REGISTERED CHARITY NUMBER: 1158989

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

FOR

PARENT CLUB

Prestons & Jacksons Partnership LLP
364 - 368 Cranbrook Road
Ilford
Essex
IG2 6HY

Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	01	2025	To	31	12	2025

Section A Reference and administration details

Charity name	Parent Club
Other names charity is known by	Kitchen Club
Registered charity number (if any)	1158989
Charity's principal address	73 Oakwood Road
Postcode	NW11 6RJ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shuvo Loha	Treasurer		
2	Jonathan Buckland	Chair		
3	Anand Doobay	Secretary		
4	Marianna Champion			
5	Tamara Adenuga			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Brown

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO - FOUNDATION REGISTERED 27 OCT 2014
How the charity is constituted (eg. trust, association, company)	CHARITABLE INCORPORATED ORGANISATION ('ASSOCIATION')
Trustee selection methods (eg. appointed by, elected by)	Nomination Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All new trustees will receive copies of the constitution as well as any relevant guidance from the Charity Commission. In addition, new trustees will receive copies of all Parent Club policies and procedures for their perusal and are encouraged to review them at least annually in line with Parent Club policy.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document	TO ADVANCE THE EDUCATION OF PARENTS AND CHILDREN IN THE UK BY PROVIDING THEM WITH OPPORTUNITIES TO ACQUIRE KNOWLEDGE AND SKILLS RELEVANT TO HEALTHY PHYSICAL, MENTAL AND SOCIAL DEVELOPMENT.
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)	Trustees have had regard to the public benefit guides PB1, PB2 and PB3 when making decisions they are relevant to. New trustees must read these documents, which are must be taken into consideration when planning the charity's activities for the year ahead. The following statement summarises the way in which the Kitchen Club projects have contributed to the public benefit: 'Our work continues to focus on engaging hard to reach and vulnerable families through projects where parents and children work together with to prepare a healthy vegetarian meal, alongside a rich play and learning environment, with activities like painting, crafting, storytelling, music and movement. We have a special focus on working with families living in temporary accommodation. Kitchen Club provides opportunities for informal, experiential learning, fosters networks of accessible, local support and improves mental well-being. We also connect families with further support through signposting and referrals. Preparing and sharing food together makes it easier to establish new relationships and may be particularly attractive to families who cannot easily afford to eat well. It is also a great opportunity to develop social skills. As well as reducing social isolation and improving access to good quality food, Kitchen Club addresses several other key determinants of mental well-being including involvement in learning and opportunities to be valued, take control and influence decisions. Working through food is also an important opportunity to encourage healthy eating. We use a trauma-informed approach to improve access for individuals with complex and difficult case-histories. The Kitchen Club Traineeship programme, for parents with lived experience of temporary accommodation, offers a paid, 12-month work placement alongside training and employability coaching.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D Achievements and performance

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Summary of delivery

178 Kitchen Club sessions were delivered, supporting 483 unique beneficiaries across five settings:

The Round Chapel Old School Rooms (38 sessions, 64 parents + 59 children)

This project continued to successfully support high needs, vulnerable families in partnership with The Round Chapel Families Project. A new service level agreement was negotiated, ensuring that the RCFP provide a free shop and 1:1 support with housing, migration and benefits from a specialist worker.

Daubeney Children's Centre (26 sessions, 37 parents + 37 children)

Continuing our longstanding partnership with Daubeney, this project piloted a new model, with two Kitchen Club trainees assigned to lead sessions in partnership with a member of the Daubeney staff team. Feedback from parents was very positive, and the trainees identified the placement as one of the most effective aspects of the programme.

Redmond Community Centre (38 sessions, 62 parents + 74 children)

Our most well-attended project, with attendance regularly above target (20+ families in some sessions). Very strong engagement from a large core group of families, with Sessions supported by a range of visiting professionals.

St Peters Church Crypt (38 sessions, 50 parents + 46 children)

In its second year of delivery, this project is now well-established. Average attendance reached target towards the end of the year, despite recruitment for families in the target group being more challenging due to a smaller pool. A high proportion of high-needs families continues to access this project.

Woodlands Park Children's Centre (38 sessions, 55 parents + 61 children)

Two trainees supported delivery, successfully leading the food and activities aspects of the project in the Summer term. Challenges around levels of attendance due to changes in recruitment processes at Woodlands were addressed with a new engagement plan, leading to above target attendance (15+ families). Engagement from parents was strong throughout.

Volunteers

Six regular volunteers supported delivery, including three former beneficiaries.

Type of Output	Units	Description
Kitchen Club sessions	178	2 hr lunch club + stay and play
Family activities	356	2x activities per session (singing, crafting, story, etc)
Meals	4000	(est) average 24 meals per session
£20 vouchers for infant essentials	513	Sent via email for families in TA
Food bank referrals	48	Assessment + referral form
Baby Bank referrals	30	Assessment + referral form
Housing advice referrals	7	1:1 with specialist housing worker
Signposting 0-5yrs activities	13	Playgroups, local charities
Signposting cost-of-living	14	Here to Help, food support, budgeting advice
Other signposting	11	Mental health, mig. support, children's centres, etc

Section D Achievements and performance

Key partners

Partner	Description
Hackney Council	Outreach and engagement vis Hostels management team
Caris Families	1:1 support for housing at Kitchen Club sessions
Hackney Food Bank	Referral partner for food vouchers
Hackney Baby Bank	Referral partner for baby and children's items
Little Village	Referral partner for baby and children's items
Redmond Community Centre	Woodberry Wetlands Neighbourhood forum, Community Fridge
Hackney Playbus	Referrals and outreach
Health visitor	Visiting professionals
Family Support Service	Visiting professionals
Round Chapel Families project	Support worker + free shop within sessions
Hackney VCS	Volunteer recruitment, support with strategic development
Welcome Hackney	Referral partner for Refugee/Asylum families
Henry	Core training provider + resources for sessions
Solihull Approach	Core training provider + resources for sessions
Children's centres	Daubeney, Woodland Park, Comet, Woodberry Down Referrals-in, partnership delivery

Organisational Development

- Five former beneficiaries successfully completed the new Kitchen Club Traineeship programme
- A new Kitchen Club Programme Manager was appointed, providing additional capacity to support the team in delivering a deeper and more comprehensive service.
- Internal team training was developed on reflective practice and trauma-informed communication
- Improved monitoring of KPIs via the CRM platform
- Increased range of online and in-person training for staff and volunteers, including facilitated group sessions with an external trauma-informed practitioner
- The Chief Executive received coaching from the CEO of Social Founders
- Parent Club was invited to be a member of Hackney council's Temporary Accommodation Steering Group
- A range of co-production workshops were delivered in partnership with Hackney Council to help shape various aspects of council delivery, including access to information about cost of living, support for migrants, and consultations around changes to children's services

Section D Achievements and performance

Impact

61 self-assessment surveys were completed across 4 settings (Round Chapel, Daubeney, St Peter's, and Redmond), with space for beneficiaries to also provide written comments.

Survey question	% Agree/ Strongly Agree
Kitchen Club has helped me to eat more fruit and veg each week	89%
Kitchen Club has helped my child to eat more fruit and veg each week	85%
Kitchen Club has introduced me to new healthy recipes or ingredients	92%
Kitchen Club has helped me to connect with other local parents	100%
Coming to Kitchen Club has been good for my sense of wellbeing	95%
Kitchen Club has helped me find out about other services/opportunities	93%
Kitchen Club has given me new ideas for play and learning activities	88%
Kitchen Club has helped me to share positive experiences with my child	98%

Cooking and Nutrition

'I never used beans until I joined Kitchen Club. Now I just add them into my dhal, so there's lots of protein in there. Very nice!'

'We love Tricia's cooking. The food is delicious'

'The food is healthy and my son is way more confident with new foods now'

'I used to be very heavy on meat. Now I can just pretty much stick to eating vegan food, so my cost has really gone down. And I feel lighter. I feel like I can do more'

Child development and home learning

'Kitchen Club has helped a lot with my child's development'

'We love the activities and the chance to play with other kids and meet friends'

'There are different activities every time. We learn new things to do at home'

'The children have a great time playing and discovering different games'

Wellbeing

'The whole routine allows mothers to have some emotional rest and recharge'

'It was very difficult for me. I just locked everything's locked in my mind. When I come to Kitchen Club, things change a lot. It's become very bright'

'You help us a lot. We just tell you our situation, and you understand, and it's okay'

'Kitchen Club has been a rock for me. It changed my life, to be honest, a lot. A lot is changing because of Kitchen Club'

Social Connection

'Kitchen club is like a family'

'I've got some long-term friendships through Kitchen Club, and they've really helped me mentally as well'

'A lot of my friends that I had at the time couldn't kind of relate to me because a lot of them don't have kids. So now that I've got mum friends'

'Just knowing that there is someone who will help me is a very, very nice feeling'

Access to further support

'Kimberly is so helpful. It's great finding out about cost-of-living services'

'Kitchen club helps with benefits and food bank which has been a big help'

'Thank you for the voucher. It is a life-saver'

'I've had many places to go through Kitchen Club. That's how I found out about Playbus and that's also how I got into my self-defence course. I got into sewing classes as well'

Section D Achievements and performance

The Kitchen Club Traineeship
In 2025 we rolled out a new 12-month paid work experience programme for parents with lived experience of temporary accommodation. Following a formal application and interview process, five former beneficiaries joined the delivery team in January 2025.

Around 75% of the programme is allocated to working alongside established professionals to deliver Kitchen Club sessions, with 25% dedicated to professional development, including independent study, employability coaching, and additional support with job searches and applications for jobs and further training.

Outcomes
All five trainees successfully completed the 12-month programme, with each individual achieving remarkable progress in confidence, professional knowledge and skills. Three of the five trainees secured employment at the end of the programme, including one who set up her own Community Interest Company to deliver an essential items service (see We Care CIC, below). Of the two remaining programme graduates, one is currently unable to commit work due to a health condition, but has taken up a volunteering position. The final graduate decided not to pursue paid employment.

To capture reflections and feedback from the initial cohort, three half-day programme review sessions were conducted. Feedback from 2025 cohort was very positive with trainees emphasising how well supported their placements felt. All trainees highlighted the importance of Kitchen Club's support for staff wellbeing, which included 1:1 and group sessions with a specialist practitioner with expertise in supporting programmes for those with lived experience of trauma. The high level of management support, detailed guidance and inclusive working environment were also noted.

> *'Management was brilliant. You really explained what we needed to do, so I was never stressed about the job'*
>
> *'You're disability friendly. We can see that you care about our mental health'*
>
> *'1:1s were more about the job, but we talk sometimes about my emotions as well. It's a real job, but you understand our situation. I love that'*
>
> *'It was a lot but it didn't feel like too much. I felt very confident leading those activities.'*
>
> *'It was a really good experience because it just makes me feel like I can do anything. I'm pretty sure I could be in any situation, chuck it at me, and I'll be able to do it. But I wouldn't have thought like that before doing it.'*

The We Care CIC
The idea for WeCare came from the lived experience of one of our beneficiaries, Iris Mendiondo, who developed the initiative as part of the Kitchen Club traineeship.

Following a successful pilot at Ivy House, and with support from Parent Club and Hackney's Council for Voluntary Services, Iris set up a Community Interest Company to deliver a signposting, referrals, and support service for families in temporary accommodation. In addition to seed funding from an individual donor, Parent Club has commissioned We Care CIC to deliver a 12-month project starting in 2026.

Section E Financial review

Brief statement of the charity's policy on reserves	Parent Club aims to maintain reserves equal to at least 3 months of ordinary running costs.
Details of any funds materially in deficit	

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income

Our total income of £288,937 included an increased proportion from donations, in line with our strategic goal to diversify our streams of income.

We received £156,372 in grants from trusts and foundations and £126,565 in donations, including £26,000 from a corporate supporter via the Charities Aid Foundation for costs related to the Kitchen Club Traineeship.

Our '24 Carrot Club' fundraising initiative resulted in total donations of £100,565 from individuals and organisations.

We organised two successful fundraising events for both existing and potential donors/partners: Dinner with Kitchen Club, in March, and an evening with Kitchen Club at the House of Lords, in July. We also received £6,000 from Daubeney Children's Centre, who commissioned delivery of Kitchen Club project from May to December.

Expenditure

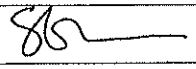
Expenditure of £214,738 was significantly higher than the previous year (£141,577), reflecting increased staffing costs related to the new Kitchen Club Traineeship programmme and appointment of the new Kitchen Club Programme Manager.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Shuvo Loha	
Position (eg Secretary, Chair, etc)	Treasurer	
Date	13/05/26	

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARENT CLUB

Independent Examiner's Report to the Trustees of Parent Club

I report to the trustees on my examination of the accounts of Parent Club (also known as the Kitchen Club) for the year ended 31st December 2025 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

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

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

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

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

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 accounts to be reached.

A. PATEL

Anwer Patel BA (Hons) FCA BFP

ICAEW
Prestons & Jacksons Partnership LLP
364-368 Cranbrook Road
Ilford Essex
IG2 6HY

Date: 01/06/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Parent Club	1158989

Receipts and payments accounts

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For the period from	Period start date 01/01/2025	To	Period end date 31/12/2025

Section A Receipts and payments

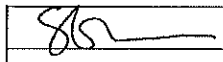
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
The J Van Mars Foundation	-	50,000	-	50,000	50,000
Newby Trust		-		-	5,000
PF Charitable Trust	10,000			10,000	-
Mercers Trustees - Roundchapel		15,000		15,000	15,000
Garfield Weston	10,000			10,000	10,000
BBC Children In Need		15,000		15,000	15,000
Masonic Charitable Trust	5,000			5,000	5,000
City Bridge Foundation		24,914		24,914	6,223
Daubeney - payment for sessions		6,000		6,000	
Donations	100,565	-		100,565	22,100
Lottery Community Fund 2025		-		-	19,986
National Lottery Community Fund - accrued 2024		-		-	35,260
Society of the holy child Jesus				-	10,000
Society of the holy cross				-	10,000
Groundwork - Roundchapel (Comic Relief)				-	907
Postcode Society				-	25,000
Chesterhill charitable					500
Sub total (Gross income for AR)	125,565	110,914		236,479	229,975
Total receipts	125,565	110,914	-	236,479	229,975
A3 Payments					
Cost of Running Kitchen Clubs	3,400	20,713	-	24,113	21,998
Vouchers	-	-		-	2,000
Training and Staff support	3,051	4,096		7,147	3,640
Rent/Hire of Rooms	- 680	24,733	-	24,053	16,703
Fundraising events	1,454	-	-	1,454	-
Wages/Salaries and National Insurance	82,105	63,233	-	145,338	85,151
Pension Contributions	3,176		-	3,176	1,806
Consultants/Contractors	3,405	2,329		5,734	5,140
External accountancy costs	650			650	600
Office and IT costs	2,263	280		2,643	3,431
Insurance	332	-	-	332	332
Bank Interest and Charges	198	-	-	198	194
Recruitment costs	-	-	-	-	582
Sub total	99,344	115,394	-	214,738	141,577
Total payments	99,344	115,394	-	214,738	141,577
Net of receipts/(payments)	26,221	- 4,480	-	21,741	88,398
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	59,083	94,578	-	153,661	£65,263
Cash funds this year end	85,304	90,098	-	175,402	153,661

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank account	85,304	90,098	-
		-	-	-
		-	-	-
	Total cash funds	85,304	90,098	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE and Employers NIC	Unrestricted	6,036	22 January 2026
	Deferred Income	Restricted	52,456	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Shuvo Loha	13/05/26

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

The financial statements have been prepared on a receipt and payment basis and comply with the legal requirements for using this method.

Statutory Information
Parent Club is a charitable incorporated organisation (CIO) registered with Charity Commission in England and Wales.

Going Concern
The Board are confident that they have secured sufficient income for the next twelve months. For this reason, the accounts have been prepared on a going concern basis.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2025 nor for the year ended 31 December 2024.

3. STAFF COSTS

	31.12.25	31.12.24
	£	£
Wages and salaries	**145,338**	85,151
	145,338	85,151

The average monthly number of employees during the year was as follows:

	31.12.25	31.12.24
Charitable Activities	**9**	5

No employees received emoluments in excess of £60,000.

4. KEY MANAGEMENT PERSONNEL

Key Management Personnel comprised of the Board of Trustees.

5. MOVEMENT IN FUNDS

	At 1/1/25	Net movement in funds	At 31/12/25
	£	£	£
Unrestricted funds			
General fund	**59,083**	**26,221**	**85,304**
Restricted funds			
Restricted Funds	**94,578**	**(4,480)**	**90,098**
TOTAL FUNDS	**153,661**	**21,741**	**175,402**

continued...

5. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	**125,565**	**(99,344)**	**26,221**
Restricted funds			
Restricted Funds	**110,914**	**(115,394)**	**(4,480)**
TOTAL FUNDS	**236,479**	**(214,738)**	**21,741**

Comparatives for movement in funds

	At 1/1/24 £	Net movement in funds £	At 31/12/24 £
Unrestricted funds			
General fund	23,409	35,674	59,083
Restricted funds			
Restricted Funds	41,854	52,724	94,578
TOTAL FUNDS	65,263	88,398	153,661

continued...

5. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,600	(46,926)	35,674
Restricted funds			
Restricted Funds	147,375	(94,651)	52,724
TOTAL FUNDS	229,975	(141,577)	88,398

Analysis of Restricted Funds carried forward as at 31st Dec 2025:

	31.12.25	**31.12.24**
BBC Children in Need	-	2,355
Charles French	-	3,750
City Bridge Foundation	**2,739**	3,365
Daubeney	**6,000**	-
Jan Van Mars	**63,543**	47,756
Lottery Community Fund	**6,850**	19,985
Newby Trust Ltd	**(1,011)**	-
Swire Charitable Trust	**(295)**	-
The Mercers Company - Round Chapel	**12,272**	15,000
The Mercers Company - Wellbeing	-	2,367
	90,098	94,758

continued...

6. RELATED PARTY DISCLOSURES

During the financial year ended 31st December 2025, one of the donors – the J Van Mars Foundation, which contributed £50,000 (2024: £50,000) to the Club, had a trustee in common with the Club.