

**KOACH PARENTING**

**Report**

**And**

**Financial**

**Statements**

**For the Year Ended**

**31 March 2020**

**Charity Number  
1166394**

**KOACH PARENTING**

CHARITY NUMBER: 1166394

YEAR ENDED 31 MARCH 2020

**Trustees:**

*A Lewin*

*M D Heywood*

*J Silkin*

**Principal Address:**

*40 Rostrevor Avenue*

*London*

*N15 6LP*

**Bankers:**

*TSB Bank plc*

*20 Borough Parade*

*Chippenham*

*CN15 3WL*

**Accountants:**

*Lieberman & Co*

*Chartered Certified Accountants*

*11C Grosvenor Way*

*London*

*E5 9ND*

**KOACH PARENTING**  
**TRUSTEES' ANNUAL REPORT**  
**YEAR ENDED 31 MARCH 2020**

The trustees submit their report together with the accounts in respect of the year ended 31 March 2020.

**Background**

The trust was formed by a deed on 3 April 2016 as amended on 13 May 2018 to empower parents to improve their relationships with their children. The main activities are one to one support and parenting groups for parents. Parenting Practitioners have been trained in the evidence based, nationally recognised Solihull Approach and work closely with the local NHS First Steps Psychology team. Clients are mainly, but not exclusively from the Jewish Community.

**Objectives of the Charity**

Summary of the objects of the charity set out in its governing document.

- i. To advance public education in parenting and family relationships by providing educational courses and workshops.
- ii. To promote and protect good health among parents of children by the provision of parenting courses, parenting support, information and advice.

The Trustees have considered the Charity Commission's general guidance on public benefit and activities have taken place in line with this. Parenting groups and one to one sessions have taken place which are for public benefit.

There have been no changes in policy since the previous report.

Page two forms part of this report.

The trustees are pleased with the financial results this year.

**Trustee selection methods**

The power to appoint new Trustees is vested in the current board. New Trustees are appointed based on competence, skills and experience. They are inducted into the workings of the charity by the current board, and are encouraged to read the Charity Commission's publications for Trustees.

**Risks**

The trustees have identified the major risks to which the charity is exposed and systems have been established to mitigate these risks.

The trustees have complied with the duty to have due regard to guidance published by the Charity Commission including public benefit guidance.

**Reserves Policy**

The Trustees aim to hold free realisable reserves equal to at least 3 months, but no more than 12 months of running costs, to ensure continuation of the activities of the charity.

### **Funders**

This year the main sources of funding were the NHS England CAMHS Transformation Fund and the National Lottery Community Fund Awards for All program. Funds were also received through the Global Giving fundraising platform, small trusts and foundations and community donations.

### **Expenditure**

All expenditure has been used for the charity activities following the charity objectives described above.

This includes costs of generating funds and governance costs.

### **Covid 19**

Towards the end of this financial year, the world was in turmoil due to COVID 19. Koach Parenting continued to function by working remotely and offering virtual appointments to clients. Support was given to parents juggling many more responsibilities due to lockdown.

### **Client Disadvantage**

- 91% of clients are on income related benefits.
- 34% of clients live in overcrowded accommodations.
- 58% have a special need or a disability within the family.

This includes; mental health issues, ASD (Autism Spectrum Disorder), ADHD (Attention Deficit Hyperactive Disorder), learning disabilities, dyslexia, selective mutism, anger management difficulties and other challenging behaviour.

### **Activities in the Year to 31.3.20**

During this year, Koach parenting provided the following services:

<b>1. The ten session Solihull 'understanding your child' group for fathers and a reunion</b>
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This was co-facilitated by a member of the NHS First Steps Early Intervention Service and was attended by 8 fathers.

#### **A list of what some attendees want to tell other people about the course:**

- The course really helped me understanding his feelings and being in tune with him so I can be helpful to his needs. It was wonderfully well presented. It was really important for me and I am planning to come back to hear more.
- Amazing I would definitely recommend it. It's very helpful because I was at a loss or very confused at the start how to handle situations and got some very good tips and ideas how to handle this.
- The class was an amazing experience. Helped me understand my child's behaviour. There weren't any magic tricks offered ... there were tools to understanding of the child offered which really helps. Highly recommended.
- It changed my life standard of educating my children and myself. It really bought into my home a feeling of harmony, calmness, enjoyment. And happiness and how to deal

with stressful moments not to fall in that pattern of shouting and getting out of control. Try it and be amazed.

## **2. The ten session Solihull 'understanding your child' group for mothers and a reunion**

This was co-facilitated by a member of the NHS First Steps Early Intervention Service and was attended by 10 mothers.

### **A list of what some attendees want to tell other people about the course:**

- That the Solihull Approach really works. Thank you very much for offering this course. A must for every parent.
- Highly recommended course, has taught me so much as a parent to understand my children and to be aware of their feelings and what is going on in their little minds and how to respond calmly.
- I highly recommend all mothers of all age children to come to this group. It helps understand your child's behaviour, and makes you love life to its fullest.
- This course was different to other parenting courses... It has taken me on a journey of understanding my child through the lens of "emotional understanding", leading to gentle, subtle, and life altering changes.

## **3. Six session Cygnet group for mothers of children diagnosed with ASD (Autism Spectrum Disorder).**

This was co-facilitated by a member of the NHS CAMHS Disability Service and was attended by 8 mothers. *The reunion has been postponed due to COVID19.*

### **A list of what some attendees want to tell other people about the course:**

- It was a cost-free course, even though it was worth a lot of money, but money that most of us don't have and wouldn't have accessed such an amazing course.
- The course is a fabulous way of giving empowerment to parents. There are tools and methods out there to help the children and ourselves.
- It was a very appropriate setting where our unique situations were understood.
- It was an amazing awareness for myself as a mother to become more aware of my child's autism... basically understanding my child.

## **4. Solihull School Training delivered to a boy's Primary School**

This was co-facilitated by a member of the NHS First Steps Early Intervention Service and attended by 9 members of staff.

Some of the ideas that the attendees said they learnt at the training:

- Need for thought to solve behavioural challenges.
- Things that affect the development of a child's brain.
- How to look at a situation more critically.
- How the emotions impact the physical part.

**5. One to one sessions supporting parents to improve their relationships with their children using the Solihull Parenting Approach.**

During this year, 67 families attended a total of 260 one to one sessions enabling their 311 children to benefit.

3 children participated in sessions geared to support them with their difficulties.

**Some comments from parents about their sessions**

"I feel anchored and secure each time I leave the session."

"She totally understood and validated my feelings about managing my child's behaviour."

"He taught me how to approach issues without jumping to conclusions/answers."

"We felt very understood about our reactions to E's behaviour, and have been given some very useful tools to help him further adjust to the world."

"I learnt how to accept own child for who he is. Thinking about who is really controlling whom."

"We will be very happy to recommend other couples with same issues; the meeting here was so helpful."

**Two examples of goals set by parents and their progress**

	Before	After
<b>Numbers out of 10</b>		
More routine in house	2	6
Mum to feel empowered	1	7

Ongoing training and supervision was provided by the NHS First Steps Early Intervention team and the CAMHS Disability team in Hackney, and the Early Help team in Haringey.

**6. Practitioners participated in various meetings at venues such as Interlink and at the Triangle Children's Centre including Management Advisory Board meetings and Public Health meetings.**

Signed by Trustee .....

Name of Trustee .....

Date .....

**KOACH PARENTING**  
**Receipts and Payments Account**  
**Year ended 31 March 2020**

	Notes	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
<b>Receipts</b>					
Grants		3,150	26,316	29,466	27,508
Donations		2,624	0	2,624	476
Services (to organisations)		830	0	830	750
Other	1	33	0	33	314
<b>Total Receipts</b>		<u>6,637</u>	<u>26,316</u>	<u>32,953</u>	<u>29,048</u>
<b>Payments</b>					
Costs of generating funds		127		127	190
Charitable Activities	2	6,901	23,557	30,458	30,089
Governance costs		240		240	96
<b>Total Payments</b>		<u>7,268</u>	<u>23,557</u>	<u>30,825</u>	<u>30,375</u>
<b>Excess of Receipts over Payments for the year before transfers</b>		(631)	2,759	2,128	(1,327)
<b>Transfers</b>		0	0	0	0
<b>Excess of Receipts over Payments for the year</b>		<u>(631)</u>	<u>2,759</u>	<u>2,128</u>	<u>(1,327)</u>

**KOACH PARENTING**  
**Statement of Balances**  
**At 31<sup>st</sup> March 2020**

Notes	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
<b>Bank &amp; Deposit Balances</b>				
Bank & deposit balances brought forward	1,710	2,663	4,373	5,700
Movement in Year:				
Excess of Receipts over Payments for the year	(631)	2,759	2,128	(1,327)
<b>Bank and deposit balances carried forward</b>	<u>1,079</u>	<u>5,422</u>	<u>6,501</u>	<u>4,373</u>

**Notes**

1. Other receipts: £19 Every click Ltd (Give as you live donation) and £14– Amazon Smile Donation.
2. Charitable Activities

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Practitioners and admin	6,469	21,259	27,728	27,191
Printing, stat, computer supplies	101	793	894	583
Advertising		200	200	920
Telephone		329	329	474
Insurance		405	405	332
Travel	12	94	106	60
Books and resources	251	84	335	272
Subscriptions	36	0	36	60
Training	20	0	20	110
Refreshments (groups)		318	318	87
Consultancy		75	75	0
Other	12		12	
<b>Total</b>	<u>6,901</u>	<u>23,557</u>	<u>30,458</u>	<u>30,089</u>

**Signed**

**A Lewin – Trustee**

**Dated**

*A Lewin*

*A Lewin*

*6 Dec 20*



## KOACH PARENTING

### INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2020

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2020.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

We report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which give us cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

  
L LERNER – FCA  
LIEBERMAN & CO  
CHARTERED CERTIFIED ACCOUNTANTS  
11c GROSVENOR WAY  
LONDON E5 9N

4/DEC. 2020