."

"It is a lovely place to come for the kids and mums. Lovely lunch and always giving us good ideas for cooking at home. Learned lots of easy and healthy dishes"

"We love Kitchen Club. The kids have good play time. They have different activities every time, learning new stuff and finding new friends"

"Enjoy meeting new people, getting out of the house and learning new recipes"

"Staff are impressively nice"

"Kitchen Club has transformed my Wednesdays! I was at a loss for what to do, but this has given us something fun and educational. It provides more stimulation for the parents than a normal playgroup and I have made the broccoli salad a couple of times since – it's the only salad I've successfully fed my child"

Section E

Financial review

Brief statement of the charity's policy on reserves

Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income

We increased the amount of time allocated to fundraising in order to meet increased projected costs and, whilst the success rate for applications remained lower than in pre-pandemic years, we were successful in applications to 16 organisations, receiving total funding of £120K, comprised of grants ranging from £500 to £30,000.

Expenditure

Expenditure was higher than in 2021, reflecting increased delivery and more staff time committed to organisational development, model refinement, and fundraising.

The overall average cost of delivering sessions remained similar to the previous year.

2022

Total expenditure = £84,698

Total number of sessions = 132

Cost per session = £642 per session

cf 2021

Total expenditure = £55,563

Total number of sessions = 89

Cost per session = £624

Section F

Other optional information


Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)	Shuvo Loha	
	Treasurer	
Position (eg Secretary, Chair, etc)		
Date	24/03/2023	

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARENT CLUB

Independent Examiner's Report to the Trustees of Parent Club

I report to the trustees on my examination of the accounts of Parent Club ('the charity') for the year ended 31st December 2022 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

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 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.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF
PARENT CLUB**

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.

A. PATEL

Anwer Patel BA (Hons) FCA BFP

ICAEW

Prestons & Jacksons Partnership LLP

364-368 Cranbrook Road

Ilford Essex 24/3/23

IG2 6HY

Date:



Receipts and payments accounts

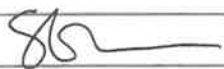
CC16a

For the period from	Period start date	To	Period end date
	01/01/2022		31/12/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
The J Van Mars Foundation	10,000	30,000	-	40,000	20,000
Arnold Clark	-	1,000	-	1,000	-
Morris Charitable Trust	-	2,000	-	2,000	-
Leathersellers	1,500	-	-	1,500	-
Charles French	-	3,000	-	3,000	-
Garfield Weston	8,000	-	-	8,000	-
Hedley Foundation	-	2,000	-	2,000	-
Albert Hunt	2,000	-	-	2,000	-
Postcode Society	-	16,863	-	16,863	-
The Mrs Smith and Mount Trust	-	2,500	-	2,500	-
The Foyle Foundation	-	5,000	-	5,000	-
Magic Little Grants	-	500	-	500	-
The Charity of Sir Richard Whittington	-	10,000	-	10,000	10,000
Hackney Council	-	14,556	-	14,556	-
Rocket Science (GLA)	-	8,875	-	8,875	-
St James Place Charitable Foundation	-	2,500	-	2,500	-
Masonic Charitable trust	-	-	-	-	4,600
Tesco - bags of help	-	-	-	-	500
Tudor Trust	-	-	-	-	2,000
Comic Relief	-	-	-	-	4,000
Awards For All	-	-	-	-	9,998
Sub total (Gross income for AR)	21,500	98,794	-	120,294	51,098
Total receipts	21,500	98,794	-	120,294	51,098
A3 Payments					
Cost of Running Kitchen Clubs	6	9,137	-	9,143	5,076
Training and Staff support	785	2,608	-	3,393	798
Rent/Hire of Rooms	100	1,610	-	1,710	630
Wages/Salaries and National Insurance	20,746	43,474	-	64,220	44,024
Pension Contributions	1,924	-	-	1,924	1,246
Consultants/Contractors	1,660	500	-	2,160	1,980
External accountancy costs	500	-	-	500	500
Office and IT costs	367	-	-	367	419
Insurance	332	-	-	332	353
Bank Interest and Charges	186	-	-	186	191
Recruitment costs	763	-	-	763	346
Sub total	27,369	57,329	-	84,698	55,563
Total payments	27,369	57,329	-	84,698	55,563
Net of receipts/(payments)	- 5,869	41,465	-	35,596	- 4,465
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	35,869	11,255	-	47,124	£51,589
Cash funds this year end	30,000	52,720	-	82,720	47,124

Section B Statement of assets and liabilities at the end of the period

<i>Categories</i>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	30,000	52,720	-
		-	-	-
		-	-	-
	Total cash funds	30,000	52,720	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and Employers NIC	Unrestricted	1,903	23 January 2023
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Shuvo Loha	23/03/23	

PARENT CLUB

England & Wales - Charity number 1158989

Accounts



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2021	To	31	12	2021

Section A Reference and administration details

Charity name Parent Club

Other names charity is known by Kitchen Club

Registered charity number (if any) 1158989

Charity's principal address 73 Oakwood Road

Postcode NW11 6RJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shuvo Loha	Treasurer		
2	Jonathan Buckland	Chair		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods (eg. appointed by, elected by)	Nomination Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Summary of the main achievements of the charity during the year

Delivery

In 2021, sessions were delivered in 4 settings: The Round Chapel (Hackney); Woodlands Park Children's Centre (Haringey); Linden Children's Centre (Hackney); Moreland Children's Centre (Islington).

The Round Chapel and Woodlands Park are 'core' settings, where we plan to continue delivering sessions indefinitely. At additional settings, like Moreland and Linden, sessions are delivered for a fixed period of time, after which the setting agrees to deliver the project independently after a period of partnership working.

Round Chapel

- Takeaway service during early part of the year, prior to easing of restrictions.
- 2 x in-person sessions per week between April and July
- 1x in-person session per week Sept-Dec
- Strong attendance & engagement – average 12 families per session
- Several new families from local hostels, following successful outreach work to 4 local hostels

Woodlands Park

- 1x weekly in-person sessions from November
- Strong attendance average 13 families per session
- Highly engaged families with increased range of activities offered

Moreland

- 1x weekly in-person sessions from November
- Good support from setting staff attending each session, with commitment to continue project
- Inconsistent group size and issues around delivery model, with families often invited for 1-2 sessions, contrary to guidance
- More focus on child engagement, with parent =s sometimes not present

Linden

- Sessions ended after only 1 half term of delivery, due to serious challenges with facilities, including a lack of hot water, meaning it was not possible to run high quality sessions safely
- Good relationship with management, who supported us in seeking alternative setting

Outputs summary table – all settings

Setting	Area	Sessions (2.5 hrs)	Est No. of meals	Beneficiaries
Round Chapel	Hackney	56 (inc 11 takeaway sessions)	850 (inc 310 takeaway)	114
Woodlands Park	Haringey	20	340	70
Linden	Hackney	7	140	32
Moreland	Islington	6	120	28
Total		89	1450	244

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which are must be taken into consideration when planning the charity's activities for the ahead.

The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit:

'Our work continues to focus on engaging hard to reach vulnerable families in projects where parents and children work with an experienced food professional to prepare a healthy vegetarian meal with fresh ingredients. Families can also use an activities & soft play area, supported by the Family Activities Organiser and volunteers. Activities include painting, craftwork, puzzles and storytelling. In consultation with parents, the menu changes for each session, with opportunities for parents to co-lead sessions. Recipe cards are available to take home for each session.

Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills.

As well as reducing social isolation and improving access to good quality food, Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating, particularly because children growing up in low income communities are less likely to eat well.'

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Impact of Covid-19 on Delivery

The pandemic had a significant impact on our work in 2021, but we adjusted our delivery model in response to changing circumstances. At the Round Chapel, we delivered a takeaway and food parcel service between January and April, and thereafter delivered 2x in-person sessions per week from April to July, before reverting to one weekly session from September. Delivery had been suspended in children's centres from March 2020, but we re-started sessions at Woodlands Park in June 2021, and in Moreland and Linden in November.

Staff & Volunteers

- Chris Brown continued as Chief Executive and Project Co-ordinator, and, from May '21, increased time commitment from 2 to 3 days per week.
- Caroline Hire was recruited as Kitchen Club Project Leader in June on 12-month fixed term contract.
- Kimberly Moulinier was recruited as Family Activities Organiser on a 'zero hours' contract
- Sessions at Linden and Moreland each supported by setting staff in addition to Parent Club team
- The Round Chapel project benefitted from support by 3 regular volunteers, including 1 former beneficiary.

Model Refinement and Organisational Development

- Further guidance was developed around activities to support relationships between parents and children, supporting positive attachment
- We increased the frequency of crafting and arts activities, and activities involving food, to support positive parent child interactions
- A new suite of recipes were developed, with more emphasis on separate elements for ownership by individuals and pairs
- Guidance was developed around use of nudges for healthy eating and child development
- To improve access to key information to promote healthy lifestyles:
 - We collated NHS guidance on weaning, child nutrition and healthy eating and disseminated resources from the government's Start4Life and Change4Life campaigns
- Guidance on using solution focused language to promote strengths-based approach
- Session activities reviewed in relation to protective factors for mental wellbeing (using National Mental Health Development Unit Checklist)
- Training needs assessment completes, leading to commissioning of bespoke 2-day training for staff, volunteers and staff from partner settings (ACEs; Attachment; Trauma Informed; Wellbeing; Counselling Skills)
- NSPCC safeguarding training introduced for volunteers.
- New tools Developed to streamline impact measurement
- Several potential new settings were visited, inc Pembury, Comberton, Hugh Cubitt, Daubney, Parent House, Ambler. Sebright Children's Centre identified as a new partner setting for 2022

Impact

Impact evaluations were carried out at 2 settings (Round Chapel and Woodlands Park). At the Round Chapel, in partnership with Comic Relief, a series of interviews were carried out to gather qualitative data. At Woodlands Park, self- assessment questionnaires were used to gather quantitative data around key metrics. Participants were also invited to share additional comments in anonymous feedback forms. The data suggested positive impact across a range of measures.

Example comments from Round Chapel Case Study Interviews:

"Getting together like this, we can support each other. They say 'it takes a village to raise a child' and that is one hundred percent correct".

"Kitchen Club is not like a play group. If I need any type of help, it's there. This group helps me to connect with others. It's a lifeline for me. Coming here is giving my children learning experiences and social opportunities that I can't on my own".

"Having a place where we can all eat and be together is fantastic. Sometimes I can't find the time to feed myself or I'm too exhausted to cook for myself. It's my nutritious meal for the day and it keeps me so full. It's so good to know I have this each week. It's so reassuring to know that in times of crisis I can come here. They will make sure I get what I need – whether that be for my mental health, physical health, things for my children. They really go above and beyond on every level."

Example comments from Woodlands Park feedback forms:

"I bring my grandson to Kitchen Club. It's the best thing we do all week. The activities are stimulating and well organised and the food is delicious. A really fun morning! Thank you to all the brilliant staff."

"The food is healthy and my son has increasingly enjoyed the recipes since we started coming - he is way more confident with new foods now. Sitting eating together with parents and children has been a highlight of our week for the last term."

"Caroline and Kimberly are creative with food and the activities for children and include everyone, encouraging participation."

"We love Kitchen Club. Kids have good play time. They have different activities every time, learning new stuff and finding new friend. Caroline and Kimberly are amazing and very helpful."

Quantitative data from Woodlands Park:

	% Agree or Strongly Agree
<i>Kitchen Club has helped me to eat more fruit and veg each week</i>	90%
<i>Kitchen Club has helped my child to eat more fruit and veg each week</i>	80%
<i>Kitchen Club has introduced me to new healthy recipes or ingredients'</i>	100%
<i>Kitchen Club has helped me to connect with other local parents</i>	100%
<i>Coming to Kitchen Club has been good for my sense of wellbeing</i>	100%
<i>Kitchen Club has helped me find out about what else is available at the children's centre'</i>	90%
<i>Kitchen Club has given me new ideas for play and learning activities'</i>	100%

Brief statement of the charity's policy on reserves

Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Fundraising Environment

The funding environment continued to be challenging, with many trusts and foundations reporting an increased level of applications/competition for grants.

A larger than usual number of grants were applied for in 2021, with a lower success rate than in previous years. However, we were fortunate to secure over £51K in grant funding, which was sufficient to maintain operations.

Unrestricted funding

- We received an unrestricted grant of £20,000 from the J Van Mars Foundation.
- We received two further unrestricted grants: £4,600 from the Masonic Charitable trust and £500 from the Tesco bags of help programme

Restricted funding

- £9,998 from Awards for All to support the Woodlands Park project.
- £2,000 from the Tudor Trust to provide additional support for staff
- £4,000 from Comic Relief to support the Round Chapel project
- £10,000 from the Mercers' Company to support the Round Chapel project.

Funding for core costs

We received £34,000 from the Tudor Trust to support core management costs over two years (2020 & 2021).

Section F

Other optional information

Empty box for optional information.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	[Handwritten Signature]	
Full name(s)	CHAYANAND DOBAY	
Position (eg Secretary, Chair, etc)	SECRETARY	
Date	9 13 22	

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARENT CLUB

Independent examiner's report to the trustees of Parent Club

I report to the charity trustees on my examination of the accounts of Parent Club for the year ended 31 December 2021.

Responsibilities and basis of report

As the charity trustees of the Trust 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

A. PATEL

Anwer Patel BA(Hons) FCA BFP
ICAEW
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date: 9/3/22



CHARITY COMMISSION
FOR ENGLAND AND WALES

Parent Club

1158989

CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/2021	To	Period end date 31/12/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
The J Van Mars Foundation	20,000	-	-	20,000	20,000
Masonic Charitable trust	4,600	-	-	4,600	-
Tesco - bags of help	500	-	-	500	-
Tudor Trust	-	2,000	-	2,000	34,000
Comic Relief	-	4,000	-	4,000	-
Awards For All	-	9,998	-	9,998	-
The Charity of Sir Richard Whittington	-	10,000	-	10,000	-
Leathersellers	-	-	-	-	3,000
CJRS	-	-	-	-	4,680
London Borough of Hackney	-	-	-	-	2,283
St James Charitable Foundation	-	-	-	-	2,500
Sub total (Gross income for AR)	25,100	25,998		51,098	66,463
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	25,100	25,998	-	51,098	66,463
A3 Payments					
Cost of Running Kitchen Clubs	1,674	3,401	-	5,076	3,251
Training and Staff support	798	-	-	798	301
Rent/Hire of Rooms	-	630	-	630	810
Wages/Salaries and National Insurance	16,396	27,628	-	44,024	28,096
Pension Contributions	1,246	-	-	1,246	637
Consultants/Contractors	-	1,980	-	1,980	7,170
External accountancy costs	500	-	-	500	500
Office and IT costs	419	-	-	419	202
Insurance	353	-	-	353	328
Bank Interest and Charges	193	-	-	193	72
Recruitment costs	346	-	-	346	-
Sub total	21,924	33,639	-	55,563	41,367
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	21,924	33,639	-	55,563	41,367
Net of receipts/(payments)	3,176	- 7,641	-	- 4,465	25,096
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	32,693	18,896	-	51,589	£26,493
Cash funds this year end	35,869	11,255	-	47,124	51,589

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	35,870	11,254	-
		-	-	-
		-	-	-
	Total cash funds	35,870	11,254	-

(agree balances with receipts and payments account(s))


Categories	Details	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
				-
B3 Investment assets			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
				-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		NSPCC training course	Unrestricted	450
B5 Liabilities	PAYE and Employers NIC	Unrestricted	1,888	22nd January 2022
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Shuvo LOHA	9/3/2022

PARENT CLUB

England & Wales - Charity number 1158989

Accounts



Trustees' Annual Report for the period							
	Period start date				Period end date		
	From	01	01		2020	To	31

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shuvo Loha	Treasurer		
2	Jonathan Buckland	Chair		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5				
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18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods (eg. appointed by, elected by)	Nomination Committee

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.</p>
--	---

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which are must be taken into consideration when planning the charity's activities for the ahead.

The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit:

'Our work continues to focus on engaging hard to reach and vulnerable families in projects where parents and children work with an experienced food professional to prepare a healthy vegetarian meal with fresh ingredients. Families can also use an activities & soft play area, supported by the Family Activities Organiser and volunteers. Activities include painting, craftwork, puzzles and storytelling. In consultation with parents, the menu changes for each session, with opportunities for parents to co-lead sessions. Recipe cards are available to take home for each session.

Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills.

As well as reducing social isolation and improving access to good quality food, Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating, particularly because children growing up in low income communities are less likely to eat well.'

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Overview

The Kitchen Club model, where families come together to cook a healthy meal and take part in learning and play activities, provides positive experiences for parents of 0-5 year olds and their children. It reaches out to families who are at risk of, or are, experiencing social isolation. It also connects families to support through signposting to other family services and activities.

Projects

Prior to the onset of the Covid-19 pandemic in March, Parent Club continued to deliver three regular weekly 'Kitchen Club' projects. Two of these projects were hosted at the Round Chapel Old school rooms in Hackney and one project was hosted at the Woodlands Park Children's centre.

We also delivered an additional weekly session at Moreland Children's Centre in Islington, implementing a new model to train staff from the centre to deliver the project independently after a period of partnership working.

Impact of Covid-19 on Delivery

Phone outreach in first Lockdown

During the first lockdown, we paused all of our regular activities, but used one part time member of staff's capacity of 8 hrs per week to make outreach phone calls to our regular parents. As well as providing contact with a someone who knew them well, this allowed us to assess need and connect families with support services, for example food parcel deliveries from Food Banks.

Furloughing

In May and June 2020 we placed one member of staff on 100% furlough, and then on flexible furlough in July and August before a full return in September.

Summer Picnics

Although we do not usually deliver sessions in the summer holidays, to meet increased levels of need we ran a series of Kitchen Club 'picnics in the park', which were very well attended and were also an opportunity for outreach staff from other organisations to connect with Kitchen Club parents.

Delivery in Hackney

At various times throughout the pandemic, we adjusted our approach in response to the evolving context. We have been in regular contact with Hackney Public Health to establish how best to manage risk and deliver sessions that were as safe as possible.

Our sessions with vulnerable parents in Hackney qualified as support groups, which were exempted under lockdown restrictions, and we therefore delivered weekly sessions from July 2020, capping the number of adult participants for each session at 15 and operating a booking system rather than our usual 'drop in' approach. In November, during the second lockdown, we suspended group cooking activities and instead prepared takeaway meals and hosted socially distanced groups for tea and a chat.

Children's Centre sessions

Our regular delivery spaces at both Woodlands Park and Moreland Children's centres have been used as additional teaching rooms throughout the pandemic due to children being grouped in smaller 'bubbles', and we were therefore not able to deliver our regular sessions in children's centres from March 23rd for the remainder of the year.

Summary of Sessions & Beneficiaries

Woodlands Park Mondays: 10 sessions - 18 families reached

Moreland Tuesdays: 8 sessions - 10 families reached

Round Chapel Mondays: 25 sessions - 19 families reached

Round Chapel Fridays: 32 sessions - 24 families reached

Staff & Volunteers

- In January, Chris Brown took up a paid role as Chief Executive and Project Co-ordinator, with Fiona Macalister stepping down from the project co-ordinator role
- Laura Thomas-Hockey worked as a Session Leader until May 2020, when she left to take up another role
- Joelle Koume took up a role as a temporary sessional Community Food Organiser in March
- In September Mercy Williams took up a role as a Community Food Organiser
- Angella Smith continued in her role as a Family Activities Organiser sessional worker
- We benefited from the work of several regular volunteers who came through the partnerships with our settings.

Community Links

We worked with several partner organisations, including:

- Round Chapel Families Project
- Woodlands Park Children's Centre
- Moreland Primary School and Children's centre
- Round Chapel Nursery
- Clapton Community Drop-in
- Hackney Council's Hackney Hostel/Shelter Accommodation
- One Housing, Hackney
- Hackney Council
- Hackney Playbus
- Bump Buddies

Impact

We published an Impact Report in April 2020, informed by baseline and follow up questionnaires and semi-structured interviews. Key points from the quantitative data are outlined below.

Confidence in Cooking Ability

All parents surveyed said that their cooking skills had improved. The percentage of parents who rated their cooking skills 'Good' or 'Outstanding' increased from 30% in the baseline to 66% in the follow up.

Frequency of Home Cooked Meals

The amount of participants who said they prepared a meal from scratch every day increased from 15% in the baseline to 53% in the follow up.

Intake of Fruit and Vegetables

The number of parents who said they ate three or more portions of fruit or vegetables each day increased from 35% in the baseline questionnaire to 67% in the follow up.

Social Connectedness

The amount of participants who felt very well connected to parents with children of a similar age increased from 20% in the baseline survey to 53% in the follow up.

Knowledge of Local Activities and Services

In the baseline survey only 5% of respondents said they had all the information they needed about local activities and services, but this increased to 53% in the follow up

Mental Wellbeing

Statement	Baseline	Follow up
'I've been thinking clearly'	60%	100%
'I've been feeling relaxed'	20%	93%
'I've been able to make up my own mind about things'	70%	100%
'I've been feeling useful'	55%	87%
'I've been feeling optimistic about the future'	35%	93%
'I've been dealing with my problems well'	60%	87%
'I've been feeling close to other people'	55%	93%

Retention

67% of parents who completed a baseline questionnaire attended regularly enough in the assessment period to be eligible to complete the follow up questionnaire, suggesting a high retention rate overall.

Section E

Financial review

Brief statement of the charity's policy on reserves

Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Impact of Covid-19 on Fundraising

The environment for funding through grants became more challenging due to several factors including:

- The suspension of several grant programmes during the pandemic
- Increased competition for grants related to increased demand for services from charities and the lack of other fundraising avenues
- A focus from grant giving organisations on further support for charities they were currently funding

As a result, our success rate for applications was lower than in previous years, and a higher number of applications were therefore submitted to secure our plans for future delivery.

Unrestricted funding

We received an unrestricted grant of £20,000 from the J Van Mars Foundation. We also received an unrestricted grant of £3000 from the Leathersellers charitable foundation

Project specific funding

In 2020 we received the remaining £2283 from our Hackney council grants and the second instalment of a two year grant from the St James's Place Foundation of £2,500 (restricted to project work in Hackney and Haringey).

Funding for core costs

We received £34,000 from the Tudor Trust to support core management costs over two years (2020 & 2021).

Section F


Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Shuvo Loha	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	31/03/2021	

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
PARENT CLUB**

Independent examiner's report to the trustees of Parent Club

I report to the charity trustees on my examination of the accounts of Parent Club for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity trustees of the Club 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 Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 material 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 Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

A. PATEL

Anwer Patel BA (Hons), BFP, FCA
Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Date:6/4/21.....

Receipts and payments accounts

For the period from	01/01/2020	To	31/12/2020
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
The J Van Mars Foundation	20,000	-	-	20,000	20,000
London Borough of Hackney	-	2,283	-	2,283	10,614
St James Place Charitable Foundation	-	2,500	-	2,500	5,000
Tudor Trust	-	34,000	-	34,000	-
Leathersellers	3,000	-	-	3,000	-
Coronavirus job retention scheme grant	4,680	-	-	4,680	-
Hackney Parochial Charities	-	-	-	-	3,750
Sub total (Gross income for AR)	27,680	38,783	-	66,463	39,364
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	27,680	38,783	-	66,463	39,364
A3 Payments					
Cost of Running Kitchen Clubs	459	2,792	-	3,251	4,405
Training and Staff support	301	-	-	301	-
Rent/Hire of Rooms	-	810	-	810	1,410
Wages/Salaries and National Insurance	14,398	13,700	-	28,098	11,725
Pension Contributions	637	-	-	637	429
Consultants/Contractors	1,380	5,790	-	7,170	11,108
External accountancy costs	500	-	-	500	-
Office and IT costs	202	-	-	202	-
Insurance	328	-	-	328	312
Bank Interest and Charges	72	-	-	72	73
	-	-	-	-	-
Sub total	18,274	23,092	-	41,367	29,462
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,274	23,092	-	41,367	29,462
Net of receipts/(payments)	9,406	15,691	-	25,096	9,902
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	23,288	3,205	-	26,493	16,591
Cash funds this year end	32,694	18,896	-	51,589	26,493

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	32,694	18,896	-
		-	-	-
		-	-	-

Total cash funds	32,694	18,896	-
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(agree balances with receipts and payments account(s))

Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

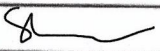
B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Shuvo Loha	31/03/2021