

# 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

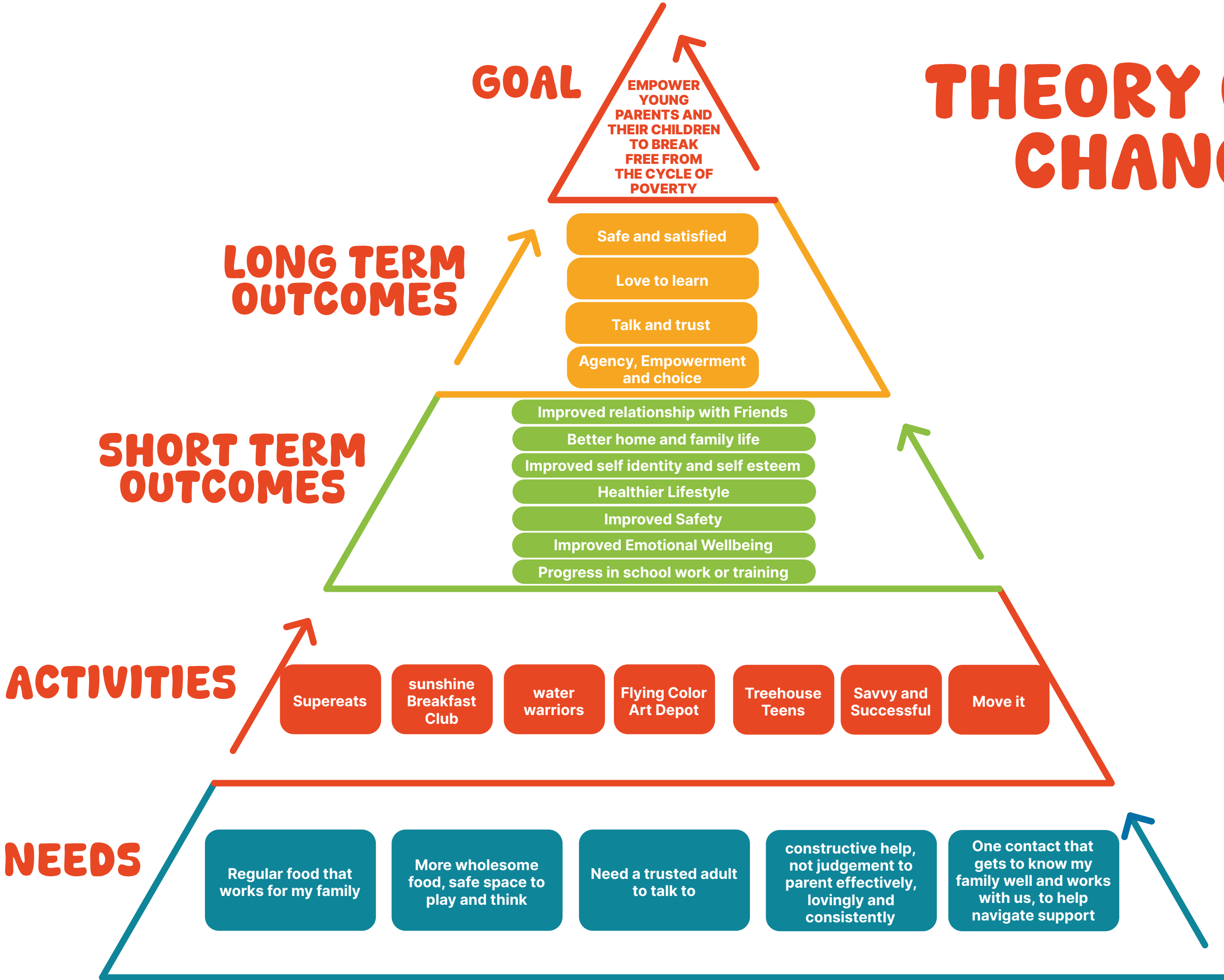
Our Family Star measuring tool, part of the Outcome Star framework, is completed collaboratively by families and their support workers to assess changes across seven aspects of family life:



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.**



# 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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
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
<b>Total</b>		<u>268,894</u>	<u>221,926</u>	<u>490,820</u>	<u>394,146</u>
<b>EXPENDITURE ON</b>					
Raising funds		4,000	-	4,000	-
<b>Charitable activities</b>					
Charitable activities		178,872	233,344	412,216	538,342
Other		<u>1,200</u>	<u>-</u>	<u>1,200</u>	<u>900</u>
<b>Total</b>		<u>184,072</u>	<u>233,344</u>	<u>417,416</u>	<u>539,242</u>
<b>NET INCOME/(EXPENDITURE)</b>		84,822	(11,418)	73,404	(145,096)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>11,307</u>	<u>11,785</u>	<u>23,092</u>	<u>168,188</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<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 £
<b>CURRENT ASSETS</b>					
Cash at bank		97,329	367	97,696	23,992
<b>CREDITORS</b>					
Amounts falling due within one year	7	(1,200)	-	(1,200)	(900)
<b>NET CURRENT ASSETS</b>		<u>96,129</u>	<u>367</u>	<u>96,496</u>	<u>23,092</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		96,129	367	96,496	23,092
<b>NET ASSETS</b>		<u>96,129</u>	<u>367</u>	<u>96,496</u>	<u>23,092</u>
<b>FUNDS</b>	8				
Unrestricted funds				96,129	11,307
Restricted funds				367	11,785
<b>TOTAL FUNDS</b>				<u>96,496</u>	<u>23,092</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

- 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 6 March 2025 and were signed on its behalf by:

S Adler - Trustee



**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>2,150</u>	<u>-</u>

**3. INVESTMENT INCOME**

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

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

### 6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	161,283	232,834	394,117
Investment income	29	-	29
<b>Total</b>	<u>161,312</u>	<u>232,834</u>	<u>394,146</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	317,293	221,049	538,342
Other	900	-	900
<b>Total</b>	<u>318,193</u>	<u>221,049</u>	<u>539,242</u>
<b>NET INCOME/(EXPENDITURE)</b>	(156,881)	11,785	(145,096)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	168,188	-	168,188
<b>TOTAL FUNDS CARRIED FORWARD</b>	<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
	£	£	£
<b>Unrestricted funds</b>			
General fund	11,307	84,822	96,129
<b>Restricted funds</b>			
Restricted funds	11,785	(11,418)	367
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<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
	£	£	£
<b>Unrestricted funds</b>			
General fund	268,894	(184,072)	84,822
<b>Restricted funds</b>			
Restricted funds	221,926	(233,344)	(11,418)
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<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
	£	£	£
<b>Unrestricted funds</b>			
General fund	168,188	(156,881)	11,307
<b>Restricted funds</b>			
Restricted funds	-	11,785	11,785
	<u>          </u>	<u>          </u>	<u>          </u>
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	161,312	(318,193)	(156,881)
<b>Restricted funds</b>			
Restricted funds	232,834	(221,049)	11,785
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	168,188	(72,059)	96,129
<b>Restricted funds</b>			
Restricted funds	-	367	367
<b>TOTAL FUNDS</b>	<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 £
<b>Unrestricted funds</b>			
General fund	430,206	(502,265)	(72,059)
<b>Restricted funds</b>			
Restricted funds	454,760	(454,393)	367
<b>TOTAL FUNDS</b>	<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 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Gift aid	1,288	4,329
Grants	487,376	389,788
	<hr/>	<hr/>
	488,664	394,117
<b>Other trading activities</b>		
Trading income	2,150	-
<b>Investment income</b>		
Deposit account interest	6	29
	<hr/>	<hr/>
<b>Total incoming resources</b>	490,820	394,146
 <b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Purchases	4,000	-
<b>Charitable activities</b>		
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 £
<b>Charitable activities</b>		
Brought forward	410,123	538,211
Grants to individuals	1,950	-
	<u>412,073</u>	<u>538,211</u>
<b>Support costs</b>		
<b>Finance</b>		
Bank charges	143	131
<b>Governance costs</b>		
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>
<b>Net income/(expenditure)</b>	<u><u>73,404</u></u>	<u><u>(145,096)</u></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**

