

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 Keshar 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 Lewin

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	<u>5,354</u>	<u>70,375</u>	<u>75,729</u>	<u>89,263</u>
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		<u>4,860</u>	<u>73,372</u>	<u>78,232</u>	<u>81,045</u>
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		<u>429</u>	<u>-2,932</u>	<u>-2,503</u>	<u>8,218</u>

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		<u>4,484</u>	<u>28,018</u>	<u>32,502</u>	<u>35,005</u>
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	<u>4,671</u>	<u>73,372</u>	<u>78,043</u>	<u>80,923</u>

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 *Alan Lewis* Name of Trustee *ALAN Lewis* 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.

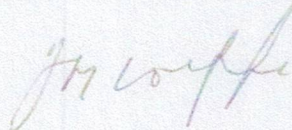
As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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.



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

3/7/ 2025