

TELL IT PARENTS NETWORK

England & Wales · Charity number 1174478

Details

Other names	Tell It Community Network
Status	Registered
Legal form	CIO
Registered	2017-09-01
Register	View on the Charity Commission register

Contact

Address	472 Harrow Road London W9 3RU
Phone	02072897918
Email	admin@tellitparentsnetwork.co.uk
Website	www.tellitparentsnetwork.co.uk

Activities

Objects: 1. THE PREVENTION OR RELIEF OF POVERTY OF THE SOCIALLY AND ECONOMICALLY DISADVANTAGED COMMUNITIES, IN PARTICULAR BUT NOT EXCLUSIVELY THE ETHNIC MINORITY COMMUNITY IN THE LONDON BOROUGHS OF WESTMINSTER, KENSINGTON & CHELSEA, HAMMERSMITH & FULHAM AND BRENT BY PROVIDING INFORMATION, ADVOCACY AND SUPPORT ACTIVITIES AND SERVICES.2. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AMONG PEOPLE IN THE LONDON BOROUGHS OF WESTMINSTER, KENSINGTON & CHELSEA, HAMMERSMITH & FULHAM AND BRENT WHO ARE SOCIALLY EXCLUDED OR BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED ON THE GROUNDS OF THEIR ETHNIC ORIGIN, RELIGION, CULTURAL TRADITIONS OR SOCIAL AND ECONOMIC POSITION TO RELIEVE THE NEEDS OF SUCH PEOPLE AND ASSIST THEM TO INTEGRATE INTO SOCIETY IN PARTICULAR BUT NOT EXCLUSIVELY BY;A)PROVIDING COMMUNITY BASED EDUCATION AND TRAINING IN THE ENGLISH LANGUAGE B)PROVIDING A LOCALISED NETWORK, WORKSHOPS & SUPPORT ACTIVITIES WHICH DEVELOP THEIR SKILLS AND IMPROVE CONFIDENCE THAT ENABLES MEMBERS OF, IN PARTICULAR, BUT NOT EXCLUSIVELY, THE MINORITY ETHNIC COMMUNITY TO PARTICIPATE MORE EFFECTIVELY WITH THE WIDER COMMUNITY

Activities: We facilitate a localised parents network from our office in North Westminster. A core service is our weekly Drop In where local people can access information, advice, guidance & education on a range of issues & peer support; with some 1:1 follow up appointments. We advocate community based learning and

offer workshops in e.g. English, Sewing & basic IT & a range of activities aimed at well-being.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Economic/community Development/employment, Recreation, Other Charitable Purposes
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- Brent
- City Of Westminster
- Hammersmith And Fulham
- Kensington And Chelsea

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£61,494	£54,323	-	-
2024-03-31	£43,998	£24,262	-	-
2023-03-31	£29,066	£41,787	-	-
2022-03-31	£45,039	£44,110	-	-
2021-03-31	£52,928	£46,862	-	-

Trustees

Name	Role	Appointed
LOUISE ISAAC	Chair	2021-09-29
Aamasade Shepnekhi		2025-05-26
Andrew Young		2025-01-27
PATRICIA NG'ANG'A		2021-09-29

TELL IT PARENTS NETWORK

England & Wales - Charity number 1174478

Accounts



Trustees' Annual Report for the period									
		Period start date					Period end date		
From	Day	Month	Year	To	Day	Month	Year		
	01	04	2024		31	03	2025		

Section A Reference and administration details

Charity name **Tell It Parents Network**

Other names charity is known by

Registered charity number (if any) **1174478**

Charity's principal address **472 Harrow Road**

London

Postcode **W9 3RU**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Isaac	Chair		
2	Patricia Ng'ang'a			
3	Karen D Gayle		01/04/2024 – 28/03/25	
4	Andrew Young		27/01/2025 – 31/03/2025	

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees is the: Foundation Model adopted on 1 st September 2017
How the charity is constituted (eg. trust, association, company)	CIO – Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Any subsequent/new charity trustees will be appointed by existing trustees as set out in constitution.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tell It Parents Network (TIPN) has a number of key policies in place which include Safeguarding Vulnerable Adults and Children & Young People; Health & Safety; Equal Opportunities; Lone Worker; Volunteers & Privacy/Use of Data. Procedures are in place for Risk assessment.

TIPN is a member of One Westminster, a charity that works to support voluntary and community groups & organisations providing services for people in Westminster. As a member of One Westminster TIPN staff, volunteers and Trustees can access a range of Training and support services.

All Trustees give their time voluntary and received no numeration or other benefits.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of our Charitable Incorporated Organisation are:

1. The prevention or relief of poverty of the socially and economically disadvantaged communities, in particular but not exclusively the ethnic minority community in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent by providing information, advocacy and support activities and services.
2. To promote social inclusion for the public benefit among people in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent who are socially excluded or by preventing people from becoming socially excluded on the grounds of their ethnic origin, religion, cultural traditions or social and economic position to relieve the needs of such people and assist them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The focus of our activities in particular but not exclusively, is to facilitate a localised parents and resident network and to provide a range of community-based education and training in the English language. This includes workshops & support activities which develops skills, improves confidence, and enables members of, in particular, but not exclusively, the minority ethnic community to participate more effectively with the wider community and to improve their employment prospects. We have recognised and responded to a need:

1. To support with improving and maintaining a positive sense of overall wellbeing
2. To contribute to reducing the increase in digital isolation

We continue to facilitate a community hub in North Westminster where local people can come together, receive information, advice, and guidance with some detailed follow up 1:1 work. At the beginning of 2024, we are pleased to have been successful in our application for a three-year project funded by Public Health Westminster. This fund is aimed at reducing Health Inequalities in our locality, based on an 18-year gap in life expectancy when compared to more affluent wards in the borough.

A summary of our key activities throughout the year include:

- 1) Our Health Matters: a three-year project aimed at improving health outcomes for marginalised groups in our locality. This is a fantastic project that will enable us to make an impact on the lives of those who are at greater risk of for example: hypertension; diabetes and stroke. This is a twofold project over 2 days comprising of: a healthy lunch social and a digital access/support session.
- 2) Our sewing project, which was a much sought after activity that contributes to improved wellbeing. We provided weekly free access to sewing machines with the support of a sewing instructor. With the economic climate, more people wanted to use the sessions to make their own clothes, carry out repairs and extend the life of clothing. Sadly, funded ended for this activity and we are in the process of finding a way to resume/continue. (CPP)
- 3) With the support of the Westminster Ward budget, we were able to organise a Health away day to the beach for a diverse range of local people; older residents and families who were unlikely to have a day out of London for the summer months. This trip was oversubscribed, and feedback was wholly positive with many wanting a return to an annual trip. Something we did prior to the pandemic. (WB)
- 4) With the support a small fund from Imperial Health, we were able to deliver some evening health session. We recognise that those in work/not available during office hours also need input/support in health education and making lifestyle changes. We want to make evening sessions more of a regular service as part of our contribution to tackling health inequalities.
- 5) In addition to funded projects, a much sought after service is 'Case work' whereby (time and capacity permitting), we work with a limited number of more complex family cases that require both literacy support and advocacy in engaging with services such as Housing; Adult Social Care and Education; DWP & Benefit Appeals etc. (Voluntary)
- 6) With the support of a 'core fund' we have been able to build our capacity; strengthen our governance; recruit an extra trustee and focus on our strategic aims for the next few years.

In planning our activities, we have kept in mind the Charity Commission's guidance on public benefit. The trustees have considered the guidance as set out in PB1, PB2 and PB3 in relation to public benefit as issued by the Charity Commission. The trustees have taken the guidance into consideration when planning activities for the year. Such guidance and how it relates to undertaking the charity's work has been reviewed at general trustee meetings throughout the year.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are grateful for the continuing contribution made by our small team of committed volunteers. This past year, most of volunteer input has continued to be spent on Peer Support and supporting the delivery and running of activities. Our non-grant related fundraising efforts were a slight improvement on previous year.

We want to continue to make improvements to our non-grant funding related fundraising and explore other avenues such as: pop-up sales; crafts; cake bakes, sponsored walks etc.

Summary of the main achievements of the charity during the year

We continue to rise to the challenge to stay afloat in a climate that has severely impacted small charities such as ours with the cost-of-living crisis showing no signs of letting up anytime soon. We are pleased to note that we are managing to navigate the challenges especially as we have our own lease for a charity of our size.

Following a successful application to Public Health Westminster for a 3-year project, we were pleased to have been awarded a grant for £84k from the Healthy Communities Fund. This project is well underway, and we have already been commended for the difference our service is making in the lives of local people.

Towards the end of March, we were informed “It is with great pleasure that you have been shortlisted for the **Contribution to Health, Wellbeing and Health Equity category** at the upcoming Westminster Community Awards. Your outstanding contributions have truly set you apart, and we are delighted to recognise your efforts in this special way”. This is a fantastic achievement that gives us confidence in the work we do; the reason why we exist.

Section E

Financial review

Brief statement of the charity's policy on reserves

As of March 31st, we hold approx. £8400 of unrestricted funding which is inclusive of our reserves. This amount covers approx. 3-4 months of our core running costs. We are satisfied that we are steadily building our reserves and aim to maintain this level. In view of the continuing challenges of rising costs (utilities/materials etc), we continue to explore ways in which our reserves can be increased and maintained to cover about 6 months operations.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funding is from being awarded grants for project funding. We are grateful to the following funders for their contributions to our project this financial year.

Funding sources:

- Healthy Communities Fund (HCF): £28460
- WCC VCS Core Funding: (VCS): £10504
- Community Priorities Programme (CPP): £7496
- Strand Parish Trust (SPT): £5000
- Ward Budget (WB): £1748
- Fundraising: £556
- Health RM Budget £500

All our income is used for our project delivery and all associated activities. Our main costs were core costs: rent, insurance, staffing, utilities.

We have ambitions to become an employer. Due to the challenges of the grant funding climate, we don't wish to add to our costs. We continued to keep our costs to a minimum by employing freelance and sessional staff.

Section F

Other optional information

We aim to continue to deliver and improve on the wide range of activities that are essential to meeting our aims and bring great benefit to those most in need. It continues to be a challenging climate in terms of attracting and securing funding. We were fortunate that we continue to meet our expenditure costs and note that the expenditure for this year is markedly more than the previous year. This was due to the damp proofing works which delayed some project spend and whilst the new lease began in 2023. the first payments (which were backdated), were not made until this financial year. Our annual expenditure has steadily increased over the years to around the 50k mark

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>L. Isaac</i>	<i>P. Ng'ang'a</i>
Full name(s)	Louise Isaac	Patricia Ng'ang'a
Position (eg Secretary, Chair, etc)	Chair	
Date	05/01/2026	



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
TELL IT PARENTS NETWORK

On accounts for the year ended

31st MARCH 2025

Charity no (if any)

1174478

Set out on pages

1 – 7 of annual report and 1 – 3 of R + P Accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2025**.

Responsibilities and basis of report

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

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

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

18/01/2026

Name:

Caleb Desouza

Relevant professional qualification(s) or body:

Association of Chartered Certified Accountants

Address:

Prudens Accounting & Consulting Limited, 20-22 Wenlock Road, London

N1 7GU

United Kingdom

Section B**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

TELL IT PARENTS NETWORK

England & Wales - Charity number 1174478

Accounts



Trustees' Annual Report for the period									
		Period start date						Period end date	
From	Day	Month	Year	To	Day	Month	Year		
	01	04	2023		31	03	2024		

Section A Reference and administration details

Charity name **Tell It Parents Network**

Other names charity is known by

Registered charity number (if any) **1174478**

Charity's principal address **472 Harrow Road**

London

Postcode **W9 3RU**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Isaac	Chair		
2	Patricia Ng'ang'a			
3	Karen D Gayle			
4				

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees is the: Foundation Model adopted on 1 st September 2017
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Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tell It Parents Network (TIPN) has a number of key policies in place which include Safeguarding Vulnerable Adults and Children & Young People; Health & Safety; Equal Opportunities; Lone Worker; Volunteers & Privacy/Use of Data. Procedures are in place for Risk assessment.

TIPN is a member of One Westminster, a charity that works to support voluntary and community groups & organisations providing services for people in Westminster. As a member of One Westminster TIPN staff, volunteers and Trustees can access a range of Training and support services.

All Trustees give their time voluntary and received no numeration or other benefits.

Section C

Objectives and activities

The objects of our Charitable Incorporated Organisation are:

1. The prevention or relief of poverty of the socially and economically disadvantaged communities, in particular but not exclusively the ethnic minority community in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent by providing information, advocacy and support activities and services.

2. To promote social inclusion for the public benefit among people in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent who are socially excluded or by preventing people from becoming socially excluded on the grounds of their ethnic origin, religion, cultural traditions or social and economic position to relieve the needs of such people and assist them to integrate into society.

Summary of the objects of the charity set out in its governing document

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The focus of our activities in particular but not exclusively, is to facilitate a localised parents and resident network and to provide a range of community-based education and training in the English language. This includes workshops & support activities which develops skills, improves confidence, and enables members of, in particular, but not exclusively, the minority ethnic community to participate more effectively with the wider community and to improve their employment prospects. We have recognised and responded to a need:

1. To support with improving and maintaining a positive sense of overall wellbeing
2. To contribute to reducing the increase in digital isolation

We continue to facilitate a community hub in North Westminster where local people can come together, receive information, advice, and guidance with some detailed follow up 1:1 work. A summary of our main activities throughout the year include:

- 1) Our sewing project continues to be a much sought after activity that contributes to improved wellbeing. We provide weekly free access to sewing machines with the support of a sewing instructor. We find that with the economic climate, more people are using the sessions to make their own clothes, carry out repairs and extend the life of clothing. An added bonus of being good for the environment. This popular activity is always oversubscribed. (CPP)
- 2) With the support of the Strand Parish Trust, we were able to carry out some minor refurbishments to our reception room to allow for a small computer suite. We provide free access to computers and support residents with basic digital skills. (SPT)
- 3) At the beginning of 2024, we started a three-year project aimed at improving health outcomes for marginalised groups in our locality. This is a fantastic project that will enable us to make an impact on the lives of those who are at greater risk of for example: hypertension; diabetes and stroke.
- 4) In addition to funded projects, a much sought after service is 'Case work' whereby (time and capacity permitting), we work with a limited number of more complex family cases that require both literacy support and advocacy in engaging with services such as Housing; Adult Social Care and Education; DWP & Benefit Appeals etc. (Voluntary)

In planning our activities, we have kept in mind the Charity Commission's guidance on public benefit. The trustees have considered the guidance as set out in PB1, PB2 and PB3 in relation to public benefit as issued by the Charity Commission. The trustees have taken the guidance into consideration when planning activities for the year. Such guidance and how it relates to undertaking the charity's work has been reviewed at general trustee meetings throughout the year.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are grateful for the continuing contribution made by our small team of committed volunteers. This past year, most of volunteer input has continued to be spent on Peer Support and supporting the delivery and running of activities. Our non-grant related fundraising efforts were minimal this year. We aim to add fundraising to the contribution volunteers make and explore other avenues such as: Cake Bakes and Sponsored Walks

Summary of the main achievements of the charity during the year

We continued to rise to the challenge to stay afloat in a climate that has severely impacted small charities such as ours. Post pandemic and the cost of living crisis both continue to impact.

Our lease ran from May 2018 to May 2023, and we are pleased to note that we have entered our second five-year lease with our landlord. This is a fantastic achievement for a charity of our size.

Our landlord carried out some major damp works in our property throughout the summer of 2023. Some impact was felt on the delivery of our activities however, we were grateful for the support of Westminster City Council. This ensured that we were able to continue to support local residents at a time when our full-service offer was patchy. This support was forthcoming due to our standing in the community and the impact the permanent loss of our service would have on local people.

Towards the end of 2023, we made a successful application to Public Health Westminster for a 3-year project. We are pleased to have been awarded a grant for £84k - Healthy Communities Fund. The longevity of this grant will afford us some space to turn our attention to capacity building.

Section E

Financial review

Brief statement of the charity's policy on reserves

As at March 31st, we hold approx. £6314 in unrestricted funding which is our overall amount of free reserves. We are satisfied with this level of free reserves as it covers approx. 3-4 months running costs. We would like to build on this and are exploring ways in which these reserves can be increased and maintained to cover about 6 months operations.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funding is from being awarded grants for project funding. We are grateful to the following funders for their contributions to our project this financial year.

Funding sources:

- WCC Emergency Grant Funding x2: £20,224
- Communities Priorities Programme (CPP): £7200
- Healthy Communities Fund: £7059
- Strand Parish Trust (SPT): £5000
- CAF Landsec: £1000
- Magic Little Grants: £500
- Fundraising: £42.54

All our income is used for our project delivery and all associated activities. Our main costs were core costs: rent, insurance, staffing, utilities.

We have ambitions to become an employer. Due to the challenges of the grant funding climate, we don't wish to add to our costs. We continued to keep our costs to a minimum by employing freelance and sessional staff.

Section F

Other optional information

We aim to continue to deliver and improve on the wide range of activities that are essential to meeting our aims and bring great benefit to those most in need. It continues to be a challenging climate in terms of attracting and securing funding. We were fortunate that we continue to meet our average expenditure costs of £40k.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Louise Isaac	Patricia Ng'ang'a
Position (eg Secretary, Chair, etc)	Chair	
Date	6 th January 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name

Tell It Parents Network

No (if any)

1174478

CC16a

Receipts and payments accounts

For the period from	Period start date	To	Period end date
	Apr-23		Mar-24

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
TIPN	37	-	-	37	-
TIPN Other Income inc MLG	500	-	-	500	-
Westminster City Council Emergency C	10,200	-	-	10,200	-
Westminster City Council Emergency C	10,024	-	-	10,024	-
Westminster City Council Community F	-	7,200	-	7,200	-
Strand Parish Trust	-	5,000	-	5,000	-
Healthy Communities Fund	-	7,059	-	7,059	-
CAF Lansec	1,000	-	-	1,000	-
Grants for Clients Income	2,972	-	-	2,972	-
	-	-	-	-	-
Sub total(Gross income for AR)	24,733	19,259	-	43,992	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,733	19,259	-	43,992	-
A3 Payments					
Staff Costs	210.00	13194.00	-	13,404	-
Office Costs - Rent & Building Costs	13.00	745.00	-	758	-
Office Costs -Utilities/ Expenses	0.00	2103.08	-	2,103	-
Vol Exps/ Travel	108.87	276.41	-	385	-
Refreshments	206.00	450.38	-	656	-
Equipment/Computers & Furniture	19.99	2407.97	-	2,428	-
Training	214.00	0.00	-	214	-
HR-Insurance/ Professional subs	0.00	638.34	-	638	-
Materials, Gardening & Fundraising	208.13	214.15	-	422	-
Events/Marketing	22.99	204.23	-	227	-
Mang Cost	0.00	69.80	-	70	-
Security/Fire Safety	0.00	96.84	-	97	-
Grants for Clients - Expenditure	2858.65	0.00	-	2,859	-
Sub total	3,862	20,400	-	24,262	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	3,862	20,400	-	24,262	-
Net of receipts/(payments)	20,871	- 1,141	-	19,730	-
A5 Transfers between funds	204	- 204	-	-	-
A6 Cash funds last year end	1,612	3,941	-	5,553	-
Cash funds this year end	22,687	2,596	-	25,283	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	TIPN	1,180	-	-
	Westminster City Council (WCC-EG1)	1,978		
	Westminster City Council (WCC-EG2)	10,024		
	HCF - Healthy Communities Fund	-	5,256	
	CPP - Communities Priorities Programme	-	1,988	
	SPT - Stand Parish Trust	-	3,473	
	CAF Landsec	1,000		
	Magic Little Grants	271	-	-
		113	-	-
		Total cash funds	14,566	10,717
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details		Fund to which asset belongs	Cost (optional)
			-	-
B4 Assets retained for the charity's own use	Details		Fund to which asset belongs	Cost (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details		Fund to which liability relates	Amount due (optional)
			-	-
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
TELL IT PARENTS NETWORK

**On accounts for the year
ended**

31st MARCH 2024

**Charity no
(if any)**

1174478

Set out on pages

1 – 5 of annual report and 1 – 3 of R + P Accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2024**.

**Responsibilities and
basis of report**

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").

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me 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

I 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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

26/12/2024

Name:

Caleb Desouza

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Prudens Accounting & Consulting Limited, 20-22 Wenlock Road, London

N1 7GU

United Kingdom

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

TELL IT PARENTS NETWORK

England & Wales - Charity number 1174478

Accounts



Trustees' Annual Report for the period							
From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2022		31	03	2023

Section A Reference and administration details

Charity name **Tell It Parents Network**

Other names charity is known by

Registered charity number (if any) **1174478**

Charity's principal address **472 Harrow Road**
London
Postcode W9 3RU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Isaac	Chair		
2	Patricia Ng'ang'a			
3	Noel McKoy		01/04/22 to 03/11/2022	
4	Karen D Gayle		06/03/23 to 31/03/23	Existing trustees

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees is the: Foundation Model adopted on 1 st September 2017
How the charity is constituted (eg. trust, association, company)	CIO – Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Any subsequent/new charity trustees will be appointed by existing trustees as set out in constitution.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tell It Parents Network (TIPN) has a number of key policies in place which include Safeguarding Vulnerable Adults and Children & Young People; Health & Safety; Equal Opportunities; Lone Worker; Volunteers & Privacy/Use of Data. Procedures are in place for Risk assessment.

TIPN is a member of One Westminster, a charity that works to support voluntary and community groups & organisations providing services for people in Westminster. As a member of One Westminster TIPN staff, volunteers and Trustees can access a range of Training and support services.

All Trustees give their time voluntary and received no remuneration or other benefits.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The objects of our Charitable Incorporated Organisation are:

1. The prevention or relief of poverty of the socially and economically disadvantaged communities, in particular but not exclusively the ethnic minority community in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent by providing information, advocacy and support activities and services.
2. To promote social inclusion for the public benefit among people in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent who are socially excluded or by preventing people from becoming socially excluded on the grounds of their ethnic origin, religion, cultural traditions or social and economic position to relieve the needs of such people and assist them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The focus of our activities in particular but not exclusively, is to facilitate a localised parents and local resident network and to provide a range of community-based education and training in the English language. This includes workshops & support activities which develop their skills, improves confidence, and enables members of, in particular, but not exclusively, the minority ethnic community to participate more effectively with the wider community and to improve their employment prospects.

We have recognised and responded to a need:

1. to support with improving and maintaining a positive sense of overall wellbeing
2. to contribute to reducing the increase in digital isolation

In planning our activities, we have kept in mind the Charity Commission's guidance on public benefit. The trustees have considered the guidance as set out in PB1, PB2 and PB3 in relation to public benefit as issued by the Charity Commission. The trustees have taken the guidance into consideration when planning activities for the year. Such guidance and how it relates to undertaking the charity's work has been reviewed at general trustee meetings throughout the year.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are grateful for the continuing contribution made by our small team of committed volunteers. This past year, most of volunteer input has been spent on Peer Support: parents and local people supporting each other.

We managed to carry out some of our own fundraising through a range of activities: items produced from our sewing workshops and sale of such items made via Tabletop sales.

We aim to add to the contribution volunteers make to fundraising and explore other avenues such as: Cake Bakes and Sponsored Walks etc

Funding sources:

National Lottery Community Fund 9870

People's health Trust: £8000

Westminster City Council; Community Priorities Project: £4000

Magic Little Grants: £500

Fundraising: £1296

Summary of the main achievements of the charity during the year

We continued to rise to the challenge to stay afloat in a climate that has severely impacted small charities such as ours. Post pandemic and cost of living crisis both continue to impact. From April 2022, it was a busy time returning to some kind of normality and resuming our in-person projects.

We continue to facilitate a community hub in North Westminster where local people can come together, receive information, advice, and guidance with some detailed follow up 1:1 work. One of the key projects we have been running since May 2018 is The Parents Space, a series of weekly Drop-In session. In December 2020, we were fortunate continued funding was awarded from the People's Health Trust for this project.

A summary of our main activities throughout the year include:

- 1) Our weekly Drop In was back in full service after being moved online for a period in line with the social distancing. We are pleased to note that our staple activity weathered the worst of the storm and people were excited at the prospect of a return to some form of normality where they can reconnect with others and receive in person Information; Advice & Guidance on a range of issues affecting social; economic & cultural wellbeing. With detailed follow up 1;1 appointments as necessary. (PHT)
- 2) Our sewing project also resumed in March 2022 after a pause. We returned with a project called Well Being Wednesdays in response to the growing need for free/low-cost activities aimed at contributing to overall wellbeing. Weekly session started with gentle exercise: Pilates/Yoga, followed by a healthy lunch and an afternoon of sewing workshops. This popular activity is always oversubscribed. (WCC/ CPP)
- 3) We piloted a more focused approach to using volunteers via a project dedicated to upskilling our volunteers through training and actual practice. We recruited and supported approx. 8 volunteers to take more of a lead in the service delivery. Certain activities have proved popular, and we wanted to find new and innovative ways of keeping them going, with less reliance of grant funding. Activities identified as needed/wanted, include Gardening; Sewing & Crafts; Healthy Eating: Smoothies & Juicing; Mindfulness/Yoga and Walking & Cycling groups. All these activities contributed to stronger communities, have a positive impact on the mental health and well-being of participants and formed part of our vision for developing our space as a well-being hub where local people can access such activities for free. 50% of the volunteers went on to successfully complete their Food Safety & Hygiene Level 2 which is valid for three years. (NLCF)
- 4) In addition to funded projects, a much sought after service is 'Case work' whereby (time and capacity permitting), we work with a limited number of more complex family cases that require both literacy support and advocacy in engaging with services such as Housing; Adult Social Care and Education; DWP & Benefit Appeals etc. (Voluntary)

Section E

Financial review

Brief statement of the charity's policy on reserves

As at March 31st, we hold approx. £1612 in unrestricted funding which is our overall amount of free reserves. We are not satisfied with this level of free reserves and seek to increase this. We are exploring ways in which these reserves can be increased and maintained to cover about 3-6 months operations.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funding is from being awarded grants for project funding. We are grateful to the following funders for their contributions to our project this financial year.

- Peoples Health Trust: £8000
- Westminster City Council; Communities Priorities Programmes: £4000
- National Lottery Community Fund: £9870
- Fundraising: £1296
- Local Giving: Magic Little Grants: £500

All our income is used for our project delivery and all associated activities. Our main costs were core costs: rent, insurance, staffing, utilities. We have ambitions to become an employer. Due to the challenges of the grant funding climate, we don't wish to add to our costs. We continued to keep our costs to a minimum by employing freelance and sessional staff.

Section F

Other optional information

We aim to continue to deliver and improve on the wide range of activities that are essential to meeting our aims and bring great benefit to those most in need. 2022/23 was a very challenging year in terms of attracting and securing funding. We were fortunate that we were still able to meet our average expenditure costs of £40k. Sadly, one of trustees passed away suddenly towards the end of 2022. And in December 2022, much of our funding came to an end. This was indeed a difficult final quarter for us as the lease on our community hub was due to expire in the early part of the new financial year, (May 2023). This period tested our resilience as a key focus at the end of 2022/23 was the lease renewal and negotiations. This impacted our ability to apply for funding. It was a period of uncertainty. We were pleased to recruit a new trustee before the end of the financial year.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>L Isaac</i>	<i>P Ng'ang'a</i>
Full name(s)	Louise Isaac	Patricia Ng'ang'a
Position (eg Secretary, Chair, etc)	Chair	
Date	20 th December 2023	



Receipts and payments accounts

For the period from	Period start date Apr-22	To	Period end date Mar-23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
TIPN Fundraising	1,296	-	-	1,296
TIPN Other Income inc MLG	5,900	-	-	5,900
People's Health Trust - PHT	-	8,000	-	8,000
National Lottery Community Fund	-	9,870	-	9,870
Westminster City Council Community F	-	4,000	-	4,000
	-	-	-	-
	-	-	-	-
Sub total(Gross income for AR)	7,196	21,870	-	29,066
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	7,196	21,870	-	29,066
A3 Payments				
Staff Costs	590.00	21805.00	-	22,395
Office Costs - Rent & Building Costs	5552.00	6678.00	-	12,230
Office Costs -Utilities/ Expenses	789.00	2772.00	-	3,561
Vol Exps/ Travel	215.00	510.00	-	725
Refreshments	21.00	320.00	-	341
Equipment/Computers & Furniture	100.00	155.00	-	255
HR-Insurance/ Professional subs	666.00	430.00	-	1,096
Materials, Gardening & Fundraising	133.00	315.00	-	448
Events/Marketing	1.00	45.00	-	46
Mang Cost	477.00	177.00	-	654
Sub total	8,544	33,207	-	41,751
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	8,544	33,207	-	41,751
Net of receipts/(payments)	- 1,348	- 11,337	-	- 12,685
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	- 330	330	-	-
Cash funds this year end	- 1,678	- 11,007	-	- 12,685

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	TIPN	1,612	-
	NLCF (National Lottery Community Fund)	-	3,941
		-	-
	Total cash funds	1,612	3,941
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
L Isaac	Louise Isaac
P Ng'ang'a	Patricia Ng'ang'a

CC16a



Last year

to the nearest £

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Endowment funds

to nearest £

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Endowment funds

to nearest £

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Current value (optional)

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Current value (optional)

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When due (optional)

Date of approval

1/23/2024
1/23/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
TELL IT PARENTS NETWORK

**On accounts for the year
ended**

31st MARCH 2023

**Charity no
(if any)**

1174478

Set out on pages

1 – 5 of annual report and 1 – 3 of R + P Accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2023**.

**Responsibilities and
basis of report**

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").

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me 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

I 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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

26/12/2023

Name:

Caleb Desouza

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Prudens Accounting & Consulting Limited, 20-22 Wenlock Road, London

N1 7GU

United Kingdom

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

TELL IT PARENTS NETWORK

England & Wales - Charity number 1174478

Accounts



Trustees' Annual Report for the period							
		Period start date			Period end date		
From	01	April	2021	To	31	March	2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

472 Harrow Road	
London	
Postcode	W9 3RU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Isaac	Chair		
2	Patricia Ng'ang'a			
3	Noel McKoy			
4				

Name of chief executive or names of senior staff members (Optional information)

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees is the: Foundation Model adopted on 1 st September 2017
How the charity is constituted (eg. trust, association, company)	CIO – Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Any subsequent/new charity trustees will be appointed by existing trustees as set out in constitution.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Tell It Parents Network (TIPN) has a number of key policies in place which include Safeguarding Vulnerable Adults and Children & Young People; Health & Safety; Equal Opportunities; Lone Worker; Volunteers & Privacy/Use of Data. Procedures are in place for Risk assessment.</p> <p>TIPN is a member of One Westminster, a charity that works to support voluntary and community groups & organisations providing services for people in Westminster. As a member of One Westminster TIPN staff, volunteers and Trustees can access a range of Training and support services.</p> <p>All Trustees give their time voluntary and received no numeration or other benefits.</p>
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Summary of the objects of the charity set out in its governing document

The objects of the CIO are:

1. The prevention or relief of poverty of the socially and economically disadvantaged communities, in particular but not exclusively the ethnic minority community in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent by providing information, advocacy and support activities and services.
2. To promote social inclusion for the public benefit among people in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent who are socially excluded or by preventing people from becoming socially excluded on the grounds of their ethnic origin, religion, cultural traditions or social and economic position to relieve the needs of such people and assist them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities, we have kept in mind the Charity Commission's guidance on public benefit. The trustees have considered the guidance as set out in PB1, PB2 and PB3 in relation to public benefit as issued by the Charity Commission. The trustees have taken the guidance into consideration when planning activities for the year. Such guidance and how it relates to undertaking the charity's work has been reviewed at general trustee meetings throughout the year.

The focus of our activities in particular but not exclusively, is to facilitate a localised parents/carers network and to provide a range of community-based education and training in the English language. This includes workshops & support activities which develop their skills, improves confidence, and enables members of, in particular, but not exclusively, the minority ethnic community to participate more effectively with the wider community and to improve their employment prospects. We have recognised and responded to a need for support with improving and maintaining a positive sense of overall wellbeing.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are grateful for the continuing contribution made by volunteers. This past year a considerable number of volunteer hours have been spent on:

- 1) Peer Support: parents supporting each other.
- 2) Fundraising: through a range of activities: Sewing and sales of items made; Tabletop sales;
- 3) We are always looking to explore other avenues such as: Cake Bakes and Sponsored Walks etc

Summary of the main achievements of the charity during the year

Having weathered the storm that is covid, we continue to rise to the challenge to stay afloat in a climate that has severely impacted small charities such as ours.

We facilitate a community hub in North Westminster where local people can come together for a range of activities; receive information, advice, and guidance with some detailed follow up 1:1 work. One of the key projects we have been running since May 2018 is The Parents Space, a series of weekly Drop-In sessions. In December 2020, we were fortunate continued funding was awarded from the People's Health Trust for this project. This project is due to end in December 2022.

Post Covid, certain activities have proved popular and in demand. A challenge was to find new and innovative ways of keeping them going. Activities included: Gardening; Sewing & Crafts; Smoothie Making & Juicing; Mindfulness/Yoga and Walking & Cycling groups. All these activities contribute to stronger communities, have a positive impact on the mental health and well-being of participants and are part of our vision for developing our space as a wellbeing hub where local people can access such activities at low cost or for free.

A summary of our main activities throughout the year include:

- 1) Weekly drop in and lunch social with follow up appointments assisting with a range of formal correspondence for ESOL speakers and those who find bureaucracy a challenge. (PHT)
- 2) Weekly Sewing and Crafts class where people new to sewing were taught how to use a sewing machine safely and produce a range of small items such as: Pin cushions; Cushion covers and Table runners. (CPP)
- 3) We wanted to develop our service using volunteers. With some dedicated funding from the National Lottery Community Fund, we were able to pilot a more focussed approach to using volunteers and evaluate the impact an upskilled team of volunteers has on our service delivery. Volunteers were given training opportunities. (NLCF)
- 4) Following an identified need for local people to be more active and improve their overall health and mental wellbeing, we delivered a series of weekly wellbeing activities: Yoga (CPP), and Pilates (MLG)
- 5) We were fortunate to receive some unrestricted funds to help us with returning to some normality post covid. We continued with some simple safety measures as we returned to our traditional delivery mode of in-house groups and face to face activities. (CCLORS)
- 6) Fortunate to operate from our own premises, we can have much autonomy with when/how projects are delivered. We are grateful to any unrestricted funds we receive that enable us to meet any unexpected costs associated with managing a building.

Brief statement of the charity's policy on reserves

As at March 31st, we hold approx. £2866 in unrestricted funding which is our overall amount of free reserves. Unfortunately, this has reduced since last financial year and we remain dissatisfied with this level of free reserves and seek to increase this. We are exploring ways in which these reserves can be increased and maintained to cover about 3-6 months operations.

As this financial year ended, we witnessed the ongoing challenges of the covid-19 situation. Many small charities such as ours continue to face considerable financial hardship and much uncertainty.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funding is from being awarded grants for project funding. We are grateful to the following funders for their contributions to our project this financial year.

- Peoples Health Trust (PHT)
- National Lottery Community Fund (NLCF)
- Westminster City Council/Community Priorities Programme (CPP)
- Octavia Foundation
- COVID-19 Community Led Organisations Recovery Scheme
- Neighbourly
- Arnold Clark
- Local Giving/Magic Little Grants (MLG)

All our income is used for our project delivery and all associated activities. Our main costs were core costs: rent, insurance, staffing, utilities.

We continue to keep our costs to a minimum by employing freelance and sessional staff.

Section F**Other optional information**

We aim to continue to deliver and improve on the wide range of activities that are essential to meeting our aims and bring great benefit to those most in need

Section G**Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>L Isaac</i>	<i>P Ng'ang'a</i>
Full name(s)	Louise Isaac	Patricia Ng'ang'a
Position (eg Secretary, Chair, etc)	Chair	

Date

19th January 2023



Receipts and payments accounts

For the period from	Period start date Apr-21	To	Period end date Mar-22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
TIPN Unrestricted Funds	438	-	-	438
PHT	-	20,000	-	20,000
NLCF Volunteer Project	-	9,980	-	9,980
Octavia Foundation	-	4,126	-	4,126
Magic Little Grants	500	-	-	500
Neighbourly	1,000	-	-	1,000
Arnold Clark	1,000	-	-	1,000
CCLORS BAME Fund	1,995	-	-	1,995
Community Priorities Programm	-	6,000	-	6,000
Sub total (Gross income for AR)	4,933	40,106	-	45,039
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	4,933	40,106	-	45,039
A3 Payments				
Staff Costs	9,160	16,329	-	25,489
Office Costs - Rent etc	2,700	9,420	-	12,120
Office Costs - Expenses	-	1,281	-	1,281
Vol Exps/ Travel	293	304	-	597
Refreshments	454	477	-	931
Equipment/Computers & Furnitu	-	248	-	248
Training	160	-	-	160
HR-Insurance/Professional subs	754	228	-	982
Materials	1,191	174	-	1,365
Events/ Marketing	29	27	-	56
Mangement Costs	20	861	-	881
Sub total	14,761	29,349	-	44,110
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	14,761	29,349	-	44,110
Net of receipts/(payments)	- 9,828	10,757	-	929
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	- 9,828	10,757	-	929

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	PHT Yr2	-	6,974
	NLCF - Volunteer Project	-	3,109
	CPP - Community Priorities	-	5,325
	Unrestricted Reserves	2,866	-
	Total cash funds	2,866	15,408
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Categories	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

Categories	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

Categories	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
<i>L Isaac</i>	Louise Isaac
<i>P Ng'ang'a</i>	Patricica Ng'ang'a

CC16a



**Last year
to the nearest £**

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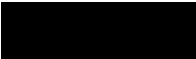
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Current value (optional)

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Current value (optional)

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When due (optional)

Date of approval

1/19/2023
1/19/2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
TELL IT PARENTS NETWORK

**On accounts for the year
ended**

31st MARCH 2022

**Charity no
(if any)**

1174478

Set out on pages

1 – 6 of annual report and 1 – 3 of R + P Accounts

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2022**.

**Responsibilities and
basis of report**

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").

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

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me 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

I 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.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

23/11/2022

Name:

Caleb Desouza

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Prudens Accounting & Consulting Limited, 20-22 Wenlock Road, London

N1 7GU

United Kingdom

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

TELL IT PARENTS NETWORK

England & Wales - Charity number 1174478

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	April	2020	To	31st	March	2021

Section A Reference and administration details

Charity name

Tell It Parents Network

Other names charity is known by

Registered charity number (if any)

1174478

Charity's principal address

472 Harrow Road

London

Postcode

W9 3RU

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Louise Isaac	Chair		
2	Patricia Ng'ang'a			
3	Noel McKoy			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Part time Project Director: Angela Singhate

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees is the: Foundation Model adopted on 1 st September 2017
How the charity is constituted (eg. trust, association, company)	CIO – Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Any subsequent/new charity trustees will be appointed by existing trustees as set out in constitution.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Tell It Parents Network (TIPN) has a number of key policies in place which include Safeguarding Vulnerable Adults and Children & Young People; Health & Safety; Equal Opportunities; Lone Worker; Volunteers & Privacy/Use of Data. Procedures are in place for Risk assessment.

TIPN is a member of One Westminster, a charity that works to support voluntary and community groups & organisations providing services for people in Westminster. As a member of One Westminster TIPN staff, volunteers and Trustees can access a range of Training and support services.

TIPN was part of an Early Help Panel run by Westminster City Council's Children's Services. The pandemic has impacted, and we hope to resume in coming months. The panel meets monthly to facilitate a network of local services that can work with families identified as being in need of support.

Likewise for the Westminster Children's Services NW Early Help Partnership which meets quarterly in the local community. This partnership meeting aspires to come together as a Team Around the Locality' with an aim for partners and agencies to share knowledge, expertise, processes, offer peer support and build close working links.

All Trustees give their time voluntary and received no numeration or other benefits.

Summary of the objects of the charity set out in its governing document

The objects of the CIO are:

1. The prevention or relief of poverty of the socially and economically disadvantaged communities, in particular but not exclusively the ethnic minority community in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent by providing information, advocacy and support activities and services.
2. To promote social inclusion for the public benefit among people in the London boroughs of Westminster, Kensington & Chelsea, Hammersmith & Fulham and Brent who are socially excluded or by preventing people from becoming socially excluded on the grounds of their ethnic origin, religion, cultural traditions or social and economic position to relieve the needs of such people and assist them to integrate into society.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities, we have kept in mind the Charity Commission's guidance on public benefit. The trustees have considered the guidance as set out in PB1, PB2 and PB3 in relation to public benefit as issued by the Charity Commission. The trustees have taken the guidance into consideration when planning activities for the year. Such guidance and how it relates to undertaking the charity's work has been reviewed at general trustee meetings throughout the year.

The focus of our activities in particular but not exclusively, is to facilitate a localised parents/carers network and to provide a range of community-based education and training in the English language. This includes workshops & support activities which develop their skills, improves confidence, and enables members of, in particular, but not exclusively, the minority ethnic community to participate more effectively with the wider community and to improve their employment prospects. Due to the pandemic, we had to adapt many of our activities in line with government guidance.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

We are grateful for the continuing contribution made by volunteers. This past year a considerable number of volunteer hours have been spent on:

- 1) Peer Support: parents supporting each other.
- 2) Fundraising: Sewing to Sustain was a 100% volunteer lead project producing towels for sale. Our efforts raised just over £300 and we aim to build on this throughout 2022/23

Tabletop sales; Pop Up Shops; Cake Bakes and Sponsored Walks are planned

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

We facilitate a community hub in North Westminster where local people can come together, receive information, advice and guidance with some detailed follow up 1:1 work. One of the key projects we have been running since May 2018 is The Parents Space, a series of weekly Drop-In sessions. In December 2020, we were fortunate continued funding was awarded from the People's Health Trust for this project.

This past year we had to weather the storm that is covid and rose to the challenge to adapt our service in view of government guidance. We had to adjust our delivery to ensure that we were able to continue to offer some form of service at a time when people really needed it. We recognised that not everyone was able to simply switch to online activities and where possible and permissible, we hosted events outdoors and 1:1 behind Perspex screens.

A summary of our main activities throughout the year include:

- 1) Our sewing project was unable to continue in person in our hub. We secured a wide range of materials and resources for Home Care Packages which included:
Sewing kits; Materials; Arts crafts and Mindfulness activities for both adults and children and toys and books. With the help of volunteers, these were delivered to homes. The feedback was positive due to the contents; range of activities we had put together. We included the current guidance in a range of languages. (WAES/LCRF)
- 2) ESOL Home Learning: we prepared work packs for those wanting to continue improving their English. Each week, packs were available for collection. Once completed, they could be returned via post-box/dropped off and marked ready for collection. New packs and worksheets were available each week. Learners worked at their own pace, and many welcomed the opportunity to keep busy with something useful and of relevance to their needs. (NLCF)
- 3) We had secured funds to support with being active and improving overall health and mental wellbeing. We delivered a series of weekly outdoor sessions: Walk, Talk & Zumba. We held weekly walks to a number of local parks and held a weekly exercise session in the park every Monday during the warmer months. (GLA)
- 4) As a result of the Covid and increased social isolation, we identified a need to support mental wellbeing. We applied for funds to work with a psychotherapist to provide 1:1 and group counselling sessions for women who had expressed this need. This was a much sought-after opportunity and places were fully in demand, We continue to get interest long after this project has ended and this is something we would like to secure further funding for. (2Magpies)
- 5) Our weekly Drop In was moved online for a period of time in line with the social distancing measures we had in place. As part of these sessions, we included Monday Meditations and space for people to catch up with others. We are pleased to note that our staple activity weathered the worst of the storm and people were excited at the prospect of a return to some form of normality where they can reconnect with others. (PHT)
- 6) We were fortunate to receive some unrestricted funds to help us prepare for this return. We had some simple adaptations to make in our hub to support with safety measures. The flexibility of this funding helped to keep us afloat at a time when we were unable to secure funding for our traditional in-house group and face to face activities. (CCLORS)

Section E

Financial review

Brief statement of the charity's policy on reserves

As at March 31st, we hold approx. £5200 in unrestricted funding which is our overall amount of free reserves. We are not satisfied with this level of free reserves and seek to increase this. We are exploring ways in which these reserves can be increased and maintained to cover about 3-6 months operations.

As this financial year drew to a close, we witnessed the ongoing challenges of the covid-19 situation. The whole country continues to face much uncertainty and as a charity we ended this financial year under incredibly challenging circumstances.

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our principal source of funding is from being awarded grants for project funding. We are grateful to the following funders for their contributions to our project this financial year.

- Peoples Health Trust
- Westminster City Council/Westminster Adult Education Service
- London Community Response Fund
- National Lottery Community Fund
- COVID-19 Community Led Organisations Recovery Scheme
- Groundworks/Active Londoners
- Two Magpies
- Talisman

All our income is used for our project delivery and all associated activities. Our main costs were core costs: rent, insurance, staffing, utilities.

We continue to keep our costs to a minimum by employing freelance and sessional staff.

Section F

Other optional information

We aim to continue to deliver and improve on the wide range of activities that are essential to meeting our aims and bring great benefit to those most in need

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>L Isaac</i>	<i>P Ng'ang'a</i>
Full name(s)	Louise Isaac	Patricia Ng'ang'a
Position (eg Secretary, Chair, etc)	Chair	

Date 20th January 2022



Section A

Independent Examiner's Report

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members of**

Charity Name
TELL IT PARENTS NETWORK

**On accounts for the year
ended**

31st MARCH 2021

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(if any)**

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** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

20/01/2021

Name:

Caleb Desouza

**Relevant professional
qualification(s) or body
(if any):**

Association of Chartered Certified Accountants

Address:

Super Financial Limited, 24 Goodall Road, London

E11 4EP

United Kingdom

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A