

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

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

Company Number: NI662333
Charity Number: 107529

The Parent Rooms

CONTENTS

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

The Parent Rooms

REFERENCE AND ADMINISTRATIVE INFORMATION

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

The Parent Rooms TRUSTEES' ANNUAL REPORT

for the financial year ended 30 June 2023

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

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

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

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

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

Mission, Objectives and Strategy

Mission Statement

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

Review of Activities, Achievements and Performance

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

Financial Review

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

Results

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

Trustees

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

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

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

The secretary who served during the financial year was:

Michelle Marie Bradley

Compliance with Sector-Wide Legislation and Standards

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

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

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

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

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

STATEMENT OF TRUSTEES' RESPONSIBILITIES

for the financial year ended 30 June 2023

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

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

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

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

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

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

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

Leslie Carol Altic

Leslie Carol Altic
Trustee

The Parent Rooms

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

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

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

Respective responsibilities of trustees and examiner

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

It is our responsibility to:

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

Basis of independent examiner's report

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

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

- accounting records were not kept in accordance with section 386 of the Companies Act 2006
- the financial statements do not accord with those accounting records
- the financial statements have not been prepared in accordance with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)
- there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

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

Aidan Malone

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

Date: 20 October 2023

The Parent Rooms

STATEMENT OF FINANCIAL ACTIVITIES

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

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

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

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

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

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

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

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

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

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

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

Leslie Carol Altic

Leslie Carol Altic
 Trustee

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

1. GENERAL INFORMATION

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

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

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

Basis of preparation

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

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

Statement of compliance

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

Fund accounting

The following are the categories of funds maintained:

Restricted funds

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

Unrestricted funds

Unrestricted funds consist of General and Designated funds.

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

Income

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

Income from charitable activities

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

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

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

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

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

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

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

Expenditure

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

Tangible fixed assets and depreciation

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

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

Debtors

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

Cash at bank and in hand

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

Taxation and deferred taxation

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

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

The Parent Rooms

NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

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

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 30 June 2023

continued

8. TANGIBLE FIXED ASSETS

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

9. DEBTORS

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

10. CREDITORS
Amounts falling due within one year

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

11. RESERVES

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

12. FUNDS

12.1 RECONCILIATION OF MOVEMENT IN FUNDS

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

The Parent Rooms
NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 30 June 2023

12.2 ANALYSIS OF MOVEMENTS ON FUNDS

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

12.3 ANALYSIS OF NET ASSETS BY FUND

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

13. POST-BALANCE SHEET EVENTS

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