

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 and 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		<u>5,791</u>	<u>64,068</u>	<u>69,859</u>	<u>59,643</u>
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		<u>5,182</u>	<u>51,593</u>	<u>56,775</u>	<u>62,936</u>
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		<u>559</u>	<u>12,525</u>	<u>13,084</u>	<u>-3,293</u>

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	<u>3,509</u>	<u>23,278</u>	<u>26,787</u>	<u>13,703</u>

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	1,544	1,589	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		<u>4,798</u>	<u>51,593</u>	<u>56,391</u>	<u>62,751</u>

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.

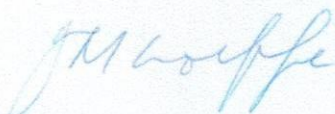
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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