

Annual Report 2022



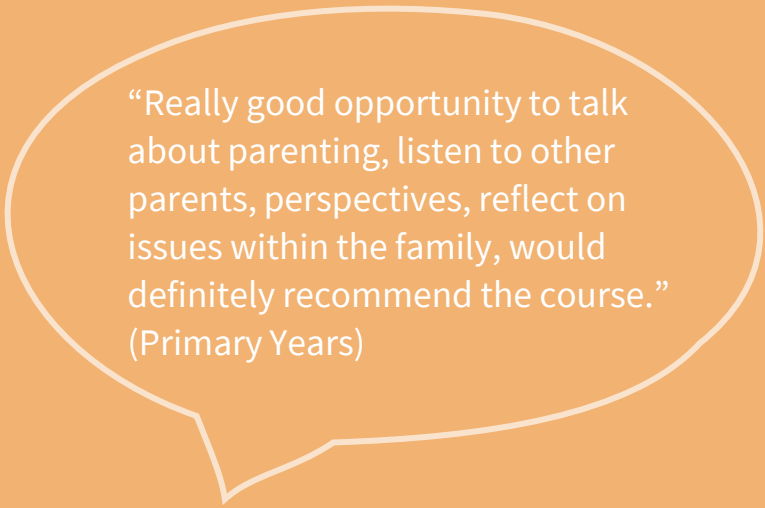
Strengthening families in Berwickshire
and surrounding areas

PARENT
SPACE

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Annual report of ParentSpace SCIO

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“Really good opportunity to talk about parenting, listen to other parents, perspectives, reflect on issues within the family, would definitely recommend the course.”
(Primary Years)

CHAIR'S REPORT

2022 was another year of growth and learning for ParentSpace.

As the cost of living squeeze began to take effect, and as families continued to feel ongoing mental health effects from past Covid lock downs, we have seen an increase in the number of parents reaching out for support. Often, parents referred to our service were facing more challenging situations than we had regularly dealt with previously.

During the year, we found our waiting list growing and it has at times been challenging to keep up.

Fortunately, our staff team and volunteers have been incredible. They have worked hard to update our service, systems and facilitator skills to meet the needs, even while facing significant pressures themselves.

We were sad to say goodbye to Karen Lerpiniere, who had ably led our project since the early days. We really miss her humour, compassion and expertise, but wish her well as she continues to support people through her own business.

During the short vacancy, Ali did an excellent job at organising volunteers and offering support to our clients – doing a remarkable job of keeping the service going.

We are now pleased to have added several new team members this year and it feels like an exciting time for the team. Sarah now leads as Project Manager and Linda has very recently joined as Lead Practitioner, bringing considerable expertise and enthusiasm between them to ParentSpace. Jess also joins us and has identified how we can provide increased support for neurodivergent parents.

In all this we continue to be grateful to all our funders listed in this report. We appreciate not only the financial support, but also the ongoing care and concern about the work we're doing in the project. In this regard, special thanks goes to the team at The National Lottery who continue to be our principle funders.

We look forward to continuing to develop the service and support more families across the Borders.



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

A brief update from
January 2023 – September 2023.

Karen leaving ParentSpace left a hole that won't be possible to replace, and she continues to be greatly missed. However, the legacy that Karen created has been incredible and it is a real honour and joy to be here. Since I started 7 months ago it's been a mixed time of hope and anticipation, as my focus remains on securing future funding. That said things have been as busy as ever, and despite our small team, which we plan to expand in 2024, demand for our courses and 1:1s continues. We have a waiting list for 1:1's, and we've run 5 courses with a further 3 planned for the Autumn. The hybrid way of working of online and in person continues to go well meaning we can reach more parents in more remote areas.

In terms of capturing and learning from what we are doing, we're continuing to develop. For example we're collecting a bank of case studies which highlight the different ways in which ParentSpace help people. Our testimonials are another ongoing part of what we collect, as are the wellbeing webs with our 1:1s. We're also developing a Theory of Change which will support us going forward, to secure funding and for our own project development and evaluation, by mapping out in detail, how and why, what we're doing will create the impact we're seeking to achieve.

New relationships continue to be forged, for example with Cockburnspath Community Development team who recently invited us to deliver a series of courses with funding they secured. Also, the NHS Young People's Speech & Language Health Visitors department for the Scottish Borders, asked us to present ParentSpace at their recent team meeting. This was hugely welcomed, with the first question by the Manager being "why haven't I heard of this before?!" Which leads us on to consider and develop our channels of communication going forward.

Perhaps our most exciting and very recent development is that we now have our new Lead Practitioner, Linda Coates. Linda recently became fully qualified as a Counsellor, and for the past 7 months been supporting some of our parents in 1:1s as part of her counselling degree. We're so grateful to have Linda on the team, with her experience dovetailing so well with her new role here. Given the ever-increasing complexity of needs and vulnerabilities that so many of our parents are presenting with, Linda's experience is even more necessary and welcomed.

Indeed, the future is looking good and full of hope for ParentSpace, and I'd like to thank all the Team as I've started here, and for everything they do. They truly are an incredible team.

Sarah
Sarah Landale
Project Manager
September 2023

Supporting Parents and Carers



“It gave me a perfect insight on how to parent and handle bad situations” (Dads Only)

Delivery

We continued to adapt our service provision to meet the needs of our service user. In 2022 we had a mix of online and face to face activities. Our activities have taken place throughout the Scottish Borders. We partnered with Cheviot Youth, Kelso and Kingsland Primary, Peebles.

Care for the Family Programmes

We deliver evidence-based material from Care for the Family for all our Time out for Parents Programmes.

The material focus is on a particular age and stage of children.

Each session is led by our trained facilitators who are all parents or experienced carers.

The programmes ranged from 4 -7 weekly 2-hour sessions.

In 2022 we delivered our first Dads and Parenting children with Additional needs programmes.

Positive Parenting Programme Participants

(January –December 2022)

Key - number of beneficiaries (indirect beneficiaries)

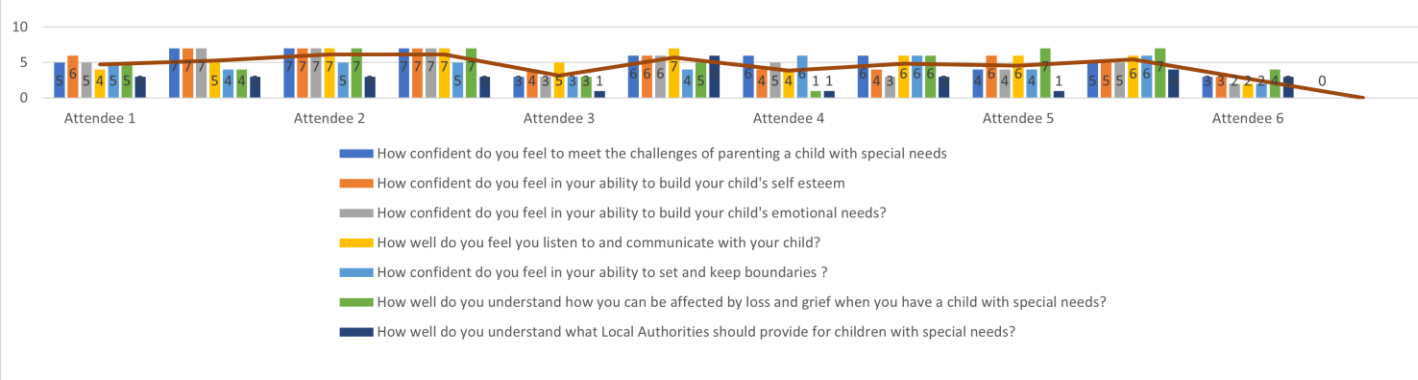
Parenting in the Teenage Years (April)	3 (6)
Handling Anger in The Family (May)	9 (18)
Dads (Aug)	3 (9)
Parenting Children with Additional Needs (Sept)	6 (19)
Parenting in the Teenage Years (Sept)	3(5)
Parenting in the Primary Years (Sept)	2 (4)
Parenting Children with ADHD	5 (18)

What people said about our Positive Parenting Programmes



- “ I have done this course and can 100% recommend it ParentSpace. It should actually be called "Supporting emotions in the family" as what may be perceived as anger can be driven from a place of fright, overwhelm, self-doubt, frustration, boredom, grief, tiredness....” (Handling Anger)
- Yes, there is a course manual. Yes, there are slides but no-one gives you that manual and tells you how to parent. What it did allow me to do was to set time aside to listen, reflect, be reassured and to go away knowing I could still do my best and my best was enough. The biggest lesson learned - sometimes you don't need to do anything other than just be present for your child. (The Teenage Years)“
- “Excellent course full of important knowledge and information.” (Parenting Children with Additional Needs)

Additional Needs Feedback

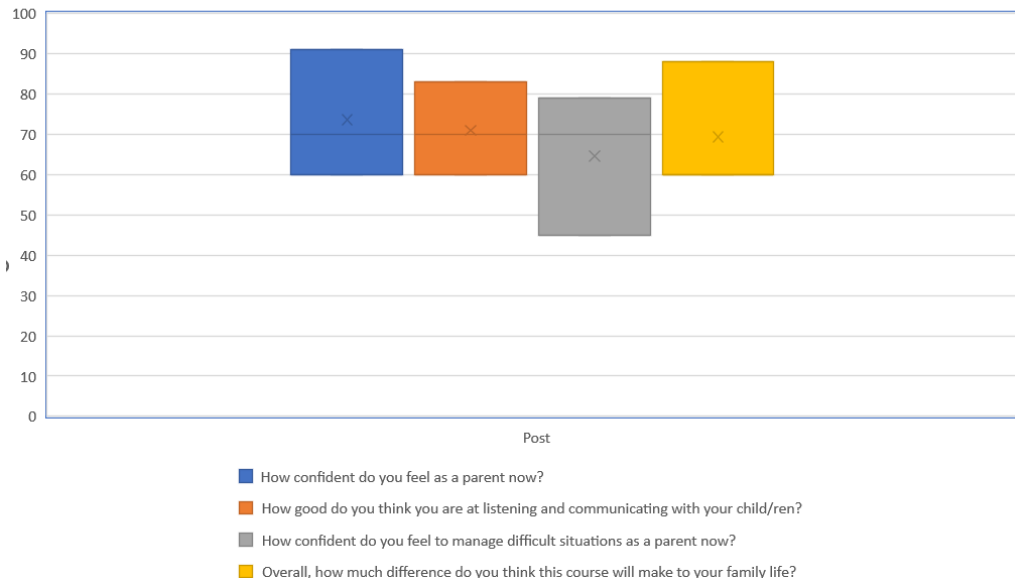


Online programmes

We delivered an online Mindfulness programme to 5 participants in partnership with Nurture the Borders

We delivered an online Teenage years programme to 3 participants, the small group was able to support each other with shared experiences as well as being accessible where face to face would have been difficult.

Teenage Years Feedback Distribution



Other support

In addition to the Care for the Family courses, we held 6 What about me? workshops in Partnership with Health in Mind.

Parenting can be a constant juggling act, leaving us feeling bad when we don't manage everything, we think we "should" be doing. We explored what we mean by mental health and wellbeing and why being a parent can put a strain on it.

Our drop ins were supported in partnership with Nurture the Borders, Eyemouth Early Years Centre, Kingsland Primary School and The Department of work and pensions-hosting drop ins at the job centres in the Borders.

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

New to ParentSpace for 2022

We launched our drop-in befriending group for Neurodiverse parents which came as a result of parents with their own neurodiverse diagnosis or suspicions asking for contact with parents in the same situation.



Participants using services

(January 22 – Dec 22)

Activity	Beneficiaries Direct (Indirect)
What About me? Duns, Eyemouth, Galashiels, Peebles and online	31(24)
Drop ins	29(48)
Drop in Neurodiverse parents befriending group	6 (12)
1:1	54(104) referrals 56(+123) parents 222 sessions

Parents said:

- "Thank you, I can't tell exactly what has changed but things at home are so much better and I feel much less anxious."
- "I'm really grateful for conversations and it has helped me move on with the next stage of my life.."



Social Media
Facebook peer support group & page

153 parents and carers have joined our Facebook Safe Space Private Group. This is a group where participants support each other and share ideas. We have noticed this group has been less active in the post covid period as life has returned to normal.

Our public Facebook page has 995 likes and 1100 followers 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.

Our Instagram has a growing audience of 156 followers. We share some of the information on Instagram differently due to the way the platform operates. For example, instead of links we share other organisation posts to our stories.

Instagram



Volunteers and Facilitators

- Our courses, workshops, drop-ins and 1:1s are delivered by trained facilitators. We see development of this team as a core aspect of how ParentSpace can have an impact in our community. Although the facilitators may 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 2022 we were able to arrange online Care for the Family Training with two new facilitators completing the training. We've been delighted to welcome Amy and Helen. Two facilitators completed their training in early 2023.
- Thanks to the Scottish Government Job Creation Fund we were able to recruit a Volunteer Co-ordinator to co-ordinate our befriending service. We are delighted to welcome Jess Bailey, Jess has been one of our befrienders since 2021, having completed our first befriender training programme.



I felt able to apply for a job, as a direct result of Parent Space.



Jessica Bailey



Amy Craig



Greg Davidson



Geraldine Keita



Luci Joan Lawless



Helen McKnockiter



Elizabeth Mueller



Carol O'Donoghue



Georgina Purdie



Rikki Renner



Lubna Saeed



Kerry Whitson

Volunteers and Facilitators

Facilitator and Staff Training (Jan 22– Dec 22)	
Child & Adult Protection	5
Counselling Skills	2
Facilitator Training	2
Additional Needs Facilitator Training	5
Emergency First Aid	1
Demystifying service design	1

The Team



Sarah Landale

Project Manager

Sarah moved from Glasgow in 2021 with her husband and 3 young kids, and feels incredibly privileged to work for ParentSpace. Her previous work for around 20 years was in recovery from addictions, applied research, and included delivering parenting interventions with families in the criminal justice system. At home, and amid the chaos of family life she loves running with the kids, mindfulness, and not taking things too seriously (favourite quote – “laughter is the best medicine!”).



Linda Coates

Lead Practitioner

We're delighted to introduce Linda our new Lead Practitioner.

Linda's excited to join our team, having volunteered in a student counsellor role.

As a parent of now grown-up sons and a grandparent too, she knows the challenges of family life can be difficult at times, and believes connectedness, support and understanding help us to feel less alone, and to navigate this life.

Linda's background is in working with children, and in mental health. She enjoys walking her dogs around the beautiful area where she lives, gardening and swimming in the sea.



Jess Bailey

Volunteer Co-ordinator

Jess joined ParentSpace as Volunteer Co-Ordinator in September 2023 thanks to funding through the Scottish Government Job Creation Scheme. Jess has volunteered as a befriender after completing our befriender training in 2021.



Ali McIntosh

Business Support Officer

Ali moved to the Borders in 2015. Originally from a rural area in the west of Scotland.

Ali joined ParentSpace in 2020 (yes during lockdown!), is a mum of one. Ali has a very realistic approach to parenting and approaches each stage, through the ages, with a very open mind.....

Ali enjoys spending time with family and friends, being active, and watching rugby.

Structure & Governance

Organisation type and governing document

ParentSpace was registered as a SCIO (Scottish Incorporated Charitable Organisation) on 19th 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. David Ramsay (started 12/08/20)
4. Louise Scott (started 03/03/2020)
5. Greg Davidson (started 26/04/23)

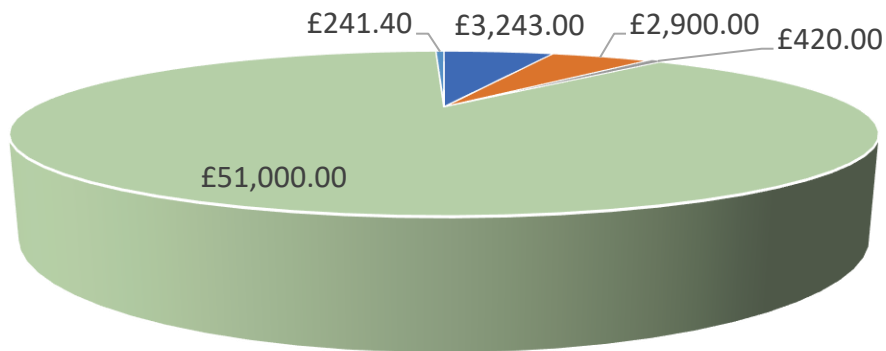
Retired trustees who served during the year

1. Fiona Lema (retired 11.09.23)

Financial summary

Financial reporting

Funding January to December 2022



- Blackhill Windfarm Community Fund
- Community Based Adult Learning Fund
- Cash For Kids
- National Lottery Community Fund
- Other Income (Donations, fundraising)



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.

Receipts and payments accounts

For the period from	Period start date						to	Period end date					
	Day		Month		Year			Day		Month		Year	
	01	Jan	2022	31	Dec	2022		31	Dec	2022			

	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 £
A1 Receipts						
Donations	228	-			228	300
Legacies					-	-
Grants	51,000	6,563			57,563	64,677
Receipts from fundraising activities	13				13	18
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
					-	-
A1 Sub total	51,241	6,563	-	-	57,804	64,995
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	51,241	6,563	-	-	57,804	64,995
A3 Payments						
Expenses for fundraising activities					-	-
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities	43,387	13,484			56,871	56,664
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination	50				50	30
Preparation of annual accounts					-	-
Legal costs					-	-
Other					-	-
					-	-
A3 Sub total	43,437	13,484	-	-	56,921	56,694
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	43,437	13,484	-	-	56,921	56,694
Net receipts / (payments)	7,804	(6,921)	-	-	883	8,300
A5 Transfers to / (from) funds						
					-	
Surplus / (deficit) for year	7,804	(6,921)	-	-	883	8,300

Section B Statement of balances

Categories	Details	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 £
B1 Cash funds	Cash and bank balances at start of year	11,235	6,209			17,444	9,143
	Surplus / (deficit) shown on receipts and payments account	7,804	(6,921)			883	8,300
						-	
						-	
	Cash and bank balances at end of year	19,040	(712)	-	-	18,327	9,143

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

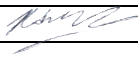
Categories	Details	Fund to which asset belongs to nearest £	Market valuation to nearest £	Last year to nearest £
B2 Investments				
	Total			

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

Categories	Details	Fund to which liability relates to nearest £	Amount due to nearest £	Last year to nearest £
B4 Liabilities				
	Total			

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

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

Signature	Print Name	Date of approval
	ROBERT LANDON	Wednesday, 20 September 2023

Section C Notes to the Accounts

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

BHWF001 - Blackhills Windfarm. Development and testing of digital parenting course and delivery of parenting age related programmes
 COR001 - Corra Foundation for continuation and development of drop-in support through covid-19.
 LOT001 - Bavs microgrant through The National Lottery to send support packages to parents.
 SCF001 - Bavs Supporting Communities Fund (Scottish Government) for developing and delivering services for parents including a phone in service during the covid-19 crisis.

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

C3a Trustee remuneration	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)	
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	Authority under which paid	£
C3b Trustee remuneration - details		

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

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

C6 Other information	
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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	228	-	-	-	228	300
Total	228	-	-	-	228	300

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	51,000	-	51,000	54,667
BAL001	-	-	-	7,500
BHWF001	-	-	-	-
BHWF002	-	3,243	3,243	-
CBAL001	-	2,900	2,900	-
DOG001	-	-	-	-
SMT001	-	-	-	1,440
BCC001	-	-	-	120
JCF001	-	-	-	-
CFK001	-	420	420	200
RRR001	-	-	-	750
Total	51,000	6,563	57,563	64,677

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	-	-	-	-	-	-
Total	-	-	-	-	-	-

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	8,728	10,077	-	-	18,805	16,137
Training	619	-	-	-	619	411
Central Function	4,076	10	-	-	4,086	3,890
Material & equipment	216	-	-	-	216	126
Promotion	49	1,372	-	-	1,421	572
Staff	29,699	2,025	-	-	31,724	35,528
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	43,387	13,484	-	-	56,871	56,664

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund.				Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	228				228	-
Legacies	-				-	-
Grants	51,000				51,000	54,667
Receipts from fundraising activities	13				13	18
Gross trading receipts	-				-	-
Income from investments other than land and buildings	-				-	-
Rents from land & buildings	-				-	-
Gross receipts from other charitable activities	-				-	-
Sub total	51,241	-	-	-	51,241	54,685
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-				-	-
Proceeds from sale of investments	-				-	-
Sub total	-	-	-	-	-	-
Total receipts	51,241	-	-	-	51,241	54,685
Payments						
Expenses for fundraising activities	-				-	-
Gross trading payments	-				-	-
Investment management costs	-				-	-
Payments relating directly to charitable activities	43,387				43,387	48,044
Grants and donations	-				-	-
Governance costs:						
Audit / independent examination	50				50	30
Preparation of annual accounts	-				-	-
Legal costs	-				-	-
	-				-	-
	-				-	-
Sub total	43,437	-	-	-	43,437	48,074
Payments relating to asset and investment movements						
Purchases of fixed assets	-				-	910
Purchase of investments	-				-	-
Sub total	-	-	-	-	-	910
Total payments	43,437	-	-	-	43,437	48,984
Net receipts / (payments)	7,804	-	-	-	7,804	5,701
Transfers to / (from) funds					-	(14)
Surplus / (deficit) for year	7,804	-	-	-	7,804	5,687

Additional analysis (3)

6 Breakdown of restricted funds

	BAL001	BHWF001	BHWF002	CBAL001	CFK001	DOG001	JCF001	Total restricted funds	Total restricted funds last period
Receipts									
Donations									300
Legacies									-
Grants			3,243	2,900	420			6,563	10,010
Receipts from fundraising activities									-
Gross trading receipts									-
Income from investments other than land and buildings									-
Rents from land & buildings									-
Gross receipts from other charitable activities									-
Sub total			3,243	2,900	420			6,563	10,310
Receipts from asset & investment sales									
Proceeds from sale of fixed assets									
Proceeds from sale of investments									
Sub total									
Total receipts			3,243	2,900	420			6,563	10,310
Payments									
Expenses for fundraising activities									
Gross trading payments									
Investment management costs									
Payments relating directly to charitable activities	5,513	370	2,928	2,137	420	97	2,019	13,484	8,621
Sub total	5,513	370	2,928	2,137	420	97	2,019	13,484	8,621
Payments relating to asset and investment movements									
Purchases of fixed assets									
Purchase of investments									
Sub total									
Total payments	5,513	370	2,928	2,137	420	97	2,019	13,484	8,621
Net receipts / (payments)	(5,513)	(370)	315	763		(97)	(2,019)	(6,921)	1,689
Transfers to / (from) funds									
Surplus / (deficit) for year	(5,513)	(370)	315	763		(97)	(2,019)	(6,921)	1,689

**Independent Examiner's Report
For the year ended 31 December 2022**

I report on the accounts of the charity Parent Space for the year ended 31 December 2022

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:


21/9/2023

GET IN TOUCH



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ParentSpace (SCIO) is a Scottish Charitable Incorporated Organisation (SCIO) regulated by the Scottish Charity Regulator (OSCR), Scottish Charity number: SC049137

With thanks to

OSCR
Scottish Charity Regulator

