



**Charity No. 1185396**



**Annual Report  
2024**



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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

Once again KidCare4U has a busy year with us securing funding for existing and new projects. We have continued to work in partnership with other organisations both old and new. It has been a year of change with some projects changing and new ways of working. We have learnt a huge amount over the last few years and we embrace the changes so that we are able to support more people in our communities.

Working with our Partners has been crucial in supporting our communities. Working with partners such as Gwent Police, Newport City Council and ABUHB has meant that our communities have access to advice and support ensuring that normally they would struggle to get and that our partners are engaging with our communities. We are seeing a new age of co-operation and trust.

The Saturday Club still goes from strength to strength with the club now supporting 160 children, and we have a waiting list. However, here we have seen a change in our working practices. The Pandemic changed the way we delivered our activities and the impact on our children, made us look at the work we delivered. Now all our children engage with the education support and we deliver more workshops, where children have more opportunities opened up to them. We are also engaging more young people through our mentoring program and with partner organisations we are providing careers information and support, and not forgetting we have become a Duke Of Edinburgh Awards registered centre.

We will inevitably face challenges and changes in the year ahead, however, we have a strong Board of Trustees, amazing staff and healthy partnerships. This should ensure that KidCare4U will continue to support our communities and nurture our children.



# Our Trustees



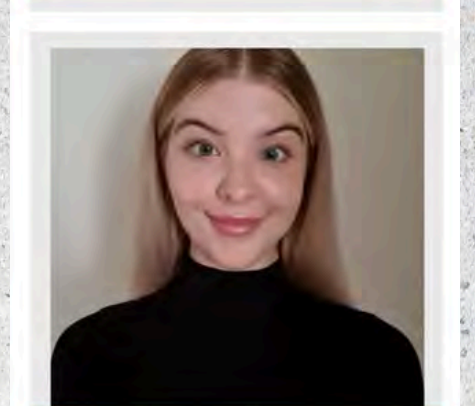
**Jeremy  
Johnson  
Chairperson**



**Rusna Begum  
Trustee/CEO**



**Mohammed  
Iftakher Rahman  
Trustee/  
Treasurer**



**Evelyn Owaide  
Trustee/  
Secretary**



**Eman Alyan  
Trustee**



**KidCare4U**

Supporting children and families



# Trustees' Report

We are now into our fifth year and once again we have seen our projects grow. We have also seen our profile grow in the communities we serve and with other organisations, seeing support in the local council and Welsh Government. This is down to the hard work of our CEO Rusna Begum and our amazing staff. We have secured funding to allow us to continue our projects and develop new ones, but we are facing challenges as costs rise and the demand for our services increase. This will mean that there will be changes, and some difficult decisions to make, but we will endeavour to secure funding and deliver the services needed by the communities we serve.

This year we have been so overwhelmed and pleased with the development of our young people. Through our partnerships with employers such as Linklaters, Monmouthshire Building Society, HM Prison Service and Monmouthshire Building Society, we have been able to expand opportunities open to young people and have seen a number of our young people take on apprenticeships with some of these employers.

Becoming a registered centre for the Duke of Edinburgh Awards Scheme has allowed our young people to have new experiences and to challenge themselves. We have seen a growth in their confidence and abilities. We hope in the next year we will see more of our young people signing up and enjoying this amazing opportunity.



**Income for 2023/24 £223,498**  
**Expenditure for 2023/24 £195,412**

We have always advocated improved health and well-being for our communities. This year has been no different, with female swim sessions continuing, and new female gym sessions set up , along with women's health fayre taking place with the MDC and local ABUHB supporting the event. Our women's groups have focused on mental well-being with exercise and mindfulness sessions regularly taking place. Not to forget the men, we are still running our men's football project which is now organised by the men themselves, and at our fun days we give adults the opportunity for health checks.

We want to take this opportunity to thank everyone involved with KidCare4U; that includes staff, our partners and funders, all those people who work behind the scenes, but most of all thank you to all the people who engage in our projects without you KidCare4U would not exist.





# Highlights

**Grants received:  
£233,498**

**244 women  
attending swim  
sessions**

**280 families  
benefitting from  
home packs**

**15 Young people  
on the Duke of  
Edinburgh Award  
Scheme**



# SATURDAY KIDS' CLUB

The children who attend the club are age from 5-16 years old and from 7 diverse ethnic backgrounds. The children are split into age groups where they access educational support from qualified tutors. They also engage in fun workshops on a variety of topics.

This year we have worked with 180 children and the club has been fortunate to secure grants from various funders to maintain staff and deliver a wide range of activities:

- Gwent Police £22,000 for staff costs
- Moondance Foundation £7,488 for club staff to support children with additional needs
- GAVO RIF Small Grants Scheme- £3,795 for Kids Club Positive Minds Project
- Community Matters £5,000 for STEM in Saturday Club

- Tesco £1,000 for football
- Barclays £1,000 ongoing Saturday Football
- Tennis Wales £600 participation in Tennis Festival and training



Tesco - Football project



Tennis Wales- Tennis Festival





## Kids' Club Positive Minds

This project was funded through the GAVO RIF Small Grant Scheme and allowed us to employ the services of a qualified Counsellor who delivered group workshops and 1:1 counselling sessions. All these sessions tackled issues such as bereavement, emotional regulation and stigmas around mental health. The Children also looked at the stress and anxiety around transitioning from primary to secondary school.

This project 180 children attend the workshops and 60 children had individual support. This project allowed us to help our children and young people to talk about those issues that were making them anxious and to find coping strategies to help through difficult times in life.





# The Great Kids' Club Bake

With funding from GAVO our children and young people had great fun learning how to bake. Not only did they bake some yummy goodies but improved their maths knowledge through weighing the ingredients and learnt new life skills. They learnt to work in teams and both boys and girls enjoyed the activities





# Sporting Heroes

The Saturday Kids Club is all about development, creativity and opportunity, and this year we have encouraged more of our children and young people to try new activities.

Our Saturday Football sessions received funding from Barclays to continue allowing over 25 local boys and girls to participate. However, with money from Tesco we were able to introduce an additional football project for 12 weeks. The grant paid for kit, water and venue hire and over 20 children took part.

We also engage with Tennis Wales who funded an opportunity for 180 of our children to take part in a Tennis Festival. All our children had a game of tennis and from this 20 young people signed up to do a Level 1 Tennis Coaching qualification.





# STEM

Science, Technology, Engineering & Mathematics - STEM. We recognised the need to support our children and young people with science subjects and broaden their interests in the world of science. With a £5,000 grant from Community Matters, we were able to have qualified science tutors in the Saturday Club for 3 months. Activities included building solar ovens, and exploring scientific concepts in a creative way.





# Young People

We have seen an increase in the demand for support for young people. We have worked over the last year, to provide opportunities, build confidence and resilience, and to broaden our young people's horizons.

## Careers



Working with employers, organisations and government agencies we have been able to support young people in accessing some work experience and have arranged visits to show them what opportunities are available to them:

- Oxford University
- BBC Wales
- Linklaters LLP
- HM Prison Service
- KLA
- Monmouthshire Building Society



We have seen Young People access apprenticeships or employment with our support





## Cultural Fashion Show

This event involved the children and young people from the Saturday Club, along with the staff. The young people took on the the organising of the show, with one young Person Fateha Islam taking the lead and led the project from planning to rehearsals and to the show itself. This young person grew in confidence, and developed so many skills. The show itself was amazing with vibrant colours and array of flags being on display. Those involved had a real sense of belonging and pride in their culture. All ages walked down the catwalk with parents taking part at the end. The hall was full with 250 people attending.



**GAVO Funding £790**



# Duke of Edinburgh Award Scheme (DofE)

DofE is open to any young person aged 14-24. Each young person builds their own DofE programmes – picking their own activities and choosing which cause to volunteer for – in order to achieve a Bronze, Silver or Gold DofE Award.



KidCare4U Became a registered centre for DofE in May, offering exciting new experiences for our young people to engage in. We've had 15 young people participate.



At the beginning of October we saw our young people go on their first overnight outward bounds trip, for their Bronze Award. They embarked on a camping trip, cooking on a camp fire and learning to read a map.



**DofE Grant £7,813**



# School Holiday Grant

We recognise that the majority of the families that use our services are from low-income household, and the cost of living crisis has exasperated the stress family face. The school holidays can be a difficult time for families as children do not have access to free breakfasts or school meals. Families cannot afford the extra food during this time and families go hungry. People from diverse communities will not access food banks as they feel there is a stigma attached to them or that food is not culturally suitable. Accessing funding through GAVO in December we were able to provide home packs which offered a family of 5 two to three meals, during this challenging period.

Youth volunteers helped pack the 180 home packs ready for distribution.

280 families supported and 900 individuals.



**GAVO £2,991**



# FAMILY SUPPORT

It has been another good year for the Ethnically Diverse Family Support Project with 3 women from the local community being employed as Family Support Workers supporting local low-income families from 13 different diverse ethnic communities and supporting them in 6 different languages.

One of our Family Support Workers left the project and re-employed another worker but instead of the worker undertaking one-to-one work, it was decided to set up a group for an Ethiopian Christian group that have been underrepresented and needed the support. None of these women speak English. We are currently supporting 12 women who can come together in a safe space, and they can access information about health, employment, and benefits.

Since September 2023 to August 2024, we have worked with 77 families, and this includes 31 new clients registered. From these clients 77 clients have received support. There have been 499 support visits made this year. Over the three years of the project, we have worked with 105 new clients within the Family Support project with 43 existing clients on the project.



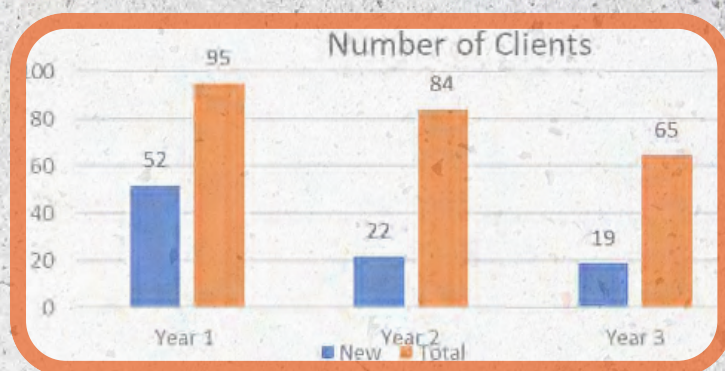
**31 new  
clients**

**499 support  
contact/visits  
made**



This was our last year of the 3 year funding from the National Lottery.

Over the three years we worked with 244 families and 1,646 support visits made by the Support Workers. With funding ending we have needed to look at the lessons learnt and if there is a way to support more families and individuals in our communities. We recognised that moving forward we wanted the people who we supported to improve their situations and one to one support could not always achieve this. We found that the group work we have been introducing had a greater impact with more people being engaged at one time. Our partners engaged with groups, and we are breaking isolation and the reliance on one person. With our base in operation we are able to provide more support.



**244**  
**Families**  
**supported**

**1,646 support**  
**visits made**

**The National Lottery (year 3**  
**of 3-year grant) £32, 674 for**  
**staff**



# 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 two evening sessions with a female lifeguard has meant that 391 women/girls from 10 ethnically diverse communities have been able to access free swim sessions and with 1,043 attendance at sessions. From September 2024 we have added an additional session on a Sunday.

From October 2024 we will be offering gym sessions for women.



# WOMEN'S WELL-BEING GROUPS

We have continued to run our Wednesday Women's Well-being Group and the Friday Ladies Club. In the latter part of the year we received funding for a new Bengali Women's Group, which will continue into next year. These groups bring together women from a number of diverse ethnic backgrounds, encouraging social interaction between communities. The groups empower, support well-being and provide information. The groups engage the women in a variety of activities. We act as a Warm Hub providing a safe space for women from ethnically diverse communities.

This year we reached 172 women of all ages. We have supported older women to attend the groups by providing transport, and all women have built friendships in the groups.

Through grants from a number of funders we have been able to provide a variety of activities for the women attending the groups:

- **The National Lottery Awards for All £19,840 for the Bengali Women's Group**
- **Race Equality Cymru £840 for Zumba sessions. These sessions provides a safe space for our women to remove hijabs comfortably and engage in exercise sessions.**
- **Children in Wales £105 allowed us us to deliver Children in Wales parenting rights and awareness workshops and to provide refreshments. Fateha Ali delivered the sessions in multiple community languages.**
- **Aneurin Bevan University Health Board (NCN) £12,780 for women's health outreach. This included health workshops on topics such as menopause, mental health support such as mindfulness and managing stress and anxiety in spoken languages, a psychological well-being practitioner to support 1:1 sessions and interpreters. This project alone support 70 women from 7 ethnic backgrounds.**
- **Independent Office of Police Conduct £350 for IOPC officer Frances Taylor visit to explain police complaints/reporting procedures and also for us to hold an Iftar event.**







The cooking in project we ran last year had an impact on the women and this year we have worked with The Hive Newport to allow some of our women to use their community kitchen to prepare and cook food for the people coming in to use the Hive. The women have loved this and have grown in confidence and sense of belonging.

- The Bengal Dragons Foundation gave us £200 to help us fund their cookbook project The Welsh Kitchen, that highlighted belonging, diversity and pride in Welsh identity. Our women contributed authentic recipes to the book. The book launch was held at a local Bangladeshi restaurant and the book is on sale in WH Smiths and other UK shops.





# Dementia Support Project

Dementia is a huge issue and affects all ethnicities. However, accessing reliable information in different languages is not easy for our users. Through funding from Newport City Council and working with the ABUHB Dementia Team we ran this dementia project. We were able to employ 2 members of staff to run a monthly dementia café called Holding Hands and run memory box workshops. The Holding Hands group provide support and information, but more importantly provided a little respite for those caring for individuals with dementia. This year the project supported 35 individuals and 50 plus in the wider community

Newport City Council £5,960





# 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. This project continues to provide support and showing integration. It has provided confidence and self-esteem to the men who are now organising the project themselves. This year with 45 men attended. The men are from across Newport and 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.





# Events & Consultations

**KidCare4U organised a number of events during the year:**

## **Windrush Celebrations**



**Our children and young people hosted a celebration event for Windrush Day with food, and activities. They started with a presentation. 200 people attended the event**

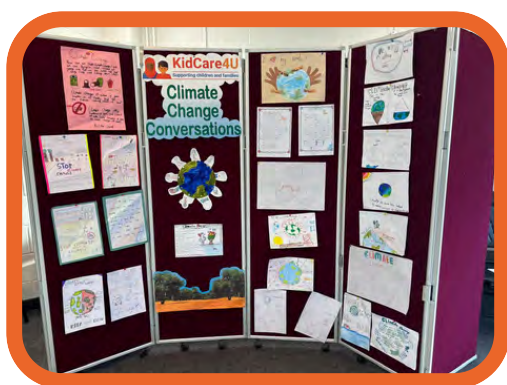
**Race Equality Cymru  
£1,800**

**Both our Women's Well-being groups and the Saturday Club hosted celebration on National Windrush Day. Usually the communities we work with do not know the significance of the Windrush Generation and we were pleased that representatives from the Windrush Generation have supported us in delivering an inclusive message to our communities.**

**Our well-being groups came together for a special event with 60 plus women attending. The event comprised of some fun activities, presentations and food.**



# Welsh Government Climate Change Conversation



In September each year the Welsh Government launches it's Climate Change Conversation which looks to engage people inn communities across Wales and ask them their thoughts about climate change.

This year the questions were about how prepared are we for the effects of climate change.

The Welsh Government provided funding for us to hold an event, workshop and for the final report to be completed

KidCare4U held an event where the children from the Saturday Club delivered a presentation and made a display all about climate change. Event saw staff consulting with parents and young people attending the event.

Our well-being groups took part in a workshop. Staff spoke to the women in groups, getting their thoughts on the topic of climate change.



## Supporting Unpaid Carers

Due to language barriers and cultural/religious beliefs the majority of the people we work with struggle to access services and support in their communities. Those caring for other individuals do not view themselves as unpaid carers for the following reasons:

- due their culture they feel it is their duty;
- if they are receiving a carers' allowance then they think they are being paid.

This means that they are not accessing all the benefits unpaid carer's are entitled to. Working with the Care Collective, KidCare4U undertook a consultation with people who care for others to find out their needs and barriers to accessing support.

Care Collective provided funding for the consultation but also to support unpaid carers to have access to trips and activities. We also held a family event to engage the wider community.

From the consultation it is apparent that the majority of respondents found that they had no access services and information in their own language. Although some information was available in different languages, knowing where to access that information was not easy and with existing language barriers this was even more difficult. This included applying for benefits or support.



Unpaid carers enjoy a shopping trip to Birmingham

**Care Collective £7,560**



## Other Events



Cost of Living Event



Cost of Living Event



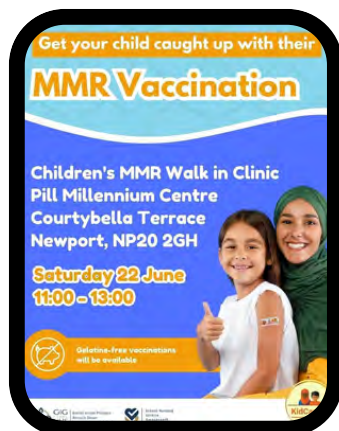
Cost of Living Event



Health Fayre



Health Fayre



MMR Vaccination  
Walk-in Clinic



Alacrity Gift Donations



Iftar Celebration



Eid Celebration



# Partnership Work

KidCare4U has continued to work in partnership with other organisations. Our partners old and new have supported us and helped us to meet the needs of our communities. Through partnership working we have ensured that our beneficiaries have the best access to opportunities and service.

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
- Bengali Dragons Foundation
- Business in the Community
- GAVO
- Gwent Police
- Gwent Wildlife Trust
- HM Prison Service
- KLA
- Linklaters
- Newport City Council
- Newport Live
- Oxford University
- Pill Millennium Centre
- Pill Unity
- Tennis Wales
- The Hive Newport
- Welsh Government
- Women of Newport



# CHARITY DEVELOPMENT

We are continuing to develop a translation service social enterprise with support from the businesspeople involved in BITC. This business venture will employ local people and provide an income source that will help us become more sustainable.



We have recognised that there is a need to invest in our young people and further develop our youth programs. Next year we will look to increase our youth volunteering and develop a program that will build confidence, resilience and aspirations.

Developing our group work will over the next year will enable us to engage more people from across Newport and providing partner organisation to deliver much needed information to our communities. We will also seek funding opportunities to offer new activities and support.





## Other funding received :

- Linklaters £700 for core costs.
- British Legion £500 for VE/VJ Day Celebration in 2025.
- Tudor Trust £30,000 for CEO salary.
- Henry Smith £28,500 for core costs.
- GAVO £3932 for school holiday home packs





# Total Funding Received for 2024

A large, solid orange five-pointed star is centered on the page. It has a thin green outline. Inside the star, the text '£233,498' is written in a bold, black, sans-serif font.

**£233,498**

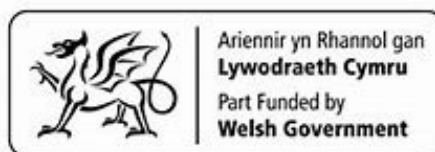


We acknowledge the following people and organisations for their support:

*Thank you!*

- All our staff for all their hard work and dedication
- To our CEO, Rusna Begum, for her continuing dedication and hard work.
- 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, the Hive Newport and the Newport Sports Village for providing us the opportunity to deliver our projects in safe and comfortable venues.
- And finally to all our families for supporting us and making our work worthwhile







# KIDCARE 4U

## FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH SEPTEMBER 2024

### RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 30TH SEPTEMBER 2024

	UNRESTRICTED FUNDS	2024 RESTRICTED FUNDS	TOTAL FUNDS	2023 TOTAL FUNDS
	£	£	£	£
<b>Receipts</b>				
Grants	87,000	146,473	233,473	226,108
Sundry	-	-	-	105
	87,000	146,473	233,473	226,213
<b>Payments</b>				
Staff costs	30,254	103,439	133,693	117,540
Bounce Back Loan repayments	1,243	-	1,243	1,243
Food	4,300	4,749	9,049	8,927
Materials, equipment and resources	2,695	1,255	3,950	5,235
Rent and insurance	10,858	8,264	19,122	14,176
Professional, consultancy and training	2,667	11,414	14,081	11,779
Sundry, travel, admin and expenses	5,426	1,889	7,315	11,014
Activities	5,145	1,149	6,294	6,239
Volunteer costs	33	563	596	1,111
	62,621	132,722	195,343	177,264
Net receipts	24,379	13,751	38,130	48,949
Transfers between funds	-372	372	-	-
Cash funds brought forward	14,825	40,836	55,661	6,712
Cash funds carried forward	38,832	54,959	93,791	55,661

The Receipts and Payments Account was approved by the trustees on 29th July 2025 and signed on its behalf by:

R. Begum



**KIDCARE 4U**

**FINANCIAL STATEMENTS FOR THE YEAR ENDED 30TH SEPTEMBER 2024**

**STATEMENT OF ASSETS AND LIABILITIES AS AT 30TH SEPTEMBER 2024**

	<b>UNRESTRICTED</b>	<b><u>2024</u></b>	<b>TOTAL</b>	<b><u>2023</u></b>
	<b><u>FUNDS</u></b>	<b><u>RESTRICTED</u></b>	<b><u>FUNDS</u></b>	<b><u>TOTAL</u></b>
	<b><u>£</u></b>	<b><u>FUNDS</u></b>	<b><u>£</u></b>	<b><u>FUNDS</u></b>
<b><i>Cash funds</i></b>				
Bank current account	38,832	54,959	93,791	55,661
<b><i>Liabilities</i></b>				
Bounce Back Loan	6,543	-	6,543	7,608

The Statement of Assets and Liabilities was approved by the trustees on 29th July 2025 and signed on its behalf by:

R. Begum



## 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 2024, 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.

Mahin Khawaja FCCA  
Arthur Gait & Company Limited  
Chartered Certified Accountants  
18 Gold Tops  
Newport  
NP20 5WJ

29<sup>th</sup> July 2025