

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

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, 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 Lewis

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		<u>5,116</u>	<u>84,147</u>	<u>89,263</u>	<u>69,859</u>
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		<u>4,545</u>	<u>76,500</u>	<u>81,045</u>	<u>56,775</u>
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		<u>546</u>	<u>7,672</u>	<u>8,218</u>	<u>13,084</u>

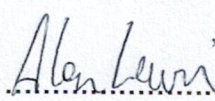
KOACH PARENTING
Statement of Balances
At 31st March 2024

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	<u>4,055</u>	<u>30,950</u>	<u>35,005</u>	<u>26,787</u>

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	<u>4,423</u>	<u>76,500</u>	<u>80,923</u>	<u>56,391</u>

Signed 
Name of Trustee

Dated 12 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.

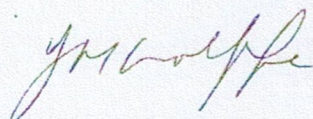
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

15/7/2024