KOACH PARENTING

England & Wales · Charity number 1166394

Details

Status	Registered
Legal form	Trust
Registered	2016-04-06
Register	View on the Charity Commission register

Contact

Address	67 Fairview Road London N15 6LH
Phone	02038081115
Email	info@koachparenting.co.uk
Website	www.koachparenting.co.uk

Activities

Objects: 1. TO ADVANCE PUBLIC EDUCATION IN PARENTING AND FAMILY RELATIONSHIPS BY PROVIDING EDUCATIONAL COURSES AND WORKSHOPS.2. TO PROMOTE AND PROTECT GOOD HEALTH AMONG PARENTS OF CHILDREN BY THE PROVISION OF PARENTING COURSES, PARENTING SUPPORT, INFORMATION AND ADVICE.

Activities: Koach Parenting aims to empower parents to improve their relationships with their childrenMain activities: one to one support and parenting groups for parents

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£75,729	£78,232	-	-
2024-03-31	£89,263	£81,045	-	-
2023-03-31	£69,859	£56,775	-	-
2022-03-31	£59,643	£62,936	-	-
2021-03-31	£54,213	£43,718	-	-

Trustees

Name	Role	Appointed
Jeffrey Silkin	Chair	2018-05-13
ALAN LEWIN		2016-04-03
MARGARET DIANE HEYWOOD		2016-04-03
PINCHAS SMITH		2023-12-17

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KOACH PARENTING

England & Wales - Charity number 1166394

Accounts

KOACH PARENTING

Report

And

Financial

Statements

For the Year Ended

31 March 2025

Charity Number
1166394

KOACH PARENTING

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2025

Trustees:	*A Lewin* *M D Heywood* *J Silkin* *P Smith*
Principal Address:	*40 Rostrevor Avenue* *London* *N15 6LP*
Bankers:	*TSB Bank plc* *20 Borough Parade* *Chippenham* *CN15 3WL*
Accountants:	*Wolffe Accountancy Services Ltd* *34 Braydon Road* *London* *N16 6QB*

Koach Parenting Annual Report for the Year to 31st March 2025

The trustees submit their report together with the accounts in respect of the year ended 31 March 2025.

Background

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach, are qualified BACP therapists and work closely with the local NHS CAMHS Psychology teams. Clients are mainly, but not exclusively from the Jewish Community.

Objectives of the Charity

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

i. To advance public education in parenting and family relationships by providing educational courses and workshops.

ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.
Page two forms part of this report.
The trustees are pleased with the financial results this year.

Trustee selection methods

The power to appoint new trustees is vested in the current board. New trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for trustees.

Risks

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.

The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

Reserves Policy

The trustees aim to hold free realisable reserves equal to at least 3 months, but no more than 12 months of running costs, to ensure continuation of the activities of the charity.

Funders

This year the main sources of funding were the NHS City and Hackney CAMHS Alliance, the London Borough of Hackney Voluntary grant, Hackney Hub and the National Lottery Community Funds; Awards for All program and Reaching Communities program. Funds were also received through small trusts and foundations and community donations.

Expenditure

All expenditure has been used for the charity activities following the charity objectives described above.
This includes costs of generating funds and governance costs.

Client Disadvantage

- 85% of clients are on income related benefits.
- 45% of clients live in overcrowded accommodations.
- 47% have a specific special need or a disability within the family, stated by the parent(s). This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, anger management difficulties and other challenging behaviour.

Activities in the Year to 31.3.25

During this year, Koach Parenting provided the following services:

1. The 10 session Solihull 'Understanding your child' group for fathers, condensed to 7 sessions.

These group sessions were run by community parenting practitioners and a Koach Parenting Practitioner and were supervised by an NHS CAMHS Psychologist. This group took place in the Kesher Training Centre.

A list of what some attendees say they learnt from the group sessions:

- I received lots of ideas of how to deal with anger and how to speak to my son.
- How to connect to the child, to be on same page and together go down the ladder.
- Importance of playing with my children.
- How to listen to what my child is going through.
- To understand my child's feelings.
- To validate the child.
- Lots of tips how to build a good connection with children.
- I feel the things we learn are so clear and easy to understand.

2. The ten session Solihull 'Understanding your child' group for mothers

This was run by a Koach Parenting Practitioner, co-facilitated by a community Parenting Practitioner and was supervised by an NHS CAMHS Psychologist. This group took place in Lubavitch Children's Centre.

A list of what some attendees want to tell other people about the group:

- The support is amazing.
- I am leaving with an impressive toolbox, in particular with regard to how to help my child with his emotions. I feel like a professional now!
- This group is a real eye opener!
- This group makes an amazing awareness in understanding our child, thereby having a deeper relationship with them.
- This course is a non-complicated parenting group. Very informative, doable and supportive. Thank you so much!
- This is an excellent course of parenting. It is a slow build up each session and is explained very well with role play too. I am a changed mother. Thank you.

3. Cygnet group for fathers of children diagnosed with ASD (Autism Spectrum Disorder).

This was run by a Koach Parenting Practitioner and co-facilitated by a community Parenting Practitioner. This group took place in the Ezer Leyoldos premises.

A list of what some attendees want to tell other people about the group:

- The amazing idea of getting together. Seeing people struggling with the same thing coming up with ideas to help. It is just nice having these things in the community. THANK YOU!!
- This group of sessions have been planned, organised and delivered at exceptionally high levels. I'm truly impressed by the care and passion that organizers have put into these six weeks. Please continue to ensure these courses are available for our local community in the future.
- Groups like this showed us that we are not alone, and the assortment of ideas explored gave us many tools for the future.
- Teaching people about ASD and similar conditions helps society to get on better together.
- Just sitting with some other parents that are struggling together with a professional guidance is already a huge gain especially that the insights and ideas are powerful and helpful.

4. Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).

This was run by a Koach Parenting Practitioner and was co-facilitated by a member of the NHS CAMHS Disability Team.
This group took place at the Koach Parenting offices.

A list of what some attendees want to tell other people about the group.

- This course has given me so many tools and strategies to better understand my child with ASD. It is direct, relevant and specific information. Thank you!!
- It helped me understand my child better.
- The course gives us direction, how to direct the ASD child and bring peace to the family.
- The information taught at this course is extremely useful and the peer support very validating and encouraging.
- This course is vital for ASD parents to have awareness and support from other parents going through similar challenges, and also giving time and space to learn and grow.

5. Cultural Awareness training to members of CAMHS teams in Hackney

This training was delivered by Koach Parenting Practitioners once during this year. An additional abridged training was delivered to First Steps trainees as part of their induction.

Some of the ideas that the attendees said they learnt at the training

- Use of smart phones and technology.
- The importance of Friday as a preparation for the Jewish Sabbath.
- An understanding of family life and their values.
- A greater understanding of Jewish holidays and their meaning.
- Interesting and useful information about gender roles within the community.
- Things to keep in mind when working with Jewish families.

6. Teleconferences

Over 100 parents benefitted from two teleconferences which were delivered by Koach Parenting facilitators.
The topics were: 'Managing parents' and children's anxiety' and 'Teaching children to be honest'.

Here are some ideas that parents said they learnt from the teleconferences:

- Being aware of my own anxiety when my child shares their anxiety.
- The importance of validating the worry before trying to help.
- Not to have a conversation with the child when anxiety levels are high rather wait till child has calmed down.

- Ignoring the problem will make it bigger. Don't try and tackle the problem at its peak.
- By knowing what the cause is you can better understand the child and try to help them.
- Iceberg tool.
- The importance of validating and empathising.
- Not to ask questions which could make a child say a lie.
- That it's not worth punishing when a child says the truth.
- The importance of being a good example.
- Children's imaginations can take them into believing it as truth therefore they must be gently guided to differentiate truth from imagination.
- A good and close relationship will help my child to be more truthful.
- 4 strategies to prevent dishonesty.

7. Newsletters

Newsletters were produced every three months and distributed through various ways including sending in the post to families, putting out in shops and Children's Centres and sending to partner organisations.
The Newsletters are called 'Empowered' and they are full of ideas based on the Solihull Parenting Approach as well as questions, answers and comments from readers.

Some comments from readers:

- Thanks for gorgeous newsletter, excellent points to ponder. Acceleration is so important!!! Thanks for the reminder too.
- Thank you so much for the newsletter. It is so well written and informative.
- I read your newsletter. I really liked the scenario from mother's point of view and also the child's. There is a lot going on in a child's world that we don't think about.

8. One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.

During this year, 140 families attended a total of 698 one-to-one sessions enabling their 690 children to benefit from the service.

Koach Parenting has a robust monitoring system, resulting in hundreds of comments from parents.

Some comments from parents as they completed one-to-one sessions with Koach Parenting

- Koach Parenting is a special resource that truly understands the needs of families with ASD/ADHD kids. The respectful listening and practical step by step advice made my home a much calmer place to be.
- It filled a very large need. It was free so made me less resistant to try to see if it can help me. It was convenient that I could choose between face to face and on the phone. It was very helpful advice.
- This service enables parents to bring up their children to be responsible and caring adults. There are so many things around that are so expensive and you don't know if it will work. Here it is free! It is amazing!
- You can get very stuck in a negative place, a rut. When you can have help like this that is continuous, support, understanding, it makes an opening, a light, a hope.
- These courses are very empowering. It has given me so many new skills to help me deal with my challenging child. It has given me the opportunity to talk it through and think it through in a quiet time. Has been immensely helpful. One powerful skill has been empathy. I really appreciated it.

- It was a massive help because it was not something we could afford. To think that we would have gone without it is a shame. It has been eye-opening and you are very compassionate which is a very important part of it.

Some comments from parents about their sessions

- I got good new tools, I felt heard and understood and I gained clarity on what to do next.
- I'm happy I discussed these issues and you have given me tools to implement.
- Very spot on, I feel like the advice can be very useful and it's practical.
- We discussed how to handle my son's behaviour and to keep up what I have managed to do.
- I gained new skills, gave me time to rethink situations and very practical.
- I feel you understand me.
- I gained a lot of new ideas how to plan the day with my child who has autism.
- You were very understanding, 100 out of 10, brilliant. Lots of new approaches.
- You were very reassuring, giving me good approaches - some brilliant parent skills and lots of understanding.
- I found it very interesting that tantrums could be linked to anxiety. I liked the idea of empathy when something scary happens to her.
- I liked the positive reinforcement that we were discussing.
- The idea you gave me I want to try it. I like it very much.
- It brings out a new awareness.
- I felt very validated.
- We learnt to deal with the anxiety rather than to give reward and cushion it up and not to deal with the problem.

Some examples of what parents said that they learnt in their one-to-one sessions

- The grid of anger.
- The Solihull Approach - the triangle makes it visible and clear and understandable.
- Tools to try to help stop my children fighting so much.
- Reading books to my child with Autism.
- How to help my son with his nightmares and reduce his anxiety.
- Importance of 80% positive interactions.
- Respond to the child's feelings rather than to the words they are saying.
- Expressing emotions and how to tune in to my child.
- Setting boundaries before bed.
- To draw in pictures what they need to do (children with ASD).
- Lowering my expectations and seeing what is good for the child.
- To look deeper into things to understand how and why things happen.
- Be more careful to listen to our son.
- How to deal with the tantrums during and after.
- How to teach her social skills in advance.
- To keep up the praise and encouragement.
- Choosing the three goals.
- Understanding of trauma.

Some examples of goals set by parents and their progress

Numbers out of 10	Before	After
How to give more love and attention to five-year-old daughter.	4	8

Mother to have consistent guidelines and approaches in regard to her children.	4	9
My son who has ASD and ADHD to accept a 'no'.	1	7
Parents to better understand child with ASD and ADHD's behaviour.	5	10
Strategies to prevent 7-year-old's challenging behaviour.	4	8
My child not emptying cupboards in grandmother's house.	1	9
R to be calm at bedtime and not wake up in the night.	3	9

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team, the CAMHS Disability team in Hackney and an external supervisor.

9. Practitioners participated in various online and face to face meetings

Meetings included:

- Children and young people strategy meetings at the Interlink Foundation.
- CAMHS First Steps team meetings.
- Meetings with schools to discuss particular clients.
- Children's Centres board and partnership meetings.

Development of the Charity

It has been a year of growth for Koach Parenting

- As the charity grows, we realise that more trained practitioners may be needed and we therefore continued to deliver the Solihull Parenting Approach training, in conjunction with NHS CAMHS to community professionals.
- We also ran Solihull training and information group sessions for community professionals already trained in the Solihull Approach, together with NHS CAMHS.
- There was a successful volunteer project with graphic design students.
- We delivered some one-off sessions for parents such as 'bringing your baby home' at Beis Brucha mother and baby home and 'managing emotions'.
- A number of resources and fact sheets were created and offered free of charge to families.
- We attended periodic training sessions.

Signed by Trustee .....

Name of Trustee ... ALAN Levin ..... Dated ... 4 July 25 .....

KOACH PARENTING
Receipts and Payments Account
Year ended 31 March 2025

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Receipts					
Grants		0	69,835	69,835	84,147
Donations		4,534	0	4,534	4,594
Services	1	695	540	1,235	460
Other	2	125	0	125	62
Total Receipts	3	5,354	70,375	75,729	89,263
Payments					
Costs of generating funds		59	0	59	22
Charitable Activities	4	4,671	73,372	78,043	80,923
Governance costs		130	0	130	100
Total Payments		4,860	73,372	78,232	81,045
Excess of Receipts over Payments for the year before transfers		494	-2,997	-2,503	8,218
Transfers		-65	65		
Excess of Receipts over Payments for the year		429	-2,932	-2,503	8,218

KOACH PARENTING **Statement of Balances** **At 31st March 2025**

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Bank & Deposit Balances					
Bank & deposit balances brought forward		4,055	30,950	35,005	26,787
Movement in Year:					
Excess of Receipts over Payments for the year		429	-2,932	-2,503	8,218
Bank and deposit balances carried forward		4,484	28,018	32,502	35,005

Notes

1. Services to clients are free. This figure represents services to organisations.
2. Other receipts: Gift Aid.

3. Last year the income reached the VAT threshold, but grants from the National Lottery and Community donations do not count as income for VAT purposes, and therefore Koach Parenting is not registered for VAT.
4. Charitable Activities

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total 2025 £	Total 2024 £
Practitioners, co-ordination, and admin		4,484	63,180	67,664	69,381
Printing, stat, computer supplies		0	3,229	3,229	3,942
Advertising		0	2,380	2,380	2,854
Telephone and Internet expenses		0	852	852	801
Graphic design		0	335	335	665
Insurance		0	340	340	337
Travel		10	42	52	42
Books and resources		0	597	597	619
Subscriptions		96	156	252	192
Training		5	0	5	14
Refreshments (groups)		0	277	277	214
Consultancy		0	30	30	0
Crèche Fees		0	1,620	1,620	1,550
Supervision		0	270	270	195
Other		76	64	140	117
Total		4,671	73,372	78,043	80,923

5. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

6. Related party transactions

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 March 2025.

Signed ..... **Name of Trustee** ..... **Dated** 4 July 25

KOACH PARENTING

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2025

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025.

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").

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

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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D WOLFFE – FCCA
WOLFFE ACCOUNTANCY SERVICES LTD
34 BRAYDON ROAD
LONDON N16 6QB

3/7/2025

KOACH PARENTING

England & Wales - Charity number 1166394

Accounts

KOACH PARENTING

Report

And

Financial

Statements

For the Year Ended

31 March 2024

Charity Number
1166394

KOACH PARENTING

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2024

Trustees:	*A Lewin* *M D Heywood* *J Silkin* *P Smith (appointed 17th December 2023)*
Principal Address:	*40 Rostrevor Avenue* *London* *N15 6LP*
Bankers:	*TSB Bank plc* *20 Borough Parade* *Chippenham* *CN15 3WL*
Accountants:	*Wolffe Accountancy Services Ltd* *34 Braydon Road* *London* *N16 6QB*

Koach Parenting Annual Report for the Year to 31st March 2024

The trustees submit their report together with the accounts in respect of the year ended 31 March 2024.

Background

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach, are qualified BACP therapists and work closely with the local NHS CAMHS Psychology teams. Clients are mainly, but not exclusively from the Jewish Community.

Objectives of the Charity

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

i. To advance public education in parenting and family relationships by providing educational courses and workshops.

ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.
Page two forms part of this report.
The trustees are pleased with the financial results this year.

Trustee selection methods

The power to appoint new trustees is vested in the current board. New trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for trustees.

Risks

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.

The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

Reserves Policy

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Funders

This year the main sources of funding were the NHS City and Hackney CAMHS Alliance, the London Borough of Hackney Voluntary grant, Haringey Community Chest and the National Lottery Community Funds; Awards for All program and Reaching Communities program. Funds were also received through small trusts and foundations and community donations.

Expenditure

All expenditure has been used for the charity activities following the charity objectives described above.

This includes costs of generating funds and governance costs.

Client Disadvantage

- 90% of clients are on income related benefits.
- 44% of clients live in overcrowded accommodations.
- 45% have a specific special need or a disability within the family, stated by the parent(s). This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, anger management difficulties and other challenging behaviour.

Activities in the Year to 31.3.24

During this year, Koach Parenting provided the following services:

1. Four group sessions for fathers based on the Solihull Approach

These group sessions were run by a Koach Parenting Facilitator, most were co-facilitated by community Parenting Practitioners and were supervised by an NHS CAMHS Psychologist. Each session was on a different topic. The topics were: sleep, anger, behaviour and child development.

A list of what some attendees commented about the group sessions:

- I heard a revision on tips and it's always good to freshen up the ideas. Thanks a million!
- I gained so much expertise, ideas, encouragement, clarity, tools etc.
- It was very fun and interesting.
- I gained many tools to deal with bedtime.
- It was very well organised and delivered. Thank you again!
- I learned a lot of tools in a relaxed environment.

2. The ten session Solihull 'understanding your child' group for mothers

This was run by a Koach Parenting Practitioner, co-facilitated by a community Parenting Practitioner and was supervised by an NHS CAMHS Psychologist. This group took place in Lubavitch Children's Centre.

A list of what some attendees want to tell other people about the group:

- The course helped me become aware to tune in to what my child might be feeling and what might lead to different behaviours.
- However young or old your children are and however well your parenting is going or not, you will gain a tremendous amount from this course, I especially found helpful that we were taught why kids do certain things which facilitates how to deal with that situation.
- Highly recommended. It makes you so aware of your children's feelings and behaviour and how to react accordingly.
- Definitely a worthwhile course. Easy to understand, yet very powerful. Helps you with understanding your child's needs and wants, tantrums, bedtime and eating.

3. Cygnet group for fathers of children diagnosed with ASD (Autism Spectrum Disorder).

This was run by a Koach Parenting Practitioner and co-facilitated by a member of the NHS CAMHS Disability Team. This group took place in the Ezer Leyoldos premises.

A list of what some attendees want to tell other people about the five-session group:

- Both therapists were very knowledgeable, very understanding and the information learnt will help me cope with my ASD child.

- I would like to send all teachers to come to this course. (I am a teacher and I can now much better understand children with ASD).
- That it is essential to hear other people's journeys to put their own situation in perspective. And also to hear other people's methods of handling the situation or perhaps even more important their perceived failures and how they make peace with their failures. It is also very valuable to hear insights from the facilitators to help one keep grounded and explore solutions and in a non-confrontational area.
- Just sitting with some other parents that are struggling, together with a professional guidance, is already a huge gain especially that the insights and ideas are powerful and helpful.

4. Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).

This was run by a Koach Parenting Practitioner and was co-facilitated by a member of the NHS CAMHS Disability Team.
This group took place at the Koach Parenting offices.

A list of what some attendees want to tell other people about the group.

- This has been an incredible experience, meeting like-minded people in the same situation – lots of information, activities and understanding, all in a safe, comfortable environment.
- Having this weekly session has given me such a boost and brain power to handle anything better.
- So many important tips to help parents cope with their ASD child.
- I would definitely recommend anyone with a child diagnosed with ASD/ADHD, to attend a live group. The tools we gained were extremely helpful and the companionship and shared ideas were so insightful and inspiring.

5. Cultural Awareness training to members of CAMHS teams in Hackney

This training was delivered by Koach Parenting Practitioners once during this year. An additional abridged training was delivered to First Steps trainees as part of their induction.

Some of the ideas that the attendees said they learnt at the training:

- How mental health and diagnosis is thought about in the Jewish Community.
- Views about autism in the Jewish Community.
- A greater awareness about modesty.
- Adaptations and questions to bear in mind when meeting with families.
- Awareness of when to offer sessions taking into account Fridays and Jewish holidays.

6. Teleconferences

Over 150 parents benefitted from four teleconferences which were delivered by Koach Parenting facilitators.
The topics were: anger management, sibling rivalry, sleep and chutzpa (disrespect).

Here are some things that parents said they learnt from the teleconference:

- I love the sentence 'I will not allow one child that I love hurt another child that I love.'
- Giving attention to the child who is being bothered, rather than the child who is teasing him.
- Do not favour one child over another.
- The effect of speaking slowly and calmly to a child.
- When a child has a tantrum, show compassion and sympathy rather than leave them alone.
- Not to say "you are making me angry".
- Naming the emotions.

- There's usually a reason for your child's challenging behaviour.
- Reminded me not to get into power struggle and to try and understand child's emotions better.
- To use the calming technique of discussing an outing using the 5 senses.
- Good calming techniques
- I didn't realise how important it is for a child to be stimulated enough during the day and his need to wind down at the end of the day.
- To try and find an underlying problem to why my child is being disrespectful.

7. Newsletters

Newsletters were produced every three months and distributed through various ways including sending in the post to families, putting out in shops and Children's Centres and sending to partner organisations.
The Newsletters are called 'Empowered' and they are full of ideas based on the Solihull Parenting Approach as well as questions, answers and comments from readers.

Some comments from readers:

- Thank you for a beautiful and helpful read. I liked seeing the two points of view of parent and child.
- Thank you for another thought-provoking issue of 'empowered'. I look forward to reading it each time, knowing I will learn more ways to become a better mother.
- Thank you for your newsletter, I really enjoy reading it and I find it very helpful and comforting too, as all of us blessed with children are going through the same mishaps and fun.

8. One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.

During this year, 145 families attended a total of 721 one to one sessions enabling their 692 children to benefit from the service.

Koach Parenting has a robust monitoring system, resulting in hundreds of comments from parents.
Some comments from parents about their sessions: (Many more are available on request.)

- I can see you have a very lot of experience in the field. It gives me confidence.
- I felt reassured; you said it's normal to feel this way and you provided easy ideas to do.
- You helped me clear my head a bit and guided me about things I wasn't sure about.
- I like how you break down things and make it simple to understand.
- I felt understood and I like the ideas to help my son.
- Very practical, very specific. Such a helpful and enjoyable time. Thank you!
- It was eye opening for me to think about how my son is feeling, his perspective.
- Lots of food for thought about finding patterns of behaviour.
- It was really therapeutic; you are very understanding.
- You have a lot of experience and a wealth of knowledge that can help us in our journey.
- You explained what we need to do to help our daughter.
- You heard us. You gave us the space to talk. You told us we are doing a great job, which is a nice thing to hear.
- We analysed what happened today and I could see that we need more patience to be more soft.
- I like that you understand what is happening in our home.
- I feel I have got goals and am feeling more confident.

- I am coming out with some practical advice that I can try out over the next few weeks.

Some examples of what parents said that they learnt in their one to one sessions: (We can provide many more.)

- Try to listen to my son and to try to understand him.
- Validate and to show my daughter her strengths. I can call school to ask their advice, it's not complaining.
- Important to do something together with the children – it's worth it to invest in it.
- To help my child with his fears.
- The hill to understand sleep rhythms - for deceleration before sleep.
- Ask my daughter "What might happen next?" and "How do you think it makes the other person feel?"
- Active listening skills.
- How to talk to my child about feelings.
- The importance spending family time.
- Anger management techniques.
- To listen to my child.
- To be strong in myself for my children.
- How to help my daughter get to sleep.
- Bedtime routine and grounding techniques.

Some examples of goals set by parents and their progress

Numbers out of 10	**Before**	**After**
Child E to have ways to manage her anxiety.	0	8
Strengthen mother and son communication.	5	9
A better understanding of ASD.	4	10
To help my son to know how to express his feelings.	4	9
Children to feel loved by their mother.	2	9
Build up self-confidence of 3 year old son.	2	7

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team, the CAMHS Disability team in Hackney and an external supervisor.

9. Practitioners participated in various online and face to face meetings

Meetings included:

- Children and young people strategy meetings at the Interlink Foundation.
- CAMHS First Steps team meetings.
- Meetings with schools to discuss particular clients.
- Children's Centres board and partnership meetings

Development of the Charity

It has been a year of growth for Koach Parenting

- As the charity grows, we realise that more trained practitioners may be needed and we therefore continued to deliver the Solihull Parenting Approach training, in conjunction with NHS CAMHS to community professionals.
- We also ran Solihull training and information group sessions for community professionals already trained in the Solihull Approach, together with NHS CAMHS.
- There was a successful volunteer project with graphic design students.
- We delivered some one-off sessions for parents such as 'bringing your baby home' at Beis Brucha mother and baby home and 'running a successful family meal'.

- We delivered one-off training sessions such as 'having difficult conversations' to a group of SENCO's and 'a short introduction to the Solihull Approach' to a group of Learning Support Assistants.
- In conjunction with Hackney First Steps and Camhs Alliance, we conducted a survey in order to find ways to encourage fathers from the Orthodox Jewish Community to attend group sessions.
- A number of resources and fact sheets were created and offered free of charge to families.
- We attended periodic training sessions.

Signed by Trustee .....

Name of Trustee ..... Alan Levin ..... Dated ..... 17 July 24 .....

KOACH PARENTING
Receipts and Payments Account
Year ended 31 March 2024

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Receipts					
Grants		0	84,147	84,147	65,068
Donations		4,594	0	4,594	3,575
Services	1	460	0	460	1,180
Other	2	62	0	62	36
Total Receipts		5,116	84,147	89,263	69,859
Payments					
Costs of generating funds		22	0	22	234
Charitable Activities	4	4,423	76,500	80,923	56,391
Governance costs		100	0	100	150
Total Payments		4,545	76,500	81,045	56,775
Excess of Receipts over Payments for the year before transfers		571	7,647	8,218	13,084
Transfers		-25	25		
Excess of Receipts over Payments for the year		546	7,672	8,218	13,084

KOACH PARENTING **Statement of Balances** **At 31st March 2024**

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Bank & Deposit Balances					
Bank & deposit balances brought forward		3,509	23,278	26,787	13,703
Movement in Year:					
Excess of Receipts over Payments for the year		546	7,672	8,218	13,084
Bank and deposit balances carried forward		4,055	30,950	35,005	26,787

Notes

1. Services to clients are free. This figure represents services to organisations and therapy clients.
2. Other receipts: Amazon Smile and Give as You Live donations.
3. Income has reached the VAT threshold, but grants from the National Lottery and Community donations do not count as income for VAT purposes, and therefore Koach Parenting is not registered for VAT.
4. Charitable Activities

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Practitioners, co-ordination, and admin		4,300	65,081	69,381	49,721
Printing, stat, computer supplies		62	3,880	3,942	1,589
Advertising		0	2,854	2,854	1,104
Telephone and Internet expenses		0	801	801	839
Graphic design		0	665	665	333
Insurance		0	337	337	337
Travel		3	39	42	53
Books and resources		0	619	619	308
Subscriptions		48	144	192	48
Training		0	14	14	226
Refreshments (groups)		0	214	214	281
Consultancy		0	0	0	12
Crèche Fees		0	1,550	1,550	1,500
Supervision		0	195	195	0
Other		10	107	117	40
Total		4,423	76,500	80,923	56,391

Signed ..... **Name of Trustee** ..... **Dated** 17 July 24

KOACH PARENTING

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2024

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2024.

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").

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

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

D WOLFFE – FCCA
WOLFFE ACCOUNTANCY SERVICES LTD
34 BRAYDON ROAD
LONDON N16 6QB

16/7/2024

KOACH PARENTING

England & Wales - Charity number 1166394

Accounts

KOACH PARENTING

Report

And

Financial

Statements

For the Year Ended

31 March 2023

Charity Number
1166394

KOACH PARENTING

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2023

Trustees:	*A Lewin* *M D Heywood* *J Silkin*
Principal Address:	*40 Rostrevor Avenue* *London* *N15 6LP*
Bankers:	*TSB Bank plc* *20 Borough Parade* *Chippenham* *CN15 3WL*
Accountants:	*Wolffe Accountancy Services Ltd* *34 Braydon Road* *London* *N16 6QB*

Koach Parenting Annual Report for the Year to 31st March 2023

The trustees submit their report together with the accounts in respect of the year ended 31 March 2023.

Background

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach and work closely with the local NHS CAMHS Psychology teams. Clients are mainly, but not exclusively from the Jewish Community.

Objectives of the Charity

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

i. To advance public education in parenting and family relationships by providing educational courses and workshops.

ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.
Page two forms part of this report.
The trustees are pleased with the financial results this year.

Trustee selection methods

The power to appoint new Trustees is vested in the current board. New Trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for Trustees.

Risks

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.

The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

Reserves Policy

The Trustees aim to hold free realisable reserves equal to at least 3 months, but no more than 12 months of running costs, to ensure continuation of the activities of the charity.

Funders

This year the main sources of funding were the NHS City and Hackney CAMHS Alliance, the London Borough of Hackney Voluntary grant, and the National Lottery Community Fund, Awards for All program. Funds were also received through small trusts and foundations and community donations.

Expenditure

All expenditure has been used for the charity activities following the charity objectives described above.

This includes costs of generating funds and governance costs.

Client Disadvantage

- 94% of clients are on income related benefits.
- 42% of clients live in overcrowded accommodations.
- 39% have a specific special need or a disability within the family, stated by the parent(s). This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, dyslexia, selective mutism, anger management difficulties and other challenging behaviour.

Activities in the Year to 31.3.23

During this year, Koach Parenting provided the following services

1. The ten session Solihull 'understanding your child' group for fathers

This group was run by a Koach Parenting Facilitator and supervised by a NHS CAMHS Psychologist. It took place in the Ezer Leyoldos premises.

A list of what some attendees want to tell other people about the course

- This course is here to help parents and it really does. This course MUST be available consistently and to be well-attended. Parents gain so much from it. I've seen this so clearly.
- This course is GREAT!!!! A must for every parent! This course made a great change for the good in my family as well as in my classroom. I learnt loads! Thanks!
- Koach Parenting has taught me important life skills which are extremely helpful! Not only with parenting and building a better relationship with my children, by listening and being empathetic, but in all interactions with others. Thank you very much for your valuable advice and lessons.
- This course was very helpful for me. Now I understand my children's challenging behaviours a lot better. This has been given over very clearly and in a helpful way to remember and behave better.
- It is a fantastic course with skills and ideas and you learn many ways to be able to handle your child better.

2. The ten session Solihull 'understanding your child' group for mothers

This was run by a Koach Parenting Practitioner and co-facilitated by a community Parenting Practitioner and was supervised by a NHS CAMHS Psychologist. This group took place in Lubavitch Children's Centre.

A list of what some attendees want to tell other people about the course

- A very worthwhile course!
- A great course with the most wonderful, competent teachers!
- What an amazing group we all are! Everyone is sharing their ideas. Thanks. I would join again. I recommend to everyone.
- It's the best course I ever learnt. It's amazing how you can learn and understand your surroundings better. Thank you so much!
- Solihull aims to create the ideal environment for our children. A unique combination to stimulate and nurture your child. Give your child the best.
- This course is so encouraging – "I'm not in this by myself." "I'm not the only one" and getting so much food for thought. Going home every week with practical tools for our everyday interactions with our children was so helpful ad I kept looking forward to every session. Solihull made me step back and reflect what's going on in our busy lives... it's so amazing to stop and think (and have the help to do so) Thank you so much for this amazing opportunity! Forever grateful.

- An amazing group! So much information helping us to be aware and connect to our kids. Definitely worth taking the course.

3. Six session Cygnet group for fathers of children diagnosed with ASD (Autism Spectrum Disorder).

This was co-facilitated by a member of the NHS CAMHS Disability Team.
This group took place in the Ezer Leyoldos premises.

A list of what some attendees want to tell other people about the course.

- I enjoyed the support group of hearing other fathers with difficulties with their kids. Gave a lot of chizuk [encouragement].
- I was excited to come and it was very useful. I would have wanted more sessions.
- To learn about ASD. I think it is very helpful to get an understanding. It gives us awareness.
- The course teaches us a different approach.
- This helped us to feel understood, supported and strengthened by sharing experiences, thoughts and feelings. We now have ideas which help us to know what to do with a child at home in a clever and calm way.

4. Six session Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).

This was co-facilitated by a member of the NHS CAMHS Disability Team.
This group took place at the Koach Parenting office

A list of what some attendees want to tell other people about the course.

- The group is important because you feel that you are not alone, and can discuss things confidentially.
- By taking this course you will understand your child and will know how to help him/her to reach his/her full potential.
- To learn knowledge of ASD. This course was well organised, good handouts and very informative

5. Cultural Awareness training to members of CAMHS teams in Hackney

This training was delivered four times over the course of the year.

Some of the ideas that the attendees said they learnt at the training:

- Importance of understanding disability within context of Jewish family life and the need to be discreet and confidential especially because of marriage prospects.
- Awareness of Jewish holidays and how much time may be needed to prepare for these.
- Ways in which a person who isn't Jewish can be respectful in their work with the Jewish community.
- Thinking about ASD (Autism Spectrum Disorder) in the context of Jewish family expectations and culture.
- Importance of thinking about the Jewish holidays when scheduling appointments.

6. Solihull Outreach Group Sessions

Koach Parenting delivered 6 successful Solihull Approach outreach sessions on the topics of listening to parents and managing Chutzpah.

Some comments from participants:

- It helped me recap some ideas and be more confident in general.

- It's an eye opener and it is always good to be reminded how to deal with situations.
- It gives me ideas how to get my children to listen and what not to say or do.
- I've gained a lot of information and thought to deal with my children.
- It was very clear and practical.
- You do an amazing job and you give very good ideas that help a lot.
- I now feel more confident as a parent as I have learnt tools how to react.
- It opened my mind to how I can understand my children's behaviour more with aim to being a better father.
- It changed my perspective and it gave me opportunities to think.

7. One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.

During this year, 116 families attended a total of 536 one to one sessions enabling their 520 children to benefit.

Koach Parenting has a robust monitoring system, resulting in 100's of comments from parents.

Some comments from parents about their sessions (Many more are available on request.)

- I brought up a few points and you gave me ideas. My husband was saying you have helped me in all areas.
- I felt very heard. I have had concerns about my child for a long time, it means the world to me to be able to discuss it.
- It was an eye opener. It became much clearer, noticing my child's reactions.
- You really addressed the points I made. I felt validated; I have taken notes of things to think about.
- It was hands on ideas and I don't feel so lost.
- Excellent! I felt heard, understood and got some amazing ideas.
- I explained my frenzy and you put it in perspective. It was amazing!
- I was understood. You were able to simplify what is going on and help see where I want to get to.
- I really feel confident walking out the session.
- I didn't feel judged; I felt support of the right kind.
- We started to address how to manage my daughter's behaviour when she starts acting out because she wants attention. I feel very good. We have got quite far.
- I like that we have more of a direction now. I can try out the tips. I like that we have made goal and smaller goal.

Some examples of what parents said that they learnt in their one to one sessions (We can provide many more)

- Don't run to solve the problem, first try to understand why the child is doing it. It helped me come up with something new.
- If a child owns up - they don't get punished - to get the message to tell the truth.
- The emotion pictures to hang up and show my daughter what she feels.
- The Solihull hill to explain how he gets angry with acceleration and deceleration.
- My daughter's headspace gets full when she is anxious and if she talks about it, it can empty some space.
- I should calm down, not to speak to him straight away, and not to rebuke him.
- To focus on the empathy and loving attitude.
- To understand what it is really like for the child.
- Before I answer my child, I should think if I am going to change my mind when he cries, if so, I should say yes at the beginning.
- Bedtime. Trying more relaxation before bedtime and change the routine.

- To make rules in advance.

Some examples of goals set by parents and their progress

Numbers out of 10	Before	After
Building up parent/child relationship	3	7
To have a more calmer and relaxed atmosphere at home.	4	9
Less shouting in the house.	2	6
Teaching child boundaries and disciplining appropriately.	3	5
Mum to feel more confident as mother of the home.	5	9
Mum to have more skills in knowing how to deal with the children.	4	8

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team and the CAMHS Disability team in Hackney.

8. Practitioners participated in various online and face to face meetings

Meetings included:

- Children and young people strategy meetings at the Interlink Foundation
- Meeting the new joint head of Community CAMHS in Hackney.
- CAMHS First Steps team meetings.
- Representative of Kooth.com
- Meetings with schools to discuss a particular client.
- Hackney CVS funding meeting.
- Hackney Family Hub consultation meeting.
- Children's Centres board meetings

Development of the Charity
It has been a year of growth for Koach Parenting

- We created, produced and distributed three newsletters, giving parents some useful insights and asking them for ideas.
- As the charity grows we realise that more trained practitioners may be needed and therefore we delivered the Solihull Approach Foundation training, in conjunction with NHS CAMHS to 15 community professionals. We also ran a Solihull consultation group for community professionals trained in the Solihull Approach, together with NHS CAMHS.
- We redesigned our logo and created a new information flier.
- There was a successful volunteer project with graphic design students.
- A number of resources and fact sheets were created and offered free of charge to families.
- We attended training sessions including Solihull supervision training, cost of living training, and one for ADHD.

Signed by Trustee .....

Name of Trustee ..... Dated 21 Aug 23

KOACH PARENTING
Receipts and Payments Account
Year ended 31 March 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Receipts					
Grants		1,000	64,068	65,068	54,462
Donations		3,575	0	3,575	2,963
Services	1	1,180	0	1,180	1,960
Other	2	36	0	36	258
Total Receipts		5,791	64,068	69,859	59,643
Payments					
Costs of generating funds		234	0	234	35
Charitable Activities	3	4,798	51,593	56,391	62,751
Governance costs		150	0	150	150
Total Payments		5,182	51,593	56,775	62,936
Excess of Receipts over Payments for the year before transfers		609	12,475	13,084	-3,293
Transfers		-50	50		
Excess of Receipts over Payments for the year		559	12,525	13,084	-3293

KOACH PARENTING
Statement of Balances
At 31st March 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Bank & Deposit Balances					
Bank & deposit balances brought forward		2,950	10,753	13,703	16,996
Movement in Year:					
Excess of Receipts over Payments for the year		559	12,525	13,084	-3,293
Bank and deposit balances carried forward	4	3,509	23,278	26,787	13,703

Notes

1. Services to clients are free. This figure represents services to organisations and therapy clients.

2. Other receipts: £36 Amazon Smile Donations.
3. Charitable Activities

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Practitioners, co-ordination, and admin		4,688	45,033	49,721	56,760
Printing, stat, computer supplies		45	1544	1589	1,477
Advertising		0	1,104	1,104	1,630
Telephone and Internet expenses		0	839	839	611
Insurance		0	337	337	371
Travel	5	7	46	53	0
Books and resources		0	308	308	0
Subscriptions		48	0	48	48
Training		0	226	226	18
Refreshments (groups)		0	281	281	106
Consultancy	6	0	12	12	25
Crèche Fees		0	1,500	1,500	1,500
Other		10	363	373	205
Total		4,798	51,593	56,391	62,751

Notes

4. Bank balance includes a £10,000 grant deposited in March 2023
5. Due to COVID 19 and working from home there were no travel costs in 2022.
6. Limited consultancy fees. Other consultancy was free of charge.

Signed A Lewin

A Lewin – Trustee **Dated** 21 Aug 23

KOACH PARENTING

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2023

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2023.

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").

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

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

D WOLFFE – FCCA
WOLFFE ACCOUNTANCY SERVICES LTD
34 BRAYDON ROAD
LONDON N16 6QB

2/8/2023

KOACH PARENTING

England & Wales - Charity number 1166394

Accounts

KOACH PARENTING

Report

And

Financial

Statements

For the Year Ended

31 March 2022

Charity Number
1166394

KOACH PARENTING

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2022

Trustees:	*A Lewin* *M D Heywood* *J Silkin*
Principal Address:	*40 Rostrevor Avenue* *London* *N15 6LP*
Bankers:	*TSB Bank plc* *20 Borough Parade* *Chippenham* *CN15 3WL*
Accountants:	*Wolffe Accountancy Services Ltd* *34 Braydon Road* *London* *N16 6QB*

KOACH PARENTING

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

Koach Parenting Annual Report for the Year to 31st March 2022

The trustees submit their report together with the accounts in respect of the year ended 31 March 2022.

The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP), 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).

Background

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach and work closely with the local NHS CAMHS First Steps Psychology team. Clients are mainly, but not exclusively from the Jewish Community.

Objectives of the Charity

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

i. To advance public education in parenting and family relationships by providing educational courses and workshops.

ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.
Page two forms part of this report.
The trustees are pleased with the financial results this year.

Trustee selection methods

The power to appoint new Trustees is vested in the current board. New Trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for Trustees.

Risks

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.

The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

Reserves Policy

The Trustees aim to hold free realisable reserves equal to at least 3 months, but no more than 12 months of running costs, to ensure continuation of the activities of the charity.

Funders
This year the main sources of funding were the NHS City and Hackney CAMHS Alliance, the London Borough of Hackney Voluntary grant, the Hackney Giving Foundation, and the National Lottery Community Awards for All program. Funds were also received through small trusts and foundations and community donations.

Expenditure
All expenditure has been used for the charity activities following the charity objectives described above.
This includes costs of generating funds and governance costs.

Covid 19
During this financial year, the world was still affected by the COVID 19 pandemic. Koach Parenting continued to function by working remotely and offering virtual appointments to clients. Support was given to parents who have experienced increased anxiety and difficult behaviours with their children.

Student Placement
Koach Parenting continued to be a student placement for students at the CPPD Counselling College. This enabled Koach Parenting to provide 46 low cost therapy sessions this year.

Client Disadvantage
- 85% of clients are on income related benefits.
- 30% of clients live in overcrowded accommodations.
- 36% have a specific special need or a disability within the family, stated by the parent(s). This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, dyslexia, selective mutism, anger management difficulties and other challenging behaviour.

Activities in the Year to 31.3.22
During this year, Koach Parenting provided the following services

1. The ten session Solihull 'understanding your child' group for fathers

This group was run by a Koach Parenting Facilitator and supervised by a NHS CAMHS Psychologist. It took place in the Ezer Leyoldos premises.

A list of what some attendees want to tell other people about the course
- This course has really made me aware of many aspects previously not thought about concerning parenting and has really helped me focus and understand a lot in this area. I think that this course is crucial for any parent that is looking for a healthy parent child relationship.
- The parenting course was wonderful. It gave me more ways how to deal with my children.
- I think that this course is a must in order to save the next generation.
- Koach Parenting is an unbelievable course because it gives you so many tools on how to deal with your children and is very thought provoking, opening up your mind to ideas which you don't think about in day to day life.

2. The ten session Solihull 'understanding your child' group for mothers

This was run by a Koach Parenting Practitioner and co-facilitated by a community Parenting Practitioner and was supervised by a NHS CAMHS Psychologist. This group took place in Lubavitch Children's Centre.

A list of what some attendees want to tell other people about the course

- This course is so validating and empowering. I feel much more confident going forward.
- Listen when your child speaks to you and read between the lines.
- I only took this course because it was free, but it was worth millions!
- Great course! You will learn how to interact with your child.
- I really needed help but could never have afforded if it wasn't funded.
- That if you care enough about your family, take the Koach course to have more understanding.
- This course is crucial for every parent especially a new parent, it can make such a difference for you and your child from the start.

3. Six session Cygnet group for fathers of children diagnosed with ASD (Autism Spectrum Disorder).

This was co-facilitated by a member of the NHS CAMHS Disability Service.
This group took place over the phone using the Star Leaf app.

A list of what some attendees want to tell other people about the course.

- It was very comprehensive and an eye opener.
- I would highly recommend this course.
- Well delivered, very good tools and suggestions.
- That this was a very good and helpful group, it gave us good ideas how to manage with our hardships.
- My grateful thanks for this great, well run course and for all the time and effort they put in.
- The course was very informative and engaging and I feel like I gained tools to help me raise my son better. Thank you ☺

4. Six session Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).

This was co-facilitated by a member of the NHS CAMHS Disability Service.
This group took place over the phone using the Star Leaf app.

A list of what some attendees want to tell other people about the course.

- So much useful information, it was a lot in 6 sessions. I have done a lot of courses, I heard new ideas; it was very useful.
- This course has given me lots and lots of Koach *(strength)* to continue to parent my child with ASD.
- Very informative, in a very clear way, not making us fearful, it gave us a calming effect, that we ***can*** do it, slowly, if we implement what we have learnt, eventually we will get there.
- You are amazing leaders. I have been impressed with how you dealt with it on the phone, making sure everyone felt heard and understood.
- I felt so validated, understood in this course. Everything you said was so right, and has given us tools to continue.

5. Cultural Awareness training to members of CAMHS teams in Hackney (Remotely)

This training was delivered three times over the course of the year.
Some of the ideas that the attendees said they learnt at the training:

- Lots of information about customs, holidays and expectations within the Community.
- Roles and dynamics within a Jewish household.
- The importance of Shabbos and the value of family time.

- I feel I have a better overall sense of the shape and rhythm of Orthodox Jewish lives and the sorts of traditions and holidays that might impact on how they fit in with CAMHS appointments.
- Lots about the lifestyle of the community across the age range. I have lived in Hackney all my life and really having some questions answered that I have not known.
- Different Jewish Orthodox traditions, holidays, information about the dress code and really important ways of managing discussions within therapeutic relationships.

6. Solihull Outreach Group Session on family mealtimes

This was delivered twice. All participants gave a scoring of 10 out of 10 for how happy they were with the group. Some comments:

- It provided plenty ideas. It gave me a chance to identify with people in the same situation.
- You gave very good ideas, how to understand my children.
- You made it very exciting.

7. Two day Solihull Foundation training to professionals

This training was delivered online via Star leaf together with a senior Psychologist from the NHS First Steps team, and with technical support from Assistant Psychologists.

8. One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.

During this year, 144 families attended a total of 631 one to one sessions enabling their 615 children to benefit.

Koach Parenting has a robust monitoring system, resulting in 100's of comments from parents.

Some comments from parents about their sessions (Many more are available on request.)

- I definitely felt heard and you gave me good ideas to try out.
- I felt very validated and respected and you didn't judge me. It was amazing, I am so grateful.
- Good planning for the future. Very important to me. You helped me with valuable things that I can hopefully manage on my own.
- I feel we are getting somewhere to feel equipped to manage the next situation in a relaxed manner.
- I felt very listened to and not rushed. I felt my concerns were taken into account. Goals are centred around my concerns.
- It was validating, empowering. You understand the issues and gave positive strategies.
- I liked how we looked at it from my son's point of view, giving him a chance to express his views.
- I really looking forward to our next session. We are very grateful. It is extraordinary that there is a service like this.
- Thank you so much! Beforehand I was so confused and this has been helpful.
- I don't know what I would do without your help. I am very grateful.
- Feeling less overwhelmed and have more good strategies to work on.
- I feel we have had good strategies to slowly introduce.
- You understand me. You gave me excellent advice. I have new tools. I am smiling for the future.

Some examples of what parents said that they learnt in their one to one sessions (We can provide many more)

- Empathising and stating the emotion for my child.
- Reminder to notice the positive and to point it out.
- Practical tools useful to help my daughter's anger. It involves understanding her; a good all-round approach.
- If my children get out of bed after I have put them to bed, they shouldn't benefit from it.
- Keep my word when I say the consequence.
- To try and make my child feel as secure as possible.
- Thinking about making boundaries for the children so they know the limit.
- Have low expectations of the family. change the environment and make it calm.
- To listen more to what my child has to say and what is bothering him.
- Drawing the 'hill of anger management' with my son and discussing how to calm down.

Two examples of goals set by parents and their progress

Numbers out of 10	Before	After
Mum to spend more productive time with daughter	1	7
Parents to be skilled in managing Y's meltdowns	5	8
Strategies to help son open up to parents	1	5

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team and the CAMHS Disability team in Hackney.

9. Practitioners participated in various online and face to face meetings

Meetings included:

- ADHD recognition and management in mainstream school
- Supervision meetings and meetings with NHS Professionals
- Assisting First Steps with making their anxiety webinar accessible for the Orthodox Jewish Community.

Development of the Charity
It has been a year of growth for Koach Parenting

- The number of one to one sessions was higher than the amount last year.
- A number of resources and fact sheets were created and offered free of charge to families.
- A Koach Parenting play booklet was published. It describes the advantages of parents playing with their children and over 30 play ideas. It was sent out to parents upon request.
- Various training sessions were attended, including 'Teens and friendship' training run by JTeen, 'Teaching safeguarding to your children' run by Tahel and Training provided by Solihull to train group facilitators.
- Staff attended a free business coaching session.
- There was a successful volunteer project with graphic design students.

Comments from clients who received the Play Booklet

- I am really enjoying your play booklet. It is written in easy language, nothing complicated. It's fabulous. It talks to me; it talks to my child – because it has photos.
- I want to thank you for creating the booklet. It's full of creative ideas which I am trying to implement some ideas from it with my family and my clients.

Dated: 10 Aug 22

Signed by Trustee .....

Name of Trustee ..... Date 10 Aug 22

KOACH PARENTING
Receipts and Payments Account
Year ended 31 March 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022	Total 2021 £
Receipts					
Grants		15,840	38,622	54,462	50,946
Donations		2,963	0	2,963	2,058
Services	1	1,960	0	1,960	1,156
Other	2	258	0	258	53
Total Receipts		21,021	38,622	59,643	54,213
Payments					
Costs of generating funds		35	0	35	0
Charitable Activities	3	18,978	43,773	62,751	43,568
Governance costs		150	0	150	150
Total Payments		19,163	43,773	62,936	43,718
Excess of Receipts over Payments for the year before transfers		1,858	-5,151	-3,293	10,495
Transfers		-12	12		0
Excess of Receipts over Payments for the year		1,846	-5,139	-3293	10,495

KOACH PARENTING
Statement of Balances
At 31st March 2022

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Bank & Deposit Balances					
Bank & deposit balances brought forward		1,104	15,892	16,996	6,501
Movement in Year:					
Excess of Receipts over Payments for the year		1,846	-5,139	-3,293	10,495
Bank and deposit balances carried forward		2,950	10,753	13,703	16,996

Notes

1. Services to clients are free. This figure represents services to organisations and therapy clients.
2. Other receipts: TSB compensation £100, Gift Aid £125 & £33 Amazon Smile Donations.
3. Charitable Activities

	Notes	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Practitioners, co-ordination, and admin		17,760	39,000	56,760	39,147
Printing, stat, computer supplies		235	1,242	1,477	1,414
Advertising		494	1,136	1,630	1,065
Telephone and Internet expenses		75	536	611	721
Insurance		118	253	371	404
Travel	4	0	0	0	0
Books and resources		0	0	0	91
Subscriptions		48	0	48	36
Training		18	0	18	131
Refreshments (groups)		0	106	106	0
Consultancy	5	25	0	25	0
Crèche Fees			1,500	1,500	
Other		55	0	55	9
Therapy supervision costs		150	0	150	550
Total		18,978	43,773	62,751	43,568

Notes

4. Due to COVID 19 and working from home there are no travel costs.
5. Limited consultancy fees. Other consultancy was free of charge.

Signed A Lewin

A Lewin – Trustee

Dated 10 Aug 22

KOACH PARENTING

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2022

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

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").

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

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

D WOLFFE – FCCA
WOLFFE ACCOUNTANCY SERVICES LTD
34 BRAYDON ROAD
LONDON N16 6QB

4/8/2022

KOACH PARENTING

England & Wales - Charity number 1166394

Accounts

KOACH PARENTING

Report

And

Financial

Statements

For the Year Ended

31 March 2021

Charity Number
1166394

KOACH PARENTING

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2021

Trustees:

A Lewin
M D Heywood
J Silkin

Principal Address:

40 Rostrevor Avenue
London
N15 6LP

Bankers:

TSB Bank plc
20 Borough Parade
Chippenham
CN15 3WL

Accountants:

D WOLFFE – FCCA
Wolffe Accountancy Services Ltd
34 Braydon Road
LONDON N16 6QB

KOACH PARENTING

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2021

The trustees submit their report together with the accounts in respect of the year ended 31 March 2021.

Background

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their challenging children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach and other models, and work closely with the local NHS First Steps Psychology team. Clients are mainly, but not exclusively from the Jewish Community.

Objectives of the Charity

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

i. To advance public education in parenting and family relationships by providing educational courses and workshops.

ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.
Page two forms part of this report.
The trustees are pleased with the financial results this year.

Trustee selection methods

The power to appoint new Trustees is vested in the current board. New Trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for Trustees.

Risks

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.
The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

Reserves Policy

The Trustees aim to hold free realisable reserves equal to at least 3 months, but no more than 12 months of running costs, to ensure continuation of the activities of the charity.

Funders

This year the main sources of funding were the NHS City and Hackney Clinical Commissioning Group, the London Borough of Hackney Voluntary grant, the Hackney Giving Fund, and the National Lottery Community Fund COVID Response grant and Awards for All programs. Funds were also received through small trusts and foundations and community donations.

Expenditure

All expenditure has been used for the charity activities following the charity objectives described above.
This includes costs of generating funds and governance costs.

Covid 19

During this financial year, the world was in turmoil due to COVID 19. Koach Parenting continued to function by working remotely and offering virtual appointments to clients. Support was given to parents juggling many more responsibilities due to lockdown.

Student Placement

Koach Parenting was accepted as a student placement for students at the CPPD Counselling College, after submitting policies and undergoing rigorous system checks. This enabled Koach Parenting to provide 89 low cost therapy sessions this year.

Client Disadvantage during this year

- 94% of clients are on income related benefits.
- 32% of clients live in overcrowded accommodations.
- 39% have a special need or a disability within the family.
  This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, dyslexia, selective mutism, anger management difficulties and other challenging behaviour.

Activities in the Year to 31.3.21

During this year, Koach Parenting provided the following services:

1. **The ten session Solihull 'understanding your child' group for fathers**

This was co-facilitated with a member of the NHS First Steps Early Intervention Service. This group took place over the phone using the Star Leaf app.
8 of these sessions took place in this financial year

A list of what some attendees want to tell other people about the course

- This course is a must for every parent. It gets the parents thinking.
- It is a commitment but rewarding. I learnt a fair amount of new knowledge. The practitioners were professional, understanding and gentle.
- A vital course for every stage of parenthood.

2. **The ten session Solihull 'understanding your child' group for mothers**

This was co-facilitated by a community Parenting Practitioner and was supervised by a NHS First Steps Psychologist. This group took place over the phone using the Star Leaf app.

A list of what some attendees want to tell other people about the course

- How practical and helpful this course, and makes a difference on a day to day level.
- How just by understanding the behaviour behind your child's action can change your parenting.
- Sharing experiences, and hearing that others are doing the same things, makes it interesting and easier.
- It's a model of self-care that boosts your week. You feel better that you are proactively helping your parenting. That alone boosts better communication.
- Really empowers parents.

3. **Six session Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).**

This was co-facilitated by a member of the NHS CAMHS Disability Service.
This group took place over the phone using the Star Leaf app.

A list of what some attendees want to tell other people about the course.

- This course has given me lots and lots of strength to continue to parent my child with ASD
- Very informative, in a very clear way, not making us fearful, it gave us a calming effect, that we can do it, slowly, if we implement what we have learnt, eventually we will get there.
- You are amazing leaders. I have been impressed with how you dealt with on the phone, making sure everyone felt heard and understood.
- I felt so validated, understood in this course. Everything we said was so right, and given us tools to continue.

4. **Cultural Awareness training to members of CAMHS teams in Hackney (Remotely)**

Some of the ideas that the attendees said they learnt at the training

- I really appreciated the sharing of information about the yearly holidays as well as the preparation for the Jewish Sabbath which made me reflect on how I can ensure appropriate timings and options for making appointments with families. Thank for also sharing all the lovely pictures of your family celebrating, with us!
- It was particularly helpful for me to learn more about how Jewish Law impacts and guides parental expectations of their children (in terms of my work)
- I learnt more about all of the holidays in the Jewish calendar and the roles of the different genders in the family.

5. **One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.**

During this year, 121 families attended a total of 573 one to one sessions enabling their 545 children to benefit. The number of sessions is double the previous year.

Koach Parenting has a robust monitoring system, resulting in 100's of comments from parents.

Some comments from parents about their sessions (Many more are available on request.)

"You are the first person who really understands me 100%. You are putting yourself into the picture."
"It was amazing. I liked the trust and confidence you put into us as parents to continue doing all we are doing. The compliments keep us going. The practical tips."
"20 out of 10! Beyond my expectations. You listened to me, keen understanding of my trauma. Kind of you to validate my feelings."
"I liked that you were really listened to see what is going on and what is standing in the way helping us to see the other perspective."
"I really enjoyed to be empowered to trust in myself."
"It was a good session. It is important to learn how to communicate to hear each other out and my husband and I can do it on our own."
"We worked out clear goals. I have a much clearer mind. I now know what I am feeling."
"Thank you so much for this amazing service. Thank you for being available for people who need advice and parenting tips - especially during lockdown when we are in a bigger turmoil than ever."
"I was comfortable in session. It was convenient on the phone. I liked that you consolidated it at the end into points 1,2,3."
"I am amazed that I can go away with practical stuff such as anger levels and voice levels."
"I am very thankful. I am very grateful that someone is taking the time to listen and to help."
"You're fantastic. The changes are so huge; I can't thank you enough. You are not judgemental. You are so understanding."

Some examples of what parents say they learnt in their one to one sessions
(We can provide many more.)

- Look at why the behaviour is happening and actions speak louder than words.
- You have taught me to think of home / work balance to create more availability and headspace for my kids
- Making boundaries. He will learn if I am consistent.
- Creating head space to be able to respond better to all my children and relaxation techniques.
- Child S needs a fixed time to talk to me.
- To think about how my children are feeling and how to manage their emotions.
- To speak to another party. Use the sandwich approach.
- To try to figure out what is bothering our son.
- I am blown away about playing with my children. I hope to try it.
- Techniques of breathing, going for a drink, visualisation.
- Teaching children how to decelerate and separate from me before they go to sleep.

Two examples of goals set by parents and their progress

Numbers out of 10	Before	After
Daughter to listen to instructions	4	7
For mum to be a more confident mother to A who has autism	4	7

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team and the CAMHS Disability team in Hackney.

6. **Practitioners participated in various online meetings** including Community response to COVID, lockdown impact and digital inclusion network meetings.

Development of the Charity

It has been a year of huge growth for Koach Parenting

- The number of one to one sessions was double the number of last year.
- The majority of clients live in Hackney, but this year we were able to offer many support sessions outside of our local area.
- A research article that was co-authored by a Koach Parenting practitioner was published in the Community Practitioner Magazine.
- A Koach Parenting Fact Sheet was created, enabling us to better publicise our services.
- Koach Parenting continued to develop their partnership with the Hackney NHS CAMHS First Steps and Disability teams, and was invited to attend some team meetings.
- Practitioners participated in various online training sessions including stress management during COVID, training to deliver one to one sessions remotely, teaching Solihull Group training, safeguarding, managing autism and fundraising trainings.
- Practitioners joined a social impact training course which will benefit the growth of the organisation, increased networks, and has provided useful tips which might lead to future funding and partnerships.

Dated: 9 Nov 21

Signed by Trustee .....

Name of Trustee ALAN Lewis Date 9 Nov 21

KOACH PARENTING
Receipts and Payments Account
Year ended 31 March 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Receipts					
Grants		10,840	40,106	50,946	29,466
Donations		2,058	0	2,058	2,624
Services	1	1,156	0	1,156	830
Other	2	53	0	53	33
Total Receipts		14,107	40,106	54,213	32,953
Payments					
Costs of generating funds		0	0	0	127
Charitable Activities	3	13,920	29,648	43,568	30,458
Governance costs		150		150	240
Total Payments		14,070	29,648	43,718	30,825
Excess of Receipts over Payments for the year before transfers		37	10,458	10,495	2,128
Transfers		(12)	12	0	0
Excess of Receipts over Payments for the year		25	10,470	10,495	2,128

KOACH PARENTING
Statement of Balances
At 31st March 2021

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Bank & Deposit Balances					
Bank & deposit balances brought forward		1,079	5,422	6,501	4,373
Movement in Year:					
Excess of Receipts over Payments for the year		25	10,470	10,495	2,128
Bank and deposit balances carried forward		1,104	15,892	16,996	6,501

Notes

1. Services to clients are free. This figure represents services to organisations and therapy clients.
2. Other receipts: £15 Every click Ltd (Give as you live donation) and £38– Amazon Smile Donation.
3. Charitable Activities

	Notes	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Practitioners and admin		12,004	27,143	39,147	27,728
Printing, stat, computer supplies		624	790	1,414	894
Advertising		200	865	1,065	200
Telephone and Internet expenses	4	248	473	721	329
Insurance		118	286	404	405
Travel	5	0	0	0	106
Books and resources		0	91	91	335
Subscriptions		36	0	36	36
Training		131	0	131	20
Refreshments (groups)		0	0	0	318
Consultancy	6	0	0	0	75
Other		9	0	9	12
Therapy supervision costs		550	0	550	0
Total		13,920	29,648	43,568	30,458

Notes

4. There was an increase in telephone costs due to introduction of Internet to the office and also due to increased use of telephone due to COVID19.
5. Due to lockdown and virtual working there were no travel or refreshment expenses and a small amount of resources expenses.
6. There were no consultancy fees due to the consultancy accessed, being free of charge.

Signed A Lewin

A Lewin – Trustee

Dated 9/Nov/21

KOACH PARENTING

INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2021

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2021.

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").

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

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a *proper understanding of the accounts to be reached.*

D WOLFFE – FCCA
WOLFFE ACCOUNTANCY SERVICES LTD
34 BRAYDON ROAD
LONDON N16 6QB

7/11/2021