



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

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			
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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.

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	

