

BASILDON PARENTS4PARENTS

England & Wales · Charity number 1176284

Details

Status Registered

Legal form CIO

Registered 2017-12-14

Register [View on the Charity Commission register](#)

Contact

Address 41 River View Close
Laindon
Basildon
SS15 4FA

Phone 07923426502

Email basildon.parent4parent@outlook.com

Activities

Objects: 1. THE ADVANCEMENT OF THE EDUCATION AND DEVELOPMENT OF CHILDREN AND THEIR PARENTS IN BASILDON AND THE SURROUNDING AREA BY PROVIDING ACCESSIBLE SUPPORT AND TECHNIQUES TO HELP THEIR PARENTS TO ENGAGE EFFECTIVELY WITH THEIR CHILD'S SCHOOL(S) AND THE PROVISION OF PARENTING SKILLS.2. FOR THE PUBLIC BENEFIT TO RELIEVE THOSE PARENTS/CARERS WHO ARE IN NEED, BY REASON OF AGE, PHYSICAL OR MENTAL HEALTH, ILL HEALTH, DISABILITY, FINANCIAL OR OTHER HARDSHIP BY:A. CREATING AND MAINTAINING PARENT SUPPORT GROUPS AND FORUMS.B. PROMOTING ACTIVE INVOLVEMENT IN THE LOCAL COMMUNITY THROUGH VOLUNTEERING OPPORTUNITIES, INFORMATION, ADVICE, GUIDANCE AND THE SIGNPOSTING OF PROGRAMMES AND/OR ACTIVITIES THAT ARE BENEFICIAL TO THAT PARENT/CARERS WELL-BEING.C. PROVIDING OPPORTUNITIES FOR EDUCATION, TRAINING AND ASSISTANCE, WITH THE AIM OF DEVELOPING SKILLS AND KNOWLEDGE TO INCREASE SELF-ESTEEM AND EMPLOYABILITY.

Activities: Parents4Parents work towards the increased confidence and independence of families across Basildon by offering support, training and practical help. Reassuring families that difficulties in bringing up children are not unusual, and emphasising the positive aspects of family life. We develop supportive relationships with the parent through groups, training sessions and one to one meetings.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Recreation
- **Who:** Children/young People, The General Public/mankind

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-13	£91,029	£55,616	-	-
2023-12-13	£17,906	£19,943	-	-
2022-12-13	£23,307	£25,181	-	-
2021-12-13	£20,434	£15,548	-	-
2020-12-13	£3,301	£10,698	-	-

Trustees

Name	Role	Appointed
Amanda Farley	Chair	2019-01-15
Danielle Marie Blackburn		2024-03-13
Deborah Claire Rostami		2021-02-24
Jody Bird		2023-02-23
Margaret Emery		2020-03-12

BASILDON PARENTS4PARENTS

England & Wales - Charity number 1176284

Accounts



BASILDON PARENTS4PARENTS

(A charity registered in England and Wales)

Charity Registration No.: 1176284

Report and Financial Statements

For the Year Ended 13 December 2024

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Charity Registration Number: 1176284

Report and Financial Statements
For the year ended 13th December 2024

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Legal and Administrative Details

Report of the Trustees for the year ended 13th December 2024

The trustees present their report and independently examined financial statements for the year ended 13th December 2024.

Reference and Administrative Information

Charity Name: BASILDON PARENTS4PARENTS

Charity Registration Number: 1176284

Registered Office and
Operational Address: 41 River View Close
Laindon
Basildon
SS15 4FA

Trustees: Amanda Farley – Chair
Danielle Blackburn – Treasurer
Jody Bird
Deborah Claire Rostami
Margaret Emery

Structure, Governance and Management

Governing Document

Basildon Parents4Parents (Basildon Parents4Parents) is a registered charity in England and Wales, established to support families and carers of children and young people with special educational needs and disabilities (SEND). The charity is governed by its Constitution, adopted on registration, which sets out its charitable objects and powers.

Recruitment and Appointment of Trustees

Trustees are appointed in accordance with the charity's Constitution. New trustees are recruited from among parents, carers, and professionals who share the charity's aims and are committed to improving outcomes for families in the local community. The board seeks to maintain a balance of skills and experience to ensure effective governance, including experience in education, health, finance, and community engagement.

Organisational Structure

The Board of Trustees holds overall responsibility for governance and strategic direction. Day-to-day management and operations are delegated to the Treasurer and designated project leads, who oversee course delivery, community engagement, and partnerships. The trustees meet regularly to review performance, approve key decisions, and monitor financial and operational risks.

Risk Management

The trustees regularly review the major risks to which the charity is exposed, particularly in relation to operations, finance, and safeguarding. Systems and procedures have been established to mitigate these risks, including clear financial controls, safeguarding policies, and volunteer training. The trustees are satisfied that appropriate measures are in place to manage identified risks effectively.

Report of the Trustees

Objectives and Activities

Charitable Objectives

Basildon Parents4Parents is a Charitable Incorporated Organisation registered with the Charity Commission in December 2017.

The charity was founded by a small group of dedicated parents who wanted to make a difference within their community by helping other parents navigate the everyday challenges of raising children.

Basildon Parents4Parents' charitable objectives are to:

- Give parents emotional and practical guidance and support.
- Provide a listening ear to those in need.
- Help parents to support their child's education, health, and wellbeing.
- Direct parents and carers to access local services.
- Promote the importance of education and lifelong learning.

Basildon Parents4Parents operates under the core principles of Connect, Advise, Relax, and Educate, ensuring that parents and carers have access to the right help at the right time.

Vision and Approach

Basildon Parents4Parents' vision is to help parents navigate the challenges of parenting — because no matter where they may be in their parenting role, if they can access an opportunity somewhere to make it better, they are able to make it better.

The charity provides a non-judgemental, common-sense approach, building a strong community network that incorporates wellbeing, educational and social opportunities for families across Basildon and the surrounding areas.

All Basildon Parents4Parents volunteers are from the local community and complete induction, safeguarding, and first aid training, holding current DBS checks. The management committee is made up of individuals from a wide range of backgrounds to ensure strong governance and diversity of skills.

Main Activities Undertaken to Further the Charity's Objectives

Basildon Parents4Parents delivers a series of term-time and year-round projects that offer direct support to parents, carers, and young people. These include:

- ESOL Women's Group – supported by Sanctuary Housing, helping women of different cultures to practise conversational English and build friendships in a safe, welcoming environment.
- Community Art Café – based in Tesco Mayflower, providing parents with a creative and therapeutic space to relax, connect, and focus on their own wellbeing through art and craft activities.
- Conn-X Neurodivergent Youth Club – supporting younger children (aged 5-12) with social communication challenges through play-based activities that encourage teamwork, creativity, and self-confidence.
- TeenZone Youth Club – for neurodiverse teens facing anxiety and social challenges, offering gaming, art, music, and cooking activities to develop independence and friendships.
- Non-Violent Resistance (NVR) Parenting Course – a 10-week therapeutic programme supporting parents in managing challenging behaviours and restoring positive family relationships.

- Youth Mental Health First Aid Courses – accredited training helping parents recognise and support young people’s mental health needs.
- Paediatric First Aid Courses – fully funded and accredited, helping parents gain vital lifesaving skills and increased confidence.
- Health and Wellbeing Workshops – sessions including yoga, mindfulness, meditation, Zumba, and reflexology to promote relaxation, resilience, and community connection.
- Financial Wellbeing and Multiply Projects – supporting parents to manage budgets, reduce stress around money, and improve numeracy through practical, confidence-building workshops.
- Cost of Living and Festive Food Support Projects – distributing hampers and food bags to families in crisis across Basildon schools and networks.
- Creative and Therapeutic Courses – such as The Art of Resilience and Worry Worm Workshops, enabling parents to explore emotions and manage anxiety through art and mindfulness.

Achievements and Performance 2023–2024

During the reporting period, Basildon Parents4Parents expanded its community reach and project range significantly. The charity:

- Supported just over 500 local families through regular group activities and workshops.
- Delivered accredited and non-accredited training to enhance parenting, wellbeing, and employability skills. Notably our Emergency Paediatric First Aid and Youth Mental Health First Aid Courses which served accreditations to over 30 attendees.
- Strengthened partnerships with local organisations including Peabody Housing Association, The Workers Educational Association, The National Lottery Community Fund, Essex Community Foundation, Essex Youth Trust, and Basildon Council.
- Enhanced administrative and operational systems — introducing a secure database, Eventbrite booking, and planning for a new website with online registration and evaluation forms.
- Received significant recognition, including a nomination for Volunteer Group/Project of the Year, celebrating its community impact.

Financial Review

Basildon Parents4Parents continues to operate on a sustainable financial footing, supported by the generosity of funders, partners, and the dedication of its volunteers. During the year ended 13 December 2024, the charity successfully secured multiple grants and project-based funding streams which enabled the delivery of a wide range of community initiatives, training courses, and wellbeing projects.

Income

The charity’s income was derived from a combination of sources, including:

- Grant funding from The National Lottery Community Fund, Essex Community Foundation, Essex Youth Trust, and Basildon Council.
- Support from local councils and organisations for specific projects such as Multiply (financial wellbeing and maths support), Peabody Housing Association, and Sanctuary Housing.
- Community fundraising, voluntary donations, and small contributions towards workshops and events.

This combination of income streams reflects Basildon Parents4Parents’ continued success in diversifying its funding base and maintaining strong relationships with statutory, voluntary, and corporate partners.

Expenditure

Expenditure during the financial year primarily related to:

- Delivery of term-time projects, workshops, and youth clubs.
- Staff and facilitator costs associated with project management and course delivery.
- Purchase of materials and equipment for community sessions, including art supplies, sensory items, and wellbeing resources.
- Venue hire, insurance, professional services, and administrative costs.

All expenditure was carefully monitored to ensure that charitable funds were used effectively and in accordance with donor intentions.

The trustees recognise the importance of maintaining clear and transparent financial management as the charity continues to grow. All funds are currently held within a single bank account (£47,001 at year end), and the trustees will explore practical options for maintaining clearly designated restricted and unrestricted balances to strengthen internal reporting and transparency.

As most income in 2024 was derived from restricted grants (£67,700), the trustees are also committed to developing a forward funding strategy and exploring additional income sources such as community fundraising, donations, and potential service-level agreements to improve long-term sustainability.

In the coming year, the trustees will also review suitable accounting software options, such as Xero, to support enhanced financial monitoring and reporting.

Reserves Policy

The trustees have reviewed the level of reserves required to ensure the continued operation of Basildon Parents4Parents' charitable activities in the event of unexpected funding shortfalls. It has been agreed that the charity will maintain unrestricted reserves equivalent to six months of core operating costs, enabling Basildon Parents4Parents to:

- Continue its main projects for a short period should funding be delayed;
- Cover any committed liabilities; and
- Provide stability and continuity of support for families already engaged in Basildon Parents4Parents' services.

The reserves are reviewed annually as part of the financial planning and risk management process.

At year end, unrestricted reserves stood at £10,057, representing approximately five months of core operating expenditure. This remains close to the charity's target of maintaining six months' reserves to ensure financial stability and continuity of services.

Going Concern

The trustees are satisfied that the charity remains financially viable and continues to meet all obligations as they fall due. Funding commitments and grant support into 2025 have been confirmed, and the trustees are confident that the charity will continue as a going concern for the foreseeable future.

Serious Incidents

There were no serious incidents to report during the financial year. All safeguarding, financial, and operational policies have been reviewed and remain compliant with the requirements of the Charity Commission.

Reserves and Governance Confirmation

The Trustees confirm that they have reviewed the financial position of Basildon Parents4Parents and are satisfied that the charity's reserves policy remains appropriate. Unrestricted reserves are maintained at a level sufficient to provide stability, allow for continued delivery of services, and safeguard against unforeseen events. The trustees have also reviewed the charity's governance framework and policies, ensuring continued compliance with the Charity Commission's guidance on public benefit, financial reporting, safeguarding, and risk management. Regular meetings are held throughout the year to monitor performance, oversee expenditure, and plan for the ongoing sustainability and growth of the organisation. The Trustees wish to express their gratitude to all the volunteers, funders, and community partners whose dedication and generosity have made it possible to continue delivering much-needed support to families across Basildon and the surrounding areas.

Trustees' Declaration and Approval


The Trustees declare that they have approved the Report and Financial Statements for the year ended 13 December 2024.

This report has been prepared in accordance with the Charities Act 2011 and the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts under FRS 102.

Signed on behalf of the Charity's Trustees:

Name: Amanda Farley

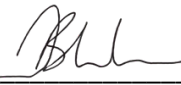
Position: Chair

Signature:  _____

Date: 9th October 2025

Name: Danielle Blackburn

Position: Treasurer

Signature:  _____

Date: 9th October 2025

Independent Examiner's Report to the Trustees of Basildon Parents4Parents on the accounts for the year ended 13th December 2024

I report on the accounts of the charity for the year ended 13 December 2024, which comprise the Statement of Financial Activities, Balance Sheet, and related notes.

Respective responsibilities of trustees and examiner:

The charity's trustees are responsible for preparing the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the Directions given by the Charity Commission, and to state whether any matters come to my attention.

Basis of independent examiner's statement:

My examination was carried out in accordance with Charity Commission Directions. An examination includes a review of the accounting records and comparison with the accounts presented, together with consideration of any unusual items or disclosures. The procedures undertaken do not provide all the evidence required in an audit and consequently no audit opinion is given.

Independent examiner's statement:

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the Act, and to prepare accounts that comply with the Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Steven Bicknell FCMA CGMA
Chartered Management Accountant
Date: 7/10/25

BALANCE SHEET AS AT 13TH DECEMBER 2024

Note	2024 (£)	2023 (£)
Fixed Assets		
Tangible Assets	–	–
Total Fixed Assets	–	–
Current Assets		
Cash at bank and in hand	47,001	11,588
Debtors	–	–
Stock / Prepayments	–	–
Total Current Assets	47,001	11,588
Liabilities		
Creditors (amounts falling due within one year)	–	–
Net Current Assets	47,001	11,588
Total Assets less Current Liabilities	47,001	11,588
Funds of the Charity		
Unrestricted Funds	10,057	9,724
Restricted Funds (note 6)	36,944	1,864
Total Funds Carried Forward	47,001	11,588

STATEMENT OF FINANCIAL ACTIVITIES (SOFA)
(Including Income and Expenditure Account)
For the Year Ended 13th December 2024

Income from:	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Grants and Project Funding	23,329	67,700	91,029	28,568
Total Income	23,329	67,700	91,029	28,568

Expenditure on:	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Project Delivery and Administration	22,995	32,621	55,616	59,614
Total Expenditure	22,995	32,621	55,616	59,614

	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Net Income / (Expenditure)	334	35,079	35,413	(31,046)
Funds brought forward (14 Dec 2023)	9,724	1,864	11,588	42,634
Funds carried forward (13 Dec 2024)	10,057	36,944	47,001	11,588

NOTES FORMING PART OF THE FINANCIAL STATEMENTS
For the Year Ended 13th December 2024

1) BASIS OF PREPARATION

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Charities Act 2011, the Charities (SORP FRS 102) "Accounting and Reporting by Charities", and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

b) Public Benefit Entity

Basildon Parents4Parents meets the definition of a public benefit entity under FRS 102 and the trustees confirm that they have complied with the duty to have regard to the Charity Commission's guidance on public benefit.

c) Going Concern

The trustees consider that the charity has adequate resources to continue in operational existence for the foreseeable future and have therefore prepared the accounts on a going-concern basis.

2) ACCOUNTING POLICIES

a) Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are funds subject to specific restrictions on their expenditure imposed by the donor or grant provider.
- There are no designated funds this year.

b) Income Recognition

Income is recognised in the Statement of Financial Activities when the charity is entitled to the income, the amount can be measured reliably, and receipt is probable. Grants and donations are recognised when all performance-related conditions are met. Gift Aid recoverable is included as income when a valid declaration from the donor is held.

c) Expenditure Recognition

Expenditure is recognised on an accruals basis when a legal or constructive obligation arises. Costs are classified under activity headings in the SOFA that aggregate all costs related to that activity.

d) Tangible Fixed Assets

Items of equipment costing more than £500 and with a useful life exceeding one year are capitalised and depreciated on a straight-line basis over four years. No capital additions were made in the year.

e) Debtors and Creditors

Debtors and creditors are measured at settlement value. At the balance-sheet date, no material debtors or creditors were outstanding.

f) Reserves Policy

The trustees have determined that Basildon Parents4Parents will maintain unrestricted reserves equivalent to approximately six months of operating expenditure to ensure stability in the event of unexpected income disruption.

3) PAID EMPLOYEES

The charity does not employ full-time staff. Project facilitators and sessional workers are engaged on a self-employed or contract basis. No employee earned more than £60,000 during the year.

4) TAXATION

As a registered charity, Basildon Parents4Parents is exempt from corporation tax on income and gains applied for charitable purposes.

5) GRANTS RECEIVED

Funder / Project	Restricted / Unrestricted	Purpose / Project Description	Amount Received (£)
<u>UNRESTRICTED FUNDS</u>			
BP4P General Fund – Carried over from 2023	Unrestricted		7,028
Essex County Council – Multiply Grant	Unrestricted	Adult numeracy and financial confidence training	10,300
Essex County Council – Multiply Grant 2	Unrestricted	Financial wellbeing and numeracy	6,000
<u>RESTRICTED FUNDS</u>			
Basildon Council – ESOL Club	Restricted	English language and integration sessions for women	500
Funding from National Lottery	Restricted	NVR Parenting & Health and Wellbeing courses	19,661
Essex County Council – Food Support Fund (Grant 1)	Restricted	Cost of living and food parcel support	3,000
Essex Community Foundation – Youth Clubs	Restricted	Conn-X and TeenZone youth activities	7,000
Essex County Council – Time4Carers Project	Restricted	Support for parent/carer wellbeing	29,946
Essex County Council – NVR Grant 2	Restricted	Non-Violent Resistance course	3,930
Essex County Council – Food Support Fund (Grant 2)	Restricted	Family food hampers and festive parcels	1160
Essex County Council – Food Support Fund (Grant 3)	Restricted	Ongoing food support and crisis assistance	2504
Total Grants Received 2023/24			91,029

6) CHARITY FUNDS – MOVEMENT DURING THE YEAR

Fund Name	Type	Opening Balance (£)	Income Received FY23/24 (£)	Expenditure (£)	Closing Balance (£)	Status
<u>UNRESTRICTED FUNDS</u>						
BP4P General Funding	Unrestricted	2,884	7,029	2,652	7,260	Open
ECC Multiply Grant 1	Unrestricted	6,000	4,300	10,300	0	Closed
ECC Multiply Grant 2	Unrestricted	6,000	–	3,203	2,797	Open
<i>Total Unrestricted Funds</i>		14,884	11,329	16,155	10,057.38	
<u>RESTRICTED FUNDS</u>						
Basildon Council – ESOL Club	Restricted	500	–	383	117	Open
National Lottery Community Fund	Restricted	19,430	231	7,408	12,253	Open
ECC – Food Support Fund Grant 1	Restricted	3,000	–	3,000	0	Closed
Essex Community Foundation – Youth Clubs	Restricted	7,000	–	2,534	4,466	Open
ECC – Time4Carers Project	Restricted	14,960	14,986	13,173	16,773	Open
ECC – NVR Grant 2	Restricted	3,870	60	2,308	1,622	Open
ECC – Food Support Fund Grant 2	Restricted	1,000	160	1,160	0.00	Closed
ECC – Food Support Fund Grant 3	Restricted	2,500	4	791	1,713	Open
<i>Total Restricted Funds</i>		52,260	15,440	30,757	36,9434	
<i>Grand Totals</i>		67,144	26,770	46,912	47,001	

7) TRUSTEE REMUNERATION AND RELATED PARTY TRANSACTIONS

No trustee received any remuneration or reimbursement of expenses during the year. There were no related party transactions requiring disclosure.

8) POST BALANCE SHEET EVENTS

There are no material post balance-sheet events or contingent liabilities to report.

9) APPROVAL OF THE FINANCIAL STATEMENTS

These financial statements were approved by the Trustees on 6th October 2025 and signed on their behalf by:



Amanda Farley – Chair



Danielle Blackburn – Treasurer



BASILDON PARENTS4PARENTS

(A charity registered in England and Wales)

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Report and Financial Statements

For the Year Ended 13 December 2024

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Achievements and Performance 2023–2024

During the reporting period, Basildon Parents4Parents expanded its community reach and project range significantly. The charity:

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- Delivered accredited and non-accredited training to enhance parenting, wellbeing, and employability skills. Notably our Emergency Paediatric First Aid and Youth Mental Health First Aid Courses which served accreditations to over 30 attendees.
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- Enhanced administrative and operational systems — introducing a secure database, Eventbrite booking, and planning for a new website with online registration and evaluation forms.
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All expenditure was carefully monitored to ensure that charitable funds were used effectively and in accordance with donor intentions.

The trustees recognise the importance of maintaining clear and transparent financial management as the charity continues to grow. All funds are currently held within a single bank account (£47,001 at year end), and the trustees will explore practical options for maintaining clearly designated restricted and unrestricted balances to strengthen internal reporting and transparency.

As most income in 2024 was derived from restricted grants (£67,700), the trustees are also committed to developing a forward funding strategy and exploring additional income sources such as community fundraising, donations, and potential service-level agreements to improve long-term sustainability.

In the coming year, the trustees will also review suitable accounting software options, such as Xero, to support enhanced financial monitoring and reporting.

Reserves Policy

The trustees have reviewed the level of reserves required to ensure the continued operation of Basildon Parents4Parents' charitable activities in the event of unexpected funding shortfalls. It has been agreed that the charity will maintain unrestricted reserves equivalent to six months of core operating costs, enabling Basildon Parents4Parents to:

- Continue its main projects for a short period should funding be delayed;
- Cover any committed liabilities; and
- Provide stability and continuity of support for families already engaged in Basildon Parents4Parents' services.

The reserves are reviewed annually as part of the financial planning and risk management process.

At year end, unrestricted reserves stood at £10,057, representing approximately five months of core operating expenditure. This remains close to the charity's target of maintaining six months' reserves to ensure financial stability and continuity of services.

Going Concern

The trustees are satisfied that the charity remains financially viable and continues to meet all obligations as they fall due. Funding commitments and grant support into 2025 have been confirmed, and the trustees are confident that the charity will continue as a going concern for the foreseeable future.

Serious Incidents

There were no serious incidents to report during the financial year. All safeguarding, financial, and operational policies have been reviewed and remain compliant with the requirements of the Charity Commission.

Reserves and Governance Confirmation

The Trustees confirm that they have reviewed the financial position of Basildon Parents4Parents and are satisfied that the charity's reserves policy remains appropriate. Unrestricted reserves are maintained at a level sufficient to provide stability, allow for continued delivery of services, and safeguard against unforeseen events. The trustees have also reviewed the charity's governance framework and policies, ensuring continued compliance with the Charity Commission's guidance on public benefit, financial reporting, safeguarding, and risk management. Regular meetings are held throughout the year to monitor performance, oversee expenditure, and plan for the ongoing sustainability and growth of the organisation. The Trustees wish to express their gratitude to all the volunteers, funders, and community partners whose dedication and generosity have made it possible to continue delivering much-needed support to families across Basildon and the surrounding areas.

Trustees' Declaration and Approval


The Trustees declare that they have approved the Report and Financial Statements for the year ended 13 December 2024.

This report has been prepared in accordance with the Charities Act 2011 and the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts under FRS 102.

Signed on behalf of the Charity's Trustees:

Name: Amanda Farley

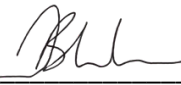
Position: Chair

Signature:  _____

Date: 9th October 2025

Name: Danielle Blackburn

Position: Treasurer

Signature:  _____

Date: 9th October 2025

Independent Examiner's Report to the Trustees of Basildon Parents4Parents on the accounts for the year ended 13th December 2024

I report on the accounts of the charity for the year ended 13 December 2024, which comprise the Statement of Financial Activities, Balance Sheet, and related notes.

Respective responsibilities of trustees and examiner:

The charity's trustees are responsible for preparing the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an independent examination is required. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the Directions given by the Charity Commission, and to state whether any matters come to my attention.

Basis of independent examiner's statement:

My examination was carried out in accordance with Charity Commission Directions. An examination includes a review of the accounting records and comparison with the accounts presented, together with consideration of any unusual items or disclosures. The procedures undertaken do not provide all the evidence required in an audit and consequently no audit opinion is given.

Independent examiner's statement:

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 130 of the Act, and to prepare accounts that comply with the Act, have not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Steven Bicknell FCMA CGMA
Chartered Management Accountant
Date: 7/10/25

BALANCE SHEET AS AT 13TH DECEMBER 2024

Note	2024 (£)	2023 (£)
Fixed Assets		
Tangible Assets	–	–
Total Fixed Assets	–	–
Current Assets		
Cash at bank and in hand	47,001	11,588
Debtors	–	–
Stock / Prepayments	–	–
Total Current Assets	47,001	11,588
Liabilities		
Creditors (amounts falling due within one year)	–	–
Net Current Assets	47,001	11,588
Total Assets less Current Liabilities	47,001	11,588
Funds of the Charity		
Unrestricted Funds	10,057	9,724
Restricted Funds (note 6)	36,944	1,864
Total Funds Carried Forward	47,001	11,588

STATEMENT OF FINANCIAL ACTIVITIES (SOFA)
(Including Income and Expenditure Account)
For the Year Ended 13th December 2024

Income from:	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Grants and Project Funding	23,329	67,700	91,029	28,568
Total Income	23,329	67,700	91,029	28,568

Expenditure on:	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Project Delivery and Administration	22,995	32,621	55,616	59,614
Total Expenditure	22,995	32,621	55,616	59,614

	Unrestricted (£)	Restricted (£)	Total 2024 (£)	Total 2023 (£)
Net Income / (Expenditure)	334	35,079	35,413	(31,046)
Funds brought forward (14 Dec 2023)	9,724	1,864	11,588	42,634
Funds carried forward (13 Dec 2024)	10,057	36,944	47,001	11,588

NOTES FORMING PART OF THE FINANCIAL STATEMENTS
For the Year Ended 13th December 2024

1) BASIS OF PREPARATION

a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Charities Act 2011, the Charities (SORP FRS 102) "Accounting and Reporting by Charities", and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

b) Public Benefit Entity

Basildon Parents4Parents meets the definition of a public benefit entity under FRS 102 and the trustees confirm that they have complied with the duty to have regard to the Charity Commission's guidance on public benefit.

c) Going Concern

The trustees consider that the charity has adequate resources to continue in operational existence for the foreseeable future and have therefore prepared the accounts on a going-concern basis.

2) ACCOUNTING POLICIES

a) Fund Accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are funds subject to specific restrictions on their expenditure imposed by the donor or grant provider.
- There are no designated funds this year.

b) Income Recognition

Income is recognised in the Statement of Financial Activities when the charity is entitled to the income, the amount can be measured reliably, and receipt is probable. Grants and donations are recognised when all performance-related conditions are met. Gift Aid recoverable is included as income when a valid declaration from the donor is held.

c) Expenditure Recognition

Expenditure is recognised on an accruals basis when a legal or constructive obligation arises. Costs are classified under activity headings in the SOFA that aggregate all costs related to that activity.

d) Tangible Fixed Assets

Items of equipment costing more than £500 and with a useful life exceeding one year are capitalised and depreciated on a straight-line basis over four years. No capital additions were made in the year.

e) Debtors and Creditors

Debtors and creditors are measured at settlement value. At the balance-sheet date, no material debtors or creditors were outstanding.

f) Reserves Policy

The trustees have determined that Basildon Parents4Parents will maintain unrestricted reserves equivalent to approximately six months of operating expenditure to ensure stability in the event of unexpected income disruption.

3) PAID EMPLOYEES

The charity does not employ full-time staff. Project facilitators and sessional workers are engaged on a self-employed or contract basis. No employee earned more than £60,000 during the year.

4) TAXATION

As a registered charity, Basildon Parents4Parents is exempt from corporation tax on income and gains applied for charitable purposes.

5) GRANTS RECEIVED

Funder / Project	Restricted / Unrestricted	Purpose / Project Description	Amount Received (£)
<u>UNRESTRICTED FUNDS</u>			
BP4P General Fund – Carried over from 2023	Unrestricted		7,028
Essex County Council – Multiply Grant	Unrestricted	Adult numeracy and financial confidence training	10,300
Essex County Council – Multiply Grant 2	Unrestricted	Financial wellbeing and numeracy	6,000
<u>RESTRICTED FUNDS</u>			
Basildon Council – ESOL Club	Restricted	English language and integration sessions for women	500
Funding from National Lottery	Restricted	NVR Parenting & Health and Wellbeing courses	19,661
Essex County Council – Food Support Fund (Grant 1)	Restricted	Cost of living and food parcel support	3,000
Essex Community Foundation – Youth Clubs	Restricted	Conn-X and TeenZone youth activities	7,000
Essex County Council – Time4Carers Project	Restricted	Support for parent/carer wellbeing	29,946
Essex County Council – NVR Grant 2	Restricted	Non-Violent Resistance course	3,930
Essex County Council – Food Support Fund (Grant 2)	Restricted	Family food hampers and festive parcels	1160
Essex County Council – Food Support Fund (Grant 3)	Restricted	Ongoing food support and crisis assistance	2504
Total Grants Received 2023/24			91,029

6) CHARITY FUNDS – MOVEMENT DURING THE YEAR

Fund Name	Type	Opening Balance (£)	Income Received FY23/24 (£)	Expenditure (£)	Closing Balance (£)	Status
<u>UNRESTRICTED FUNDS</u>						
BP4P General Funding	Unrestricted	2,884	7,029	2,652	7,260	Open
ECC Multiply Grant 1	Unrestricted	6,000	4,300	10,300	0	Closed
ECC Multiply Grant 2	Unrestricted	6,000	–	3,203	2,797	Open
<i>Total Unrestricted Funds</i>		14,884	11,329	16,155	10,057.38	
<u>RESTRICTED FUNDS</u>						
Basildon Council – ESOL Club	Restricted	500	–	383	117	Open
National Lottery Community Fund	Restricted	19,430	231	7,408	12,253	Open
ECC – Food Support Fund Grant 1	Restricted	3,000	–	3,000	0	Closed
Essex Community Foundation – Youth Clubs	Restricted	7,000	–	2,534	4,466	Open
ECC – Time4Carers Project	Restricted	14,960	14,986	13,173	16,773	Open
ECC – NVR Grant 2	Restricted	3,870	60	2,308	1,622	Open
ECC – Food Support Fund Grant 2	Restricted	1,000	160	1,160	0.00	Closed
ECC – Food Support Fund Grant 3	Restricted	2,500	4	791	1,713	Open
<i>Total Restricted Funds</i>		52,260	15,440	30,757	36,9434	
<i>Grand Totals</i>		67,144	26,770	46,912	47,001	

7) TRUSTEE REMUNERATION AND RELATED PARTY TRANSACTIONS

No trustee received any remuneration or reimbursement of expenses during the year. There were no related party transactions requiring disclosure.

8) POST BALANCE SHEET EVENTS

There are no material post balance-sheet events or contingent liabilities to report.

9) APPROVAL OF THE FINANCIAL STATEMENTS

These financial statements were approved by the Trustees on 6th October 2025 and signed on their behalf by:



Amanda Farley – Chair



Danielle Blackburn – Treasurer



Management Points for Trustees

Following the Independent Examination

As part of the independent examination of Basildon Parents4Parents for the year ended **13 December 2024**, the following management points are provided for the Trustees' consideration. These recommendations are intended to strengthen financial management, improve transparency, and support the long-term sustainability of the charity.

Recommendations:

- All funds are currently held in one bank account (£47,001). Consider maintaining separate bank accounts or clearly designated funds for restricted and unrestricted monies, to aid transparency.
- As most income is derived from grants (£67,700 restricted in 2024), the charity should continue developing a forward funding strategy and exploring additional income streams (e.g., donations, service-level agreements, or community fundraising).
- Consider adopting accounting software (such as Xero or ExpensePlus) to improve financial monitoring, reporting, and efficiency in managing restricted funds.
- DBS Checks: Danielle Blackburn has advised –

“Yes – we do DBS on our trustees and all are up to date with the exception of Claire Rostami due to reasons explained earlier. We are not allowed to hold DBS records on file, but their DBS numbers are as follows:

- *Claire Rostami – 001770019221*
- *Jody Bird – 001896325230*
- *Danielle Blackburn – 001824303141*
- *Amanda Farley – 001801484316*
- *Margaret Emery – 001928564635”*

It is recommended that this is followed up to ensure Claire Rostami's DBS is completed and documented appropriately, and that an internal record of DBS reference numbers continues to be maintained.

- Fit and Proper Persons Declaration: Danielle Blackburn has advised –

“At present, we have not implemented a formal written process for trustees to complete ‘Fit and Proper Persons’ declarations. However, all trustees are known to the charity and have been appointed following informal checks confirming their suitability, integrity, and alignment with our charitable aims. We recognise that HMRC recommends obtaining a signed Fit and Proper Persons Declaration from each trustee and senior

individual involved in managing the charity's funds. We intend to adopt this as good governance practice going forward, and will ensure that all current and future trustees complete the declaration form and that copies are retained on file."

It is recommended that this intention is followed up promptly, with a formal process adopted and completed declarations obtained from all trustees and senior officers.

These points do not affect the independent examiner's report but are provided as good practice guidance to help strengthen governance, safeguarding, and financial management within the charity.

Prepared by:

Steve Bicknell FCMA CGMA
Bicknell Business Advisers Limited

Date: 9 October 2025

BASILDON PARENTS4PARENTS

England & Wales - Charity number 1176284

Accounts



TRUSTEE ANNUAL REPORT

14TH DECEMBER 2022 – 13TH DECEMBER 2023

About Us

- Amanda Farley (Chair)
- Margaret Emery (Treasurer/Trustee)
- Deborah Claire Rostami
 - Margaret Dennis
 - Samantha Benfell
 - Jody Bird



Basildon Parents4Parents are dedicated to enhancing the confidence and independence of families in Basildon by providing essential support, training, and practical assistance.

Our mission is to assure families that the challenges of raising children are common and to underscore the positive aspects of family life.

Through the establishment of nurturing connections, we engage with parents via groups, training sessions, and one-on-one meetings to foster a supportive environment.

Our commitment lies in empowering families to navigate the complexities of parenthood with resilience, confidence, and optimism.



December 2022



To 'Bridge The Gap' with the current Cost of Living Crisis which is really affecting our families and their mental health and wellbeing, we continued our Family Hardship Voucher programme.

This involved initially co-ordinating the issue of £30 Food Vouchers to 100 families, who were referred into our service from school and local social care networks.

The aim was to support families that were particularly struggling with the COLC, creating high anxiety within their home environments.

Some of these families may not have access to government benefits, so they fall into the Just About Managing category with every penny counting for household expenses.

We also accessed additional £15 Food Vouchers, which were co-ordinated throughout the year through our school networks.

Our term-time projects closed in December 2022 at the end of the school Term. We will restart in January 2023 upon school openings.

JANUARY 2023

We have established from all our networks that the Cost of Living Crisis is ongoing and is pervasive. Therefore, we will utilise any remaining Hardship Funds to support Emergency referrals from our schools, social care and our inhouse projects..

**We continued with our ongoing term-time weekly projects.
These include:**

Conn-x Youth Neurodivergent Project

Community Art Café

Women's ESOL Group

Teenzone Youth Neurodivergent Project



All these projects are now providing ongoing community support across a wide range of activities and encompass a diverse range of parents/carers and their children.



They also allow us to provide gateways throughout our Charity's



offerings to support families as needed. In addition, by attending our range of projects and activities, very often parents/carers see how worthwhile our Charity cause is. This allows us to also recruit additional volunteers who are familiar with our ethos and want to support our outcomes.

WOMENS ESOL GROUP



This is our most long standing project, supporting vulnerable women in our community.

Last year, we introduced physical wellbeing into our ESOL Women's Group, by hosting Yoga Workshops



This

was very well received as generally these women would not feel comfortable accessing a public class, so bringing this session into their 'safe space' meant they already had trust and were happy to take part.

We are now running Zumba workshops on monthly basis as the women felt that they wanted something active and fun. The instructor has also included cultural dances, based upon the groups feedback.



Discussing mental health is an extremely sensitive area for these women and very often difficult to bring into the open. Our volunteers are also providing a personalised outreach, via a WhatsApp Group and also meeting up outside of the session.

We now operate a variety of activities based on feedback from the group; so not only are these women practicing their English language, but they are also taking part in a variety of art/craft and outside activities to support their mental health and wellbeing, This has included Easter and Xmas Craft sessions, Walk and Talk, Visit to Southend and Sealife. They also shared their different cultures food, inviting our volunteers and Trustees.

Our team also communicated via a WhatsApp group to stay connected throughout the week. We have also supported with hardship vouchers and 1-1 support when needed. Currently we have a range of different ethnicities and nationalities supported including Turkish, Egyptian, Algerian, Russian, Pakistani, Cypriot, Ethiopian, Bulgarian, Polish, Iraqi, Moroccan, Russian, Indian and Togo.

COMMUNITY ART GROUP



. This valuable project provides a much-needed space for parents to have time for themselves.

Within the group, we have a number of parents who have children with SEND and this space allows them to network with

other parents in similar situations to help their health and wellbeing.



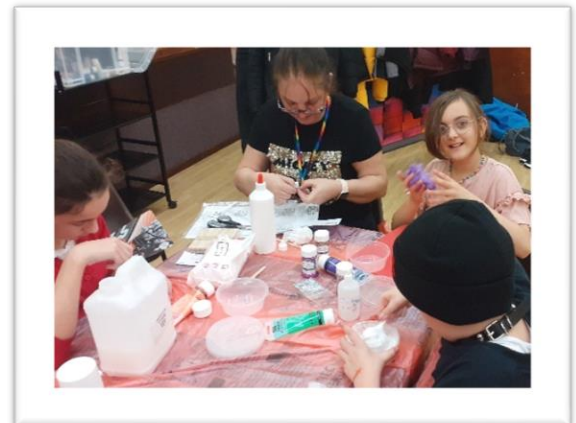
We have a supply of different art and craft materials for them to choose and enjoy. Tesco are also strong supporters of our projects and have helped supply us with vouchers and food items, which have been used in outreach and also our in-house projects as needed.

Conn-x Neurodiverse Youth Club



This project is now entering its 5th year of operation. We have decided to lower the entry age group to 6 years old as this is such a valuable project for local parents, who are very often at the initial stages of a diagnosis for their child. This can be extremely overwhelming for the whole family.

Our team support parents with a listening ear, and they also give hints and tips on how to support the child with their neurodiverse challenges. We have been able to create Peer Mentorship scheme for the older children.



This project serves the 6-12 age group, and we can now gateway the children into our TeenZone Project (13 to 18) when they are ready to move into a different setting.

TeenZone Neurodiverse Youth Club



This is now entering its 2nd year of operation and has established itself as a support for both the Teens who attend and the parents/carers too. Our team offer hover support as the aim is for the young people to interact with their peers at their own pace.

We have a wide range of good quality gaming and art materials for them to use.

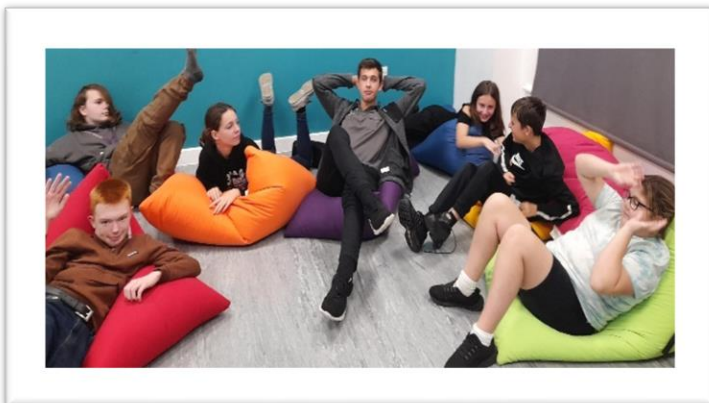


We have also included simple cooking skills, so that they gain confidence in the kitchen and also it helps them try



new tastes and textures. The team have established a good rapport with the children helping them to try different activities at their own pace.

The volunteer team are providing empathetic peer support/guidance needed for parents. The calm environment also supports them, as we set up a large table for them to network with each other and our team.



We are also able to offer them hot refreshments if they wish.

We encourage them to interact with their child, so we are creating a positive and relaxed family atmosphere as we know this may be the only social interaction they may be experiencing outside of their homes. They may also become disconnected with their child when they

are overwhelmed with dealing with negative behaviours, so this supports a reconnection.

All these term-time projects are now an established support network for vulnerable families and children across our borough.

PAEDIATRIC FIRST AID COURSES (PFAC)



Based up the success of last year, we also co-ordinated Paediatric First Aid Courses running across January/February 2023.

These were in collaboration with the Workers Educational Association

From our community feedback initiatives, we understood that parents were anxious about their children's health and what to do in an emergency situation..

Therefore, we launched a further Paediatric First Aid course, in collaboration with the WEA who supplied the tutor. We paid for the PFAC Manuals from our unrestricted funding.

This is not only an essential lifesaving skill course to support families; It will also help parents who may wish to enter the workplace as they can move onto an accredited course with the knowledge obtained.

Due to huge demand, from families, we have now co-ordinated 10 PFAC courses throughout the year in community hubs and our school networks.

FEBRUARY 2023

We continued our valued Paediatric First Aid Courses. These are offered FREE to all attendees.

We also co-ordinated a Youth Mental Health First Aid Course, which is certified by YMHFA England.

Youth Mental Health First Aid



We realised that young people's mental health is a prevalent issue within our community. Generalised anxiety, self-harm and eating disorders are becoming commonplace within our young people and are impacting on the need for high level service intervention. These services are currently overloaded and have long waiting lists.



With this in mind we collaborated with Interact to deliver a number of accredited Youth Mental Health Training courses throughout the year. This will help parents to recognise and support Mental Health Challenges within themselves, their family, and their community.

As an accredited course, it will also support any parent aiming to enter any school or college workplace to support youth mental health. If parents understand how to manage early intervention techniques and know where to get support – this will ease the pressure on the need for Tier 2 and 3 services.



We collaborated with Interact, who supplied the course tutor, and we accessed funding to cover the cost of the YMFHA manuals that are essential to complete the course. This course would normally cost £300 and due to project co-ordination input, we were able to ensure

that there was no cost to parents to attend this course.

We have now engaged 60 parents over a number of courses run throughout the year..

MARCH 2023



Paediatric First Aid is proving to be a highly valued and well attended course for us, so we co-ordinated another course in collaboration with the WEA during March.

.We co-ordinated another YMHFA Course in collaboration with Interact. This course is proving to fully support parents within their families to understand Mental Health challenges

and use the tools and techniques to help their children. Our aim is to help them with early intervention techniques, to avoid the progression into overloaded Social Services.



APRIL 2023

Project and Planning.

Term-time Projects close for Easter School Holidays.

MAY 2023

Basildon parents
Active Essex
Peabody

Music, Movement and Meditation

MONDAY 22 MAY 2023
King Edward Community Centre, King Edward Road, Laindon Essex
10:45 am - 12.45 pm

chakra dance

- ☀️ Gentle movement practice focusing on 7 chakra energy centres
- ☀️ Guided meditations to connect your mind and body
- ☀️ An inner journey with no routines or positions
- ☀️ Creative exercises and visualisations

JOIN US FOR THIS LOVELY FREE TASTER SESSION. AS THERE ARE ONLY 12 SPACES PER SESSION, THEY WILL BE BOOKED QUICKLY, SO PLEASE EMAIL ASAP TO RESERVE A SPACE:
basidonp4p@outlook.com

WE JUST NEED YOUR NAME, CONTACT DETAILS AND CHILDS SCHOOL.

With funding from Active Essex, we offered a Music, Movement and Meditation session to help parents with the health and wellbeing. This is an internationally recognised modality, hosted by an accredited facilitator.

JUNE 2023



We co-ordinated an additional Paediatric First Aid Course in June.

We have committed to supporting our families with Mental Health awareness and understanding. Therefore we provided an additional two YMHFA courses in June 2023.



Due to the success of the previous session, we offered an additional Music, Movement and Meditation session to help local parents with their wellbeing.

One of the best sessions I have been to! If I could go on a regular basis then I would be less stressed and able to manage life better.

This is the most peaceful I have felt in a long time.

Jackie is amazing and she made the experience

Absolutely amazing session! Jackie was understanding of everyone's needs and explained everything well

. Everyone had an amazing experience, would definitely recommend to others.

JULY 2023

.We also co-ordinated our last Paediatric First Aid course for the Summer Term in July 2023.



YMHFA was also offered in July 2023, the last course of the Summer Term. We will continue to offer this in the upcoming Autumn/Winter terms as these are proving to be an essential component for parent/carer's understand of mental health challenges.

Our term-time projects close at end of Summer Term

AUGUST 2023

Project Co-ordination Evaluation, Reporting and Planning Activities.

SEPTEMBER 2023



We re-opened all our Term-time Projects. We also have WhatsApp groups for all of these, so that families are supported throughout the week. This also helps them network with each other and they also organise meet ups throughout the year too.

As many of these parents/carers do not always have the opportunity to socialise with like-minded individuals, this is a lovely example of how valuable our projects are.

YMFHA was again co-ordinated due to having such a high take up from parent/carers in the community. This has been possible due to funding from 360 and Basildon Council.



DO YOU HAVE A CHILD WITH CHALLENGING BEHAVIOUR?

Our Non-Violent Resistance (NVR) parenting programme is focused on you regaining the ability to parent in a calm and confident manner when dealing with aggressive, destructive or risky behaviours both in and out of the home.

- A safe and welcoming space
- Discuss your current situations
- Develop skills to resist problematic behaviour
- Unite, Repair, Support
- You are not alone

FREE 10-WEEK COURSE FOR ALL PARENTS (in term time)

WHERE AND WHEN?
 THE BEECH COMMUNITY HUB
 8 AMSTEN ROAD, BASILDON, SS16 3RZ
 22nd September - 1st December
 10.00am - 12.00pm

To book your free space, contact
 basildonp4p@outlook.com or
 07923 426502

Basildon parents 4 parents
 Registered Charity Number: 118291

swan
 somewhere to feel at home

With funding from Swan Housing, we hosted our specialised Non Violent Resistance 10 week course for parents who were struggling with behavioural challenges within their homes.

This runs throughout the winter terms until December 2023.

“This course has completely changed my whole home environment, the relationship I have with my boys and my mental health

*“This course gave me the strength to keep going when I had given up, I am so positive that I am on the right track to get ***** the support he needs and our relationship is so much closer now”*

“Great course, knowledgeable tutors that used experience to support the group, I would recommend to anyone in a similar situation”

“It took time for all the strategies to start working with my daughter, but we have now reconnected, and I feel in control again”

OCTOBER 2023

We launched our SEN Tea and Talk Project in October 2023. This was to support local parents who are struggling to support their Neurodiverse children.

We provided a listening ear, signposted them into existing support projects and also collaborated with local specialist charities to host sessions in the upcoming months.



our

We hosted an additional YMHFA Course in October 2023 to cope with the demand and waiting lists for this highly sought out and Accredited course.

NVR Course continues throughout October 2023.

NOVEMBER 2023

In collaboration with MYOTAS and Team around the Family, we hosted a specialist SEN Tea and Talk activities for local families.

Conn-x Youth Club needs funding for Core Costs of Hall Hire and Storage. We therefore organised a community night to help us create specific funding for this.

This was enhanced by a generous donation by Essex Protection Services who supported us with an additional £300 donation.

We have the following visitors to our Tea & Talk sessions over the coming weeks to support your families needs. Our P4P team will of course continue to be on hand to for a cuppa and a chat ☺

Myotas Charity will be attending they offer support and for autistic and ADHD children and their families.

MON 20TH NOV 10AM - 12PM

Come and meet the Team Around the Family Coordinator who will explain how to access Early Help Plans to support your family.

MON 27TH NOV 10AM - 12PM

Families in Focus are a charity offering support to families who have a child with any Special Educational Need or Disability.

MON 4TH DEC 10AM - 12PM

KING EDWARD COMMUNITY CENTER, KING EDWARD ROAD, SS15 6GY

✉ basildon4p@outlook.com
☎ 07923 426 502

Basildon parents 4 parents
Registered Charity Number: 110311

SEN Tea & Talk



FUNDRAISING EVENT FOR CONNEX YOUTH CLUB

BRING YOU FAMILY AND FRIENDS

Cash prize
£5 per person
Toy Tombola
Raffle with prizes
Christmas Stall
Bring your own refreshments

QUIZ MASTER MICHAEL FARLEY

AS SEEN ON:
TIPPING POINT
THE CHASE
WHO WANTS TO BE A MILLIONAIRE
BARGAIN HUNT

25TH NOVEMBER
7PM - 9:30PM
KING EDWARD RD, LAINDON, BASILDON SS15 6GY

Connex is a specialist youth club that runs sessions for neurodiverse children aged 6- 12 years. It runs every Thursday and we are fundraising to support the children who attend and provide them with the valuable resources they need.

We also co-ordinated our last YMFHA course of 2023. However, we will think this is so valuable, that we will endeavour to offer in 2024 where possible, subject to funding and tutor availability.



NVR Course continues through November 2023.

DO YOU HAVE A CHILD WITH CHALLENGING BEHAVIOUR?

Our Non-Violent Resistance (NVR) parenting programme is focused on you regaining the ability to parent in a calm and confident manner when dealing with aggressive, destructive or risky behaviours both in and out of the home.

FREE 10-WEEK COURSE FOR ALL PARENTS (on terms sheet)

WHERE AND WHEN?
THE SWAN COMMUNITY HALL
RAINIER ROAD BASILDON SS15 6JZ
22nd September - 1st December
10.00am - 12.00pm

- ✓ A safe and welcoming space
- ✓ Discuss your current situations
- ✓ Develop skills to resist problematic behaviour
- ✓ Unite, Repair, Support
- ✓ You are not alone

To book your free space, contact basildon4p@outlook.com or 07923 426502

Basildon parents 4 parents
swan
community hall

DECEMBER 2023

On 11th December, we hosted a Holistic Health and Wellbeing session encompassing meditation, dance and creative expression using a licensed facilitator.



This had previously been offered as part of Active Essex Funding last year and had been well received by participants.

On 13 December 2023, the Women’s ESOL



Group invited the BP4P Team to their venue to share a community lunch, with a selection of homemade food included.



This is our most longstanding project, supporting many different nationalities. This was a lovely gesture and shows how they have grown in confidence with the support from our ESOL Volunteers. They also created some beautiful gifts with a Xmas Craft Workshop, hosted by our volunteer team.

The highly successful NVR Course closed in December 2023.

All Term-time projects and accounts were closed at the end of the school year for re-opening in January 2024.

END OF YEAR SUMMARY

CHAIR: It has again been a successful year for BP4P. We have supported hundreds of families across the Basildon borough over the last with a mixture of Cost of Living Support, our valuable, term-time activities and also lots of specialised projects to enhance confidence and skills.

We have also included different ways to support health and wellbeing, with movement activities such as Chakradance and Zumba. The NVR programme is an amazing addition and very well received. We will continue to expand our offerings with various and interesting way to support mental health.

As always, the BP4P team have risen to the challenge going above and beyond for the local community. We look forward to the next year supporting local families.

TREASURER: This has been an incredible year for external fundraising to support and sustain our projects. Due to our consistent approaches to the health and wellbeing of local families, we are now in a position to access substantial funding avenues to continue our work.

We also want to thank our local fundraisers and volunteers who created a lovely community fundraising event for us to obtain the resources needed to continue our term-time projects. Without their continued input, we could not do what we do for our community.

PROJECT CO-ORDINATORS: This has been another busy and productive year for BP4P as we have supported our local community with a wide variety of health and wellbeing projects, cost of living crisis support and also specialised training to develop their knowledge, confidence, life skills and to help get them back into work if relevant.

Our BP4P team have worked extremely hard imparting their knowledge and providing an empathetic approach to support the families throughout all our projects. We are also continued to develop parents within our projects into volunteer roles, providing DBS checks and training for their role. In addition, we have also collaborated with BBWCVS to obtain additional volunteers through their networks.

We have actively fundraised through community quiz nights and secured specific project funding to continue to offer no cost events, activities, and workshops to our families.

We feel this year we have sustained and expanded our offerings to the community. We have been able to assess the needs of our families through our feedback avenues and thus have provided them with projects that are specifically relevant to their challenges.

We also feel we have now established ourselves as a 'go-to' for many school and social networks, who come to us for parent support.

We feel very confident that we are able to respond to the needs of local families and access funding to create sustainable projects that best support them.

We are extremely thankful for all our funding supporters and local collaborators who have enabled us to continue our valuable work.

FUTURE AIMS

- To continue to develop our term-time projects.
- To offer creative health and wellbeing projects according to community needs.
- To continue to connect and collaborate with other local support services, so that we best support families utilising our combined skills and knowledge.
- To continue to expand our volunteer teams, so we sustain our charity services and activities within the local community.

ANNUAL ACCOUNT SUMMARY

14 December 2022 - 13 December 2023

	OPENING BALANCES 14 DECEMBER 2022	Bank balance	£13,619.11	Petty Cash	£97.44
	EXTERNAL FUNDING				
24/02/2023	Essex Community Foundation (Unrestricted)	Inward	£1,400.00		
31/03/2023	Basildon Council Youth Mental Health Training	Inward	£1,750.00		
12/04/2023	Community360 Youth Mental Health Training	Inward	£1,500.00		
18/08/2023	Essex Community (940701)	Inward	£9,000.00		
13/11/2023	Swan Housing Association	Inward	£1,660.00		
12/12/2023	Cheque Deposit (for Conn-x club from Essex Youth Trust)	Inward	£1,500.00		
	TOTAL EXTERNAL FUNDING		£16,810.00		£0.00
	LOCAL FUNDRAISING/INCOME		£938.59		£157.09
	TOTAL YEARLY INCOME		£17,748.59		£157.09
	BP4P WORKING BALANCE		£31,367.70		£254.53
	EXPENSE BREAKDOWN				
	VOLUNTEER PROJECT EXPENSES		£2,317.12		
	UNRESTRICTED GENERAL EXPENSES		£1,427.14		£163.67
	TESCO BAGS OF HELP YOUTH PROJECTS		£900.33		
	TEENZONE NEURODIVERGENT YOUTH PROJECT		£45.58		
	LITTLE LIVES YOUTH PROJECT (CONN-X)		£411.88		
	ACTIVE ESSEX		£682.99		
	ARNOLD CLARK		£712.54		
	ECF PROJECT CO-ORDINATION 2		£5,167.50		
	ECF PROJECT CO-ORDINATION 3		£1,404.72		
	ECF PROJECT CO-ORDINATION 4		£3,660.00		
	NVR TRAINING		£1,609.97		
	YOUTH MENTAL HEALTH FIRST AID TRAINING		£1,440.00		
	TOTAL EXPENSES		£19,779.77		£163.67
	YEAR END FINAL BALANCES	C/FORWARD	£11,587.93		£90.86

Project Account Breakdown : Jackie Stein

Bank transactions authorised by: Margaret Emery Treasurer

Petty Cash Authorised by: Margaret Emery Treasurer

Treasurer Sign off: *Margaret Emery 02.02.24*

BASILDON PARENTS4PARENTS

England & Wales - Charity number 1176284

Accounts



ANNUAL TRUSTEE REPORT

14TH DECEMBER 2021 – 13TH DECEMBER 2022

About Us

- Amanda Farley (Chair)
 - Margaret Emery (Treasurer/Trustee)
- Deborah Claire Rostami (Trustee – 24th February 2021)
 - Margaret Dennis (Trustee – 24 February 2021)
 - Samantha Benfell (Trustee – 4th October 2021)

Basildon Parents 4 Parents aim to improve the outcomes of children and families through access to peer support for parents facing everyday challenges.

We offer a variety of group activity sessions during term-time, where parents meet other parents in positive and welcoming environments in order to support their positive mental health.

We also host specialised projects throughout the year to support their parenting role and help them learn and achieve.

December 2021

From 14th December 2021, the start of our financial year, we completed our Family Hardship Voucher £50 Xmas Project in collaboration with BBWCVS and local school/social service networks.

The aim was to support referred families that were particularly struggling, creating high anxiety within the home environment.

Feedback throughout was this Voucher literally 'put food on the table' and helped provide Xmas for families who were struggling at this exceedingly difficult time.

Due to the impact of this Project, we will endeavour to access funding for future Hardship Support, especially with the upcoming Cost of Living Crisis.

Our normal term-time projects closed in December and will restart in January 2022 upon school openings.

January 2022

SEN COFFEE MORNING/DROP IN

KECC at Laindon is proving to be an accommodating space to host our sessions. Peabody are providing the Centre 'in kind,' plus we have additional space to offer 1-1 private sessions if needed.

We now feel we will be able to offer targeted services alongside our Creative Café; so, we will be launching a SEN support workshops in January 2022.

SUPPORTING FAMILIES WITH NEURODIVERSE CHILDREN

We organised a dedicated session with the Takiwatanga team (now MYOTAS) who, with along other collaborators, have produced an excellent peer2peer support guide.

SEN 'DROP IN'
Monday 31 January 2022
10-12 Noon
KING EDWARD COMMUNITY CENTRE,
(King Edward Road Laindon SS15 6GY)

Supporting Your Neurodiverse Child
Written for parents, by parents

Basildon parents 4 parents
SEND
Takiwatanga
NHS
Peabody

BP4P are delighted to host the Takiwatanga team who will be available to answer queries and will have copies of this excellent guide for you to take home.

basildon.parent4parent@outlook.com
Phone line: 07923 426 502
09:30 – 11:30 am Monday – Friday Term-time)

PLEASE WEAR MASKS UNLESS EXEMPT.
CHILDREN ARE WELCOME UNDER PARENTAL SUPERVISION

'TIME 4 YOU'
Monday 10th January 2022 - 10-12 NOON
KING EDWARD COMMUNITY CENTRE,
King Edward Road Laindon SS15 6GY

Do you have a child with SEN? Would you like to meet up with other parents who understand the challenges you face? Do you just need to relax and find out more on how you can support them? Come along to our informal Coffee Morning; meet our friendly team of volunteers and enjoy some creative 'time out' ...

Basildon parents 4 parents
MENTAL HEALTH FUND
Peabody

Hosted by: basildon.parent4parent@outlook.com
Phone line: 07923 426 502
09:30 – 11:30 am Monday – Friday Term-time)

Attendees were able to get 1-1 personal advice with their team and ours.

We also signposted them to relevant local services as well as our own in-house projects.

All attendees received a copy of the guide.

We also took copies to all our other projects for distribution and discussion.

RESILIENCE COURSE AND WELLBEING COURSE

This course took place January and February 2022 in partnership with Interact.

The course aimed to build parent's resilience when dealing with life's challenges and they discussed tools and techniques to support their own wellbeing.

It also focused on developing their skills and confidence to support their children.

All participants in the group had children with a diagnosis of ADHD or Autism and they were able to share their anxieties in an open and safe environment.

Parents were given the opportunity to explore their feelings around diagnosis, school plans and the support they needed to be able to face the challenges of everyday life.

Basildon parents 4 parents
Registered Charity Number: 1176284

RESILIENCE AND WELLBEING

FRIDAYS: 14th, 21st, 28th January – 4th February 2022
10.00 am – 1.00 pm

KING EDWARD COMMUNITY CENTRE,
King Edward Road, Laindon SS15 6GY

Resilience is the ability to bounce back from stressful life challenges, strengthened and more resourceful. This 4 week course focuses on what it means to be a parent and the daily challenges the family may face. It aims to build up a parents' resilience, so they are well placed to enjoy their journey of bringing up their children

To book your space on this course:
You can email: basildon.parent4parent@outlook.com
Text us with your name and email address: 07923 426 502
(Phone line: 09:30 – 11:30 am Monday – Friday Term-time)

Logos: MIND FUND, Peabody, European Union, Essex County Council, InterAct, Skills Funding Agency

They were also given tools to help them in meetings and gain support from agencies. All parents reported that they felt more equipped to support their children and did not feel so isolated.

SAMPLE OF RESILIENCE COURSE FEEDBACK:

'I learned to not feel guilty when having time for me and how important it is.'

'I learned to change my persona in important meetings and situations, how to hear both points and throw back questions.'

'I feel more confident to speak out and realise there are others that feel like I do.'

WOMEN'S ESOL GROUP PROJECT




Our female-only ESOL Group is hosted by our friendly Volunteers to help you practice your day-to-day conversational English. They will also support you in getting to know your local community. It is also a good way to meet up with other women and make new friends.



WEDNESDAYS 9.30am-11.30 am (Term-time)
BEECH COMMUNITY HUB, 8 AUSTEN ROAD BASILDON, SS14 3RZ
 Email Us: basildon.parent4parent@outlook.com
 Or call: 07923 426 502 (0930 – 1130am) Monday – Friday Term-time

We re-opened our ESOL Group in the January term in collaboration with SWAN Housing who we thank for continuing to support us to deliver this much needed support service for these very vulnerable women.

This project is one of our most long-standing projects and is so much more than a setting to practice the English Language.

The women trust our Volunteer Leads and relay aspects of their lives that have become increasingly challenging during these unsettled times.

Our volunteers are also providing a personalised outreach, meeting up outside of the group for a community coffee and also 1-1 support to a family with housing challenges.

There is also a WhatsApp group with 24 women who are supported with advice and guidance as

needed. This also helps those women who for a variety of reasons are unable to always attend the sessions.

Some have found employment which is a positive outcome of their time in the group; as they have developed social confidence to be out in the community and contribute to their family's income. As there have been severe financial impacts within the group, we have also supported them with Hardship Family Support/Food Vouchers, and these will continue to be offered based on needs/funding resource availability.

We still intermix our offering with informal language lessons, crafts, specialised talks - including an aromatherapy workshop and we will also be focusing on movement/activity in future terms.

The ESOL women are invited along to our other BP4P projects, and some have attended our Coffee Mornings and Health and Wellbeing Sessions. One of the events over the past year, was the opportunity to be portrayed on the Beech Community Hub window, which was extremely exciting and gave several of the women a chance to show their beautiful traditional costumes.

Currently we have 12-15 women regularly attending and the different ethnicities that are supported are Turkish, Egyptian, Algerian, Russian, Pakistani, Cypriot, Ethiopian, Bulgarian, Polish, Iraqi, Moroccan, Russian, Indian and we also have a new attendee from Togo. Within this number, we have 3 Refugees, who are constantly monitored by our team. We will be marketing available group spaces within the community over the upcoming months.

CONN-X NEURODIVERSE YOUTH CLUB

We re-opened our Conn-x Club in January, which is now coming into its 3rd year of operating, and we are happy that we have been able to continue to offer this support service in Laindon West

The intended outcomes are for neurodiverse children who are currently socially isolated and have immature social skills to develop their interactions with other children and develop their social communication through play-based experiences.

We have also now obtained funding from Little Lives Charity, which has allowed us to purchase more resources to offer individual use and also to 'space' out the area and activities, when we needed to adhere to social distancing. Plus, this funding has allowed us to create a sensory tent, which enables children to retreat into this space as necessary throughout the session. This is often used when they have had a stressful school day. This funding has also enabled us to cover hall hire costs for the year ahead.



The additional aim of this project is for these children to develop their own space and evolve their play settings collaboratively, so that they feel involved, and it is relevant to their particular needs. We listen to parents/children on activities that they enjoy, whilst also encouraging them to 'try something new.' Each week we have an art/craft activity plus activities which support development of hand/eye co-ordination, teamwork, creativity etc. This approach follows the ethos: *Your Place, Your Space, Your Pace.*

The Conn-x project remains a referral service rather than a 'drop in.' This is a gateway from our other projects, school networks, volunteers, and parent referral. Our aim is to have 15 children on our roll as this means 30 present in the hall. We currently have more than this number registered; however, we have our regular attendees which reaches the target. We have also created a sibling policy of 20% of roll and for the sibling to be within the age range of the Club. This is as a result of situations we have had to manage; plus, our aim is to access **neurodiverse** children who are not having any other social interactions and need this level of support.

Parents/carers always stay onsite, offering an opportunity for them to network and receive valuable guidance from our volunteers. This keeps us in touch with the challenges these parents face and gives the children and parents time for them to be themselves in a supportive and sensitive environment.

Recently, we have also provided families with the Supporting your Neurodiverse Child Guide which has a wealth of information and is very valuable, especially for newly diagnosed children.

Parents complete a Registration Form upon entry which also details the challenges their child may have. These include **making friendships, talking to people, transitioning,**

confidence, winning/losing, emotional sensitivity and outbursts, anxiety, understanding social cues.

These are all fairly typical of the struggles that neurodiverse children face on a daily basis and which our volunteers understand through their own journeys with their children. Therefore, we are able to offer parents peer advice which is always gratefully received.

We also offer a formative assessment to show us 'how we are going,' highlight any areas of attention and guide us to additional resources that may be needed.

Comments about their child's experience include:

My son never goes outside the door but looks forward to coming here every week and has found friends. It is nice for me to see him like this.

Conn-x is the highlight of my child's week. He really enjoys being with his friends. He enjoys craft activities and running around. He loves time in the sensory tent too.

My daughter has found new friends and loves to do crafts.

This gets my child away from screen and gives them a chance to practice their social skills and make friends.

It gives him a safe space – 'to just be himself and just be a kid.'

My child has so much more social confidence. He has previously been bullied, so this has helped in in so many ways.

Parents comments on how they feel welcomed and supported include:

I feel like I haven't got to be worried about how they might act.

It's very welcoming here and you are always finding out new things from the other parents which is good. Also, nice to know you are not on your own.

Definitely a very supportive group of people who really understand the struggles of raising a child with additional needs.

It is one of the few times I get to just relax and not have to worry.

The people here are very welcoming and here to help with anything we are going through to do with our child and will find out more info for us.

It's nice to talk to other parents who get it.

It's a place to feel relaxed and not feel judged.

This year, we have also been able to secure 2 additional Project Volunteers from this parent group who have now come onboard to offer their services to us.

We are also able to offer a transitional gateway into our Teen Zone Project as children 'outgrow' the Conn-x Project. As a neurodiverse child's biological age does not always

reflect their emotional or social age, we remain flexible and allow children that still need to attend Conn-x to continue to do so.

We finished the last session for the summer term with a Graduation/Birthday Party to celebrate all that has been achieved so far. Parties are often a time of great distress for these children and very often they do not get to experience them as they are often not invited by their peers, so they miss these childhood experiences. This allowed them to explore party food, noise, winning and losing, dancing etc as their own pace. It was a great way to end the summer term.

Overall, Conn-x remains a positive addition to the BP4P Project Portfolio. We are able to create a safe, fun, and supportive space for these often-anxious families to come together and this is a sustainable and even an expansion project to consider for the charity.

FEBRUARY 2022

TEENZONE FAMILY SUPPORT PROJECT

With generous support from Peabody Housing Association, Basildon Council Mental Health Fund and West and Coe, we launched our new Neurodiverse Teen Project in February 2022.

Our aim is to support neurodiverse Teens that may be experiencing elevated levels of anxiety, school issues and social communication challenges.

This may also be heightened due to puberty and physiological changes. Our project has been initially used as a gateway from our Conn-x Project, BP4P referrals, school networks and through Peabody.

We currently, we are currently supporting 11 families on a regular basis, all with various challenges. However, with the space layout, we have the potential to expand this to 20 and this will be a focus for upcoming Terms.

Peabody provide the hall space 'in kind' which has been a generous gesture and the hall itself lends itself perfectly for what we need, enabling us to 'zone' the main hall and have a separate gaming space with an existing projector and screen, plus a kitchen area.

With the initial funding, we have been able to purchase high-quality resources such as large beanbags, gaming equipment, Pokémon gaming cards, a sensory projector, art materials,

Basildon parents 4 parents
Registered Charity Number: 116284

TEENZONE
youth club

Tuesdays 5.00pm - 6.15pm (Term-time)
KING EDWARD COMMUNITY CENTRE,
(King Edward Road Laindon SS15 6GY)

Do you have a Neurodiverse teen aged 13-19 who is socially isolated or lacking in confidence?
Would you like to meet other parents who understand and relax in a non-judgemental setting?

Then, please get in touch with us.

basildon.parent4parent@outlook.com
Phone line: 07923 426 502
09:30 - 11:30 am Monday - Friday Term-time

Basildon parents 4 parents
Registered Charity Number: 116284

SUPPORTING OUR BOROUGH'S MENTAL HEALTH FUND

WEST & COE
Peabody

PARENTS STAY ON THE PREMISES TO SUPERVISE AT ALL TIMES.

music system, a pool table, cooking utensils etc. There is also a large table tennis table provided by Peabody.

All of this allows us to offer an excellent choice of activities throughout the session and the children are encouraged to enjoy and try out at their own pace. We have good quality art materials, so they are able to sit quietly and draw, sketch, and paint if they wish. We also supervise simple cooking activities such as making cake pops, waffles, and popcorn. There is a small park outside the centre and to encourage outside play, we also oversee the Teens using this facility.

The calm environment also supports the parents who attend, as we set up a large table for them to network with each other and our team. We are also able to offer them hot refreshments if they wish.

We also encourage them to interact with their child, so we are creating a positive and relaxed family atmosphere; as we know this may be the only social interaction they may be experiencing outside of their homes. They may also become disconnected with their child when they are overwhelmed with dealing with negative behaviours, so this supports a reconnection.

TeenZone Project Feedback:

Having not been able to attend school for the past 2 and a half years, Teen Zone has provided an invaluable opportunity for my son to socialise, form safe relationships and regain trust in the outside world and the people in it.

It helps my family a lot as it is something we all do together. Also, I have made good friends there myself.

This gives my child 'friendships' and really helps their social skills and confidence.

It has made a real difference. As they go to a school outside the area, so do not have any local social life.

My child has found a really good friend and hopefully as they get older will still see each other. He is so much more confident now. Teen Zone gives my child social interaction that they cannot access through school.

Really encourages my child to leave the house. Also helps me not to feel so isolated as a single mum.

My son loves socialising with the other adolescents at Teen Zone. It's quiet and calm and he is very comfortable with the adult helpers.

Teen Zone has helped by family by bringing my daughter out and about meeting people as she had not social experiences out of the house previously.

The children themselves have told us that TeenZone makes them feel happy, safe, creative, and active and it gives them friends, exercise, confidence, a social life, and something to do.

This project has initiated extremely well and will be a good addition to the BP4P Project Portfolio. It can certainly be expanded upon in the future to reach more families. The volunteer team are very good with providing empathetic peer support/guidance needed for parents and have established a good rapport with the children helping them to try different things at their own pace.

We currently have enough resources/activities for the term ahead; however, we may be looking for additional funding in future as we grow into different areas of support. We also communicate with the children and research resources that adhere to their special interests.

LOCAL FUNDRAISER QUIZ/COMMUNITY NIGHT



|We hosted our first Community Quiz night of the year.

We aim to provide low-cost, high value nights for the whole family.

We create a fun community driven night out which very often our families do not get the chance to do, whilst also raising money for the charity to help us provide resources to our projects.

Our committee and team of volunteers all helped with planning and co-ordination for this event.

We have also been very lucky to secure a wonderful Quizmaster who helps the event run really well.

MARCH 2022

WORRY WORKSHOP PROJECT

The Worry Workshop Project was launched as we understood that parents were having increased anxiety, especially coming outside of their homes due to recent events and this was bringing a heightened level of anxiety within their home too.

So, the workshops were produced to discuss their challenges and give them lots of tips and techniques to help. Plus, it gave them an opportunity to make a variety of resources to help their children overcome their worries and anxiety.

The first part of the workshop gave parents a basic understanding of how to help their children deal with worries and anxieties.

The tutor helped them identify the types of things their children are worried and anxious about, help them to understand what the fight or flight response is and how it is activated when children are worried and anxious and then give them tips on how to best support their children.

The second part of the workshop the parents focused on parents creating a variety of tools to support their children - Worry Dolls, Worry Worms, Worry Boxes and Journals. While they were engaging in these craft activities, they were able to discuss their concerns in a safe and non-judgemental space. They were also able and gain personal strategies from the project coordinator and our trained volunteers in a relaxed informal way.

In addition to this the parents were shown a variety of books they can purchase inexpensively online and were provided with a pack of worksheets to take home. In the future, any school who host this workshop will be given additional copies of workbooks so they can be used by the pastoral support team to support children within the school setting.

All parents reported that their children would find the materials they made useful when attending school or in other stressful situations.

Since running the workshop, we have had enquiries from local schools for us to run the Worry Workshop for their parents within the school and we will look to collaborate during the Autumn terms subject to funding availability.

APRIL 2022

April saw us completing our health and wellbeing projects and providing end of funding reports as well as attending Community Involvement Meetings with local collaborators. We also continued our planning for upcoming events.

Our term-time projects were closed down for the Easter school holiday period.

MAY 2022



We re-opened our term-time projects and also offered a 4-week Resilience and Wellbeing Course within our ESOL Women Group. This was in partnership with Interact.

This was a target area for us as it provided a space for the group to discuss challenges within their cultures.

Discussing mental health is an extremely sensitive area within different cultures and very often difficult to bring into the open, so this have them a safe space to do so.

LOCAL FUNDRAISER QUIZ/COMMUNITY NIGHT

We also organised our 2nd themed Fundraising Community Quiz Night.

Again, with wonderful support from our Committee and Volunteer Team who all worked together to help organise the night for us.

We also welcomed back our Quizmaster Mike Farley who hosted an incredible and profitable evening for the charity.



JUNE 2022

HEALTH AND WELLBEING TASTER SESSIONS

With a Microgrant from Active Essex, we focused on providing a 3-step to health and wellbeing physical activity programme.

The aim was to continue to entice people out of their homes and to increase health and wellbeing by connecting with their body and developing a positive mindset to physical exercise.

The step, by step approach started with a meditative Yoga Practice, then a gentle beginners Yoga and then onto a more energetic Zumba session.

By offering a variety of 'Movement Taster sessions', parents only needed to commit to the 1 session initially, which supports them with their family commitments. Once their confidence grew and they met our team, they very often were able to attend all sessions.

We have also introduced Yoga into our ESOL Women's group. It was received positively and was something new to offer these vulnerable women and they have asked if we can do it again. They are open to other movement modalities too, so this will be developed in future terms.

Basildon parents
Registered Charity Number: 119291

Active Essex
CHANGING 1 MILLION LIVES

Peabody

Want to 'kickstart' your health and wellbeing?
Join our free 3-week journey with friendly instructors.
(You can try 1, 2 or all 3 - it's up to you....)

20 th June	27 th June	04 th July
Nidra Yoga	Beginners Yoga	Zumba

KING EDWARD COMMUNITY CENTRE, King Edward Road, Laindon SS15 6GY
10.30 am – Registration/Meet our team, Classes start: 11.00 am - 12 noon

**** Please wear comfortable clothing, trainers (Zumba), bring water and a towel ****

To book your space:
Email us: basildon.parent4parent@outlook.com
Or call/text us: 07923 426 502
09:30 – 11:30 am Monday – Friday (Term-time)

Feedback from the sessions:

100% Said the BP4P Volunteer Teams were welcoming and helpful.
100% Said they found the session useful for their health and wellbeing
100% Said they would attend another health and wellbeing session with us.
100% Said they would recommend the workshop to others.

Comments included:

*It's great to be around people that are welcoming and empathetic.
Thank you.*

I've never tried any Yoga before. This was really relaxing and a great way to start a Monday morning.

More sessions would be amazing.

They really helped me to engage in my body, use muscles I didn't normally use and relax - which is something I don't do.

This was a lovely focus on my health and wellbeing. The instructor was lovely. Thank you.

Incredible session, well done.

The Tutor was amazing. She was able to explain things in an easy-to-understand way and offered individual support when needed.

Brilliant session. Very informative.

Really helped me physically and mentally. The session was great.

The session was very helpful and interesting.

It was excellent- thank you.

It was a nice atmosphere. Happy and relaxing.

The Zumba class made me laugh and smile.

It was good for my mental wellbeing.

It was very nice, and I enjoyed the Zumba.

I think the Zumba Session was incredible.

More sessions would be awesome. Thank you so much.

I feel nice and relaxed.

It was lovely to take some time to myself.

We were also able to gather feedback on what parents would like in future workshops to support their health and wellbeing: These included: Nutrition, Relaxation, Sound therapies, Self Defence.

WORRY WORKSHOPS – SCHOOL BASED



Due to the success of the previous Worry Workshop, we proceeded to co-ordinate the next one within a local school as this had been requested from us.

This would also give us a good indication on how school-based workshops would encourage increased attendance and help us gain an overview for moving forward with the project.

We had a particularly good attendance from this school with excellent feedback on the content and delivery.

All parents who attended thought the tutor's knowledge, support and materials provided were excellent and would have influence on how they approach anxiety with their families.

They all would also recommend the workshop to other parents and would have liked even longer courses on this subject.

Feedback included:

'I would like to attend a longer course.'

'Brilliant the ladies were so helpful and friendly and made it easy to talk about my concerns.'

'Was fun, felt at ease, very down to earth, all feelings felt normal.'

The Learning mentor also emailed and gave good feedback and a parent posted on our Facebook page showing the worry tools she had made at home with her children.

Based up on the community-based pilot and now the school-based success of this project, we will aim to access targeted funding to offer this across our networks in future.

JULY 2022

We received reports from our school networks that parents were really struggling financially, and this was causing anxiety and stress. Many were Just About Managing.



We are able to access funding from EALC. So we coordinated the supply of 100 - £15 E-Vouchers for a local supermarket which were delivered to local schools.

This helped provide basic need support for them at this difficult time.

We also trained/refreshed our Volunteer Team with accredited First Aid aid for good practice for our project delivery.

We closed our term-time projects for the School Summer Holidays.

AUGUST 2022

Our term-time projects close and we enter an evaluating and planning stage.



SEPTEMBER 2022

We held our team meeting to discuss future events at the beginning of September 2022. All term-time projects were re-opened.

COMMUNITY ART GROUP

We then re-launched our Community Art Group as TESCO, Mayflower re-opened their Community Room for our use.

This has been such a valued project previously, so it has been welcomed back into the BP4P Portfolio and provides a much-needed space for parents to have time for themselves. We have a supply of different art and craft materials for them to choose and enjoy.

Tesco, themselves are also strong supporters of our projects and have helped supply us with vouchers and food items, which have been used in outreach and also our in-house projects as needed.

Basildon
parents
4 parents
Registered Charity Number: 116281

Art
Cafe

WEDNESDAYS (TERM-TIME)
TESCO COMMUNITY ROOM
MAYFLOWER, GARDINERS LINK SS14 3HZ

'Time to get Creative'

10 – 12
Noon

Take a mid-week break and relax with our friendly group of parents and volunteers. We have lots of arts/crafts materials or you can just enjoy a cuppa and some company...

Simply drop in.
Check in first at the Customer Service Desk.
(If parking, they will need your car registration)
We are on the 1st floor, by the phone shop.

basildon.parent4parent@outlook.com
Phone line: 07923 426 502
09:30 – 11:30 am Monday – Friday (Term-time)

TESCO Basildon parents 4 parents Registered Charity Number: 116281 MENTAL HEALTH FUND

OCTOBER 2022

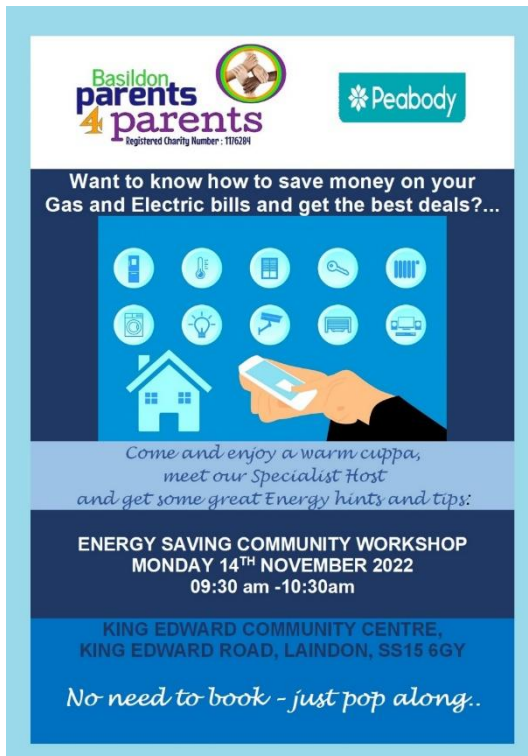
We focused on our co-ordination of the upcoming events and workshops. We also introduced physical wellbeing into our ESOL Women's Group, by hosting a Yoga Workshop on the 5th October and are researching Zumba instructors for the Winter Term. This was very well received, and we discussed with Active Essex that we will also utilise their microgrant within the ESOL project.

NOVEMBER 2022

ENERGY SAVING WORKSHOP

The cost-of-living crisis is becoming of increasing concern within our families and is a regular topic of discussion with our projects.

We therefore offered an Energy Saving Workshop with an Energy Expert to help parents cut costs on their bills.



Basildon parents 4 parents
Registered Charity Number: 1106281

Peabody

Want to know how to save money on your Gas and Electric bills and get the best deals?...

Come and enjoy a warm cuppa, meet our Specialist Host and get some great Energy hints and tips:

ENERGY SAVING COMMUNITY WORKSHOP
MONDAY 14TH NOVEMBER 2022
09:30 am -10:30am

KING EDWARD COMMUNITY CENTRE,
KING EDWARD ROAD, LAINDON, SS15 6GY

No need to book - just pop along.

We also networked some of her top tips out via our social media for those who were not able to attend.

CHAKRA DANCE HEALTH AND WELLBEING SESSION

Chakradance is an internationally recognised movement modality combining meditation, spontaneous dance, and creative art techniques.

We utilised the Active Essex Microgrant to offer this as an initial taster session with our physical health and wellbeing programme.

It was very well

received, and we will look to include in upcoming terms.



Basildon parents 4 parents
Registered Charity Number: 1106281

Active Essex
CHANGING 1 MILLION LIVES

Peabody

Chakradance is a gentle, wellbeing movement practice

JOIN US FOR A FREE TASTER SESSION

MONDAY 21st NOVEMBER 2022
10.30 am - 12.30 pm

**KING EDWARD COMMUNITY CENTRE, KING EDWARD ROAD
LAINDON SS15 6GY**

chakradance

We have 7 major energy centres in our body that influence our everyday experiences. By moving your body, it helps you reconnect, relax and release stored energy.

We begin with a body connection meditation. Then, we move into a moving meditation with music specifically created for each energy centre.

No-one watches you dance, as the room is dimly lit and you close your eyes or wear a blindfold. This helps you activate your imagination. We finish with mandala art and a closing meditation.

There are no routines or positions, just 'you' on an inner journey of self-discovery.

**TO BOOK YOUR SPACE AND RECEIVE YOUR JOINING DETAILS,
PLEASE EMAIL: basildon_parent4parent@outlook.com**
BY: 17 NOVEMBER 2022

PAEDIATRIC FIRST AID COURSE



Basildon
parents
4
parents
Registered Charity Number: 1106281

Peabody

Would you know what to do in an Emergency?...

PAEDIATRIC FIRST AID COURSE

Monday 28th November
Monday 5th December
(10.00 am – 2.00pm)

KING EDWARD COMMUNITY CENTRE, LAINDON

Come and join our free first aid course and gain essential lifesaving skills for your family. Feel confident in emergency situations. Learn how to administer first aid to children.

This 8-hour course has been split over 2 sessions. To gain your certificate, you must be able to attend **both** sessions.

To book your place, please email:
basildon.parent4parent@outlook.com

Or call: 07923 426 502 (09:30 – 11:30 am Monday – Friday Term-time)

We launched a Paediatric First Aid course, in collaboration with the WEA.

This is an essential lifesaving skill course to support families.

It will also help parents who may wish to enter the workplace as they can move onto an accredited course with the knowledge obtained.

This has created such a huge demand from parents, so we have made a decision to offer more from January 2023.

LOCAL FUNDRAISER QUIZ/ COMMUNITY NIGHT

We also hosted our last Community Quiz Fundraiser of the year, with grateful thanks to our whole team.

This was our most successful one yet in both attendance and revenue.

This was due to a combined effort from our wonderful Quizmaster, lots of great raffle prizes provided by our team and also lots of handmade crafts made by our talented volunteers.



Charity
QUIZ NIGHT

Saturday 26th November 2022

KING EDWARD COMMUNITY CENTRE
KING EDWARD ROAD, LAINDON, SS15 6GY
£3 per Adult – Prize for Winning Team
Great Raffle Prizes - Children Welcome
Entry: 7.15 pm - Quiz Starts: 7.30pm - Finishes: 9.30 pm

Bring your own drinks and nibbles

Basildon
parents
4
parents
Registered Charity Number: 1106281

Come along to our fun Charity Fundraiser which helps us to support parents in our local community.

DECEMBER 2022

Again, due to the cost of living crisis and the impact it has on parents within our local community, we obtained funding through Essex Community Foundation to provide Food Vouchers to these vulnerable families.

This was networked out through local schools and social services and we co-ordinated a programme to supply Supermarket E-Vouchers to referred parents.

FEEDBACK FOR FAMILY HARDSHIP VOUCHERS:

The family have recently begun to attend our school.

They are refugees from Iran. This voucher has helped the family to stock up on non-perishable food enabling them to be able to use their benefit money buy some fresh food.

These vouchers have been given to this family to help support the emotional well being of the parent and to help provide additional resources for the family over the christmas period.

The difference that it will make will enable the children to have some of the festive treats in the shopping that is done by the parent in addition to just have the basic foods.

This is hoped to improve both the physical and emotional well being of children and parent.

The voucher will help to provide some much needed practical support with basic food shopping and resources for the christmas period.

It is hoped that the support will also help to lower the stress and anxiety of the parent when trying to manage food bills during the christmas period.

School are very grateful for the support that is being offered to the more vulnerable families within the school community and it is good to see this multi agency working to support children and families to achieve the most positive outcomes especially during such challenging times.

As a school we have strived to support our families in this way especially since 2020 when Covid hit. We have seen an increasing

amount of poverty within our school community so applying for funding is crucial.

With any funding we are fortunate to receive we then buy food and make up substantial food hampers and distribute to our most vulnerable.

It is gratefully received and often comes at a crucial time for them. I would like to say a big thank you for your generosity.

The money that is given to purchase vouchers has a huge impact on the lives of some of our families.

This is a very difficult time with the cost of living being so high, so any help we can give any of our most vulnerable families is gratefully received.

XMAS FUNDRAISING EVENT

For the first time, we also attend a local Xmas event. Our volunteers sourced and manned the venue for us. We had a team-member make some wonderful hand made crafts to sell on the stall.

We had contributions from local toy companies to help us raise funds for the Charity. We also held an online raffle with donated prizes, which added to our local fundraising at this time.

In collaboration with More In Common, we also distributed Christmas Cheers Bags to a local school with particularly vulnerable families at this time.

We were also able to use the Christmas Cheer items within our projects helping families at this time.



Get in the Xmas Spirit - Enjoy Music, Crafts, Gifts, Tombolas, Lucky Dips, Food and more....

XMAS CRAFT MAKING SESSION

At the end of term, we hosted our popular free Xmas Craft making event for parents/children to attend and make home-made decorations, whilst enjoying some Christmas treats.

All Term-time projects were closed for re-opening in January 2023.

END OF YEAR SUMMARY

CHAIR: It has been a very successful year for BP4P.. We have supported hundreds of families across the Basildon borough over the last with a mixture of Family Hardship Support vouchers, term-time activities and also specialised projects to address specific needs. As always, the volunteers have risen to the challenge in an amazing way going above and beyond for the local community. We look forward to the next year supporting local families.

TREASURER: This has been an excellent year for raising funds locally, largely due to the superb team of BP4P Volunteers who bring their creative talents to the fore front, gathering ideas for craft making, recycling goods, and also donating prizes for raffles at our quiz nights. This year we also had an opportunity to have a craft stall at 'The Gun' as one of our volunteers secured a free space for us, which was much appreciated. Plus, 2 of the ladies gave their time all day, selling homemade crafts and lots of other donated items. Thank girls, much appreciated. Our quiz nights have been supported by Michael Farley who devises the questions and hosts a wonderful evening for community, which is enjoyed by all who attend. Thank you, Michael. In summary, we raised significantly more money from last year because of all the efforts from our volunteers. This money will help us with our resources including craft/activity materials required throughout all our projects.

PROJECT CO-ORDINATORS: This has been a busy and productive year for BP4P, supporting local families with a wide variety of health and wellbeing projects, cost of living crisis support and also specialised training to develop knowledge and life skills. Our whole Management and Volunteer teams have worked extremely hard imparting their knowledge and providing an empathetic approach to support the families throughout all our projects. We are also continued to develop parents within our projects into volunteer roles. In our roles, we were able to provide much needed consistent support to the charity, developing infrastructures, community collaborators and developing funding revenues to help expand the offerings of the charity. We have also secured support and funding from a variety of sponsors who believe in our charity's ethos, and we are very grateful for all that allows us to do in the community.

Future Aims:

- To consistently develop our existing health and wellbeing projects according to community needs.
- To continue to connect and collaborate with other local support services.
- To explore the viability of 'support hubs' to offer our services within our local community by partnering with existing community groups/other charities.
- To focus on expanding our volunteer teams, so we can continue to sustain our charity services and activities within the local community.

ACCOUNTS SUMMARY

OPENING BALANCES (14 DECEMBER 2021)	15547.93	42.40
	BANK	P/CASH
WEST COE TEENZONE PROJECTS	500.00	
LITTLE LIVES UK CONNX PROJECT	1328.00	
EALC VOLUNTEER PROJECT	5000.00	
EALC FAMILY HARDSHIP SUPPORT	1500.00	
ECF ACORN RESTRICTED PROJECT CO-ORDINATION	9000.00	
ECF FUNDING FAMILY SUPPORT VOUCHERS	4950.00	
LOCAL FUNDRAISING INITIATIVES	682.76	346.00
TOTAL INCOME	22960.76	388.40
GRAND TOTAL INCLUDING BANK B/F	38508.69	
EXPENSES	BANK	P/CASH
ACTIVE ESSEX MOVE FOR HEALTH PROJECT	288.55	130.00
ESOL PROJECT	174.99	
CORE/GENERAL PROJECT RESOURCES	194.61	102.96
FAMILY HARDSHIP SUPPORT VOUCHERS 1	1500.00	
PROJECT CO-ORDINATION FUNDING 1	7147.50	
PROJECT CO-ORDINATION FUNDING 2	4822.50	
MENTAL HEALTH SUPPORT PROJECTS	2311.04	
LOCAL COMMUNITY FUNDRAISING EVENTS	127.58	
NEURODIVERSE CONNX PROJECT	944.50	
NEURODIVERSE TEEN PROJECT	472.66	
VOLUNTEER RECRUITMENT, TRAINING, ADMIN/EXPENSES	1955.65	58.00
FAMILY HARDSHIP SUPPORT VOUCHERS 2	4950.00	
TOTAL EXPENSES	24889.58	290.96
CLOSING BALANCES (13 DECEMBER 2022)	13619.11	97.44

Annual Return Prepared by: *Jackie Stein*

Authorised:- ...*Amanda Farley* CHAIR

Dated: 27/02/2023

On behalf of the Trustee Board



ANNUAL RETURN

ACCOUNTS SUMMARY

14 December 2021 - 13 December 2022

OPENING BALANCES (14 DECEMBER 2021)	15547.93	42.40	
	BANK	P/CASH	
WEST COE TEENZONE PROJECTS	500.00		
LITTLE LIVES UK CONNX PROJECT	1328.00		
EALC VOLUNTEER PROJECT	5000.00		
EALC FAMILY HARDSHIP SUPPORT	1500.00		
ECF ACORN RESTRICTED PROJECT CO-ORDINATION	9000.00		
ECF FUNDING FAMILY SUPPORT VOUCHERS	4950.00		
LOCAL FUNDRAISING INITIATIVES	682.76	346.00	
TOTAL INCOME	22960.76	346.00	23306.76
GRAND TOTAL INCLUDING BANK B/F	38508.69	388.40	
EXPENSES	BANK	P/CASH	
ACTIVE ESSEX MOVE FOR HEALTH PROJECT	288.55	130.00	
ESOL PROJECT	174.99		
CORE/GENERAL PROJECT RESOURCES	194.61	102.96	
FAMILY HARDSHIP SUPPORT VOUCHERS 1	1500.00		
PROJECT CO-ORDINATION FUNDING 1	7147.50		
PROJECT CO-ORDINATION FUNDING 2	4822.50		
MENTAL HEALTH SUPPORT PROJECTS	2311.04		
LOCAL COMMUNITY FUNDRAISING EVENTS	127.58		
NEURODIVERSE CONNX PROJECT	944.50		
NEURODIVERSE TEEN PROJECT	472.66		
VOLUNTEER RECRUITMENT, TRAINING, ADMIN/EXPENSES	1955.65	58.00	
FAMILY HARDSHIP SUPPORT VOUCHERS 2	4950.00		
TOTAL EXPENSES	24889.58	290.96	25180.54
CLOSING BALANCES (13 DECEMBER 2022)	13619.11	55.04	

BASILDON PARENTS4PARENTS

England & Wales - Charity number 1176284

Accounts



ANNUAL TRUSTEE REPORT

14TH DECEMBER 2020 – 13TH DECEMBER 2021

- **Amanda Farley (Chair)**
- **Margaret Emery (Treasurer)**
- **Deborah Claire Rostami (Trustee – 24th February 2021)**
- **Margaret Dennis (Trustee – 24 February 2021)**
- **Samantha Benfell (Trustee – 4th October 2021)**

As we adhere to government guidelines regarding community spaces, our usual Projects are on hold and our focus has been in supporting mental health and basic need support in our local community. We collaborated with More in Common Basildon, Tesco Mayflower and West and Coe; distributing Gift bags, toys, and Xmas food supplies to local homeless groups, a Refuge, parents who attended previous projects and in partnership with local schools and social media groups.

We also completed our DEFRA Funding reporting for the Cupboard Love Project where we finalised our supply of 100 hampers to local families in need. In addition, we received top up funding from EALC which enables us to work with local schools and supply £15 Vouchers to help families who were really struggling at this time.

Throughout January and February 2021, we offered a weekly phone line support service where a trained volunteer was on hand to support parents who need a listening ear or signposting to local services. This included foodbank referrals in partnership with our local council contact.

With support from ECVYS and Basildon Council Mental Health Funding we were able to remobilise our Conn-x Project in May 2021. We are very aware that this project has evolved from an afterschool Club for Neurodiverse children into a whole family support as parents are on site receiving valued information and guidance from our team. This has led us to consider an additional project with the same model supporting families with Neurodiverse Teens in 2022.

In June/July 2021, we offered an online Youth Mental Health First Aid course in partnership with Interact. This course was well received with parents feedback: that it enabled them to recognise mental health concerns in themselves and others, provide initial mental health support, signpost themselves and others to professional support, feel more aware of their own emotional wellbeing. During this time, we also offered a live Understanding Anxiety Course at the Listening Post (local counselling service). The focus was on providing a Covid safe environment where social distancing could be applied. This helped the participants overcome some of their anxieties about being back in the community. All the attendees suffered from anxiety themselves and reported that their children also had either a diagnosis of ADHD or ASD. The tutor reported that all participants had shared their concerns over the impact Covid was having on themselves and their families and all felt anxious about what the future held. After the course finished, the tutor and participants set up a WhatsApp group and continue to offer each other support.

Throughout the summer holidays, we offered an online gaming workshop to support those children who attended the Conn-x Youth Club to keep connected. This also supported the young host through his Duke of Edinburgh Award (Charity Contribution). We also stayed connected with parents through our social media outlets, signposting them to local services that could support them.

In September 2021, we opened our new Creative Café project in line with our Basildon Council Mental Health Funding. This was to provide a therapeutic space to parents who are struggling with their own and their children's mental health. This is in partnership with Peabody and with the space provided, in the future we will be able to work with other charities and specialist support services.

In October 2021, we remobilised our Women only ESOL Café. We sourced an alternative venue with SWAN Housing at the Beech Community Hub. This not only helps support their social communication but impacts their mental health in a positive way. The team set up informal language scenarios for real life settings and we also provide craft materials. We plan to offer further services such as Resilience Training, Meditation etc in the future.

The feedback has been that the parents really enjoy the social aspect of having a place to come and their share experiences of integrating into the UK. They have established trust with our team which allows them to be open to the discussing the obstacles they face when English is their Second Language and also the normal everyday challenges of being a parent. These women are often socially isolated, and the group gives them a safe space to be themselves without any judgement. We have seen their confidence grow, some have obtained jobs, and some have gone into further education. They make connections in the ESOL group that turns into personal friendships and support each other outside. We have also further supported a refugee family with an additional financial voucher to enable them to purchase household items. Currently the range of different ethnicities supported are Turkish, Egyptian, Algerian, Russian, Pakistani, Cypriot, Ethiopian, Bulgarian and Polish. Iraqi, Moroccan, Russian, Indian.

In December 2021, with much needed support from Simon Johnston, BBWCVS, we were able to supply up to 100 £50 vouchers to parents from several local schools who had been signposted to us that they were in financial distress. The schools reported that this has been a well-received gesture at this particular time and for some parents it enabled them to provide 'Christmas' for their children. We also hosted a Community Quiz Night, a Xmas Craft session, and our Community Cuppa Drop, where we in collaboration with More in Common Basildon we supplied Christmas Cheer Bags to the attendees. We also directed their Winter Warmer bags to a local homeless group.

This has been a busy year for Basildon Parents 4 Parents, we feel the team have worked extremely hard to support local families within our projects and beyond. We also have trained and developed some of our previous attending parents into project volunteer roles.

Our aim for the future is to continue to develop our existing health and wellbeing projects, connect and collaborate with other local support services and expand our volunteer teams, so we can continue to sustain our charity services and activities within the local community.

Signed: ***Amanda Farley*** – Chair

Dated: 23 February 2021

On behalf of the Trustee Board



ANNUAL RETURN

14 December 2020 - 13 December 2021

ACCOUNTS SUMMARY

OPENING BANK BALANCE (14 DECEMBER 2020)	7528.90	62.40 OPENING PETTY CASH BALANCE
INCOME	AMOUNT	
BASILDON COUNCIL MENTAL HEALTH FUNDING	4620.00	
EALC FUNDING - FOOD HAMPERS	1300.00	
EALC FUNDING - FOOD VOUCHERS	800.00	
ECVYS YOUTH REMOBILISATION FUNDING	500.00	
PEABODY	500.00	
GROUNDWORKS - YOUTH	957.00	
ESSEX COMMUNITY FUND	9000.00	
ARNOLD CLARK	1000.00	
ESSEX COUNTY COUNCIL EVERYONE ACTIVE	1435.00	
LOCAL FUNDRAISING	322.32	
TOTAL INCOME	20434.32	
GRAND TOTAL INCLUDING BANK B/F	27963.22	
EXPENSES	AMOUNT	
GENERAL OPERATIONS/ADMINISTRATION/CO-ORDINATION	8014.57	
TARGETTED PROJECT RESOURCES/REMOBILISATION	2301.92	20.00
COVID 19 TARGETTED FAMILY SUPPORT	2098.80	
TOTAL EXPENSES	12415.29	
CLOSING BANK BALANCE (13 DECEMBER 2021)	15547.93	42.40 CLOSING PETTY CASH BALANCE

BASILDON PARENTS4PARENTS

England & Wales - Charity number 1176284

Accounts



CHAIR REPORT

14 December 2019 – 13 December 2020

The last year has proved to be a challenging time for charities and society given the impact of the COVID-19 pandemic. This has meant that like most other charities we have had to find new ways of working towards meeting our aims.

Our face-to face contacts in groups have had to cease until safer times but we have found ways of supporting the local community and keeping in contact with families who have engaged in our projects. This was mainly through social media as well as providing telephone support. We have also collaborated with organisations including social workers, a local refuge and a homeless group.

The DEFRA Government funding as well as our existing funds enabled us to provide support to families struggling due to lockdown and income loss with food and essential supplies vouchers. These were issued via referrals from local schools and from our own projects. The feedback from local families who received these was very positive as it helped them at this difficult time.

Just before Christmas 2020 we were provided with a small number of Wellbeing bags by More in Common BB which were issued to local families in need.

We have also now trained our Conn-x Project Team in Youth Mental Health First Aid provided by MFHA England and Interact. Plus, we provided online Resilience Training for parents, again in collaboration with Interact.

As this financial year comes to a close; taking us into the new year, we have secured funding from the Essex Association of Local Councils (EALC), which had enabled us to co-ordinate our newest project "Cupboard Love" providing 100 food hampers for families referred to us by local schools. Funding left from previous projects has meant we have been able to support individual families referred to us by other agencies and our own projects.

We have also now secured funding from Basildon Council to provide Mental Health Wellbeing projects over the course of the next year.

Our aims for next year will be to continue supporting local families in need with some plans fluid to allow for the uncertainty of the pandemic.

My thanks go to my fellow Trustees for their continued commitment to the charity. Special thanks go to Jackie Stein for her hard work providing administration support in keeping our charity going through such a difficult period.



ANNUAL RETURN

14 December 2019 - 13 December 2020

ACCOUNTS SUMMARY

OPENING BALANCE	14988.32
INCOME	AMOUNT
LOCAL FUNDRAISING	301.00
DEFRA COVID19 SUPPORT FUNDING	3000.00
TOTAL:	3301.00
EXPENSES	AMOUNT
ADMINISTRATION/CO-ORDINATION	3740.00
PROJECT RESOURCES/OPS	1216.98
COMMUNITY EVENTS	127.71
COVID 19 TARGETTED FAMILY SUPPORT	5508.33
VOLUNTEER TRAINING	105.00
TOTAL:	10698.02
CLOSING BALANCE	7591.30
BANK BALANCE	7528.90
PETTY CASH	62.40