



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 Parents4Parents 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

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)

Basildon parents 4 parents
Registered Charity Number: 1192091

MENTAL HEALTH FUND
SUPPORTING OUR BOROUGH AND EACH OTHER

Peabody

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' ...

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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.

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.

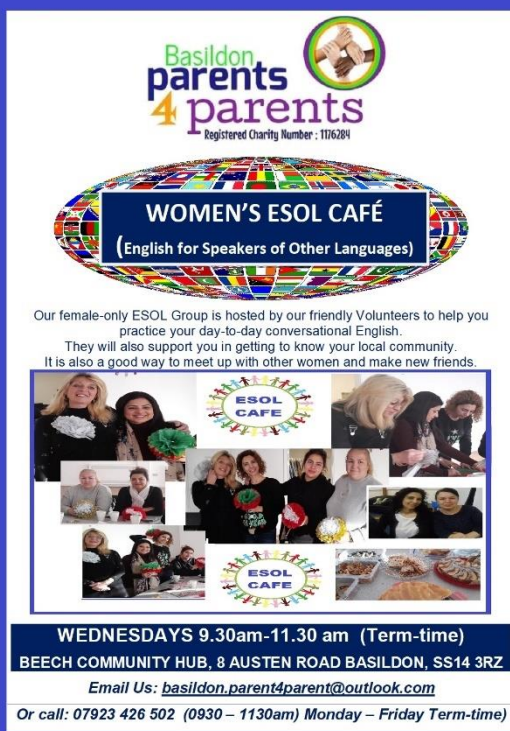
SAMPLE OF RESILIENCE COURSE FEEDBACK:

'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



Basildon parent4parents
Registered Charity Number: 1116284

WOMEN'S ESOL CAFÉ
(English for Speakers of Other Languages)

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 previous 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: 1106284

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: 1106284

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 to 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 gave 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: 1193291) | **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 co-ordinated 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.

OCTOBER 2022

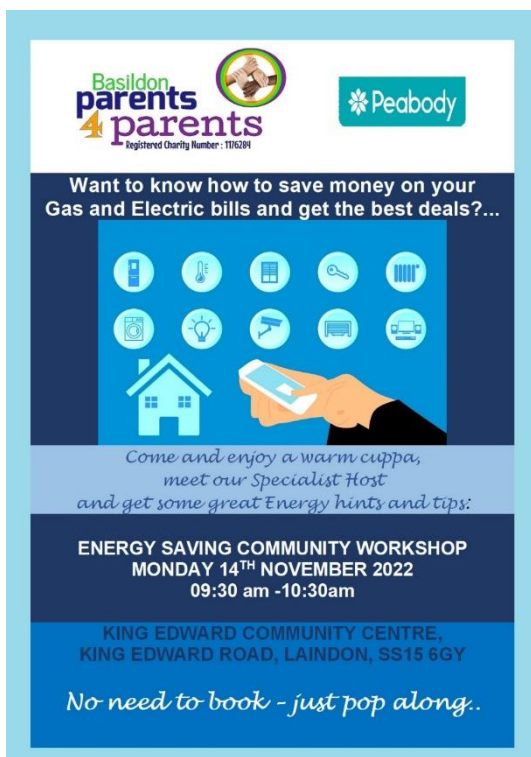
We focused on our co-ordination of the upcoming events and workshops. We also introduced physical wellbeing into our ESOL Women's Group, by hosting a Yoga Workshop on the 5th October and are researching Zumba instructors for the Winter Term. This was very well received, and we discussed with Active Essex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



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.



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.

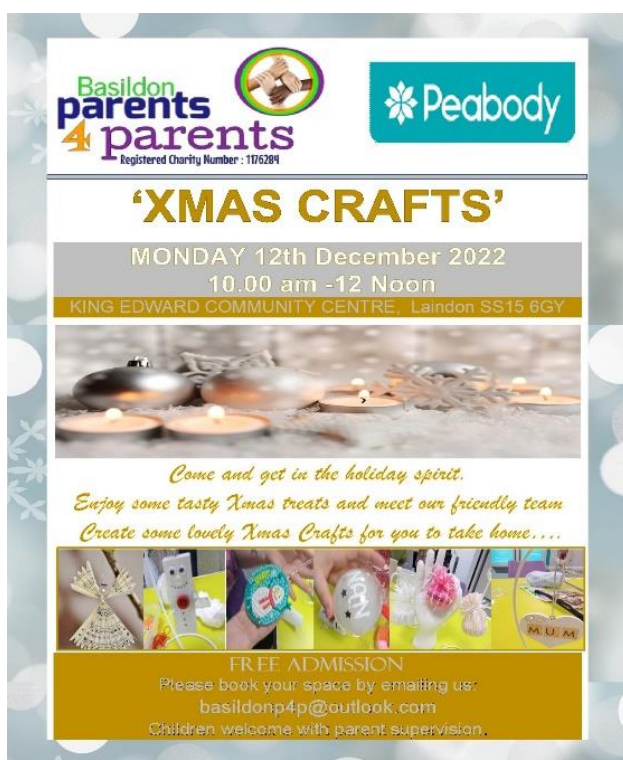
We were also able to use the Christmas Cheer items within our projects helping families at this time.



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	
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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	