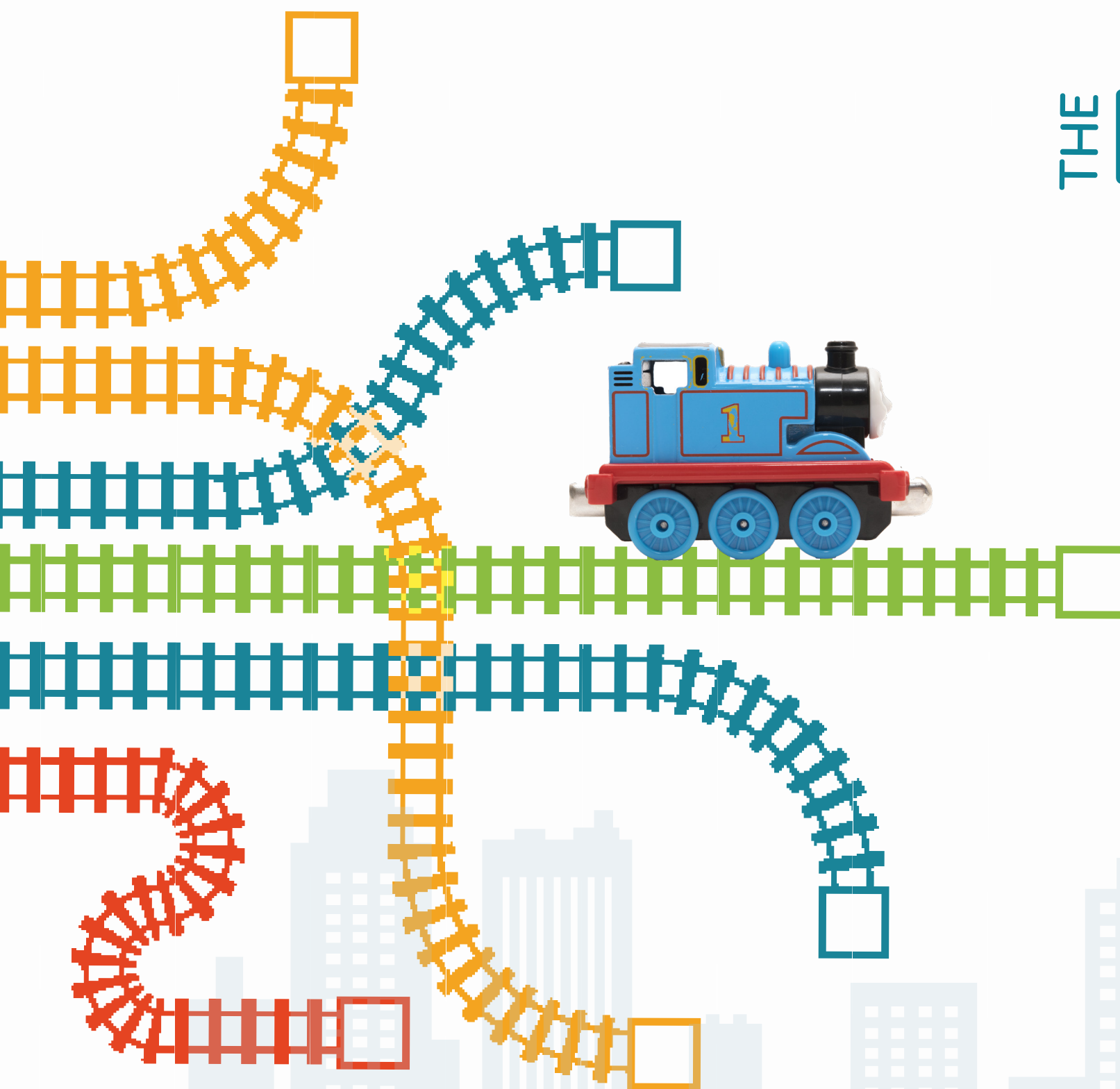


THE LITTLE ENGINE THAT COULD

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

An orange track graphic that starts at the top left, curves down and to the right, then curves back down and to the left, ending at the bottom left. It consists of two parallel lines with cross-ticks.

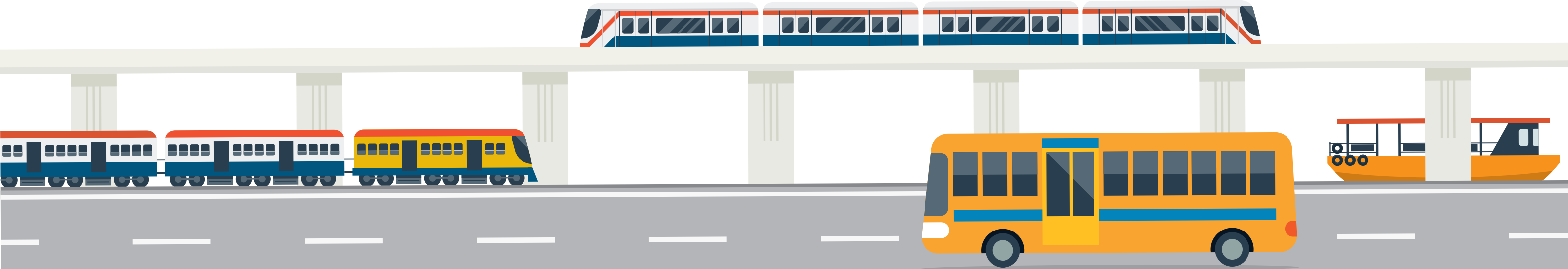
OUR MISSION

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

An orange square graphic that serves as a connector between the 'OUR MISSION' and 'OUR VISION' sections.

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 criss 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

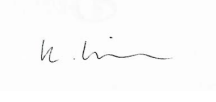
Charity Law requires the Trustee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the Balance Sheet Date, and of its incoming resources, including income and expenditure for the financial year. In preparing those financial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

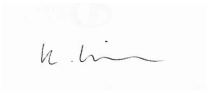
Young and Inspired Income and Expenditure Statement

	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 prepare

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.