# PARENTING FOR LIFELONG HEALTH
## (A Company Limited by Guarantee)

## REGISTERED CHARITY NUMBER 120031
## COMPANY REGISTRATION MUNBER 13918382

## REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS
## FOR THE PERIOD ENDED 31ST DECEMBER 2022

**Wenn Townsend**
**Chartered Accountants**
**Abingdon**

**PARENTING FOR LIFELONG HEALTH**
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**PARENTING FOR LIFELONG HEALTH**
**CHARITY REFERENCE AND ADMINISTRATIVE DETAILS**
**FOR THE PERIOD ENDED 31ST DECEMBER 2022**

Parenting for Lifelong Health is a Charitable Company limited by guarantee, incorporated on 15 February 2022 and registered as a charity on 8th September 2022. The company was previously known as Parenting for Lifelong Health Limited and changed the name to Parenting for Lifelong Health on the 29th of June 2022. The organisation facilitates the design, delivery and scale-up of evidence-based and freely available parenting solutions to promote healthy child development and wellbeing and to prevent family violence.

| | |
|---|---|
| Charity Registration Number: | 1200313 |
| Company Registration Number: | 13918382 |
| Trustees/Directors: | Professor L D Cluver (appointed 15/02/22)<br>Dr B Madrid (appointed 26/04/22)<br>Dr B Miremadi (appointed 26/04/22)<br>Mr P Hoffmann (appointed 09/02/23<br>Ms O B Olakanpo (appointed 09/11/22)<br>Dr J M Lachman (appointed 15/02/22, resigned 26/02/22)<br>Professor M Tomlinson (appointed 26/04/22, resigned 24/08/23) |
| Registered Office: | Barnett House<br>32-36 Wellington Square<br>Oxford<br>OX1 2ER |
| Independent Examiner: | Wenn Townsend<br>Chartered Accountants<br>30 St Giles<br>Oxford<br>OX1 3LE |
| Bankers: | Wise Bank<br>56 Shoreditch High Street<br>London<br>E1 6JJ<br><br>Wise Banking<br>Wise US Inc.<br>30 W. 25th Street, Sixth Floor<br>New York<br>NY, 10010 United States. |

**PARENTING FOR LIFELONG HEALTH**
**TRUSTEES/DIRECTORS ANNUAL REPORT**
**FOR THE PERIOS ENDED 31ST DECEMBER 2022**

**STATEMENT OF TRUSTEEES' AND DIRECTORS' RESPONSIBILITES**

The Trustees present their report and financial statements for the year ended 31 December 2022. The accounts have been prepared in accordance with applicable accounting standards, Charities SORP (FRS 102) second edition, and the Charities Act 2011.

**Structure, Governance, and Management Governance**

Parenting for Lifelong Health (PLH) uses a memorandum and articles of association as its governing document. The charity is a private limited company by guarantee without share capital use of "Limited" exemption. Trustees are appointed by existing trustees. PLH Trustees serve for a period of three years from the date of their appointment. Upon expiration of their term of office, they are eligible for reappointment for a further three year term for a maximum of three consecutive terms.

**Organisational Structure**

For the year ended 31 December 2022, PLH was governed by Professor Lucie Dale Cluver (appointed 15 February, 2022), Dr Jamie Max Lachman (appointed 15 February, 2022, resigned 26 April, 2022), Dr Bernadette Madrid (appointed 26 April, 2022), Dr Mark Tomlinson (appointed 26 April, 2022), Olutoyin Belinda Olakanpo (appointed 8 November, 2022), and Dr Bahbak Miremadi (8 November, 2022).

**Management**

On 6 July, 2022, PLH Trustees appointed and confirmed Dr Jamie Max Lachman as Chief Executive Officer (CEO) of the charity.

**Objects and Activities**

**Objects**

The trustees are satisfied that their purposes remain charitable and for public benefit, being:

- the promotion of human rights (as set out by the Universal Declaration of Human Rights and subsequent United Nations conventions and declarations), in particular children's rights throughout the world by all or any of the following means: relieving the need for victims of human rights abuse, research into human rights issues, providing technical advice to government and others on human rights matters, contributing to the sound administration of human rights law, commenting on proposed human rights legislation, raising awareness

about human rights issues, promoting public support for human rights, promoting respect for human rights among individuals and corporations, international advocacy for human rights, and eliminating infringements of human rights. In furtherance of this object, but not otherwise, PLH Trustees have the power to engage in political activity provided that the PLH Trustees are satisfied that the proposed activities will further the purposes of the Charity to an extent justified by the resources committed and the activity is not the dominant means by which the Charity carries out the Objects;
- the relief of children and adolescents in need and parents in need;
- the advancement of the education of children and adolescents in need through the development of their individual capabilities, competencies, skills and understandings in subjects of educational value;
- the advancement of the education of the public in general (in particular but not exclusively parents and caregivers of children and adolescents) on the subject of parenting skills and children's rights;
- In particular but not exclusively by providing online and in-person resources, and by providing training, consultancy, monitoring and evaluation services to organisations that support parents.

The trustees have complied with the duty in Section 4 of the Charity Act 2006 to have due regard to public benefit guidance published by the Charity Commission.

**Activities**

PLH's activities to further its objects in 2022 included:
- Establishing itself as a company limited by guarantee and charity, including appointing trustees and a CEO.
- Raising funds to further its objects, including completing the reviews necessary to become an approved charity partner collaborating with UNICEF country offices.

**Achievements and Performance**

PLH was established as a company limited by guarantee on 15 February 2022 and was granted charitable status on 8 September, 2022. PLH also appointed its first CEO, Dr Jamie Max Lachman, who supported the board with achieving these accomplishments and fundraising for PLH's inception as a charity.
With respect to fundraising, PLH received a total of £227,122.44 in grants and donations for scaling up parenting programmes in Uganda and Kenya, mapping parent experience and creating regional parenting programme guidance in Latin America, and core funding for starting up the charity. Carried out in 2023, the focus of the project "Scaling up parenting programmes in Uganda and Kenya" was to address the trend of increased violence against children in both countries following the COVID-19 pandemic by capturing the lessons learned while developing national parenting programmes, identifying key successes and challenges, and sharing recommendations for strengthening the programmes as they are scaled up to support

more families in need. Also carried out in 2023, the project “Designing and Implementing Parenting Interventions in Latin America and Caribbean: A guide for decision-makers”, reviewed the existing programmes in Latin America and the Caribbean and detailed the design of effective parenting support programmes, supporting decision-makers to maximise the potential impact of their parenting programmes on families in need.

**Financial Review**

The detailed accounts for the year ended 31 December 2022 are shown on pages 9 and 10. The accounts show that at the end of the financial year, PLH held £217,771. Of this total, £209,660 was restricted and £8,111 was unrestricted.

**Future Plans**

PLH’s plans for 2023 included:

- Carrying out the project “Scaling up parenting programmes in Uganda and Kenya.”
- Carrying out the project “Designing and Implementing Parenting Interventions in Latin America and Caribbean: A guide for decision-makers.”
- Upon successful application, carry out the project “Building a National Parenting Support System in Tanzania” to facilitate a review of existing parenting programme evidence and convene stakeholders to prepare a larger proposal for establishing a national parenting support programme to reduce violence against children in Tanzania.
- Upon successful application, carry out the project “Naungan Kasih at Scale in Malaysia” to develop an in-person, remote, and digital parenting programme to improve child learning and development while preventing violence in Malaysia.
- Upon successful application, carry out the project “Global Parenting Intervention Handbook (WHO)” to provide global evidence-based guidance for the design and implementation of parenting support programmes.
- Submit a revised application to the LEGO Foundation to fund the “Playful Parenting for All” project, a three-year project to provide core funding to (1) establish PLH as a charity, (2) create a consortium of charity partners to provide technical expertise and training to parenting support programme providers in the Global South, (3) increase sharing, learning, and collaboration among those charity partners, and (4) develop a programme of work for parenting support in crisis contexts.
- Establish a legally independent PLH sister charity in South Africa.
- Pay a salary to the CEO and recruit 8 new staff positions, including: Chief of Solutions, Chief of Sustainability, Parenting in Crisis Manager, Director of Operations, Director of Partnerships, Data Analytics and Learning Manager, Executive Assistant, and Office Administrator.

## Approval of Trustee Report:

**Signature:** Lucie Cluver

**Name:** Lucie Cluver
**Date:** 28th June 2024

## INDEPENDENT EXAMININER’S REPORT TO THE TRUSTEES OF PARENTING FOR LIFELONG HEALTH

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 December 2022 which are set out on pages 9 to 14.

**Responsibilities and basis of report**

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (‘the 2006 Act’).

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**Independent examiner’s statement**

Since the company’s gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants of England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or

2. The accounts do not accord with those records; or

3. The accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a ‘true and fair view’ which is not a matter considered as part of an independent examination; or

4. The accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I 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 accounts to be reached.

Andrew Rodzynski FCA
Wenn Townsend
30 St Giles
Oxford
OX1 3LE

**PARENTING FOR LIFELONG HEALTH**

**(Registered number: 13918382)**

**STATEMENT OF FINANCIAL ACTIVIVITES (including Income and Expenditure Account)**
**FOR THE PERIOD ENDED 31ST DECEMBER 2022**

| | Notes | Unrestricted funds | Restricted funds | 2022 |
|---|---|---|---|---|
| | | £ | £ | £ |
| **INCOME:** | | | | |
| **Donations and legacies** | **3a** | 18,403 | 209,719 | 228,122 |
| **Other Income** | **3b** | 30,820 | - | 30,820 |
| **Total income** | | 49,223 | 209,719 | 258,942 |
| **EXPENDITURE:** | | | | |
| **Charitable Activities** | **4a** | 38,302 | 11,339 | 49,641 |
| **Other Expenditure** | **4b** | 5,118 | - | 5,118 |
| **Total expenditure** | | 43,420 | 11,339 | 54,759 |
| **Net operating income/(expenditure)** | | 5,803 | 198,380 | 204,183 |
| Other recognised gains / (losses) | | 2,308 | | 2,308 |
| **Net Movement in Funds** | | 8,111 | 198,380 | 206,491 |
| Reconciliation of funds: Total funds brought forward: | | | | |
| **Fund balances carried forward** | | 8,111 | 198,380 | 206,491 |

The statement of financial activities includes all gains and losses recognised during the year.

**PARENTING FOR LIFELONG HEALTH**
**(Registered number 13918382)**

**BALANCE SHEET AS AT 31ST DECEMBER 2022**

| | Notes | Unrestricted funds £ | Restricted funds £ | Total 2022 £ |
|---|---|---|---|---|
| **Current Assets** | | 8,111 | 209,660 | 217,771 |
| Cash in bank and in hand | | | | |
| **Total current assets** | | 8,111 | 209,660 | 217,771 |
| **Creditors:** amounts falling due within one year. | 6 | - | 11,280 | 11,280 |
| **Net current assets** | | 8,111 | 198,380 | 206,491 |
| **Total assets less current liabilities** | | 8,111 | 198,380 | 206,491 |
| Restricted funds | 8 | - | 198,380 | 198,380 |
| Unrestricted funds | 9 | 8,111 | - | 8,111 |
| **Total funds** | | 8,111 | 198,380 | 206,491 |

For the year ending 31 December 2022, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Approved by the Board of Trustees on:

and

Signed on their behalf by:

**PARENTING FOR LIFELONG HEALTH**
**(Registered number: 13918382)**

**NOTES TO THE FINANCIAL STATEMENTS**
**FOR THE PERIOD ENDED 31ST DECEMBER 2022**

## 1. Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts
The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and UK Generally Accepted Accounting Practice.
The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The charity is a company limited by guarantee incorporated in England and Wales and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the company in the event of liquidation.

## 2. Going Concern

There are no material uncertainties that cast significant doubt on the charity's ability to continue as a going concern.

## 3. Accounting policies

### Incoming Resources

*Recognition of Incoming Resources*
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

*Incoming Resources with related expenditure*
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

*Grants and Donations*
Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

*Contractual Income and Performance Related Grants*
This is only included in the SOFA once the related goods or services has been delivered.

**Expenditure and liabilities:**
*Liability Recognition*
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources and the amount of obligation can be measured with reasonable certainty.

*Governance Costs*
Include costs of the preparation and examination of statutory accounts, the costs of the trustees' meetings and cost of any legal advice to trustees on governance or constitutional matters.

*Support Costs*
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of the resources.

## NOTES TO THE FINANCIAL STATEMENTS
## FOR THE PERIOD ENDED 31ST DECEMBER 2022

### 3. Accounting policies (continued)

**Creditors**
Creditors are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Financial instruments**

The charity only has financial instruments and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**Fund Accounting**
Unrestricted funds can be used in accordance with the charitable objectives and at the discretion of the trustees.
Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions
arise when specified by the donor or when funds are raised for a particular restricted purpose.

**Foreign currency**
Foreign currency transactions are initially recognised by applying to the foreign currency amount the spot exchange rate between the functional currency and the foreign currency at the date of the transaction.

Monetary assets and liabilities denominated in a foreign currency at the balance sheet date are translated using the closing rate.

## NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE PERIOD ENDED 31ST DECEMBER 2022

| 3. Income | Unrestricted Funds | Restricted Funds | Total 2022 |
|---|---|---|---|
| | £ | £ | £ |
| **a) Donations and legacies** | | | |
| Grants | 12,403 | 209,719 | 222,122 |
| Donations | 6,000 | - | 6,000 |
| | 18,403 | 209,719 | 228.122 |
| **b) Other Income** | | | |
| Project Management | 29,500 | - | 29,560 |
| Consultant admin | 1,260 | | 1,260 |
| | 30,820 | - | 30,820 |
| Total Income | 49,223 | 209,719 | 258,942 |

**4.Expenditure**

| | Unrestricted Funds | Restricted Funds | Total 2022 |
|---|---|---|---|
| | £ | £ | £ |
| **a) Charitable Activities** | | | |
| Consulting fees | 4,367 | 11,339 | 15,706 |
| Management fee | 29,560 | - | 29,560 |
| Recruitment | 239 | - | 239 |
| Insurance | 3,987 | - | 3,987 |
| Travel | 68 | - | 68 |
| Bank Charges | 21 | - | 21 |
| Other | 60 | - | 60 |
| | 38,302 | 11,339 | 49,641 |
| **b) Other Expenditure** | | | |
| Legal | 5,118 | - | 5,118 |
| | 5,118 | - | 5,118 |
| Total Expenditure | 43,420 | 11,339 | 54,759 |

**NOTES TO THE FINANCIAL STATEMENTS (continued)**
**FOR THE PERIOD ENDED 31ST DECEMBER 2022**

### 5. Staff numbers and costs

The average number of staff in the period is nil.
There are no employees who received total employee benefits of more than £60,000.
None of the Trustees received any remuneration or employee benefits during the year

### 6. Creditors (due within one year)

| | Unrestricted Fund | Restricted Fund | Total 2022 |
|---|---|---|---|
| Aged Creditors | - | 11,280 | 11,280 |
| | - | 11,280 | 11,280 |

### 7. Net Funds Analysis

| | Unrestricted Fund | Restricted Fund | Total 2022 |
|---|---|---|---|
| Current Assets | 8,111 | 209,660 | 217,771 |
| Current Liabilities | - | (11,280) | (11,280) |
| Total Funds | 8,111 | 198,380 | 206,491 |

### 8. Restricted funds

Restricted funds comprise income for specific purposes and amounts set aside for specific objects, less amounts expended for those purposes.

| | Income | Expenditure | Carried Forward |
|---|---|---|---|
| Learning Component | 169,566 | - | 169,566 |
| Mapping of Experiences | 40,153 | 11,339 | 28,814 |
| | 209,719 | 11,339 | 198,380 |

### 9. Unrestricted Funds

| | Income | Expenditure | Carried Forward |
|---|---|---|---|
| General Funds | 51,531 | 43,420 | 8,111 |
| | 51,531 | 43,420 | 8,111 |