

BEFORE BECOMING A PARENT

England & Wales · Charity number 1180821

Details

Other names B4BP

Status Registered

Legal form CIO

Registered 2018-11-23

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

Contact

Address 15 Matcham Road
London
E11 3LE

Phone 02085555248

Email beforebecomingaparent@gmail.com

Website [Before Becoming a Parent \(B4BP\)](#)

Activities

Objects: THE OBJECTS OF THE CIO ARE TO ADVANCE THE EDUCATION OF CHILDREN AND YOUNG PEOPLE IN THE SUBJECT OF THE EMOTIONAL ASPECTS OF PARENTHOOD AND TO PROMOTE, SUSTAIN AND INCREASE THE KNOWLEDGE AND UNDERSTANDING OF THE EMOTIONAL ASPECTS OF PARENTING OF THOSE WHO ARE ALREADY PARENTS.

Activities: Our aim is to promote better parenting by:1. Providing lessons in schools about good parenting2. Supporting parents in difficulty3. Producing publications about how to teach parenthood in school

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£1,362	-	-
2024-03-31	£0	£4,444	-	-
2023-03-31	£9,500	£10	-	-
2022-03-31	£2,384	£185	-	-
2021-03-31	£2,237	£233	-	-

Trustees

Name	Role	Appointed
CAROL SPENCE	Chair	2018-11-23
REBECCA BAXTER		2018-11-23
Ros Kane		2018-11-23

BEFORE BECOMING A PARENT

England & Wales - Charity number 1180821

Accounts

BEFORE BECOMING A PARENT (B4BP)

Charity number 1180821

roskaneb4bp@gmail.com

www.beforebecomingaparent.org

15 Matcham Road, London E11 3LE

Patrons: Sir Richard Bowlby, Dr Christopher Clulow

Sue Gerhardt, Professor Brett Kabr, Dr Penelope Leach CBE, Dr Rowan Williams

ANNUAL REPORT 2024 – 2025

The year has seen two main activities:

1. The provision of Friday after-school homework club sessions to relieve the pressure on families of weekend homework, with its stressful effects on both parents and children. The sessions were popular and valued, with the same families returning most weeks, as well as new families from local schools. It gave parents the chance to relax, feel cared for and watch their children engage with our paid staff and volunteers, doing homework or enjoying play activities. We did the project in partnership with Leytonstone Toy Library and Play Centre whose premises we used.
2. The completion and publication of our two-volume work, Nothing More Important, which gives a wealth of information about parenthood education in schools. It will help teachers in school, colleges, youth projects, Young Offender Institutions and prisons to prepare future parents in memorable, enjoyable, experiential ways which have proved popular over decades with children and young people in many schools in the US and UK.

We have also increased the number of our patrons and drawn up plans to spread our message, for example by attending APPGs about relevant subjects and taking steps to get a new APPG set up about parenthood education in schools and prisons.

Signed:

Date:

Ros Kane (Trustee, Co-Founder)

19.1.26

**Before Becoming a Parent (B4BP)
Charity 1180821**

Annual Return, April 2024 - March 2025

£

Income

0

Expenditure

Room hire	720 00
Enhanced DBS check	50 00
Sessional worker	300 00
Website domain (WIX)	291 60 for 3 years

Total expenditure: £1,361 60p

Bank balance, 31 3 25 £2,347 30p

Signed.....(Chair) Carol
Spence

Date.....

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Charity 1180821**

Annual Return, April 2024 - March 2025

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BEFORE BECOMING A PARENT

England & Wales - Charity number 1180821

Accounts

Before Becoming a Parent (B4BP) charity 1180821

Before Becoming a Parent (B4BP) Charity 1180821

Annual Report, 1st April 2023 to 31st March 2024

Our mission

Our charity has continued its mission to prepare children and young people at school and in other settings to become good parents in future, and also to support parents of young children who are struggling to be 'good enough' parents in the present.

Our experience

We have built upon our experience over several years of delivering lessons in primary and secondary schools which aimed to increase students' knowledge and empathy concerning the emotional aspects of parenthood. We ran Baby Watching in primary schools, and sessions in secondary schools where we brought in a variety of parents and babies to be observed and spoken to, plus teenage parents to explain their situation, and we used drama techniques to make the material come alive even further. We lent 'virtual babies' to students to take home for the weekend.

Our dissemination

Having seen the popularity and benefits of this work, we decided to take it much further by producing a comprehensive guide for school staff in any part of the world, and therefore spent some years researching and writing our two-volume book **Nothing More Important**. Volume One was completed and published by April 2024, with a view to completing Volume Two in the following year.

Help to parents of children

We used our grant, received in December 2022 from Awards for All, to fund 'Friday Fun for All' after school sessions in the building of the Toy Library in Leytonstone, East London. This was to assist families who were stressed, partly because of the demands of homework. It was designed as a venue where children and teenagers could complete their homework, with support, in time for the weekend. As we predicted, it became an invaluable opportunity for parents to gain support with various issues related to their role as parents. The sessions were staffed by workers with experience of delivering play therapy and other types of help to parents and children.

The future

There were discussions about setting up an All Party Parliamentary Group about school-based preparation for parenthood, once the book has been distributed in future years.

B4BP Annual Accounts 1st April 2023 - 31st March 2024

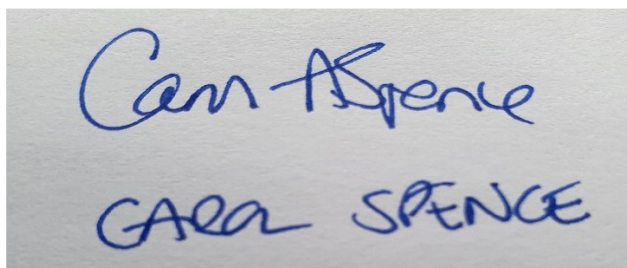
Bank balance at 31 3 23 £11,388 86
(comprising Awards for All grant £9,500)

Income **£**
0

Expenditure **£**
Publicity 517 00
Room Hire 2,205 00
DBS checks 101 60
Staff fees 1,180 00
Training 24 00
Food 416 48
Total expenditure: **£4,444 08**

Bank balance at 31 3 24 £6,944 78

Signed: Carol Spence, Chair



Carol Spence
CAROL SPENCE

January 13th 2025

BEFORE BECOMING A PARENT

England & Wales - Charity number 1180821

Accounts

Before Becoming a Parent (B4BP) CIO charity
1180821

Annual Report and Accounts, 2022 - 2023

Annual Report

Our activities remained two-fold:

1. Book: *Nothing More Important*. Volume one was nearly completed. Both volumes will be ready for distribution in 2024.
2. NEWPIN: we received a grant towards the end of the financial year from Awards for All to start a local part-time NEWPIN service in Waltham Forest for deeply troubled parents and their under-five-year-olds.

Annual Accounts 1st April 2022 - 31st March 2023

Bank balance at 31 3 22 £2,198 86

Income

Awards for All Lottery grant £9,500 00

Expenditure

Cash withdrawal £10 00

Bank balance at 31 3 23 £11,688 86

Signed: Carol Spence, Chair

Cara Spence
CARA SPENCE

Date: 6/1/23

BEFORE BECOMING A PARENT

England & Wales - Charity number 1180821

Accounts

Before Becoming a Parent

charity number 1180821

Annual Report and Accounts 1 April 2021 – 31 March 2022

This year we have concentrated on two projects:

1 NEWPIN (New Parent Infant Network)

A 71-page booklet, *The Miracle NEWPIN* by Ros Kane, was published in the summer of 2021. We worked towards a meeting of major charities and other relevant individuals and organisations at the House of Commons for the summer of 2022. This work is a move to improve the parenting of deeply troubled parents, including people expecting their first baby. We hoped to set up a NEWPIN centre next year in Waltham Forest, with a view to encouraging authorities and charities in England and Wales to do likewise. Contact was made by visit to the three existing NEWPINs in the UK.

2 *Nothing More Important, volumes 1 and 2*

We have used our experience of preparing school students at primary and secondary levels for good parenting to write this book in two volumes. The books will enable school staff and other interested people to use a variety of experiential methods to provide interesting and memorable lessons for children young people from the age of 3 to 18.

We plan in the coming year to inform every school in England and Wales about these low-priced books and to offer free seminars for interested teachers, because every school now has to teach 'Relationships' at primary level, and 'Relationships and Sex' at secondary. This includes family topics.

Accounts

	£	p
Opening bank balance at 1 4 21	2,383	93p

Income 0

Expenditure

Website:

April 2021 14 44

May 14 44

June 14 44

July 16 63

August 16 84

September 16 84

October 16 84

November 16 84

December 16 84

January 2022 16 84

February 16 84

March 7 24

Total expenditure 185 07

Closing bank balance at 31 3 22: 2,198 86

Report and accounts have been approved by the Board of Trustees of the charity, December 2022.

BEFORE BECOMING A PARENT

England & Wales - Charity number 1180821

Accounts

Before Becoming a Parent (B4BP) Charity 1180821

Annual Report

1st April 2020 – 31st March 2021

Due to the Covid pandemic and the impossibility of getting into schools, trustees agreed to defer meetings of trustees and steering group members until we could realistically work towards delivering our work in primary and secondary schools in Waltham Forest and adjacent boroughs, and in penal establishments.

In the meantime, Ros Kane continued to work on her book which will be published by B4BP Press. She stayed in contact with trustees and steering group members for input and feedback. The book contains detailed accounts of our work in schools.

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B4BP 11800821
Balance sheet 31 3 21

Assets

Current

Cash in hand and in bank

B4BP 2333 93

Total in bank and hand 2333 93

Total current assets 2333 93

Current liabilities

Carefree Kids 329 60

Total liabilities 329 50

Net current assets 2004 33

Total assets less current liabilities 2004 33

Net assets 2004 33

Capital and reserves

Restricted funds 1500 00

Unrestricted 1485 00

Net assets -947 75

Profit for year -32 92

Shareholder funds 2004 33

B4BP Profit and loss April 2020 - March 2021

Ordinary income/expense

Income

Session income 200 00

Total income 200 00

Expense

IT 82 92

Prof fees 150 00

Total expense 232 92

Not ordinary income -32 92

Profit for year -32 92

B4BP

Statement of financial activities ending 31 3 21

2021	Total 2020	Restricted funds	Unrestricted	Total
Incoming resources				
Donations and gifts	1500	537	25	2037
25	4500			
Income from charitable activities				
Grant income -				
School fees		200	00	200
00				
Other income				
100	00			
Investment income -				
Total incoming resources	1500	737	25	2237
4600				25
Resources expended				
Direct charitable expenditure				
	1719			
Cost of generating funds -				
Governance costs			232	
232	92	843	75	
Total resources expended	0		232	232
92	2562	75		
Net		1500	505	25
2004	33	2037	25	
Balance at bank				
				2333
93	2366	85		
Less liabilities				
				-329
60	-329	60		
Net assets				
2004	33	2037	25	

B4BP Public Benefit Statement

The Trustees agreed that B4BP can provide services in the form of workshops in schools, the establishment of

centres for parents and prospective parents, and the publication of written materials for the improvement of parenting in the UK and elsewhere.