

YOUNG & INSPIRED LTD

England & Wales · Charity number 1145639

Details

Other names	YOUNG AND INSPIRED LTD
Status	Registered
Legal form	Charitable company
Company number	07493381
Registered	2012-01-26
Register	View on the Charity Commission register

Contact

Address	26 Clapton Common London E5 9BA
Phone	020 3475 2134
Email	info@youngandinspired.org.uk
Website	www.youngandinspired.org.uk

Activities

Objects: 1) THE PROMOTION AND ADVANCEMENT OF THE EDUCATION OF YOUNG PEOPLE.2) TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.3) THE PROMOTION OF ANY OTHER EXCLUSIVELY CHARITABLE OBJECTS AND PURPOSES SUCH AS THE TRUSTEES SEE FIT, PROVIDED THAT THEY ARE REGARDED AS CHARITABLE BY THE LAW OF ENGLAND AND WALES.

Activities: Young & Inspired advocates for children and families facing poverty or adverse childhood circumstances and provides wraparound support throughout their childhood and as they transition into independent adults. Programs Include:Conquer The Kitchen program, empowering very young mothers to cook wholesome food economically,Flying Colours Arts, Sunshine Breakfast Club, Water Sports, Holiday Club

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training
- **Who:** Children/young People

Geography

- Hackney
- Haringey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£490,820	£417,416	-	-
2024-01-31	£394,146	£539,242	-	-
2023-01-31	£608,841	£516,362	£168,187	3
2022-01-31	£332,508	£259,796	-	-
2021-01-31	£234,651	£381,336	-	-

Trustees

Name	Role	Appointed
KAILA CHAVA KLEIN		2020-03-18
SARA ADLER		2020-01-03
Yoel Fischer		2015-10-26

YOUNG & INSPIRED LTD

England & Wales - Charity number 1145639

Accounts

RESHAPING POSSIBILITIES





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CHAIR STATEMENT

2024–25 was not an easy year, but it was a defining one. Against a backdrop of rising costs, social tensions, and systems under strain, our young people did not lose their footing.

Nowhere was this more evident than in the response to the violence that erupted in Southport. For some of the young people we serve—those already living with trauma, marginalisation, or instability—the impact was profound. But what followed was a powerful reminder of their capacity not only to endure hardship, but to reshape it.

In the days that followed, a small group of teens quietly launched a “Kindness Campaign.” It began with handwritten notes and care bags. It grew into kindness booths in local parks, offering free hot chocolate and volunteering. There was no script, just a shared sense that love, empathy, and solidarity could push back against the fear.

The Million Hours Fund, supported by the National Lottery and DCMS, gave us the capacity to nurture this spark into something lasting. It enabled us to build up our youth support in a more dimensional way—strengthening emotional security, relationship skills, transferable competencies, and mood regulation.

We strengthened youth governance—moving beyond symbolic roles and into real co-creation. Young people now contribute meaningfully to strategy, operations, and delivery. We began shaping our ESG strategy—a youth-led approach to environmental, social, and governance goals that avoids vague promises and centres on practical, grassroots solutions. From expanding SuperEats—which rescued over 40 tonnes of food—to reducing internal waste and integrating environmental themes into leadership training, sustainability has become tangible.

Too often, the systems that surround our young people carry a veneer of inclusion. They speak the language of equality and participation—inviting young people to the table, asking for their views—but behind the scenes, the agendas are already decided. Our young people can feel it. They know when their involvement is performative. They know when their lived experience is reduced to a quote for a report, not a basis for real change. This disconnect isn’t just frustrating—it’s damaging. It reinforces the very inequalities those systems claim to tackle. We hear this from young people all the time: “You want my story, but not my input.” “You want me to share, but not to shape.” We must do better.

At Young & Inspired, we are working to shift this balance. We are investing in pathways for young people to move from participants to co-creators. We are building systems where youth leadership is real—not just a seat on a board, but power to influence decisions, direct resources, and define success. As ever, our young people lead the way. They show us what’s possible—not just when they’re supported, but when they are trusted. When their leadership is honoured, not borrowed.

Kaila Klein Chair of Trustees

OUR MISSION

CHILDHOOD BELONGS TO ALL CHILDREN. NO CHILD SHOULD BE FORCED TO GROW OLD PREMATURELY. TOGETHER WE ENSURE THAT ALL CHILDREN SHOULD HAVE A CHILDHOOD WHICH EMPOWERS THEM TO GROW UP *NOT OLD*.

OUR VISION

EVERY CHILD SHOULD ASPIRE TO ACHIEVE BUT NO CHILD SHOULD TAKE THE TEST OF HUNGER, EXCLUSION OR ISOLATION.



WE HAVE 2 PATHWAYS OF SUPPORT

Our core clients are usually families with complex needs. They use the pathway depicted below. One-off clients, usually children joining without parents, join one or two short-term services. These are seasonal services, such as 6 months of treehouse teens and playscheme. They join to address a short or acute need.



MEASURING TOOL

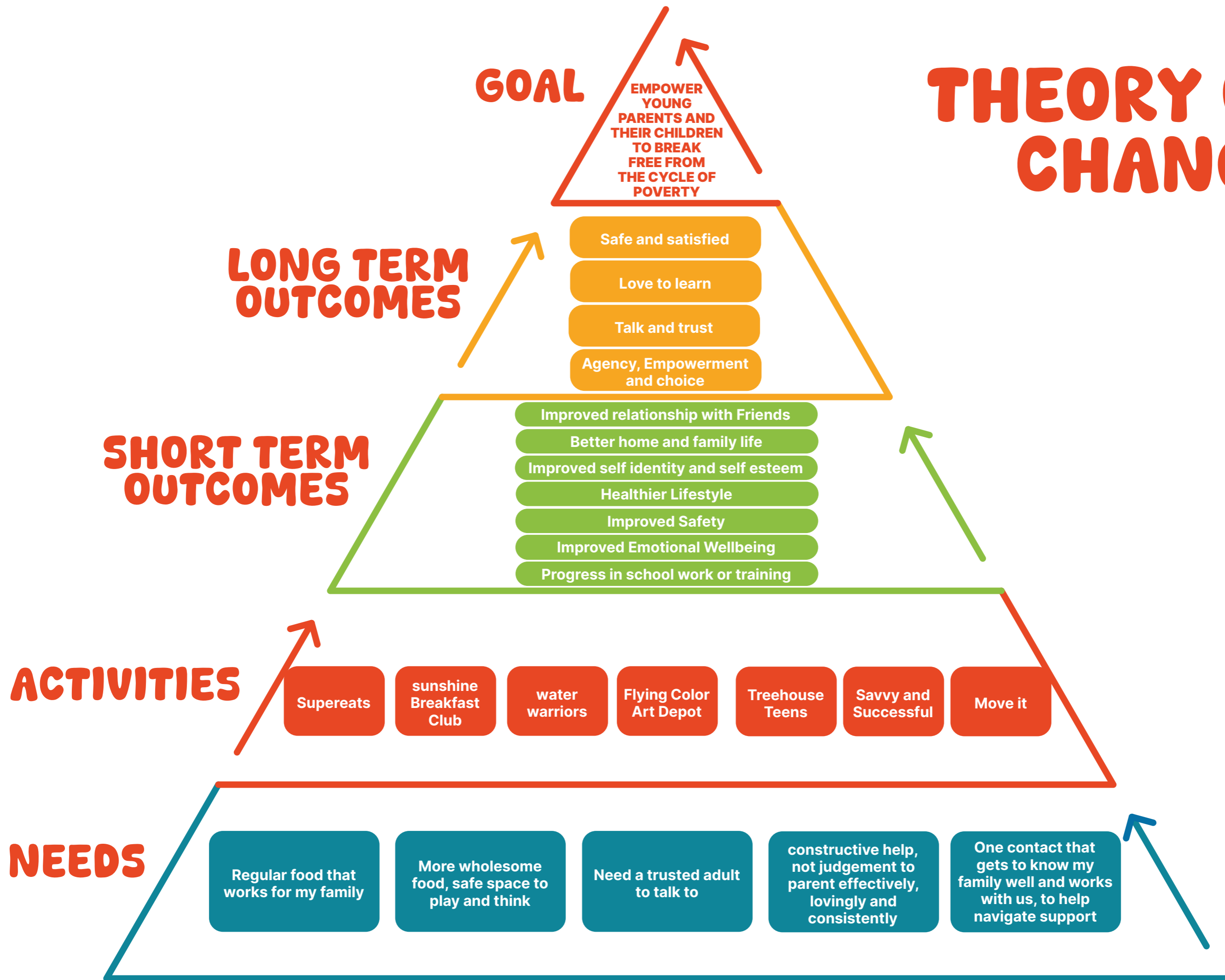
Our Family Star measuring tool, part of the Outcome Star framework, is completed collaboratively by families and their support workers to assess changes across seven aspects of family life:



Measuring our impact is straightforward for some families. This is the case for those seeking support for specific outcomes, like providing breakfast for two preschoolers. However, for others, the issues are complex and multi-layered. For them, quantifying progress may be harder. In these cases, our support workers build strong relationships with clients over weeks or months. These relationships enable us to recognize change.

"I'm calling to let you know that you can take our name off the SuperEats regular list. We've enjoyed over 60 meals from you this year, and I'm excited to share that I got promoted! With this new opportunity, I'll be able to afford our meals, and I'm sure others need it more than we do. Thank you tons for the meals! And I'm not even mentioning how Ruchy, my support worker, and my work coach guided me to present my request to my employer. I can't believe we're up to here." Adela W

THEORY OF CHANGE



SUNSHINE BREAKFAST CLUB:

The Sunshine Breakfast Club offers daily brunch for toddlers and preschoolers accompanied by their parents, as well as holiday brunch for children of all ages.

We serve classic favorites such as toast, eggs, colorful veggies, a variety of cereals, and fun yogurts for birthday kids.

“While being served omelettes is a delight in itself, here, a volunteer goes the extra mile to cook them into heart shapes, perfectly nestled in the center of the toast. My toddler is enamoured and so am I. Its hard not to feel touched and loved here.” T.E

“As a mother, I know breakfast is the most important meal of the day, and I never let my children leave without it. However, as the end of the month approaches, I often have to add water to the milk and occasionally skip my own breakfast. I am so relieved that my children start their school day with a full, nutritious breakfast at the Sunshine Breakfast Club. Additionally, a volunteer accompanies them down the road to their schools. It may be a coincidence, but both of their grades have improved since we joined the club.” Bella,



**THIS YEAR WE
SERVED OVER 12000
BREAKFATS.**

SAVVY AND SUCCESSFUL

At Savvy and Successful, we take pride in our innovative approach that challenges traditional employment pathway programs.

We recognize that existing services have not effectively met the needs of our beneficiaries. Instead of offering a predefined pathway, we employ a back-to-front approach that empowers participants with agency. This allows them to take control of their journey and develop transferable skills that can lead to employment in ways that best suit them and their families. This approach enables them to drive the change their family needs, adjust pathways as their needs evolve, or even take a unique, untrodden route if it helps them stay and succeed at work.

Our commitment goes beyond the norm by providing specialized support, such as negotiating work-from-home arrangements, flexible work hours, conflict resolution, advocating for living wage payments, and offering prepaid cards for bus fares to assist those with longer commutes and low incomes. Additionally, we offer paid childcare bursaries to support parents during upskilling initiatives.

What truly distinguishes us is our Trade Secrets Soft and Transferable Skills Program. Unlike generic workshops, our program explores unique areas, identifying genuine barriers and facilitating the acquisition of practical, attainable skills.



16
people found
jobs for first
time

23%
of local
employers
employing
locally

21
people improved
work conditions or
pay

4
people
opened
own micro
businesses

12
participants
engaged
in further
training

SUPEREATS

SuperEATS is on a mission to make eating effortless for everyone. Inspired by Uber Eats, SuperEats rescues surplus food from events, caterers, and restaurants.

We repackage it in compartmentalized meal containers at a regulated kitchen facility. These meals are labeled and frozen for later delivery, supplemented by milk, fruits, vegetables, and other perishables. SuperEats aims to assist teenage mothers who can't afford basic food necessities, especially during times of cost spikes, as well as families living hand-to-mouth, reaching the last week of the month with empty pockets. It's a win-win situation for young recipients, catering businesses, and the environment.

"We have been struggling with money in our family for months now and we were not able to afford even the basics, but receiving charity was too degrading. With the cost-of-living crisis looming over our heads; it was not a question of Eat or Heat.

We had none. Resignedly we agreed to a referral. Being a part of SuperEats was life-changing. Their meals are delicious, free and delivered right to our doorsteps. The best part was that Young & Inspired thanked us for saving the planet and avoiding good food from going to waste. It made us feel a whole lot better. I cannot thank you enough."

Chana Greenwald



Friendly Food Factory

You'll be welcomed by salmon patties and eggplant roll-ups sizzling on the griddles. The aroma of garlic bread, made from yesterday's bakery loaves, mingles enticingly with the rich, decadent scent of Moroccan tomato soup simmering from overripe tomatoes that the co-op couldn't sell but are too good to waste. The creamy, velvety soup, even richer than fresh tomatoes, fills the space with its comforting fragrance. This is the Friendly Food Factory. Champion funded by Garfield Weston Foundation.

Our primary goal is to ensure every young person knows where their next meal will come from, appreciates the earth that provides their food, and gains independence around food and beyond as they transition into adulthood. Through practical sessions, participants learn to cook, plan meals, reduce waste, and understand how food connects with wellbeing, identity, and sustainability. We use food to bring young people together, celebrate difference, and build real-world skills that increase confidence and capability.

Over 2000 meals were prepared this year at The Friendly Food Factory. 18 young parents got employed in food/catering sector after being involved at Friendly Food. We saved over 16 tonnes of food and helped 35 teenage/young parents access a fully equipped kitchen with food storage to prepare meals for their families.

Simultaneously, we generate income through shared sublets for seasonal caterers, a restaurant that employs young adults, exclusive food-art experiences, and corporate team-building workshops. Catering for events and meetings further strengthens our financial sustainability.



2000
meals
prepared

18
Young Parents
employed

16
Tonnes of
food saved
from waste



Byte-Size

Digital Literacy Project

Champion-funded by the Access Foundation

The Byte-Size Digital Literacy Project supports teenage parents and young women who are out of work or education and shut out of everyday digital life. Some have never used email. Others rely on borrowed phones or public Wi-Fi just to fill out a form. Without digital skills, they can't access online courses, apply for jobs, or manage basic tasks like banking or booking appointments.

With support from the Access Foundation, we launched the Byte-Size Digital Literacy Hub. Forty participants are receiving training in Microsoft Office (Levels 2, 3, and 4), along with personalised support to build confidence and keep going. Each person can borrow a laptop from our device library and receives Wi-Fi credit if needed—so no one is left behind because they can't afford a connection.

Sessions are small, calm, and flexible—because many participants are also managing young children, mental health challenges, or unstable housing. We check in regularly and adapt the pace to make sure they don't drop out or fall through the cracks.

The project gives people something concrete: a skillset they can build on, and a bit more control over their lives. Early feedback has been powerful—participants say they feel more independent, less anxious, and better able to face the future.



"Before Byte-Size, I felt completely stuck. I couldn't even apply for a job because I didn't know how to use email properly. Borrowing a phone just to fill out forms was stressful, and I felt left behind. Now, I have my own login, my own laptop to practice on, and I finally understand how to use Word and Excel. It's not just about learning skills—it's about feeling like I can do things on my own. For the first time, I feel in control of my future." Hana, Byte-Size Digital Literacy Project participant

40
Young
Participants

36
sessions

MOVE IT MUM

Move it Mum and Infants offers teenage and young mothers a blend of enjoyable and consistent exercise activities that involve their little ones, helping to reduce childcare expenses and fostering quality bonding time.

Whether it's Pilates, yoga, netball, or Zumba, there's an activity for everyone. Fitness isn't just beneficial for physical health; it also supports emotional well-being and serves as a fantastic icebreaker bring people together.



Some mothers are so entrenched in the pressures and demands on them that they cannot believe the magic that happens when they lift their feet off the ground.

TREEHOUSE TEENS

Treehouse Teens offers a unique vantage point—an intimate birds-eye view of self-discovery for teens who struggle through the system. Far from societal expectations, it becomes a space where teens process thoughts and emotions without judgment or stress.

Teens gather three evenings a week, as well as during half terms and school holidays, in a safe and friendly environment. Here, they connect with peers who share similar experiences and engage in a range of lively and creative group activities designed to nurture their existing interests and explore new ones, especially outdoors and help them with emotional regulation, self-awareness and relationship skills with targeted DBT informed group approach.

Though based in Hackney, an inner city, in our Treehouse, it feels as though we are remote in a rural setting. The rush of cars below the window seems distant, pressures fade away, climate change feels within our control, and opportunities abound wherever we look.



Half-term and holiday sessions are solely nature-based. Some people call it adventure therapy, but we simply call it the great outdoors—casual hiking, scavenger hunts, beach trips, stand-up paddleboarding, rafting, fishing, orienteering, pewter and nature crafting, and park clean-ups

FLYING COLORS

Flying Colors Art Depot creates a safe space where art becomes an integral part of children`s lives, particularly for those facing multi-barriers. We believe all youth are curious, imaginative, creative, innovative. We used mixed modality Art as a tool to help troubled primary school aged children emerge from feeling stuck and confined to experiencing a landscape of opportunities and successes with an element of art therapy.

I excelled in algebra and devoured my sister's college textbooks long before my classmates tackled their GCSEs. I was prepared to face my A-levels early, thanks to my intellectual prowess. Yet, amidst these academic achievements, there was one subject that completely confounded me: relationships.

Emotions and social cues became a puzzle I couldn't solve, leaving me feeling lost and isolated. It was bewildering—I felt like everyone else had a manual for navigating relationships, while I stumbled in the dark.

I'm an academic not artistic kid, but the school therapist urged me to try Flying Colors Art Depot. At first i felt like an imposter, I don't do sticky, glitzy, colorful - I found myself experimenting with artistic styles that meant nothing to anyone but took the stress out of me. I also enjoyed DBT principals we chatted about and made my best friends there



EQUALITY STATEMENT

Young and Inspired is dedicated to providing every child with an equitable, healthier, and happier start to life. We believe in challenging our own equality measures to ensure that our services meet the diverse needs of our community. As a BAME-led charity specializing in Charedi Jewish needs, we recognize the importance of filling gaps in service provision for our community. We understand that separate gender, multilingual options, special dietary provisions, and other methods are not exclusive benefits to the Jewish community and could greatly benefit others who are excluded from mainstream services. We have expanded our service user profile and actively strive to make our services accessible to other people on the fringes of communities who share our needs. We also make concerted efforts to reach children and families who may not be known to other services or who have historically been isolated.

Our “Fitting In and Standing Out” campaign has been a tremendous success, emphasizing the value of diversity and inclusion within our organization. Significant progress has been made in enhancing diversity within our staff team and board, particularly in terms of gender and background diversity.

SUSTAINABILITY

sustainability remains a top priority for us. We commissioned a carbon footprint survey and are pleased with the encouraging results, positioning us ahead of many others in terms of energy efficiency. While we continue to seek further reductions in our carbon footprint, we remain mindful of the broader implications.

Furthermore, our SuperEats project has experienced remarkable growth, rescuing over 40 tonnes of food this year. Through partnerships with restaurants, we have significantly reduced waste, with one restaurant alone filling eight fewer garbage bags annually. We are immensely proud of our young Earth Ambassadors, who successfully launched a pilot program for our Wear and Share initiative. This program collects gently used items such as school cases and sports gear, prepares them, and redistributes them within our community. Not only does this program reduce waste, but it also fosters a sense of belonging and generosity among our members.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JANUARY 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 January 2025. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main objectives of the charity is that of:

- 1) the promotion and advancement of the education of young people
- 2) to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life
- 3) the promotion of any other exclusively charitable objects and purposes such as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.

Significant activities

The financial results of the Company's activities for the period ended 31 January 2024 are fully reflected in the attached financial statements together with the notes thereon.

The trustees are satisfied with the results and activities of the company for the period and do not anticipate any significant changes in the forthcoming year.

Public benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning the charity's future activities. The aims of the charity for the public benefit are detailed in the Objectives and Activities section of the report.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity received donations that amounted to £490,820 (2024: £394,117) and spent £417,416 (2023: £538,342) on charitable activities.

Restricted funds were spent on specific projects including Treehouse Teens, Flying Colours Arts Hub, SuperEats, Byte Size Digital Literacy Project, Sunshine Breakfast Club and Water Warriors.

FINANCIAL REVIEW

Reserves policy

The trustees have agreed that the charity will maintain reserves equivalent to at least 3 months of core running costs. This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. The reserves policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances.

FUTURE PLANS

The charity plans to continue its activities subject to satisfactory incoming resources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

It is not currently the intention of the trustees of the charity to appoint new trustees. Should this situation change in the future, the trustees will apply suitable recruitment and training procedures.

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG & INSPIRED

Independent examiner's report to the trustees of Young & Inspired ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2025.

Responsibilities and basis of report

As the charity's 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').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in 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:

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.

Malcolm Venitt, A.C.A

Venitt and Greaves
Chartered Accountants
115 Craven Park Road
South Tottenham
London
N15 6BL

6 March 2025

YOUNG & INSPIRED

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JANUARY 2025**

	Notes	Unrestricted fund £	Restricted fund £	31.1.25 Total funds £	31.1.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		266,738	221,926	488,664	394,117
Other trading activities	2	2,150	-	2,150	-
Investment income	3	6	-	6	29
Total		<u>268,894</u>	<u>221,926</u>	<u>490,820</u>	<u>394,146</u>
EXPENDITURE ON					
Raising funds		4,000	-	4,000	-
Charitable activities					
Charitable activities		178,872	233,344	412,216	538,342
Other		1,200	-	1,200	900
Total		<u>184,072</u>	<u>233,344</u>	<u>417,416</u>	<u>539,242</u>
NET INCOME/(EXPENDITURE)		84,822	(11,418)	73,404	(145,096)
RECONCILIATION OF FUNDS					
Total funds brought forward		11,307	11,785	23,092	168,188
TOTAL FUNDS CARRIED FORWARD		<u><u>96,129</u></u>	<u><u>367</u></u>	<u><u>96,496</u></u>	<u><u>23,092</u></u>

YOUNG & INSPIRED

**BALANCE SHEET
31 JANUARY 2025**

	Notes	Unrestricted fund £	Restricted fund £	31.1.25 Total funds £	31.1.24 Total funds £
CURRENT ASSETS					
Cash at bank		97,329	367	97,696	23,992
CREDITORS					
Amounts falling due within one year	7	(1,200)	-	(1,200)	(900)
NET CURRENT ASSETS		<u>96,129</u>	<u>367</u>	<u>96,496</u>	<u>23,092</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>96,129</u>	<u>367</u>	<u>96,496</u>	<u>23,092</u>
NET ASSETS		<u><u>96,129</u></u>	<u><u>367</u></u>	<u><u>96,496</u></u>	<u><u>23,092</u></u>
FUNDS	8				
Unrestricted funds				96,129	11,307
Restricted funds				<u>367</u>	<u>11,785</u>
TOTAL FUNDS				<u><u>96,496</u></u>	<u><u>23,092</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 6 March 2025 and were signed on its behalf by:

S Adler - Trustee

YOUNG & INSPIRED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives 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 particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. OTHER TRADING ACTIVITIES

	31.1.25	31.1.24
	£	£
Trading income	2,150	-
	<u> </u>	<u> </u>

3. INVESTMENT INCOME

	31.1.25	31.1.24
	£	£
Deposit account interest	6	29
	<u> </u>	<u> </u>

YOUNG & INSPIRED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025**

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 January 2025 nor for the year ended 31 January 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 January 2025 nor for the year ended 31 January 2024.

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.1.25	31.1.24
Admin	6	6
	<u>6</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	161,283	232,834	394,117
Investment income	29	-	29
Total	<u>161,312</u>	<u>232,834</u>	<u>394,146</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	317,293	221,049	538,342
Other	900	-	900
Total	<u>318,193</u>	<u>221,049</u>	<u>539,242</u>
NET INCOME/(EXPENDITURE)	(156,881)	11,785	(145,096)
RECONCILIATION OF FUNDS			
Total funds brought forward	168,188	-	168,188
TOTAL FUNDS CARRIED FORWARD	<u>11,307</u>	<u>11,785</u>	<u>23,092</u>

YOUNG & INSPIRED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025**

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.25	31.1.24
	£	£
Accrued expenses	1,200	900
	<u> </u>	<u> </u>

8. MOVEMENT IN FUNDS

	At 1.2.24 £	Net movement in funds £	At 31.1.25 £
Unrestricted funds			
General fund	11,307	84,822	96,129
Restricted funds			
Restricted funds	11,785	(11,418)	367
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>23,092</u>	<u>73,404</u>	<u>96,496</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	268,894	(184,072)	84,822
Restricted funds			
Restricted funds	221,926	(233,344)	(11,418)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>490,820</u>	<u>(417,416)</u>	<u>73,404</u>

Comparatives for movement in funds

	At 1.2.23 £	Net movement in funds £	At 31.1.24 £
Unrestricted funds			
General fund	168,188	(156,881)	11,307
Restricted funds			
Restricted funds	-	11,785	11,785
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u>168,188</u>	<u>(145,096)</u>	<u>23,092</u>

YOUNG & INSPIRED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025**

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	161,312	(318,193)	(156,881)
Restricted funds			
Restricted funds	232,834	(221,049)	11,785
TOTAL FUNDS	<u>394,146</u>	<u>(539,242)</u>	<u>(145,096)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.2.23 £	Net movement in funds £	At 31.1.25 £
Unrestricted funds			
General fund	168,188	(72,059)	96,129
Restricted funds			
Restricted funds	-	367	367
TOTAL FUNDS	<u>168,188</u>	<u>(71,692)</u>	<u>96,496</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	430,206	(502,265)	(72,059)
Restricted funds			
Restricted funds	454,760	(454,393)	367
TOTAL FUNDS	<u>884,966</u>	<u>(956,658)</u>	<u>(71,692)</u>

YOUNG & INSPIRED

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2025**

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2025.

YOUNG & INSPIRED

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JANUARY 2025**

	31.1.25 £	31.1.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gift aid	1,288	4,329
Grants	487,376	389,788
	488,664	394,117
Other trading activities		
Trading income	2,150	-
Investment income		
Deposit account interest	6	29
	490,820	394,146
EXPENDITURE		
Other trading activities		
Purchases	4,000	-
Charitable activities		
Art haven	-	11,927
Breeze	11,610	3,690
Conquer the kitchen	-	34,350
Drama makes me calmer	52,147	91,393
Flying colours	20,352	3,000
Platinum jubilee project	-	10,750
Skills building courses	-	32,000
Sunshine breakfast club	38,300	44,566
Super eats	46,598	65,665
Treehouse teens	27,400	109,617
Fundraising costs	9,511	5,784
Advertising and publicity	3,054	240
Insurance	7,046	7,340
Legal and professional fees	1,298	1,226
Wages	30,991	31,990
Office expenses	8,995	17,994
Training	-	3,000
Move it! Mom	8,229	7,453
Savvy and successful	15,500	23,309
Swim fit	7,400	13,650
Utilities	-	86
Water warriors	6,800	19,181
Friendly food factory	36,900	-
Fruits and shoots	13,373	-
Rules that liberate	44,662	-
Travel	530	-
Trade secrets	19,427	-
Carried forward	410,123	538,211

YOUNG & INSPIRED

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 JANUARY 2025**

	31.1.25 £	31.1.24 £
Charitable activities		
Brought forward	410,123	538,211
Grants to individuals	1,950	-
	<u>412,073</u>	<u>538,211</u>
Support costs		
Finance		
Bank charges	143	131
Governance costs		
Accountancy and legal fees	1,200	900
	<u>417,416</u>	<u>539,242</u>
Total resources expended		
	<u>73,404</u>	<u>(145,096)</u>
Net income/(expenditure)		

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Name

Young & Inspired

Charity registration number

1145639

Company registration number

7493381

**Principal office and
registered address**

**26 Clapton Common
E5 9BA
London**

The trustees

Kaila Chava Klein

Yoel Fisher

Sara Adler



YOUNG & INSPIRED LTD

England & Wales - Charity number 1145639

Accounts

RESHAPING POSSIBILITIES





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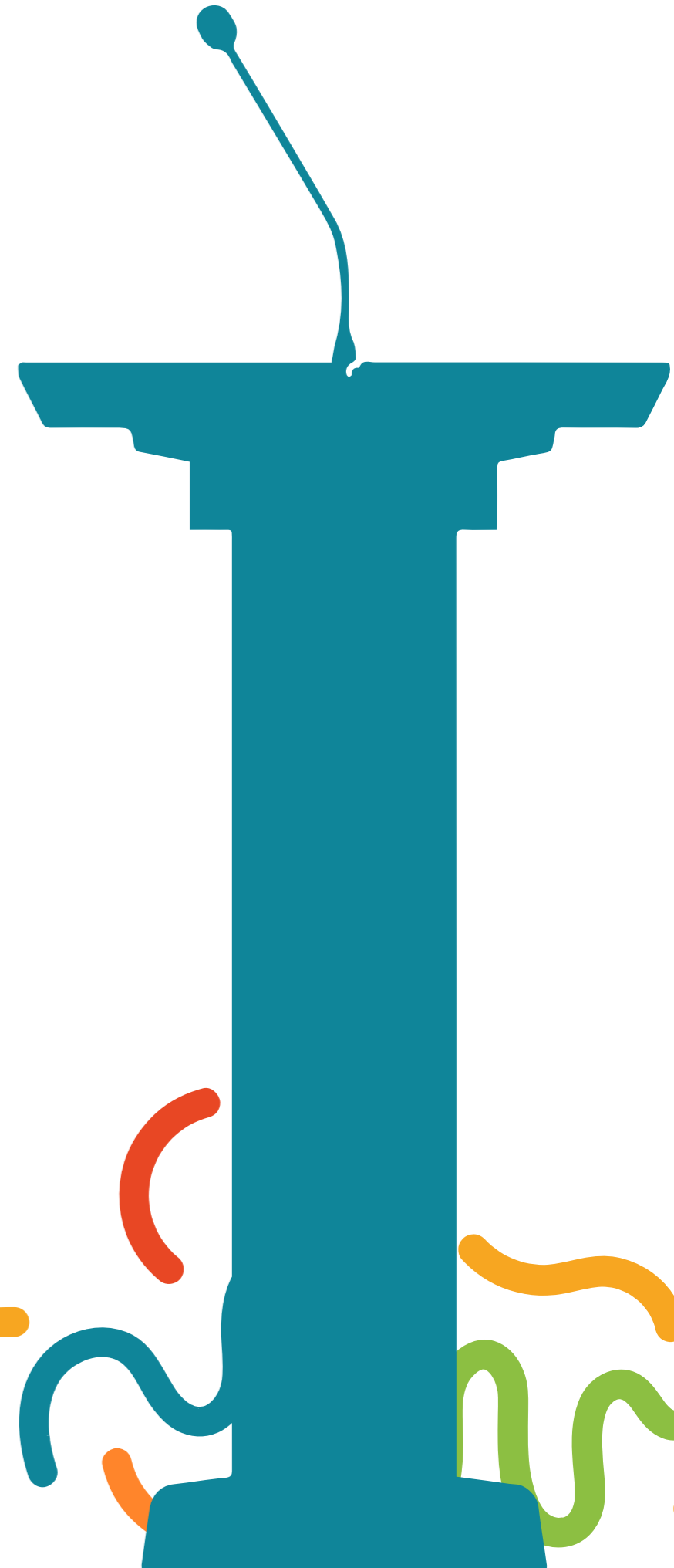
MESSAGE FROM YOUNG PRIME MINISTER

Thank you for voting me as Prime Minister of our Youth Parliament. Working with the governing board and my inspiring peers has been amazing. Stressful. Life-changing. We have established a great parliamentary system where it's "nothing about us without us."

We have improved projects in Young & Inspired and in the community. I'm exceptionally proud of "Wear and Share," our idea that many other groups and schools picked up locally, started a youth social action movement. So many blankets, sports gear, puzzles, etc. have found a great new home and loving owners, and we are reducing waste.

We have chosen the theme "Reshaping Possibilities" because this speaks to us, and we are so grateful to Young & Inspired for believing in us. My fellow youth, the future is ours to shape. Let us rise to the challenge with courage and conviction, knowing that our strength lies not in our age, but in our resolve. Together we are unstoppable.

Goldy H



CHAIR STATEMENT

We have made it to 2024. I can't say intact, but we are stronger, more equitable, and more sustainable.

Firstly, I must applaud our Play Parliament. You have worked exceptionally well together to reshape and improve Young & Inspired. The only thing I disagree with is that the term "play" seems misplaced. You have shown remarkable maturity, insight, and social responsibility. The Play Parliament began somewhat like a holiday camp, with teams divided into offices such as the Office of Sports, Culture, and Cabinets, along with Prime Ministers. However, you were ahead of the curve, bringing this governance structure to Young & Inspired, which has truly elevated us to the next level.

Others also deserve recognition. This includes our amazing staff. They strike the perfect balance. They let youth lead and design. But, they step in at the right time to offer support. They ensure a healthy balance of responsibility. Our volunteers gave us their all and saved us a total of £28k in addition to the special vibe that money can't even pay for. Also, our funders have stayed steadfast despite the cost-of-living crisis. This is especially true of The National Lottery Community Fund, Sport England Hackney Council, St James's Place Foundation and Lloyds Bank. They have given enhanced support for building our capacity.

Despite the financial challenges and rising living costs we've faced, I am proud to report that Young & Inspired has thrived. Despite a drop in income, we have managed our finances prudently, ensuring that our programs and services continue to make a meaningful impact. While the government suggests improvements in the UK's financial position, our surveys indicate a different reality. People are feeling the pinch more than ever before.

If you're reading this, you're already part of our mission to support youth. Your involvement and support make a huge difference to our work. We invite you to join us in shaping the future, inspiring change, and rewriting possibilities for the young people we serve.

Kaila Klein
Chair of Trustees

OUR MISSION

CHILDHOOD BELONGS TO ALL CHILDREN. NO CHILD SHOULD BE FORCED TO GROW OLD PREMATURELY. TOGETHER WE ENSURE THAT ALL CHILDREN SHOULD HAVE A CHILDHOOD WHICH EMPOWERS THEM TO GROW UP *NOT OLD*.

OUR VISION

EVERY CHILD SHOULD ASPIRE TO ACHIEVE BUT NO CHILD SHOULD TAKE THE TEST OF HUNGER, EXCLUSION OR ISOLATION.



WE HAVE CHANGED OUR MODEL

To the average person, a close-up view of a blueprint might appear as just a jumble of shapes and lines. Similarly, parenting can sometimes feel like a series of random decisions. Laying a strong foundation, especially in a child's first five years, sets the groundwork for their future. It's like creating a blueprint for their life, guiding them to success and fulfillment. Families need stability and the fulfillment of basic needs to establish healthy relationships. Financial instability often leads to arguments, which can be distressing for children and impact their emotional well-being and academic performance. That's why we've evolved our model to prioritize support for families instead of just offering a range of services for children. By addressing the root causes of instability, we create a more supportive environment for children to thrive. This is especially true for young and teenage parents.



WE HAVE 2 PATHWAYS OF SUPPORT

Our core clients are usually families with complex needs. They use the pathway depicted below. One-off clients, usually children joining without parents, join one or two short-term services. These are seasonal services, such as 6 months of treehouse teens and playscheme. They join to address a short or acute need.



MEASURING TOOL

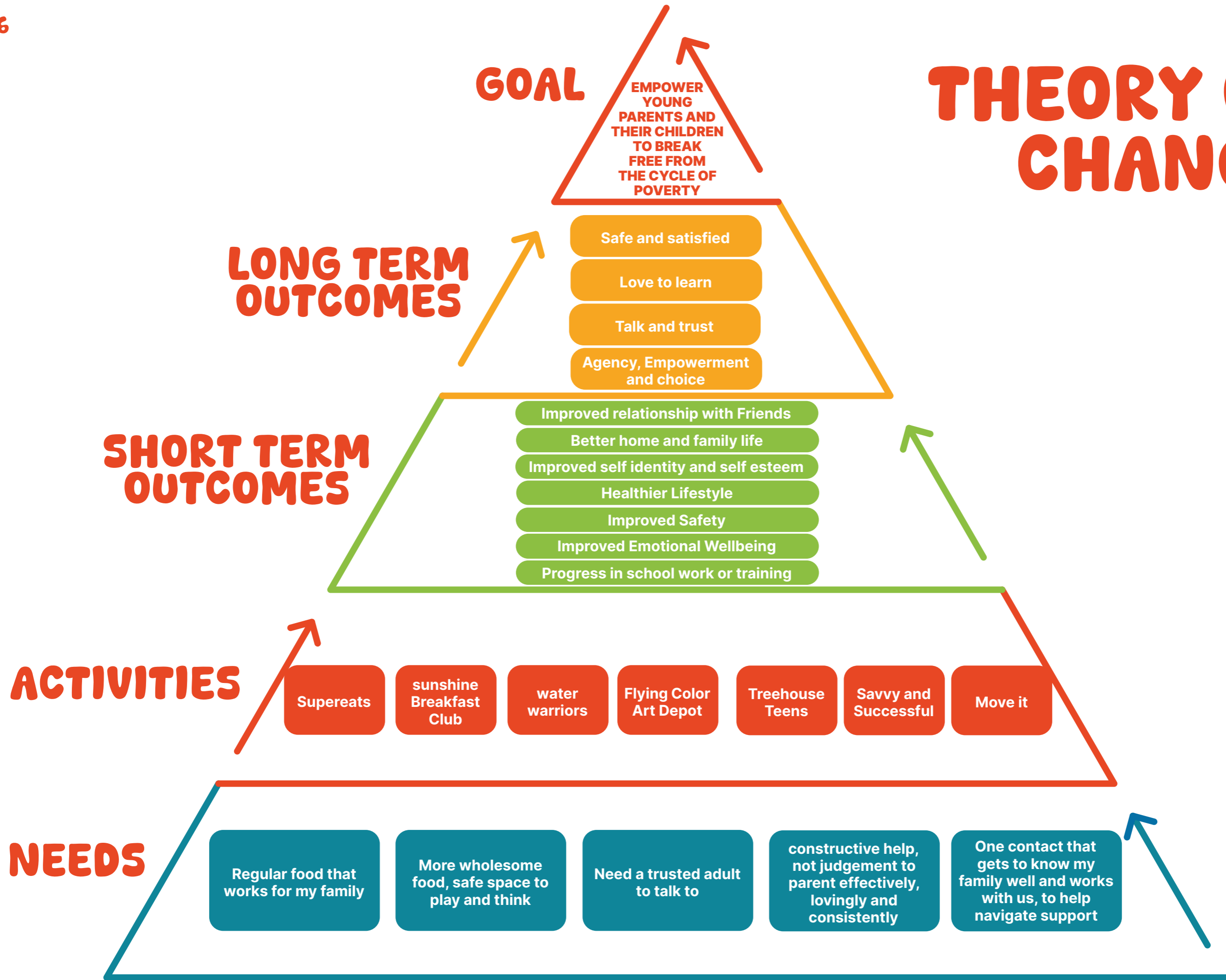
Our Family Star measuring tool, part of the Outcome Star framework, is completed collaboratively by families and their support workers to assess changes across seven aspects of family life:



Measuring our impact is straightforward for some families. This is the case for those seeking support for specific outcomes, like providing breakfast for two preschoolers. However, for others, the issues are complex and multi-layered. For them, quantifying progress may be harder. In these cases, our support workers build strong relationships with clients over weeks or months. These relationships enable us to recognize change.

“I’m calling to let you know that you can take our name off the SuperEats regular list. We’ve enjoyed over 60 meals from you this year, and I’m excited to share that I got promoted! With this new opportunity, I’ll be able to afford our meals, and I’m sure others need it more than we do. Thank you tons for the meals! And I’m not even mentioning how Ruchy, my support worker, and my work coach guided me to present my request to my employer. I can’t believe we’re up to here.” Adela W

THEORY OF CHANGE



SUNSHINE BREAKFAST CLUB:

The Sunshine Breakfast Club offers daily brunch for toddlers and preschoolers accompanied by their parents, as well as holiday brunch for children of all ages.

We serve classic favorites such as toast, eggs, colorful veggies, a variety of cereals, and fun yogurts for birthday kids.

“While being served omelettes is a delight in itself, here, a volunteer goes the extra mile to cook them into heart shapes, perfectly nestled in the center of the toast. My toddler is enamoured and so am I. Its hard not to feel touched and loved here.” T.E

“As a mother, I know breakfast is the most important meal of the day, and I never let my children leave without it. However, as the end of the month approaches, I often have to add water to the milk and occasionally skip my own breakfast. I am so relieved that my children start their school day with a full, nutritious breakfast at the Sunshine Breakfast Club. Additionally, a volunteer accompanies them down the road to their schools. It may be a coincidence, but both of their grades have improved since we joined the club.” Bella,



**THIS YEAR WE
SERVED OVER 12000
BREAKFATS.**

SAVVY AND SUCCESSFUL

At Savvy and Successful, we take pride in our innovative approach that challenges traditional employment pathway programs.

We recognize that existing services have not effectively met the needs of our beneficiaries. Instead of offering a predefined pathway, we employ a back-to-front approach that empowers participants with agency. This allows them to take control of their journey and develop transferable skills that can lead to employment in ways that best suit them and their families. This approach enables them to drive the change their family needs, adjust pathways as their needs evolve, or even take a unique, untrodden route if it helps them stay and succeed at work.

Our commitment goes beyond the norm by providing specialized support, such as negotiating work-from-home arrangements, flexible work hours, conflict resolution, advocating for living wage payments, and offering prepaid cards for bus fares to assist those with longer commutes and low incomes. Additionally, we offer paid childcare bursaries to support parents during upskilling initiatives.

What truly distinguishes us is our Trade Secrets Soft and Transferable Skills Program. Unlike generic workshops, our program explores unique areas, identifying genuine barriers and facilitating the acquisition of practical, attainable skills.



16
people found
jobs for first
time

23%
of local
employers
employing
locally

21
people improved
work conditions or
pay

4
people
opened
own micro
businesses

12
participants
engaged
in further
training

SUPEREATS

SuperEATS is on a mission to make eating effortless for everyone. Inspired by Uber Eats, SuperEats rescues surplus food from events, caterers, and restaurants.

We repackage it in compartmentalized meal containers at a regulated kitchen facility. These meals are labeled and frozen for later delivery, supplemented by milk, fruits, vegetables, and other perishables. SuperEats aims to assist teenage mothers who can't afford basic food necessities, especially during times of cost spikes, as well as families living hand-to-mouth, reaching the last week of the month with empty pockets. It's a win-win situation for young recipients, catering businesses, and the environment.

"We have been struggling with money in our family for months now and we were not able to afford even the basics, but receiving charity was too degrading. With the cost-of-living crisis looming over our heads; it was not a question of Eat or Heat.

We had none. Resignedly we agreed to a referral. Being a part of SuperEats was life-changing. Their meals are delicious, free and delivered right to our doorsteps. The best part was that Young & Inspired thanked us for saving the planet and avoiding good food from going to waste. It made us feel a whole lot better. I cannot thank you enough."

Chana Greenwald



MOVE IT MUM

Move it Mum and Infants offers teenage and young mothers a blend of enjoyable and consistent exercise activities that involve their little ones, helping to reduce childcare expenses and fostering quality bonding time.

Whether it's Pilates, yoga, netball, or Zumba, there's an activity for everyone. Fitness isn't just beneficial for physical health; it also supports emotional well-being and serves as a fantastic icebreaker bring people together.



Some mothers are so entrenched in the pressures and demands on them that they cannot believe the magic that happens when they lift their feet off the ground.

TREEHOUSE TEENS

Treehouse Teens offers a unique vantage point—an intimate birds-eye view of self-discovery for teens who struggle through the system. Far from societal expectations, it becomes a space where teens process thoughts and emotions without judgment or stress.

Teens gather three evenings a week, as well as during half terms and school holidays, in a safe and friendly environment. Here, they connect with peers who share similar experiences and engage in a range of lively and creative group activities designed to nurture their existing interests and explore new ones, especially outdoors and help them with emotional regulation, self-awareness and relationship skills with targeted DBT informed group approach.

Though based in Hackney, an inner city, in our Treehouse, it feels as though we are remote in a rural setting. The rush of cars below the window seems distant, pressures fade away, climate change feels within our control, and opportunities abound wherever we look.



Half-term and holiday sessions are solely nature-based. Some people call it adventure therapy, but we simply call it the great outdoors—casual hiking, scavenger hunts, beach trips, stand-up paddleboarding, rafting, fishing, orienteering, pewter and nature crafting, and park clean-ups

FLYING COLORS

Flying Colors Art Depot creates a safe space where art becomes an integral part of children`s lives, particularly for those facing multi-barriers. We believe all youth are curious, imaginative, creative, innovative. We used mixed modality Art as a tool to help troubled primary school aged children emerge from feeling stuck and confined to experiencing a landscape of opportunities and successes with an element of art therapy.

I excelled in algebra and devoured my sister's college textbooks long before my classmates tackled their GCSEs. I was prepared to face my A-levels early, thanks to my intellectual prowess. Yet, amidst these academic achievements, there was one subject that completely confounded me: relationships.

Emotions and social cues became a puzzle I couldn't solve, leaving me feeling lost and isolated. It was bewildering—I felt like everyone else had a manual for navigating relationships, while I stumbled in the dark.

I'm an academic not artistic kid, but the school therapist urged me to try Flying Colors Art Depot. At first i felt like an imposter, I don't do sticky, glitzy, colorful - I found myself experimenting with artistic styles that meant nothing to anyone but took the stress out of me. I also enjoyed DBT principals we chatted about and made my best friends there



EQUALITY STATEMENT

Young and Inspired is dedicated to providing every child with an equitable, healthier, and happier start to life. We believe in challenging our own equality measures to ensure that our services meet the diverse needs of our community. As a BAME-led charity specializing in Charedi Jewish needs, we recognize the importance of filling gaps in service provision for our community. We understand that separate gender, multilingual options, special dietary provisions, and other methods are not exclusive benefits to the Jewish community and could greatly benefit others who are excluded from mainstream services. We have expanded our service user profile and actively strive to make our services accessible to other people on the fringes of communities who share our needs. We also make concerted efforts to reach children and families who may not be known to other services or who have historically been isolated.

Our “Fitting In and Standing Out” campaign has been a tremendous success, emphasizing the value of diversity and inclusion within our organization. Significant progress has been made in enhancing diversity within our staff team and board, particularly in terms of gender and background diversity.

SUSTAINABILITY

sustainability remains a top priority for us. We commissioned a carbon footprint survey and are pleased with the encouraging results, positioning us ahead of many others in terms of energy efficiency. While we continue to seek further reductions in our carbon footprint, we remain mindful of the broader implications.

Furthermore, our SuperEats project has experienced remarkable growth, rescuing over 40 tonnes of food this year. Through partnerships with restaurants, we have significantly reduced waste, with one restaurant alone filling eight fewer garbage bags annually. We are immensely proud of our young Earth Ambassadors, who successfully launched a pilot program for our Wear and Share initiative. This program collects gently used items such as school cases and sports gear, prepares them, and redistributes them within our community. Not only does this program reduce waste, but it also fosters a sense of belonging and generosity among our members.

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JANUARY 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 January 2024. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The main objectives of the charity is that of:

- 1) the promotion and advancement of the education of young people
- 2) to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life
- 3) the promotion of any other exclusively charitable objects and purposes such as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.

Significant activities

The financial results of the Company's activities for the period ended 31 January 2024 are fully reflected in the attached financial statements together with the notes thereon.

The trustees are satisfied with the results and activities of the company for the period and do not anticipate any significant changes in the forthcoming year.

Public benefit

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning the charity's future activities. The aims of the charity for the public benefit are detailed in the Objectives and Activities section of the report.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity received donations that amounted to £394,117 (2023: £608,842) and spent £538,342 (2023: £516,363) on charitable activities.

Restricted funds were spent on specific projects including Treehouse Teens, Flying Colours Arts Hub, SuperEats, Sunshine Breakfast Club and Water Warriors.

FINANCIAL REVIEW

Reserves policy

The trustees have agreed that the charity will maintain reserves equivalent to at least 3 months of core running costs. This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. The reserves policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances.

FUTURE PLANS

The charity plans to continue its activities subject to satisfactory incoming resources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

It is not currently the intention of the trustees of the charity to appoint new trustees. Should this situation change in the future, the trustees will apply suitable recruitment and training procedures.

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG & INSPIRED

Independent examiner's report to the trustees of Young & Inspired ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2024.

Responsibilities and basis of report

As the charity's 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').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in 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:

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.

Malcolm Venitt, A.C.A
The Institute of Chartered Accountants in England and Wales

Venitt and Greaves
Chartered Accountants
115 Craven Park Road
South Tottenham
London
N15 6BL
23 May 2024

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2024

			31.1.2024	31.1.2023
	Unrestricted fund	Restricted fund	Total funds	Total funds
Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM				
	161,283	232,834	394,117	608,842
2	29	-	29	-
Total	161,312	232,834	394,146	608,842
EXPENDITURE ON				
Charitable activities				
	317,293	221,049	538,342	516,363
	900	-	900	-
Total	318,193	221,049	539,242	516,363
NET INCOME/(EXPENDITURE)	(156,881)	11,785	(145,096)	92,479
RECONCILIATION OF FUNDS				
	168,188	-	168,188	75,709
TOTAL FUNDS CARRIED FORWARD	11,307	11,785	23,092	168,188

Approved by the Trustees of Young & Inspired and signed on 30 September 2024 on behalf of them all.



Kaily Chava Klein
Chair of Trustees

The notes form part of these financial statements

BALANCE SHEET 31.JANUARY.2024

	Notes	Unrestricted fund £	Restricted fund £	31.1.24 Total funds £	31.1.23 Total funds £
CURRENT ASSETS					
Cash at bank		12,207	11,785	23,992	168,188
CREDITORS					
Amounts falling due within one year	5	(900)	-	(900)	-
NET CURRENT ASSETS		<u>11,307</u>	<u>11,785</u>	<u>23,092</u>	<u>168,188</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>11,307</u>	<u>11,785</u>	<u>23,092</u>	<u>168,188</u>
NET ASSETS		<u>11,307</u>	<u>11,785</u>	<u>23,092</u>	<u>168,188</u>
FUNDS					
Unrestricted funds	6			11,307	168,188
Restricted funds				11,785	-
TOTAL FUNDS				<u>23,092</u>	<u>168,188</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2024 in accordance with Section 476 of the Companies Act 2006.

- The trustees acknowledge their responsibilities for ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 May 2024 and were signed on its behalf by:

S Adler - Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

TAXATION

The charity is exempt from corporation tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives 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 particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	31.1.24 £	31.1.23 £
Deposit account interest	29	-

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 January 2024 nor for the year ended 31 January 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 January 2024 nor for the year ended 31 January 2023.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2024

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	608,842		608,842
EXPENDITURE ON			
Charitable activities	516,363		516,363
NET INCOME	92,479		92,479
RECONCILIATION OF FUNDS			
Total funds brought forward	75,709		75,709
TOTAL FUNDS CARRIED FORWARD	168,188		168,188

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.24 £	31.1.23 £
Accrued expenses	900	-

6. MOVEMENT IN FUNDS

	At 1.2.23 £	Net movement in funds £	At 31.1.24 £
Unrestricted funds	168,188	(156,881)	11,307
General fund			
Restricted funds	-	11,785	11,785
Restricted funds			
TOTAL FUNDS	168,188	(145,096)	23,092

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	161,312	(318,193)	(156,881)
General fund			
Restricted funds	232,834	(221,049)	11,785
Restricted funds			
TOTAL FUNDS	394,146	(539,242)	(145,096)

Comparatives for movement in funds

	At 1.2.22 £	Net movement in funds £	At 31.1.23 £
Unrestricted funds			
General fund	75,709	92,479	168,188
TOTAL FUNDS	75,709	92,479	168,188

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	608,842	(516,363)	92,479
TOTAL FUNDS	608,842	(516,363)	92,479

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.2.22 £	Net movements in funds £	At 31.1.24 £
Unrestricted funds	75,709	(64,402)	11,307
General fund			
Restricted funds	-	11,785	11,785
Restricted funds			
TOTAL FUNDS	75,709	(52,617)	23,092

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	770,154	(834,556)	(64,402)
General fund			
Restricted funds	232,834	(221,049)	11,785
Restricted funds			
TOTAL FUNDS	1,002,988	(1,055,605)	(52,617)

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2024.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 JANUARY 2024

	31.1.24 £	31.1.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	275,114
Gift aid	4,329	7,569
Grants	389,788	326,159
	<u>394,117</u>	<u>608,842</u>
Investment income		
Deposit account interest	29	-
Total incoming resources	<u>394,146</u>	<u>608,842</u>
EXPENDITURE		
Charitable activities		
Art haven	11,927	-
Breeze	3,690	17,750
Conquer the kitchen	34,350	56,260
Drama makes me calmer	91,393	71,521
Flying colours	3,000	37,873
Platinum jubilee project	10,750	45,033
Skills building courses	32,000	33,515
Summer holiday scheme	-	27,250
Sunshine breakfast club	44,566	63,655
Super eats	65,665	62,512
Treehouse teens	109,617	52,211
Fundraising costs	5,784	3,550
Advertising and publicity	240	390
Insurance		817
Legal and professional fees	1,226	1,532
Wages	31,990	33,144
Office expenses	17,994	6,017
Telephone	-	86
Training	3,000	1,317
IT and website expenses	86	1,803
Move it! Mom	7,453	-
Savvy and successful	23,309	-
Swim fit	13,650	-
Utilities	7,340	-
Water warriors	19,181	-
	<u>538,211</u>	<u>516,236</u>

	31.1.24 £	31.1.23 £
Support costs		
Finance		
Bank charges	131	127
Finance		
Governance costs		
Accountancy and legal fees	900	
Total resources expended	<u>539,242</u>	<u>516,363</u>
Net (expenditure)/income	<u>(145,096)</u>	<u>(92,479)</u>

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Name

Young & Inspired

Charity registration number

1145639

Company registration number

7493381

Principal office and registered address

**26 Clapton Common
E5 9BA
London**

The trustees

Kaila Chava Klein

Yoel Fisher

Sara Adler



YOUNG & INSPIRED LTD

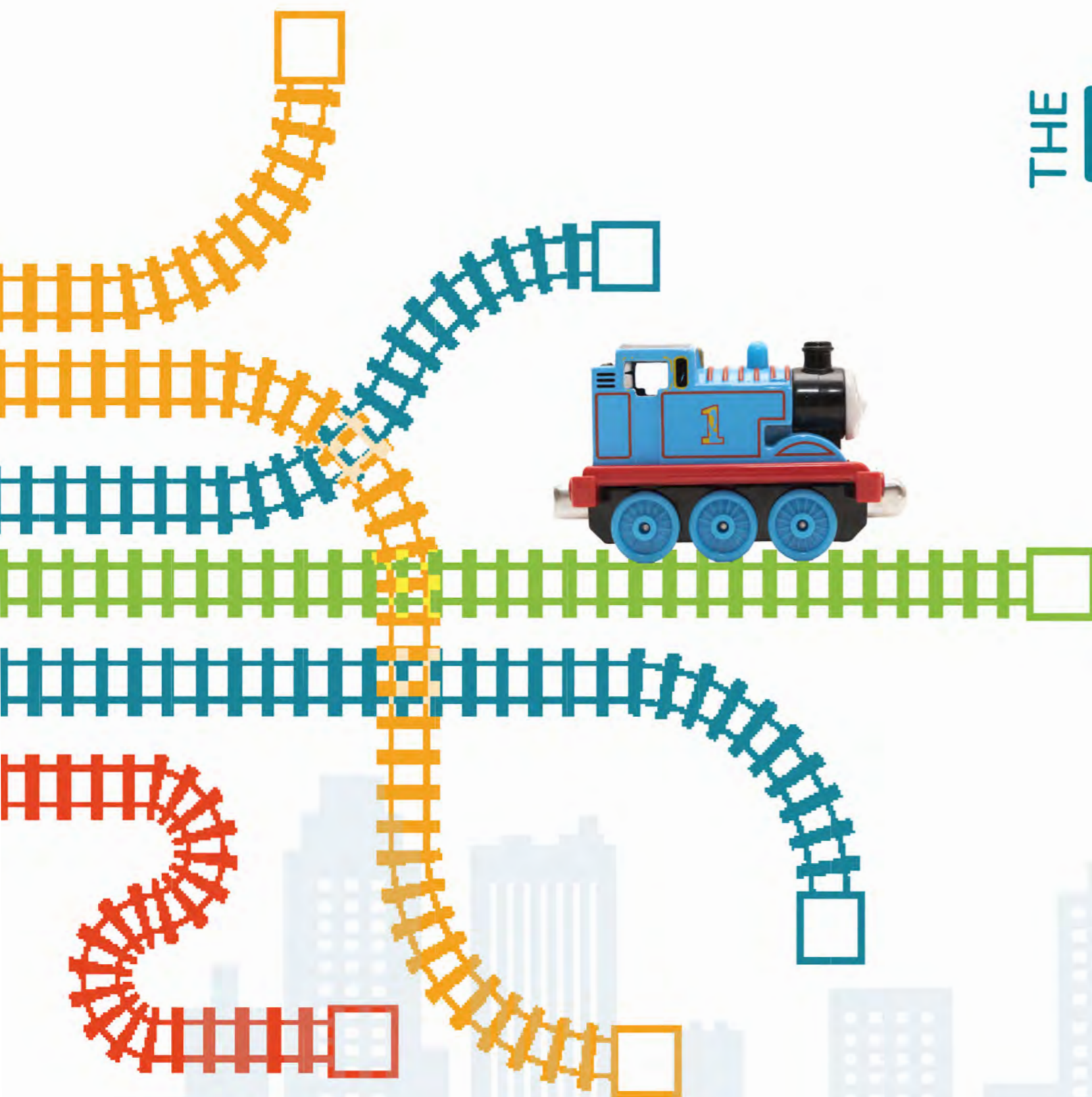
England & Wales - Charity number 1145639

Accounts

THE LITTLE ENGINE THAT COULD

ANNUAL REPORT AND ACCOUNTS 2022-2023

26 Clapton Common Clapton Common, London, E5 9AB
Company No:7493381; Charity No:1145639



CHAIRS STATEMENT

Wrapping up this remarkable year fills me with a mix of emotions. Our young champions faced immense challenges, displaying remarkable resilience in coping with the ever-growing cost of living crisis.

Witnessing our young ones rallying for each other is heartwarming. The compassion and camaraderie among the kids, their sense of community, is truly inspiring.

Similarly, our dedicated young volunteers invested countless hours supporting younger children with remarkable patience and empathy. In a year where costs have surged exponentially, we are immensely grateful for the Cost of Living relief funding and the large legacy donation we've secured, enabling us not only to endure the cost of living but to substantially expand our charity's reach to meet the surging needs.

This year, we've shown that adversity only fuels our determination to make a positive impact in the lives of these promising young souls. With the unwavering support of our generous donors and the boundless enthusiasm of our young volunteers, we look forward to a future where we can elevate even more lives and create lasting change in our community. Onward to a brighter and more compassionate year ahead!

There is a children's book that I read throughout my childhood and read and read over again even today; 'The Little Engine that could.' One lesson in particular that resonates powerfully with me was how far determination can get us.

*This children's book tells the story of a train stranded and **how** the simple train-yard switching engine rose to the challenge to save the day. The stranded train is filled with food, dolls and toys for children on the other side of the mountain. All the trains that chug past refuse to help.*

With each refusal, the dolls and toys become more despondent. When the situation seems hopeless, the toys and dolls see a Little Blue Engine approaching and beg her to help.

Hitching herself to the stranded train, The Little Blue Engine begins to tug, chug, puff and pull, all the while telling herself, "I think I can. I think I can. I think I can." And she did.

This story illustrates kindness, empathy and risk taking and sheer determination that defines each and every one of our users.

Leadership does not always emerge at the top. The Little Blue Engine was a simple train-yard switching engine, yet in desperate times, she demonstrated clear leadership—the ability to step up, take charge and support the needs of those around her.

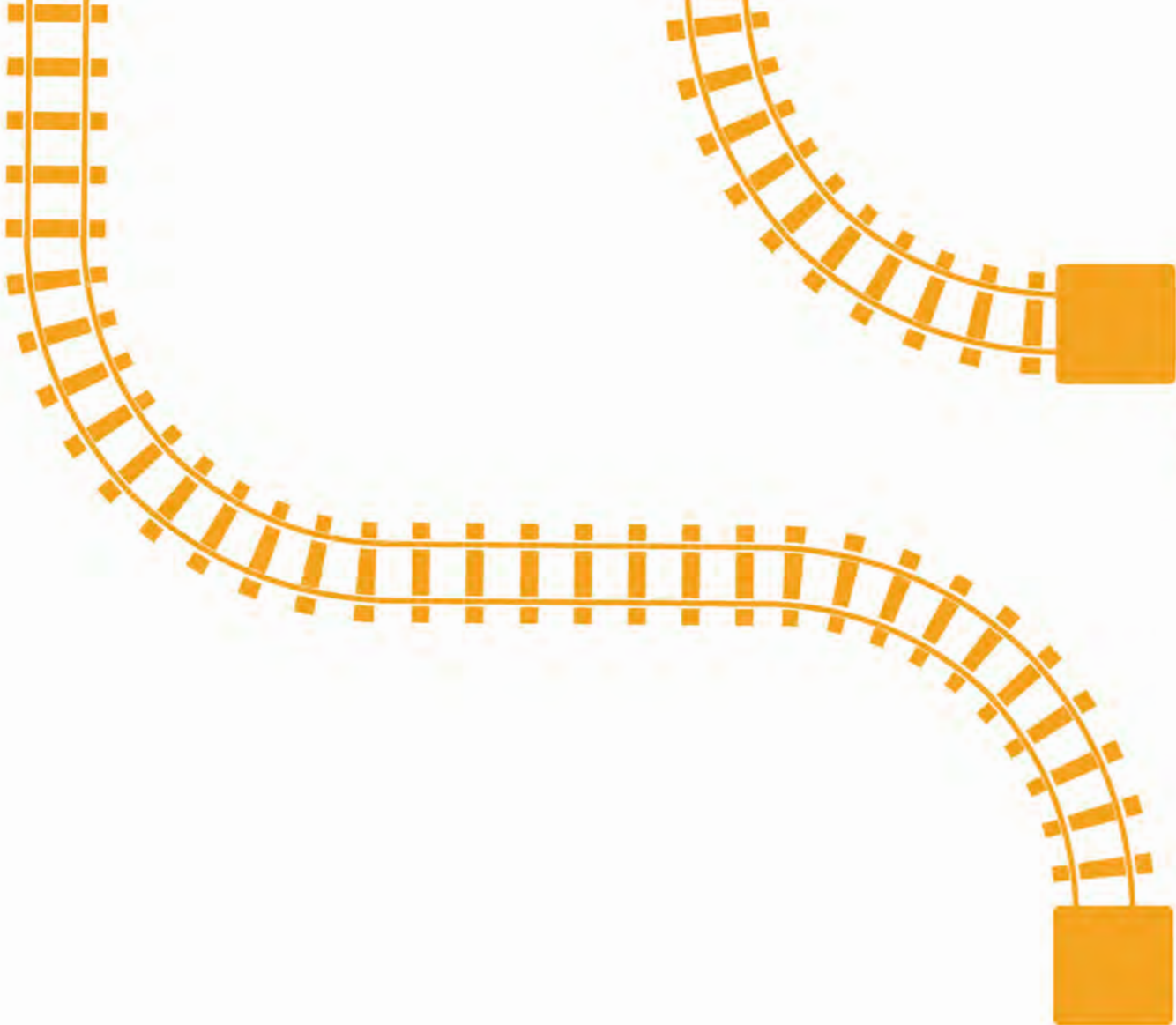
It is an inspiration to witness this quality of leadership and passion in our young volunteers and users.

The children we support have had a hard past; but with their emotional maturity, grit and kindness, they will go far. We feel privileged to nurture their talent and hone their skills with an array of skills building workshops, welfare support and mentoring. Funding from trusted and supportive friends of Young and Inspired – The Reta Lila Howard Foundation, National Lottery Community Fund, Garfield Weston Foundation, The Sobell Foundation, Hackney Community Fund, Edward Gostling Foundation, Lloyds Bank, Julia and Hans Rausing Trust and Postcode Society Foundation, The Childhood Trust among others. Thank You.

Our children get the support they need. They innately have the grit and determination. Our kids will go far. I think they can. I think they can. They definitely can!

"OUR KIDS WILL GO FAR. I THINK THEY CAN. I THINK THEY CAN. THEY DEFINITELY CAN!"

**K. KLIEN
CHAIR OF TRUSTEES**



OUR MISSION

WE BELIEVE EVERY CHILD SHOULD HAVE THE OPPORTUNITY TO ENJOY MAGICAL MOMENTS, EXPERIENCE POSITIVE CHILDHOOD MEMORIES AND GROW TO THEIR FULL POTENTIAL FOR A SUCCESSFUL LIFE IN ADULTHOOD.

OUR VISION

TOGETHER WE EMPOWER YOUNG PARENTS AND THEIR CHILDREN TO BREAK FREE FROM THE CHALLENGES OF POVERTY TO DEVELOP SKILLS AND OPPORTUNITIES TO BE MORE RESILIENT IN THE FACE OF ADVERSITY.



OUR AIMS

OUR STEERING COMMITTEE, IN CONSULTATION WITH PEERS, HAVE CREATED THE 'BILL OF RIGHTS' WHICH EVERY CHILD DESERVES: THE FOUR 'F' COMPONENTS WHICH ARE A MUST FOR CHILDREN TO ENJOY A FULFILLING CHILDHOOD.



FUTURE:

We empower users to budget and be financially literate. We also offer job coaching, training and vocational skills courses. Our specialty is working with younger NEET users.



FOOD:

Access to nutritious meals daily.



FUN:

Recreational opportunities which user's cannot afford. We believe that having a happy fulfilling childhood is the basis for a healthy future. We wish to create positive memories for disadvantaged youth by offering holiday retreats, playschemes, trips.



FRIENDS:

The chance to develop and maintain positive relationships, with peers, adults and mentors.



The exhilaration and freedom I feel as my kayak cuts through the water and breezes down the lake is priceless. We love water warriors and are gaining so many new skills and friends
Esther, 14

FLYING COLORS ART DEPOT

Flying Colors Art Depot creates a safe space where art becomes an integral part of young people's life, particularly for those facing multi-barriers. We believe all youth are curious, imaginative, creative, innovative. We used mixed modality Art as a tool to help troubled teens emerge from feeling stuck and confined to experiencing a landscape of opportunities and successes with an element of art therapy.

We have been struggling with money in our family for months now and we were not able to afford even the basics, but receiving charity was too degrading. With the cost-of-living crisis looming over our heads; it was not a question of Eat or Heat.

We had none.

Resignedly we agreed to a referral. Being a part of SuperEats was life-changing. Their meals are delicious, free and delivered right to our doorsteps. The best part was that Young & Inspired n thanked us for saving the planet and avoiding good food from going to waste. It made us feel a whole lot better. I cannot thank you enough.
Chana Greenwald

TREEHOUSE TEENS

Treehouse Teens: Immersive outdoor and nature experiences on a weekly basis and camping experience during the holidays. Project includes nature challenges, combining sporting, leadership, life skills, and appreciation for the environment that passes up from children to parents.

My students who joined Treehouse Teens were not the same girls I waved off before the holidays. They were more regulated and calmer. They were able to sit through the lessons, participate, take ownership, manage their moods. Sometimes a great summer can teach more than a year of school
Miss Klein, Teacher

CONQUER THE KITCHEN

Conquer the Kitchen empowers teenage and young parents with vital cooking, nutrition and budgeting skills and connects isolated young mothers various backgrounds through food. In response to Covid 19 we launched Food bytes, a virtual community forum supporting young mothers with home cooking and Community Cabinet Kitchen tool lending library. We stock kitchen essential tools such as blenders, peelers, pots, slow cookers and fun gadgets too, like juicers, pastry making tools, etc. Each appliance can be borrowed for 5 days, after which users must return it washed and cleaned. We then sterilize equipment. Community Cabinets lowers the barrier for consumers who want to eat healthier and cook at home more often by giving them low-cost access to otherwise expensive equipment and offers a solution to people living in crowded accommodation with no space to store equipment. It also prevents waste of purchasing a tool, using it once and abandoning it.

There is something so special and delicious about a slice of toast and heart shaped omelette with perfectly sliced cucumber things which we have on Sundays at Young and Inspired`s breakfast club. I have tried to recreate this at home for my siblings when mum works till late, for our dinner and it tastes fine, but far from how it tastes and feels at Sunshine Breakfast Club. I am sure it`s about the atmosphere and friendships that are so magical there. Maybe also the feeling that we can have as much bread and vegetables as we like without feeling as if we are eating someone else`s portion.

Leeba 11

SAVVY & SUCCESSFUL

Savvy and Successful: Savvy & Successful create pathways to employment for NEET young women between ages 18-24, including mentoring, career advising, job readiness workshops, and liaising with employers to arrange jobs and mediate issues in the workforce. It holistically tackles poverty by enabling young people to obtain employment, manage money, and become financially literate. Work Mentors focus on the needs of each beneficiary and meet them where they are, then help them get where they need to be.

We provide access to accessible progression routes to employment and follow-up support even after our users are employed as the barriers and challenges young people experience do not magically disappear once they receive their first pay slip.

SUPEREATS

SuperEats is an innovative approach to fighting food insecurity among impoverished families. We rescue surplus food that would otherwise have been discarded by restaurants and deliver it, warm, to families in need—free of charge. Furthermore, we strive to reduce food waste. We aim to combat hunger in a sustainable manner while taking care of the environment through our eco-friendly practices. By offering easy access to quality meals, we are committed to ensuring that women can benefit from good health and nutrition, regardless of their income levels

MOVE IT! MUM AND TODDLERS

Move It! Mum and Toddlers is a holistic program dedicated to nurturing the physical and mental well-being of low-income young mothers and their toddlers. Through a blend of Pilates, yoga, and various exercises, we provide a supportive environment for mothers to regain their strength, flexibility, and confidence. Our innovative project fosters bonding between mothers and toddlers, fostering healthy habits from an early age.

A JOURNEY OF CHANGE



- ♥ 90% saw improvements in their emotional wellbeing
- 📅 85 reported improvements in their identity and self-worth
- ✕ 62% feel their health and wellbeing improved
- 👥 60% saw an improvement in their relationships with their friends
- 🏠 40% felt their home & Family improved
- ⚠️ 80% reported improvements in their safety
- 🏢 63% felt they progress in their school, work or training environment.



360
Infants of Young Parents (0-5 years)

Monitoring Tool:
SDQ Outcome Star Framework



140
Young Parents

Monitoring Tool:
Rosenberg Self Esteem /Outcome Star for Young Parents/
Young Parents Self-Assessment



460
Children ages 6-18 facing
Adverse Childhood Experiences

Monitoring Tool:
SDQ Outcome Star/ User forum

Trustees Report

The Trustees present this report with the financial statements of the charity for the period ending 31 January 2022. The Trustees confirm that the annual report and the financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in February 2005.

Status and Administration

Young & Inspired is a charitable company (7493381) and as dated 26 January 2012.

Charitable Activities

The Activities of the Charity are:

- 1) The promotion and advancement of the education of young people.
 - 2) to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.
 - 3) the promotion of any other exclusively charitable objects and purposes such as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.
- The trustees confirm that they have given due regard the Charity Commission's guidance on public benefit and on advancing education and fee charging.

Trustees

Trustees The Trustees in office throughout the year were Mr. Yoel Fischer, Mrs Kaila Chava Klein and Mrs Sara Adler.

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

Funding

At Young & Inspired, we are fortunate to receive financial support from various sources. We rely on grants from charitable trusts, generous donations from companies and individuals in our local community. This year has been particularly significant as we received our first ever legacy, which has been instrumental in alleviating the growing operational costs we face. We are truly grateful for the immense help it has provided us.

Membership

Young & Inspired is currently not a member of any roof body or professional organisation.

Reserves Policy

The Trustee Board examines the reserves of the charity and agrees annually the reserves required to support the continuing operations and development of the charity. In previous years the policy was set to maintain a level of free reserves to cover 3-6 months of organisation expenditure. Free reserves at 31 January 2022 were £123,786, which represents approximately 3 months of organisational expenditure which is therefore within the range set by the Trustees. The Trustees also have a goal of building up designated reserves to fund other initiatives such as organisational development.

Risk Assessment

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate their exposure to major risks.

Responsibilities of Trustees

Charity Law requires the Trustee 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 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 also 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 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.

Independent Examination

An independent examiner's report will be prepared by De Claron Ltd.

Approved by the Trustees of Young & Inspired and signed on 01 June on behalf of them all.



Mrs Kaila Chava Klein

01 June 2023

Independent examiner's report to the members of young & inspired for the year ending 31 January 2023

Respective responsibilities of trustees and examiner Staff

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 and that an independent examination is needed.

It is our responsibility to:

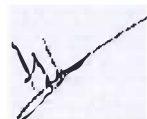
- examine the accounts under the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners of the 2011 Act and;
- to state whether particular matters have come to our attention

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 the trustees concerning any such matters. 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.

Independent examiner's statement

The accounts were constituted from notes, information and explanation of the trustees. We found nothing unusual or suspicious in the records presented to us. In connection with our examination, no other matter except that referred to above, has come to our attention to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron
3a The Vale
London
NW11 8SB

Young and Inspired Income and Expenditure Statement

	y/e 31.01.2023		y/e 31.01.2022	
	Restricted Funds	Unrestricted Funds	Restricted Funds	Unrestricted Funds
INCOMING RESOURCES				
DONATION RECEIVED	62,724.73	212,389.69	9,000	39,236.43
GRANTS RECEIVED	246,045.00	80,113.00	151,625.00	132,646.50
OTHER INCOME				500.00
GIFT AID CLAIMS		7568.70		7,587.50
	308,769.73	300,071.39	160,625.00	171,882.93
TOTAL INCOMING RESOURCES		608,841.12		332,507.93
RESOURCES EXPENDED				
ART HAVEN				500.00
BACK ON FEAT				133,000.00
BREEZE		17,750.00		1,006.00
CONQUER THE KITCHEN		56,260.00		16,346.00
DRAMA MAKES ME CALMER		71,520.51		13,677.86
FLYING COLOURS		37,872.58		
LIBRARY PROJECT				10,000.00
PLATINUM JUBILEE PROJECT		45,032.78		
SKILLS BUILDING COURSES		33,515.00		6,151.84
SUMMER HOLIDAY SCHEME		27,250.00		
SUNSHINE BREAKFAST CLUB		63,654.50		10,955.00
SUPER EATS		62,512.00		
TREEHOUSE TEENS		52,210.63		27,132.20
WELL REMEDIAL				3,920.00
		467,578.00		222,688.90
ADMINISTRATIVE EXPENSES				
BANK CHARGES		127.10		125.70
FUNDRAISING COSTS		3,549.92		1265.82
ADVERTISING AND PUBLICITY		390.00		
INSURANCE		817.07		804.47
LEGAL AND ADMIN EXPENSES		1,532.20		2,071.00
WAGES		33,144.33		25,443.70
PPS, PRINTING AND OFFICE ESP		6,016.98		5,520.69
TELEPHONE		86.16		75.39
TRAINING		1,317.46		
WEB DESIGN AND IT	1,803.00		1,800.00	
	1,803.00	46,981.22	1,800.00	31,581.98
NET INCOMING RESOURCES	306,966.73	(214,487.83)	158,825.00	(86,112.74)
TOTAL INCOMING RESOURCES		92,478.90		72,712.26
FUNDS BROUGHT FORWARD		75,708.63		2,996.37
TOTAL FUNDS CARRIED FORWARD		168,187.53		75,708.63

Independent examiner's report to the members of young & inspired for the year ending 31 January 2023

Respective responsibilities of trustees and examiner Staff

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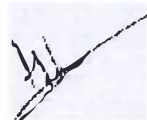
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De Claron
3a The Vale
London
NW11 8SB

Young and Inspired Income and Expenditure Statement

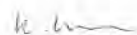
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LIBRARY PROJECT				10,000.00
PLATINUM JUBILEE PROJECT		45,032.78		
SKILLS BUILDING COURSES		33,515.00		6,151.84
SUMMER HOLIDAY SCHEME		27,250.00		
SUNSHINE BREAKFAST CLUB		63,654.50		10,955.00
SUPER EATS		62,512.00		
TREEHOUSE TEENS		52,210.63		27,132.20
WELL REMEDIAL				3,920.00
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ADMINISTRATIVE EXPENSES				
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FUNDRAISING COSTS		3,549.92		1265.82
ADVERTISING AND PUBLICITY		390.00		
INSURANCE		817.07		804.47
LEGAL AND ADMIN EXPENSES		1,532.20		2,071.00
WAGES		33,144.33		25,443.70
PPS, PRINTING AND OFFICE ESP		6,016.98		5,520.69
TELEPHONE		86.16		75.39
TRAINING		1,317.46		
WEB DESIGN AND IT	1,803.00		1,800.00	
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TOTAL FUNDS CARRIED FORWARD		168,187.53		75,708.63

Balance Sheet

	y/e 31.01.2023	y/e 31.01.2022
CURRENT ASSETS		
DEBTORS		
CASH AT BANK	168,187.53	75,708.63
	168,187.53	75,708.63
SHORT TERM CREDITORS		
LOAN CREDITORS		75,708.63
		75,708.63
NET ASSETS	168,187.53	75,708.63
FUND ACCOUNTS		
TOTAL FUNDS	168,187.53	75,708.63

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 01 June 2022 and are signed on behalf of the board by



K C Klein
Chair of Trustees

Notes to the Financial Statements For the Year Ended 31 January 2023

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared

Charity Status

The charity is an unincorporated association. The members of the charity are the trustees named on page 1.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources Expended

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis c Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts

NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

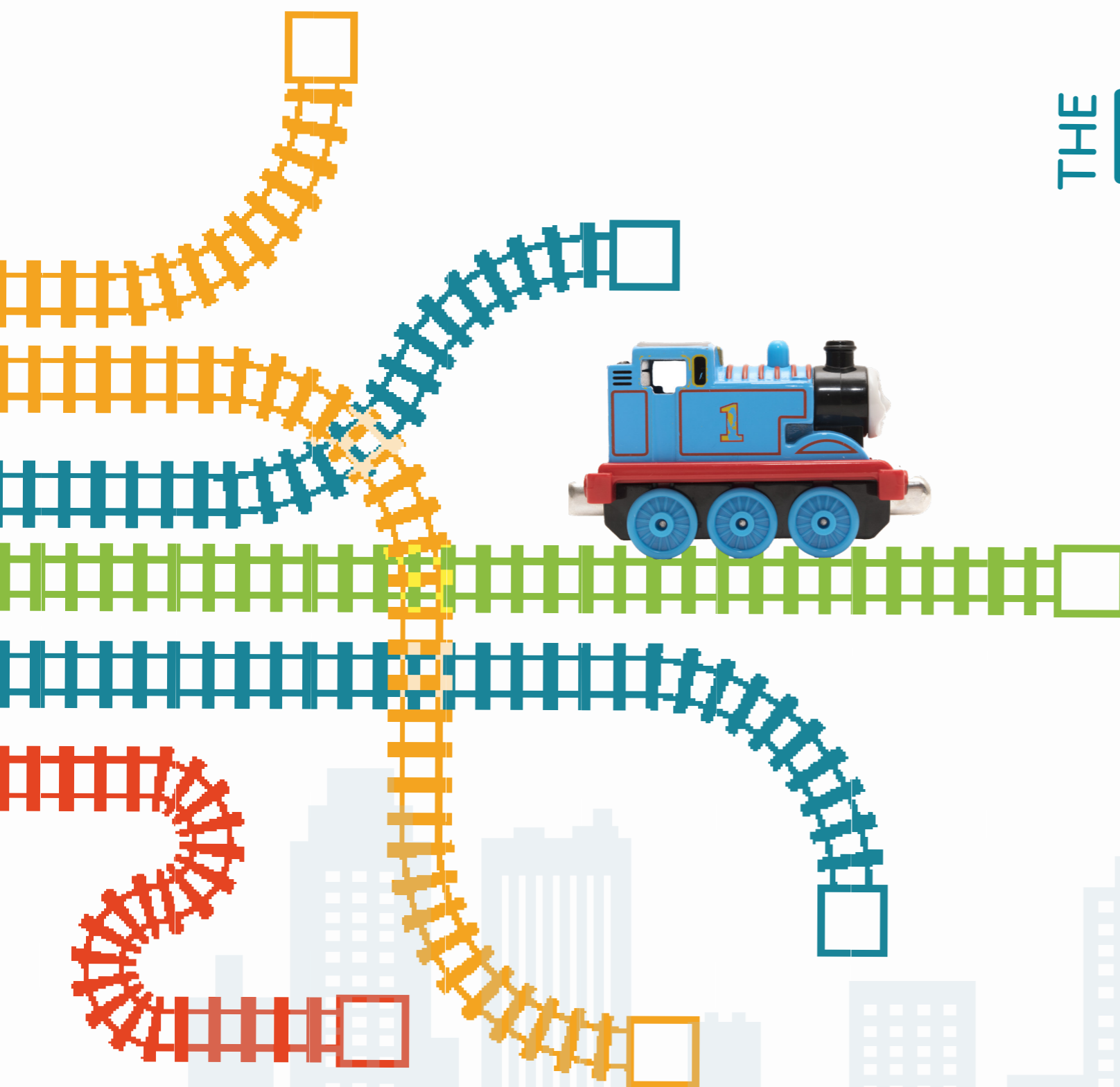
YOUNG & INSPIRED LTD

England & Wales - Charity number 1145639

Accounts

THE LITTLE ENGINE THAT COULD

ANNUAL REPORT AND ACCOUNTS 2021-2022



CHAIRS STATEMENT

Wrapping up this year fills me with emotion. Our children faced mountainous challenges, recovering from Covid-19 scars, in the shadows of the cost-of living crisis.

It's heart melting to see our children looking out for each other. One child wanted to initiate a cupcake sale to raise money to buy her friend new shoes. We told her that we will take care of it, thanks to Covid-19 relief funding from our generous donors. The compassion and consideration between kids, the solidarity, is inspiring. Likewise, our young volunteers gave so much of their free time to support younger children with so much patience.

There is a children's book that I read throughout my childhood and read and read over again even today; 'The Little Engine that could.' One lesson in particular that resonates powerfully with me was how far determination can get us.

*This children's book tells the story of a train stranded and **how** the simple train-yard switching engine rose to the challenge to save the day. The stranded train is filled with food, dolls and toys for children on the other side of the mountain. All the trains that chug past refuse to help.*

With each refusal, the dolls and toys become more despondent. When the situation seems hopeless, the toys and dolls see a Little Blue Engine approaching and beg her to help.

Hitching herself to the stranded train, The Little Blue Engine begins to tug, chug, puff and pull, all the while telling herself, "I think I can. I think I can. I think I can." And she did.

This story illustrates kindness, empathy and risk taking and sheer determination that defines each and every one of our users.

Leadership does not always emerge at the top. The Little Blue Engine was a simple train-yard switching engine, yet in desperate times, she demonstrated clear leadership—the ability to step up, take charge and support the needs of those around her.

It is an inspiration to witness this quality of leadership and passion in our young volunteers and users.

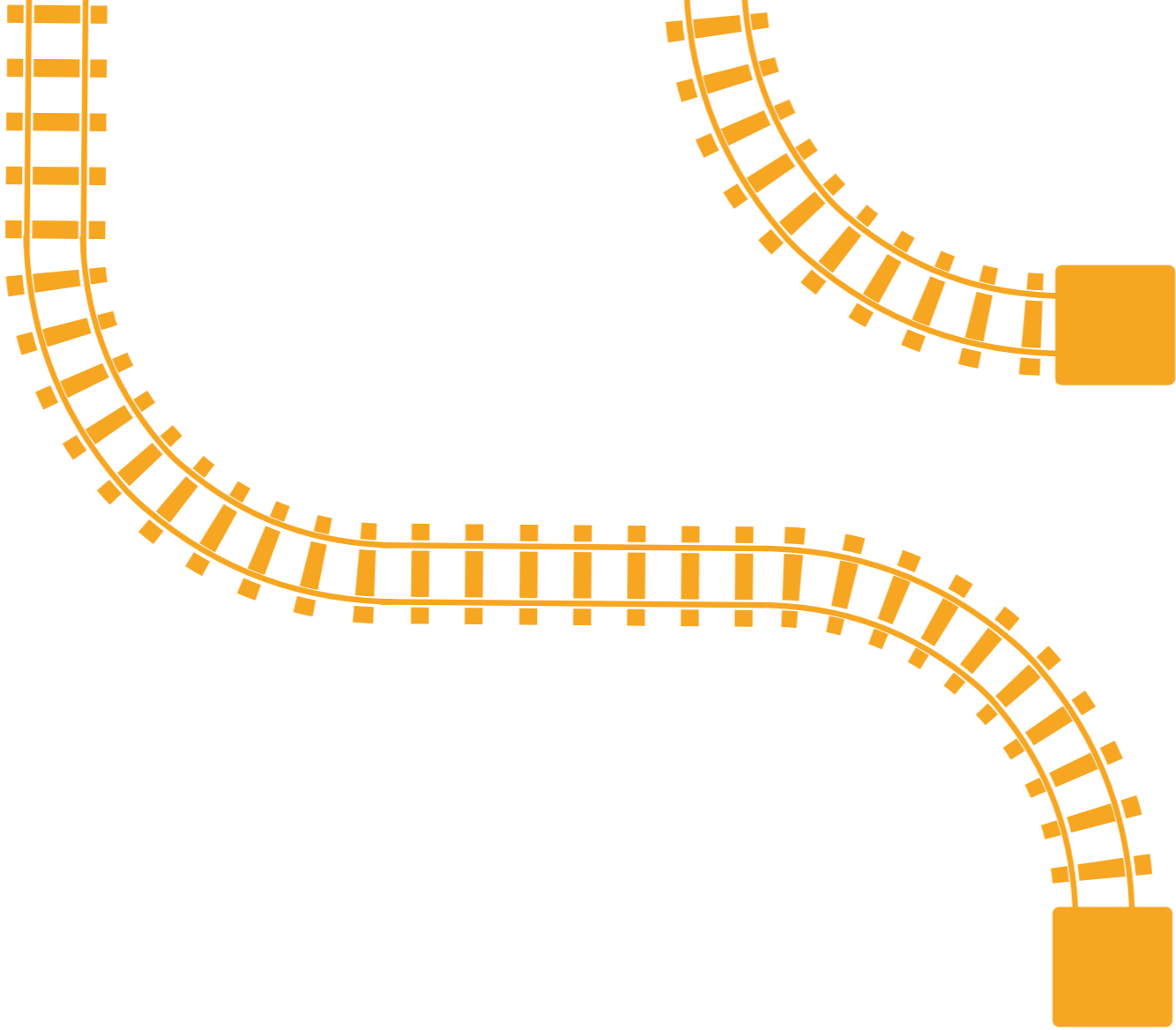
The children we support have had a hard past; but with their emotional maturity, grit and kindness, they will go far. We feel privileged to nurture their talent and hone their skills with an array of skills building workshops, welfare support and mentoring.

Thank you to our trusted and supportive friends of Young and Inspired; The Reta Lila Howard Foundation, National Lottery Community Fund, Garfield Weston Foundation, The Sobel Foundation, Scott Bader, and The Childhood Trust among others.

Thank You.

"OUR KIDS WILL GO FAR. I THINK THEY CAN. I THINK THEY CAN. THEY DEFINITELY CAN!"

**K. KLIEN
CHAIR OF TRUSTEES**



OUR MISSION

CHILDHOOD BELONGS TO ALL CHILDREN. TOGETHER WE ENSURE THAT ALL CHILDREN SHOULD HAVE A CHILDHOOD WHICH EMPOWERS THEM TO GROW *UP* NOT OLD.

OUR VISION

EVERY CHILD SHOULD ASPIRE TO ACHIEVE BUT NO CHILD SHOULD TAKE THE TEST OF HUNGER, ABUSE OR ISOLATION.



OUR AIMS

OUR STEERING COMMITTEE, IN CONSULTATION WITH PEERS, HAVE CREATED THE 'BILL OF RIGHTS' WHICH EVERY CHILD DESERVES: THE FOUR 'F' COMPONENTS WHICH ARE A MUST FOR CHILDREN TO ENJOY A FULFILLING CHILDHOOD.



FUTURE:

We empower users to budget and be financially literate. We also offer job coaching, training and vocational skills courses. Our specialty is working with younger NEET users.



FOOD:

Access to nutritious meals daily.



FUN:

Recreational opportunities which user's cannot afford. We believe that having a happy fulfilling childhood is the basis for a healthy future. We wish to create positive memories for disadvantaged youth by offering holiday retreats, playschemes, trips.



FRIENDS:

The chance to develop and maintain positive relationships, with peers, adults and mentors.



BACK ON OUR FEAT:

Back on our Feet; is our Covid-19 response to help most vulnerable children to manage the crisis and steer them to recovery.



1) We expanded our breakfast clubs to 3 more locations, feeding 72% more children, yet in smaller groups and inviting non-school age children to attend too.



2) Mental Health Support

Covid19 exacerbated mental health disorders for children with existing conditions and also generated new issues. For Children and adolescents with mental health needs, school closure meant a lack of access to the resources they usually have through schools. All children signposted for our Mental Health Support project received an intake assessment and were paired with a mentor and offered one-to-one sessions on zoom, telephone or face-to-face in line with government guidelines. Mentors are supervised and supported by qualified licensed therapists. We will also offer weekly group therapy sessions which are particularly helpful in giving the children support and the chance to feel 'normal' with their mental health issues.



Since my bout with Covid, months ago, my lethargy and apathy didn't budge. I had no energy and interest for anything. My GP thought I was depressed and mum didn't want me on meds- she wished I WOULD JUST SNAP OUT OF IT. My school was getting fed up with my absences and I felt the dark cloud I was in in was getting thicker and so intense.

Art was my only window out of the greyness. I was invited to join the Young and Inspired's Youth council to design and shape a new project called Fly Colours Arts depot. I met my closest and most amazing friends, I wasn't told to snap out of it, but snap into it, and hear what my heart wants, and express the anxiety, loneliness with art, which helped me relax and feel connected.

Before I joined Young and Inspired I was shy and a people pleaser. Now I stick up for myself and for others. I am now an art mentor for another young person with depression. We communicate mostly through art and he's really coming through. I really believe that Young & Inspired put me on that path, giving me the confidence and strength to reach out, get support and share my story.

Baruch, 19

“The exhilaration and freedom I feel as my kayak cuts through the water and breezes down the lake is priceless. We love water warriors and are gaining so many new skills and friends
Esther, 14

BREEZE AFTER SCHOOL PLAY N' LEARN

Breeze after school Play n' Learn aims to provide a safe, stimulating and fun environment where children from **struggling** families, or those living in overcrowded homes can **have fun**.

Breeze After-School Club transitioned to remote delivery and operated 3 days weekly.

During the Summer Holidays, we were grateful that we could deliver face-to-face sessions. It was such a treat to be in each other's company.

Research has proven that play is vital for children to learn and grow, both physically and mentally. Play lets them work out their emotions, explore the world around them and discover who they are. Breeze play scheme operates during summer, winter, April, and half term holidays.

DMC –DRAMA MAKES ME CALMER

DMC –Drama Makes me Calmer involves weekly drama sessions and drama therapy focused summer camps for young people from turbulent backgrounds, or who are exhibiting risk factors of poor mental health.

It's a chance for self expression and to connect with others in the rejuvenating countryside environment. Drama helps them regulate their moods and understand themselves better.

CONQUER THE KITCHEN

Conquer the Kitchen empowers teenage and young parents with vital cooking, nutrition and budgeting skills and connects isolated **young mothers** various backgrounds through food. In response to Covid 19 we launched Food bytes, a virtual community forum supporting young mothers with home cooking and Community Cabinet Kitchen tool lending library.

We stock kitchen essential tools such as blenders, peelers, pots, slow cookers and fun gadgets too, like juicers, pastry making tools, etc. Each appliance can be borrowed for 5 days, after which users must return it washed and cleaned. We then sterilize equipment.

Community Cabinets lowers the barrier for consumers who want to eat healthier and cook at home more often by giving them low-cost access to otherwise expensive equipment and offers a solution to people living in crowded accommodation with no space to store equipment. It also prevents waste of purchasing a tool, using it once and abandoning it.

There is something so special and delicious about a slice of toast and heart shaped omelette with perfectly sliced cucumber things which we have on Sundays at Young and Inspired`s breakfast club. I have tried to recreate this at home for my siblings when mum works till late, for our dinner and it tastes fine, but far from how it tastes and feels at Sunshine Breakfast Club. I am sure it's about the atmosphere and friendships that are so magical there. Maybe also the feeling that we can have as much bread and vegetables as we like without feeling as if we are eating someone else's portion.

Leeba 11

SAVVY & SUCCESSFUL

Savvy & Successful creates pathways to employment for 60 NEET adolescents. It incorporates mentoring, career advising, vocational courses, job readiness workshops and liaising with employers to arrange jobs and mediate issues in workforce. It tackles poverty in a holistic through enabling young people to procure employment, manage money and be financially literate.

During lockdown we transitioned the project to digital delivery and incorporated a digital-literacy component. Mentors focus on the needs of each beneficiary and meet them where they are, then help them get where they need to be. Thank you Young Hackney Consortium for funding this project. Despite complex economic climate and collapsing job market, we helped 23 young people and supported 18 new young people between 16-25 into employment and more significantly more into further education.

SUNSHINE BREAKFAST CLUB

Despite being one of the richest economies in the world, there are almost 4 million children in the UK growing up in poverty, and half a million children arriving at school too hungry to learn.

Seeing this first-hand was not possible to ignore. To address the issue, Young & Inspired have launched a daily breakfast club, where 156 children living in most deprived circumstances in North London are provided a delicious nutritious breakfast, free of charge.

Sunshine Breakfast club operates in a large centrally located school in Hackney. Children are collected from homes by volunteers at 8:15am and meet at the schools dining room where they sign in and take seats at appetizingly set table. They enjoy a nutritious selection of bread, warm and cold cereal, eggs/tuna/cheese, vegetables and milk. Children have shared that the feeling of being full and satisfied and luxurious porridge taste lingers and gives them strengths for their day. Many children pack up food for lunch too.

Through the Sunshine Breakfast Club we have provided hungry children with the fuel to focus and remember their lessons, affecting their entire education. Teachers have reported and increased in academic and behaviour performance by 50%.

A JOURNEY OF CHANGE



- 87% saw improvements in their emotional wellbeing
- 75 reported improvements in their identity and self-worth
- 83% feel their health and wellbeing improved
- 60% saw an improvement in their relationships with their friends
- 53% felt their home & Family improved
- 46% reported improvements in their safety
- 82% felt they progress in their school, work or training environment.

340
Infants of Young Parents (0-5 years)

Monitoring Tool:
SDQ Outcome Star Framework

145
Young Parents

Monitoring Tool:
Rosenberg Self Esteem /Outcome Star for Young Parents/
Young Parents Self-Assessment

462
Children ages 6-18 facing
Adverse Childhood Experiences

Monitoring Tool:
SDQ Outcome Star/ User forum

Trustees Report

The Trustees present this report with the financial statements of the charity for the period ending 31 January 2022. The Trustees confirm that the annual report and the financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in February 2005.

Status and Administration

Young & Inspired is a charitable company (7493381) and as dated 26 January 2012.

Charitable Activities

The Activities of the Charity are:

- 1) The promotion and advancement of the education of young people.
 - 2) to provide or assist in the provision of facilities in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life.
 - 3) the promotion of any other exclusively charitable objects and purposes such as the trustees see fit, provided that they are regarded as charitable by the law of England and Wales.
- The trustees confirm that they have given due regard the Charity Commission's guidance on public benefit and on advancing education and fee charging.

Trustees

Trustees The Trustees in office throughout the year were Mr. Yoel Fischer, Mrs Kaila Chava Klein and Mrs Sara Adler.

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

Funding

Young & Inspired is currently financed through grants from charitable trust and local donors. private donations.

Membership

Young & Inspired is currently not a member of any roof body or professional organisation.

Reserves Policy

Our Reserves Policy is to maintain sufficient level of reserves to enable normal operating activities to continue over a period of up to three months should a shortfall in income occur and to take account of potential risks and contingencies that may arise from time to time.

Risk Assessment

The Trustees have assessed the major risks to which the charity is exposed, in particular those related to the operations and finances of the charity, and are satisfied that systems are in place to mitigate their exposure to major risks.

Responsibilities of Trustees

Charity Law requires the Trustee 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

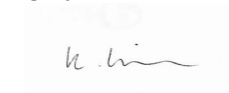
- a. Select suitable accounting policies and apply them consistently,
- b. Make judgements and estimates that are reasonable and prudent,
- c. Follow applicable accounting standards and the Charities SORP 2015, disclosing and explaining any departures in the financial statements.
- d. Prepare the financial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

The Trustees are also 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 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.

Independent Examination

An independent examiner's report will be prepared by De Claron Ltd.

Approved by the Trustees of Young & Inspired and signed on 01 June on behalf of them all.



Mrs Kaila Chava Klein

01 June 2022

Independent examiner's report to the members of young & inspired for the year ending 31 January 2022

Respective responsibilities of trustees and examiner Staff

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 and that an independent examination is needed.

It is our responsibility to:

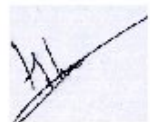
- examine the accounts under the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners of the 2011 Act and;
- to state whether particular matters have come to our attention

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 the trustees concerning any such matters. 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.

Independent examiner's statement

The accounts were constituted from notes, information and explanation of the trustees. We found nothing unusual or suspicious in the records presented to us. In connection with our examination, no other matter except that referred to above, has come to our attention to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron
3a The Vale
London
NW11 8SB

Young and Inspired Income and Expenditure Statement

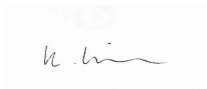
	y/e 31.01.2022		y/e 31.01.2021	
	Restricted Funds	Unrestricted Funds	Restricted Funds	Unrestricted Funds
INCOMING RESOURCES				
DONATION RECEIVED	9,000.00	39,236.43	32,115.00	38,969.01
GRANTS RECEIVED	151,625.00	132,646.50	62,399.00	93,080.81
OTHER INCOME				500.00
GIFT AID CLAIMS				7,587.50
	160,625.00	171,882.93	94,514.00	140,137.32
TOTAL INCOMING RESOURCES		332,507.93		234,651.32
RESOURCES EXPENDED				
ART HAVEN	500.00			820.50
BACK ON FEAT		133,000.00	145,800.00	67,400.00
BREEZE	1,006.00		1,200.00	2,400.00
BRUNCH BOX				23,984.50
CONQUER THE KITCHEN	16,346.00		9,905.00	11,614.00
DRAMA MAKES ME CALMER	13,677.86		30,870.00	
LIBRARY PROJECT	10,000.00		1,085.00	3,380.00
PASSION FRUIT PROJECT			10,360.00	3,269.39
SKILLS BUILDING COURSES	6,151.84		11,000.00	
SUNSHINE BREAKFAST CLUB	10,955.00		600.00	8,302.00
TREEHOUSE TEENS	27,132.20		3,000.00	5,000.00
WALKING WARRIORS			280.00	
WATER SPORTS			6,645.00	
WELL REMEDIAL	3,920.00		239.00	1,000.00
	133,000.00	89,688.90	220,984.00	127,170.39
ADMINISTRATIVE EXPENSES				
BANK CHARGES		125.70		2.50
FUNDRAISING COSTS		1,265.82		165.00
ADVERTISING AND PUBLICITY			300.00	250.00
INSURANCE		804.47		
LEGAL AND ADMIN EXPENSES		2,071.00		1,332.00
WAGES		25,443.70		25,902.58
PPS, PRINTING AND OFFICE ESP		5,520.69		3,621.51
TELEPHONE		75.39	100.00	68.39
TRAINING				240.00
WEB DESIGN AND IT	1,800.00		1,200.00	
	1,800.00	35,306.77	1,600.00	31,581.98
NET INCOMING RESOURCES	25,825.00	46,887.26	(128,070.00)	(18,615.05)
TOTAL INCOMING RESOURCES		72,712.26		(146,685.00)
FUNDS BROUGHT FORWARD		2,996.37		149,681.42
TOTAL FUNDS CARRIED FORWARD		75,708.63		2,996.37

Balance Sheet

	y/e 31.01.2022	y/e 31.01.2021
CURRENT ASSETS		
DEBTORS		
CASH AT BANK	75,708.63	11,461.43
	75,708.63	11,461.43
SHORT TERM CREDITORS		
LOAN CREDITORS		8,465.06
		8,465.06
NET ASSETS	75,708.63	2,996.37
FUND ACCOUNTS		
TOTAL FUNDS	75,708.63	2,996.37

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 01 June 2022 and are signed on behalf of the board by



K C Klein
Chair of Trustees

Notes to the Financial Statements For the Year Ended 31 January 2022

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared

Charity Status

The charity is an unincorporated association. The members of the charity are the trustees named on page 1.

Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

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NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.

YOUNG & INSPIRED LTD

England & Wales - Charity number 1145639

Accounts

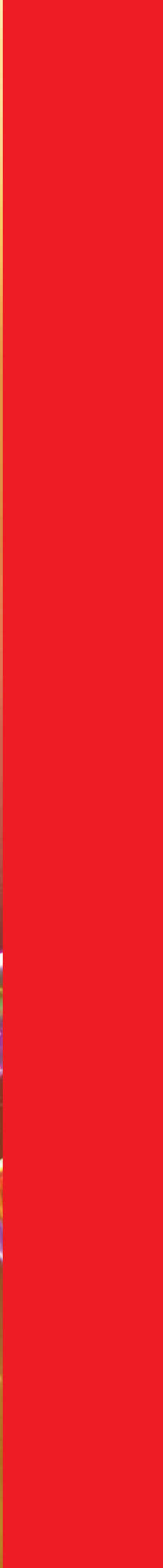


**Young &
Inspired**
HELP FOR THE YOUNG AND DISADVANTAGED

ANNUAL REPORT

REPORT OF THE TRUSTEES
AND FINANCIAL STATEMENTS
PERIOD ENDING
31 JANUARY 2021
FOR YOUNG & INSPIRED.





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Page 16



Message of The Chair

It seems that no aspect of life is safe from the impact of covid-19 at the moment. And that includes Young and Inspired. The loss of lives, of jobs, of structure, of routine and everything we have come to trust on and rely, has crumbled. It feels as if our foundations have been uprooted. The impact of social-distancing and self-isolation will affect our charity both in terms of dealing with increasing user's needs, user referrals and the impact on fund-raising. It's been an exceptionally difficult year for the entire charity sector and Young & Inspired has been a part of that. The pandemic has been heart breaking in many ways. It's reminded us why we exist and the importance of the work Young & Inspired does.

But I am not dreaming. At Young & Inspired we rode with the challenges and overcame road blocks, one after another. Our governance, staff and most significantly, our children are emerging stronger, we have learned new ways of working and capitalised on wide reaching gains of digital delivery; we are reaching so many more children than we imagined we ever would.

Our Covid-19 response projects: 'Lockdown Looks-up' and 'Back on our Feet' have reached and supported 500 children. We delivered over 10,000 meals, 700 mentoring sessions, 2000 crises parcels, 422 crises counselling sessions, and 4255 homework and educational booster sessions.

We engaged 30 under stimulated and isolated adolescents in regular volunteering and supported 45 young people to access remote based jobs.

We ran an out of the box virtual fundraising campaign which raised over 30k. These funds went directly to families worst hit in the form of cash grants, essential and food parcels and counselling. We know from our surveys that this help prevented families from painful breaks up risked by threat of poverty, hunger and emotional distress.

Children have proven to us that they can be more than a product of unfortunate circumstances; they have stretched and grown and developed grit, resilience, and agency. These children will be tomorrow leaders. They know how to look adversity in its face and overcome it.

Our new strategy and model for advocating for disadvantaged children is nurturing their agency; it's about putting children in driver's seat off their lives and of their future and the ability to course correct when roadblocks arise. This theme will be embedded in all our services and underpin the work we do, starting with our Youth Leadership council steering committee who initiated a new leadership program called 'Agency'.

On a different note-
The financial picture for Young & Inspired was bleak; we were juggling significantly greater call on services, costly adaptations to delivery of activities, staffing reductions due to shielding and illness, significantly increased operational costs balancing higher demand at a 250% increase in the shadows of reduced income. Our Trustees in partnership with our Financial Audit Team agreed to enter a controlled deficit and redeveloped our funding strategy and business plan. At the time of writing this report, our numbers are a lot healthier and we are gradually replenishing our reserves in line with our funding strategy and Reserves Policy.

In the following pages you will see the transformative effects of your support in the lives of the children we serve. None of this would be possible without our amazing staff, board members, volunteers, donors and community partners. I want to thank you for your time, commitment, dedication and support over the past year – I have personally felt that on all levels. You are such an incredible community of people and sharing our strengths makes us stronger. I am so proud to be on this mission with each and every one of you.



Kaila Klein
Chair of Trustees
24th Mar '21

Trustees

Mr Yoel Fischer
Mrs Sara Adler
Mrs Kaila Chava Klien

Registered Office

26 Clapton Common
London, E5 9BA

Registered Company No: 7493381
Registered Charity No: 1145639

Independent Examiner

De Claron Ltd
3a The Vale
London NW11 8SB

TRUSTEES REPORT

The trustees are pleased to present their report with the financial statements of the charity for the year ended 31 January 2021. The trustees confirm that the annual report and the financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in Jan 2015.

Our Vision

Every child should aspire to achieve but no child should take the test of hunger, abuse or isolation.

Our Mission Statement:

Childhood belongs to all children. No child should be forced to grow OLD prematurely. Together we ensure that all children should have a childhood which empowers them to Grow UP not old.

Our aim is to fulfil Children's Bill of Rights.

Our steering committee, in consultation with peers, have created the 'bill of rights' which every child deserves: The four 'F' components which are a must for children to enjoy a fulfilling childhood.



Food:
Access to nutritious meals daily..

Fun:
Recreational opportunities which user's cannot afford. We believe that having a happy fulfilling childhood is the basis for a healthy future. We wish to create positive memories for disadvantaged youth by offering holiday retreats, play-schemes, trips, and out-of-school-hour's fun.

Friends & Relationships:
The chance to develop and maintain positive relationships, with peers, adults and mentors

Future:
We empower users to budget and be financially literate. We also offer job coaching, training and vocational skills courses. Our specialty is working with younger NEET users.



Food

Fun

Friendships

Future

Quotes

Receiving the breakfast box was so much more than getting food. All we had at home was cheap and stodgy starches that give you a temporary and inflated feel of fullness. My acne broke out terribly and I never showed my camera on zoom sessions or even looked out of the window, i felt bloated, embarrassed and irritated and barely left my bedroom only to visit the bathroom-all day. I craved fresh vegetables, iceberg lettuce and wholesome cheese. To me this box gave me a new lease of self esteem. The food was balanced and delightful, I felt amazing afterwards, the consistency in how it came, every morning accompanied by a friendly letter and mind breaking puzzles set the tone for the day and gave me some certainty and helped me feel grounded.

I used to feel like I'm cheating my toddler, feeding her tinned and jar food only and takeout on holidays. I didn't begin to know how to cook anything other than pasta and noodle soup and was clueless how to budget my tight income to choose the most value for money foods.

Conquer the Kitchen' has taught me to budget effectively and prepare nutritious meals for us. Mealtimes have become a meaningful bonding experience (Simi)

I joined Art Haven and DMC Drama club as an angry teen. Unmotivated and untalented and just happy to have a somewhere nice to go after school which serves snacks. Y&I harnessed a talent I never knew I had. I adore anything arts related and have joined an art academy. Y&I arranged my scholarship

CONVERSATION



WITH
YOUTH
LEADERSHIP
COUNCIL
STEERING
COMMITTEE



Manny, Interviewer:

Hi Michelle, Hello Eli, Hi Mariam,
You are steering Young & Inspired into amazing pathways,
do you want to share with us about yourselves and
how you joined Young & Inspired?

Michelle: I was 8 when I joined Young and Inspired's Breakfast Club. Before that, all I could think about in my morning classes was which one of my classmates I haven't yet panhandled for snacks and where I can find food for till lunch. I failed all my morning classes and aced my afternoon classes after lunch. I haven't missed a breakfast club session since, I now volunteer at breakfast club too.

Eli: Every day I would look myself in the mirror and wonder why I was so unlikeable. Why no one wanted to be my friend. After joining Young & Inspired DMC club, the therapist gave me a socials- skills-toolbox. Today I am a Leader and Mentor to other struggling kids.

Mariam: My parents are divorced, I live with my mum, but she must work double shifts sometimes to pay the bills, Young & Inspired's Breeze afterschool club was a life saver for me.

How do you monitor the performance of the young people that you have to lead?

Michelle: We distribute and collect surveys to all children who join sessions, we also lead focus groups where we discuss our work in detail. I work directly with monitoring officer and know she uses SDQ and Outcomes stars to measure differences.

Are you able to delegate responsibilities efficiently?

Eli: We did training for this. In the beginning; I felt like I needed to control everything and only I could execute a task perfectly. I really learned the balance now, and so have my other team mates on the committee.

How would you describe your leadership style?

Michelle: My leadership skills can be described as creative, open, and encouraging. I always do what I can to foster an environment that is conducive to the learning and growth of peers.

How has covid-19 impacted your lives and the lives of your peers

Eli: My mum lost both her Dad and Aunt in one month. My house was so sad and I couldn't get out. Then I was voted in as steering committee member, things became so much more bearable. We set up a digital device library and shifted most sessions virtually, connecting with my Young & Inspired community and others really helps me survive each day.

Mariam: The anxiety was the worst. Everyday brought more horrors and tragedies, the media made me scared. Everything made me scared and discussing this with my peers, I realized I'm not alone. The anxiety workshops significantly helped.

Michelle: The hunger above everything upset me, it was difficult to get up to with little to eat, do thing and meet no-one. When we started doing the breakfast boxes, I was so relieved, and through the feedback forms and discussions I know that others were too.

**Thank you Michelle, Mariam and Eli.
You are inspiring leaders and an asset to Young & Inspired!**

Projects:

Our Covid 19 Response Projects



Lockdown-Looks up was first our crises intervention project. We mobilised within 24 hrs and then launched Project Back-on-our-Feat:

Back on our Feat:

'Back on our Feet' is a pragmatic adaption to general services with new specific services to directly address COVID-19 bio-psycho-social effects on disadvantaged children and Young people and steer them to recovery. Our Project has three strands:

1) Food provision-We Expanded our breakfast clubs to 3 more locations, feeding 100% more children yet in smaller groups and inviting non-school age children to attend too. During the lockdown we innovated our Breakfast Club through distributing Breakfast Boxes to our children's homes.

2) Mental Health Support

Covid 19 exacerbated mental health disorders for children with existing conditions and also generated new issues. For Children and adolescents with mental health needs, school closure meant a lack of access to the resources they usually have through schools. In a survey by the mental health charity Young Minds, which included 2111 participants with a mental health illness history in the UK, 83% said the pandemic had made their conditions worse. 26% said they were unable to access mental health support; peer support groups and face-to-face services have been cancelled and support by phone or online can be challenging for many young people. All children signposted for our Mental Health

Support project received an intake assessment and were paired with a mentor and offered one-to-one sessions on zoom, telephone or face-to-face in line with government guidelines. Mentors are supervised and supported by qualified licensed therapists with supervision licenses. We also offered weekly group therapy sessions which are particularly helpful in giving the children support and the chance to feel 'normal' with their mental health issues. In addition we delivered a 'children in bereavement' group and virtual art and drama therapy sessions.

We have also launched an exciting DBT skills workshops for adolescents contending with stressful home environments and relationships which were exacerbated by Covid-19:

-Mindfulness: Empowering young people to direct attention and to observe and describe what they are feeling and thinking in the moment without judgement. These skills help young people develop a more stable sense of who they are, and can help reduce reactivity to painful thoughts and emotions.

-Distress Tolerance: targets impulsivity by teaching adolescents how to effectively distract and soothe themselves while considering pros and cons of their actions. These skills typically replace problem behaviours such as self-injury, substance use, binge eating, and angry outbursts.

-Emotion Regulation: addresses emotional sensitivity, and other unregulated moods such as chronic depression, anxiety, or anger.

-Interpersonal Effectiveness:

Projects:

Our Covid 19 Response Projects



such as how to ask for what you want, how to say no how to maintain a sense of self-respect and independence in the face of external pressure.

-Middle Path: targets extreme and non-balanced thinking and behaviours. These skills involve learning about common areas of conflict and polarization, and reducing this conflict by learning methods to change behaviour, as well as methods of validation and acceptance.

-Phone coaching: This part of the treatment is designed to promote skills use where it matters most – in daily life. When our clients feel unsure of how to approach a particular situation, they are encouraged to contact their individual therapists for help in using DBT skills.

3) Save our Literacy

During the lockdown all school reverted to online and telephone home-schooling. While

this manner of learning was the best option – there is no question that many children lost a huge amount of skills gained during the first two school terms. This is especially true for children in Early-Years and Key-Stage-1, as teachers report now once school has reopened, 'many children will have to start learning to read from scratch'.

Save our Literacy offered weekly literacy sessions where children practice their literacy skills, and play literacy games with our team of trained volunteers. We supported children who were referred to us by schools, teachers and parents who have lost their basic reading and writing skills during the pandemic. Through our project we are playing a critical role in helping children from low-income homes to catch up their foundational learning skills and succeed in their education.



Drive Your Car - Agency:



Our leadership programs offer year-round experiences where young people can learn, practice and benefit from valuable life and leadership skills. We set the stage for kids as young as 13 to become leaders, first of themselves and then in their communities. Our program supports young people to learn soft skills and connects them with various internal and external volunteering opportunities.

Savvy & Successful



Savvy & Successful creates pathways to employment for 60 NEET adolescents. It incorporates mentoring, career advising, vocational courses, job readiness workshops and liaising with employers to arrange jobs and mediate issues in workforce. It tackles poverty in a holistic through enabling young people to procure employment, manage money and be financially literate.

During lockdown we transitioned the project to digital delivery and incorporated a digital-literacy component. Mentors focus on the needs of each beneficiary and meet them where they are, then help them get where they need to be. Thank you Young Hackney Consortium for funding this project. Despite complex economic climate and collapsing job market, we helped 23 young people and supported 18 new young people between 16-25 into employment and more significantly more into further education.

Breeze after school Play n' Learn



Breeze after school Play n' Learn aims to provide a safe, stimulating and fun environment where children from disturbed families, or those living in overcrowded homes or lack parental supervision can access a safe haven and develop socially, physically, morally, intellectually, emotionally and creatively. Breeze After-School Club transitioned to remote delivery and operated 3 days weekly.

During the Summer Holidays, we were grateful that we could deliver face to face sessions. It was such a treat to be in each other's company. Research has proven that play is vital for children to learn and grow, both physically and mentally. Play lets them work out their emotions, explore the world around them and discover who they are. Breeze play scheme operates during summer, winter April, and half term holidays.

Conquer the Kitchen



Conquer the Kitchen empowers teenage and young parents with vital cooking, nutrition and budgeting skills and connects isolated, post partum women from various backgrounds through food

Conquer the Kitchen

In response to Covid 19 we launched Food bytes, a virtual community forum supporting young mothers with home cooking and Community-Cabinet Kitchen tool lending library. We stock kitchen essential tools such as blenders, peelers, pots, slow cookers and fun gadgets too, like juicers, pastry making tools, etc. Each appliance can be borrowed for 5 days, after which users must return it washed and cleaned. We then sterilize equipment.

Community Cabinets lowers the barrier for consumers who want to eat healthier and cook at home more often by giving them low-cost access to otherwise expensive equipment and offers a solution to people living in crowded accommodation with no space to store equipment. It also prevents waste of purchasing a tool, using it once and abandoning it.

DMC -Drama Makes me Calmer



DMC –Drama Makes me Calmer involves weekly drama sessions and a drama therapy focused summer camps for young people from turbulent backgrounds, or who are exhibiting risk factors of poor mental health. It's inviting individuals to examine their own behaviour, acting as a catalyst for promoting personal development and change.

Despite initial teething issues we managed to adjust and we were able to deliver great virtual sessions



TRUSTEES REPORT

Collectively, these projects have served over 400 disadvantaged children living in London this year.

Our programs are led by project managers but staffed entirely with volunteers in order to reduce the costs. All our staff and volunteers undergo child safeguarding training and are DBS checked.

Young & Inspired has made a huge difference in the lives of disadvantaged children and teens and the trustees are proud to have inspired this change.

RESERVE POLICY

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. This provides sufficient funds to cover management and administration costs. The trustees are delighted that we have reached this position this year.

MEMBERSHIP

Young and Inspired Ltd are proud to be an accredited member of London Youth. We are also members of Sported.

RISK ASSESSMENT

The trustees have identified and reviewed the major risks to which the charity is exposed. Both manual and automated checks are consistently invoked, particularly those relating to the operations and finance of the charity. The trustees are satisfied that these systems and procedures mitigate any perceived risks. Trustees are active in reviewing possible day to day challenges and are prepared to take necessary measures.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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 and of the profit or loss of the charity for that period. In preparing those financial statements, trustees must/are required to/have ensured to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2006. AUDITOR There is no audit requirement for the charity. An independent examiner's unqualified report will be prepared by De Claron Ltd.

ON BEHALF OF THE BOARD SIGNED:

Sarah Adler, Trustee
24th Mar '21

Independent Examiner's Report To The Trustees Of Young & Inspired

I report on the accounts of the Charity for the year ended 31 January 2020, which are set out on pages 4 and 13.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2006 and that an independent examination is needed. It is my responsibility to:

- Examine the accounts (under the 2006 Act);
- Follow the procedures laid down in the General Directions given by the Charity commissioners (under the 2006 Act);and
- State whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S REPORT

My 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.

INDEPENDENT EXAMINER'S STATEMENT

In connection with 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 the 2006 Act; and
- To prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2006 Act have not been met; or, (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

De Claron Ltd.
3a The Vale
London
NW11 8SB

24th March 2021



Young & Inspired - y/e 31.01.2021

Income & Expenditure Statement

	y/e 31.01.2021		y/e 31.01.2020	
	Restricted	Unrestricted	Restricted	Unrestricted
	Funds	Funds	Funds	Funds
	£	£	£	£
INCOMING RESOURCES				
DONATIONS RECEIVED	32,115.00	38,969.01	73,908.70	114,557.50
GRANTS RECEIVED	62,399.00	93,080.81	53,390.00	188,702.28
OTHER INCOME		500.00		1,434.00
GIFT AID CLAIMS		7,587.50		5,072.50
	94,514.00	140,137.32	127,298.70	309,766.28
TOTAL INCOMING RESOURCES		234,651.32		437,064.98
RESOURCES EXPENDED				
CHARITABLE PROGRAMS				
BACK ON OUR FEAT	145,800.00	67,400.00		
ART HAVEN		820.50	17,000.00	22,240.00
BREEZE	1,200.00	2,400.00	18,900.00	23,520.00
BRITAIN R US		-		-
BRUNCH BOX		23,984.50		
CONQUER THE KITCHEN	9,905.00	11,614.00	10,750.00	12,900.00
D.M.C.			14,314.85	38,200.00
DRAMA MAKES ME CALMER	30,870.00			
FIRST AID			10,842.93	5,000.00
FLORAL ART			7,000.00	6,000.00
HOMEWORK BOOSTER CLUB			1,686.76	11,699.66
LOCKDOWN LOOKSUP	1,085.00	3,380.00		
PASSION FRUIT PROJECT	10,360.00	3,269.39	31,240.00	-
SCIENCE CLUB	-		-	19,210.00
SEASONAL TRIPS			15,805.00	7,388.87
SKILLS BUILDING COURSES	11,000.00			
SUNSHINE BREAKFAST CLUB	600.00	8,302.00	2,490.84	24,385.00
SUVVY & SUCCESSFUL	3,000.00	5,000.00		
SWIMFIT			2,050.00	25,150.00
TEACH ME TO REACH			14,000.00	29,000.00
WALKING WARRIORS	280.00			
WATER SPORTS	6,645.00		542.93	21,000.00
WELL REMEDIAL	239.00	1,000.00	13,042.93	18,442.96
	145,800.00	67,400.00	159,666.24	264,136.49
ADMINISTRATIVE EXPENSES				
BANK CHARGES		2.50		-
FUNDRAISING COSTS		165.00		11,020.00
ADVERTISING & PUBLICITY	300.00	250.00		
INSURANCE				623.30
LEGAL AND ADMIN EXP		1,332.00		1,152.00
WAGES		25,902.58		16,716.33
EQUIPMENT PURCHASED & OFFICE MAINT.		3,621.51	35.90	3,580.10
TELEPHONE	100.00	68.39		
TRAINING		240.00		
WEB DESIGN & IT	1,200.00		1,440.00	
	1,600.00	31,581.98	1,475.90	33,091.73
NET INCOMING RESOURCES	(52,886.00)	41,155.34	(33,843.44)	12,538.06
TOTAL INCOMING RESOURCES		(11,730.66)		(21,305.38)
FUNDS BROUGHT FORWARD		149,681.42		170,986.80
TOTAL FUNDS CARRIED FORWARD		137,950.76		149,681.42

Young & Inspired - y/e 31.01.2021

Income & Expenditure Statement

y/e 31.01.2021		y/e 31.01.2020	
Restricted Funds	Unrestricted Funds	Restricted Funds	Unrestricted Funds
£	£	£	£

Balance Sheet

	y/e 31.01.2021		y/e 31.01.2020	
	£	£	£	£
CURRENT ASSETS				
DEBTORS			-	
CASH at BANK	11,461.43		149,681.42	
		11,461.43		149,681.42
SHORT TERM CREDITORS				
LOAN CREDITORS	8,465.06			
		8,465.06		-
NET ASSETS		2,996.37		149,681.42
FUND ACCOUNT				
TOTAL FUNDS		2,996.37		149,681.42

The company is entitled to exemption from audit under Section 477(2) of the Companies Act 2006 for the year ended 31st January 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st January 2021 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- ensuring that the company keeps accounting records which comply with Section 386 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year, and its profit and loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standards for Smaller Entities (effective January 2015).

ON BEHALF OF THE BOARD

Director

Director

Approved by the Board on: 29 April 2021

Yours,

C Lubin



Notes to the Financial Statements For the Year Ended 31 January 2021

ACCOUNTING POLICIES

Basis of preparation of financial statements. The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in February 2005.

CHARITY STATUS

The charity is a charitable company. The members of the charity are the trustees named on page 4.

FUND ACCOUNTING

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

INCOMING RESOURCES

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

RESOURCES EXPENDED

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a monthly basis. Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

GOING CONCERN

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.





**Young &
Inspired**
HELP FOR THE YOUNG AND DISADVANTAGED

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