



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

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				
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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

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)	CHAYANAND DOGBAY	
Position (eg Secretary, Chair, etc)	SECRETARY	
Date	9/3/22	

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

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/01/2021

To

Period end date
31/12/2021

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))

Agreement Error
Unrestricted funds to nearest £

Agreement Error
Restricted funds to nearest £

OK
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)
	NSPCC training course	Unrestricted	450	01 January 2022
	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 Lohia	9/3/2022

