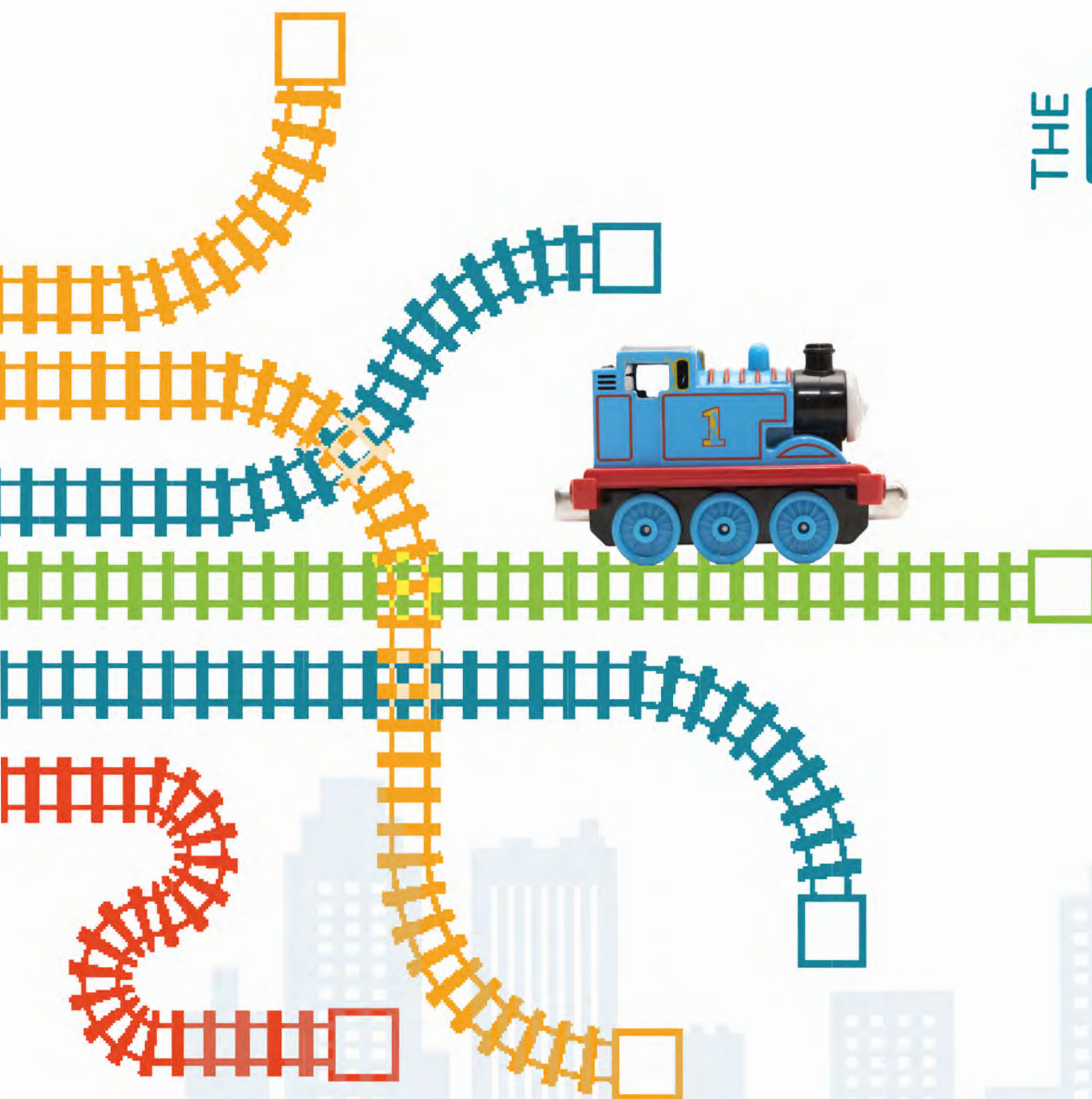


THE LITTLE ENGINE THAT COULD

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:

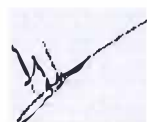
- examine the accounts under the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners of the 2011 Act and;
- to state whether particular matters have come to our attention

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

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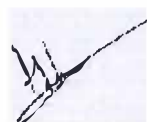
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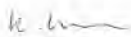
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TOTAL INCOMING RESOURCES		92,478.90		72,712.26
FUNDS BROUGHT FORWARD		75,708.63		2,996.37
TOTAL FUNDS CARRIED FORWARD		168,187.53		75,708.63

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.