

Annual report 2020 - 2021



Strengthening families in Berwickshire  
and surrounding areas

PARENT  
SPACE

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ParentSpace  
has been a really helpful,  
supportive and positive  
experience and given me  
lots of confidence in my  
parenting and life  
decisions

# CHAIR'S REPORT

What support do parents and carers need?

This has again been the question we've asked and tried our best to answer through the last year. It hasn't been simple! For many who we support and also for ParentSpace facilitators, it's been a challenging time with continued Covid disruptions and the cost-of-living crunch.

I have felt encouraged to see our team adapt, get creative and sometimes battle through in order to make a difference for many families. Our parents' consultancy project truly helped to shape the support we offer.

The increase in our 1:1 support last year reflected the intense struggles some are facing, which can't be adequately addressed in group settings. And our group activities have often involved partnership working to bring really

creative new approaches to meet parents' needs.

Our future plans are to continue listening to needs of parents, to strengthen our team and continue bringing smiles, support and community.

We value your support and hope you will continue to join us and make a difference for families in our area.



**Robert Landon**

Chair



ParentSpace is a Scottish Charitable Incorporated Organisation (SCIO) for parents and carers covering Berwickshire and surrounding areas in the Scottish Borders.

## Charitable objectives

The advancement of education by:

- providing a range of learning opportunities and resources for parents and carers to build healthy families and by:
- supporting the skills development of volunteers and facilitators

# PROJECT MANAGER'S REPORT

It seems like a lifetime ago that I wrote the report for our last AGM. The pandemic and lockdowns have caused a warp in our timeline as well as lifestyle, so it's hard to remember what happened when. Even looking back in our records, I find it difficult to match things chronologically in my head. Nonetheless, it's great to reflect that, not only have we managed to keep the project going but we have expanded and flourished.

We have been delighted to return to meeting people in person as restrictions have relaxed. We enjoyed meeting with parents at the Nature Unlimited camp for our Consultation Day, while the children embarked on a great adventure in the woods. We have been able to deliver workshops and courses in person and have re-started drop-ins in Eyemouth. It's a joy to see parents and children interact with others and many have commented how much they have missed the opportunity to get together in this way.

We have built on and strengthened the many positive relationships we have with other organisations in the community. As well as the aforementioned day with Nature Unlimited, we ran a couple of workshops together with Abundant Borders. We are planning to make those more of a regular event. We delivered a very successful Teenage Years course with Cheviot Youth in Kelso and have 4 courses planned with them this year. Re-Tweed very kindly chose to work with us to deliver team building and mentoring workshops, which were great fun. We have delivered workshops in partnership with Health in Mind and Drop ins at Eyemouth Early Years' centre. Working collaboratively in this way is hugely important to us and so we're delighted to have also joined the newly formed Berwickshire Alliance. We have founded a new network of professionals under the

banner of Getting it Right for Every Parent (GIRFEP).

We're not forgetting that some parents told us it was actually easier for them to access the service online, and so we are moving forward in a hybrid way. Working this way has meant we were able to fast forward our plans to expand geographically throughout the Borders. People have also joined us from far and wide, which is great.

Our team has expanded, welcoming some new facilitators on board and launching the Befriending service. We are growing and flourishing in many directions.

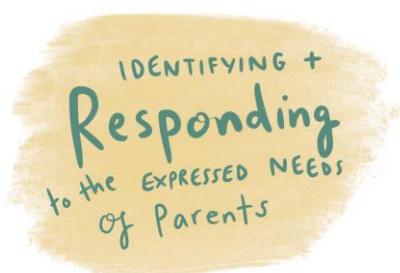
Sadly, we had to cancel our first conference, which was planned for March this year, due to COVID, but have re-scheduled. We are very excited to welcome Suzanne Zeedyk of connected baby and Chris Mieztis of Fathers' Network Scotland as speakers and to report on the findings of research we commissioned into the needs of parents in Berwickshire post-COVID.

I'd like to thank everyone responsible for making all of this possible: our Trustees, Facilitators and Befrienders, our funders, partner organisations in the community and all the wonderful parents we have the great pleasure to work with. Looking forward to continuing the journey with you all.

*Karen Lerpiniere*

**Karen Lerpiniere**

Project Manager



# Supporting Parents and Carers



## Delivery

Since March 2020, during the first Lockdown, service provision was adapted to online delivery. This continued in 2021 with a mix of online and face to face activities, our geographical area has expanded from Berwickshire to the whole of the Borders as far afield as Peebles.

## Age/Stage related Courses

The courses we delivered use evidence based material and focus on a particular age and stage of children. They were led by parents or experienced carers who are trained as facilitators by Care for the Family UK. Each course ran over 4 -7 weeks.

### Participants on Positive Parenting courses (January –December 2021)

Key number of beneficiaries (indirect beneficiaries)

Handling Anger in the Family (Jan)	8 (13)
Handling Anger in The Family (Feb)	8 (14)
Parenting in the Teenage Years (Sept)	13 (23)
Parenting in the Early Years (Sept)	8 (11)

I went along to a ParentSpace course recently & it was the best thing I ever did - why didn't I go sooner?! Not only did I receive the advice I was looking for but I gained a fantastic bunch of friends I can rely on to pull me up when I'm down. Parenting is hard, asking for help is hard, finding the right information is hard! Let ParentSpace help

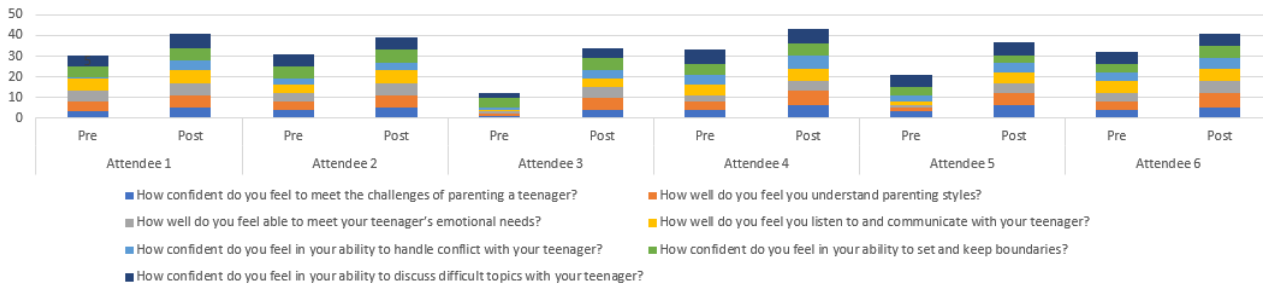


# What people said about our Positive Parenting Courses

- Helped me feel confident that the things I'm doing will work eventually.
- Makes you feel you are not alone. There're others in the same boat. Gives you confidence
- Overall, a fantastic course. Staff were absolutely fantastic, very welcoming.
- The course was good for my self-confidence.

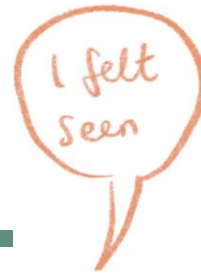


Teenage Years Feedback



## Other online courses

We delivered an online Mindfulness course (8 participants)



### Mindfulness course (10 weeks)

**100%** of participants said they would like to continue practising Mindfulness

**100%** said they had learned skills they could practice in everyday life, which would make a difference to them and their family



# Other support

In addition to the Care for the Family courses, we held some one off workshop focussed on different areas of family life, from activities together, transitioning to high school and spinning all the plates at home.

Drop-ins and 1:1 conversations gave parents a chance to talk about the live challenges they faced and receive personalised support.

We were also able to support a confidential phone line for individual support.



Participants using services (August 20– Dec 21)	
Activity	Beneficiaries Direct (Indirect)
Workshop with the Batch Lady	15 (13)
Workshop Homeopathy	2 (6)
Workshop Joint with Abundant Borders	6 (8)
Workshop Back to School/Transition to High school	6 /5 (10)
Drop-ins	26 (110 visits to sessions)
Book Club	3 sessions
1:1s	45 individuals 175 session with 30 individuals
Confidential phone service	2
Consultation Day with Nature Unlimited	5

### Parents said:

- “Friendly and easy to join via zoom. Welcoming and open. Made to feel comfortable.”
- “I joined the Tuesday group last week and was made very welcome indeed lovely chat and very free”.
- “I think parent space is an excellent resource and I’m delighted that we have it”
- “I was really impressed with this workshop, as well as with all the other offerings from ParentSpace - of which I have attended most! Thank you very much”





## Facebook peer support group & page

147 parents and carers have joined our Facebook Safe Space Private Group. This is an active group where participants support each other and share ideas.

Our public Facebook page has been our main route to communicate with our members. We regularly share what's going on, links to parenting resources and hints and tips.

### Community

 886 people like this

 1,007 people follow this



### Online drop-in

The online format has been incredibly successful for drop-ins – making them accessible to parents who otherwise wouldn't have been able to come. 12 parents have taken part and with some regular participants we have clocked up 138 contacts since the start of lock-down.

- “The facilitators are wonderful. Things are challenging for me and to have a comfortable space to basically rant is really good. I get some tips but just being heard is so powerful”
- “I joined the Tuesday group last week and was made very welcome indeed lovely chat and very free”



# Volunteers and Facilitators

- Our courses, workshops, drop-ins and 1:1s are delivered in many cases by facilitators. We see development of this team as a core aspect of how ParentSpace can have an impact in our community. Although the facilitators will spend a relatively small amount of time delivering sessions, the training, experience and confidence they gain will be carried with them in all areas of life.
- During 2021 we were able to arrange online Care for the Family Training with 5 new facilitators completing the training. We are delighted to welcome Georgina, Lubna, Luci, Rikki and Ali -who is also our Business Support Administrator
- A further 3 facilitators are booked to complete their training in early 2022.



Our new befriending service launched in June 2021 with 3 befrienders now offering 1:1 support. There will be a further opportunity to train as a befriender in 2022.

We are delighted to welcome Jess, Ellie and Lubna.



Jessica Bailey



Amy Craig



Geraldine Keita



Luci Joan Lawless



Helen McKnockiter



Elizabeth Mueller



Julie Major



Carol O'Donoghue



Georgina Purdie



Rikki Renner



Lubna Saeed



Kerry Whitson

# Volunteers and Facilitators

<b>Facilitator and Staff Training</b> (August 20– Dec 21)	
Child & Adult Protection	1
Non-violent Communication	7
Befriender Training	8
Facilitator Training	5
First Aid	3
Understanding Trauma	2
Health & Safety in the workplace	1
Counselling Skills	6
Demonstrating impact on Health Inequalities	1

# The Team



## **Karen Lerpiniere**

Project Manager

Karen retired from the NHS in December 2018 after 32 years working as a Mental Health Nurse in Edinburgh and the Borders, mostly with children, young people and their families.

She is the awesome Mum of three girls, all of whom have now flown the nest, but frequently fly back for visits. Karen keeps it real about parenting and makes it safe for everyone else to do the same.



## **Ali McIntosh**

Business Support & Administrator

Ali moved to the Borders in 2015. Originally from a rural village near Paisley Ali spent many years, south of the border, in Quality, Technical and Project management roles in the food manufacturing sector. Ali is the mum of one son. Ali has a very realistic approach to parenting and cruises the changes through the ages with an open mind! ParentSpace has helped Ali learn great tips and that no one parenting style fits all children.

# Structure & Governance

## Organisation type and governing document

ParentSpace was registered as a SCIO (Scottish Incorporated Charitable Organisation) on 19<sup>th</sup> March 2019. Our constitution describes how the organisation is structured and decisions are made. We're a membership organisation and the powers and rules for members are explained in the constitution.

## Trustee recruitment and appointment

We are grateful for the wisdom and support of our dedicated team of trustees. We're pleased now to have an established board with rich project related experience.

Members can propose themselves, or other members to become trustees subject to election at the annual general meeting. Trustees can also appoint members to be trustees at any meeting of the board.

## Charity Trustees

1. Elizabeth Buchan (started 20/06/2019)
2. Robert Landon (initial trustee)
3. Fiona Lema (started 21/10/2020)
4. David Ramsay (started 12/08/20)
5. Louise Scott (started 03/03/2020)

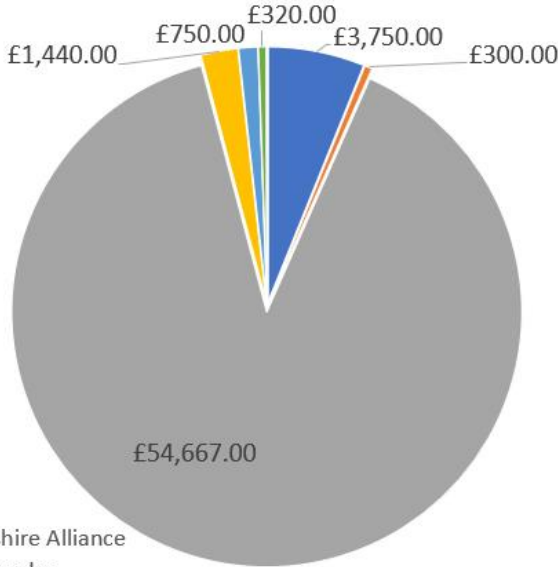
### Retired trustees who served during the year

1. Dee McCraw (retired 06.12.21)

# Financial summary

## Financial reporting

Funding August 2020 to December 2021



- The Berwickshire Alliance
- Duns Open Garden
- The National Lottery Improving Lives
- The Simpson McCreath Trust
- Response Recovery and Resilience
- Other Grants
- Other Income



## Reserves policy

ParentSpace will seek to maintain financial reserves of at least 3 months of expenditure and preferably 6 months. In event of receiving annual grants, reserves may temporarily exceed this level.

## Section A Statement of receipts and payments August 2020 to December 2021

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total funds current period to nearest £	Total funds last period to nearest £
<b>A1 Receipts</b>						
Donations		300			300	20
Legacies					-	
Grants	54,667	10,010			64,677	38,265
Receipts from fundraising activities	18				18	
Gross receipts from other charitable activities					-	250
					-	
<b>A1 Sub total</b>	<b>54,685</b>	<b>10,310</b>	<b>-</b>	<b>-</b>	<b>64,995</b>	<b>38,535</b>
<b>A2 Receipts from asset &amp; investment sales</b>						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
<b>A2 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>54,685</b>	<b>10,310</b>	<b>-</b>	<b>-</b>	<b>64,995</b>	<b>38,535</b>
<b>A3 Payments</b>						
Payments relating directly to charitable activities	48,044	8,621			56,664	35,198
Audit / independent examination	30				30	
					-	
<b>A3 Sub total</b>	<b>48,074</b>	<b>8,621</b>	<b>-</b>	<b>-</b>	<b>56,694</b>	<b>35,198</b>
<b>A4 Payments relating to asset and investment movements</b>						
Purchases of fixed assets					-	910
Purchase of investments					-	
<b>A4 Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>910</b>
<b>Total payments</b>	<b>48,074</b>	<b>8,621</b>	<b>-</b>	<b>-</b>	<b>56,694</b>	<b>36,108</b>
<b>Net receipts / (payments)</b>	<b>6,611</b>	<b>1,689</b>	<b>-</b>	<b>-</b>	<b>8,300</b>	<b>2,427</b>
<b>A5 Transfers to / (from) funds</b>						
					-	
<b>Surplus / (deficit) for year</b>	<b>6,611</b>	<b>1,689</b>	<b>-</b>	<b>-</b>	<b>8,300</b>	<b>2,427</b>

## Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Cash and bank balances at start of year	4,624	4,520			9,143	6,717
	Surplus / (deficit) shown on receipts and payments account	6,611	1,689			8,300	2,427
						-	
						-	
	<b>Cash and bank balances at end of year</b>	<b>11,235</b>	<b>6,209</b>	-	-	<b>17,444</b>	<b>9,143</b>

(Agree balances with receipts and payments account(s)) 0

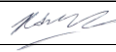
Categories	Details	Fund to which asset belongs	Market valuation	Last year
			to nearest £	to nearest £
<b>B2 Investments</b>				
		<b>Total</b>	-	-

Categories	Details	Fund to which asset belongs	Cost (if available)	Current value (if available)	Last year
			to nearest £	to nearest £	to nearest £
<b>B3 Other assets</b>	Laptop	Unrestricted	670		
	Recording equipment	Unrestricted	240		
		<b>Total</b>		<b>910</b>	-

Categories	Details	Fund to which liability relates	Amount due	Last year
			to nearest £	to nearest £
<b>B4 Liabilities</b>				
		<b>Total</b>	-	-

Categories	Details	Fund to which liability relates	Amount due (estimate)	Last year
			to nearest £	to nearest £
<b>B5 Contingent liabilities</b>				
		<b>Total</b>	-	-

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

Signature	Print Name	Date of approval
	ROBERT LANDON	

## Section C Notes to the Accounts

### C1 Nature and purpose of funds *(may be stated on analysis of funds worksheets)*

BAL001 – Communities Recovery Fund (Berwickshire alliance)  
 BHWF001 - Blackhills Windfarm. Development and testing of digital parenting course and delivery of parenting age related programmes  
 CFK001 – Cash for Kids grant for a family  
 COR001 - Corra Foundation for continuation and development of drop-in support through covid-19.  
 DOG001 – Duns Open Gardens  
 LOT001 - Bavs microgrant through The National Lottery to send support packages to parents.  
 RRR001 – Foundation Scotland, Response, Recovery and Resilience Grant  
 SCF001 - Bavs Supporting Communities Fund (Scottish Government) for developing and delivering services for parents including a phone in service during the covid-19 crisis.  
 SMT001 – Simpson McCreath Trust – Facilitator training

	Type of activity or project supported	Individual / institution	Number of grants made	£
<b>C2 Grants</b>				
			<b>Total</b>	-

<b>C3a Trustee remuneration</b>	If no remuneration was paid during the period to any charity trustee or person connected to a trustee cross this box (otherwise complete section 3b)	<b>X</b>
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	Authority under which paid	£
<b>C3b Trustee remuneration - details</b>		

<b>C4a Trustee expenses</b>	If no expenses were paid to any charity trustee during the period then cross this box (otherwise complete section 4b)	<b>X</b>
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		Number of trustees	£
<b>C4b Trustee expenses - details</b>			

	Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
<b>C5 Transactions with trustees and connected persons</b>				0

<b>C6 Other information</b>	
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## Additional analysis (1)

### Analysis of receipts and payments

#### 1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Private donations		300			300	20
<b>Total</b>	-	300	-	-	300	20
	-	-	-	-	-	-

#### 2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
The National Lottery Improving Lives	54,667				54,667	24,500
BAL001		7,500			7,500	4,990
SMT001		1,440			1,440	2,025
BCC001		120			120	750
CFK001		200			200	4,000
RRR001		750			750	2,000
<b>Total</b>	54,667	10,010			64,677	38,265
	-	-	-	-	-	-

#### 3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Banking error					-	250
<b>Total</b>	-	-	-	-	-	250
	-	-	-	-	-	-

#### 4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Delivery	8,539	7,599			16,137	14,399
Training	411	-			411	944
Central Function	3,890	-			3,890	2,571
Material & equipment	126	-			126	461
Promotion	10	562			572	1,015
Staff	35,068	460			35,528	15,808
<b>Total</b>	48,044	8,621	-	-	56,664	35,198

## Additional analysis (2)

### 5 Breakdown of unrestricted funds

	Unrestricted fund.	Total unrestricted funds	Total unrestricted funds last period
<b>Receipts</b>			
Donations		-	20
Legacies		-	-
Grants	54,667	54,667	29,490
Receipts from fundraising activities	18	18	-
Gross trading receipts		-	-
Income from investments other than land and buildings		-	-
Rents from land & buildings		-	-
Gross receipts from other charitable activities		-	250
<b>Sub total</b>	<b>54,685</b>	<b>54,685</b>	<b>29,760</b>
<b>Receipts from asset &amp; investment sales</b>			
Proceeds from sale of fixed assets		-	
Proceeds from sale of investments		-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>54,685</b>	<b>54,685</b>	<b>29,760</b>
<b>Payments</b>			
Expenses for fundraising activities		-	
Gross trading payments		-	
Investment management costs		-	
Payments relating directly to charitable activities	48,044	48,044	
Grants and donations		-	
Governance costs:		-	
Audit / independent examination	30	30	
Preparation of annual accounts		-	
Legal costs		-	
		-	
		-	
<b>Sub total</b>	<b>48,074</b>	<b>48,074</b>	<b>-</b>
<b>Payments relating to asset and investment movements</b>			
Purchases of fixed assets		-	910
Purchase of investments		-	
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>910</b>
<b>Total payments</b>	<b>48,074</b>	<b>48,074</b>	<b>910</b>
<b>Net receipts / (payments)</b>	<b>6,611</b>	<b>6,611</b>	<b>28,850</b>
<b>Transfers to / (from) funds</b>		-	(14)
<b>Surplus / (deficit) for year</b>	<b>6,611</b>	<b>6,611</b>	<b>28,836</b>

### Additional analysis (3)

#### 6 Breakdown of restricted funds

	BAL001	BCC001	BHWF001	CFK001	COR001	DOG001	RRR001	SCF001	SMT001	Total restricted funds	Total restricted funds last period
<b>Receipts</b>											
Donations						300				300	
Legacies		120		200			750		1,440		8,775
Grants	7,500	120		200		300	750		1,440	10,010	8,775
<b>Sub total</b>	<b>7,500</b>	<b>120</b>	<b>-</b>	<b>200</b>	<b>-</b>	<b>300</b>	<b>750</b>	<b>-</b>	<b>1,440</b>	<b>10,310</b>	<b>8,775</b>
<b>Receipts from asset &amp; investment sales</b>											
Proceeds from sale of fixed assets											
Proceeds from sale of investments											
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>7,500</b>	<b>120</b>	<b>-</b>	<b>200</b>	<b>-</b>	<b>300</b>	<b>750</b>	<b>-</b>	<b>1,440</b>	<b>10,310</b>	<b>8,775</b>
<b>Payments</b>											
Payments relating directly to charitable activities	1,776	120	1,312	200	2,000	187	750	838	1,438	8,621	7,269
<b>Sub total</b>	<b>1,776</b>	<b>120</b>	<b>1,312</b>	<b>200</b>	<b>2,000</b>	<b>187</b>	<b>750</b>	<b>838</b>	<b>1,438</b>	<b>8,621</b>	<b>7,269</b>
<b>Payments relating to asset and investment movements</b>											
Purchases of fixed assets											
Purchase of investments											
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,776</b>	<b>120</b>	<b>1,312</b>	<b>200</b>	<b>2,000</b>	<b>187</b>	<b>750</b>	<b>838</b>	<b>1,438</b>	<b>8,621</b>	<b>7,269</b>
<b>Net receipts / (payments)</b>	<b>5,724</b>	<b>-</b>	<b>(1,312)</b>	<b>-</b>	<b>(2,000)</b>	<b>113</b>	<b>-</b>	<b>(838)</b>	<b>2</b>	<b>1,689</b>	<b>1,506</b>
<b>Transfers to / (from) funds</b>											
											14
<b>Surplus / (deficit) for year</b>	<b>5,724</b>	<b>-</b>	<b>(1,312)</b>	<b>-</b>	<b>(2,000)</b>	<b>113</b>	<b>-</b>	<b>(838)</b>	<b>2</b>	<b>1,689</b>	<b>1,520</b>

## **Parentspace**

### **Independent Examiner's Report**

#### **For 2020/2021**

I report on the accounts of the charity for the year ended 2021

#### **Respective responsibilities of trustee and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

#### **Basis of Independent Examiner's statement**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks 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 I do not express an audit opinion on the view given by the accounts.

#### **Independent Examiner's Statement**

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements:

- To keep accounting records in accordance with Section 44(1) of the 2005 Act and regulation 4 of the 2006 Accounts Regulations, and
- To prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met.

Sharon Ferguson

Independent Examiner

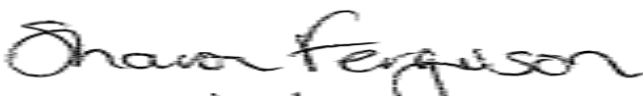
Berwickshire Association for Voluntary Service

55 Newtown Street

Duns

Berwickshire

TD11 3AU



Date: 9/9/2022

# GET IN TOUCH



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