



## Trustees' Annual Report for the period

From 02 November 2021 To 1 November 2022

Charity name: Enabled2Parent

Charity registration number: 1190879

## Objectives and Activities

Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>1. The Relief of those in need by reason of ill health, disability or other disadvantage.</b></p> <p>Enabled2Parent is concerned with the relief of disability for the public benefit by:</p> <p>Providing specialist advice, assessments and information to disabled parents, parents with additional support needs and their families so they may access facilities and services in the community.</p> <p>Enabled2Parent is concerned with the care, parenting, and establishment in life of the children and young people who are part of the families where there is a parent with a disability or additional support needs.</p> <p><b>2. Social Inclusion</b></p> <p>Enabled2Parent will for the public benefit promote social inclusion among disabled parents, those parents with additional support needs and their children by:</p> <p>Providing education and information to enable disabled parents and those with additional support needs to become and be safe, independent, and resilient parents.</p> <p>Raise public awareness about the issues faced by disabled parents and those with additional support needs and their children both generally and in relation to their social inclusion.</p> <p>Provide workshops, forums, advocacy and general support.</p>
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Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>The Relief of those in need by reason of ill health, disability or another disadvantage.</b></p> <p><i>Providing specialist advice, assessment, and information to disabled parents, parents with additional support needs and their families so they may access facilities and services in the community.</i></p> <p>The charity has established a national occupational therapy service to meet the needs of disabled parents and those parents with additional support needs. Over the past year we have received referrals and enquiries from all over the country. We also support two parents from Wales as well.</p> <p>The charity has continued to provide assessments, advice and information to clients and professionals and signposted them to local agencies as appropriate.</p> <p>This model of practice will continue because online working means that we can reach a greater number of people and services and work efficiently within COVID and sustainability guidelines.</p> <p>The combination of publishing articles and the Founder being a member of a number of Facebook groups as a disabled parent means that she can pick up queries or concerns of other disabled mothers and pass on details of our website and service and chat about possible solutions to issues raised by other parents.</p> <p>Also, other Occupational Therapists are making enquiries to Enabled2Parent for case discussions or making referrals to our service. The range of referral sources is also gradually increasing. These include fertility clinics, local authorities, Perinatal Occupational Therapists, medicolegal experts and the National Childbirth Trust.</p> <p><b><i>Enabled2Parent is concerned with the care, parenting, and establishment in life of the children and young people who are part of the families where there is a parent with a disability or additional support needs.</i></b></p> <p>The charity's founder has a wealth of experience working with children with additional needs over many years. This means the charity can offer advice and support to our parents and their families.</p>

		<p>This means the charity has been able to recognize and (with parental consent) advise on parental, child and/or professional concerns arising from the potential and actual special educational needs of the children of the parents in our care.</p> <p>The charity has also been invited to attend and participate in Child in Need Meetings and Child Protection conferences by various local authorities where the parents we are supporting have requested our help.</p> <p>This has meant we have been able to advocate for them and so empower them to have a greater understanding of the role they have as parents in maintaining the welfare of their children.</p> <p>In addition, Enabled2Parent provides short- and long-term support to parents. The charity will review progress with clients regularly and they can self-refer again if their needs change.</p> <p>The charity has also worked with other charities and organisations in the wider community to promote and address the needs and quality of life of the families we support.</p> <p>These include the Disability Union, Birthrights, Home Start, Pathfinders Neuromuscular Alliance and Disabled Living.</p>
	Para 1.18	<p>The Public Benefit Guidance (PB1) as set out by the Charity Commission state that the High Court will recognize the public benefit of a charity because of a charitable need that seeks to serve a sufficient section of the public with specific protected characteristics.</p> <p>The Family Resources Survey (2020) provides information that relates to the income and circumstances of households in the United Kingdom. The findings show that in 2019 – 2020 there were 14.1 million people with a disability. 19% of people of working age reported a disability and 8% of children have a disability. This means that currently there are over 700,000 working age individuals affected by disability.</p> <p>Enabled2Parent serves this section of the public who are working age parents with disabilities, and/or additional support needs and their children.</p> <p>Enabled2Parent has been established to give advice, clinical assessments, and information to disabled mothers and fathers. The protected characteristics of this “sufficient section of the public” are disability, pregnancy and maternity.</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making.	Para 1.38	Enabled2Parent is not a grant making charity.
Policy on social investment including program related investment.	Para 1.38	Enabled2Parent is a small charity so has not made investments of any sort during this period.
Contribution made by volunteers	Para 1.38	Enabled2Parent is a small CIO with only its trustees who are volunteers in post at the present time.
Other		Not applicable

**Achievements and Performance**

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Founder has written two articles for the professional magazines Occupational Therapy News and Disabled Living Magazine to raise awareness of the services we provide. These were published in November 2021 and February 2022.</p> <p>The Founder continues to work with the Projects Lead of the Institute of Health Visitors to write a Good Practice Guideline about Disability and Parenting. The article has been written but is undergoing the peer review process.</p> <p>The charity was invited to speak at the Annual Conference of Jacqueline Webb about The Medico-Legal Perspective of Supporting Disabled Parents. This was held in Birmingham and the charity received a positive response. Experts in attendance ranged from lawyers, allied health professionals and care experts.</p> <p>It is hoped these initiatives will enable the charity to reach a wider variety of professionals and services which may lead to their working together in different ways. Enabled2Parent continues to reach a wide variety of parents from diverse backgrounds through social media. We have over 700 followers and our page is becoming known and shared over a variety of disabled parent groups, charities, and commercial organisations.</p> <p>Enabled2Parent has appointed a Champion for Fathers who provides peer support to disabled fathers. This is an area of our provision which makes us unique, and we plan to invest and develop this work over the coming year.</p>
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		<p>Enabled2Parent has a growing community on social media with <b>over 700 followers</b>. The posts included here provide articles about life as a disabled parent, equipment ideas for baby and childcare.</p> <p>The charity recognizes the power of social media as a platform for parents with disabilities to connect and support each other. The trustees will be looking at creative ways to keep our material current and relevant to our followers over the coming year.</p> <p>The charity has been able to advocate for clients during meetings with professionals and educate them about the reality and challenges of parenting with a disability. The professionals have told us that they have felt well informed about the needs of parents with disabilities such that their decision making has been enhanced as a direct result of our involvement.</p> <p>As a result, we have found that new mothers and fathers have been closed to Children's Services earlier because Enabled2Parent can provide risk assessments and ongoing clinical and emotional and peer support to families and their children to empower them and keep them safe.</p> <p>The charity has given a talk to the charity "Up" (an organisation for adults with cerebral palsy) about parenting with a disability.</p> <p>The charity has worked with the Pathfinder Neuromuscular Alliance to produce a module giving insight to how parents with these conditions can work with their personal assistants to maximize their parenting roles and family life. This forms part of an online training course</p> <p>The charity has started discussions with Brthrights (an organization that addresses the legal rights of women in childbirth to write a facts sheet about disability and parenting.</p> <p>In addition, an NHS service called Getting Over The Bump (St Georges Hospital London) approached the charity to explore creative ways they could find to fund, develop and raise awareness of their service.</p> <p>The charity has been awarded a grant by the Sussex Community Foundation Trust to fund a six-week online support group for mothers and fathers with disabilities or additional support needs. It is anticipated the course will be piloted in Sussex and then rolled out over the rest of the country if successful.</p>
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		<p>The charity has also been awarded a grant from the National Lottery Community Fund. This will be used to exhibit at shows, set up support groups for disabled mothers in different areas of the country, host a reception for dignitaries and develop our provision for disabled fathers.</p> <p>Below are a couple of case studies which demonstrate the positive impact of the charity and support it has provided to families we support.</p> <p>The first lady was referred to us by a Children's Social Worker in the North of England. The referring party asked for guidance as the client had a rare genetic condition which affected her parenting capacity to safely parent her child. The client lived with her mother and the local authority was working with the family to seek a parenting order, so her mother had parental responsibility.</p> <p>Despite this, both our client and her mother wished that our client should be actively involved in parenting and raising her child.</p> <p>Enabled2Parent was invited to sit in on the parenting capacity assessment sessions carried out by Childrens Services. It became clear that our client found it hard to retain and recall more complex ideas and information.</p> <p>It was identified that the client benefited more from visual information rather than lots of words. Enabled2Parent suggested the provision of a "Baby Book" which the charity wrote and produced.</p> <p>The aim was that our client could refer to and use so that she could "look up" and read about various common baby care tasks and how to carry them out, safety issues, how to bond and play with baby, getting out and about and how to look after herself as a new Mum. The book was more pictorial, and topics were covered on no more than two pages of A4.</p> <p>In addition, the charity carried out a disability support needs assessment for the Obstetrics Team at the hospital where our client was due to give birth.</p> <p>This is a tool that enables us to identify the care and mobility needs of our client to enable the staff looking after her to know and understand exactly what the client will need before and after birth as well as a summary of her disability and the impact this will have on her during and after birth. We also recommended an accessible private ensuite bedroom where she and her mother could stay so her mother could be with her and work with the staff to support her daughter as needed.</p>
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		<p>Later, her mother told us that the birth had been quite traumatic, and the provision of a private room meant that she could stay with her daughter throughout the delivery and afterwards. She was very grateful for the privacy, understanding and positive start her daughter had because of this reasonable adjustment.</p> <p>Furthermore, our client's mother told us that her daughter continues to use the baby book and is developing "mothering instincts" and her confidence in carrying out day to day baby care is increasing.</p> <p>Secondly, a family were referred to us via their Children's Social Worker who wanted some advice as she was concerned that the Service was not achieving very much positive change in the situation.</p> <p>This was a family of five (three children under 5 years old, one with suspected autism) and two parents – father with a neurological condition and visual issues and a mother with a mental health condition. The family were also living in cramped conditions that was affecting their stress levels, health and wellbeing.</p> <p>The charity was invited to join the team of professionals to understand the dynamics of the family and the issues involved. It was quickly identified that the charity could help the situation in the following ways;</p> <ul style="list-style-type: none"> <li>• providing an assessment of the impact of both parents' disabilities on parenting their children</li> <li>• liaison with the welfare department of the housing association to review the banding and an OT report to escalate the need for a larger property.</li> <li>• A referral to a specialist psychiatrist and a discussion with the vision specialist for the father.</li> <li>• The charity carried out a behavioral observation check list and produced an observation chart which was used as supporting evidence to refer the eldest child to the Caudwell Children's Trust for a diagnosis of a neuro- divergent condition.</li> </ul> <p>The outcomes of the support the charity provided were:</p> <ul style="list-style-type: none"> <li>• The family was given a larger 4- bedroom property. The father's needs around his behaviour, difficulties and vision were assessed and treated.</li> </ul>
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		<ul style="list-style-type: none"> <li>• A discussion with the vision specialist for the father meant that we were able to suggest a modification to Childrens' Services of some different more realistic expectations father should be given in parenting his children</li> <li>• Mother is provided with ongoing support to manage a complex set of family dynamics.</li> <li>• The case was closed to Children's support once these goals were achieved.</li> </ul>
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### **The charity**

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Please refer to summaries of achievements under objects and purposes.
Performance of fundraising activities against objectives set	Para 1.41	<p>The beneficiaries of Enabled2Parent are disabled parents and their families as well as professionals working across all sectors.</p> <p>This means that it is very difficult to fundraise or launch appeals asking them to donate to our cause. This is because they are often on lower incomes and the NHS and local authorities do not always have a budget to fund our services.</p>
Investment performance against objectives	Para 1.41	Please refer to Paragraph 1.38
Other		Not Applicable

## **Financial Review**

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Enabled2Parent has no additional reserves at this time.
Amount of reserves held	Para 1.22	Not Applicable
Reasons for holding zero reserves	Para 1.22	



Details of fund materially in deficit	Para 1.24	Not Applicable
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	Not Applicable

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>Enabled2Parent currently continues to rely on the fees that it receives in relation to providing a clinical service to clients and professionals. We also provide Consultancy to organisations and professional bodies.</p> <p>The charity has been awarded a total of <b>£11,193.88</b> of grants from the National Lottery Community Fund and the Sussex Community Foundation.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	.Not applicable
A description of the principal risks facing the charity	Para 1.46	<p>The beneficiaries of Enabled2Parent are disabled parents and their families as well as professionals working across all sectors.</p> <p>This means that it is very difficult to fundraise or launch appeals asking them to donate to our cause. This is because they are often on lower incomes and the NHS and local authorities do not have a budget to fund our services.</p> <p>Also, the founder is pioneering a new area of practice within her profession the awareness of which is growing slowly. This means that it will now be necessary to adopt a threefold approach that encompasses clinical service provision, marketing, and procurement.</p> <p>The charity has been awarded £11,193 in grants which will fund our activities for the next year or so but it will be necessary to apply for further grants to maintain and sustain our activities moving forward.</p> <p>Furthermore, loss of trustees as well as the time it takes to recruit for new ones puts the charity at risk of short periods of time where we cannot operate. We also want to recruit trustees with skills, experience and commitment that match the objects and purposes of the charity.</p> <p>It is hoped that we can address these concerns with support from the NCVO and a more local service the Voluntary Association for Arun and Chichester.</p>

## Structure, Governance and Management

Description of charity's trusts:		Not Applicable
Type of governing document	Para 1.25	Foundation Model Constitution
How is the charity constituted?	Para 1.25	Enabled2Parent is a CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	One trustee resigned for personal reasons in June 2022. The charity is taking active steps to find a replacement.

## Reference and Administrative details

Charity name	Enabled2Parent
Other name the charity uses	Not Applicable
Registered charity number	1190879
Charity's principal address	64 Sherborne Road Chichester West Sussex PO19 3AQ

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Fay	Founder & Chair		
2	Fiona Anderson	Communications Manager		
3	Deborah Robinson	Secretary		

Corporate trustees – names of the directors at the date the report was approved

Director name		
Not Applicable		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
Not Applicable		

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Not Applicable
Name and objects of the charity on whose behalf the	Not Applicable

assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not Applicable

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not Applicable

## Other optional information

Not Applicable

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

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Full name(s)

Sarah Jane Fay	
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Position (eg Secretary,  
Chair, etc)

Chair	
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Date

08.06.2023
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
Enabled2Parent

No (if any)

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
02/11/2021

To

Period end date  
11/1/2022

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Donation from Mr S R Wethered	1,000	-	-	1,000	10
Donation from David Barratt	25	-	-	25	-
Grant from Sussex Community Foundaton	1,631	-	-	1,631	-
Grant from National Lottery Community Fund	9,562	-	-	9,562	-
Fee for Project with Pathfinders ( Neuromuscular Charity)	250	-	-	250	375
Payment from Jacqueline Webb Medico Legal Firm for Speaking at Annual Conference	297	-	-	297	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>12,765</b>	<b>-</b>	<b>-</b>	<b>12,765</b>	<b>476</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>12,765</b>	<b>-</b>	<b>-</b>	<b>12,765</b>	<b>476</b>
<b>A3 Payments</b>					
Bank Admin Charges	84	-	-	84	56
Stationery Costs (Amazon)	11	-	-	11	-
Duplicate Bank Statement Charge	10	-	-	10	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>105</b>	<b>-</b>	<b>-</b>	<b>105</b>	<b>56</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>105</b>	<b>-</b>	<b>-</b>	<b>105</b>	<b>56</b>
<b>Net of receipts/(payments)</b>	<b>12,660</b>	<b>-</b>	<b>-</b>	<b>12,660</b>	<b>420</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>12,660</b>	<b>-</b>	<b>-</b>	<b>12,660</b>	<b>420</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Total cash funds	12,660	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	12,660	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	Details			
	Not applicable	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details			
	Not applicable		-	-
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	Details			
	Not applicable		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	Details			
	Not applicable		-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Sarah Jane Fay	8/22/2023	