



Trustees' Annual Report for the period

Period start date				Period end date		
From	01	01	2020	To	31	12 2020

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				
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 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 Ekoume 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

Parent Club

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Receipts and payments accounts

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For the period
from

01/01/2020

To

31/12/2020

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	14,396	13,700	-	28,096	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))

OR

OR

OR

Unrestricted funds
to nearest £

Restricted funds
to nearest £

Endowment funds
to nearest £

Details

B2 Other monetary assets

	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details

Fund to which asset belongs

Cost (optional)

Current value (optional)

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 liability relates

Amount due (optional)

When due (optional)

B5 Liabilities

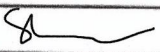
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Signed by one or two trustees on behalf of all the trustees

Signature

Print Name

Date of approval



Shuvo Loha

31/03/2021