

REVIEW OF THE YEAR NOVEMBER 2022-23



IT TAKES A VILLAGE TO RAISE A CHILD

NOVEMBER 2023

[THEPARENTVILLAGE.ORG.UK](https://theparentvillage.org.uk)

THE PARENT VILLAGE

The Parent Village became a charitable incorporated organisation in June 2022.

Our Vision

We believe that parents are always doing the best they can with their children and that they use their strengths and experiences in how their family works and parenting. Our work together provides a space for parents to share their experiences with others, create connections and supportive friendships.

Along the way they will build on their existing strengths and skills tapping into greater awareness of themselves that enhances their parenting and family life.



Our Values

- Compassion
- Community
- Respect



CHAIRS REPORT



Setting up a new organisation is never easy. Starting something from scratch so often means doing more than you anticipated with less than you need, all against the backdrop of uncertainty: what if this idea I've had doesn't work? What if nobody engages? To stand a chance of success you need a purposeful vision and a clear plan.

The Parent Village has a vision - to support parents be the best they can be - and has delivered against our objectives to help make this vision a reality for more and more people. Through the expert leadership of our gifted CEO, Penny Phillips, The Parent Village has reached hundreds of people and has achieved that most difficult of things - creating something tangible from an idea, and all whilst living our values and showing real kindness.

The work we have done this year and the relationships we have formed enable us to look ahead to our second year of operation with ambition and positivity, and plan for an expansion of our activity to help more parents in 2024.



CONTENTS

- What we said we would do in our first year
- What we did and what difference we have made across the following areas
 - Digital workshops
 - In person workshop
 - Coaching
 - Parenting with Cancer group coaching programme
 - Priorities for 2024

WHAT WE SAID WE WOULD DO IN OUR FIRST YEAR

- Develop our policies and practice and evaluation frameworks
- Develop a programme of digital workshops on themes that matter to parents
- Build our community through our website, social media and events
- Deliver an in person workshop event
- Design and deliver the Parenting with Cancer Project in partnership with the Fruit Fly Collective

WHAT WE DID IN OUR FIRST YEAR

- Created our key policy documents, including our associate contracts so we could employ peer parents.
- Developed our evaluation methods and implemented them.
- Delivered 7 digital workshops
- Delivered 1 in person workshop
- Build our mailing list to 100 plus, building our community, launched our website
- Launched the Parenting with Cancer group coaching programme



DIGITAL WORKSHOPS

DIGITAL WORKSHOPS

The aim of the workshops are to reach and connect with parents through providing support on topics that matter to them.

THEMES

- Gender and sexuality
- Holding on, while letting go
- Online safety
- Preparing for secondary school
- Exam stress
- Children and young people's mental health
- Getting organised in the overwhelm

Listen to what other parents go through, have a better understanding of different behaviours, appreciate that it's difficult for everyone

It gave me insights into how a teenage brain works

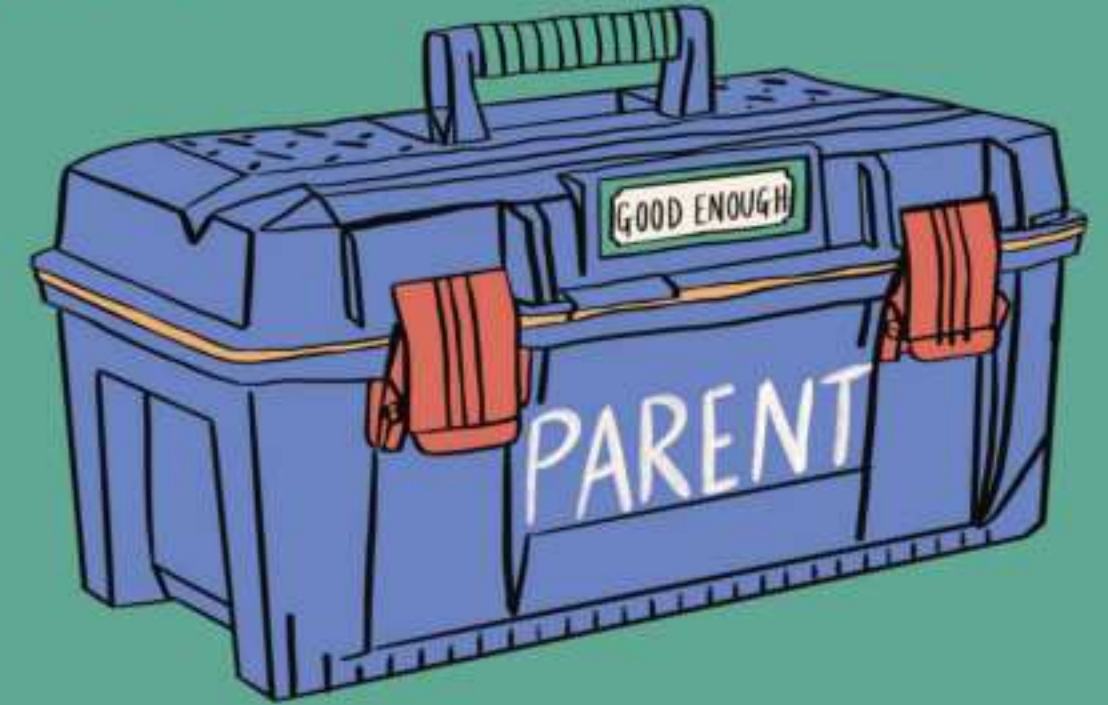
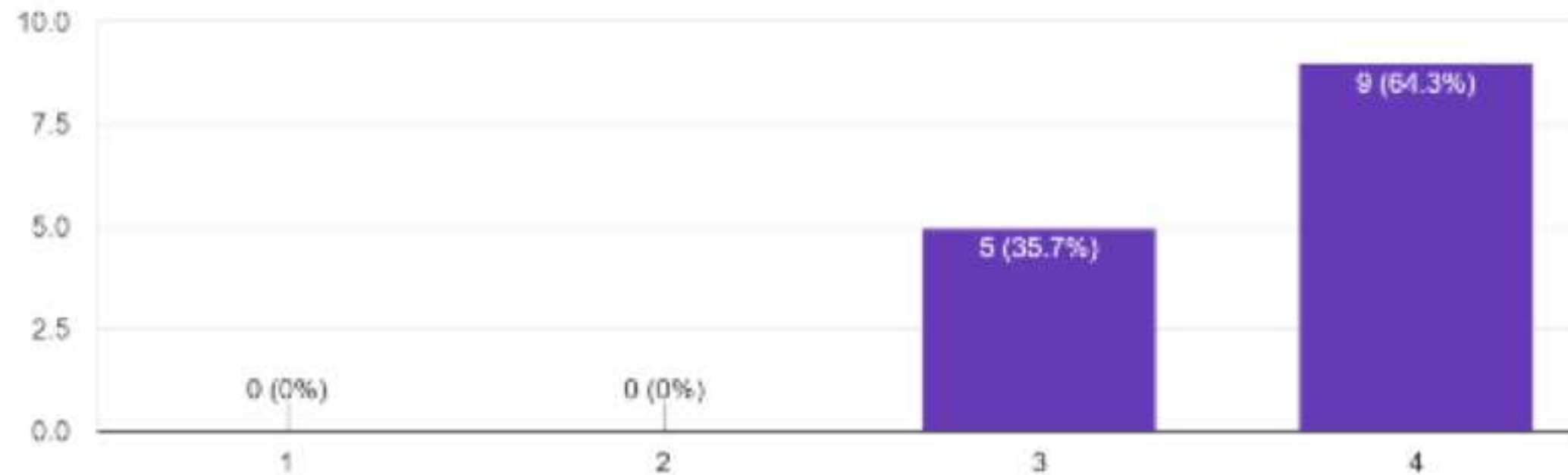
Good to hear other parents perspectives

Glad to hear the challenges/barriers to being organised acknowledged and normalised but then I understood I can manage by putting some strategies in place to help gradually, even in overwhelm

WHAT IMPACT WE HAD WITH THE DIGITAL WORKSHOPS

Do you expect to make use of skills and understanding gained from the workshop?

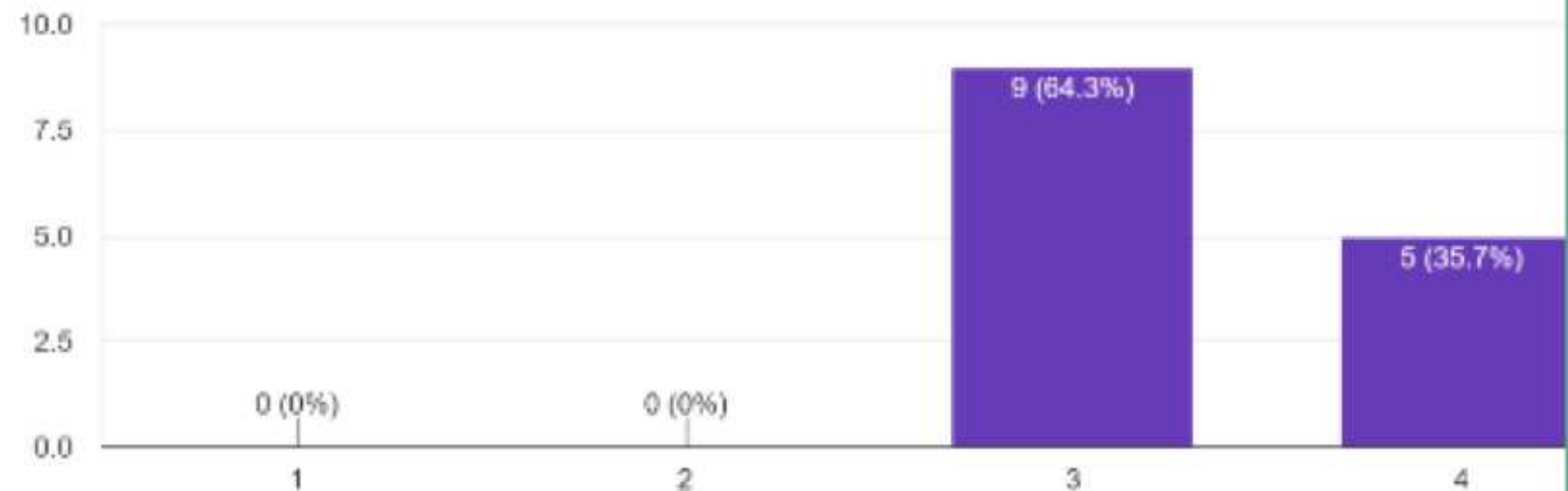
14 responses



39 Parents registered
& £114 raised in
donations to attend
workshop

Did the workshop improve your awareness and understanding of the topic?

14 responses





FAITH AND CULTURE WORKSHOP

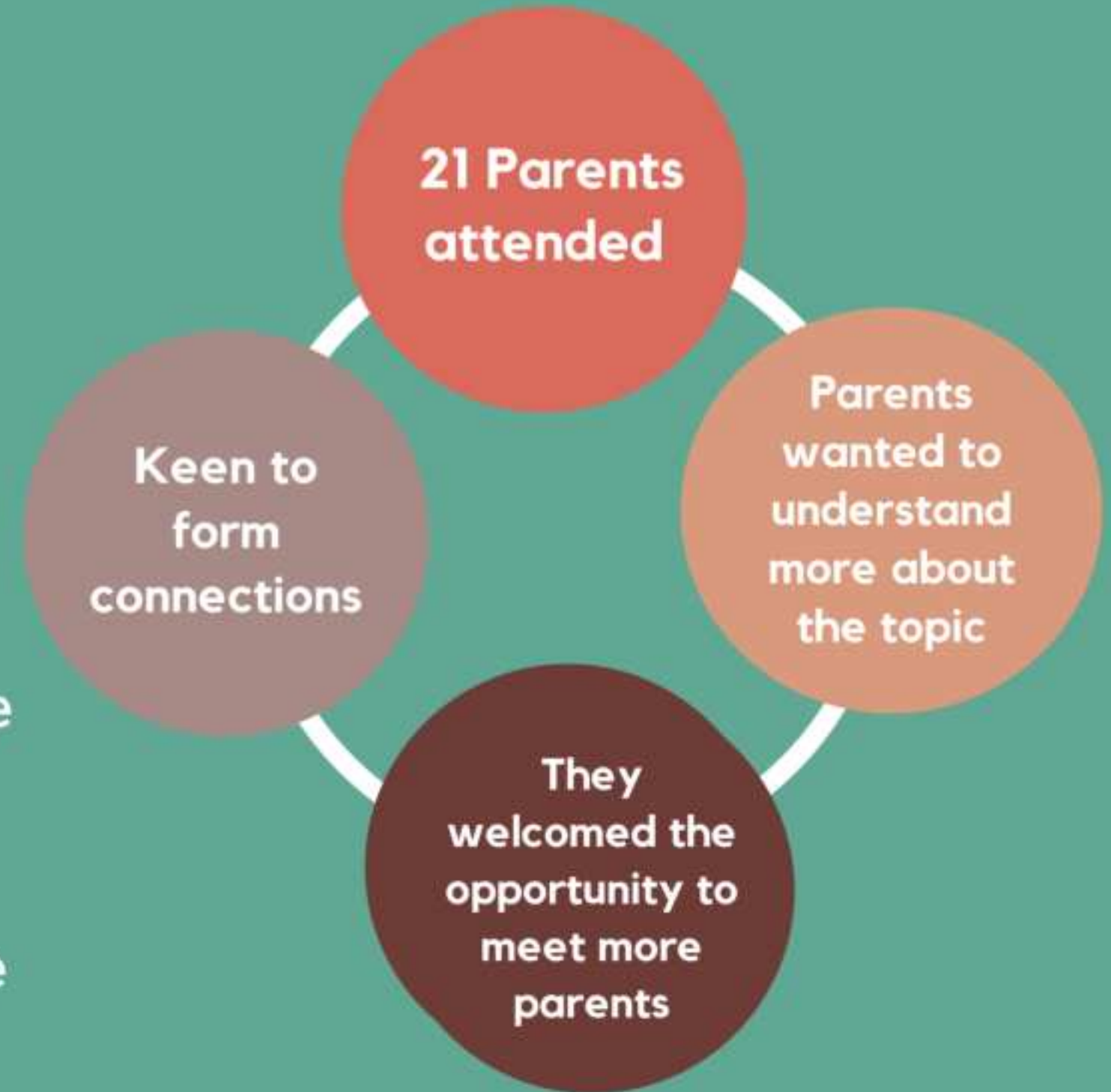
18TH OCTOBER 2023

FAITH AND CULTURE WORKSHOP - 18TH OCTOBER 2023

In recent outreach with young people undertaken in the winter of 2022, we have heard them say *"we wish our parents could listen to us and accept how we feel"*, and similarly with parents we spoke with they have shared *"in our culture we are not expected to take time for ourselves away from our family"*. And *"I grew up in a culture where you didn't have feelings or talk about them"*.

The aim of the workshop was to work collaboratively with parents to understand their culture and faith and how these factors impact on parenting.

Helping to increase parental awareness of what factors are at play in our family dynamics, how they help and support family relationships and where tensions can arise.



HOW THE WORKSHOP HELPED

**I Found it very interesting and learnt new ways I
could use to guide my children
Learning from other people's perspectives
I have a new community (members of the workshop,
formed a WhatsApp group)
To see the impact of religion and faith on parenting
and community
It has helped me to understand the intricacies of
other religions, consider how I can implement some
into my children's upbringing**

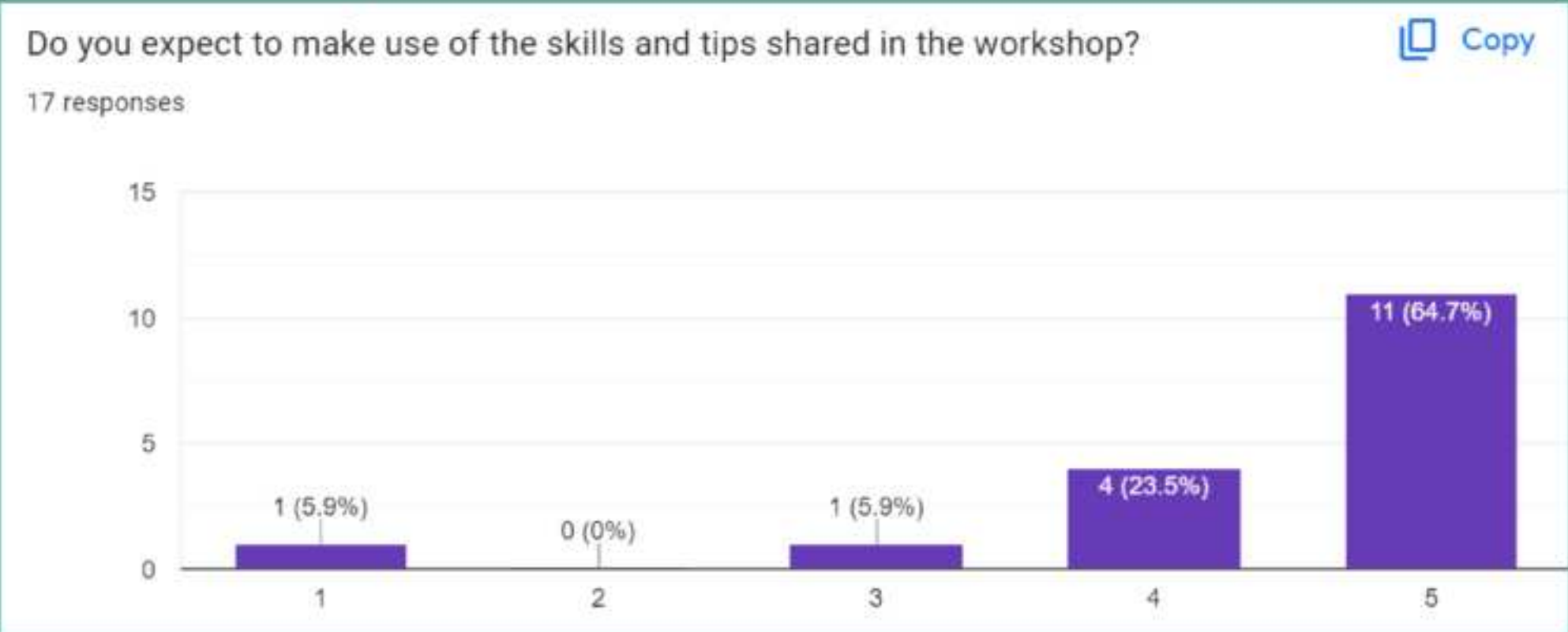
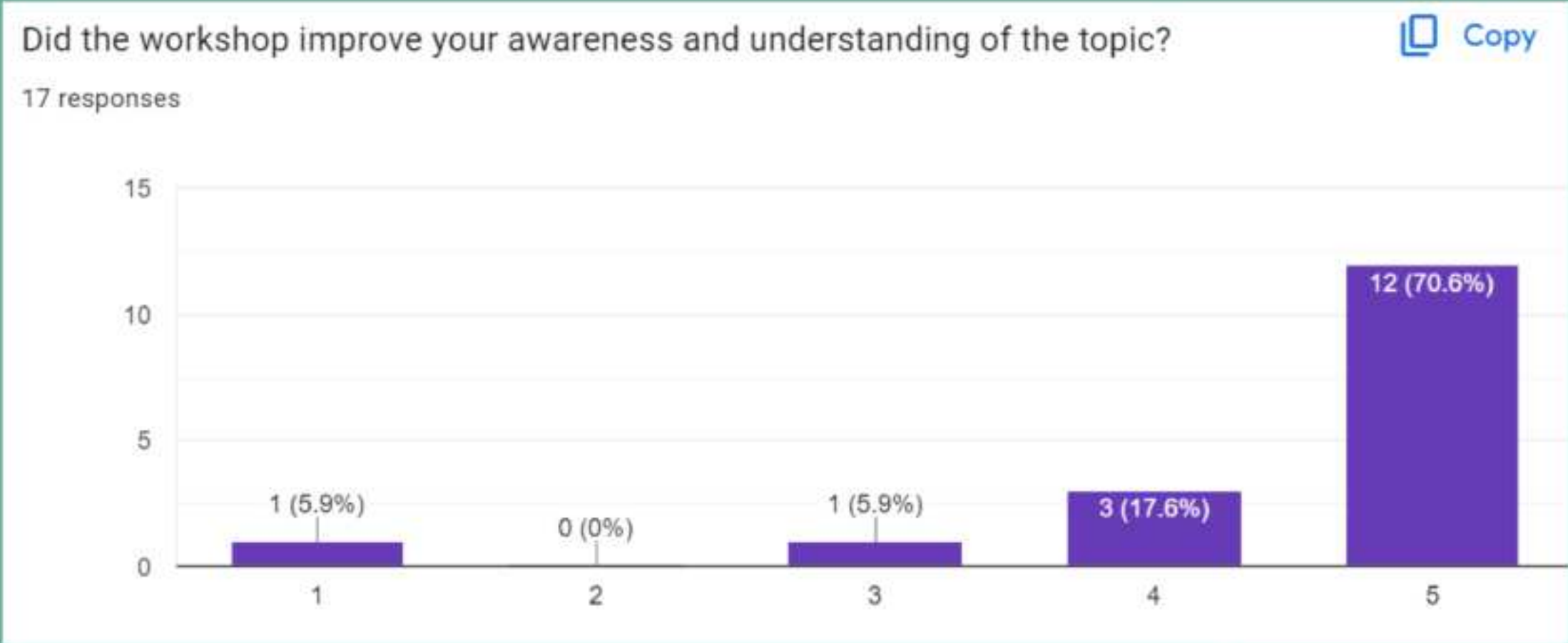


WHAT ACTIONS PARENTS SAID THEY WOULD TAKE



**To allow my children to choose with guidance that
emanate from culture and religion
Be open to people that show signs of Islamophobia, so
they can get to know other Muslims and hopefully
realise Islam is a religion of love and peace to all
Be more polite with my children
Create a village around me
Build a village of friends with those I met today**

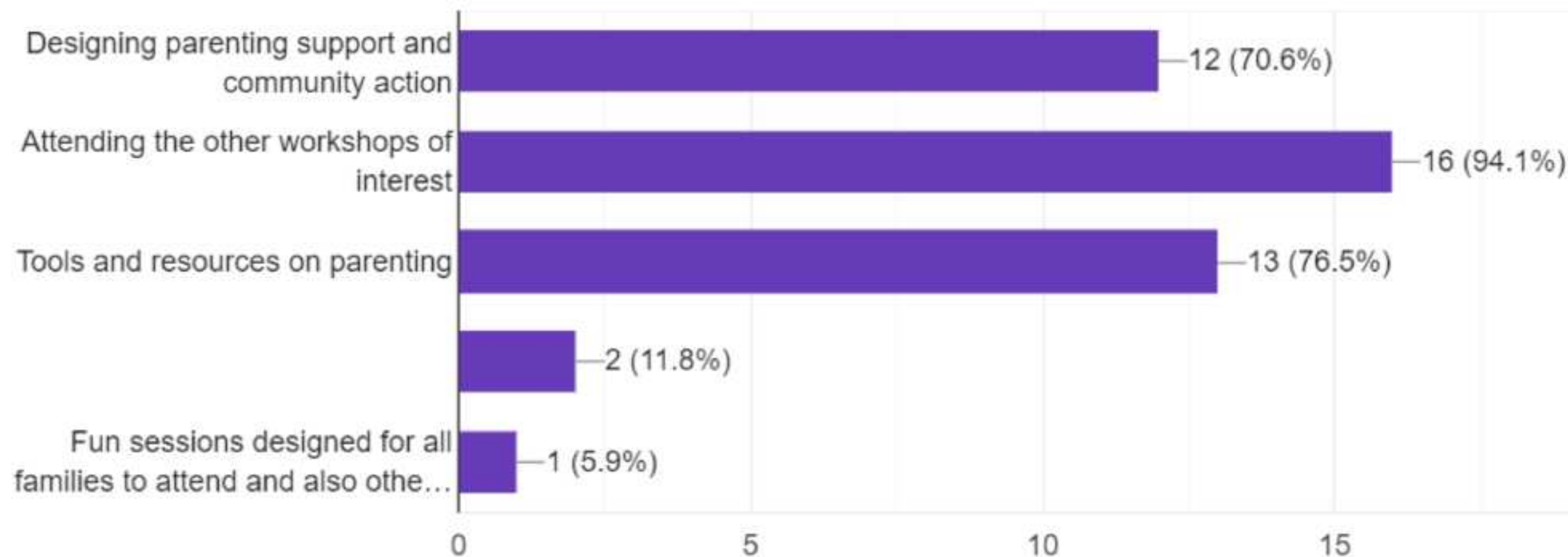
FAITH AND CULTURE WORKSHOP FEEDBACK



HOW ELSE PARENTS WANT TO BE INVOLVED WITH THE PARENT VILLAGE

How else would you like to be involved in The Parent Village and our projects

17 responses



WHAT OUR TEAM SHARED ABOUT THE EVENT





COACHING

MAY - NOVEMBER 2023

COACHING

The Parent Village Coaching offer;

6 x 60 minute sessions offered on a donation basis and is bespoke to each parent.
We have had 5 referrals since September 2023

Parents are coming to coaching for the following:

- Improve parent/child relationships
- Improve co-parenting communication
- Improve their own wellbeing, capacity to cope
- Reconnect with their strengths and purpose



COACHING

The coaching work with clients is ongoing and we have only completed one full set of sessions



"Penny gave me the right tools to ask the right questions, and then helped me find my own confidence to answer them for myself. She helped me tap into the person I had spent years trying to suppress, as I felt I was unworthy of self-love and made me realise that I am extremely worthy of being the best me."

I have not just made a physical change, but also mental and spiritual change.

Many people have commented on how I am different. I have fallen in love with myself and confident I will be successful in my aspirations".



THE PARENTING WITH CANCER PROJECT



PARENTING WITH CANCER PROJECT

Delivered in partnership with the Fruit Fly Collective

Funded by The National Lottery Community Fund and Macmillan Cancer Care and Support.

A two year project offering:

Themed workshops

Digital tools and resources

a group coaching programme

For parents and families impacted by parental cancer

[PARENTINGWITHCANCER.ORG](https://parentingwithcancer.org)

PARENTING WITH CANCER PROJECT

The Parent Village has co-designed and leads delivery of the group coaching programme for the Parenting with Cancer project

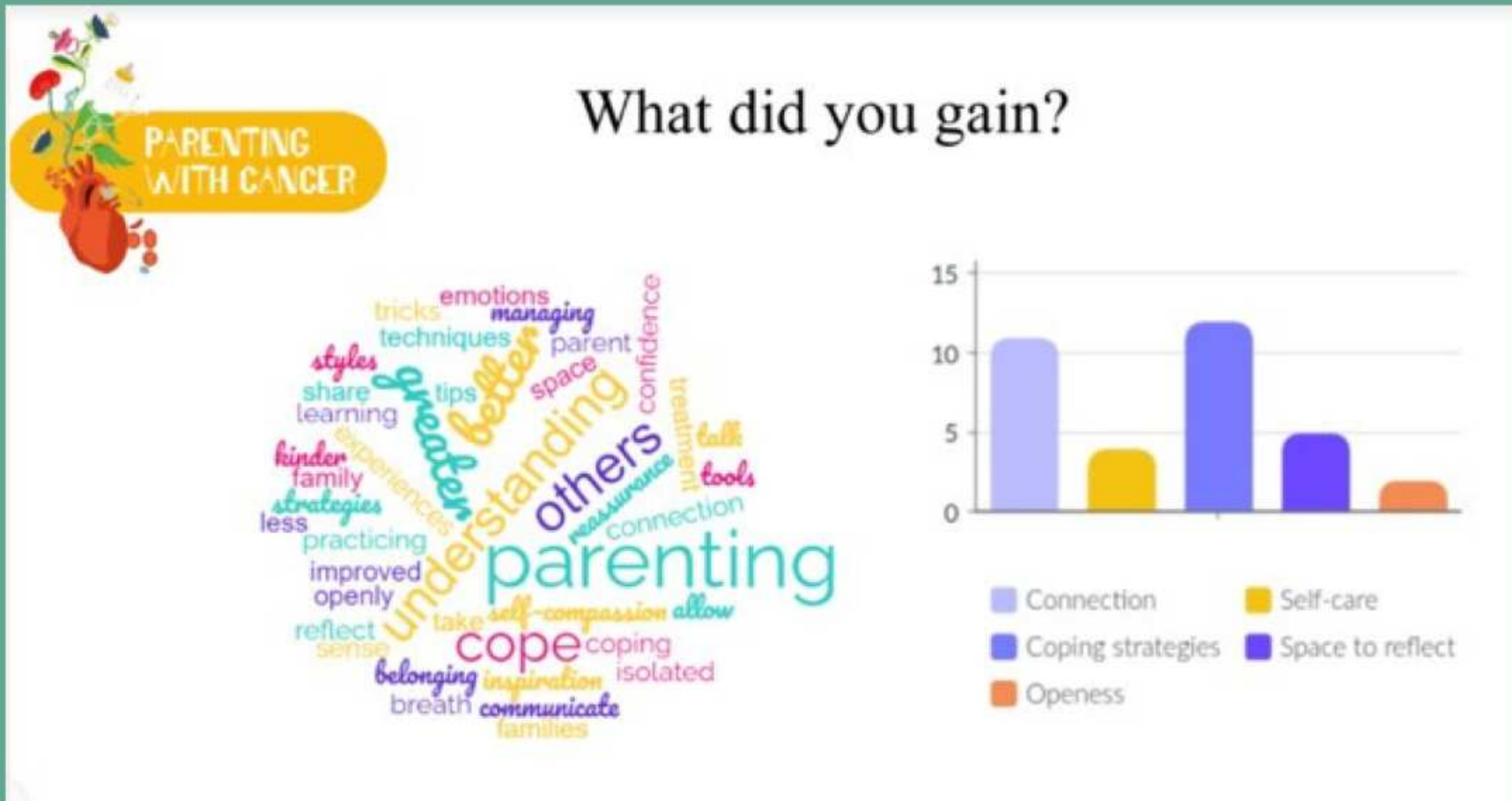
Over 8 weeks we cover the following themes:

self care, support networks, feelings, being child led, family routines, parenting styles and communication, managing stress and uncertainty, self compassion.

The group is delivered based on these principles:

- Nurturing and empowering space for parents to come together and share from each other
- Share therapeutic and parenting strategies
- Help make family life a little easier

FINDINGS PARENTING WITH CANCER PROJECT



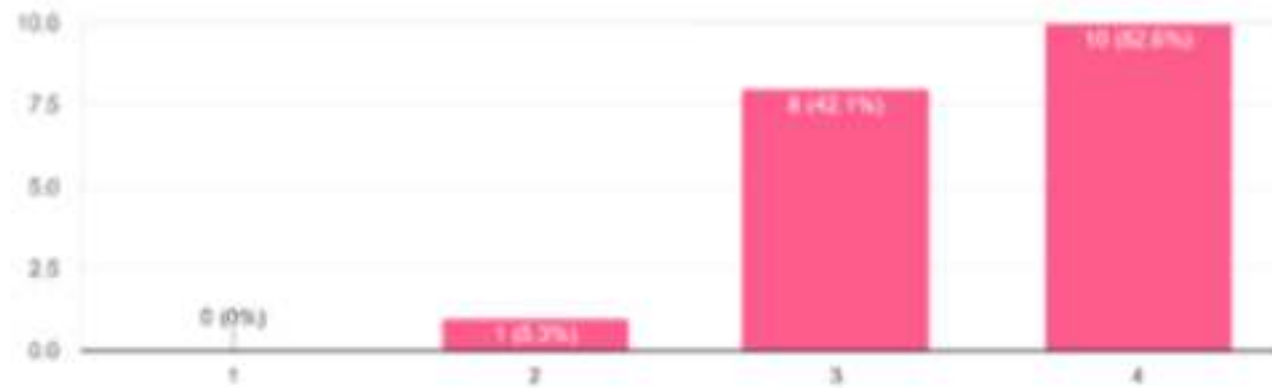
Our first cohort groups ran September - November

19 completed the group coaching course.

FINDINGS PARENTING WITH CANCER PROJECT

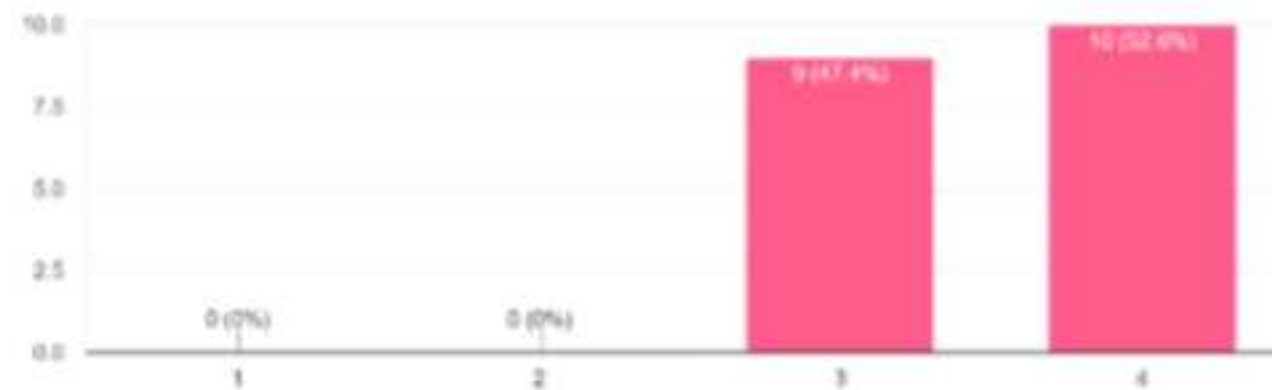
Has the programme made you more confident in being an effective parent?

19 responses



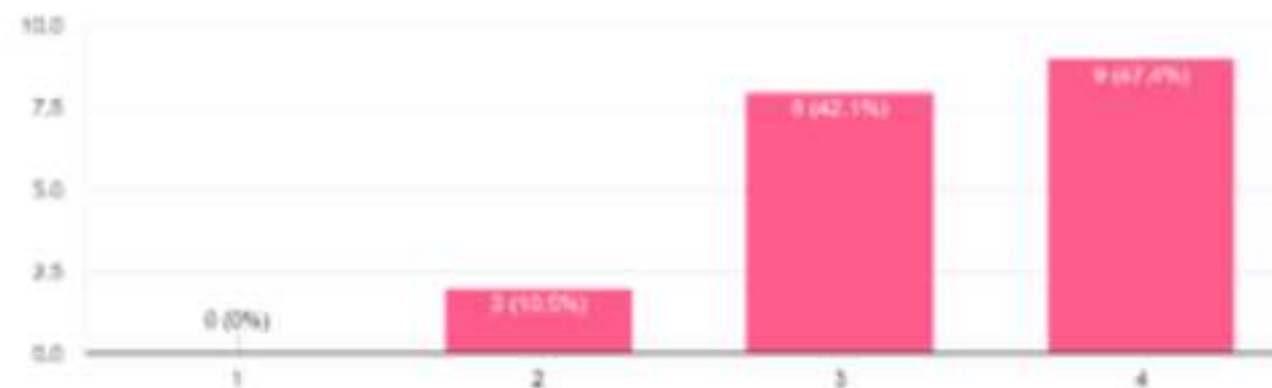
Did the programme improve your understanding of positive parenting?

19 responses



Did the programme help you to develop skills to use positive parenting?

19 responses



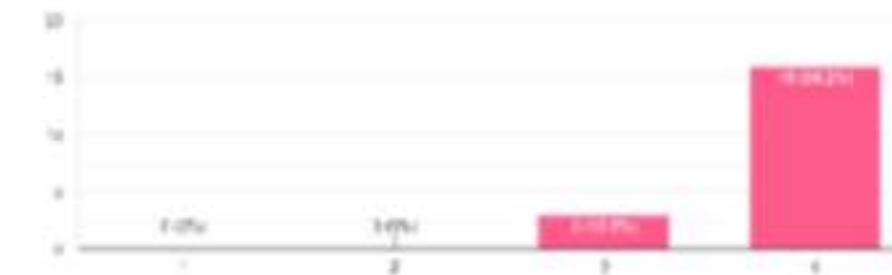
Did it meet your expectations



Exceeded Very Somewhat
Not very Not at all

Overall how satisfied are you with the programme?

19 responses

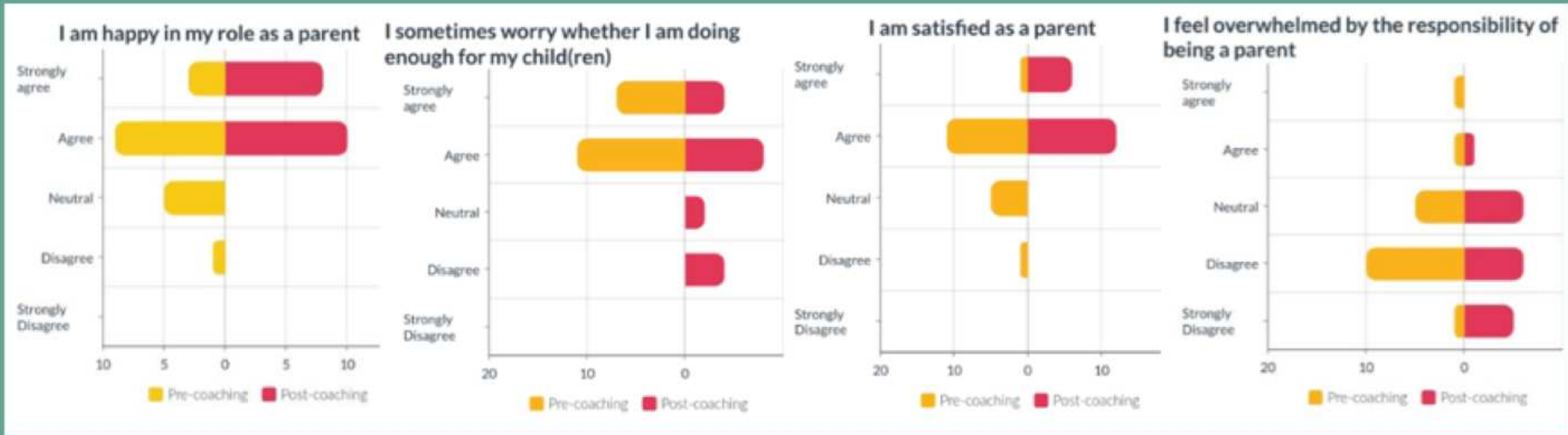


How competent were the group leaders?

19 responses



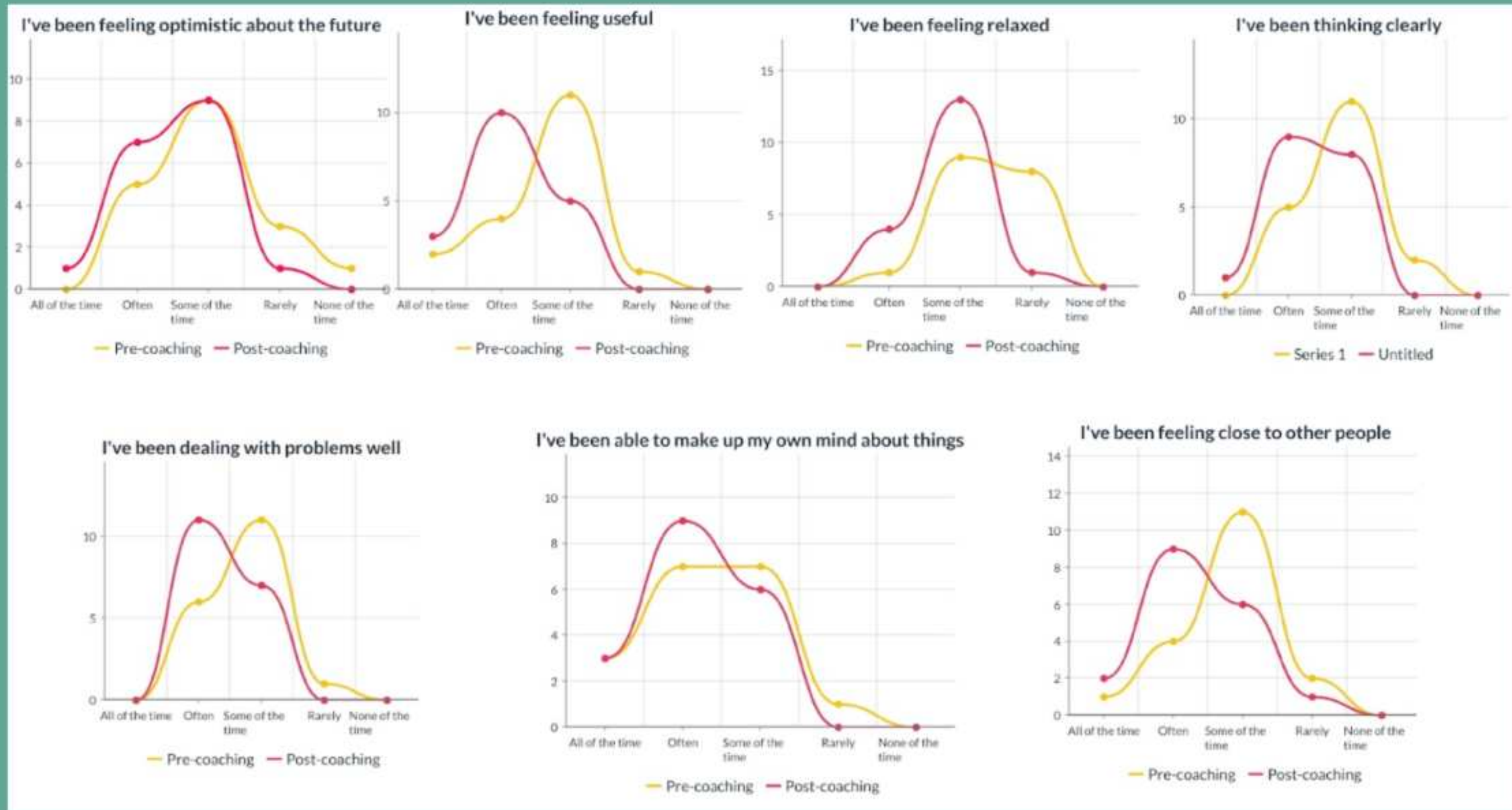
FINDINGS PARENTING WITH CANCER PROJECT



Parental stress questions pre and post the group coaching



FINDINGS PARENTING WITH CANCER PROJECT



Parental wellbeing pre and post the group coaching



WHAT PARENTS TOLD US

THINGS THAT WE COULD DO BETTER/DIFFERENTLY

"More discussions around parenting with cancer specifically rather than general parenting"

"Communicating through WhatsApp/SMS for reminders and links"

"Would rather extend course and shorten to 1 hour"

"More ice breakers/ team building exercises at the beginning to help the group bond faster"

"Learn more about child development at the different ages to better understand how to support them"

THE THING THAT REALLY MATTERED TO YOU

"Creating this space"

"Felt very supported when feelings were high"

"Shared experience with other Mums"

"Kindness and understanding"

"Be kinder to myself"

"The feeling of belonging"

"Feeling less alone"

"The focus on being compassionate to ourselves"

"The journal will be of huge benefit in the future"

"Penny sharing her experiences"

WHAT PARENTS TOLD US

Just so very grateful to Penny and Caroline for creating this space. They have designed such a thoughtful, useful course and conducted it all in a gentle, effective and honest way that is full of tenderness and consideration for their tutees.

Living with cancer can feel like a very lonely place at times and you both have been a really positive reminder to know that there are people who care and can offer support through the hard times and make you feel good enough.

Although, I have many Mum friends, I often feel I can't relate to them, and they can't relate to me. I say that as there is more to do than just being a parent when being diagnosed with cancer -appts, treatments, ops, etc.



This course has turned my perception of me as a parent and as an individual with health concerns on its head. I am bolder and braver and believe I stand an excellent chance of living my future with confidence and, most importantly, happiness.

Feeling less alone going through cancer as a parent. All other courses (especially breast cancer classes/ workshops) don't seem as relevant

Thank you to all who have made this course possible - I hope you go on being free and able to continue to change lives for the better for all affected by cancer.

As living with cancer can feel like a very lonely place at times and you have both been a really positive reminder to know that there are people who care and can offer support through the hard times and make you feel good enough. So Thank you for running these sessions in the calm, supportive way that you have, it has given me such a huge lift at a time when I felt a bit lost.



PRIORITIES 2024



PRIORITIES

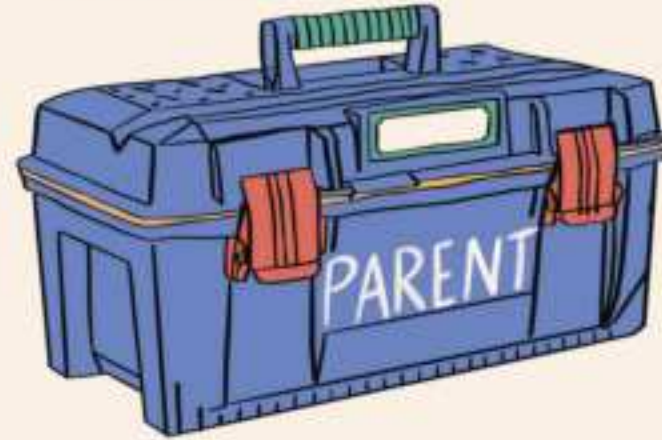
1. Sourcing funding to develop our work, in particular developing the parents skills and knowledge to empower each other
2. Develop our 1:1 coaching programme to be able to offer affordable/free coaching for parents who otherwise could not access help
3. Continue to develop and deliver the Parenting with Cancer project with Fruit Fly Collective
4. Grow our board of trustees

WHAT WE DO

COMMUNITY



WORKSHOPS



COACHING



Thank you to everyone who has been a part of The Parent Village in 2023.
We value your support and we hope you have gained something from taking part.

THANK YOU FOR YOUR SUPPORT IN 2023



IT TAKES A VILLAGE TO RAISE A CHILD

NOVEMBER 2023

THEPARENTVILLAGE.ORG.UK

The Parent Village CIO
Financial Statements
For the Period Ending
31 March 2023

JANE ASCROFT ACCOUNTANCY LIMITED

Chartered accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XT

The Parent Village CIO

Financial Statements

Period from 8 June 2022 to 31 March 2023

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The Parent Village CIO

Trustees' Annual Report

Period from 8 June 2022 to 31 March 2023

The trustees present their report and the unaudited financial statements of the charity for the period ended 31 March 2023.

Objectives and Activities

The objectives of the charity are:

A) to promote social inclusion for the public benefit by preventing people (parents/carers) from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society, in the delivery of peer support, training and skills development, experiential learning where community and social cohesion will be built and created through activities delivered by the parent village.

B) to promote social inclusion for the public benefit by preventing those we work with from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society, in the delivery of peer support, training and skills development, experiential learning where community and social cohesion will be built and created through activities delivered by the parent village.

We deliver Parenting Groups, workshops on aspects of parenting, family life and relationships, Bespoke coaching and community development and training.

Achievements and Performance

TBC

Financial Review

During the period to 31st March 2023 the charity received income of £6,215 and incurred expenditure of £2,206 giving a surplus on unrestricted funds of £4,009.

Plans for Future Periods

TBC

Structure, Governance and Management

The charity was registered as a Charitable Incorporated Organisation on 8th June 2022 with charity number 1199222.

The Parent Village CIO

Trustees' Annual Report (*continued*)

Period from 8 June 2022 to 31 March 2023

Reference and Administrative Details

Registered charity name The Parent Village CIO

Charity registration number 1199222

Principal office 1 Ardoch Road
Catford
London

The Trustees

Gareth Conyard	(Appointed 8 June 2022)
Iona McArdle	(Appointed 8 June 2022)
Ruth Kidzi	(Appointed 8 June 2022)

Accountants Jane Ascroft Accountancy Limited
Chartered accountants
Enterprise House
Harmire Enterprise Park
Barnard Castle
County Durham
DL12 8XT

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Gareth Conyard
Trustee

The Parent Village CIO

Statement of Financial Activities

Period from 8 June 2022 to 31 March 2023

		Period from 8 Jun 22 to 31 Mar 23	
	Note	Unrestricted funds £	Total funds £
Income and endowments			
Donations and legacies	4	6,215	6,215
Total income		<u>6,215</u>	<u>6,215</u>
Expenditure			
Expenditure on charitable activities	5,6	2,206	2,206
Total expenditure		<u>2,206</u>	<u>2,206</u>
Net income and net movement in funds		<u>4,009</u>	<u>4,009</u>
Reconciliation of funds			
Total funds brought forward		—	—
Total funds carried forward		<u>4,009</u>	<u>4,009</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 5 to 9 form part of these financial statements.

The Parent Village CIO

Statement of Financial Position

31 March 2023

	Note	31 Mar 23 £
Fixed Assets		
Tangible fixed assets	10	751
Current Assets		
Cash at bank and in hand		3,618
Creditors: amounts falling due within one year	11	360
Net Current Assets		3,258
Total Assets Less Current Liabilities		4,009
Net Assets		4,009
Funds of the Charity		
Unrestricted funds		4,009
Total charity funds	12	4,009

These financial statements were approved by the board of trustees and authorised for issue on, and are signed on behalf of the board by:

Iona McArdle
Trustee

The notes on pages 5 to 9 form part of these financial statements.

The Parent Village CIO

Notes to the Financial Statements

Period from 8 June 2022 to 31 March 2023

1. General Information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 1 Ardoch Road, Catford, SE6 1SR.

2. Statement of Compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going Concern

There are no material uncertainties about the charity's ability to continue.

Judgements and Key Sources of Estimation Uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The trustees consider that there are no significant estimates or judgements affecting these financial statements.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

The Parent Village CIO

Notes to the Financial Statements *(continued)*

Period from 8 June 2022 to 31 March 2023

3. Accounting Policies *(continued)*

Income

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible Assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

The Parent Village CIO

Notes to the Financial Statements *(continued)*

Period from 8 June 2022 to 31 March 2023

3. Accounting Policies *(continued)*

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 25% reducing balance

Impairment of Fixed Assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Financial Instruments

The charity only has financial assets and liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Accrued income and tax recoverable is included at the best estimate of the amounts receivable at the balance sheet date.

Cash at Bank and in Hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

Taxation

The company is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the company is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

The Parent Village CIO

Notes to the Financial Statements *(continued)*

Period from 8 June 2022 to 31 March 2023

4. Donations and Legacies

	Unrestricted Funds £	Total Funds 2023 £
Donations		
Donations	485	485
Grants		
East London Foundation	1,450	1,450
Young Westminster Foundation	360	360
Fruit Fly Collective	3,650	3,650
Taye Training	270	270
	<u>6,215</u>	<u>6,215</u>

5. Expenditure on Charitable Activities by Fund Type

	Unrestricted Funds £	Total Funds 2023 £
Costs of charitable activities (see page 11)	<u>2,206</u>	<u>2,206</u>

6. Expenditure on Charitable Activities by Activity Type

	Activities undertaken directly £	Total funds 2023 £
Costs of charitable activities (see page 11)	<u>2,206</u>	<u>2,206</u>

7. Net Income

Net income is stated after charging/(crediting):

	31 Mar 23 £
Depreciation of tangible fixed assets	<u>250</u>

8. Staff Costs

The average head count of employees during the period was Nil.

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

9. Trustee Remuneration and Expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees in the current period.

No trustee expenses have been incurred during the current period.

The Parent Village CIO

Notes to the Financial Statements *(continued)*

Period from 8 June 2022 to 31 March 2023

10. Tangible Fixed Assets

	Equipment £
Cost	
At 8 June 2022	–
Additions	1,001
At 31 March 2023	<u>1,001</u>
Depreciation	
At 8 June 2022	–
Charge for the period	250
At 31 March 2023	<u>250</u>
Carrying amount	
At 31 March 2023	<u>751</u>

11. Creditors: amounts falling due within one year

	31 Mar 23 £
Accruals and deferred income	<u>360</u>

12. Analysis of Charitable Funds

Unrestricted funds	At 8 June 2022 £	Income £	Expenditure £	At 31 March 2023 £
General funds	<u>–</u>	<u>6,215</u>	<u>(2,206)</u>	<u>4,009</u>

13. Analysis of Net Assets Between Funds

	Unrestricted Funds £	Total Funds 2023 £
Tangible fixed assets	751	751
Current assets	3,618	3,618
Creditors less than 1 year	<u>(360)</u>	<u>(360)</u>
Net assets	<u>4,009</u>	<u>4,009</u>

The Parent Village CIO

Management Information

Period from 8 June 2022 to 31 March 2023

The Following Pages Do Not Form Part of the Financial Statements.

The Parent Village CIO

Detailed Statement of Financial Activities

Period from 8 June 2022 to 31 March 2023

	Period from 8 Jun 22 to 31 Mar 23 £
Income and endowments	
Donations	485
East London Foundation	1,450
Young Westminster Foundation	360
Fruit Fly Collective	3,650
Taye Training	270
Total income	<u>6,215</u>
Expenditure	
Insurance	399
Legal and professional fees	603
Depreciation	250
IT, Website & Software	884
Membership Fees	50
Sundry costs	20
Total expenditure	<u>2,206</u>
Net income	<u>4,009</u>
