



Parenting Special Children (PSC) is a Berkshire based charity aiming to improve the wellbeing of children/young people with a range of special needs and disabilities, including those who have experienced early life trauma.

<https://www.parentingspecialchildren.co.uk/>



Annual General Meeting 17 January 2024

“Thank you for the support you provided to our family, charities like yours are so hard to come by and we are very thankful that you exist”

AGENDA

- AGM business commences 7pm
- Welcome Ruth Pearse CEO
- Welcome - Chair of Trustees
- Minutes of AGM 2022 and matters arising
- Election of trustees
- Annual Accounts
- Highlights from Evaluation Report
- Looking ahead to 2024
- Thank you to PSC Team
- Close 9pm



Annual Report September 2022 – August 2023



Introduction



During the academic year:
PSC Supported:

2162 parent/carers

337 Children and young people

444 Professionals

Parents/ Carers accessed an
average of 3 PSC services

Our services include a mix of face to face and online:

- Helpline, via phone, email and social media
- Specialist parenting workshops and courses
- Sleep workshops
- Community support groups
- Family Fun events
- Training for professionals.
- Monthly groups for young people
- Annual topic-based conference with guest speakers
- Specialist workshops, courses and peer support for families of children who have experienced early life trauma.



Parenting Special Children

Finances

**FY 30 November
2023**

Parenting Special Children Financial Results : FY19 – FY23



Parenting Special Children - Financial Results - FY19 - FY23					
	Actual	Actual	Actual	Actual	Actual
	FY19	FY20	FY21	FY22	FY23
Income	264,983	328,760	247,015	292,166	273,325
<i>Income growth %</i>	36%	24%	-25%	18%	-6%
Expenditure	216,885	263,652	277,930	275,255	251,258
Net surplus/deficit	48,098	65,108	(30,915)	16,911	22,068
<i>Months operating costs</i>	5.3	7.3	5.6	6.4	8.1
Reserves	95,777	160,885	129,970	146,881	168,949
<i>Reserves as a % of income</i>	36%	49%	53%	50%	62%

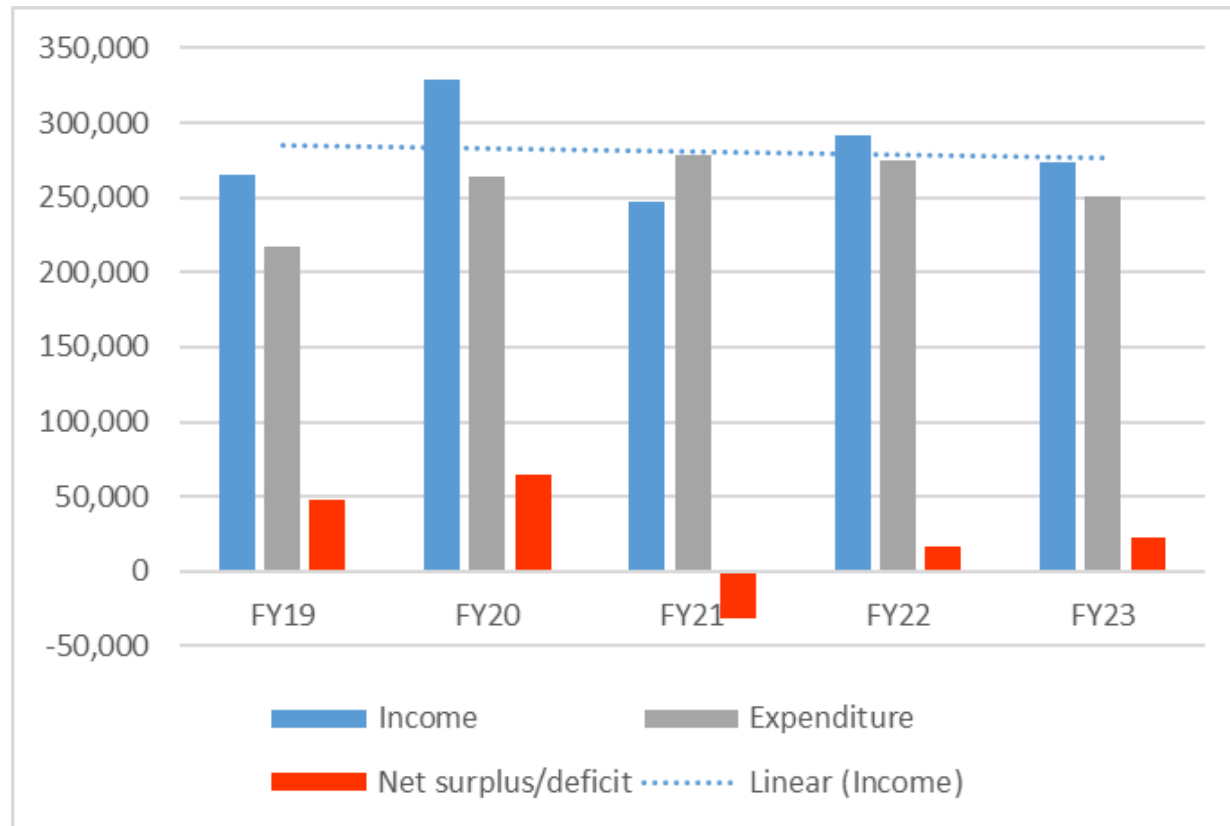
Source: Charity Accounts FY19-FY22 and management accounts to 30 November 2023

Parenting Special Children Financial Results : FY19 – FY23 (5 years)



Key points:

- FY23: total income of £273,325 resulting in a net surplus of £22,000 (FY22: £17,000)
- New 5 year National Lottery grant – resuming of 1:1 support and TAS services (paused since January 2023)
- Other major funders include Children in Need, Comic Relief and Postcode Society Trust
- Continued expansion of all income streams - commissioned services 12% of total income (10% in FY22)
- Reserves going forward to FY24 of c8.1 months (includes designated website funding of £17.3k), a very strong and sustainable position
- Looking ahead to new website and logo in FY24



Source: Charity Accounts FY19-FY22 and management accounts to 30 November 2023

Parenting Special Children Income Analysis: FY19 – FY23



PSC - Analysis of income FY19-23	Actual	Actual	Actual	Actual	Actual
	12m	12m	12m	12m	12m
Income	FY19	FY20	FY21	FY22	FY23
Restricted income	213,574	286,555	212,200	245,268	236,789
Unrestricted income	51,409	42,205	34,815	46,898	36,536
Total Income	264,983	328,760	247,015	292,166	273,325
<i>Total income growth YoY %</i>	36%	24%	-25%	18%	-6%
<i>Unrestricted as a % of total</i>	19%	13%	14%	16%	13%
<i>Unrestricted income growth YoY %</i>	131%	-18%	-18%	35%	-22%

Source: Charity Accounts FY19-FY22 and management accounts to 30 November 2023

Parenting Special Children Income Analysis: FY19 – FY23



Parenting Special Children - Analysis of Income - FY19 - FY24						
	Actual	Actual	Actual	Actual	Actual	Forecast
Income by source	FY2019	FY2020	FY2021	FY2022	FY2023	FY2024
Grants	197,004	253,078	160,271	217,093	179,143	210,213
Other income - restricted	21,079	4,896	11,392	12,690	29,995	20,000
Commissioned services and paid events		17,605	26,720	29,221	31,787	32,000
Other income - unrestricted	1,355	7,160	8,342	1,330	2,681	52,500
Donations and Local Giving	30,706	34,637	23,174	28,012	21,794	25,000
Gift aid/GASDS claims	1,828	1,248	2,697	3,461	3,591	3,500
Conference	13,012	3,173	8,270	359	4,335	5,000
Coronavirus Job Retention Grant		6,963	6,149			
Total	264,983	328,760	247,015	292,166	273,325	348,213
Restricted income	213,574	286,555	212,200	245,268	236,789	262,213
Unrestricted income	51,409	42,205	34,815	46,898	36,536	86,000
Total	264,983	328,760	247,015	292,166	273,325	348,213
Grants as a % of total income	74%	77%	65%	74%	66%	60%
Unrestricted/donations and fundraising as a % of total income	18%	14%	17%	11%	12%	25%
Commissioned services as a % of total income		5%	11%	10%	12%	9%

Source: Charity Accounts FY19-FY22 and management accounts to 30 November 2023

Helpline

'It was great talking to you too you gave me so much information and as a parent which is so much better thank you so much'

'Speaking with you has helped me so much I really do appreciate it.'



733 Received calls

827 Contact via email Email

1910 Families supported

35-55 minutes Average call

Community Support Groups

"I have been coming to PSC for nearly 2 years now. Coming here has helped me learn different things to help support my son. The support from Charlie and Denise is superb. The courses are full of information that is so important. I don't feel judged when I'm here and I fully feel like I'm supported and part of a group."

136 Parents and children

34 Sessions attended

536 Total Attendance

Three geographical areas:

- Reading
- Bracknell
- Slough

Community Support Groups

"It's a lovely group and an opportunity to meet people in similar situations who understand what it's like to be a parent or carer to children with SEN. I feel lucky to live in a town with the support and friendship PSC gives people like me."



I've been coming to Parenting Special Children Community support group from when it started 5+1/2 years ago, the group is amazing and I have learnt, laughed, cried and been supported throughout this time. Charlie and Denise are fantastic and supportive, I look forward to coming to group every month. We've completed many of the courses available through Parenting Special Children, some more than once! Thank you for everything PSC.

Trauma & Attachment Service: Parent/Carers



Empowered

100% said they learnt new strategies to support their child

Knowledge

100% reported increase in knowledge and understanding

Recommend

100% said they would recommend PSC

“PSC have been invaluable in supporting me in understanding my child and giving me the confidence to support them better”

Parents/Carers (counted once)	174
Berkshire	59%
Non-Berkshire	41%
Children/ Young People (counted once)	47

Trauma & Attachment Service: Professionals



17 Workshops/courses delivered

219 Professionals trained

- ➔ 100% said that they had gained new knowledge & understanding
- ➔ 100% said would recommend our training to others

“Thank you for a challenging and informative day, really helpful”

“We thought it was fantastic, thank you so much. What a wonderful charity and I am sure we will reach out to you in the future.”

“Thank you so much for such an insightful and thought-provoking training session”

Trauma & Attachment Service: Support Groups

3 Support Groups and 1 family event

32 Monthly sessions

213 total attendance

76 parents/carers counted once

- Post Separation group for mothers
- Dads and Male carers
- Adopters
- Kinship carer summer event

"It can be very lonely being an adoptive parent, but there is no judging of parenting styles in this group, something we may get from parents at the 'school gate' as they don't understand what it's like."

"The group helps to boost confidence as a parent & helps to not feel so isolated."

Trauma & Attachment Service: Children & Young people

Let's Get Creative

"Meeting other adopted children has helped with K's understanding that she is different by being adopted. She gets on better with the children at the session than she does with the children at school, possibly because they have a similar early life experiences."

"Being around other children like him; who are of a similar age. He really enjoys the sessions, especially the music where he loves making lots of noise"

11 Let's Get Creative sessions
Total Attendance **109**

27 Children/ Young people counted once
Plus **20** Children/ Young people at family event



1-1 Specialist Parenting Support



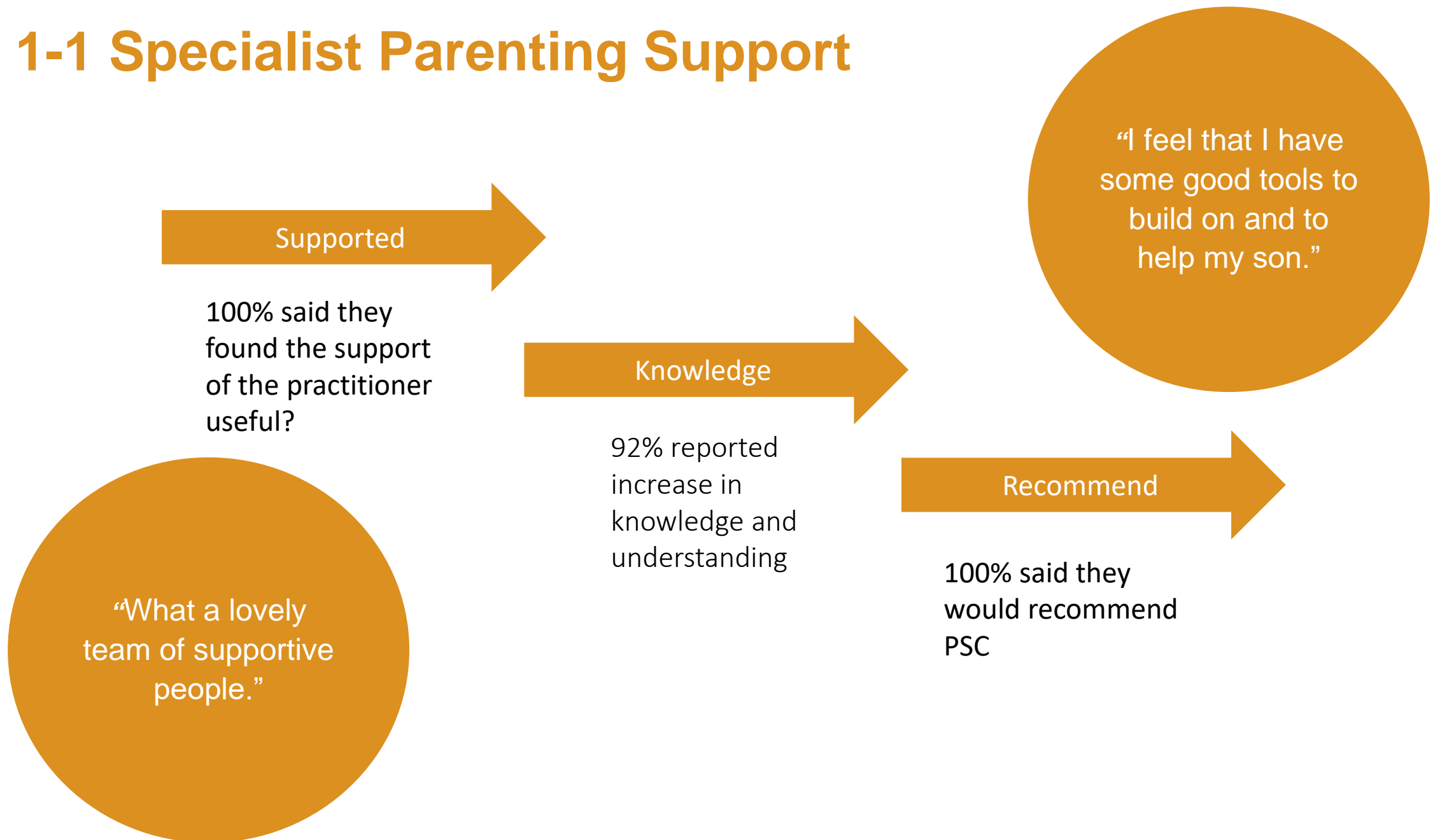
59 families received one to one specialist support
4 to 8 sessions per family

“It has helped me to take a step back when dealing with my son, rather than having a knee jerk reaction. I’m implementing the technique that I have been taught.”

“They have helped me with so much. They answered all my concerns with great help.”

“They were absolutely wonderful in acting as mine and my son's advocate, particularly with his school to support their duty of care to his wellbeing and educational development.”

1-1 Specialist Parenting Support



Parenting Workshops and Courses

43 Workshops **648** attendees

Including:

- ADHD workshops
- Autism workshops (East Berkshire)
- ADHD and Medication workshops
- Sensory Processing
- Interoception
- Transition to Adulthood
- Sleep

6 Courses accessed **53** attendees

Including:

- Who's in Charge (Child to Parent Violence)
- Time out for Special Needs *

*** Delivered for Hong Kong families in Cantonese (interpreter)**



Children and Young People Groups

The A Team – Awesome Autism & ADHD

- **73** girls attended **11** sessions

Social Interaction Course

- **36** children/ young people attended **5** courses

“The atmosphere at Auticulate helps me feel at ease”

“I love going to the A Team, I don’t have to pretend to be like everyone else when I’m there”

Auticulate (Neurodivergent children and young people)

- **14** young people attended **18** Junior’s sessions
- **18** young people attended **18** Senior’s sessions

The A-Team



“I entered scared of heights; I ended up pushing myself and going outside my comfort zone – I really enjoyed it, ... Overall it was really fun and I loved clipping and climbing with my friends at the A-Team”



smelly wellies farm

memory pouch craft

card making clip n climb

quiz and games

trampolining

crazy science experiments

online christmas crafts

arcade



“I really enjoyed herself. We look forward to future events”

Conference – 89 attendees

Knowledge

95% reported that their understanding and knowledge of the topic had increased

Recommend

98% said they would recommend PSC conferences

Online

Tuesday 16th May
9.30am - 4.30 PM

PSC Annual Conference

A 'Treasure Box of Ideas' for supporting children's strengths, resilience & protective factors; from a trauma informed lens

For parents, carers and professionals, our conference will put a spotlight on creative and expressive tools for supporting children's strengths and self-esteem

www.parentingspecialchildren.co.uk

Speaker
Dr Karen Treisman MBE



Dr Karen Treisman MBE: is a Highly Specialist Clinical Psychologist who has worked in the NHS, local children's services and internationally for several years. She is an external consultant, author, trainer, speaker, and assessor to a variety of local authorities and organisations.

“Thank you so much its been an amazing day. I have taken so much from today”

“Thank you so much, this has been such a wonderful space. You are amazing”

Behind the scenes – Admin

- **6685** emails to/ from admin mailbox
- **167** Events set up (across Eventbrite, Facebook, Website, CRM system Charity Log)
- **22** Mailshots including newsletters, and targeted mailshots
- **3120** Bookings/ cancellations processed

Behind the scenes The Admin Team support the charity by maintaining:

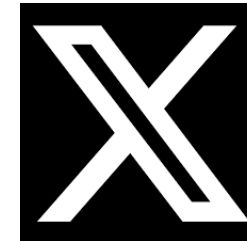
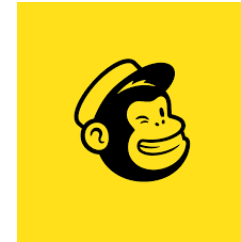
- IT/Cyber security, including NHS compliance
- GDPR compliance
- PSC database (CharityLog) and website
- Technical expertise
- Data reporting
- Event eligibility and security
- PSC mailing list
- Client support



Social media followers

Facebook	4602
Mailchimp	3080
Twitter/X	2704
Eventbrite	1701
LinkedIn	836
Instagram	740
Total	13663

As at 31/10/23



Advisory Boards

Lived experience has always been central to Parenting Special Children. We are passionate about listening and respond to all voices.

PSC Advisory Boards:

- Neurodiversity (Including Neurodivergent Academics)
- Equality and diversity (previously known as BME)
- Neurodivergent children and young people

Commissioning



- **37** workshops
- **6** courses
- **241** parents/carers
- **211** professionals

“Well run course, lots of interesting theory and content. Safe space allowed for group discussion.”

“Excellent speaker with a wealth of knowledge and experience in this area. It was a brilliant mix of theory, research and practical advice.”

“I've been on a few trauma workshops before but this one has been the best. I particularly liked that you brought a positivity into it.”

Commissioning

Hong Kong Relief Fund



PARENTS AND CHILDREN TOGETHER



South Lake Primary School



Funders, Supporters, Partnerships



SUPPORTED BY



Field | Seymour | Parkes



Billy Baker Fund



St James's Place



Berkshire Parish Councils



Looking Ahead 2024

- Transition to adulthood group
- Peer support group
- New website
- Charlie Waller Parent Carer Peer Support training
- Partnership working in Bucks

As always, we are quick to respond to families' needs and so we will continue to do the same.

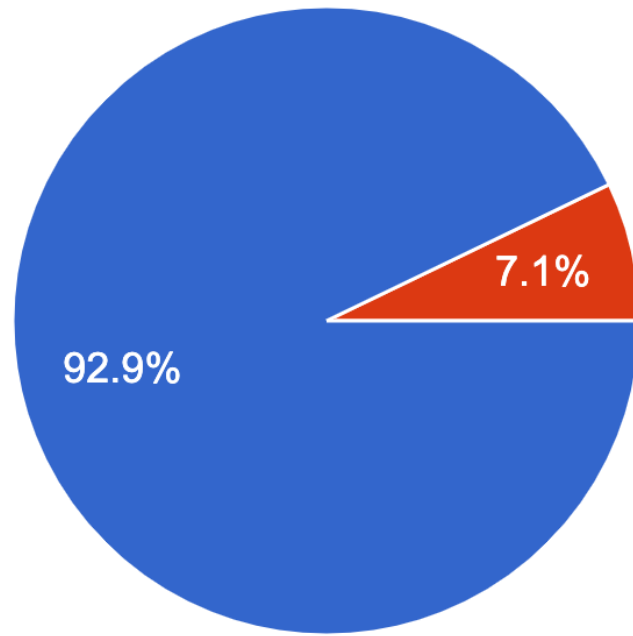
We have learnt from Covid that one needs to be ready to respond quickly but also key is to listen to families, we will continue to do that whatever 2024 brings.



Staff Survey

I am proud to work/volunteer for Parenting Special Children

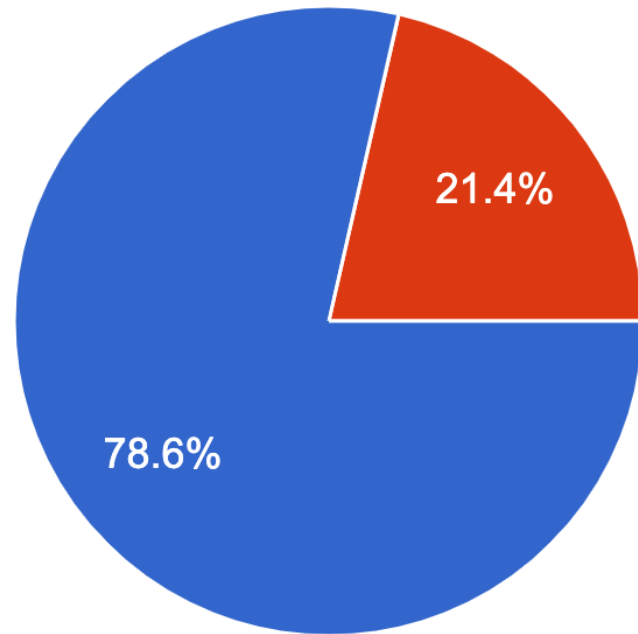
14 responses



- Strongly agree
- Agree
- Neither agree not disagree
- Disagree
- Strongly disagree

I feel that PSC provides a supportive environment

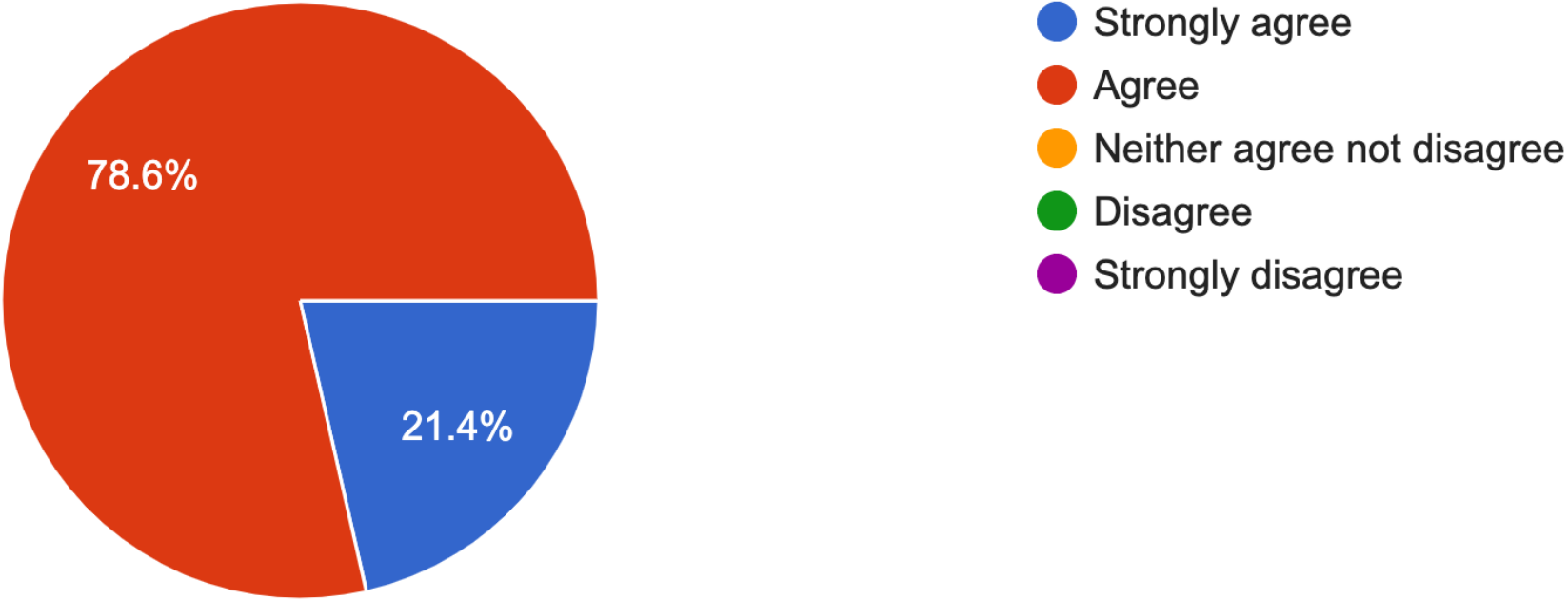
14 responses



- Strongly agree
- Agree
- Neither agree not disagree
- Disagree
- Strongly disagree

I have access to the knowledge, resources and training necessary to comfortably perform my role

14 responses



How can you support PSC?

- Charity of the Year - nominate PSC at your workplace
- Challenge - cake bake, marathon, sky dive, three peaks, Ultra
- Corporate - Introductions
- Volunteering Hours – Oracle Video
- Community groups - choirs, running groups, Rotary, Lions
- Donate - Big Give Campaign, Local Giving and The Good Exchange
- Nominate PSC for an Award
- Follow, like and share posts –    
- <https://www.parentingspecialchildren.co.uk/about-us/support-us/>
- Email – tess@parentingspecialchildren.co.uk

**Finally...a special thanks to all of our amazing
team, volunteers & trustees**



= 6.3 Full Time Equivalent Staff



Close of meeting – thank you for your support

*Thank
you!*

<https://www.parentingspecialchildren.co.uk/>