

The Parent Rooms Ltd

Northern Ireland · Charity number 107529

Details

Known as	Formerly We Are Pangs Ltd
Status	Received
Company number	662333
Registered	2020-08-24
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	290-292 Antrim Road Belfast BT15 5aa BT15 5AA
Phone	02895380404
Email	hello@theparentrooms.co.uk
Website	www.theparentrooms.co.uk

Activities

Purposes: (1) Advance health and wellbeing in particular to the mental health of pregnant women, parents and their support networks by, but not exclusively, the provision of peer support, signposting to resources and practical support during pregnancy and throughout the parental journey. (2) Advance health and wellbeing particular to the mental health of health professionals, volunteers and other related professions who are supporting parents with mental ill health (3) Advance the health and wellbeing of new parents expecting a child or in the postnatal period by, but not exclusively, reducing loneliness and isolation by connecting parents with others in networks and support groups. (4) Advance the education of the public including women, parents and healthcare professionals in mental health by, but not exclusively, the provision of up to date, evidence-based information to enable parents and their supporters, including health professionals to find treatment and support for mental illness. This will also include awareness raising events and activities. (5) To campaign for better mental health services through, but not exclusively, events, workshops and campaign activities. (6) To provide training and workshops for, but not exclusively, peer supporters, healthcare professionals and other interested parties in protecting, supporting and treating the mental health of parents struggling with mental illness.

What the charity does: The advancement of health or the saving of lives

How the charity works: Advice/advocacy/information,Community development,Counselling/support,Education/training,General charitable purposes,Medical/health/sickness,Volunteer development

Who the charity helps: Adult training,Carers,Children (5-13 year olds),Men,Mental health,Parents,Preschool (0-5 year olds),Specific areas of deprivation,Unemployed/low income,Voluntary and community sector,Volunteers,Women,Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£291,473	£218,332	£-2,688	5

Trustees

Name	Role	Appointed
Catherine White		
Mr Matthew Allen		
Ms Bybit Pamela Areketa		

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Accounts



The Parent Rooms Ltd
(A company limited by guarantee, not having a share capital)

Annual Report and Unaudited Financial Statements

for the financial year ended 30 June 2025

Malone Accounting Ltd
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Company Number: NI662333
Charity Number: 107529

The Parent Rooms Ltd
(A company limited by guarantee, not having a share capital)
CONTENTS

	Page
Reference and Administrative Information	3
Trustees' Annual Report	4 - 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 16

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

Bybit Pamela Areketa
Catherine White (Appointed 20 February 2025)
Matthew Allen
Sean McDaid
Leslie Carol Altic (Resigned 20 February 2025)

Chief Executive

Michelle Bradley

Charity Number in Northern Ireland

107529

Company Registration Number

NI662333

Registered Office

Commission House
18-22 Gordon Street
Belfast
BT1 2LG

Independent Examiner

Malone Accounting Ltd
12 Causeway Road
NEWCASTLE
Down
BT33 0DL

Principal Bankers

HSBC
25-29 Royal Avenue
Belfast
County Antrim
BT1 1FB

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2025

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 30 June 2025.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of The Parent Rooms Ltd present a summary of its purpose, governance, activities, achievements and finances for the financial year 30 June 2025.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

The purpose of the charity, as set out in its governing document, is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them.

The main activities undertaken in relation to those purposes are creating and sustaining peer support networks led by parents, providing wellbeing programs, counselling and social connection. Training and education are also provided on parental mental illness and its treatments as well as training for peer support leaders.

Review of Activities, Achievements and Performance

From January to June 2025, our group programmes were temporarily interrupted due to delays in gaining access to our new premises. During this time, the team worked remotely while 1-to-1 Parent Advocacy and counselling continued uninterrupted. This ensured that parents most in need, maintained access to timely, trauma-informed support even when group activity paused.

Group delivery resumed on a phased basis once premises issues were resolved, with our focus on rebuilding social connection and peer support as core components of recovery and community wellbeing.

Key Programmes & Activities Delivered

Despite operational challenges in early 2025, The Parent Rooms continued to deliver a diverse range of services designed to promote parental mental health, social connection and empowerment:

Space For Me

Our flagship wellbeing programme supporting parents to explore emotional regulation, self-compassion and coping strategies through group reflection and creative activities. Participants reported improved confidence, peer connection and emotional stability.

Art for Wellbeing

A creative arts-based intervention offering parents a safe, expressive outlet to explore their experiences and promote relaxation. Evaluation indicated notable improvements in mood, sense of belonging and confidence in self-expression.

Younger Mums Programme

Targeted peer support for mothers aged under 25, providing both therapeutic and practical support to address isolation, early parenthood stress and identity challenges.

Co-founding of the Young Women's Consortium

In partnership with several community organisations and supported by the Pilgrim Trust, we jointly established a cross-sector consortium to enhance opportunities, voice and mental health support for young women across Belfast. This collaboration demonstrates our leadership in community partnership working and collective impact.

Counselling Contract with the Belfast Trust Perinatal Mental Health Team

We continued to deliver clinical counselling sessions through this contract, providing specialist perinatal therapy for mothers experiencing antenatal and postnatal mental health difficulties.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2025

Weekly Social Connection Activities

Informal coffee mornings, peer support drop-ins and wellbeing-focused workshops were delivered weekly throughout the year, providing continuity of connection and reducing isolation.

Childcare Provision

Where funding allowed, on-site childcare was provided during programmes and group sessions, removing barriers to participation for parents with young children.

Seasonal Community Events

Our Halloween and Christmas parties brought families together for shared celebration, strengthening community ties and providing a positive social environment for parents and children alike.

Outcomes and quality

Outcomes & Quality

Even during the period of restricted access to premises, parents continued to make measurable progress across the five wellbeing domains – mental, physical, parental, relational and financial – as assessed through our Circle of Wellbeing and Outcomes Measurement Tools. Parents reported feeling more connected, confident and better equipped to manage stress.

Partnership and community impact

We sustained strong relationships with existing funders and partners, including Belfast Trust, Belfast City Council, Pilgrim Trust, the Rank Foundation, Trusthouse Charitable Foundation and others. Our co-founding of the Young Women's Consortium demonstrates our ongoing commitment to collaborative working and shared learning across the community and voluntary sector.

Against plan

The Strategic Plan 2023–2026 set out four strategic priorities – Impact, Access, Growth and Change – all of which remained central throughout the year. Despite delays to premises access, The Parent Rooms continued to demonstrate adaptability, maintaining essential services, protecting parent outcomes, and ensuring a rapid return to full programme delivery once facilities became available.

Financial Results

At the end of the financial year the charity has assets of £179,996 (2024 - £106,952) and liabilities of £2,688 (2024 - £2,785). The net assets of the charity have increased by £73,141.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Leslie Carol Altic (Resigned 20 February 2025)

Bybit Pamela Areketa

Sean McDaid

Matthew Allen

Catherine White

In accordance with the Constitution, the trustees retire by rotation and being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. The Parent Rooms Ltd subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 14/11/25 and signed on its behalf by:



Sean McDaid (Nov 14, 2025 13:05:17 GMT)

Sean McDaid
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2025

The trustees, who are also directors of The Parent Rooms Ltd for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 14/11/25 and signed on its behalf by:



Sean McDaid (Nov 14, 2025 13:05:17 GMT)

Sean McDaid
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS LTD

We have examined the financial statements of the charity for the financial year ended 30 June 2025, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Malone Accounting
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Date: 14/11/25

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 30 June 2025

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Income							
Donations and legacies	3.1	25,729	-	25,729	35,275	-	35,275
Charitable activities							
Grants from governments and other co-funders	3.2	7,285	258,459	265,744	2,000	203,263	205,263
Activities for generating funds	3.3	-	-	-	14,828	-	14,828
Total income		33,014	258,459	291,473	52,103	203,263	255,366
Expenditure							
Raising funds	4.1	-	-	-	10,578	-	10,578
Charitable activities	4.2	20,281	198,051	218,332	54,300	176,521	230,821
Total Expenditure		20,281	198,051	218,332	64,878	176,521	241,399
Net income/(expenditure)		12,733	60,408	73,141	(12,775)	26,742	13,967
Transfers between funds		3,833	(3,833)	-	123	(123)	-
Net movement in funds for the financial year		16,566	56,575	73,141	(12,652)	26,619	13,967
Reconciliation of funds:							
Total funds beginning of the year	12	6,533	97,634	104,167	19,185	71,015	90,200
Total funds at the end of the year		23,099	154,209	177,308	6,533	97,634	104,167

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

Company Number: NI662333

BALANCE SHEET

as at 30 June 2025

	Notes	2025 £	2024 £
Fixed Assets			
Tangible assets	8	1,788	3,577
Current Assets			
Debtors	9	520	6,908
Cash at bank and in hand		177,688	101,170
		178,208	108,078
Creditors: Amounts falling due within one year	10	(2,688)	(7,488)
Net Current Assets		175,520	100,590
Total Assets less Current Liabilities		177,308	104,167
Funds			
Restricted trust funds		154,209	97,634
General fund (unrestricted)		23,099	6,533
Total funds	12	177,308	104,167

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.


For the financial year ended 30 June 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.

The trustees confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charity.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the Board of Trustees and authorised for issue on 14/11/25 and signed on its behalf by


Sean McDaid (Nov 14, 2025 13:05:17 GMT)

Sean McDaid
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

1. GENERAL INFORMATION

The Parent Rooms Ltd is a company limited by guarantee incorporated in Northern Ireland. The registered office of the charity is Commission House, 18-22 Gordon Street, Belfast, BT1 2LG which is also the principal place of business of the charity. The financial statements have been presented in Pound (£) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

As permitted by the Companies Act 2006, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year ended 30 June 2025 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of general funds.

General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases, the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement, and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measures for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery - 20% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption.

3. INCOME					
3.1	DONATIONS AND LEGACIES	Unrestricted Funds	Restricted Funds	2025	2024
		£	£	£	£
	Donations and legacies	25,729	-	25,729	35,275
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
3.2	CHARITABLE ACTIVITIES	Unrestricted Funds	Restricted Funds	2025	2024
		£	£	£	£
	Grants from governments and other co-funders:				
	Income from charitable activities	7,285	258,459	265,744	205,263
		<u> </u>	<u> </u>	<u> </u>	<u> </u>
3.3	OTHER TRADING ACTIVITIES	Unrestricted Funds	Restricted Funds	2025	2024
		£	£	£	£
	Fundraising	-	-	-	14,828
		<u> </u>	<u> </u>	<u> </u>	<u> </u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

4. EXPENDITURE						
4.1 RAISING FUNDS		Direct Costs £	Other Costs £	Support Costs £	2025 £	2024 £
Raising funds		-	-	-	-	10,578
4.2 CHARITABLE ACTIVITIES		Direct Costs £	Other Costs £	Support Costs £	2025 £	2024 £
Expenditure on charitable activities		180,939	-	35,713	216,652	229,290
Governance Costs (Note 4.3)		1,680	-	-	1,680	1,531
		182,619	-	35,713	218,332	230,821
4.3 GOVERNANCE COSTS		Direct Costs £	Other Costs £	Support Costs £	2025 £	2024 £
Charitable activities - governance costs		1,680	-	-	1,680	1,531
5. ANALYSIS OF SUPPORT COSTS					2025 £	2024 £
General office costs					11,370	13,740
Premises					24,343	37,252
					35,713	50,992
6. NET INCOME					2025 £	2024 £
Net Income is stated after charging/(crediting):						
Depreciation of tangible assets					1,789	1,789
Independent Examiner's remuneration: - independent examination services					1,680	1,531

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

7. EMPLOYEES AND REMUNERATION

Number of employees

The average number of people employed during the period was 5.

No employee earned more than £60,000 per annum (2024 – nil).

The trustees were not paid or reimbursed for expenses during the year.

	2025 Number	2024 Number
permanent	<u>5</u>	<u>5</u>
The staff costs comprise:	2025	2024
	£	£
Wages and salaries	124,144	120,509
Social security costs	6,057	5,673
Pension costs	3,724	3,616
	<u>133,925</u>	<u>129,798</u>

8. TANGIBLE FIXED ASSETS

	Plant and machinery	Total
	£	£
Cost		
At 30 June 2025	<u>8,944</u>	<u>8,944</u>
Depreciation		
At 1 July 2024	5,367	5,367
Charge for the financial year	1,789	1,789
At 30 June 2025	<u>7,156</u>	<u>7,156</u>
Net book value		
At 30 June 2025	<u>1,788</u>	<u>1,788</u>
At 30 June 2024	<u>3,577</u>	<u>3,577</u>

9. DEBTORS

	2025 £	2024 £
Trade debtors	520	2,205
Taxation and social security costs	-	4,703
	<u>520</u>	<u>6,908</u>

10. CREDITORS

	2025 £	2024 £
Trade creditors	-	7,488
Taxation and social security costs	2,688	-
	<u>2,688</u>	<u>7,488</u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

11. RESERVES

	2025 £	2024 £
At the beginning of the year	104,167	90,200
Surplus for the financial year	73,141	13,967
At the end of the year	177,308	104,167

12. FUNDS**12.1 RECONCILIATION OF MOVEMENT IN FUNDS**

	Unrestricted Funds £	Restricted Funds £	Total Funds £
At 1 July 2023	19,185	71,015	90,200
Movement during the financial year	(12,652)	26,619	13,967
At 30 June 2024	6,533	97,634	104,167
Movement during the financial year	16,566	56,575	73,141
At 30 June 2025	23,099	154,209	177,308

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 July 2024 £	Income £	Expenditure £	Transfers between funds £	Balance 30 June 2025 £
Restricted funds					
Belfast City Council	10,000	31,258	16,747	(5,062)	19,449
Clothworkers Foundation	-	9,000	(2,428)	-	6,572
DoH Core	-	15,960	(11,051)	-	4,909
Garfield Weston 2	-	50,000	(25,000)	-	25,000
Ireland Funds 2025	-	9,500	-	-	9,500
Ireland Funds GB (Space for Me)	9,500	-	3,128	-	6,372
LFT Charitable Trust	-	5,000	(1,600)	-	3,400
Pilgrim Trust	17,242	29,347	30,423	-	16,166
Rank Foundation (Time to Shine 2)	-	30,657	(15,949)	-	14,708
TNL Community Fund	-	10,000	-	-	10,000
Trusthouse Foundation	25,676	30,000	(17,543)	-	38,133
Awards for All	1,328	-	1,328	-	-
BHSCT	2,613	1,222	3,835	-	-
Clear Project	-	3,714	(3,714)	-	-
Enkalon Foundation	534	-	(534)	-	-
Halifax Foundation	191	1,500	1,691	-	-
Pilgrim Trust Core	2,207	3,821	(6,028)	-	-
Rank Foundation (Time to Shine)	16,915	-	(16,915)	-	-
Rank Foundation Core	444	-	(444)	-	-
Rank Foundation Salary	8,226	25,000	33,226	-	-
Social Supermarket (BCC)	(1,209)	-	-	1,209	-
Social Supermarket 23-24	(20)	-	-	20	-
St James' Place Foundation	-	2,480	(2,480)	-	-
Summerhill	3,987	-	(3,987)	-	-
	<u>97,634</u>	<u>258,459</u>	<u>198,051</u>	<u>(3,833)</u>	<u>154,209</u>
Unrestricted funds					
General	4,715	33,014	20,281	5,651	23,099
Flax House	1,818	-	-	(1,818)	-
	<u>6,533</u>	<u>33,014</u>	<u>(20,281)</u>	<u>3,833</u>	<u>23,099</u>
Total funds	<u>104,167</u>	<u>291,473</u>	<u>218,332</u>	<u>-</u>	<u>177,308</u>

12.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use £	Current assets £	Current liabilities £	Total £
Unrestricted general funds	1,788	178,208	(2,688)	177,308
	<u>1,788</u>	<u>178,208</u>	<u>(2,688)</u>	<u>177,308</u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

13. STATUS

The charity is limited by guarantee not having a share capital.

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one financial year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding £ 1.

14. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the financial year-end.






The Parent Rooms Accounts 30.06.2025

Final Audit Report

2025-11-14

Created:	2025-11-14
By:	M Bradley (michelle@theparentrooms.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAAbFWZGPQ9_dJlhBYfXmzTlxdWlfffEF741

"The Parent Rooms Accounts 30.06.2025" History

-  Document created by M Bradley (michelle@theparentrooms.co.uk)
2025-11-14 - 8:39:55 AM GMT
-  Document emailed to Sean McDaid (finance@thelittlechildcarecompany.family) for signature
2025-11-14 - 8:39:59 AM GMT
-  Email viewed by Sean McDaid (finance@thelittlechildcarecompany.family)
2025-11-14 - 8:40:05 AM GMT
-  Document e-signed by Sean McDaid (finance@thelittlechildcarecompany.family)
Signature Date: 2025-11-14 - 1:05:17 PM GMT - Time Source: server
-  Agreement completed.
2025-11-14 - 1:05:17 PM GMT

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Accounts

The Parent Rooms Ltd
(A company limited by guarantee, not having a share capital)
Annual Report and Unaudited Financial Statements
for the financial year ended 30 June 2024

Malone Accounting Ltd
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Company Number: NI662333
Charity Number: 107529

The Parent Rooms Ltd
(A company limited by guarantee, not having a share capital)
CONTENTS

	Page
Reference and Administrative Information	3
Trustees' Annual Report	4 - 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10-15

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees

Bybit Pamela Areketa
Leslie Carol Altic
Matthew Allen (Appointed 2 February 2024)
Sean McDaid (Appointed 16 January 2024)

Hannah Brown (Resigned 15 September 2023)
Emma Fraser (Resigned 21 September 2023)
Karen McCloskey (Resigned 26 October 2023)
Aisling Kelly Cooper (Resigned 17 June 2024)

Company Secretary

Michelle Marie Bradley

Charity Number in Northern Ireland

107529

Company Registration Number

NI662333

Registered Office

Houben Centre
Holy Cross Church
432 Crumlin Road
Belfast
BT14 7GE

Independent Examiner

Malone Accounting Ltd
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Principal Bankers

HSBC
25-29 Royal Avenue
Belfast
County Antrim
BT1 1FB
Northern Ireland

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2024

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 30 June 2024.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of The Parent Rooms Ltd present a summary of its purpose, governance, activities, achievements and finances for the financial year 30 June 2024.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Mission Statement

The purpose of the charity as set out in its governing document is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them.

The main activities undertaken in relation to those purposes are creating and sustaining peer support networks led by parents, providing wellbeing programs, counselling and social connection. Training and education are also provided on parental mental illness and its treatments as well as training for peer support leaders.

Review of Activities, Achievements and Performance

The focus of the past year has been on stability and perfecting our offering to parents. Our staff team remained the same, but with the addition of an apprentice fundraiser funded by Rank Foundation for the period of one year. Our suite of programs was perfected and we delivered a full year of activities to over 400 parents.

We began testing our new monitoring and evaluation framework which showed very promising results, with 85% of parents experiencing improvement in their mental health, 68% experiencing an improvement in their parenting, and 59% experiencing an improvement in their physical health. 100% of parents rated our course content as 'Excellent'.

Our counselling service also continues to thrive with our waiting list now completely empty due to our new sign up process. Parents attending counselling reported a 66% decrease in psychological distress on average. Our social connection activities in Belfast and Ballymena also continue to grow in popularity.

Overall, it has been a very successful year.

Financial Review

A difficult funding environment has meant that most of the funding received this year was restricted, with a sum of £104,167 being rolled forward into the new financial year. This year also saw our annual income grow slightly to £255,366. Our reserves continue to be very small (£6533) as we have had limited success with fundraising due to capacity and funding. We trust that the next financial year will see us being able to increase the delivery of our services through further growth.

Financial Results

At the end of the financial year the charity has assets of £106,952 (2023 - £95,443) and liabilities of £2,785 (2023 - £5,243). The net assets of the charity have increased by £13,967.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2024

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Leslie Carol Altic
Bybit Pamela Areketa
Sean McDaid (Appointed 16 January 2024)
Matthew Allen (Appointed 2 February 2024)
Hannah Brown (Resigned 15 September 2023)
Aisling Kelly Cooper (Resigned 17 June 2024)
Emma Fraser (Resigned 21 September 2023)
Karen McCloskey (Resigned 26 October 2023)

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. The Parent Rooms Ltd subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

Approved by the Board of Trustees on 1 November 2024 and signed on its behalf by:



Leslie Carol Altic
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2024

The trustees, who are also directors of The Parent Rooms Ltd for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with The Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 1 November 2024 and signed on its behalf by:



Leslie Carol Altic
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS LTD

We have examined the financial statements of the charity for the financial year ended 30 June 2024, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Aidan Malone
MALONE ACCOUNTING LTD
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Date: 1 November 2024

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 30 June 2024

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Income							
Donations and legacies	3.1	35,275	-	35,275	46,368	-	46,368
Charitable activities							
Grants from governments and other co-funders	3.2	2,000	203,263	205,263	25,000	182,094	207,094
Activities for generating funds	3.3	14,828	-	14,828	-	-	-
Total income		52,103	203,263	255,366	71,368	182,094	253,462
Expenditure							
Raising funds	4.1	10,578	-	10,578	-	-	-
Charitable activities	4.2	54,300	176,521	230,821	101,528	130,130	231,658
Total Expenditure		64,878	176,521	241,399	101,528	130,130	231,658
Net income/(expenditure)		(12,775)	26,742	13,967	(30,160)	51,964	21,804
Transfers between funds		123	(123)	-	-	-	-
Net movement in funds for the financial year		(12,652)	26,619	13,967	(30,160)	51,964	21,804
Reconciliation of funds:							
Total funds beginning of the year	12	19,185	71,015	90,200	49,345	19,051	68,396
Total funds at the end of the year		6,533	97,634	104,167	19,185	71,015	90,200

The Statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continuing activities.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

Company Number: NI662333

BALANCE SHEET

as at 30 June 2024

	Notes	2024 £	2023 £
Fixed Assets			
Tangible assets	8	3,577	5,366
Current Assets			
Debtors	9	6,908	-
Cash at bank and in hand		101,170	90,077
		108,078	90,077
Creditors: Amounts falling due within one year	10	(7,488)	(5,243)
Net Current Assets		100,590	84,834
Total Assets less Current Liabilities		104,167	90,200
Funds			
Restricted trust funds		97,634	71,015
Designated funds (Unrestricted)		-	9,567
General fund (unrestricted)		6,533	9,618
Total funds	12	104,167	90,200

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

For the financial year ended 30 June 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.

The trustees confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charity.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the Board of Trustees and authorised for issue on 1 November 2024 and signed on its behalf by



Leslie Carol Altic
Trustee

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

1. GENERAL INFORMATION

The Parent Rooms Ltd is a company limited by guarantee incorporated in Northern Ireland. The registered office of the charity is Houben Centre, Holy Cross Church, 432 Crumlin Road, Belfast, BT14 7GE which is also the principal place of business of the charity. The financial statements have been presented in Pound (£) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

As permitted by the Companies Act 2006, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year ended 30 June 2024 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of General funds.

General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

Grants from governments and other co-funders typically include one of the following types of conditions:

Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery - 20% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. The charity is not registered for vat.

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

3. INCOME					
3.1 DONATIONS AND LEGACIES		Unrestricted Funds	Restricted Funds	2024	2023
		£	£	£	£
Donations and legacies		<u>35,275</u>	<u>-</u>	<u>35,275</u>	<u>46,368</u>
3.2 CHARITABLE ACTIVITIES		Unrestricted Funds	Restricted Funds	2024	2023
		£	£	£	£
Grants from governments and other co-funders:					
Income from charitable activities		<u>2,000</u>	<u>203,263</u>	<u>205,263</u>	<u>207,094</u>
3.3 OTHER TRADING ACTIVITIES		Unrestricted Funds	Restricted Funds	2024	2023
		£	£	£	£
Fundraising		<u>14,828</u>	<u>-</u>	<u>14,828</u>	<u>-</u>
4. EXPENDITURE					
4.1 RAISING FUNDS	Direct Costs	Other Costs	Support Costs	2024	2023
	£	£	£	£	£
Raising funds	<u>5,704</u>	<u>-</u>	<u>4,874</u>	<u>10,578</u>	<u>-</u>
4.2 CHARITABLE ACTIVITIES	Direct Costs	Other Costs	Support Costs	2024	2023
	£	£	£	£	£
Expenditure on charitable activities	<u>183,172</u>	<u>-</u>	<u>46,118</u>	<u>229,290</u>	<u>229,989</u>
Governance Costs (Note 4.3)	<u>1,531</u>	<u>-</u>	<u>-</u>	<u>1,531</u>	<u>1,669</u>
	<u>184,703</u>	<u>-</u>	<u>46,118</u>	<u>230,821</u>	<u>231,658</u>
4.3 GOVERNANCE COSTS	Direct Costs	Other Costs	Support Costs	2024	2023
	£	£	£	£	£
Charitable activities - governance costs	<u>1,531</u>	<u>-</u>	<u>-</u>	<u>1,531</u>	<u>1,669</u>
5. ANALYSIS OF SUPPORT COSTS				2024	2023
				£	£
General office costs				<u>13,740</u>	<u>7,220</u>
Premises				<u>37,252</u>	<u>32,947</u>
				<u>50,992</u>	<u>40,167</u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

6. NET INCOME	2024	2023
	£	£
Net Income is stated after charging/(crediting):		
Depreciation of tangible assets	1,789	1,789
Independent Examiner's remuneration: - independent examination services	1,531	1,669
	<u><u>1,531</u></u>	<u><u>1,669</u></u>
7. EMPLOYEES AND REMUNERATION		
The staff costs comprise:	2024	2023
	£	£
Wages and salaries	120,509	98,434
Social security costs	5,673	3,507
Pension costs	3,616	2,317
	<u><u>129,798</u></u>	<u><u>104,258</u></u>
The average head count of employees during the year was 5 (2023:5)		
The key management personnel are the trustees and the chief executive.		
No employee earned more than £60,000 per annum (2023- nil).		
The trustees were not paid or reimbursed for expenses during the year.		
8. TANGIBLE FIXED ASSETS		
	Plant and machinery	Total
	£	£
Cost		
At 30 June 2024	8,944	8,944
Depreciation		
At 1 July 2023	3,578	3,578
Charge for the financial year	1,789	1,789
At 30 June 2024	5,367	5,367
Net book value		
At 30 June 2024	<u><u>3,577</u></u>	<u><u>3,577</u></u>
At 30 June 2023	<u><u>5,366</u></u>	<u><u>5,366</u></u>
9. DEBTORS	2024	2023
	£	£
Trade debtors	2,205	-
Taxation and social security costs	4,703	-
	<u><u>6,908</u></u>	<u><u>-</u></u>
10. CREDITORS	2024	2023
Amounts falling due within one year	£	£
Trade creditors	7,488	4,043
Accruals and deferred income	-	1,200
	<u><u>7,488</u></u>	<u><u>5,243</u></u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

11. RESERVES

	2024	2023
	£	£
At the beginning of the year	90,200	68,396
Surplus for the financial year	13,967	21,804
	<u> </u>	<u> </u>
At the end of the year	104,167	90,200
	<u> </u>	<u> </u>

12. FUNDS**12.1 RECONCILIATION OF MOVEMENT IN FUNDS**

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
At 1 July 2022	49,345	19,051	68,396
Movement during the financial year	(30,160)	51,964	21,804
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2023	19,185	71,015	90,200
Movement during the financial year	(12,652)	26,619	13,967
	<u> </u>	<u> </u>	<u> </u>
At 30 June 2024	6,533	97,634	104,167
	<u> </u>	<u> </u>	<u> </u>

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2024

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 July 2023 £	Income £	Expenditure £	Transfers between funds £	Balance 30 June 2024 £
Restricted funds					
Awards for All	-	10,000	8,672	-	1,328
BCPP Pharmacy	56	-	-	(56)	-
Belfast City Council	10,000	20,000	20,000	-	10,000
BHSCT	1,765	8,443	7,595	-	2,613
CFNI (New Voices)	-	5,000	(5,000)	-	-
Enkalon Foundation	-	1,000	(466)	-	534
Halifax Foundation	-	191	-	-	191
Ireland Funds	6,000	-	6,000	-	-
Ireland Funds GB (Space for Me)	-	9,500	-	-	9,500
Making Lives Better (PHA)	54	-	-	(54)	-
Mental Health Support Fund	2,500	15,214	17,714	-	-
Nespresso	-	3,705	(3,705)	-	-
Pilgrim Trust	18,687	27,775	29,220	-	17,242
Pilgrim Trust Core	-	2,207	-	-	2,207
Rank Foundation (Time to Shine)	-	29,800	(12,885)	-	16,915
Rank Foundation Core	15,000	-	(14,556)	-	444
Rank Foundation Salary	18,665	25,000	35,439	-	8,226
Social Supermarket (BCC)	(1,399)	-	-	190	(1,209)
Social Supermarket 2	(313)	503	-	(190)	-
Social Supermarket 23-24	-	4,925	(4,932)	(13)	(20)
Summerhill	-	10,000	(6,013)	-	3,987
Trusthouse Foundation	-	30,000	(4,324)	-	25,676
	<u>71,015</u>	<u>203,263</u>	<u>176,521</u>	<u>(123)</u>	<u>97,634</u>
Unrestricted funds					
Ajaz Ahmed	9,567	30,000	39,567	-	-
General	9,618	20,103	25,129	123	4,715
Flax House	-	2,000	182	-	1,818
	<u>19,185</u>	<u>52,103</u>	<u>(64,878)</u>	<u>123</u>	<u>6,533</u>
Total funds	<u>90,200</u>	<u>255,366</u>	<u>241,399</u>	<u>-</u>	<u>104,167</u>

12.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use £	Current assets £	Current liabilities £	Total £
Unrestricted general funds	3,577	103,375	(2,785)	104,167
	<u>3,577</u>	<u>103,375</u>	<u>(2,785)</u>	<u>104,167</u>

13. STATUS

The charity is limited by guarantee not having a share capital.

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one financial year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding £ 1.

14. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the financial year-end.

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Annual report

The Parent Rooms
Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 30 June 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. NI662333

Charity No. 107529

Registered Office

Houben Centre
432 Crumlin Road
Belfast
BT14 7GE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

L.C. Altic
B.P. Areketa
Sean McDaid
Matthew Allen

Company secretary

M.M. Bradley

Accountants
Malone Accounting Ltd
12 New Street
Newry
Co. Down
BT35 6JD

OBJECTIVES AND ACTIVITIES

The purpose of the charity as set out in its governing document is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them. The main activities undertaken in relation to those purposes are creating and sustaining peer support networks led by parents, providing wellbeing programs, counselling and social

connection. Training and education are also provided on parental mental illness and its treatments as well as training for peer support leaders.

ACHEIVEMENTS AND PERFORMANCE

The focus of the past year has been on stability and perfecting our offering to parents. Our staff team remained the same, but with the addition of an apprentice fundraiser funded by Rank Foundation for the period of one year. Our suite of programs was perfected and we delivered a full year of activities to over 400 parents. We began testing our new monitoring and evaluation framework which showed very promising results, with 85% of parents experiencing improvement in their mental health, 68% experiencing an improvement in their parenting, and 59% experiencing an improvement in their physical health. 100% of parents rated our course content as 'Excellent'. Our counselling service also continues to thrive with our waiting list now completely empty due to our new sign up process. Parents attending counselling reported a 66% decrease in psychological distress on average. Our social connection activities in Belfast and Ballymena also continue to grow in popularity.

Overall, it has been a very successful year.

FINANCIAL REVIEW

A difficult funding environment has meant that most of the funding received this year was restricted, with a sum of £104,187 being rolled forward into the new financial year. This year also saw our annual income grow slightly to £255,386. Our reserves continue to be very small (£6533) as we have had limited success with fundraising due to capacity and funding. We trust that the next financial year will see us being able to increase the delivery of our services through further growth.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a private company limited by guarantee without share capital. It is governed by its memorandum and articles of association.

New trustees may be appointed by ordinary resolution observing the requirements of the articles of association.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in the Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

L.C. Altic
Chair

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Annual return

The Parent Rooms Ltd

(A company limited by guarantee, not having a share capital)

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS LTD

We have examined the financial statements of the charity for the financial year ended 30 June 2024, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Aidan Malone
MALONE ACCOUNTING LTD
12 Causeway Road
NEWCASTLE
Down
BT33 0DL
Northern Ireland

Date: 1 November 2024

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Accounts

The Parent Rooms
Annual Report and Unaudited Financial Statements
for the financial year ended 30 June 2023

Malone Accounting Ltd
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Company Number: NI662333
Charity Number: 107529

The Parent Rooms

CONTENTS

	Page
Reference and Administrative Information	3
Trustees' Annual Report	4 - 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 14

The Parent Rooms REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	Leslie Carol Altic Bybit Pamela Areketa Hannah Brown Aisling Kelly Cooper Emma Fraser Karen McCloskey
Company Secretary	Michelle Marie Bradley
Charity Number in Northern Ireland	107529
Company Registration Number	NI662333
Registered Office	Houben Centre Holy Cross Church 432 Crumlin Road Belfast BT14 7GE
Independent Examiner	Malone Accounting Ltd 12 New Street Newry Co. Down BT35 6JD Northern Ireland
Principal Bankers	HSBC 25-29 Royal Avenue Belfast County Antrim BT1 1FB Northern Ireland

The Parent Rooms TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 30 June 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of The Parent Rooms present a summary of its purpose, governance, activities, achievements and finances for the financial year 30 June 2023.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Mission Statement

The purpose of the charity as set out in its governing document is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them.

Review of Activities, Achievements and Performance

The past year has been one of growth, expansion, and uncertainty. The first part of the year saw us expand into bigger premises and begin offering on-site childcare for the first time. We also piloted and delivered a new program of activity including the launch of our flagship Space For Me program. Our team also grew as we recruited a part-time Parent Advocate and full time Administrator. We also grew our community outreach programs across five geographical locations and increased our capacity to support more parents than ever before. Thanks to our brilliant team of staff and volunteers, we have been able to significantly increase the scope of our offering to parents on the ground.

Financial Review

A difficult funding environment has meant that most of the funding received this year was restricted, with a sum of £90,200 being rolled forward into the new financial year. This year also saw our annual income grow to £253,462, a marked increase from the previous year which was £160,996. We trust that the next financial year will see us being able to increase the delivery of our services through further growth.

Results

At the end of the financial year the charity has assets of £95,443 (2022 - £76,078) and liabilities of £5,243 (2022 - £7,682). The net assets of the charity have increased by £21,804.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Leslie Carol Altic
Bybit Pamela Areketa
Hannah Brown
Aisling Kelly Cooper
Emma Fraser
Karen McCloskey

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. The Parent Rooms subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

The Parent Rooms
TRUSTEES' ANNUAL REPORT
for the financial year ended 30 June 2023

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2023

The trustees, who are also directors of The Parent Rooms for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS

We have examined the financial statements of the charity for the financial year ended 30 June 2023, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Aidan Malone (FCA)
MALONE ACCOUNTING LTD
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Date: 20 October 2023

The Parent Rooms

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)
for the financial year ended 30 June 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Income							
Donations and legacies	3.1	46,368	-	46,368	33,846	-	33,846
Charitable activities - Grants from governments and other co-funders	3.2	25,000	182,094	207,094	109,759	17,391	127,150
Total income		71,368	182,094	253,462	143,605	17,391	160,996
Expenditure							
Charitable activities	4.1	101,528	130,130	231,658	80,928	49,874	130,802
Net income/(expenditure)		(30,160)	51,964	21,804	62,677	(32,483)	30,194
Transfers between funds		-	-	-	(2,203)	2,203	-
Net movement in funds for the financial year		(30,160)	51,964	21,804	60,474	(30,280)	30,194
Reconciliation of funds:							
Total funds beginning of the year	12	49,345	19,051	68,396	7,642	30,560	38,202
Total funds at the end of the year		19,185	71,015	90,200	68,116	280	68,396

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

The Parent Rooms
 Company Number: NI662333
BALANCE SHEET
 as at 30 June 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible assets	8	5,366	7,155
Current Assets			
Debtors	9	-	429
Cash at bank and in hand		90,077	68,494
		90,077	68,923
Creditors: Amounts falling due within one year	10	(5,243)	(7,682)
Net Current Assets		84,834	61,241
Total Assets less Current Liabilities		90,200	68,396
Funds			
Restricted trust funds		71,015	280
Designated funds (Unrestricted)		9,567	84,209
General fund (unrestricted)		9,618	(16,093)
Total funds	12	90,200	68,396

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

For the financial year ended 30 June 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.

The trustees confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charity.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the Board of Trustees and authorised for issue on 20 October 2023 and signed on its behalf by

Leslie Carol Altic

Leslie Carol Altic
 Trustee

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

1. GENERAL INFORMATION

The Parent Rooms is a company limited by shares incorporated in Northern Ireland. The registered office of the charity is Houben Centre, Holy Cross Church, 432 Crumlin Road, Belfast, BT14 7GE which is also the principal place of business of the charity. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

As permitted by the Companies Act 2006, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year ended 30 June 2023 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of General and Designated funds.

- General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.
- Designated funds comprise unrestricted funds that the board has, at its discretion, set aside for particular purposes. These designations have an administrative purpose only, and do not legally restrict the board's discretion to apply the fund.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

-Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery	-	15% Straight line
Fixtures, fittings and equipment	-	15% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

3. INCOME				
3.1 DONATIONS AND LEGACIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Donations and legacies	46,368	-	46,368	33,846
	<u>46,368</u>	<u>-</u>	<u>46,368</u>	<u>33,846</u>
3.2 CHARITABLE ACTIVITIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Grants from governments and other co-funders:				
Income from charitable activities	25,000	182,094	207,094	127,150
	<u>25,000</u>	<u>182,094</u>	<u>207,094</u>	<u>127,150</u>

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

4. EXPENDITURE						
4.1 CHARITABLE ACTIVITIES	Direct Costs	Other Costs	Support Costs	2023		2022
	£	£	£	£		£
Expenditure on charitable activities	189,822	-	40,167	229,989		128,776
Governance Costs (Note 4.2)	1,669	-	-	1,669		2,026
	<u>191,491</u>	<u>-</u>	<u>40,167</u>	<u>231,658</u>		<u>130,802</u>
4.2 GOVERNANCE COSTS		Direct Costs	Other Costs	Support Costs	2023	2022
	£	£	£	£		£
Charitable activities - governance costs	1,669	-	-	1,669		2,026
	<u>1,669</u>	<u>-</u>	<u>-</u>	<u>1,669</u>		<u>2,026</u>
5. ANALYSIS OF SUPPORT COSTS				2023		2022
				£		£
Premises				32,947		19,302
General office costs				7,220		11,089
				<u>40,167</u>		<u>30,391</u>
6. NET INCOME				2023		2022
				£		£
Net Income is stated after charging/(crediting):						
Depreciation of tangible assets				1,789		1,789
Independent Examiner's remuneration: - independent examination services				1,669		2,026
				<u>1,669</u>		<u>2,026</u>
7. EMPLOYEES AND REMUNERATION						
The staff costs comprise:				2023		2022
				£		£
Wages and salaries				98,434		46,787
Social security costs				3,507		-
Pension costs				2,317		1,400
				<u>104,258</u>		<u>48,187</u>
No employee received emoluments in excess of £60,000 (2022-NIL).						

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

8. TANGIBLE FIXED ASSETS	Plant and machinery	Total	
	£	£	
Cost			
At 30 June 2023	8,944	8,944	
Depreciation			
At 1 July 2022	1,789	1,789	
Charge for the financial year	-	1,789	
At 30 June 2023	1,789	3,578	
Net book value			
At 30 June 2023	7,155	5,366	
At 30 June 2022	7,155	7,155	
9. DEBTORS	2023	2022	
	£	£	
Trade debtors	-	80	
Other debtors	-	349	
	-	429	
10. CREDITORS	2023	2022	
Amounts falling due within one year	£	£	
Trade creditors	4,043	4,980	
Taxation and social security costs	-	1,502	
Accruals and deferred income	1,200	1,200	
	5,243	7,682	
11. RESERVES	2023	2022	
	£	£	
At the beginning of the year	68,396	38,202	
Surplus for the financial year	21,804	30,194	
At the end of the year	90,200	68,396	
12. FUNDS			
12.1 RECONCILIATION OF MOVEMENT IN FUNDS	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
At 1 July 2021	7,642	30,560	38,202
Movement during the financial year	60,474	(30,280)	30,194
At 30 June 2022	49,345	19,051	68,396
Movement during the financial year	(30,160)	51,964	21,804
At 30 June 2023	19,185	71,015	90,200

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 July 2022 £	Income £	Expenditure £	Transfers between funds £	Balance 30 June 2023 £
Restricted funds					
B CPP Pharmacy	-	12,000	11,944	-	56
Belfast City Council	-	10,000	-	-	10,000
Belfast Harbour Commissioner	-	4,980	4,980	-	-
BH SCT	-	10,779	9,014	-	1,765
Community Foundation for NI	-	1,000	1,000	-	-
Elevate Program	-	5,042	5,042	-	-
Honourable Irish Society	280	-	280	-	-
Ireland Funds	-	6,000	-	-	6,000
Ireland Funds GB (Space for Me)	-	5,000	5,000	-	-
JobStart Scheme	-	551	551	-	-
Making Lives Better (PHA)	-	4,600	4,546	-	54
Mental Health Support Fund	2,053	45,357	44,910	-	2,500
Pilgrim Trust	16,718	29,935	27,966	-	18,687
Rank Foundation Core	-	15,000	-	-	15,000
Rank Foundation Salary	-	25,000	6,335	-	18,665
Social Supermarket (BCC)	-	5,600	6,999	-	(1,399)
Social Supermarket 2	-	1,250	1,563	-	(313)
	<u>19,051</u>	<u>182,094</u>	<u>(130,130)</u>	<u>-</u>	<u>71,015</u>
Unrestricted funds					
Ajaz Ahmed	-	31,500	21,933	-	9,567
Garfield Weston	-	25,000	25,000	-	-
General	49,345	14,868	54,595	-	9,618
	<u>49,345</u>	<u>71,368</u>	<u>(101,528)</u>	<u>-</u>	<u>19,185</u>
Total funds	<u>68,396</u>	<u>253,462</u>	<u>231,658</u>	<u>-</u>	<u>90,200</u>

12.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use £	Current assets £	Current liabilities £	Total £
Unrestricted general funds	5,366	90,077	(5,243)	90,200
	<u>5,366</u>	<u>90,077</u>	<u>(5,243)</u>	<u>90,200</u>

13. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the financial year-end.

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Annual report

The Parent Rooms
Annual Report and Unaudited Financial Statements
for the financial year ended 30 June 2023

Malone Accounting Ltd
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Company Number: NI662333
Charity Number: 107529

The Parent Rooms

CONTENTS

	Page
Reference and Administrative Information	3
Trustees' Annual Report	4 - 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 14

The Parent Rooms REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	Leslie Carol Altic Bybit Pamela Areketa Hannah Brown Aisling Kelly Cooper Emma Fraser Karen McCloskey
Company Secretary	Michelle Marie Bradley
Charity Number in Northern Ireland	107529
Company Registration Number	NI662333
Registered Office	Houben Centre Holy Cross Church 432 Crumlin Road Belfast BT14 7GE
Independent Examiner	Malone Accounting Ltd 12 New Street Newry Co. Down BT35 6JD Northern Ireland
Principal Bankers	HSBC 25-29 Royal Avenue Belfast County Antrim BT1 1FB Northern Ireland

The Parent Rooms TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 30 June 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of The Parent Rooms present a summary of its purpose, governance, activities, achievements and finances for the financial year 30 June 2023.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Mission Statement

The purpose of the charity as set out in its governing document is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them.

Review of Activities, Achievements and Performance

The past year has been one of growth, expansion, and uncertainty. The first part of the year saw us expand into bigger premises and begin offering on-site childcare for the first time. We also piloted and delivered a new program of activity including the launch of our flagship Space For Me program. Our team also grew as we recruited a part-time Parent Advocate and full time Administrator. We also grew our community outreach programs across five geographical locations and increased our capacity to support more parents than ever before. Thanks to our brilliant team of staff and volunteers, we have been able to significantly increase the scope of our offering to parents on the ground.

Financial Review

A difficult funding environment has meant that most of the funding received this year was restricted, with a sum of £90,200 being rolled forward into the new financial year. This year also saw our annual income grow to £253,462, a marked increase from the previous year which was £160,996. We trust that the next financial year will see us being able to increase the delivery of our services through further growth.

Results

At the end of the financial year the charity has assets of £95,443 (2022 - £76,078) and liabilities of £5,243 (2022 - £7,682). The net assets of the charity have increased by £21,804.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Leslie Carol Altic
Bybit Pamela Areketa
Hannah Brown
Aisling Kelly Cooper
Emma Fraser
Karen McCloskey

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. The Parent Rooms subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

The Parent Rooms
TRUSTEES' ANNUAL REPORT
for the financial year ended 30 June 2023

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2023

The trustees, who are also directors of The Parent Rooms for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS

We have examined the financial statements of the charity for the financial year ended 30 June 2023, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Aidan Malone (FCA)
MALONE ACCOUNTING LTD
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Date: 20 October 2023

The Parent Rooms

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)
for the financial year ended 30 June 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Income							
Donations and legacies	3.1	46,368	-	46,368	33,846	-	33,846
Charitable activities - Grants from governments and other co-funders	3.2	25,000	182,094	207,094	109,759	17,391	127,150
Total income		71,368	182,094	253,462	143,605	17,391	160,996
Expenditure							
Charitable activities	4.1	101,528	130,130	231,658	80,928	49,874	130,802
Net income/(expenditure)		(30,160)	51,964	21,804	62,677	(32,483)	30,194
Transfers between funds		-	-	-	(2,203)	2,203	-
Net movement in funds for the financial year		(30,160)	51,964	21,804	60,474	(30,280)	30,194
Reconciliation of funds:							
Total funds beginning of the year	12	49,345	19,051	68,396	7,642	30,560	38,202
Total funds at the end of the year		19,185	71,015	90,200	68,116	280	68,396

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

The Parent Rooms
 Company Number: NI662333
BALANCE SHEET
 as at 30 June 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible assets	8	5,366	7,155
Current Assets			
Debtors	9	-	429
Cash at bank and in hand		90,077	68,494
		90,077	68,923
Creditors: Amounts falling due within one year	10	(5,243)	(7,682)
Net Current Assets		84,834	61,241
Total Assets less Current Liabilities		90,200	68,396
Funds			
Restricted trust funds		71,015	280
Designated funds (Unrestricted)		9,567	84,209
General fund (unrestricted)		9,618	(16,093)
Total funds	12	90,200	68,396

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

For the financial year ended 30 June 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.

The trustees confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charity.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the Board of Trustees and authorised for issue on 20 October 2023 and signed on its behalf by

Leslie Carol Altic

Leslie Carol Altic
 Trustee

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

1. GENERAL INFORMATION

The Parent Rooms is a company limited by shares incorporated in Northern Ireland. The registered office of the charity is Houben Centre, Holy Cross Church, 432 Crumlin Road, Belfast, BT14 7GE which is also the principal place of business of the charity. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

As permitted by the Companies Act 2006, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year ended 30 June 2023 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of General and Designated funds.

- General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.
- Designated funds comprise unrestricted funds that the board has, at its discretion, set aside for particular purposes. These designations have an administrative purpose only, and do not legally restrict the board's discretion to apply the fund.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

-Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery	-	15% Straight line
Fixtures, fittings and equipment	-	15% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

3. INCOME				
3.1 DONATIONS AND LEGACIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Donations and legacies	46,368	-	46,368	33,846
	<u>46,368</u>	<u>-</u>	<u>46,368</u>	<u>33,846</u>
3.2 CHARITABLE ACTIVITIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Grants from governments and other co-funders:				
Income from charitable activities	25,000	182,094	207,094	127,150
	<u>25,000</u>	<u>182,094</u>	<u>207,094</u>	<u>127,150</u>

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

4. EXPENDITURE					2023	2022
4.1 CHARITABLE ACTIVITIES	Direct Costs	Other Costs	Support Costs		£	£
	£	£	£			
Expenditure on charitable activities	189,822	-	40,167		229,989	128,776
Governance Costs (Note 4.2)	1,669	-	-		1,669	2,026
	191,491	-	40,167		231,658	130,802
4.2 GOVERNANCE COSTS	Direct Costs	Other Costs	Support Costs		2023	2022
	£	£	£		£	£
Charitable activities - governance costs	1,669	-	-		1,669	2,026
5. ANALYSIS OF SUPPORT COSTS					2023	2022
					£	£
Premises					32,947	19,302
General office costs					7,220	11,089
					40,167	30,391
6. NET INCOME					2023	2022
					£	£
Net Income is stated after charging/(crediting):						
Depreciation of tangible assets					1,789	1,789
Independent Examiner's remuneration: - independent examination services					1,669	2,026
7. EMPLOYEES AND REMUNERATION						
The staff costs comprise:					2023	2022
					£	£
Wages and salaries					98,434	46,787
Social security costs					3,507	-
Pension costs					2,317	1,400
					104,258	48,187
No employee received emoluments in excess of £60,000 (2022-NIL).						

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

8. TANGIBLE FIXED ASSETS

	Plant and machinery	Total
	£	£
Cost		
At 30 June 2023	8,944	8,944
Depreciation		
At 1 July 2022	1,789	1,789
Charge for the financial year	-	1,789
At 30 June 2023	1,789	3,578
Net book value		
At 30 June 2023	7,155	5,366
At 30 June 2022	7,155	7,155

9. DEBTORS

	2023	2022
	£	£
Trade debtors	-	80
Other debtors	-	349
	-	429

10. CREDITORS
Amounts falling due within one year

	2023	2022
	£	£
Trade creditors	4,043	4,980
Taxation and social security costs	-	1,502
Accruals and deferred income	1,200	1,200
	5,243	7,682

11. RESERVES

	2023	2022
	£	£
At the beginning of the year	68,396	38,202
Surplus for the financial year	21,804	30,194
At the end of the year	90,200	68,396

12. FUNDS

12.1 RECONCILIATION OF MOVEMENT IN FUNDS

	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
At 1 July 2021	7,642	30,560	38,202
Movement during the financial year	60,474	(30,280)	30,194
At 30 June 2022	49,345	19,051	68,396
Movement during the financial year	(30,160)	51,964	21,804
At 30 June 2023	19,185	71,015	90,200

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 July 2022 £	Income £	Expenditure £	Transfers between funds £	Balance 30 June 2023 £
Restricted funds					
B CPP Pharmacy	-	12,000	11,944	-	56
Belfast City Council	-	10,000	-	-	10,000
Belfast Harbour Commissioner	-	4,980	4,980	-	-
BH SCT	-	10,779	9,014	-	1,765
Community Foundation for NI	-	1,000	1,000	-	-
Elevate Program	-	5,042	5,042	-	-
Honourable Irish Society	280	-	280	-	-
Ireland Funds	-	6,000	-	-	6,000
Ireland Funds GB (Space for Me)	-	5,000	5,000	-	-
JobStart Scheme	-	551	551	-	-
Making Lives Better (PHA)	-	4,600	4,546	-	54
Mental Health Support Fund	2,053	45,357	44,910	-	2,500
Pilgrim Trust	16,718	29,935	27,966	-	18,687
Rank Foundation Core	-	15,000	-	-	15,000
Rank Foundation Salary	-	25,000	6,335	-	18,665
Social Supermarket (BCC)	-	5,600	6,999	-	(1,399)
Social Supermarket 2	-	1,250	1,563	-	(313)
	<u>19,051</u>	<u>182,094</u>	<u>(130,130)</u>	<u>-</u>	<u>71,015</u>
Unrestricted funds					
Ajaz Ahmed	-	31,500	21,933	-	9,567
Garfield Weston	-	25,000	25,000	-	-
General	49,345	14,868	54,595	-	9,618
	<u>49,345</u>	<u>71,368</u>	<u>(101,528)</u>	<u>-</u>	<u>19,185</u>
Total funds	<u>68,396</u>	<u>253,462</u>	<u>231,658</u>	<u>-</u>	<u>90,200</u>

12.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use £	Current assets £	Current liabilities £	Total £
Unrestricted general funds	5,366	90,077	(5,243)	90,200
	<u>5,366</u>	<u>90,077</u>	<u>(5,243)</u>	<u>90,200</u>

13. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the financial year-end.

The Parent Rooms Ltd

Northern Ireland - Charity number 107529

Annual return

The Parent Rooms
Annual Report and Unaudited Financial Statements
for the financial year ended 30 June 2023

Malone Accounting Ltd
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Company Number: NI662333
Charity Number: 107529

The Parent Rooms

CONTENTS

	Page
Reference and Administrative Information	3
Trustees' Annual Report	4 - 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 - 14

The Parent Rooms REFERENCE AND ADMINISTRATIVE INFORMATION

Trustees	Leslie Carol Altic Bybit Pamela Areketa Hannah Brown Aisling Kelly Cooper Emma Fraser Karen McCloskey
Company Secretary	Michelle Marie Bradley
Charity Number in Northern Ireland	107529
Company Registration Number	NI662333
Registered Office	Houben Centre Holy Cross Church 432 Crumlin Road Belfast BT14 7GE
Independent Examiner	Malone Accounting Ltd 12 New Street Newry Co. Down BT35 6JD Northern Ireland
Principal Bankers	HSBC 25-29 Royal Avenue Belfast County Antrim BT1 1FB Northern Ireland

The Parent Rooms TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2023

The trustees present their Trustees' Annual Report, combining the Directors' Report and Trustees' Report, and the unaudited financial statements for the financial year ended 30 June 2023.

The financial statements are prepared in accordance with the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Trustees' Report contains the information required to be provided in the Trustees' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The trustees of the charity are also charity trustees for the purpose of charity law and under the charity's constitution are known as members of the board of trustees.

In this report the trustees of The Parent Rooms present a summary of its purpose, governance, activities, achievements and finances for the financial year 30 June 2023.

The charity is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2006 and, although not obliged to comply with the Statement of Recommended Practice applicable in the UK and Republic of Ireland FRS 102, the organisation has implemented its recommendations where relevant in these financial statements.

Mission, Objectives and Strategy

Mission Statement

The purpose of the charity as set out in its governing document is to advance health and wellbeing, particularly mental health, of pregnant women, parents, their support networks and the health professionals, volunteers and other related professions supporting them.

Review of Activities, Achievements and Performance

The past year has been one of growth, expansion, and uncertainty. The first part of the year saw us expand into bigger premises and begin offering on-site childcare for the first time. We also piloted and delivered a new program of activity including the launch of our flagship Space For Me program. Our team also grew as we recruited a part-time Parent Advocate and full time Administrator. We also grew our community outreach programs across five geographical locations and increased our capacity to support more parents than ever before. Thanks to our brilliant team of staff and volunteers, we have been able to significantly increase the scope of our offering to parents on the ground.

Financial Review

A difficult funding environment has meant that most of the funding received this year was restricted, with a sum of £90,200 being rolled forward into the new financial year. This year also saw our annual income grow to £253,462, a marked increase from the previous year which was £160,996. We trust that the next financial year will see us being able to increase the delivery of our services through further growth.

Results

At the end of the financial year the charity has assets of £95,443 (2022 - £76,078) and liabilities of £5,243 (2022 - £7,682). The net assets of the charity have increased by £21,804.

Trustees

The trustees who served throughout the financial year, except as noted, were as follows:

Leslie Carol Altic
Bybit Pamela Areketa
Hannah Brown
Aisling Kelly Cooper
Emma Fraser
Karen McCloskey

In accordance with the Constitution, the trustees retire by rotation and, being eligible, offer themselves for re-election.

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. The Parent Rooms subscribes to and is compliant with the following:

- The Companies Act 2006
- The Charities SORP (FRS 102)

The Parent Rooms
TRUSTEES' ANNUAL REPORT
for the financial year ended 30 June 2023

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2023

The trustees, who are also directors of The Parent Rooms for the purposes of company law, are responsible for preparing the financial statements in accordance with applicable law and regulations.

Company law requires the trustees as the directors to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A (Small Entities). Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Board of Trustees on 20 October 2023 and signed on its behalf by:

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF THE PARENT ROOMS

We have examined the financial statements of the charity for the financial year ended 30 June 2023, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet and the related notes.

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Board of Trustees that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members, as a body, for our work, or for this report.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006. The charity's trustees consider that an audit is not required for this financial year under Chapter 3 of Part 16 of the Companies Act 2006 and that an independent examination is required.

It is our responsibility to:

- examine the financial statements under section 65 of the Charities Act;
- follow the procedures laid down by the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act; and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity financial statements as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

In connection with our examination, no matter has come to our attention which gives us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of 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 (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

Aidan Malone (FCA)
MALONE ACCOUNTING LTD
12 New Street
Newry
Co. Down
BT35 6JD
Northern Ireland

Date: 20 October 2023

The Parent Rooms

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)
for the financial year ended 30 June 2023

	Notes	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
Income							
Donations and legacies	3.1	46,368	-	46,368	33,846	-	33,846
Charitable activities - Grants from governments and other co-funders	3.2	25,000	182,094	207,094	109,759	17,391	127,150
Total income		71,368	182,094	253,462	143,605	17,391	160,996
Expenditure							
Charitable activities	4.1	101,528	130,130	231,658	80,928	49,874	130,802
Net income/(expenditure)		(30,160)	51,964	21,804	62,677	(32,483)	30,194
Transfers between funds		-	-	-	(2,203)	2,203	-
Net movement in funds for the financial year		(30,160)	51,964	21,804	60,474	(30,280)	30,194
Reconciliation of funds:							
Total funds beginning of the year	12	49,345	19,051	68,396	7,642	30,560	38,202
Total funds at the end of the year		19,185	71,015	90,200	68,116	280	68,396

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

The Parent Rooms
 Company Number: NI662333
BALANCE SHEET
 as at 30 June 2023

		2023	2022
	Notes	£	£
Fixed Assets			
Tangible assets	8	5,366	7,155
		<hr/>	<hr/>
Current Assets			
Debtors	9	-	429
Cash at bank and in hand		90,077	68,494
		<hr/>	<hr/>
		90,077	68,923
Creditors: Amounts falling due within one year	10	(5,243)	(7,682)
		<hr/>	<hr/>
Net Current Assets		84,834	61,241
		<hr/>	<hr/>
Total Assets less Current Liabilities		90,200	68,396
		<hr/> <hr/>	<hr/> <hr/>
Funds			
Restricted trust funds		71,015	280
Designated funds (Unrestricted)		9,567	84,209
General fund (unrestricted)		9,618	(16,093)
		<hr/>	<hr/>
Total funds	12	90,200	68,396
		<hr/> <hr/>	<hr/> <hr/>

These financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

For the financial year ended 30 June 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006; and no notice has been deposited under section 476.

The trustees confirm that the members have not required the company to obtain an audit of its financial statements for the financial year in question in accordance with section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charity.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

Approved by the Board of Trustees and authorised for issue on 20 October 2023 and signed on its behalf by

Leslie Carol Altic

Leslie Carol Altic
 Trustee

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

1. GENERAL INFORMATION

The Parent Rooms is a company limited by shares incorporated in Northern Ireland. The registered office of the charity is Houben Centre, Holy Cross Church, 432 Crumlin Road, Belfast, BT14 7GE which is also the principal place of business of the charity. The financial statements have been presented in Pound Sterling (£) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

As permitted by the Companies Act 2006, the charity has varied the standard formats in that act for the Statement of Financial Activities and the Balance Sheet. Departures from the standard formats are to comply with the requirements of the Charities SORP and are in compliance with section 4.7, 10.6 and 15.2 of that SORP.

Statement of compliance

The financial statements of the charity for the financial year ended 30 June 2023 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland FRS 102", applying Section 1A of that Standard.

Fund accounting

The following are the categories of funds maintained:

Restricted funds

Restricted funds represent income received which can only be used for particular purposes, as specified by the donors. Such purposes are within the overall objectives of the charity.

Unrestricted funds

Unrestricted funds consist of General and Designated funds.

- General funds represent amounts which are expendable at the discretion of the board, in furtherance of the objectives of the charity.
- Designated funds comprise unrestricted funds that the board has, at its discretion, set aside for particular purposes. These designations have an administrative purpose only, and do not legally restrict the board's discretion to apply the fund.

Income

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Income from charitable activities

Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the charity. Income from government and other co-funders is recognised when the charity is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the charity is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the charity is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

-Time based conditions: whereby the charity is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the charity recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the charity is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed, and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Plant and machinery	-	15% Straight line
Fixtures, fittings and equipment	-	15% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation and deferred taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

3. INCOME				
3.1 DONATIONS AND LEGACIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Donations and legacies	46,368	-	46,368	33,846
	<u>46,368</u>	<u>-</u>	<u>46,368</u>	<u>33,846</u>
3.2 CHARITABLE ACTIVITIES	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Grants from governments and other co-funders:				
Income from charitable activities	25,000	182,094	207,094	127,150
	<u>25,000</u>	<u>182,094</u>	<u>207,094</u>	<u>127,150</u>

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

4. EXPENDITURE						
4.1 CHARITABLE ACTIVITIES	Direct Costs	Other Costs	Support Costs	2023		2022
	£	£	£	£		£
Expenditure on charitable activities	189,822	-	40,167	229,989		128,776
Governance Costs (Note 4.2)	1,669	-	-	1,669		2,026
	191,491	-	40,167	231,658		130,802
4.2 GOVERNANCE COSTS						
	Direct Costs	Other Costs	Support Costs	2023		2022
	£	£	£	£		£
Charitable activities - governance costs	1,669	-	-	1,669		2,026
5. ANALYSIS OF SUPPORT COSTS						
				2023		2022
				£		£
Premises				32,947		19,302
General office costs				7,220		11,089
				40,167		30,391
6. NET INCOME						
				2023		2022
				£		£
Net Income is stated after charging/(crediting):						
Depreciation of tangible assets				1,789		1,789
Independent Examiner's remuneration: - independent examination services				1,669		2,026
7. EMPLOYEES AND REMUNERATION						
The staff costs comprise:				2023		2022
				£		£
Wages and salaries				98,434		46,787
Social security costs				3,507		-
Pension costs				2,317		1,400
				104,258		48,187
No employee received emoluments in excess of £60,000 (2022-NIL).						

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

8. TANGIBLE FIXED ASSETS	Plant and machinery	Total	
	£	£	
Cost			
At 30 June 2023	8,944	8,944	
Depreciation			
At 1 July 2022	1,789	1,789	
Charge for the financial year	-	1,789	
At 30 June 2023	1,789	3,578	
Net book value			
At 30 June 2023	7,155	5,366	
At 30 June 2022	7,155	7,155	
9. DEBTORS	2023	2022	
	£	£	
Trade debtors	-	80	
Other debtors	-	349	
	-	429	
10. CREDITORS	2023	2022	
Amounts falling due within one year	£	£	
Trade creditors	4,043	4,980	
Taxation and social security costs	-	1,502	
Accruals and deferred income	1,200	1,200	
	5,243	7,682	
11. RESERVES	2023	2022	
	£	£	
At the beginning of the year	68,396	38,202	
Surplus for the financial year	21,804	30,194	
At the end of the year	90,200	68,396	
12. FUNDS			
12.1 RECONCILIATION OF MOVEMENT IN FUNDS	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£
At 1 July 2021	7,642	30,560	38,202
Movement during the financial year	60,474	(30,280)	30,194
At 30 June 2022	49,345	19,051	68,396
Movement during the financial year	(30,160)	51,964	21,804
At 30 June 2023	19,185	71,015	90,200

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

	Balance 1 July 2022 £	Income £	Expenditure £	Transfers between funds £	Balance 30 June 2023 £
Restricted funds					
B CPP Pharmacy	-	12,000	11,944	-	56
Belfast City Council	-	10,000	-	-	10,000
Belfast Harbour Commissioner	-	4,980	4,980	-	-
BH SCT	-	10,779	9,014	-	1,765
Community Foundation for NI	-	1,000	1,000	-	-
Elevate Program	-	5,042	5,042	-	-
Honourable Irish Society	280	-	280	-	-
Ireland Funds	-	6,000	-	-	6,000
Ireland Funds GB (Space for Me)	-	5,000	5,000	-	-
JobStart Scheme	-	551	551	-	-
Making Lives Better (PHA)	-	4,600	4,546	-	54
Mental Health Support Fund	2,053	45,357	44,910	-	2,500
Pilgrim Trust	16,718	29,935	27,966	-	18,687
Rank Foundation Core	-	15,000	-	-	15,000
Rank Foundation Salary	-	25,000	6,335	-	18,665
Social Supermarket (BCC)	-	5,600	6,999	-	(1,399)
Social Supermarket 2	-	1,250	1,563	-	(313)
	<u>19,051</u>	<u>182,094</u>	<u>(130,130)</u>	<u>-</u>	<u>71,015</u>
Unrestricted funds					
Ajaz Ahmed	-	31,500	21,933	-	9,567
Garfield Weston	-	25,000	25,000	-	-
General	49,345	14,868	54,595	-	9,618
	<u>49,345</u>	<u>71,368</u>	<u>(101,528)</u>	<u>-</u>	<u>19,185</u>
Total funds	<u>68,396</u>	<u>253,462</u>	<u>231,658</u>	<u>-</u>	<u>90,200</u>

12.3 ANALYSIS OF NET ASSETS BY FUND

	Fixed assets - charity use £	Current assets £	Current liabilities £	Total £
Unrestricted general funds	5,366	90,077	(5,243)	90,200
	<u>5,366</u>	<u>90,077</u>	<u>(5,243)</u>	<u>90,200</u>

13. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the financial year-end.