

The Parent Rooms
Trustees Annual Report

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

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. NI662333

Charity No. 107529

Registered Office

Houben Centre
432 Crumlin Road
Belfast
BT14 7GE

Directors and Trustees

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

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

Company secretary

M.M. Bradley

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

OBJECTIVES AND ACTIVITIES

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

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

ACHEIVEMENTS AND PERFORMANCE

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

Overall, it has been a very successful year.

FINANCIAL REVIEW

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

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

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

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

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

Signed on behalf of the board

L.C. Altic
Chair