

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 Leun

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		<u>14,107</u>	<u>40,106</u>	<u>54,213</u>	<u>32,953</u>
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		<u>14,070</u>	<u>29,648</u>	<u>43,718</u>	<u>30,825</u>
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		<u>25</u>	<u>10,470</u>	<u>10,495</u>	<u>2,128</u>

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		<u>1,104</u>	<u>15,892</u>	<u>16,996</u>	<u>6,501</u>
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		<u>13,920</u>	<u>29,648</u>	<u>43,568</u>	<u>30,458</u>

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 – 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").

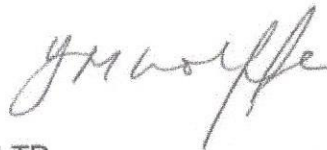
We report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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