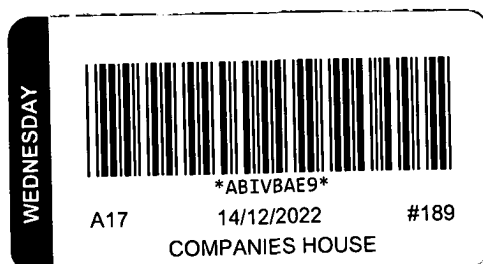


**Parenting 2000
Trustees' Annual Report
&
Financial Statements
For the Year ended
31 March 2022**



TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also Directors for the purposes of the Companies Act, are pleased to present their annual report and financial statements of the charity for the year ending 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' (FRS 102) in preparing the annual report and financial statements of a charitable company.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charitable company's governing document, the Companies Act 2006 and 'Accounting and Reporting by Charities': 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 published on 16th July 2014 (and amended by update bulletin 1 published on 2nd February 2016).

Our Mission

To support families to face the challenges of everyday life.

Objects of the charity

The objectives of the charity are to advance the education of the public regarding safety issues in everyday life and thereby to preserve and protect the moral and physical welfare of any vulnerable members of society, in particular but not exclusively children, throughout the North West of England and Wales.

Values

Our values are the beliefs and attitudes that shape the work we do which are that we are here for all members of our community particularly targeting services to vulnerable children, young people and families most in need – where deprivation, poverty and emotional wellbeing dramatically affect everyday life.

Achieving our Objects

We strive to achieve our objects by promoting and embedding parenting skills, providing a place where all parents, carers, young people and children can access information, advice and support enabling them to meet the diverse challenges that life presents.

Public Benefit

The Charity's objects and activities have been specifically developed to ensure that they comply with the Charity Commission guidance on delivering public benefit.

REFERENCE AND ADMINISTRATIVE DETAILS

Incorporated in England and Wales on 1st December 1994

Trustees: Nigel Edmund Bellamy (Chair)
Susan Holden
Steven McDermott
Paul Booth
Bernadette Cox
Dr Jeremy Swinson
Julie Wallis

Company Secretary Janine Hyland

Chief Executive: Janine Hyland

Charity number: 1042989

Company number: 02997217

Registered Office: The Lodge, 3 Morningson Road, Southport, PR9 0TS

Our Advisors

Accountant & Independent Examiner: Oliver Grills FCA, J A Fell & Co Chartered Accountants, 40 Hoghton St, Southport PR9 0PQ

Bankers: HSBC, 49a Fishergate, Preston, Lancashire, PR1 8BH

Solicitors: Browne Jacobson LLP, Victoria Square House, Victoria Square, Birmingham B2 4BU

ICT Support: Britannia IT, 106 Cemetery Rd, Southport PR8 5EF

HR: John Bloor, EBS Law, London House, London Rd S, Poynton, Stockport SK12

Insurance: Southport Insurance Brokers, 36 Hoghton Street, Southport, PR9 0PQ

Activities, Achievement and Performance

The Charity has met the continuing challenges presented by the COVID-19 Pandemic this year and has continued to grow its expertise in delivery in providing our activities to achieve our mission, vision and values.

Activities

Demand for our services has increased. Our activities are delivered from Parenting 2000's two Centres based at Mornington Road Southport and The Youth and Community Centre Crosby as well as peripatetically from other community venues, schools and prisons.

During the Pandemic we embraced digital solutions to deliver services as a means to navigating the related disruptions. We now offer some on line service delivery and communication options to provide flexibility and choices for our service users.

We offer a 'wrap around' approach where service users can access a range of interventions all aimed at overcoming the challenges that children & young people and families face in everyday life. We are here for all members of the community to access all our services directly. In addition, we receive referrals from professionals such as GPs, social workers, CAMHS, youth offending team, schools Merseyside Police, pupil referral units, well-being centres etc.

During the year we delivered public benefit by the following activities.

Therapeutic Services

Our team of professional therapeutic counsellors, registered with BACP/UKCP, provide therapeutic counselling, for children (aged six years and upwards), teenagers, parents/carers (all genders) individuals or couples, individual adults (all genders) and families, where we operate a whole family approach to working with children and young people.

The individual therapy supports emotional issues that can affect everyday life such as relationships and family problems, anger, behaviour, anxiety, addiction, depression and low mood, stress and feeling overwhelmed and not coping, low self-esteem, lack of confidence, bullying at school / work or home, bereavement/loss, post-traumatic stress, domestic abuse (all genders and ages), issues around gender identity & sexuality and unemployment, and school or college pressures.

Sefton Emotional Achievement Service (SEAS)

We continue to be a part of a consortium, Sefton Emotional Achievement Service (SEAS) which is a group of local charities who have come together with the aim of helping children, young people and families to aspire and achieve through providing bespoke emotional well-being support, delivered at the right time and right place through voluntary sector consortium working.

Collectively, the SEAS Consortium has more than 100 years of experience in delivering services and supporting local people. The lead agency is Sefton CVS and consortium partners alongside Parenting 2000 are The Venus Charity, Merseyside Youth Association and Personal Support Services, (PSS).

Early Help family support

We provide Family Intervention Parenting (whole Family Working) through the Sefton Troubled Families Initiatives. Our family support workers help families by intervening at an early stage before the problems become too serious; to get their children back into school, reduce criminal, domestic violence and anti-social behaviour in the home and help parents back into employment.

Practical Child Safety Fittings in The Home

We deliver a child safety equipment fitting scheme into people's home under the Child Injury Prevention Scheme funded by Sefton MBC.

Alchemy Youth Provision

Our youth provision operates under the brand name 'Alchemy' where we provide a range of programmes and activities:

Youth Club

Alchemy Youth Club runs from both of our centres providing targeted and open access sessions for young people aged 9-18 years old. Youth Club activities are shaped by our young people providing an opportunity for them to learn, engage in positive childhood experiences, develop resilience and make positive life choices.

Socialisation: Celebrations, DJ, various sports, youth café, chill /film night, story time etc., plant propagation, nature trail etc.

Safe space: Pastoral support and guidance from our youth workers, self-care, peer mentoring and psychoeducational activity.

Academic enrichment: Quiet time & IT provision to support CYP with homework and studies. quizzes, debates and discussions which have involved issues such as climate change, equality and world poverty.

Life Skills: Group sessions and mentoring on increasing self-esteem, becoming more assertive, healthy relationships, dealing with conflict, dealing with bullying, personal safety on line and off line and citizenship.

Employability skills: CV writing, career information and personal presentation.

Information & guidance: Ensuring that young people can access appropriate services available to them.

Youth Circle: Help for young people aged 11-18 years, in a relaxed, informal group, with common youth issues such as friendships and healthy relationships, being more confident, dealing with bullying, managing feelings, dealing with conflict, safe social media, worries about school and school work.

Detached Youth Mentoring (Stonehaven)

This year we introduced a new project funded by Merseyside Police's Operation Stonehaven. A targeted initiative aimed to prevent young people involved in or at risk of criminal exploitation from engaging in criminal exploitation to make positive choices by enhancing their opportunities and widening their horizons. This is achieved via a combination of supporting young people on an individual basis and/ or in very small groups of less than five with mental well-being and resilience. Led by a Youth Worker the young people were provided with mentoring and non- clinical therapeutic support, personal development and diversionary activities.

Buddy Up Plus At Alchemy

A new partnership with Sefton CVS, Buddy Up Plus offers a weekly social opportunity for young adults aged 18 to 25 from both of our centres who have additional needs and disabilities and are at risk of social isolation, which has a negative impact upon their mental health.

The weekly clubs provide a place for eligible Alchemy Youth Club Alumni's and other participants with a place to meet other young adults similar to them and develop friendships with people they have things in common with. Where they are able chat with their friends, play games and take part in other fun activities.

'The Alchemy Big Blue Bus' (formerly The Play Bus)

Our multi use activity vehicle 'The Big Blue Bus' is used by Alchemy in partnership with Tyred Rides CIC and Brighter Living Partnership where it has been involved in engaging children, young people and families in a range of well-being and diversionary activities.

Parenting Programmes & Support Groups

We provide parenting programmes from our premises , online , at schools and in Prisons.

Youth Connect 5

Youth Connect 5 is a 5 week course for parents/carers which aims to educate about teenage brain development and the impact on mental well-being. It also gives strategies for listening to and communicating with children and young people: the overall aim being to improve family resilience.

Wellness for Work –Employability Programme

Following the success of our therapy led employability Programme for unemployed adults aged 19yrs plus we introduced Wellness to Work to help them to overcome the psychological barriers to employment and returning to education including an additional focus on navigating the related issues presented by The Pandemic.

Baby Talk

This year we introduced a perinatal support social group, 'Baby Talk' The group which has 20 registered members meets every Tuesday morning at our Southport Centre where new and expecting parents can drop in and meet other parents, share ideas, access professional information, guidance and support.

Sefton Crisis Café Hub

This year we formed a new partnership with Sefton Crisis Café Hub for adults led by Sefton CVS at our Southport centre with outreach activities in the wider community. The Crisis Café is an alternative access point for people 18 yrs. and over requiring out of hours support experiencing symptoms of mental illness which may result in crisis without support.

The café runs on a Friday, Saturday and Sunday evenings & run by a Crisis team and supports on average 8-10 people in Crisis per session.

To further support the Crisis Café service users Parenting 2000 has employed a Peer Support Worker to help and assist people on a day to day basis who are referred by the Crisis Café Team who are looking for support. This involves providing pastoral, practical support and advocacy, facilitate peer mentoring and participation amongst clients of the service and to sign post them to access other services that they may find therapeutic.

Parents Support Circle

Our facilitated drop in support group for parents/carers .

Facts about Alcohol and Drugs (FAD)

A course for parents and carers to enable them to develop awareness about drugs and alcohol. The course is designed by Parenting 2000 and has been accredited by Open Awards.

The course increases factual knowledge about drugs and alcohol and covers the causes of drugs & alcohol misuse, physical & psychological effects of drugs & alcohol, effects of misuse on others, drug & alcohol withdrawal and agencies who can offer help and support. This year we adapted the course materials and resources to run this with children and young people.

Dads Matter

The 'Dads Matter' The Dads Matter programme is a course that has been specifically designed by Parenting 2000 to help fathers/male carers and fathers-to-be, who are currently serving a custodial prison

sentence, to build on their existing parenting skills in preparation for release. The course is commissioned by HM Prisons.

Mindful Futures CIC

This year Parenting 2000 set up a trading subsidiary, a Community Interest Company Mindful Futures CIC. The new CIC will offer therapeutically led wellbeing and coaching services to individuals and organisations.

Achievements and Performance

Our services benefitted 2690 families this year.

- **558 Children and Young People Accessed our Therapeutic Counselling Services this year.**

Feedback:

"I can't tell you how much having these sessions and talking has helped me."

"It is helpful to have someone to talk to" and "my favourite part of the week is coming here".

- This Year Sefton Clinical Commissioning Group provided some additional funding for a weekly evening mental health and well-being youth drop in for CYP by funding a sessional well-being worker to support the youth mentors. As a result, **we have kept 6 young people from attending A&E**

- **Delivered Thrive Development Workshops 'Train the Trainer'**

Parenting 2000 is committed working to the Thrive Model which is a needs led integrated, person-centred approach to delivering mental health services for children, young people and families which conceptualises need in five categories or needs based groups: Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support.

This year we used our commitment and expertise to deliver workshops on the Thrive Model Workshops for other organisations

- **Sefton Children and Young People's Involving Access to Psychological Therapies (CYP IAPT) Partnership :**

Parenting 2000 continues to be an active member of the partnership which is part of a national NHS transformation programme that aims to improve existing Child and Adolescent Mental Health Services. This year we employed a full time Children & Young People's IAPT Cognitive Behavioural Therapist Post Graduate Trainee.

In September our Chief Executive began a course in Service leadership skills. NW Leadership programme: Leading transformation and change, with The Psychological Therapies Training Centre of Greater Manchester Mental Health NHS Trust, due to finish Summer 2022.

- **Partnership working with Edge Hill University**

We continued our partnership with Edge Hill University and hosted 3 Masters Degree students and 3 degree students on clinical placement. We also hosted a Child and Youth Studies degree student on placement.

- **Child safety equipment was fitted to 264 households** safety equipment such as stair gates, fire guards, cupboard locks etc. into people's home with the Sefton Child Injury Prevention Scheme funded by Sefton MBC. We also we continued to collect vitamins from Public Health and distribute them to each of the Children's Centres in Sefton each month.

- **105 Families received Early Help Support to overcome difficulties and prevent crisis.**

Feedback:

' Since we received the help and support from our Family Practitioner , life has got better as there has been an improvement of the wellbeing of our whole family.

' Thank you so much for always listening to me'

- **Alchemy Youth achieved a membership of 250 Children and young people aged 9 – 18 years.**
Activity highlights this year include:

- **Career mentoring** with The **Strive** programme, introducing young people to career mentors, including a record producer, police officer, Sefton Young Advisers and a gaming company.
- **The Girls Imperium:** A two year programme of boot camps for girls and young women, to give them vital skills and guidance to staying safe.
- **Youth Café:** Our summer holiday drop in Café provided free cooked meals for children, young people and packed lunches for families.
- **Youth Club Trampolining Trip:** We took 69 Children and Young people for a fun day out on a Youth Club trip to Flip Out Trampolining Centre in Aintree.
- **Youth Circle:** our Educational Psychologist developed and led e motional and mental health support groups were attended by 30 young people.
- **Tyred Rides Tyred Rides CIC** continues to work in partnership with Alchemy providing information and advice on all things bicycle and cycling. Tyred Rides is Parenting 2000's, Community Interest Company that recycles, sells and maintains bicycles provides access to learning cycle maintenance skills and volunteering opportunities.

Feedback

"After their first session they said "Mum I think I have finally found somewhere I belong" Parent of boy aged 16

"I love going out in a group, I have made friends for life" Girl aged 15

"I have really grown in confidence and my social skills have improved" Girl aged 15

"I have learnt its ok not to be ok and that there is help and support there when I need it"- Girl aged 14

Detached Youth Mentoring – Stonehaven

During 2021-2022 the project worked with 57 children and young people to protect them from becoming exploited by criminals: The project outcomes were as follows:

- ↑ Over 56 % of children and young people who attended reported improved personal relationships
- ↑ 93 % reported that they have made new friends
- ↑ 77% are working towards goals at school that previously they had not been able to achieve
- ↑ 62% are enjoying school more.
- ↑ 90% feel more knowledgeable about staying safe online.
- ↑ 80% know how to report drug suspicions online, and to say no to drugs.
- ↑ 80% strongly agree that they are making healthy choices regarding drugs.
- ↑ 90% agree or strongly agree that they are more knowledgeable about the dangers and risks of county lines.
- ↑ Over 90% feel they are now interested in new things and feeling less anxious and stressed

Feedback

"I am self-harming less as I feel like I have someone I can talk to"-Girl aged 17

"The work they have done regarding young people's mental health is priceless and has made them so much more aware of important issues involving drugs, crime, peer pressure etc which for a vulnerable teenager is hugely important."-Parent of boy aged 17

" They talk more openly to me about their thoughts and feelings and that is all down to the detached youth team"- Parent of girl aged 16

" These programmes are vital to our teens as sometimes just having someone around their age speak about drugs etc makes it more important than a parent or school."- Parent of boy aged 11

"What your'e doing is amazing and it is definitely needed in Southport" Manager of a Lord Street Business.

• **Wellness for Work :14 unemployed adults were helped to overcome psychological barriers to entering the labour market and or training** with our Wellness to Work European Social Funded (ESF) therapeutically led adult employability. From the 14 attendees, 2 people gained employment and 1 entered further education.

Feedback:

"I enjoyed the course, I feel confident and ready to try new things"

"I feel I have benefitted from the course and have gained a new confidence"

"My confidence has improved a lot, I have learnt new skills and am able to reduce my stress. The course has helped me plan for my future."

• **Youth Connect 5 Parenting courses: 35 parents accessed our courses this year.**

Feedback

"It made me stop and look at things from my daughter's perspective much more than I probably was doing before. It gave me great tips on how to manage situations and gave me perspective on the bigger picture within the family and what it is that we really need to focus on (e.g. getting on better together, finding ways to spend time together happily etc).

"I have really enjoyed learning about strategies to take a step back and listen to my children and not get so caught up in the moment."

• **Line Dancing**

During summer 2021, finding that there were few suitable facilities open at the time, a group of volunteers started a seniors line dancing group in our Alchemy Hall to encourage other senior citizens to get active.

• **Anti Poverty Measures**

The children and young people participants and their families have benefitted from the anti- poverty initiatives that parenting 2000 has been involved in delivering

- **Access to Food:** We provided a combination of 535 packed and cooked meals for families in the school summer holidays.
- **Holiday Activity Fund (HAF)** – (Sefton Council); Funding for enhanced activities and food during school holidays.
- **Winter Clothes Fund (CVS)** vouchers for 45 CYP and parents of low income families to buy winter clothes. Youth mentors assisted some CYP to spend their vouchers wisely.

• **Fundraising** - Parenting 2000 were chosen as Firwood Waterloo RFC's charity of the year which raised £1,063.52

Donations:

We received Donations in cash and in kind from the following organisations and would like to thank them for their support this year:

- The Rotary Club of Southport: Who once again donated ASDA Vouchers to us. This enabled the purchase of essential items for families such as toiletries, school uniforms, shoes, clothes for job interviews. We also received beautifully presented Christmas hampers which were gratefully received by our most vulnerable families.
- Holy Trinity Church: Who made several donations to support our families
- Southport Lions Club: who donated clothing, food hampers at Christmas
- Kevin Jackson, a Local Landscape Photographer: Who last year donated the proceeds of the sale of his stunning photograph of the amazing view of the seaside resort Blackpool captured from the Sefton coast we continued to receive proceeds of sales early this year
- Southport Business Improvement District (The BID) donated some voucher for the youth mentors to take young people free of charge to their Christmas virtual winter wonderland.
- Regular food and toiletries from Marks and Spencers,
- Fruit from Tesco.
- Pizzeria Mama Mia donated a meal voucher.
- Volare donated a meal voucher
- Southport Market allowed the youth mentors to run a drug awareness session over a snack for a small group of young people
- The Bijou Cinema provided free tickets
- Tenpin Bowling Southport provided discounted tickets.
- YMCA Southport provided discounted roller skating
- Dominos have provided free Pizzas
- Community Link Foundation - £500 towards personal care products for our children and young people.
- Individual members of the community: We received several generous cash and in kind donations from members of the public to help our young people and families.
- Businesses who donated items for our fundraiser at Waterloo Rugby Club:
LFC Foundation, Bliss Hotel, Black Norman Solicitors, Tyred Rides CIC, Cantinetta Ristorante & Bar, Southport Netball Club, Remedy, The Woollen Pig, Beauty by Gemma, Gymophobics, The Old Bank, 92 Degrees, RS Fine Chocolate, Tipple Bar (Ainsdale), Southport Football Club, Vue cinema, Cone Head and Tracey Lysaght Yoga.

The Organisations We Host at Our Centres

This year we hosted:

- The Frantastic Day Nursery
- Engage and Change CIC
- Sefton CVS;
 - Crisis Café,
 - Buddy Up
 - Buddy Up Plus,
 - Community Development Service for Black, Asian and Minority Ethnic, (BAME), Communities
- Southport Writers
- Aiming High
- Sefton Young Carers
- Catch 22
- Saturday Zumba
- G Master Key Boxing

Financial Review

The principal funding sources of the charity continues to be public sector commissions from Sefton MBC, supplemented by a number of smaller grant funds and from room hire and some private therapy services.

The Charity now occupies 3 buildings over two sites and has maintained reserves to specifically support their maintenance. The charity's cash reserves are invested in bank deposit accounts. The trustees regularly review the investment options.

Reserves Policy

The trustees have reviewed the Reserves Policy of the charity and have recognised the need to establish appropriate level of working capital to sustain the future operations and obligations in the event of unforeseen reductions in its income streams to be designated to cover 6 months running costs in line with Charity Commission Guidelines

Plans for Future Periods

We recognise that it is necessary to create a more diversified income base for the sustainability of the charity and as such during the year we have made progress establishing a 'Mental Health and Well-being trading arm' 'Mindful Futures CIC' for the expansion of our paid for therapy and ancillary well-being activities.

Our Bicycle recycling and repair service Tyred Rides CIC continues to generate income for the Charity and going forward we will continue to maximise and identify income generating opportunities that are aligned to our charitable mission.

Structure, Governance and Management

Governing Document

Parenting 2000 is a company limited by guarantee governed by its Memorandum and Articles of Association dated 1 December 1994 as amended 6 January 2007. It is registered with the Charity Commission. Anyone over the age of 18 can become a member of the Company, each of whom agrees to contribute £10 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association the trustees are elected by members of the charitable company attending the Annual General Meeting. The longest service one third of trustees retires each year and is able to offer themselves for re-election. When considering the co-option of trustees, the charity has regard to the requirements for any specialist skills or experience. The trustees are committed to continually reviewing the board's skills-base to enable members to best fulfill their duties and obligations.

Trustee induction and training

The Chief Executive provides the new trustee with an overview of the timetable of the board meetings, copies of the minutes of recent meetings, of the recent reports and accounts, of the Articles of Association, of the Conflict of Interest policy and of similar documents and explains these. The Chief Executive provides the new trustee with a tour of the Parenting 2000 activities and introduces them to the staff. The training provided for new trustees will depend on their existing experience and the role they will have on the board. This is sourced through Sefton CVS, Sefton Council and independent companies.

A Programme of continuous professional development is being developed for the Board of Trustees. Trustees have attended a variety of Parenting 2000 events and participated in other external learning and development opportunities.

Organisation

The board of trustees, which comprises not less than 3 members, administers the charity. The board normally meets formally four times a year with more regular meetings between the Chair and Chief Executive.

A Chief Executive is appointed by the trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within the terms of delegation approved by the trustees, for operational matters including finance, employment, and service delivery activity.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity and any client or supplier is disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Risk Management

The trustees have a risk management strategy which covers all areas of the organisation: (1) A risk register of the principal risks and uncertainties that the charity faces, which is reviewed annually. (2) The establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

Trustees' Responsibilities

The trustees, who are also the directors of Parenting 2000 for the purpose of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application or resources, including the income and expenditure, of the charitable company for that year. In preparing the financial statements, the trustees are required to:

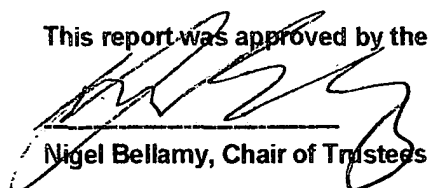
- 1) Select suitable accounting policies and then apply them consistently;
- 2) Observe the methods and principles on the Charities SORP;
- 3) Make judgements and estimates that are reasonable and prudent;
- 4) State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- 5) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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

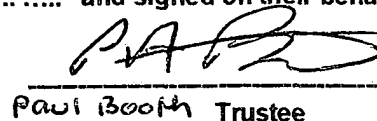
Companies Act 2006. They are also responsible for the safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Board of Trustees on 17.11.2022 and signed on their behalf by.


Nigel Bellamy, Chair of Trustees

&


Paul Booth Trustee

PARENTING 2000

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARENTING 2000

I report to the trustees on my examination of the financial statements of Parenting 2000 (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I 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.



Oliver Grills FCA

J A Fell & Co
40 Hoghton Street
Southport
PR9 0PQ

Dated: 17 November 2022

PARENTING 2000

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<u>Income from:</u>							
Donations and legacies	3	6,228	-	6,228	4,710	-	4,710
Charitable activities	4	91,288	464,926	556,214	75,401	393,086	468,487
Investments	5	408	-	408	557	-	557
Total income		97,924	464,926	562,850	80,668	393,086	473,754
<u>Expenditure on:</u>							
Charitable activities	6	54,524	473,175	527,699	23,680	391,741	415,421
Net income/(expenditure) for the year/ Net movement in funds		43,400	(8,249)	35,151	56,988	1,345	58,333
Fund balances at 1 April 2021		379,602	19,312	398,914	322,614	17,966	340,580
Fund balances at 31 March 2022		423,002	11,063	434,065	379,602	19,311	398,913

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

PARENTING 2000

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		73,867		79,065
Current assets					
Debtors	11	24,539		60,013	
Cash at bank and in hand		380,926		273,023	
		<u>405,465</u>		<u>333,036</u>	
Creditors: amounts falling due within one year	13	<u>(29,197)</u>		<u>(13,188)</u>	
Net current assets			376,268		319,848
Total assets less current liabilities			450,135		398,913
Creditors: amounts falling due after more than one year	14		(16,070)		-
Net assets			<u>434,065</u>		<u>398,913</u>
Income funds					
Restricted funds	16		11,063		19,311
<u>Unrestricted funds</u>					
Designated funds	17	250,000		103,868	
General unrestricted funds		<u>173,002</u>		<u>275,734</u>	
			423,002		379,602
			<u>434,065</u>		<u>398,913</u>

PARENTING 2000

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2022

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 17 November 2022



Mr Nigel Bellamy
Trustee

Company Registration No. 02997217

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Parenting 2000 is a private company limited by guarantee incorporated in England and Wales. The registered office is The Lodge, 3 Mornington Road, Southport, PR9 0TS.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received. A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be reliably measured.

All expenditure is accounted for on an accruals basis.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold land and buildings	5% straight line
Computers	25% reducing balance
Motor vehicles	25% reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	6,228	4,710

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

4 Charitable activities

	Family Support 2022 £	Family Support 2021 £
VRU Grants	-	15,350
Sefton MBC Grants	215,370	209,251
Sefton CCG Grants	60,678	33,110
Sefton CVS Grants	65,833	11,500
Police Funding - Stonehaven	30,000	10,000
Police Community Cashback Fund	8,440	23,431
Liv Investment Grant	10,000	-
WEA (ESF) - Wellness to Work Grant	19,886	-
WEA (ESF) - Mindful Futures Grant	6,799	13,201
Health Education England - IAPT Trainee Grant	36,515	2,540
Small Grants	11,405	5,813
Youth Endowment Fund	-	41,975
DCMS - Youth Covid Fund	-	26,915
Sefton CVS - Thrive Development Fund	7,500	-
Sefton CVS - Counselling Outreach Grant	-	2,500
Sefton CCG - South Sefton - Counselling Outreach Grant	-	15,000
Therapeutic Commissioning	17,834	10,467
Room Hire	52,448	26,166
Sessional Fees	1,245	9,630
Youth Club Subscriptions	3,398	635
Mini Bus Hire 3rd Party	5,795	1,833
Asda Foundation	-	900
Miscellaneous Income	3,067	8,270
	<u>556,214</u>	<u>468,487</u>
Analysis by fund		
Unrestricted funds	91,288	75,401
Restricted funds	464,926	393,086
	<u>556,214</u>	<u>468,487</u>

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

5 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	408	557

6 Charitable activities

	Family Support 2022	Family Support 2021
	£	£
Staff costs	249,655	141,366
Travel	5,412	6,076
Premises	10,060	213
Counselling	47,843	51,560
Beneficiary activities	34,613	30,607
Insurance	-	5,958
Printing, postage and stationary	2,283	3,157
Telephone and computers	3,085	4,422
Equipment	5,287	3,643
General expenses	1,127	-
Professional fees	700	-
	360,065	247,002
Share of support costs (see note 7)	165,834	167,619
Share of governance costs (see note 7)	1,800	800
	527,699	415,421
Analysis by fund		
Unrestricted funds	54,524	23,680
Restricted funds	473,175	391,741
	527,699	415,421

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

7 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Staff Costs	81,276	-	81,276	87,190	-	87,190
Travel	3,319	-	3,319	-	-	-
Premises	48,453	-	48,453	48,964	-	48,964
Insurance	9,045	-	9,045	607	-	607
PPS	639	-	639	-	-	-
Telephone and computers	13,732	-	13,732	17,152	-	17,152
Sundry	557	-	557	711	-	711
Accountancy	-	-	-	2,000	-	2,000
Professional	3,615	-	3,615	5,087	-	5,087
Depreciation	5,198	-	5,198	5,908	-	5,908
Independent examination	-	1,800	1,800	-	800	800
	<u>165,834</u>	<u>1,800</u>	<u>167,634</u>	<u>167,619</u>	<u>800</u>	<u>168,419</u>
Analysed between Charitable activities	<u>165,834</u>	<u>1,800</u>	<u>167,634</u>	<u>167,619</u>	<u>800</u>	<u>168,419</u>

Governance costs includes a charge for the independent examination fees of £1,800 with an adjustment representing a reduction in the prior year (2021: Charge £1,800)

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

2022 Number	2021 Number
<u>19</u>	<u>17</u>

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

10 Tangible fixed assets

	Leasehold land and buildings	Computers	Motor vehicles	Total
	£	£	£	£
Cost				
At 1 April 2021	206,254	178,943	127,797	512,994
At 31 March 2022	206,254	178,943	127,797	512,994
Depreciation and impairment				
At 1 April 2021	133,413	178,375	122,330	434,118
Depreciation charged in the year	3,642	-	1,367	5,009
At 31 March 2022	137,055	178,375	123,697	439,127
Carrying amount				
At 31 March 2022	69,199	568	4,100	73,867
At 31 March 2021	72,840	758	5,467	79,065

11 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Trade debtors	19,636	52,264
Other debtors	1,558	1,558
Prepayments and accrued income	3,345	6,191
	24,539	60,013

12 Loans and overdrafts

	2022 £	2021 £
Other loans	20,005	-
Payable within one year	3,935	-
Payable after one year	16,070	-

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

13 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Other loans		3,935	-
Deferred income	15	12,000	-
Trade creditors		9,759	9,046
Accruals and deferred income		3,503	4,142
		<u>29,197</u>	<u>13,188</u>

14 Creditors: amounts falling due after more than one year

	2022 £	2021 £
Other loans	16,070	-
	<u>16,070</u>	<u>-</u>

15 Deferred income

	2022 £	2021 £
Income in advance	12,000	-
	<u>12,000</u>	<u>-</u>

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds		
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Balance at 31 March 2022
	£	£	£	£	£	£
SMBC Early Help	-	105,000	(105,000)	-	105,000	-
SMBC Youth Crosby	-	30,000	(30,000)	-	30,000	-
SMBC Youth Southport	-	20,000	(20,000)	-	20,000	-
SMBC Child Injury	-	54,251	(54,251)	-	54,250	-
SMBC Holiday Activity Fund	-	-	-	-	6,120	-
Social Investment Business Grant (Reach)	1,084	-	-	1,084	-	-
Sefton CCG Counselling	-	33,110	(25,303)	7,807	60,678	-
Sefton CVS projects	-	11,500	(11,500)	-	65,833	-
Small Grants	1,926	5,813	7,739	-	11,405	1,090
Liv Investment Grant	-	-	-	-	10,000	9,558
Police Funding - Stonehaven	-	10,000	-	10,000	30,000	-
Police Community Cashback Fund (Police 2020)	-	23,431	(23,431)	-	8,440	-
WEA (ESF) - Wellness to Work Grant	-	-	-	-	19,886	-
WEA (ESF) - Mindful Futures Grant	-	13,201	(13,201)	-	6,799	-
Health Education England - IAPT Trainee Grant	-	2,540	(2,540)	-	36,515	-
VRU Projects	420	15,350	(15,350)	420	-	420
Supporting Families Against Youth Crime	14,536	-	(14,536)	-	-	-
Youth Endowment Fund	-	41,975	(41,975)	-	-	-
DCMS - Youth Covid Fund	-	26,915	(26,915)	-	-	-
	17966	393086	391741	19311	464926	11063

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

17 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds				
	Balance at 1 April 2020	Transfers	Balance at 1 April 2021	Transfers	Balance at 31 March 2022
	£	£	£	£	£
Fixed Asset fund	84,973	(5,908)	79,065	(5,198)	73,867
Contingency fund	15,226	-	15,226	151,330	166,556
Other designated funds	9,577	-	9,577	-	9,577
	<u>109,776</u>	<u>(5,908)</u>	<u>103,868</u>	<u>146,132</u>	<u>250,000</u>

PARENTING 2000

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

18 Analysis of net assets between funds

	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:								
Tangible assets	-	73,867	-	73,867	-	79,065	-	79,065
Current assets/(liabilities)	189,071	176,133	11,063	376,267	275,734	24,803	19,311	319,848
Long term liabilities	(16,070)	-	-	(16,070)	-	-	-	-
	<u>173,001</u>	<u>250,000</u>	<u>11,063</u>	<u>434,064</u>	<u>275,734</u>	<u>103,868</u>	<u>19,311</u>	<u>398,913</u>

19 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).