

TUNING IN



**Annual
Accounts**
Jan - Dec 2023

Charity Number: 1086709

Address: 36 Fountayne Road London N16 7DT

Email: sail4yp@gmail.com

Message from the Chair:

As we reflect on this year at SAIL, the theme of Tuning In resonates more strongly than ever. This has been a year of deep listening, understanding, and responding to the evolving needs of the young people we serve. We have committed to tuning in to their voices, their challenges, and their aspirations in a world that continues to change rapidly around them.

The ongoing cost-of-living crisis has deepened the struggles for many of the youth in our community. In response, we have tuned in by providing not only essential resources but also the healthy peer support and social connections that are vital during these tough times. Our programs are designed to be a lifeline, offering a safe space where teens can connect, share, and grow together. This year, more than ever, we saw how these connections helped young people find strength in each other.

At the same time, we continued to focus on skill development, providing practical tools that can take our youth a long way. Whether through creative workshops or leadership initiatives, our goal has been to equip them with the skills they need to navigate their challenges, build confidence, and envision a brighter future.

Tuning In has also meant empowering young people to tune into themselves. Our programs this year focused on self-awareness, resilience, and personal growth. We've expanded our support networks, bringing in new mentors, counselors, and community professionals, enabling teens to develop a stronger sense of self, purpose, and direction.

The year has brought unprecedented challenges, but with it came an incredible opportunity to strengthen the fabric of our community. Together, we have fostered hope and resilience. With immense gratitude, we thank our funders, partners, and, most importantly, the young people who inspire us every day to continue this vital work.

Here's to more listening, more growth, and more impact in the years ahead.

Jamie Friedman
Chair



SAIL's COMMITMENT:



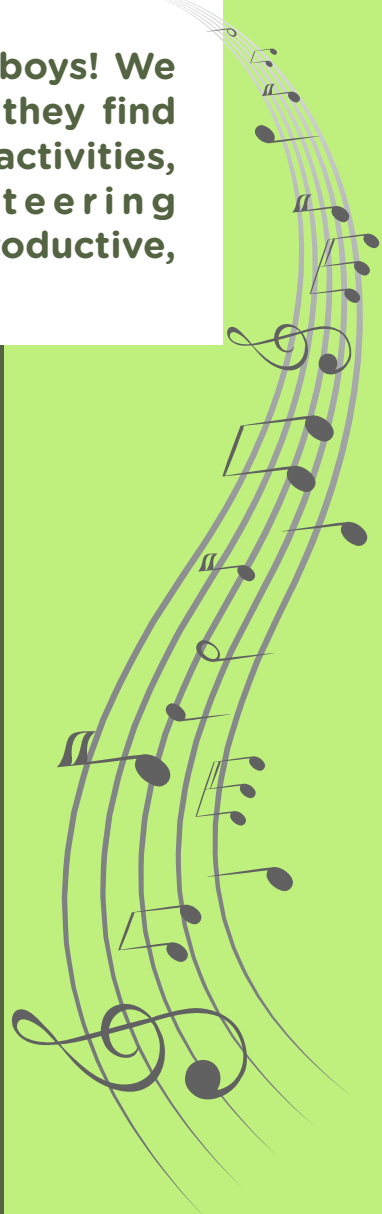
At SAIL we believe in every one of our boys! We elevate them from whichever situation they find themselves, and through empowering activities, emotional support and volunteering opportunities, we help them lead productive, stimulated and meaningful lives.

OUR MISSION:

To allow avenue for every young person to access services and opportunities regardless of their financial and emotional means.

OUR VISION:

To prevent disadvantage from shaping the futures of young people. With sufficient support, struggling teens are less motivated to using negative behaviours to relieve their pain.



Projects in Harmony



Breakfast Boxes

Breakfast Boxes - Addressing the impact of rising living costs, we distributed 100 breakfast boxes weekly, carefully curated with cost-effective yet nutritious options like granola, yogurt, whole wheat rolls, vegetable salad, and scrambled eggs.



Teen Active Support group

Amidst the challenges posed by the increasing cost of living, our weekly support group provides a vital platform for teenagers to openly share their hardships and concerns. Facilitated by a professional coach, these sessions not only foster interactive discussions but also offer practical strategies to overcome challenges.



Eat and Study Hub

Combining a cost-effective homework club with a daily warm meal, this initiative recognizes the financial strain on many youths due to escalating living costs. In the face of heightened hunger among teens, we aim to provide affordable sustenance for both body and mind.



Leadership Skills

Our ongoing project continues to address the emotional stressors impacting self-esteem levels. These sessions focus on enhancing user voice, refining public speaking skills, and fostering social inclusion, acknowledging the emotional challenges faced by the participants.



Go Green For Mental Health

Adapting to the challenges faced by teens, our Summer Club provided a well-balanced escape for over 100 participants. Daily activities, including biking, hiking, and various outdoor sports, offered a refreshing break from stressful schoolwork, rejuvenating spirits and preparing them for a new year with a focus on emotional well-being.

Amplifying Our



175
YOUNG
PEOPLE

5
PROJECTS

24
YOUTH
WORKERS



1000S OF
FREE
MEALS

1 ANNUAL
SUMMER
CLUB



2023 IMPACT HIGHLIGHT:

This year stands as another remarkable chapter in our journey, marked by significant successes and positive feedback that echo the dedication and hard work invested.



Youth Perspective: Eli aged 14

"At home, everything felt heavy. My parents were constantly worried about money, and I didn't know how to help. It made me feel powerless, like I was just in the way."

Eli joined SAIL's Eat and Study Hub after hearing about it from a friend at school. He wasn't sure how a program like that could make a difference, but he quickly discovered it was more than just a place to do homework and eat.

"The meals were great, but what really mattered was the support. I was able to talk about what was going on at home with people who actually understood. It was the first time I didn't feel alone with everything. SAIL helped me figure out ways I could make a difference—like teaching us how to save energy at home and pick up some skills to earn money one day. That really boosted my confidence."



Youth Worker Perspective: Yosef, SAIL Youth Mentor

"What I've seen time and again at SAIL is how much young people need someone to tune in to them—not just to their problems, but to their potential."

Yosef has been a youth mentor at SAIL for four years, working closely with teens from financially struggling backgrounds. He believes that what sets SAIL apart is its ability to offer both practical and emotional support, helping young people develop skills that will carry them through challenging times.



Parent Perspective: Esther, Mother of Shloimy

"It's not easy watching your children go through hard times, especially when you feel like you're barely holding things together yourself. SAIL gave us all a sense of hope."

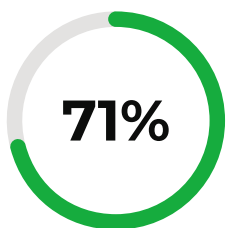
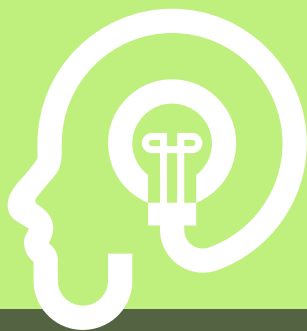
Esther was struggling to provide for her family during the cost of living crisis, and her children were starting to feel the weight of financial stress at home. When her eldest son Shloimy, started attending SAIL, she noticed immediate changes—not just in her son, but in the entire household.

"Shloimy used to be so quiet, so withdrawn. But after joining SAIL, she's come out of his shell. He's become more confident, more independent, and he's even started mentoring younger kids in the program. It's a relief as a parent to know that SAIL is there to support my son."

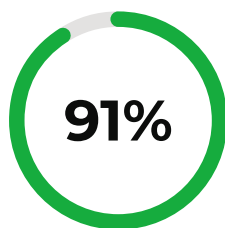


Melodies of Progress:

EAT & STUDY HUB:



LESS
HUNGER



MORE PEER
SUPPORT

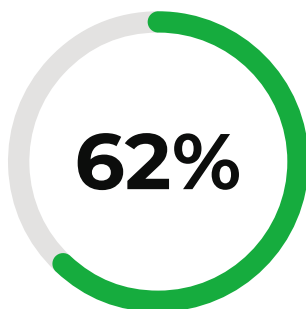
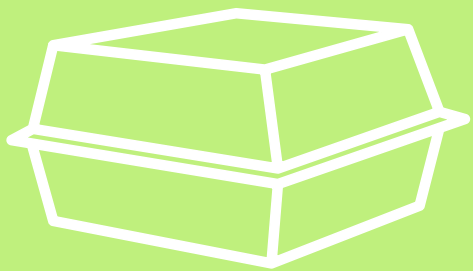


INCREASED
ACADEMIC
ACHIEVEMENTS

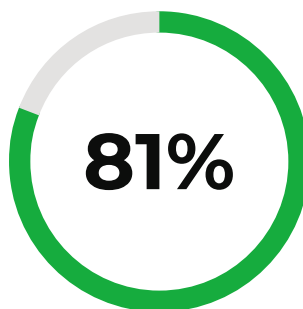


Melodies of Progress:

BREAKFAST BOXES:



LESS
HUNGER

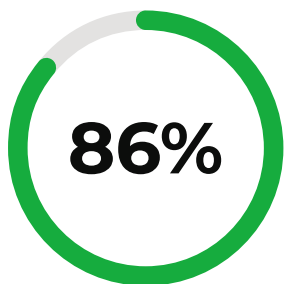


INCREASED
HEALTHY
EATING
AWARENESS

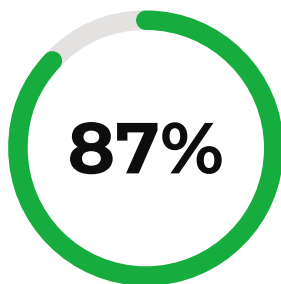


Melodies of Progress:

TEEN ACTIVE SUPPORT GROUP:



INCREASED
EMOTIONAL HEALTH



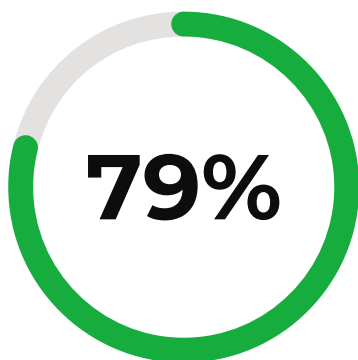
DROPPED
BAD HABITS



IMPROVED
RELATIONSHIPS



Melodies of Progress: **LEADERSHIP SKILLS:**



EXPLORED
LEADERSHIP ROLES



INCREASED IDENTITY
AND SELF-ESTEEM



Melodies of Progress:

SUMMER CLUB



IMPROVED
EMOTIONAL
RESILIENCE



INCREASED
PHYSICAL
ACTIVITY



IMPROVED
SOCIAL
INTERACTIONS



IMPROVED
HEALTH AND
WELLBEING



As we close this chapter, the melody of SAIL's past achievements echoes, harmonizing the stories of empowerment, community support, and growth. Our journey has been a composition of resilience and positive change. As we look ahead, the theme continues – a symphony of possibilities, new notes of innovation, and the promise of even greater impact. Together, let's compose a future where each note resonates with the success and well-being of the youth we serve. Thank you for being part of our musical journey at SAIL.



Trustees

Mr. Jamie Friedman
Mrs. Rivka Rand
Mr. Isaac Deutsch
Mrs. Esther Posen
Mrs. Feige Rosenberg

Administration Address

36 Fountayne Road
London N16 7DT

E mail: sail4yp@gmail.com

Charity Number 1086709

Accountants

C. Rosen

Summer Adventure For Inner Londoners (SAIL)
Report of the Trustees

The Trustees present their annual report with accounts of the Charity for the Year Ended 31 December 2023.

Status and Administration

The Charity, constituted by trust deed, dated 1st January 2001 and is a Registered Charity.

Trustees

The Trustees in office throughout the year were Jamie Friedman, Rivka Rand and Isaac Deutsch.

Mr. Jamie Friedman

Mrs. Rivka Rand

Mr. Isaac Deutsch

Mrs. Esther Posen

Mrs. Feige Rosenberg

No trustee nor any person connected with them received any remuneration during the year.

Investment Powers

The Trust Deed authorises the trustees to make and hold investments using the general funds of the Charity.

Constitution, Objects and Policies

S.A.I.L. was established to benefit young boys from low income homes and to further their education by providing them with affordable and culturally suitable education.

The policy of S.A.I.L. continues to be to derive all its income from grants and donations from various institutions, and from membership fees.

Risk Management

The Governors have assessed the major risks to which the Charity is exposed.

In particular, the operational and finance risks have been assessed: the Governors are satisfied that systems are in place to mitigate their exposure to major risks.

Reserves Policy

The trustees retain reserves as necessary to maintain the operational capability of the Charity.

Summer Adventure For Inner Londoners (SAIL) Report of the Trustees

Responsibilities of the Trustees

Charity Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the Balance Sheet Date, and of its incoming resources, including income and expenditure for the financial year.

In preparing those financial statements, the Trustees should follow best practice and

- a. Select suitable accounting policies and the apply them consistently.
- b. Make judgements and estimates that are reasonable and prudent.
- c. Follow applicable accounting standards and the Charities SORP 2015 disclosing and explaining any departures in the financial statements.
- d. Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them as Trustees to ensure that the financial statements comply with the Charity Law.

The Trustees are also responsible for safeguarding the charity's assets and hence for taking reasonable steps for the prevention and detection of fraud and other regularities.

Board Of Trustees

The members of the Board Of Trustees are set out on Page 1.

Approved by The Trustees of Summer Adventure For Inner Londoners (on 12 September 2024,
and signed on behalf of them all.



Trustee
Mr. Jamie Friedman

Summer Adventure For Inner Londoners (SAIL)

Statement Of Financial Activities

For The Year Ended 31 December 2023

	Notes	Unrestricted Funds £	Restricted Funds £	2023 Total Funds £	2022 Total Funds £
INCOMING RESOURCES	2	<u>0</u>	<u>164,357</u>	<u>164,357</u>	<u>162,755</u>
Total Incoming Resources		0	164,357	164,357	162,755
RESOURCES EXPENDED					
Cost of Generating Funds		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net Incoming Resources Available For Charitable Application		0	164,357	164,357	162,755
Cost of Activities In Furtherance of the Charity's Objects		0	179,643	179,643	147,602
Support Costs		0	0	0	0
Governance Costs		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Total Charitable Expenditure		0	179,643	179,643	147,602
Total Resources Expended	3	<u>0</u>	<u>179,643</u>	<u>179,643</u>	<u>147,602</u>
Net Movement In Funds		0	(15,286)	(15,286)	15,153
Transfer To / (From) Reserves		<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
Net Reserves for the Year		<u>0</u>	<u>(15,286)</u>	<u>(15,286)</u>	<u>15,153</u>
Total Funds at 31 December 2022		16,961	16,834	33,795	18,642
Total Funds at 31 December 2023	11	<u>£ 16,961</u>	<u>£ 1,548</u>	<u>£ 18,509</u>	<u>£ 33,795</u>

As Income was less than expense this year, we funded activities from prior years in order to fund our activities.

Summer Adventure For Inner Londoners (SAIL)

Balance Sheet at 31 December 2023

	Notes	2023 £	2022 £
Current Assets			
Cash at Bank and in Hand		<u>18,509</u>	<u>33,795</u>
		18,509	33,795
Creditors : Amounts falling due within one year	9	<u>0</u>	<u>0</u>
Net Current Assets		<u>18,509</u>	<u>33,795</u>
Total Assets less Current Liabilities		<u>18,509</u>	<u>33,795</u>
 Net Assets	10	 <u>£ 18,509</u>	 <u>£ 33,795</u>
 Restricted Funds	11	 1,548	 16,834
Unrestricted Funds	12	<u>16,961</u>	<u>16,961</u>
Total Funds		<u>£ 18,509</u>	<u>£ 33,795</u>

Approved by the Trustees on 12 September 2024, and signed on behalf of them all.

Trustee
Mr. Isaac Deutsch

The notes on pages 6 and 7 form part of these accounts.

Summer Adventure For Inner Londoners (SAIL)
Notes To The Accounts - 31 December 2023

1) Principal Accounting Policies

Basis of Accounting

The Accounts have been prepared under the historical cost convention in accordance with the Charities Act (Accounts and Reports) 2011, and the Financial Reporting Standard for Smaller Entities 102.

Cash Flow

The accounts do not include a cash flow statement because the charity as a small reporting entity is exempt from the requirement to prepare such a statement.

Donations and Fund Accounting

Donations received for the general and main purposes of the Charity is included as unrestricted funds in the Statement of Financial Activities when receivable.

Donations and Grants for activities restricted by the donors are taken to restricted funds if the wishes and conditions of the donor are legally binding on the Trustees.

Resources Expended

Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

The irrecoverable element of VAT is included with the item of expense to which it relates.

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	2022 £
2) Incoming Funds				
Donations	0	164,357	164,357	146,555
Grants Received				
Other Grants		0	0	16,200
Total Grants	0	0	0	16,200
Total Grants and Donations Received	<u>£ 0</u>	<u>£ 164,357</u>	<u>£ 164,357</u>	<u>£ 162,755</u>

Summer Adventure For Inner Londoners (SAIL)

Notes To The Accounts - 31 December 2023

	Unrestricted Funds	Restricted Funds	Total 2023 £	Total 2022 £
3) Analysis of Total Resources Expended				
Charitable Activities				
Cost of Activities In Furtherance of the Charity's Objects				
General Donation	0		0	
Club				
Leadership Skills		4,948	4,948	2,000
Summer Activities		97,725	97,725	88,282
Teen Active Support		11,347	11,347	7,496
Youth Clubs		<u>8,705</u>	<u>8,705</u>	<u>3,223</u>
Total Club	0	122,725	122,725	101,001
Food Poverty Support				
Breakfast Boxes		30,829	30,829	17,008
Eat and Study Hub		<u>21,588</u>	<u>21,588</u>	<u>26,818</u>
Total Food Poverty Support	0	52,417	52,417	43,826
Summer Activities				
Projects		0	0	0
Administration		0	0	0
Office Expenses	<u>0</u>	<u>4,501</u>	<u>4,501</u>	<u>2,775</u>
Total Summer Activities	0	4,501	4,501	2,775
Total Cost of Activities In Furtherance of the Charity's Objects	0	179,643	179,643	147,602
 4) Cost of Generating Funds			<u>£ 0</u>	<u>£ 0</u>
 5) Governance Costs				
Professional Fees			<u>0</u>	<u>0</u>
			<u>£ 0</u>	<u>£ 0</u>
6) Taxation				
The Charity is exempt from taxation on its charitable activities.				
 7) The average number of Employees during the year, on a full time equivalent basis was			2023	2022
			<u>1</u>	<u>1</u>

No Employee was paid above £60,000 per year.

We have made several projects, and these are all reflected in the accounts.

We have not detailed the types of expenses incurred within each project.

Summer Adventure For Inner Londoners (SAIL)

Notes To The Accounts - 31 December 2023

9) Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals	<u>0</u>	<u>0</u>
	<u>£ 0</u>	<u>£ 0</u>

10) Net Assets of The Charity's Funds

	Fixed Assets £	Net Current Assets £	Long Term Liabilities £	Fund Balances £
Restricted Funds	0	1,548		0 1,548
Unrestricted Funds	<u>0</u>	<u>16,961</u>		<u>0</u> <u>16,961</u>
Total Funds	<u>£ 0</u>	<u>£ 18,509</u>		<u>£ 0</u> <u>£ 18,509</u>

11) Restricted Funds : Movements In The Year

	31 December 2022 £	Income £	Expended £	Balance at 31 December 2023 £
Grants	<u>16,834</u>	<u>164,357</u>	<u>179,643</u>	<u>1,548</u>
Total Funds	<u>£ 16,834</u>	<u>£ 164,357</u>	<u>£ 179,643</u>	<u>£ 1,548</u>

12) Unrestricted Funds : Movements In The Year

	31 December 2022 £	Income £	Expended £	Balance at 31 December 2023 £
General Reserve	<u>16,961</u>	<u>0</u>	<u>0</u>	<u>16,961</u>
Total Funds	<u>£ 16,961</u>	<u>£ 0</u>	<u>£ 0</u>	<u>£ 16,961</u>

13) Related Party Transactions

No trustee nor any person connected with them received any remuneration, or claimed any expense, during the year, from this or any related Charity.

There were no Related Party Transactions in the Year.

**Independent Examiner's Report to the Trustees on the Unaudited Accounts of the Charity
Summer Adventure For Inner Londoners (SAIL)
For the Year Ended 31 December 2023**

We report on the financial statements of Summer Adventure For Inner Londoners (SAIL) for the Year Ended 31 December 2023

which comprise the Statement of Financial Activities, the Balance Sheet and the related notes.

These financial statements have been prepared, under the historical cost convention, and in accordance with the recommendations in Accounting and Reporting By Charities: Statement of Recommended Practice (Issued 2015), and the Financial Reporting Standard for Smaller Entities 102 (effective 2016), and the accounting policies set out therein.

Respective Responsibilities of the Trustees and Independent Examiner

As described on page 3, the trustees of the charity are responsible for the preparation of the accounts, and they consider that the audit requirement of section 144 of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under section 144 of the Act, whether particular matters have come to our attention.

Basis of Independent Examiner's Report

Our examination was carried out in accordance with the General Directions given by the Charity Commissioners.

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 seeking explanations from you as trustees concerning any such matters.

These procedures provide only the assurance expressed in our opinion.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the view given by the accounts.

Opinion

In our opinion, no matter has come to our attention,

- 1) which gives us reasonable cause to believe that, in any material respect, the requirements
 - a) to keep accounting records in accordance with section 130 of the Act; and
 - b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- 2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Independent Examiner
C. Rosen

Date 12 September 2024

