



# KidCare4U

Supporting children and families

**Charity No. 1185396**



# Annual Report 2023



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# OUR MISSION:

**"Working together with the community to inspire, create and deliver opportunities to further develop Education, Health & Wellbeing , Integration, Environment and Employment."**

KidCare4U is a registered charity in Newport aiming to help diverse ethnic families from low-income households. Our aims and objectives are to support families to acquire the skills and confidence they need to turn their potential into success. Our organisation believes it has the potential to help diverse communities to further develop themselves in education, health and integration.



# Chief Executive Officer's Statement



Rusna Begum- Chief  
Executive Officer

.This year has been another busy year for KidCare4U with us securing funding for existing and new projects, but we have also continued to develop our partnership working, which has allowed us to deliver more support for our communities.

What has been exciting this year is that we have continued to be a voice for our communities. We have been approached by the Welsh Government to participate in their Migrant Research Project. We gave the opportunity for our communities to have their views heard and we gave feedback to the Welsh Government on what our communities views and their needs. KidCare4U will continue to be an advocate for our communities and will provide a voice for those who struggle to be heard.

We have recognised the impact of the Cost-of-Living Crisis on all our clients and our family support workers have been busy helping people access cost-of-living payments. We have also secured the funding to provide holiday food packs for the families of those children who attend our Saturday Club.

Moving forward we will continue to be responsive to the needs of our communities, however the cost-of-living crisis has also impacted the organisation as all our costs have increased, and we are going to have to work hard to ensure funding is in place to continue our work. However, I am confident that we provide an important service and that we can survive any challenges we face.

# Our Trustees



Jeremy  
Johnson  
Chair Person



Mohammed  
Iftakher  
Rahman  
Trustee/ Treasurer



Rusna Begum  
CEO/ Trustee



Evelyn  
Owaide  
Trustee/  
Secretary



## KidCare4U

Supporting children and families



# Trustees' Report

This is our fourth year and yet again we have seen an increase in our beneficiaries, and we have increased the services we provide. Thanks to the hard work of our CEO Rusna Begum, we have secured funding to allow us to continue our projects and develop new one. Also, a huge thank you to our hard-working staff who have continued to support people of all ages in our communities.

This year we saw one of our volunteers Sharmin Chowdhury recognised for her work at the GAVO Newport Awards and she received her certificate for the GAVO High Sheriff Volunteer Award at the Ceremony at the Holiday Inn, in Newport.

Throughout the year we have seen some amazing work happening within the Charity and in most cases, it has evolved organically, developing from the feedback of our beneficiaries. The Youth Volunteering and Mentoring Program has developed because our young people have enjoyed the Saturday Club so much, they don't want to leave us. These young people have skills and experiences that can be shared with younger children and so we have worked with them to create volunteering opportunities.



Helping our children to aspire to improve their lives, be healthy and happy, is at the heart of our work. This year through partnership working, we have been able to show our young people what is possible with visits to Linklaters LLP, BBC Wales Studios and Oxford University. We have worked with MIND to improve their mental health and they have engaged in healthy cooking project.

Supporting the mental and physical wellbeing of our communities has been our core work through Family Support, our Women's Well-being Group, Relaxing Minds project, Men's Football and Women's swimming sessions. We wish to thank all our partners and funders for helping us deliver this work.

This year we have started work on our five-year strategic plan and we look forward to launching it this year. We are also looking at alternate source of funding with the development of a social enterprise that will employ local people and the profits will be re-invested into the KidCare4U projects. We will also be developing our Board of Trustees. Once again, we are excited at what this year will bring.



Annual Staff  
meal



# Highlights

**13 new grants  
received**

**500 Beneficiaries**

**23 Staff now  
employed**

**£226,108  
received in  
funding**



# SATURDAY KIDS' CLUB

The children who attend the club are age from 5-16 years old and from 7 diverse ethnic backgrounds. The Saturday Club works by organising the children into small groups where they are engaged in educational support sessions, play activities and workshops. This method of working seems to help the children be more focused and is more enjoyable for the children. Each age group has their own work group (depending on numbers more than one). They have a tutor, support worker and volunteer, providing 1:8 child to adult ratio. This ensures the safety and support for all children. We have two extra staff who act as runners to ensure the ratios are maintained. We have continued to bring in workshops and were able to give a variety of activities for small groups of children, but ensuring all children have the opportunities to engage with.





During this year we increased our numbers in club initially to 130 and later in the year to 160, which allowed us to remove the waiting list. We were able to do this with the support of volunteers. We engaged in the following activities during the year:

- Tutoring service helping children to increase their attainment levels,
- One to one support for children with special behavioural needs,
- Football and sports activities,
- Healthy cooking workshops,
- Encouraging children to celebrate and understand other cultures,
- Trips during school holidays for children who normally would be isolated in their homes- Techni Quest offered us transport and admission for a trip in the Summer,
- Trips for older children to support their advancement - Oxford University, BBC Studios and to Linklaters solicitors in London,
- Creating volunteering and mentoring opportunities for local youth,
- Training for youth volunteers,
- Mind- mental wellbeing training.



#### Funding:

- BBC Children in Need £20494 for staff, admin, and activities.
- Gwent Police £22000 for staff.
- Pill Unity £7045 for venue hire







# Youth Volunteering Program & Youth Development

Our Youth mentor and Youth Volunteer programs have developed over the last year with 6 mentors and 10 volunteers. These mentors and volunteers have come from the older children becoming too old for the Club but not wishing to leave. However, we are having more young people from diverse communities coming forward wishing to volunteer. This is because our young people are sharing their experience with us and wish to get involved. The volunteers work within the Saturday Club supporting the tutors and playworkers ensuring that all the children in the club have a positive experience. The mentors help support those children who are struggling cope and exhibit challenging behaviours.





KidCare4U has always been about supporting our children and young people to aspire and helping them achieve those aspirations. As the Saturday Club has developed, we have recognised the need to provide additional opportunities for our young people. This year we have provided talks and visits to employers/organisations to support their employment or academic aspirations. These have included:

- Visit to Linklaters – an international law firm based in London;
- Visit to Oxford University;
- Visit to BBC Wales Studios in Cardiff;
- HM Prison Service – visit to club to give talk;
- Gwent Police – visit to club to give talk.

One of our young people has gained employment with the HM Prison Service.

Our young people were nominated for the Black Welsh Volunteering Awards, although they did win the award, they were invited to the Awards Ceremony at the Senedd.

We will now be looking for funding to support the volunteer program so that it can grow and that they can be supported with a designated member of staff, and to further develop our employment interventions with opportunities for work experience.





We have also received additional funding from BAYO. Through this grant we have been able to provide activities for young people aged from 14-19 year olds. These activities have built their confidence, developed their social skills, improved their mental health and support engagement in their local community.

We took 20 of our young people to a new quirky café in Newport for dessert. The purpose of this was to get the young people to discuss new ideas for activities they would like to do based around Wellness. It was also an opportunity for them to socialise with people and to have their say.

We have provided sessions for the young people, connecting them with other organisations and groups where they can volunteer. They were also supported to apply to become participants in local panels, where the current makeup of the panel does not reflect the diversity of the city. By taking part they will be able to have a voice on what goes on in their local community. We have worked with nearly 40 young people from 6 different ethnic groups..

#### Funding:

- BAYO £2000 for activities, food, transport, and expenses.





Oxford University  
Visit



BBC Wales Studio  
Visit

Linklaters  
LLP visit  
London





# KIDS' FOOTBALL PROJECT



Kidcare4u has continued working in partnership with Newport City Football Club to develop our kids' football project. The children continue train mid-week with the club. We now have 25 children registered with the Football Association Wales and are training and playing matches on a Sunday for a professional club. The Saturday Football session provide children with the opportunity to access football. The sessions run from 10 to 11am and are open to all children. We are encouraging parents to be volunteers and to support the coaches. We had 24 children attend the Saturday sessions.

## Funding:

- Newport City Council Participatory Budget £4448 for staff, resource, and pitch hire.



# FAMILY SUPPORT

This year we have worked with 107 families from 9 different ethnic backgrounds are registered with the project with 85 clients rolled over from last year and 22 new clients registered. From these clients 77 clients have received support. There have been 369 support/contact visits and 113 wellbeing calls made.

We have supported clients with housing issues, accessing benefits including the cost-of-living support, and help with medical issues by offering translation at appointments. One our clients has now found employment in retail, and this is her first job.

**85 Clients**



Through the Early Angels project, we have been working with families with new-born babies and supporting them through to the children starting statutory education for last two years. This year we brought this project under the Family Support umbrella and was funded with the National Lottery funding. Once again, this service is provided in the client's own language.



Our work is based around the language or cultural barriers our clients face. Through partnership working we have been able offer women in our communities ESOL classes. Pobl have provided the classes and 18 women registered for the classes this year.

### **Funding:**

- The National Lottery (year 2 of 3-year grant)  
£32674 for staff



**482 support  
contact/visits  
made**

**107 Families  
supported  
from 9 diverse  
communities**





# Women's Swim Sessions



We have also continued to work with Newport Live to access to offer free swim sessions for our women and girls. Our families often have poor physical or mental health, and physical activities for women from diverse ethnic backgrounds are very limited due religious and cultural restrictions. Working with Newport Live we have access to their Sports Village pool for evening sessions with a female lifeguard has meant that 244 women/girls have been able to access free swim sessions and 866 women/girls attended the sessions.



# WOMEN'S WELL-BEING GROUP

This group brings together women from a number of diverse ethnic backgrounds, encouraging social interaction between communities. We provide the women with accurate information about services and health matters by bringing in other organisations. The women have been encouraged to engage in physical activity that has also improved their mental well-being. The Wednesday group has been to Cardiff Bay, Cwmbran Boating Lake, and Fourteen Locks where transport has been provided and other more local walks. To further enhance their physical activity, we have had coaches attend the group to work with the women with stretching exercises. The women have really enjoyed this, and many have found that it has helped with their bad backs etc.

KidCare4U cooking sessions are held once a month and are going well. Twelve women from different backgrounds share recipes and cook dishes every month. They are also teaching each other healthy recipes. This has supported their mental health as it has provided them with the opportunity to share, socialise, make new friends from different communities, and build their confidence and self-esteem.

## Funding:

- Garfield Weston £10,000 for staff, food, resources, venue hire, admin, and activities.
- Nisa £3000 cooking activities for staff, resources, volunteer costs, admin, and activities
- GAVO £2961.54 equipment for cooking activities.
- GAVO £3910 food, activities, travel, venue hire and resources.
- Awards For All £9950 Ladies club for staff, resources, venue hire.







As well as our usual projects for the adults KidCare4U has held extra workshops. This included Trading Standards from Newport City Council delivering a session about how to avoid scams. Many people we work with are vulnerable for various reasons and are likely to fall victim to such scams.

Language is the biggest barrier for our clients to be able access services and activities. This severely affects their mental health and their physical health. ESOL classes have been running at a local church as part of the women's well-being group and is funded by a local housing association with Adult Learning Wales providing the tutor. We have approximately 30 women attending weekly sessions where they are improving their spoken and written English.

The women have also been attending basic IT sessions improving their ability to use the internet and be able to access online services such as Universal Credits. KidCare4U has linked up with Digital Communication Wales to provide training for staff, allowing them to support people in the community.

We have now set up an additional group that meets on a Monday at our office. This group is mostly made up of older women who feel isolated and due to the language barrier are unable to access activities. They often do not have family around and therefore are lonely and reclusive. This group was set up in response to this and we have 30 women registering and 12 attending each week. The women meet to chat, drink tea and they are able to share, with one another, developing new friendships and improving their lives by reducing their isolation and loneliness. They have established a sewing circle creating a KidCare4U banner for the office.



# RELAXING MINDS

During the year KidCare4U worked in partnership with the Local Health Board to deliver a well-being drop-in session, based at our new office. A Psychological Well-being Practitioner who is funded by the NHS and we provide the sessions at our office for free. She is from a diverse ethnic background and understands culturally sensitive issues. She will be seeing our clients and anyone else who needs support.

As funding ended for this, we were able to access grants to develop a new group for our women. The relaxing Minds Project allowed to secure the services of the Psychological Well-being Practitioner who has been delivering sessions on managing stress, showing the women breathing techniques to reduce anxiety and other ways of reducing their stress levels. The women have also been enjoying exercise sessions such as Zumba. This group allows women to come together and talk about their mental and physical health, but more importantly provides a support network for each other. There have been 38 women attending sessions this year.

## Funding:

- GAVO RIFT £8649 for staff costs, resources, travel and tutor costs







# MEN'S FOOTBALL PROJECT

This project was set up to support the physical and mental health of men from diverse ethnic communities during and after COVID, as many had been affected by the effects of the pandemic on their families. They realised that they needed to be more physically active but also needed the opportunity to support each other. One of our original members, had lost his wife to COVID and found the Football group supported him through his grief. This project has developed bringing men in the community together showing integration and has provided confidence and self-esteem to the men who are now organising the project themselves. This year we ran 3 sessions a week that ran at different times allowing access to as many participants as possible. We had 60 participants from diverse ethnic backgrounds with 45 attending each week. We had 6 or more players joining from white ethnic background. The men are from across Newport have formed a football WhatsApp group, and they voluntarily organised the sessions, and taking ownership of the group. KidCare4U is only paid for the pitch hire.





# CHARITY DEVELOPMENT

This year KidCare4U was able to secure the opportunity to lease office space. We have a two-year lease free of charge that will allow us to have a base, run projects and provide an area where we can store materials. The furniture for the office has been donated through a recycling company. It has always been difficult to hold meetings, catch up with staff and hold drop-in sessions, as it would always cost the organisation money. We now have a suite at Clarence House based in the centre of Newport. This is very exciting for us as an organisation.



After a visit from Business in the Community (BITC) "Seeing is Believing" Programme, we were successful in receiving support from the businesspeople involved in BITC to help us develop a social enterprise that will employ local people and provide an income source that will help us become more sustainable.





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The Welsh Government commissioned a Migrant Research Project, and KidCare4U was successful in obtaining some funding to undertake some research with our local migrants. We developed a questionnaire based on the information provided by the Welsh Government and then invited refugees, asylum seekers and migrants to focus groups or contacted our clients to go through the questionnaire. We then had an independent consultant collate the findings from the questionnaires. A report was written with the results and recommendations. The results of the research highlighted issues that KidCare4U is already trying to address such as the need for locally based ESOL classes, activities where they are culturally sensitive such as women only exercise classes.

As an organisation we are proud that KidCare4U has become a voice for the people we work with, and larger organisations and agencies know we have the connections with the diverse ethnic communities in Newport and that we are trusted in the community. They are now seeing us as an access point to these communities.

We also had funding this year for a family fun day where our children from Saturday club and their families could come together and engage in some fun activities, enjoy some food, and celebrate our communities.



## Funding:

- Community Chest £1000 for community event.
- Tudor Trust £30000 for staff and admin.
- Tudor Trust £3000 for organisational development.
- Tudor Trust £2000 for staff wellbeing.
- Henry Smith £41000 for staff, resources, venue hire and activities.
- Welsh Government £4000 for Migrant Research.
- GAVO £3932 for school holiday home packs





# Partnership Work

Over the last year we have continued to expand our network of organisations and agencies that can support our work. By acknowledging our capacity and looking at the long-term sustainability of our organisation we have developed strong partnership working ensuring that our beneficiaries have the best access to opportunities and services. This partnership working has led to more activities being available, access to additional funding and our profile has been elevated.

Our partners include:

- Aneurin Bevan University Health Board
- Barod
- Business in the Community
- GAVO
- Gwent Police
- Gwent Wildlife Trust
- HM Prison Service
- Linklaters
- Natural Resources Wales
- Newport City Football Club
- Newport Live
- Oxford University
- Pill Millennium Centre
- Pobl
- Welsh Government



# Future Developments

**Development of an  
interpretation service social  
enterprise**

**Further development of the  
youth volunteering &  
employment program**



Total Funding  
Received for 2023



**£226,108**



We acknowledge the following people and organisations for their support:

*Thank you!*

- All our staff for all their hard work and dedication
- To our CEO, Rusna Begum, for her vision, dedication, hard work, and her heart
- To all the Trustees for their work, support and belief in KidCare4U
- To all the Organisations, Agencies and Statutory Bodies that have worked in partnership with us
- To all our Funders
- To the Pill Millennium Centre and the Newport Sports Village for providing us the opportunity to deliver our projects in safe and comfortable venues.
- Newport City Football Club for working with us on our Football Project
- And finally to all our families for supporting us and making our work worthwhile







## KIDCARE 4U

## FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH SEPTEMBER 2023

RECEIPTS AND PAYMENTS ACCOUNT  
FOR THE YEAR ENDED 30TH SEPTEMBER 2023

	TOTAL	UNRESTRICTED FUNDS		RESTRICTED FUNDS																					
				Newport City				Newport City																	
		The Tudor Trust		National Lottery	Garfield Weston Foundation	BBC Children in Need	Council Participatory Budget	Newport City Council	GAVO RIFT	Council Participatory Budget	Welsh Government Migrant	Pill	The Tudor Trust -	The Tudor Trust - Staff	GAVO Revenue - Food	GAVO Capital - Cooking	Nisa - Cooking/ Food	BAYO - Youth	Awards 4 All - Bame	Henry Smith - Staff	GAVO - School Holiday	Community Chest - Family	Gwent Police - Saturday		
	General	Core Cost		Support Project	Women's Wellbeing	Saturday Kids Club	Baby Project	Summer of Fun	Miscellaneous	Relaxing Mind Project	Football Project	Research Project	Unity - Rent	Organisational Development	Wellbeing	Project	Capital	Project	Meals	Ladies Club	Funding	Home Packs	Fun Day	Kids Club	2022
	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	
Receipts																									
Grants	226,108.54	30,000.00		32,674.00	10,000.00	20,494.00		10,000.00	4,044.67	8,649.00	4,448.00	4,000.00	7,045.00	3,000.00	2,000.00	3,910.00	2,961.54	3,000.00	2,000.00	9,950.00	41,000.00	3,932.33	1,000.00	22,000.00	128,969.00
Sundry	104.83	104.83																							1,347.47
	226,213.37	104.83	30,000.00	32,674.00	10,000.00	20,494.00	0.00	10,000.00	4,044.67	8,649.00	4,448.00	4,000.00	7,045.00	3,000.00	2,000.00	3,910.00	2,961.54	3,000.00	2,000.00	9,950.00	41,000.00	3,932.33	1,000.00	22,000.00	130,316.47
Payments																									
Wages and salaries & HMRC PAYE	117,540.13	40,266.99		20,213.28	8,559.00	10,598.86	2,160.00			1,494.00	1,056.00	4,000.00					2,074.00		4,606.00					22,512.00	107,655.93
Bounce Back Loan repayments	1,243.20	1,243.20																							1,243.21
Food	8,926.97	1,311.10			51.44				150.00							1,476.38	325.50	1,221.46		1,121.34	3,163.80	105.95			5,356.61
Materials, equipment and resources	5,234.85	292.05			1,066.98					597.97	70.93					322.15	2,202.94	118.32	306.00	149.00	108.51				7,412.57
Rent	13,180.75	2,964.02			2,128.00		1,765.00				1,218.27			2,650.00		300.00			2,155.46						15,112.25
Insurance	995.10	995.10																							949.16
Professional fees	3,478.90	3,478.90																							3,647.12
Expenses and admin	1,725.93	515.33	374.74		230.76	7.99											449.94	147.17							1,594.52
Sundry and travel	9,287.79	2,599.16							2,700.00	19.99					2,000.00	951.32	307.28		138.65	271.39	300.00				8,957.22
Activities	6,239.49	2,888.28			269.97	235.82			1,194.67							395.77		157.21		162.77		935.00			10,667.95
Volunteer costs	1,111.00	931.00																			180.00				727.50
Consultancy	8,300.00	1,275.00					6,000.00			675.00				350.00											7,915.00
DBS	0.00																								217.60
Uniform	0.00																								750.00
	177,264.11	18,493.14	40,641.73	26,213.28	12,306.15	10,842.67	3,925.00	0.00	4,044.67	2,786.96	2,345.20	4,000.00	0.00	3,000.00	2,000.00	3,445.62	2,510.22	2,967.76	1,970.49	6,910.46	1,664.01	3,643.80	1,040.95	22,512.00	172,206.64
Net receipts/(payments)	48,949.26	-18,388.31	-10,641.73	6,460.72	-2,306.15	9,651.33	-3,925.00	10,000.00	0.00	5,862.04	2,102.80	0.00	7,045.00	0.00	0.00	464.38	451.32	32.24	29.51	3,039.54	39,335.99	288.53	-40.95	-512.00	-41,890.17
Transfers between funds	0.00	-112.20					71.25															40.95			0.00
Cash funds brought forward	6,711.96	-25,368.38	30,000.00	8,685.16	8,688.77	0.36	3,853.75	-10,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-9,147.70	48,602.13
Cash funds carried forward	55,661.22	-43,868.89	19,358.27	15,145.88	6,382.62	9,651.69	0.00	0.00	0.00	5,862.04	2,102.80	0.00	7,045.00	0.00	0.00	464.38	451.32	32.24	29.51	3,039.54	39,335.99	288.53	0.00	-9,659.70	6,711.96

The Receipts and Payments Account was approved by the trustees on 11th May 2024 and signed on its behalf by:

J. Johnson



## KIDCARE 4U

**FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH SEPTEMBER 2023****STATEMENT OF ASSETS AND LIABILITIES AS AT 30TH SEPTEMBER 2023**[illegible]

The Statement of Assets and Liabilities was approved by the trustees on 11th May 2024 and signed on its behalf by:

J. Johnson



## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF KIDCARE 4U

I report to the trustees on my examination of the accounts of Kidcare 4U (the Charity) for the year ended 30<sup>th</sup> September 2023, which comprise the Receipts and Payments Account and Statement of Assets and Liabilities.

### *Responsibilities and basis of report*

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

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

### *Independent examiner's statement*

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

- (1) accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

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

Christine Pritchard FCA  
Arthur Gait & Company Limited  
Chartered Certified Accountants  
18 Gold Tops  
Newport  
NP20 5WJ

17<sup>th</sup> May 2024