

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 Alan Heun

X 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		<u>21,021</u>	<u>38,622</u>	<u>59,643</u>	<u>54,213</u>
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		<u>19,163</u>	<u>43,773</u>	<u>62,936</u>	<u>43,718</u>
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		<u>1,846</u>	<u>-5,139</u>	<u>-3293</u>	<u>10,495</u>

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	<u>2,950</u>	<u>10,753</u>	<u>13,703</u>	<u>16,996</u>

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
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	0	25	0
Crèche Fees		1,500	1,500	
Other	55	0	55	9
Therapy supervision costs	150	0	150	550
Total	<u>18,978</u>	<u>43,773</u>	<u>62,751</u>	<u>43,568</u>

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 – 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").

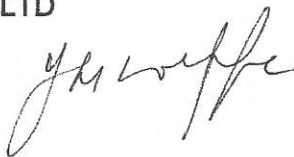
We report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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