

**Ealing Anchor Foundation**

Formerly known as Parents of Ealing Self  
Help Training Scheme (P.E.S.T.S)

# ANNUAL REPORT

**APRIL 2021-MARCH 2022**

**EALING  
ANCHOR  
FOUNDATION**



Supporting Parents & Carers in Ealing

**Report of the Trustees  
and Financial Statement**

**Moving out of isolation and making long lasting friendships**

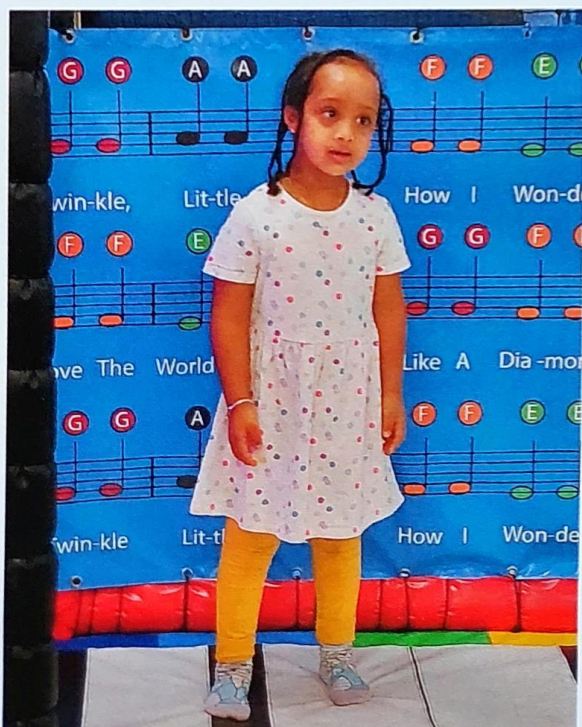




## OUR MISSION STATEMENT

We believe that every child should have a safe and happy childhood and given the best start in life.

Ealing Anchor Foundation works towards a future in which all differently abled children and young people realise their aspirations and their right to an inclusive community which supports both them and their families.



## OUR AIMS

The aim of Ealing Anchor Foundation (formerly known as P.E.S.T.S) is the assistance of children aged 0 – 5yrs, living in the Borough of Ealing, who are differently abled. Our aim is to also provide support & information for parents and carers, reaching families at the right time for them.

In this way, children can benefit from early intervention, leading to improved outcomes not only for themselves but for each family member, reducing their worries and the isolation experienced when caring for a differently abled child.



# INTRODUCTION

We returned to face-to-face play & support sessions after the May half term, opening to begin with, on just one day per week, running a morning and an afternoon session.

Families enjoyed the long-awaited interaction with each other. Some children were at first struggling after the previous year of lockdown and it took a while to adjust back to everyday living.

We decided that this was the year to make a huge change in the life of the charity and rebranded with a new name and logo, which incorporated a more modern, fresh look.

The charity celebrated its 40th Birthday on Sat 18th Sep with a Fun Day at Castlebar school to tie in with the big reveal of our new name. The event was attended by 197 people, many of whom were our families and VIPs from the local community. Our guest of honour was Sue Humphries, Founder of the original charity P.E.S.T.S.

We ensured that the day was completely accessible for our families, by providing transport for those in need, offering free and very reasonably priced tickets for activities and food, so every child could access any activity or ride they wanted.

The recent name change from **Parents of Ealing Self-Help training Scheme (P.E.S.T.S.)**, to **Ealing Anchor Foundation** saw a smooth and straight forward transition. The new name was borne from

one parent's testimonial when she said, *"P.E.S.T.S. for me was the anchor to support and stabilise me in a vast sea of turbulence and distress"*.

Based around the original principles of parent carer support and befriending that it began with and its continued growth, we are hopeful the charity will go on to continue meeting the needs of many more families.

The charity has achieved so much over the past 40 years and in our founder's own words, she says, *"It's heartening to hear from parents and children about the role the charity has played in their lives. Although the name has changed, the core principles remain the same. I'm pleased that the charity's legacy is to be a friend and helping hand to families when they most need support"*.

Every day, it's a pleasure and a privilege to work with our volunteers and partners to help all of our children and their families. We hope our new name will encourage even more families to get involved and take advantage of the services on offer.





## 2020-2021 HIGHLIGHTS

- Ealing Anchor Foundation celebrated its 40th birthday
- Changed our name from Parents of Ealing Self-Help training Scheme (P.E.S.T.S), to Ealing Anchor Foundation
- The charity joined the Ealing Holiday & Food Activities (HAF) Programme to provide activities for school age children and their families during summer and Christmas.
- We began a successful EHCP Made Easy workshop with Ealing ISAID
- Our new online Toy Library was launched with families now able to access a wide range of sensory toys, books and equipment.
- An afternoon play session was added to our service of activities
- New online counselling service for parents and carers



## FUN DAY

Families enjoyed lots of activities such as a teacup ride, sensory tent, dancing. For parents, there was a pamper tent to enjoy nail art treats and a relaxing head and neck massage.



# We offer:

- 3 x Play & Support Sessions with music therapy every week
- Sing, Sign & Play sessions every other week, led by our Speech & Language Therapist and joined by the music therapist
- Online Counselling
- Toy Library
- Information, Support & Advice to Parents & Carers of Children aged 0-5 yrs for as long as they are members
- Regular information & training workshops for parents and carers, hosted jointly with our partner organisations (Ealing Speech & Language Team, CAMHS, Ealing ISAID and more)
- Outreach Support and out of hours telephone support line
- Social Events, including parties, trips and outings
- Parent Carer Evenings
- Door to door transport for those in need
- Befriending / regular social contact and well-being 'check-ins.'



## WHAT WE DO

Ealing Anchor Foundation welcomes any child with a developmental concern or who is awaiting a diagnosis. We are there to support them on their disabled journey and assist in making a real difference in their lives, supporting them at the right time.







## ACHIEVEMENTS & PERFORMANCE

### Working In The Community To Create Engaging Opportunities For Participation

Ealing Anchor Foundation works closely with London borough of Ealing's statutory services, community groups and other local organisation. We are members of Ealing Parent Carer Forum and together play an effective role in helping shape policy, plan and develop children's and community services.

We are also members of the Ealing Advice Service (EAS); a consortium of 10 local charities led by Ealing Mencap, working in partnership with Age UK Ealing.

We provide a specialist service to families of children who are differently abled and being part of Ealing's Local Offer, are reaching some of the most vulnerable and isolated families in our community. The charity continues to play a major role in assisting families to understand, develop and increase their knowledge of the support available through health, education and care.

## PARENTS & CARERS

### Information, Support & Advice

Ealing Anchor Foundation provided free, confidential and impartial advice to families via the delivery of regular services and activities in a number of ways, via website & social media, telephone messaging, newsletter, training workshops for parents, volunteers & students.

Mainly parents at the beginning of their disabled journey accessed the services and activities, with language support from our dedicated volunteers, to enable those with little or no English to benefit.

Parent carers gained improved confidence and self-esteem giving them the opportunity to learn more about their child's needs.





## Emotional & Practical Support

Using an online platform has meant we are able to reach more parents and carers. The charity will continue to deliver services both online and face to face, for the foreseeable future.

## Parent Support Group

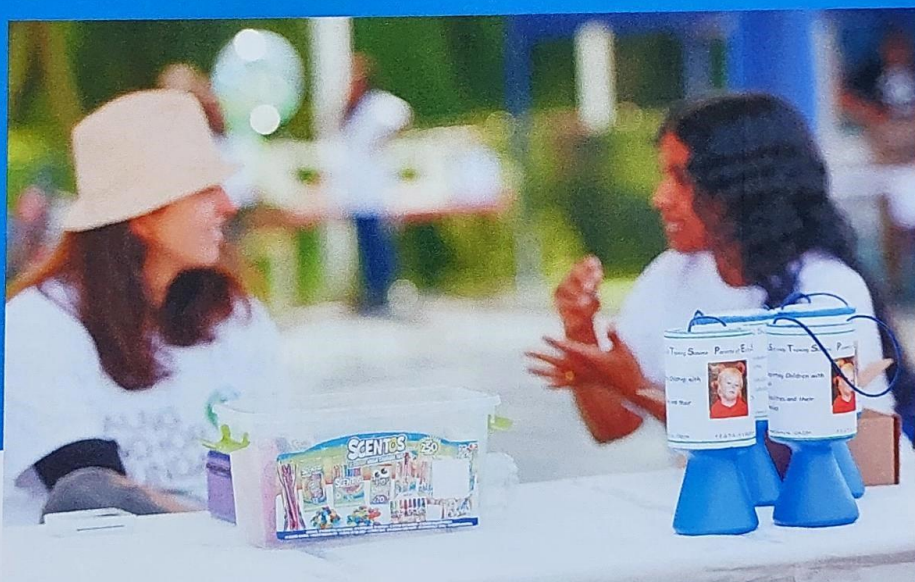
Online group sessions continued every other week with a designated topic to provoke discussion. Parents attending found these sessions of huge benefit and found being able to talk about their worries helped others to open up.

Evening Relaxation took place every week online, before beginning face to face at the play & support sessions.

## Information Training Workshops

Working closely with the Ealing Speech & Language Team and hosting regular information training workshops for parent carers, jointly with our partner organisations included CAMHS, Family Information Service, the Ealing Early Start SEND Inclusion team and Ealing ISAID, helped to provide a service that benefitted the overall well-being of parent carers, enabling them to learn about their differently abled child and improve their own personal development by working on coping strategies to reduce the stress and anxiety levels of the difficulties they were experiencing. Some of the workshops we hosted included, Intensive Interaction, siblings of disabled children, Introduction to Down Syndrome, EHCP Made Easy series, How to navigate the Ealing Local Offer, Colourful Semantics, Makaton, Lego Therapy, Social Stories and even a Makeup Masterclass!

Other professionals were available to offer guidance to parents concerned about their child's development, including the Early Start Team who visited the sessions.



## Counselling

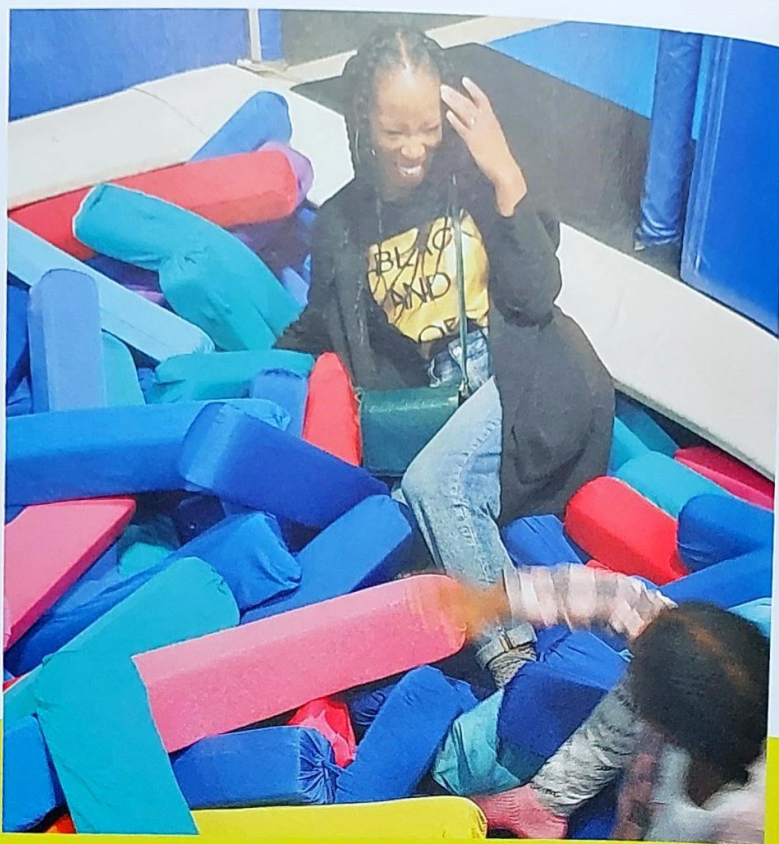
We began 1:1 counselling as an extension to our Parent Support Group, after noticing that some of our parents would benefit from a more individual approach rather than a group setting.



# Parent Carer Evenings

These events, which are organised each term, are opportunities to socialise with other adults and take a break from their caring role.

These evenings provide a fun, relaxing and interactive environment, allowing friendships to develop and mutual support to share experiences.



## Social Events

We organised supported family activities and outings for the whole family, providing transport for those in need and those at risk of isolation, which enabled families to receive the support they needed to access local community services and assistance with language support. We completed the first Ealing HAF Summer Programme which was very successful for our families. This took place at Northolt Leisure Centre's Soft Play Centre every Tuesday for 4 weeks, then we hosted a Sensory Pantomime at Christmas. We plan to work with Ealing and other local providers to offer this service in the future.

The events enabled the children to gain greater emotional well-being and improved their social development. There was less isolation for families as they were able to access mainstream social activities.

## Outreach

The Outreach telephone line supports parents who need to talk or going through a crisis. Issues dealt with were in relation to Education Health Care Plan (EHCP), Family Fund applications and other grants, support with housing, transport, and helping with immigration applications, providing information about and referrals to nurseries. Also, applications for self-employment grants or small business grants, applying for benefits, emergency supplies, food vouchers, resettling following domestic violence, school exclusions, benefits, housing, mental health, poverty due to struggles of having no recourse to public funds. The service also signposted and referred to other organisations as necessary.

## Befriending

Ealing Anchor Foundation brings families together to talk, listen and share problems that help to bring about solutions to the daily struggles experienced in bringing up a child who is differently abled.



# Legal Advice

Our legal advice workshop was busy as usual this year and parent carers were referred to ongoing support where relevant. The workshop provided a private 20 minute space to discuss any legal issues.

Advice with immigration, domestic violence, benefit claims and housing increased with many who were not only dealing with the daily tasks of caring for a child with disabilities but were also struggling with the pressures that these additional demands placed on them.

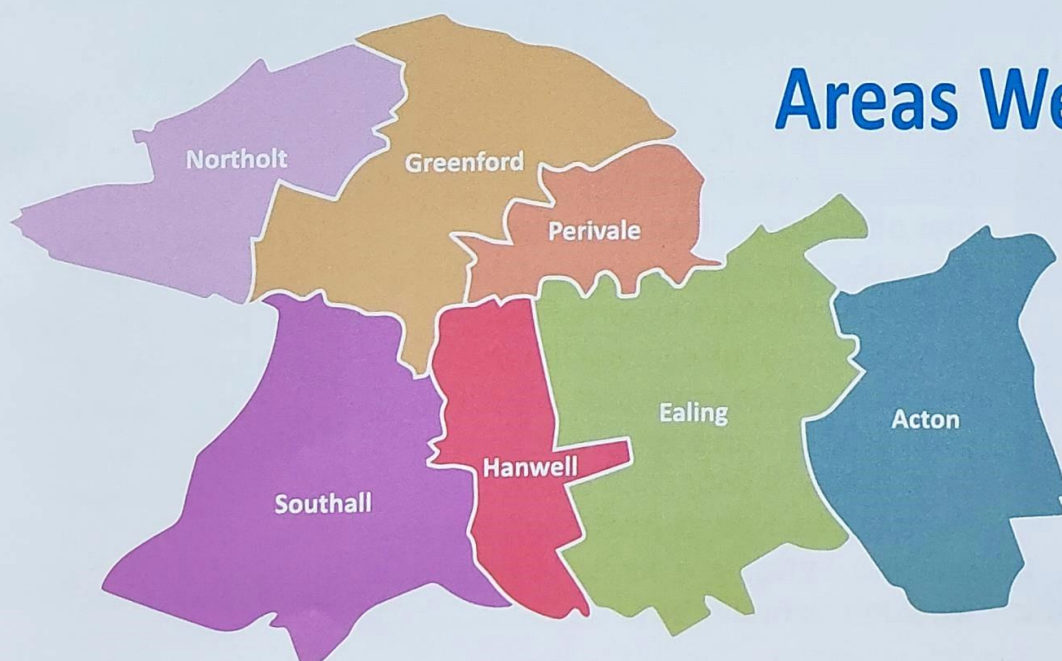
## What Our Parents Say

*"My son and I really enjoy coming. Staff are very friendly and it's a lovely atmosphere"*

*"Your service is outstanding!"*

*"It felt like family being there. It was a breath of fresh air. The staff were amazing the way they joined in and didn't leave anyone out and she (daughter) had the best times there. My own mum loved coming and made friends too. It's a fantastic group and everyone should know about it"*

## Areas We Support





# ENCOURAGING DEVELOPMENT THROUGH THE EARLY YEARS

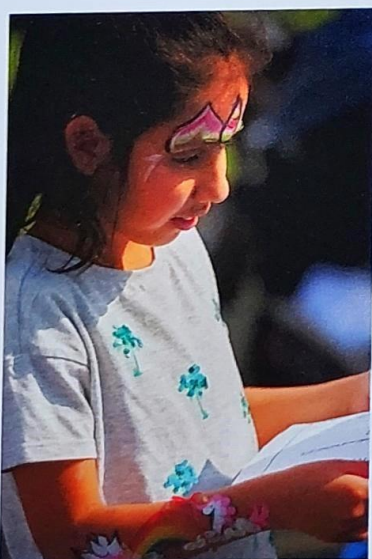
## Music Therapy

The weekly online Music Therapy and Makaton Story Telling Sessions on Tuesday mornings have provided an enriching environment and therapeutic stimuli, to help differently abled children and their siblings to develop their senses and improve communication, coordination and motor skills. We offer 3 music group sessions every week during term time on Tuesdays.

## Sing Sign & Play Group Therapy

Provided joint speech & language with music therapist. The sessions are very interactive and includes Makaton signing, bucket time, singing and playing musical instruments. For children with more complex needs, these groups provided an innovative way of supporting their child's communication and developmental skills.

Later, before the end of each session, there is always a ten minute 'Top Tip's for Parents' with a different topic each week for parents to focus on, giving them a welcome opportunity to discuss any concerns and receive targeted advice. This was particularly useful to those parents who are on waiting lists and need general advice in between appointments.



## Toy Library

Parents can view an online catalogue that offers specialised and often expensive toys and equipment, helping to enrich children's experiences. The benefits of using a toy library means it's much more cost effective compared to purchasing toys, so will save money. If your child doesn't like the toy, it can be returned for another one and it gives you access to toys you wouldn't normally buy.

## Sensory Room

The sensory room provides a dual function in that for some children it offers a quiet space to unwind, and for others it provides sensory stimulation.

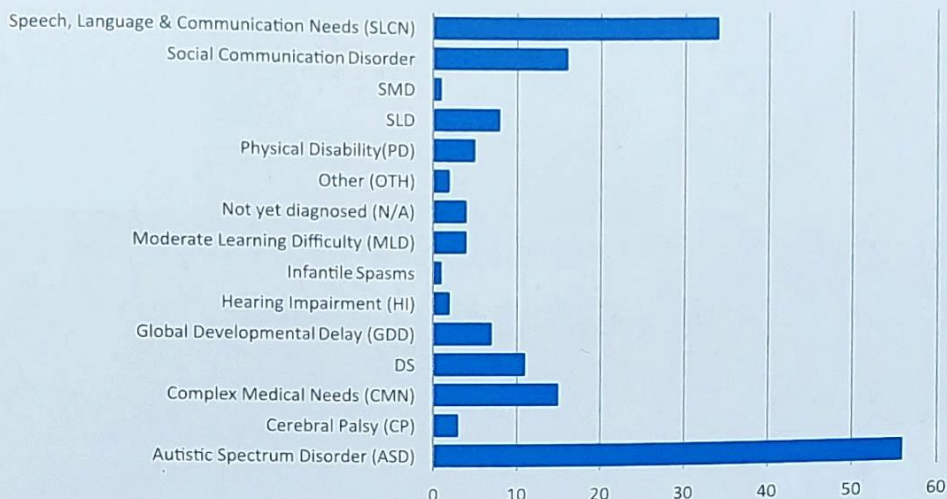


# THE FUTURE – AMBITION & LONG TERM GOALS

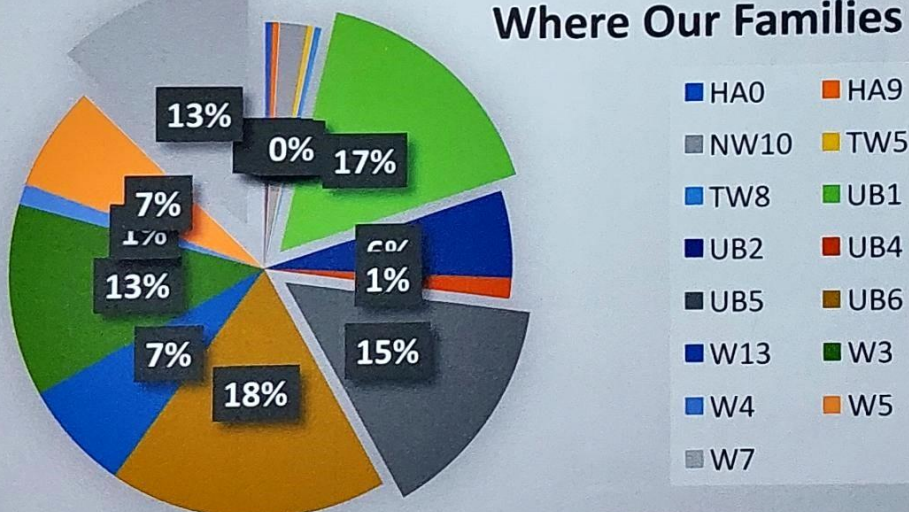
We are applying to City Bridge Trust and John Lyon's Charity for the Manager's salary and to extend the role of the outreach worker, as well as fund the music therapy session. We will hear the outcomes in June.

We plan to set up a soft play session for the under 5s and officially launch our long-awaited Dad's group.

## Children with Disabilities Attending



## Where Our Families Live

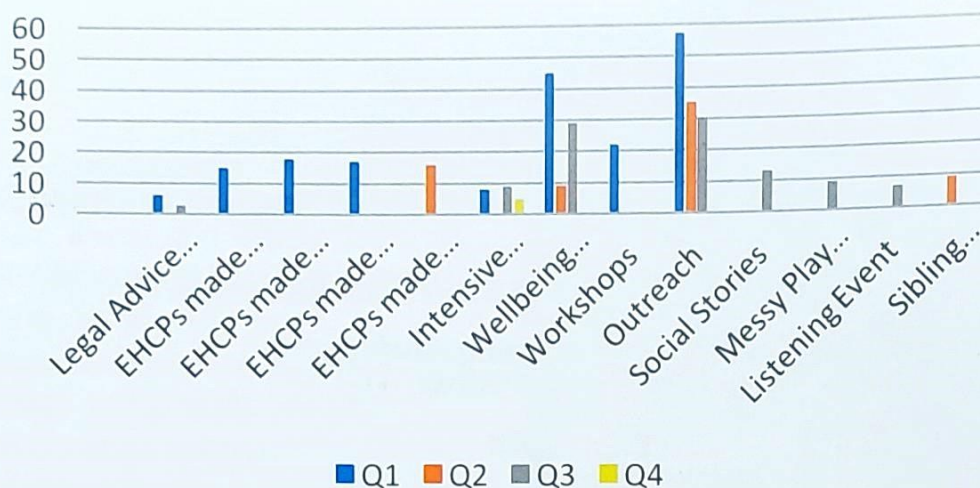


## Ethnicities of Families Attending

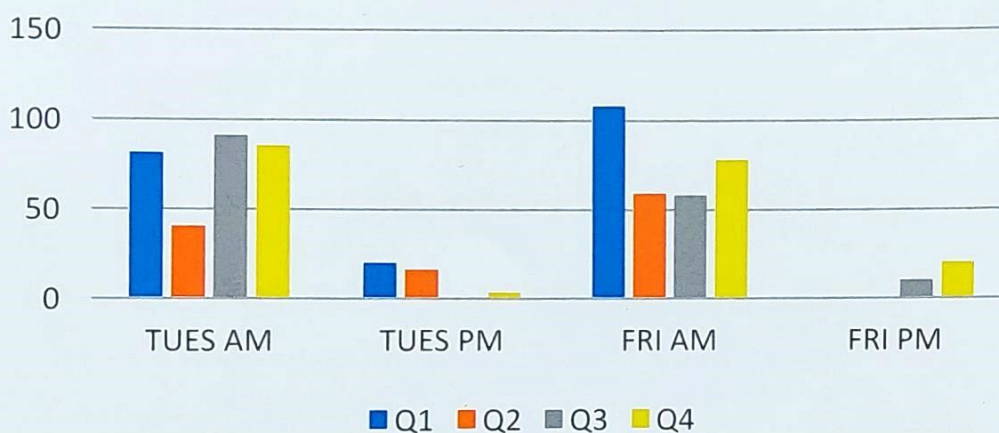




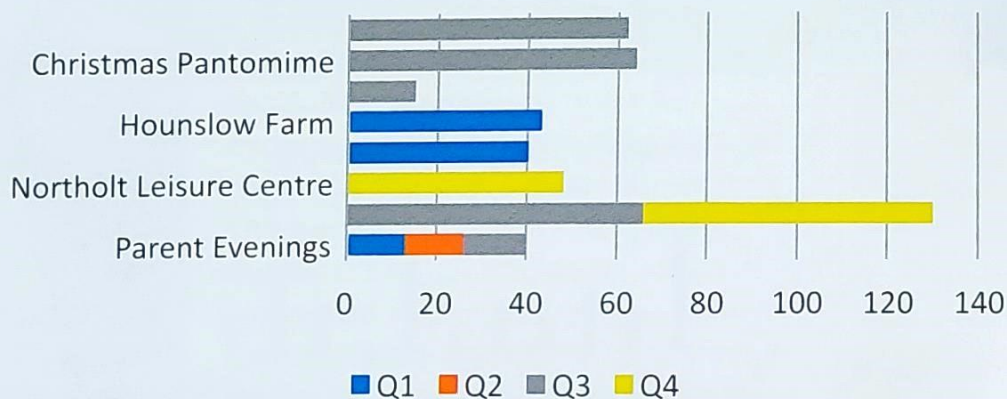
## Workshops Attended



## Play Session Attendances



## Social Events





# 2022-23

## Annual Report



Report of the Trustees &  
Financial Statement

Moving out of isolation and making long lasting friendships





# Introduction

Ealing Anchor Foundation is a small Ealing based charity founded in 1981 by Sue Humphries, herself, the parent of a differently abled son.

Today, 42 years later, the charity is more than just a space that brings parents and carers together. We welcome some of the most socially and economically vulnerable families living in the London Borough of Ealing, during the very early stages of diagnosis.

When a parent walks through our doors at Windmill Children's Centre, they enter a warm, friendly and nurturing environment, knowing no one is going to judge them. Befriending others who are in a similar situation as themselves, can be a huge bonus in helping them learn ways to improve their quality of life and reduce isolation.

We successfully found innovative ways to offer a wide range of services and activities throughout the year for parent carers, differently abled children, siblings, students and volunteers. We contributed to many others with our partner organisations, whilst constantly working towards our vision of keeping families' needs at the forefront, whilst improving our services.

During the year, numbers of referrals again increased and attendances to the play & support sessions, workshops and events have flourished.

The service has been a valuable resource for parents, carers, their children and volunteers (some of whom are quite often parents of differently abled children). Not only for the impact it has had on their lives but also on each individual family member.

"Just sending a quick email to say thank you so much for how welcoming the whole team have been. It has been so wonderful volunteering with Ealing Anchor Foundation!"





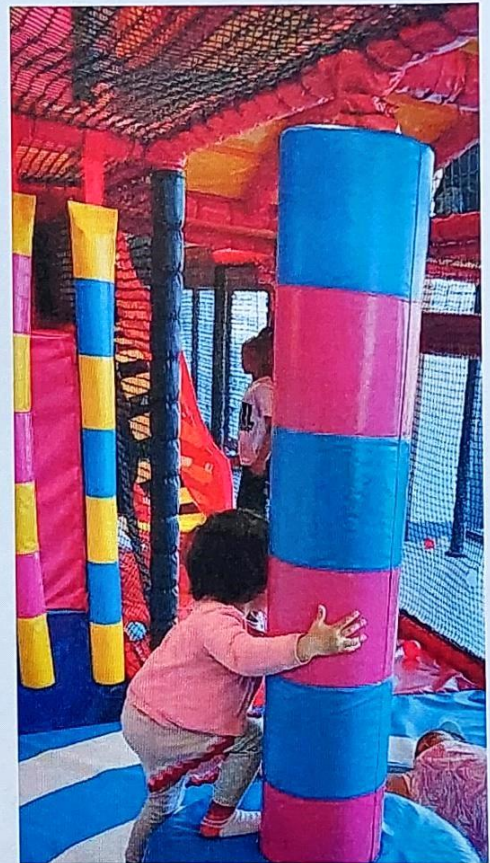


# Message from the Chair

What an incredible year it has been for Ealing Anchor Foundation!

We have now completed 2 years as the newly branded and reformed Ealing Anchor Foundation and our service profile has gone from strength to strength. Our long serving and dedicated Project Manager continues to stay at the forefront of the changing landscape of needs in Ealing and maintain our strong relationships with key stakeholders in the Ealing Borough. The result is a service that continues to evolve and rise to the challenges our local community faces.

With COVID behind us the social aspect of our service has boomed with record numbers of trips, parties and outings. We have continued to deliver high quality workshops, counselling services and other development opportunities to assist parents with the key challenges they face. A pivotal achievement this year was the introduction of 1:1 intensive interaction sessions and the further play group slot created to target those children who are excluded from school or on reduced time tables due to their setting being unable to meet their needs. Whilst we cannot duplicate a school setting, providing parents this provision is key to early intervention for the children we serve and a welcome reprieve and support for the families.



I will conclude with saying that I am immensely proud of who we are and what we do. Though we may be a small set up, I know from talking to parents and professionals in the area that what we do leaves a powerful and lasting impact on our local community. This of course only possible due to the incredible leadership we have in Joy, the emphatic and energetic attitude of our outreach worker Natalie, the skill and expertise of our senior play worker Maggie, the super organisational skills of our admin support Erica and the dedication and commitment of our devoted, incredible and loyal band of staff and volunteers. You are an incredible team and the very heart of EAF. I am so very grateful for all you are and all you do, thank you!

Aisha T Chowdhry

Chair to the Trustees

ealing anchor foundation annual report 2022-2023





# Achievements & Performance

## Empowering and equipping families in meeting the needs of their child

When a child is diagnosed with a disability or additional need, families can feel overwhelmed and drained by the constant uncertainty. It can be very frightening and upsetting.

To find a place where all of this is understood by others who are going through the same emotions, makes a parent or carer feel less isolated and more hopeful.

Ealing Anchor Foundation are focussed on empowering parents and carers to find their own solutions to the problems they face daily, equipping them to effectively improve their own well-being and that of each family member.

Parent carer wellbeing is supported in several ways with regular family social events, parent evenings, emotional support, befriending.

We are providing the tools and resources needed to help them overcome each hurdle and the charity has deservedly earned its reputation for supporting families in helping to make a real difference in their lives.



‘Thank you for being there for me and my family. If it wasn’t for you, we wouldn’t be where we are today without the support of EAF.’







## Working With Families



Families bringing up a differently abled child are facing many challenges - including mental health issues, domestic abuse, homelessness and lack of money.

With volunteers speaking several languages and representing various local communities, we are able to work with a diverse number of families on many different issues, whilst having the sensitivity of acknowledging their cultural differences, by taking a 'whole family' approach to improving outcomes whilst decreasing social isolation.

Some parent carers needed extra support in their family lives especially around housing, benefits and debt management.

**'Meeting parents and other people going through similar experiences.'**

## Increasing Support for Parents & Carers

### Information, Support & Advice

We are working closely with parents and carers who are anxious about their child's development and their need for support amidst these difficulties are apparent.

We have a major role to play in assisting families to understand, develop and increase their knowledge of the support available through health, education, care and how to navigate the system of Education Health and Care plans.

Ealing Anchor Foundation delivers a unique, outstanding service and is highly regarded by both families and professionals.

**'Support mentally, support with all suggestion and giving a feeling that I'm not alone'**

**"I was able to meet other parents.'**







## Workshops & Training

We found that Parents and carers preferred the workshop approach in a group setting, more helpful and recurring issues were mainly on their own emotional wellbeing, loneliness & stigma.



We ran online and face to face activities Workshops included Makaton Signing for Babies, Behaviour that Challenges, Introduction to Safeguarding, Social Stories, Messy Play, EHCPs Made Easy, Lego Therapy, Supporting Social Communication & Play, Using Visual Aids to Support Everyday Communication, Baby Massage & Legal Advice. We also maintained good links with local schools so that parent carers were able to attend.

Our information & training workshops provided emotional and practical support on topics pertaining to health, early intervention and education, relevant to the children's various needs.



Intensive Interaction offered a therapeutic space for parents and carers to voice and explore challenges, identify strengths and locate resources available to contribute to the family's well-being.

Our workshops on Understanding the process of the Education Health Care Plan, proved popular and working with Ealing ISAID and IPSEA we could offer further help, which proved extremely valuable for many families.

Parents and carers attended to receive specialist information, support and advice for their child and gained knowledge about the services available locally to them in the borough.



We plan to continue delivering more high quality, pertinent training, ensuring services in the borough are truly reflective of what our families have asked for and need, to ensure each family member has the resources to be happy, healthy and safe.

**'...made me less lonely. Gave me opportunities to make connections, provided lots of relevant training , to better support my child.'**





# Emotional & Practical Support



'Making me feel less alone,  
giving me a sense of  
community, belonging.'

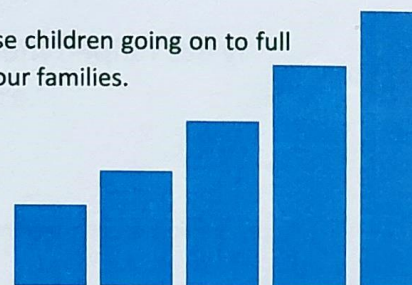
## Outreach

The emotional stress experienced by parents and carers, can include insecurities about their abilities to cope. Even grieving for the future they had originally anticipated for their child. They also experience guilt about the wellbeing of other children in the family.

Our Outreach telephone line supports parents who need to talk or are going through a crisis. Support was also available at the play & support sessions, family events, on the telephone and face to face.

The Outreach Worker was available for guidance, signposting or referring as necessary. They assisted with form filling for housing, school placements, transport applications, benefits, grants such as Family Fund applications, upskilling parents to get into paid work or move into studying, EHCP's, accessing food & clothing banks, emergency supplies due to struggles of having no recourse to public funds, household items and immigration applications, resettling following domestic violence plus many other issues parents were dealing with daily

Support with EHCP Assessments, securing nursery placements and those children going on to full time settings in terms of transition, continued to be a high demand for our families.







## Parent carer evenings

Parent carers were able to meet during the sessions, events and activities for befriending.

These gatherings offered an opportunity to meet regularly with the opportunity to socialise, encouraging and strengthening friendships between parents and carers, who are often very much isolated. The evenings are varied, sometimes having a speaker and other times a meal out with fun activities.

‘You have helped me as a parent carer to have a knowledge of carers needs, providing various activities for our little ones and kindness’

‘It has allowed me to interact with other people in a situation similar to mine. In the past I was isolated and did not have support from people that understand what I was going through. You indeed have helped me to start having a life again’

‘Helped me meeting up parents, the events always very good and amazing atmosphere.’



‘It has helped me meet new people and get some me time for the first time.’





## Counselling

Mental health and wellbeing, remains a top priority at Ealing Anchor Foundation. Research indicates that supporting parents and carers by recognising their health and wellbeing is paramount to keeping families together.



We supported a number of families in crisis with parents and carers reporting high levels of stress and anxiety, feelings of stress, frustration, anger, guilt, shame and loneliness. These feelings can sometimes lead to mental health problems like depression or anxiety, that need medical help.

Our counsellors engaged with parents and carers worried and anxious about their family members. Regular attendance helped to develop their own plan of action, to move forward, leading to improved relationships between family members, to achieve emotional stability and social well-being,



**'It helps me a lot every time you ask for support. I feel it is my family.'**

## Legal Advice

Our legal advice workshop was busy as usual this year and parent carers were referred to ongoing support where relevant. The workshop provided a private 20 minute space to discuss any legal issues.



Advice with immigration, domestic violence, benefit claims and housing increased with many who were not only dealing with the daily tasks of caring for a child with disabilities but were also struggling with the pressures that these additional demands placed on them.

**'It is very good and my son and I really enjoyed. Your staff is very friendly and very friendly atmosphere.'**





# Encouraging Children's Development Through The Early Years

## Early Intervention

The benefits of early intervention are widely recognised and research indicates it can dramatically improve and make a huge difference in a child's outcomes.

Many families struggle to get early support at the right time. This can mean problems become worse unnecessarily over time.

We know how important it is to support a child with communication, language, social skills and motor skills at an early age.

The service and activities provided at are at the heart of early intervention, identifying and laying the foundations for effective early support to children aged 0-5 years, living in the London Borough of Ealing. We are preparing children for adulthood to improve their long-term outcomes.

## Play & Support Sessions

Our three times per week play & support sessions introduced children to multi-sensory and messy play activities. Toys were carefully chosen for each child attending, according to their needs, to help them learn and develop their social & communication skills.

Visitors to the play & support sessions included the Early Start team, play therapists, counsellors, speech and language therapists, health promotion advisors and the Early Start SEND Inclusion Team.

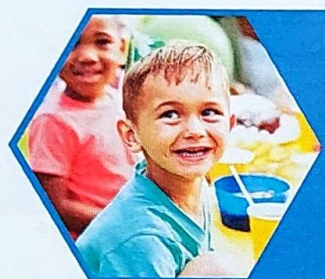
We introduced an additional play & support session, exclusively for children excluded from their placements or on reduced school hours. Working with the Early Start SEND Inclusion Team, these groups were run jointly to help prepare children who found school more challenging. These structured groups have a maximum of 6 children at any one session and children are assisted with specific tasks or learning objectives via the activities set out individually for them.







## Music therapy / Sing Sign & Play



Music Therapy provided the ideal opportunity for children to develop their communication, social skills, improve concentration and attention. Attending the play & support sessions gave families space to befriend, share and provide support to each other.

## Portage Group Sessions

running weekly every Friday, led by the Ealing Early Start SEND Inclusion team's Portage Worker, enabled parents and carers to learn new ways to build and expand on a child's abilities and strengths, rather than focusing on their difficulties.



## Sensory room

Children were also able to benefit from the sensory room which provided the perfect environment for sensory stimulation.

## Door to door Transport

Door to door transport was provided to play sessions and events for those in need.



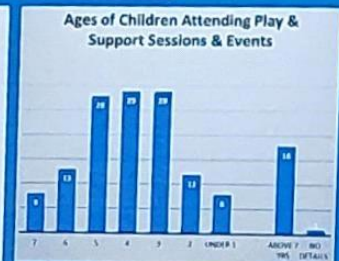
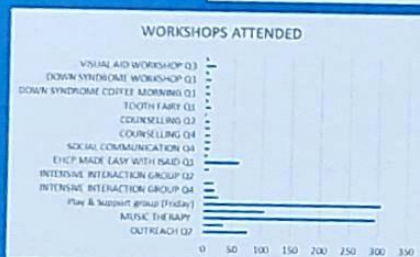
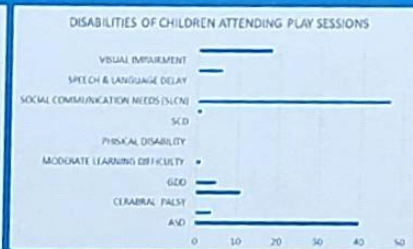
## Toy Library

Toys are expensive and children quickly become bored with a toy once its play value has been exhausted.

Our quality toys are carefully chosen to enhance a child's cognitive development during the most important years of their lives, by encouraging creativity and imagination. It gives parents and carers the opportunity to try different toys and select items, they may not be able to afford.



# The Year in View



## STAFF & VOLUNTEERS LANGUAGES SPOKEN - 17



New referrals 133







# Volunteering

Our charity relies heavily on the help of volunteers, without whom our work would not be possible. Every member of the team plays a vital role in the charity's work, and their contribution makes a huge difference to the functionality of the charity. They are highly valued for the work they do and typically reflect the diversity of the community we support.

We are focussed on training our volunteers to a high standard and ensuring they feel valued for the excellent contribution they make to the charity.

Volunteering opportunities, included language support, toy library, admin & play work at sessions and events. We provided work placement opportunities to differently abled young people and university students interested in working with vulnerable families.

## Workforce development to reduce inequalities

Increasing the availability of early support to meet the needs of families, staff and volunteers are trained with the right skills and expertise to help in supporting children to improve communication, social and emotional and motor skills.

We work closely with local services and professionals in order to give parents and carers a much better chance of sustaining their overall wellbeing both physically and mentally, which in turn enables them to better support their child.

## Trustees

We are proud to be an organisation that assists parents to reduce their isolation and increase their self-esteem by encouraging them to become volunteers or management committee members and just as it was back then, the charity is led by parents of differently abled children, the majority of whom have direct experience of raising a child with a disability or additional need.

Our team of trustees and senior management met regularly throughout the year, to review and plan services, whilst listening and responding to the views of our service users, the professionals we work with, as well as the staff and volunteers, all of whom all have an important role to play in developing and sustaining the charity.

Trustees are appointed based on their skills, experience and knowledge, who have a clear, balanced approach to equality, diversity and inclusion. We thank them all for their unyielding dedication to the charity.





## Social events



Our supported family events were a highlight for many families throughout the year.

We ran a number of activities which included a swim and farm trip, arts & craft activities, soft play outings, a trip to see the Christmas Lights and a Christmas party.

We joined with the Ealing HIVI Team and Windmill Children's Centre to host a Petting Zoo for children with visual and hearing impairments

'Thank you so much for this opportunity to get out as a family and meet other families like us.'



Most of these trips were organised through the Ealing HAF Programme, whilst others were funded from other sources.

The aim was for families to enjoy a typical outing, spending quality time with each other and reduce their isolation as a family. Children gained more independence and were able to access mainstream social activities fully supported, with their families.

'Thank you for the wonderful events. They are always enjoyed by the children.'



'We have been new in this country, Ealing Anchor Foundation has provided lots of help and guided us through lots of knowledge. It has been very helpful. Also helped us to interact with lots of parents.'





## WORKING IN THE COMMUNITY TO CREATE ENGAGING OPPORTUNITIES FOR PARTICIPATION

Our strategy has teamwork at its heart and we are working with London Borough of Ealing, the local community organisations, parents & carers, professionals as well as staff & volunteers, to help bring about change for families of children who are differently abled, to help shape and improve services for their families.

Ealing Anchor Foundation continue to play an effective role in promoting local democracy and helping to develop community services, by representing parents and carers on local forums and events, on the issues they face, by outlining the key changes that parents and carers say they need.



We are influencing change by reaching some of the most isolated and vulnerable members of our community, contributing to shaping policy to plan and develop children's and community services.

We provide a highly specialist service to families of children who are differently abled and being part of Ealing's Local Offer, has allowed us to build very good relationships with many services in the local community, who refer to Ealing Anchor Foundation regularly.

Being members of the Ealing Advice Service (EAS); a consortium of 10 local organisations led by Ealing Mencap, we work with local partnerships who align with our ethos and collaborate with others regularly throughout the year.

We are working with both statutory and voluntary services to assist in providing the best and most relevant services in London Borough of Ealing, for families of children who are differently abled, which is truly inspiring.

We strengthened our services for parents and carers by introducing additional therapies and training workshops, which provided a platform for many to develop awareness of their own interactive style to support their child's communication, psychological and emotional development.





# The Future-Ambitions & Long Term Goals

Although we are living in unprecedented times, Ealing Anchor Foundation will always put the well-being of parent carers and their families first.

By continuing to work with our partners in the local community, signposting and referring to each other, we can give our families the support they need.

Working closely with the London borough of Ealing's local statutory and community services, local community organisations, we are striving to remove barriers to key health and educational services, that result in so much isolation amongst families of differently abled children.

We will continue working towards reaching families when they need us the most, campaigning to identifying gaps in services and maintaining our mission to put disability at the forefront of decision makers' minds.

To make an even bigger leap forward and subject to funding, we will continue to review and deliver a service that is unique and personal, second to none, with qualified, experienced staff and volunteers.

## Thanks

Sincere thanks and appreciation to all the individuals, organisations and the amazing Friends of Ealing Anchor Foundation who have been working hard to support the charity in so many ways by giving their time, skills, expertise, dedication, help with administration, fundraising, donations, or by providing venues for the charity during the year.

Special recognition and our gratitude goes to the following organisations who chose Ealing Anchor Foundation as their nominated charity during the year: Grand Duo Trust, Ealing's Early Help & ESCAN and Ealing Synagogue.

**'You have all been so supportive and caring. Thank you so much.'**

Finally, we are grateful for the continued support of The London Borough of Ealing, Reaching Communities and John Lyon's Charity, who funded our service and activities throughout the year.





# The Team

## TRUSTEES

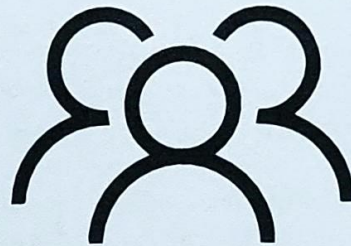
Chair to the Trustees  
Treasurer  
Secretary  
Trustee  
Trustee  
Trustee

Aisha Tabani Chowdhry  
Dennis Frederick Burley  
Nadiya Shvets  
Beckie Shuttleworth  
Katerina Pupovic  
Lynne Kaufmann

## STAFF

Project Manager  
Outreach Worker  
SPL/Early Years Coordinator  
Senior Play Worker  
Administrative Worker

Joy Barton  
Natalie Stone  
Magdalena Rutkowska  
Gladys Bennett  
Erica Giles

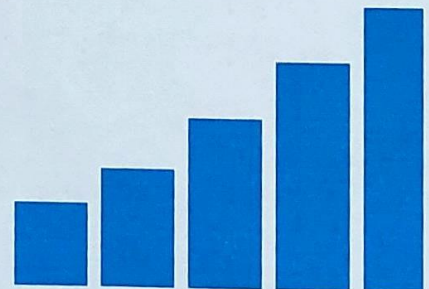


## VOLUNTEERS

Priya O'Leary  
Grace Raw  
Meera Dasani  
Jai Janki  
Nakisa Malahmir  
Abha Aryal  
Maya  
Dorothy Osuji  
Amal Sara  
Hafsa  
Rahima

Ashakiran Thirumalai  
Leila Malahmir  
Mikaela Banbury  
Hanaa Mohammed  
Rania  
Manija  
Krishna Dasani  
Richard Burton  
Aneesa  
Iman

Ruwaida Abdelrahman  
Raifeh Hussein  
Reem Hussein  
Fiona & Tracey  
Anila Kadici  
Mariam Razzaq  
Cathy Coleman  
Neda Malahmir  
Aleeya  
Ikram





# EALING ANCHOR FOUNDATION



Supporting Parents & Carers in Ealing

Telephone | 020 8571 9954  
Web | [www.ealinganchor.org.uk](http://www.ealinganchor.org.uk)

Correspondence Address:  
Office 3, 1st Floor, Grove House,  
77 North Road, Southall UB1 2JL

Registered Address:  
Windmill Children's Centre, 135 Windmill  
Lane, Greenford, Middx UB6 9DZ

Registered Charity No: 1196311



PHOTO  
BOOTH



# EALING ANCHOR FOUNDATION

## ACCOUNTS

YEAR ENDED 31 MARCH 2022

Reg. Charity No. 1196311



**EALING ANCHOR FOUNDATION**  
Income & Expenditure Accounts  
for the year ended 31 March 2022

			<u>2022</u> £	£	<u>2021</u> £	£
	Unrestricted	Restricted	Total			
Opening Balance				£ 94,056.50		£ 93,823.88
<b>INCOME</b>						
LBE/MENCAP		27737.00	27737.00		£34,671.25	
GRANT			0.00		£11,636.00	
John Lyons		25000.00	25000.00		0.00	
Nat Lottery		25061.00	25061.00		£12,217.00	
Tesco			0.00		£ 1,500.00	
Fundraising	1676.65		1676.65		£ 258.22	
Donations			0.00		£ 244.01	
Membership/Subscriptions	1275.77		1275.77		£ 40.90	
City of London			0.00		£ 3,360.00	
Fin&Eoin O'Donnell			0.00		£ 1,000.00	
Asda	500.00		500.00		0.00	
Co-op		1646.47	1646.47		0.00	
Grand Duo Trust			0.00		£ 4,000.00	
LB Ealing		4682.20	4682.20		£0.00	
Interest	8.54		8.54		£0.00	
	£ 3,460.96	£ 84,126.67	£ 87,587.63	£ 87,587.63		£ 68,927.38
<b>Total Income</b>		51696.78	51696.78		£47,659.75	
<b>EXPENDITURE</b>		37.20	37.20		£ 72.91	
Salaries and Taxes		2480.49	2480.49		£ 1,895.42	
Volunteers expenses	1000.00	6550.13	7550.13		£ 3,566.44	
Transport					£ 676.44	
Toys & Equipments		679.91	679.91		£ 3,401.80	
Social, Parties & Outings		1387.8	1387.80		£ 618.81	
Covid Response		1577.89	1577.89		£ 1,022.26	
Admin/Misc.		2213.2	2213.20		£ 1,661.99	
Telephone		7098.71	7098.71		£ 932.49	
Heating/Lighting office cost	5201.09		5201.09		£ 6,439.95	
Stationary, Publicity & Postage		255.04	255.04		£ -	
Training		500.00	500.00		£ 246.50	
Profession/Marketing					£ 500.00	
Legal/Subs/Insurance	£ 6,201.09	£ 76,680.02	£ 82,881.11	£ 82,881.11		£ 68,694.76
Accounts & Bookeeping fee						
<b>Total Expenditure</b>	£ 2,740.13	£ 7,446.65	£ 4,706.52	£ 4,706.52		£ 232.62
Surplus/(Deficit) for the 12 Months						
<b>Closing Funds</b>				£ 98,763.02		£ 94,056.50



**EALING ANCHOR FOUNDATION**  
**Balance Sheet**  
**Year Ended 31 March 2022**

	Notes	<u>2022</u> £	<u>2021</u> £
<b>Assets:</b>			
Bank Balance 31/03/2022			
Petty Cash			£ -
Barclays Current account	1	£ 8,714.00	£ 29,744.83
Barclays Savings account	2	£ 90,549.02	£ 65,040.48
		<u>£ 99,263.02</u>	<u>£ 94,785.31</u>
<b>Liabilities:</b>			
Creditors		£ 500.00	£ 728.81
		<u>£ 98,763.02</u>	<u>£ 94,056.50</u>
<b>Financed by:</b>			
Private Fund Account:			
Restricted Funds		£69,386.24	£ 61,939.59
Unrestricted Funds		£29,376.78	£ 32,116.91
		<u>£ 98,763.02</u>	<u>£ 94,056.50</u>



**EALING ANCHOR FOUNDATION**  
**Independent Examiner Report**  
**Accounts for year to 31 March 2022**

We have examined Income and Expenditure Account and the supporting information from the records.

In our opinion the financial statements give a true and fair view of the state of affairs of the private fund of Ealing Anchor Foundation as at 31 March 2022, and of its surplus for the year ended on that date.



Bhanot & Co.  
Chartered Accountants

Date: 20 September 2022  
First Floor  
126-128 Uxbridge Road  
London W13 8QS



# EALING ANCHOR FOUNDATION

## ACCOUNTS

YEAR ENDED 31 MARCH 2023

Reg. Charity No. 1196311



**EALING ANCHOR FOUNDATION**  
**Income & Expenditure Accounts**  
**for the year ended 31 March 2023**

			<u>2023</u> £	<u>2022</u> £
	Unrestricted	Restricted	Total	
Opening Balance			£98,763.02	£ 94,056.50
<b>INCOME</b>				
LBE/MENCAP		20802.75	20802.75	£ 27,737.00
John Lyons Charity		30000.00	30000.00	25000.00
Reaching Communities		26142.5	26142.50	£ 25,061.00
LB Ealing HAF Programme		8391.72	8391.72	£4,682.20
Screwfix Foundation		5000.00	5000.00	£0.00
Grand Duo Charitable Trust	4000.00		4000.00	£0.00
LB Ealing HIVI Project	825.00		825.00	£0.00
Refund/Credit	239.62	41.65	281.27	0.00
Fundraising	143.10		143.10	£ 1,676.65
Donations	1700.00		1700.00	0.00
Membership/Subscriptions	1291.17		1291.17	£ 1,275.77
Yorkshire Building Society	1000.00		1000.00	0.00
Asda			0.00	500.00
Co-op			0.00	1646.47
Interest	197.51		197.51	£8.54
<b>Total Income</b>	<b>£ 9,396.40</b>	<b>£ 90,378.62</b>	<b>£ 99,775.02</b>	<b>£ 87,587.63</b>
<b>EXPENDITURE</b>				
Salaries and Taxes	903.19	58728.21	59631.40	£ 51,696.78
Volunteer expenses		152.19	152.19	£ 37.20
Transport	1304.8	3607.18	4911.98	£ 2,480.49
Toys & Equipment	10205.45	5981.98	16187.43	£ 2,202.87
Social, Parties & Outings	590.00	727.92	1317.92	£ 7,550.13
Staff Training		374.3	374.30	£ -
Admin/Misc.		311.53	311.53	£ 679.91
Telephone		971.86	971.86	£ 1,387.80
Heating/Lighting/Office cost		1418.04	1418.04	£ 1,577.89
Stationary, Publicity & Postage		878.25	878.25	£ 2,213.20
Training	480.00	9269.4	9749.40	£ 7,098.71
HAF Programme		8391.72	8391.72	£ 5,201.09
Legal/Subs/Insurance		938.79	938.79	£ 255.04
Accounts & Bookkeeping fee		1440.00	1440.00	£ 500.00
<b>Total Expenditure</b>	<b>£ 13,483.44</b>	<b>£ 93,191.37</b>	<b>£ 106,674.81</b>	<b>£ 82,881.11</b>
Surplus/(Deficit) for the 12 Months	<b>-£ 4,087.04</b>	<b>-£ 2,812.75</b>	<b>-£ 6,899.79</b>	<b>£ 4,706.52</b>
<b>Closing Funds</b>			<b>£ 91,863.23</b>	<b>£ 98,763.02</b>



**EALING ANCHOR FOUNDATION**  
**Balance Sheet**  
**Year Ended 31 March 2023**

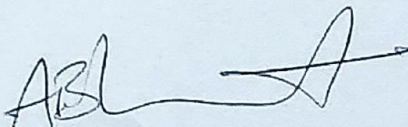
	Notes	<u>2023</u> £	<u>2022</u> £
<b>Assets:</b>			
Bank Balance 31/03/2023			
Petty Cash			£ -
Barclays Current account	1	£ 7,116.70	£ 8,714.00
Barclays Savings account	2	£ 84,746.53	£ 90,549.02
		<u>£ 91,863.23</u>	<u>£ 99,263.02</u>
<b>Liabilities:</b>			
Creditors			£ 500.00
		<u>£ 91,863.23</u>	<u>£ 98,763.02</u>
<b>Financed by:</b>			
Private Fund Account:			
Restricted Funds		£64,083.32	£ 69,386.24
Unrestricted Funds		£27,779.91	£ 29,376.78
		<u>£91,863.23</u>	<u>£98,763.02</u>



**EALING ANCHOR FOUNDATION**  
**Independent Examiner Report**  
**Accounts for year to 31 March 2023**

We have examined Income and Expenditure Account and the supporting information from the records.

In our opinion the financial statements give a true and fair view of the state of affairs of the private fund of Ealing Anchor Foundation as at 31 March 2023, and of its surplus for the year ended on that date.



Anil Bhanot  
Bhanot & Co.  
Chartered Accountants

Date: 8 December 2023  
First Floor  
126-128 Uxbridge Road  
London W13 8QS



# EALING ANCHOR FOUNDATION

## ACCOUNTS

YEAR ENDED 31 MARCH 2022

Reg. Charity No. 1196311



**EALING ANCHOR FOUNDATION**  
Income & Expenditure Accounts  
for the year ended 31 March 2022

			<u>2022</u> £	£	<u>2021</u> £	£
	Unrestricted	Restricted	Total			
Opening Balance				£ 94,056.50		£ 93,823.88
<b>INCOME</b>						
LBE/MENCAP		27737.00	27737.00		£34,671.25	
GRANT			0.00		£11,636.00	
John Lyons		25000.00	25000.00		0.00	
Nat Lottery		25061.00	25061.00		£12,217.00	
Tesco			0.00		£ 1,500.00	
Fundraising	1676.65		1676.65		£ 258.22	
Donations			0.00		£ 244.01	
Membership/Subscriptions	1275.77		1275.77		£ 40.90	
City of London			0.00		£ 3,360.00	
Fin&Eoin O'Donnell			0.00		£ 1,000.00	
Asda	500.00		500.00		0.00	
Co-op		1646.47	1646.47		0.00	
Grand Duo Trust			0.00		£ 4,000.00	
LB Ealing		4682.20	4682.20		£0.00	
Interest	8.54		8.54		£0.00	
	£ 3,460.96	£ 84,126.67	£ 87,587.63	£ 87,587.63		£ 68,927.38
<b>Total Income</b>		51696.78	51696.78		£47,659.75	
<b>EXPENDITURE</b>		37.20	37.20		£ 72.91	
Salaries and Taxes		2480.49	2480.49		£ 1,895.42	
Volunteers expenses	1000.00	6550.13	7550.13		£ 3,566.44	
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Legal/Subs/Insurance	£ 6,201.09	£ 76,680.02	£ 82,881.11	£ 82,881.11		£ 68,694.76
Accounts & Bookeeping fee						
<b>Total Expenditure</b>	£ 2,740.13	£ 7,446.65	£ 4,706.52	£ 4,706.52		£ 232.62
Surplus/(Deficit) for the 12 Months						
<b>Closing Funds</b>			£ 98,763.02	£ 98,763.02		£ 94,056.50



**EALING ANCHOR FOUNDATION**  
**Balance Sheet**  
**Year Ended 31 March 2022**

	Notes	<u>2022</u> £	<u>2021</u> £
<b>Assets:</b>			
Bank Balance 31/03/2022			
Petty Cash			£ -
Barclays Current account	1	£ 8,714.00	£ 29,744.83
Barclays Savings account	2	£ 90,549.02	£ 65,040.48
		<u>£ 99,263.02</u>	<u>£ 94,785.31</u>
<b>Liabilities:</b>			
Creditors		£ 500.00	£ 728.81
		<u>£ 98,763.02</u>	<u>£ 94,056.50</u>
<b>Financed by:</b>			
Private Fund Account:			
Restricted Funds		£69,386.24	£ 61,939.59
Unrestricted Funds		£29,376.78	£ 32,116.91
		<u>£ 98,763.02</u>	<u>£ 94,056.50</u>



**EALING ANCHOR FOUNDATION**  
**Independent Examiner Report**  
**Accounts for year to 31 March 2022**

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In our opinion the financial statements give a true and fair view of the state of affairs of the private fund of Ealing Anchor Foundation as at 31 March 2022, and of its surplus for the year ended on that date.



Bhanot & Co.  
Chartered Accountants

Date: 20 September 2022  
First Floor  
126-128 Uxbridge Road  
London W13 8QS



# EALING ANCHOR FOUNDATION

## ACCOUNTS

YEAR ENDED 31 MARCH 2023

Reg. Charity No. 1196311



**EALING ANCHOR FOUNDATION**  
**Income & Expenditure Accounts**  
**for the year ended 31 March 2023**

			<u>2023</u> £	<u>2022</u> £
	Unrestricted	Restricted	Total	
Opening Balance			£98,763.02	£ 94,056.50
<b>INCOME</b>				
LBE/MENCAP		20802.75	20802.75	£ 27,737.00
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Grand Duo Charitable Trust	4000.00		4000.00	£0.00
LB Ealing HIVI Project	825.00		825.00	£0.00
Refund/Credit	239.62	41.65	281.27	0.00
Fundraising	143.10		143.10	£ 1,676.65
Donations	1700.00		1700.00	0.00
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Surplus/(Deficit) for the 12 Months	<b>-£ 4,087.04</b>	<b>-£ 2,812.75</b>	<b>-£ 6,899.79</b>	<b>£ 4,706.52</b>
<b>Closing Funds</b>			<b>£ 91,863.23</b>	<b>£ 98,763.02</b>



**EALING ANCHOR FOUNDATION**  
**Balance Sheet**  
**Year Ended 31 March 2023**

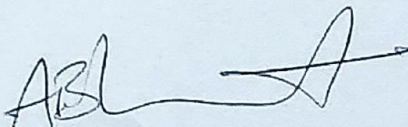
	Notes	<u>2023</u> £	<u>2022</u> £
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<b>Liabilities:</b>			
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Unrestricted Funds		£27,779.91	£ 29,376.78
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**EALING ANCHOR FOUNDATION**  
**Independent Examiner Report**  
**Accounts for year to 31 March 2023**

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