

FAST LONDON

England & Wales · Charity number 1189525

Details

Other names	FAST PROJECT
Status	Registered
Legal form	CIO
Registered	2020-05-18
Register	View on the Charity Commission register

Contact

Address	Yvonne Carr Centre 2 Thessaly Road London SW8 4HT
Phone	07528065764
Email	info@fastlondon.co.uk
Website	www.fastlondon.co.uk

Activities

Objects: THE CHARITYÆS OBJECTS (ÔOBJECTS) ARE UNDERTAKEN WITH A CHRISTIAN ETHOS FOR THE PUBLIC BENEFITSPECIFICALLY RESTRICTED TO THE FOLLOWING:-1) TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE THROUGH:(A) THE PROVISION OF RECREATIONAL AND LEISURE TIME ACTIVITIES PROVIDED IN THE INTEREST OF SOCIAL WELFARE, DESIGNED TO IMPROVE THEIR CONDITIONS OF LIFE;(B) PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.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) TO ADVANCE THE CHRISTIAN RELIGION

Activities: FAST youth workers look to provide strong positive role models, highly effective prevention and intervention youth work, diversionary and inspiring activities to help hard to reach young people in South London to complete their education, healthy relationships and develop a pathway for an aspirational future. Activities that we do include mentoring, sports and field trips.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Prevention Or Relief Of Poverty, Religious Activities, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Children/young People

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£237,016	£204,017	-	-
2024-08-31	£185,102	£196,703	-	-
2023-08-31	£199,134	£169,099	-	-
2022-03-31	£49,903	£86,158	-	-
2021-03-31	£91,781	£73,845	-	-

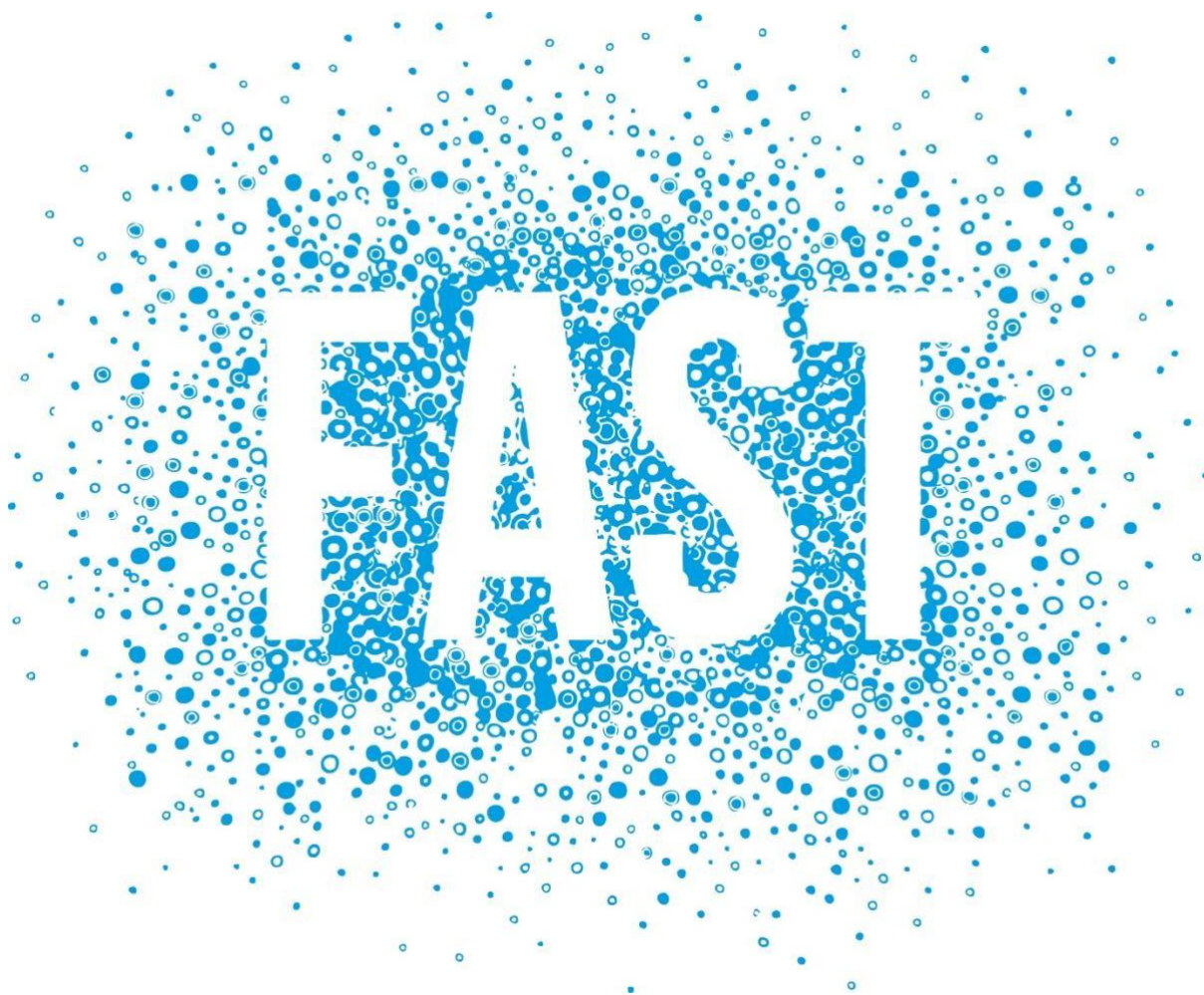
Trustees

Name	Role	Appointed
Rev David Langton	Chair	2019-09-16
Nelly Twumasi-Mensah		2026-05-19
Samuel Alebioshu		2019-06-10
Stephanie Clay		2023-02-27

FAST LONDON

England & Wales - Charity number 1189525

Accounts



REPORTS AND UNAUDITED ACCOUNTS

**FOR THE YEAR ENDED 31ST AUGUST 2025
FAST LONDON**



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LEGAL AND ADMINSTRATIVE DETAILS

Address for Correspondence	Yvonne Carr Centre, 2 Thessaly Rd, London SW8 4HT
Governing Documents	Registered Charity Incorporated Organisation No.1189525 Registration 18th May 2020
Trustees	David Langton Joel Robinson (resigned 19/11/24) Samuel Alebioshu Stephanie Clay Nelly Twumasi-Mensah (appointed 19/05/26)
Chair	David Langton
Chief Executive	Kafui Brese
Bankers	The Co-operative Bank PLC PO Box 250 Skelmersdale WN8 6WT
Independent Examiner	Charles Ssempijja, FCA 86-90 Paul Street London EC2A 4NE



A FOREWORD FROM THE CHIEF EXECUTIVE OFFICER

As we reflect on the past year, we do so with a deep sense of gratitude, alongside a clear awareness of the challenges facing the young people and families we serve.

This year has been one of both **significant growth and deepening impact** for FAST London. Through refining our Youth Work Delivery Model, we have strengthened the way we support young people – ensuring that our work is more targeted, cohesive and responsive to need. This has enabled us not only to reach more young people, but to support them more effectively across community, school and personal contexts.

Our **reach and activity levels have increased substantially**, with over 500 young people engaged across our programmes and a significant rise in sessions delivered and hours of provision. This growth reflects both increased demand and the continued trust placed in FAST London by young people, families and local partners.

A key highlight this year has been the **expansion of our schools work**, including the development of our first commissioned school-based mentoring programme. This represents an important step forward in our long-term vision to support young people holistically across their home, community and educational environments. By working more closely with schools, we are seeing greater opportunity to address challenges such as persistent absenteeism and risk of exclusion at an earlier stage.

We have also seen remarkable growth in our **Exploring Christianity programme**, with engagement higher than in previous years combined. It has been particularly encouraging to witness the openness, curiosity and honesty of young people as they explore questions of faith, identity and purpose within a safe and supportive environment.

Another important development has been the **increase in key work provision**. Many families face significant challenges navigating education and support systems, often feeling overwhelmed. Through key work, we have been able to walk alongside young people and their families, supporting them in meetings and advocating on their behalf. The presence of a trusted adult who understands their situation and can represent their needs has proven vital.

Across our work, we have seen positive outcomes in confidence, wellbeing, relationships and educational engagement. Young people are not only accessing support but beginning to envision more positive futures.

None of this would be possible without the dedication of our staff team, the support of our partners, and the generosity of our funders and donors. We are deeply thankful for all those who invest in FAST London, whether financially, practically or through prayer.

As we look ahead, we remain committed to building on this momentum. Our focus continues to be on delivering long-term, relational support that empowers young people to thrive, while strengthening the sustainability and impact of the organisation for years to come.

Kafui Brese, Chief Executive Officer



TRUSTEES' ANNUAL REPORT

The Trustees have pleasure in submitting the Report and Accounts for the year covering the charity 'FAST London' whose registered address is Yvonne Carr Centre, 2 Thessaly Rd, SW8 4HT, London. The trustees confirm that the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document, and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102). The reference and administrative information set out on page 3 forms part of this report.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Objects of the charity

The charity was established as **FAST Project London** in 2012 (Charity No. 1149513) in response to neglect and a lack of investment in young people on the Patmore Estate. The estate was seen as a no-go area by council workers and the wider community and ranked in the top 5% of most economically deprived neighbourhoods. Young people were at high risk of all forms of abuse, being involved in criminal activity, with a high percentage not in education, employment, or training. FAST Project London merged with e:merge (Charity No. 1152146) in April 2015 before registering as an independent CIO on the 18th May 2020 in its current form.

The charity is a charitable incorporated organisation and is governed by its Constitution. The objects of the charity, as set out in the governing document are undertaken with a Christian ethos for the public benefit specifically restricted to the following: -

- 1) To act as a resource for young people living in London by providing advice and assistance and organising programmes of physical, educational and other activities within a Christian ethos as a means of:
 - (a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
 - (b) advancing education;
 - (c) relieving unemployment;

providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.



SUMMARY OF THE CHARITY'S MAIN ACTIVITIES AND ACHIEVEMENTS

Our Mission and Goals

FAST London is a youth charity working with young people aged 10–19 living on the Patmore Estate and in the surrounding areas of Battersea and South Lambeth, London. Our mission is to invest time, resources and long-term support into young people living in areas of high deprivation, enabling them to flourish holistically — academically, physically, socio-emotionally and spiritually — and to progress positively into education, employment and training.

We place a strong emphasis on socio-emotional wellbeing, equipping young people with the resilience, confidence and relationships needed to navigate life's challenges. FAST London was founded in response to identified local need, and as an expression of our founders' Christian faith and commitment to caring for the vulnerable, marginalised and oppressed. The charity's name, FAST, is drawn from Isaiah 58 in the Bible, which calls for practical justice, compassion and advocacy for those in need.

Informed by the lived experiences of our founders and partners—and the positive impact faith has had in their own lives—we also offer an **optional** programme called *Exploring Christianity*, providing young people with the opportunity to learn more about the Christian faith.

At FAST London, we prioritise relationships, guided by the principle: *"People care what you know only when they know how much you care."* Through consistent, trusted relationships, we support young people to complete their education, develop healthy relationships, and build aspirational and meaningful futures.

Our Outcomes for Young People

We work towards three core outcomes for the young people we support:

1. **Education, Employment and Training**
Supporting young people to remain engaged in, or progress positively into, education, employment or training.
2. **Holistic Health and Wellbeing**, across four areas:
 - **Socio-emotional health** – developing positive relationships with peers and trusted adults
 - **Mental health** – improving confidence, resilience and emotional regulation
 - **Physical health** – encouraging healthy, active lifestyles
 - **Spiritual health** – providing optional opportunities to explore the Christian faith
3. **Community Engagement**
Supporting young people to contribute positively to their communities, fostering a sense of responsibility, belonging and purpose.



Our Approach

All of FAST London's work is underpinned by our Christian values, which affirm the dignity, worth and potential of every young person. We commit to long-term investment in young people through unconditional care, consistent presence and relationship-based youth work. Modelling positive attitudes and behaviours is central to this approach.

Our theory of change is delivered through three interconnected stages:

- **Engagement** – building trust and strong relationships through activities delivered in spaces where young people feel safe and comfortable.
- **Development** – targeted initiatives that address specific needs, develop skills, and increase confidence and resilience.
- **Performance** – opportunities for young people to apply, test and showcase their skills and talents.

While our primary focus is direct frontline youth work, we recognise that facilitating conversations between young people and key stakeholders—and advocating on their behalf—allows us to address systemic barriers and influence change beyond the immediate community.

Our work therefore consists of three core strands:

- **Direct Engagement** – open-access group sessions, alongside small-group and one-to-one mentoring and coaching.
- **Facilitation and Key Work** – supporting communication between young people, parents/carers, schools and other professionals, ensuring young people are well supported and represented.
- **Advocacy** – representing young people in decision-making spaces they cannot access themselves, helping to unlock opportunities and wider structural support.

Our Youth Work Delivery Model

During the year, FAST London refined its delivery model to improve clarity, coordination and overall impact. Our work is now organised into three core programme areas: the Community Programme, Schools Programme and Exploring Christianity Programme. This enables a more targeted and effective response to the needs of young people.

Community Programme

Our Community Programme operates during term-time (4:00pm–8:00pm) and school holidays—periods identified as higher-risk for young people's involvement in, or exposure to, violence. It combines open-access provision with targeted interventions, focusing on engagement, development and early intervention.



Football Project

Structured football sessions provide a positive environment for young people to build relationships, teamwork, discipline and confidence.

Age-Specific Youth Clubs

- **10–12 Youth Club (Years 5–7)** supports young people transitioning to secondary school. Developed with local schools, it addresses challenges such as anxiety, absenteeism and risk of exclusion, with a focus on confidence and managing change.
- **13–16 Youth Club (Years 8–11)** focuses on peer relationships, identity, conflict resolution and preparing for future education or employment pathways. Sessions include games, creative activities, group discussions and skill-building opportunities such as leadership and communication.

Outreach Work

Detached youth work and community engagement activities designed to reach young people not currently accessing provision and build trust within the wider community.

One-to-One and Small Group Mentoring

Targeted support for young people requiring additional intervention, focusing on:

- Confidence and goal-setting
- Emotional regulation and conflict resolution
- Educational support and attainment
- Career guidance, including CV writing and interview preparation

Key Work

Coordinated support between young people, families, schools and professionals, ensuring that young people are well supported, represented and able to access appropriate services.

Holiday Project

Extended provision during school holidays, including trips, sports and creative activities. These offer positive alternatives during higher-risk periods, enrich young people's experiences and strengthen relationships.

Schools Programme

The Schools Programme focuses on early intervention and supporting young people to remain engaged in education, employment and training.

School Engagement Sessions

Delivery of sessions within schools, particularly primary settings, to build relationships and support pupils identified as at risk of struggling with transition to secondary school. These sessions also act as pathways into our community provision.

School-Based Mentoring

Targeted one-to-one and small-group support for pupils at risk of exclusion or disengagement, focusing on behaviour, engagement, confidence and aspirations.



Exploring Christianity Programme

Inspired by our Christian ethos, we offer an optional *Exploring Christianity* programme for young people interested in learning more about the Christian faith. This provision is distinct from our core programmes, which are open to young people of all faiths and none. Participation is voluntary and requires parental consent.

Group Sessions

Open discussions exploring life, faith and personal identity, alongside occasional trips and shared experiences.

Small Group Discipleship

More personalised sessions for young people seeking deeper exploration, supporting reflection, spiritual growth and leadership development.

Outputs and Activity Statistics for the year

Participation

During the year, FAST London delivered services to a significant number of young people across our programmes:

- **311** registered participants attended at least one session
- **125** of these were **newly registered** participants
- In addition, we estimate that **at least 250 unregistered** young people were engaged through school-based delivery and community events

This represents a **total reach of approximately 561 young people** over the reporting period.

Demographics

The gender profile of registered participants was as follows:

- **Male:** 277 (89%)
- **Female:** 34 (11%)



Activity	Number of people	Number of visits	Number of sessions	Hours
Community programme				
Football	254	2867	198	373
10-12 Youth Club	47	262	32	64
13-16 Youth Club	62	287	34	68
Outreach	132	742	53	79
One to one and small group	75	257	107	93
Keyword	66	89	51	54
Holiday project	238	953	63	222
Schools programme				
School Mentoring	29	212	179	145
School engagement sessions	167	742	35	40
Exploring Christianity project				
Group sessions	77	454	40	72
Small group discipleship	12	20	10	8
Total	561	6885	802	1218

Year-on-Year Growth

Compared to the previous reporting period, FAST London has seen significant growth in both reach and delivery:

- A **70% increase in the number of sessions delivered** (802 sessions across the year)
- A **20% increase in total youth work hours delivered** (1,218 hours)
- A **34% increase in overall engagement**, including both registered and unregistered participants

Summary

These figures reflect a substantial expansion in both the **scale and intensity of provision**, alongside increased demand for FAST London's services. The growth in sessions, hours and participation demonstrates our continued commitment to reaching more young people and providing consistent, high-quality support across community, school and faith-based settings.

Summary of Achievements for the Year

Community Programme

During the year, we refined our Community Programme to improve sustainability, clarity and impact. This included discontinuing the Learning Hub, following feedback from young people who expressed a preference for receiving academic support through smaller, more personalised mentoring sessions. In its place, we introduced and expanded outreach provision and more formally recognised and recorded key work, reflecting the growing need for coordinated, wraparound support.

Football Project

The Football Project continued to be the most significant engagement tool within our youth offer. A key achievement this year was improved sustainability and diversification of



attendance. Whereas participation was previously concentrated among young people from one school, we successfully broadened engagement across four local schools, reducing dependency on a single cohort.

We also leveraged young people's strong interest in football to expand their horizons through initiatives such as "*Changing Room*" discussions, where sessions explored football knowledge alongside wider career pathways in sport. Partnerships were strengthened with organisations including FSCR, and young people were given opportunities to engage with external professionals and tournaments, including reaching the quarter-finals of the 32 Borough Tournament.

Age-Specific Youth Clubs

- 10–12 Youth Club continued to play a key role in supporting transition to secondary school. While attendance decreased slightly, this coincided with growth in our schools-based work, allowing us to engage and support this age group in more targeted ways.
- 13–16 Youth Club remained an important space for wellbeing and relational support. Although overall attendance reduced, the depth and quality of engagement increased, with more focused support for vulnerable young people. Key themes explored included toxic masculinity, the risks of illicit income, and family relationships.

Outreach Work

Outreach represented a significant area of growth this year, enabling us to engage young people who were previously not accessing our provision. A key success was creating informal, welcoming spaces following sessions—particularly after football—where young people could relax and build trust with staff.

We also extended our reach through community events and partnerships, including the introduction of Mixed Martial Arts sessions in collaboration with a corporate partner. Notably, this activity contributed to increased engagement among girls, an area which has historically been a challenge.

One-to-One and Small Group Mentoring

There was a strong strategic focus on targeted interventions this year in response to increasing levels of need among young people. This enabled us to provide deeper, more personalised support.

Highlights included:

- Supporting a young person undergoing cancer treatment
- Facilitating peer accountability among a group of young people to improve school engagement
- Providing emotional support following the death of a former participant, helping young people process grief in a safe and supportive way



Key Work

Key work became a more formalised and recognised element of our provision. This included supporting communication between young people, families, schools and professionals, and advocating for those struggling to navigate complex systems.

This development was driven by increased demand, as we were frequently called upon to support families in meetings and ensure young people were appropriately represented. This work has strengthened pathways into schools-based provision and more holistic support.

Holiday Projects

Holiday provision remained a vital part of our programme, offering extended time for deeper relationship-building and enrichment activities. Highlights included football tournaments (with both age groups winning), outdoor activities such as cycling and canoeing, and creative workshops including cooking.

We also supported young people to take on leadership roles, with older participants stepping up to assist staff and mentor peers. A particularly significant example of impact was a young person with SEND and ADHD, previously excluded from other settings, who was able to engage positively within our provision.

Schools Programme

One of the most significant developments this year was the growth of FAST London's schools-based provision, including the establishment of our first contracted school-based mentoring programme — a key organisational milestone.

Since FAST was founded, our vision has been to support young people holistically across their home, community and school environments. This year marked a breakthrough in achieving that vision, as we delivered both mentoring and engagement sessions across four local schools — the highest level of school engagement in a single year. This strengthened integration has enabled us to address more deeply rooted challenges, including persistent absenteeism and risk of exclusion.

For over a decade, FAST has sought to respond to these challenges through community-based support, including mentoring and work with families navigating exclusion processes. However, we have often had to do so from outside the school system, limiting our ability to influence outcomes directly.

This year, that changed. Following sustained key work with families and young people at risk of permanent exclusion, FAST was commissioned by a local school to deliver a mentoring programme within the school setting. This model enabled our staff to work directly with students in their academic environment, access relevant behavioural and attainment information, and collaborate closely with teaching staff. This more integrated approach has significantly enhanced the effectiveness and responsiveness of our support.

Between February and August 2025, FAST supported 15 young people through this programme. The outcomes were highly encouraging: six young people who had been at serious risk of permanent exclusion were successfully supported to remain in school. For each of these young people, remaining in education represents not only improved academic stability but a meaningful shift in life trajectory.

This case study demonstrates the potential of closer collaboration between community organisations and schools, and the significant impact that early, relational intervention can have on preventing exclusion and supporting long-term positive outcomes.



Key Outcomes:

- 15 young people supported through school-based mentoring (February–August 2025)
- 6 young people at high risk of permanent exclusion supported to remain in education
- First contracted school-based mentoring programme established
- 119 hours of school-based mentoring delivered
- 230 total mentoring hours delivered across school, community and key work provision

Exploring Christianity Programme

This was the most impactful year to date for the Exploring Christianity Programme, with engagement exceeding that of the previous two years combined. Delivery of a contextualised Youth Alpha course fostered meaningful discussions around faith, prayer and identity.

Young people demonstrated significant openness and curiosity, with one participant reflecting: *“I used to speak badly about Jesus, and now I want to learn about Him.”*

A challenge was managing engagement across different age groups within existing staffing capacity. However, this reflects growing interest and demand.

A particularly powerful moment came following the tragic death of a former participant. Young people chose to attend sessions to process grief and pray together, demonstrating a shift towards positive coping and community support.

In smaller discipleship settings, we observed deep individual engagement, including one young person expressing a strong desire to grow in faith, actively participating in discussions, requesting one-to-one support, and memorising scripture. Such stories highlight the depth of impact and the importance of creating safe spaces for spiritual exploration.

Youth Battersea

FAST is a founding member of a 5-youth organisation consortium which was organically formed during the Covid-19 lockdown in 2020. With good relationships between our organisations and different skills and strengths we decided to see how we can work together and pool our resources to help the wider community choosing to collaborate rather than compete. We were able to put on joint initiatives to increase community cohesion and secure NHS funding to support the mental health and wellbeing of young people, as well as providing free counselling sessions for those who wanted them.



Outcomes and Impact for the year

This year has been one of meaningful growth and sustained community impact across all FAST London programmes. Despite a challenging economic climate and increasing pressures on young people and families in our community, we have continued to reach more young people, deepen our relationships with schools and local partners, and deliver life-changing support across education, wellbeing, and personal development.

Engagement outcomes

This year FAST London reached over 500 young people across all programmes and activities – a 25% increase on the previous year and the highest number in our history. This growth reflects both the breadth of our community reach and the deepening trust young people and families place in FAST.

In our end-of-year feedback survey, completed by young people across our programmes, the responses were overwhelmingly positive:

- 100% of respondents said they have made new friends through FAST.
- 100% said they have a trusted adult at FAST.
- 97% feel valued at FAST.
- 97% feel they have a voice at FAST.
- 100% felt comfortable or very comfortable talking to youth workers.
- Young people from our St George's After School Club progressed into wider community provision, with several transitioning into youth club and football sessions – a clear indicator of positive progression through our engagement model.

“Now whenever I’m in a team everyone is supportive — before they would be too competitive. It’s improved my physical fitness and I’m faster with the ball now.”

— J, FAST participant

Development outcomes

Across our programmes, we have seen consistent growth in young people’s confidence, resilience, and ability to engage – with 93% of survey respondents reporting a notable or high increase in their confidence and self-worth through attending FAST.

- 97% said FAST has helped them develop good mental health.
- 86% said FAST has helped them think about healthy relationships.

“It helps me with courage and public speaking.”

— O, on the 10–12 Youth Club

Building Confidence Through Creative Expression: Our St George’s After School Club delivered weekly sessions to approximately 20 young people in Years 4-6 throughout the Autumn term. Through consistent, relationship-centred work, young people developed significantly in confidence and self-expression. The term culminated in a Talent Show in December 2025, in which 12 young people performed. Two who had been notably shy at the start of term volunteered to host the event – a remarkable shift in willingness to lead and communicate.

Performance outcomes

This year we celebrate a number of significant milestones demonstrating the long-term impact of FAST’s investment in young people’s futures.



- 83% of survey respondents reported a notable or high increase in their outlook on education and future careers.
- 97% said FAST has helped them feel safer in the local area.
- Young people demonstrating increased confidence in leadership roles, including hosting community events and taking on visible responsibilities within FAST sessions.

Case study of X:

X (16) had been a regular participant since 2021 when he was 13 at FAST when, in August 2024, a serious health crisis brought his life to a sudden standstill. He spent nearly a year out of education and away from youth provision – a period that took a significant toll on his confidence, routine, and mental wellbeing. During his recovery, X described feeling isolated and uncertain about his future.

Throughout this difficult period, FAST remained a consistent and safe presence. Rather than waiting for X to be ready to re-engage formally, staff maintained regular relational check-ins - over 15 across the recovery period – prioritising emotional support over attendance targets. Conversations focused on resilience, identity, and rebuilding confidence, meeting X where he was, at his own pace.

As his health stabilised, staff supported X in exploring his next steps. When he shared an interest in working with young people, FAST helped him research college pathways and provided structured Young Leader opportunities during the summer programme and in youth club sessions – giving him the chance to rebuild confidence in an environment where he was known and valued.

X has since successfully transitioned back into education and is now attending college consistently – a remarkable achievement after nearly a year out. He is submitting coursework on time and receiving positive feedback from tutors. Beyond his own progress, X has become an encouragement to his peers at FAST, openly sharing his journey and supporting others who are facing their own challenges.

“When I couldn’t see my future clearly, FAST helped me believe I still had one.”

— X, FAST participant



Funding Support

We would like to express our sincere gratitude to the funders and supporters who have enabled FAST London to reach and support young people across our community this year.

Our grant funders for the reporting period included:

Wandsworth Council HAF, The National Lottery Community Fund, Wimbledon Foundation, Nourish the Nation (via London Community Foundation), Benefact Trust, SYP Trust, Jack Petchey Foundation, Garfield Weston Foundation, and South West London Integrated Care Board (SWL ICB).

We are also thankful to organisations and community partners who have generously invested in our work, including:

- Holy Trinity Clapham Church
- Grace London Church
- SONA, who supported us through a Tough Mudder fundraising initiative

In addition to grant funding, we were encouraged to secure over **£10,000 in earned income**, reflecting early progress towards diversifying our income streams and increasing organisational sustainability.

We are equally grateful for the generosity of individual donors, through whom we raised **over £20,000** during the year.

Together, this support has made a significant difference, enabling us to expand our reach, strengthen our provision, and continue investing in the lives of young people across our community. We remain deeply thankful to all those who have chosen to partner with us in this work.

Statement of public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.



PLANS FOR THE FUTURE

Following the three primary goals set out in our three-year strategic plan (September 2023 – August 2026), FAST London remains committed to progressing these priorities and strengthening the organisation for long-term impact.

Our three core goals continue to be:

1. Increase the number of young people engaged in Education, Employment and Training (EET) and support holistic wellbeing

We aim to build on the strong, trusted relationships we have established with young people by deepening the impact of our interventions. This includes providing more targeted support to improve educational engagement, personal development and long-term outcomes.

2. Develop healthy, well-supported staff

We recognise that the effectiveness of our work with young people is directly linked to the wellbeing and capability of our staff. We are therefore committed to ensuring staff are equipped, empowered, appropriately remunerated and supported to sustain high-quality delivery.

3. Provide excellent and purposeful volunteering opportunities

We aim to create a volunteering programme that makes effective use of individuals' time, skills and experience, while also providing meaningful development opportunities and training. This will continue to strengthen our organisational capacity and community impact.

During the reporting period, we made tangible progress towards these goals. Delivery staff undertook the **Open Awards Level 3 Certificate in Mentoring Children and Young People (Ofqual-regulated) with The Mentoring Lab**, further strengthening their skills and enhancing the quality of support provided to young people. This investment in staff development will also enable FAST London to expand its mentoring provision as a commissioned service, contributing to a more sustainable and diversified funding model, while increasing our influence and reach. After the year end, one member of staff has successfully achieved this qualification, marking an encouraging milestone in our continued commitment to professional development and high-quality practice.

In addition, FAST London undertook the assessment for the **London Youth Bronze Quality Mark**, an externally recognised standard that provides assurance to partners and stakeholders that the organisation operates with robust systems, strong governance, and effective safeguarding and delivery practices. Subsequent to the year end, FAST London successfully achieved the London Youth Bronze Quality Mark in February 2026, further strengthening external confidence in the quality and integrity of our work.

Looking ahead, we will continue to build on these developments, ensuring that FAST London remains a sustainable, high-quality organisation capable of delivering long-term, transformative support to young people.



FINANCIAL AND RISK REVIEW

Financial position

FAST London incurred **net income in the year of £32,999** (2024- net expenditure of £11,601), details of which are shown in the Statement of Financial Activities on page 14.

Total income for the year amounted to £237,016 an increase of £51,914 on the previous year, and the **total expenditure amounted to £204,017** an increase of £7,314 on the previous year.

Reserves policy

FAST London aim is to ensure that there are reserve funds available to run the basic operations of the charity for a minimum of three months. At the balance sheet date, the Trustees estimate this would **require reserves of £50,958**. At the year end, the charity had **unrestricted reserves of £47,324** which is below the required level. The Trustees and management will continue their fundraising efforts to improve the Charity's reserves.

Risk management

The CEO is supported by the board of trustees to identify and monitors strategic, project and operational, governance (inc. regulatory), and financial risks. We capture risks and issues on a log and risks that pose a severe financial, safeguarding or reputational risk are discussed at board meetings.



STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The Board of Trustees oversees the work of FAST and makes decisions on vision, budget and strategy in partnership with the Chief Executive (CEO). Responsibility for the day-to-day operation of the charity has been delegated to an operational management team led by the CEO.

Remuneration Policy for Key Management Personnel

The trustees are responsible for determining the remuneration of key management personnel, including the Chief Executive Officer. Pay is reviewed annually and is informed by individual performance, organisational performance, and the responsibilities associated with each role. In setting remuneration levels, the trustees have due regard to sector benchmarks and use the National Joint Council (NJC) pay scales as a guide to ensure that salaries are fair, transparent and appropriate for the size and nature of the organisation. The trustees aim to balance the need to attract and retain suitably skilled staff with the charity's commitment to prudent financial management and the responsible use of charitable funds.

Statement of Trustee responsibilities

The governance of FAST London (FAST) is the responsibility of the trustees who set policy and determine the parameters within which the charity operates in. The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In doing so the trustees are required to:

Select suitable accounting policies and then apply them consistently;

- Make judgments and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Follow the methods and principles of the Charity SORP; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to assume that the group will continue in business.

The trustees are responsible for keeping proper accounting records that 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 Companies Act 2006. They are also



responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

The trustees meet a minimum of four times a year to monitor the activities of the charity, hold to account and give strategic guidance to the charity and met five times during the financial period.

Preparation of the Report

In preparing this report, the Board of Trustees have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

Approval of the Report

This report was approved by the Trustees on 20th May 2026 and signed on their behalf by:

David Langton

Rev David Langton (Chair)

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES

For the year ended 31 August 2025

I report on the accounts of the charity for the year ended 31 August 2025.

Respective responsibilities of the Trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with such 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 Charities SORP (FRS102).

/Continued...

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES

For the year ended 31 August 2025

.../Continued

I understand that the financial statements have been prepared to give a 'true and fair' view, and have departed from the Charities (Accounts and Reports) Regulations 2008, only to the extent required to provide a 'true and fair view'. This departure has involved following SORP 2015 FRS102, rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 (SORP 2005), which is referred to in the existing regulations, but has since been withdrawn.

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.

Charles Ssempijja, FCA

NfP Accountants Ltd

Chartered Accountant

3rd Floor, 86-90 Paul Street

London

EC2A 4NE

Date:

FAST LONDON

STATEMENT OF FINANCIAL ACTIVITIES
For the year ended 31 August 2025

	Notes	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
INCOME FROM							
Donations and legacies	2	107,105	119,088	226,193	61,007	121,884	182,891
Charitable activities							
PRU & Mentoring		10,650	-	10,650	1,250	-	1,250
Investments		-	-	-	-	-	-
Other		173	-	173	961	-	961
TOTAL INCOME		117,928	119,088	237,016	63,218	121,884	185,102
EXPENDITURE ON:							
Charitable activities	3						
Youth activities		74,355	97,108	171,463	49,686	116,232	165,918
		74,355	97,108	171,463	49,686	116,232	165,918
Raising funds	3	32,554	-	32,554	30,785	-	30,785
TOTAL EXPENDITURE		106,909	97,108	204,017	80,471	116,232	196,703
NET MOVEMENT IN FUNDS		11,019	21,980	32,999	(17,253)	5,652	(11,601)
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 SEPTEMBER 2024		36,305	14,320	50,625	53,558	8,668	62,226
TOTAL FUNDS AT 31 AUGUST 2025		£ 47,324	£ 36,300	£ 83,624	£ 36,305	£ 14,320	£ 50,625

The annexed notes form part of these financial statements

FAST LONDON

(Registered Charitable Incorporated Organisation number 1189525)

BALANCE SHEET
As at 31 August 2025

	Notes	£	2025 £	£	2024 £
FIXED ASSETS					
Tangible assets	8		1		505
CURRENT ASSETS					
Prepayments and other debtors		3,250		-	
Cash at bank and in hand		81,562		51,626	
		<u>84,812</u>		<u>51,626</u>	
CREDITORS: amounts falling due within one year					
	9	(1,189)		(1,506)	
NET CURRENT ASSETS					
			83,623		50,120
NET ASSETS					
		<u>£</u>	<u>83,624</u>	<u>£</u>	<u>50,625</u>
FUNDS					
Restricted funds	10		36,300		14,320
Unrestricted funds:					
General fund	10		47,324		36,305
		<u>£</u>	<u>83,624</u>	<u>£</u>	<u>50,625</u>

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A – small entities.

The financial statements were approved, and authorised for issue, by the Trustee on 20 May 2026 and signed on their behalf by:-

David Langton

REV DAVID LANGTON, Chair

The annexed notes form part of these financial statements

FAST LONDON**STATEMENT OF CASH FLOWS**
For the year ended 31 August 2025

	<u>2025</u>		<u>2024</u>	
	£	£	£	£
Cash flows from operating activities		32,999		<i>(11,601)</i>
Add back depreciation		504		<i>500</i>
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	(3,250)		-	
Increase/(decrease) in creditors	<u>(317)</u>		<u><i>546</i></u>	
		(3,567)		<i>546</i>
Cash flows from investing activities				
Purchase of fixed assets		-		-
Cash flows from financing activities		-		-
Change in cash and cash equivalents in the year		<u>29,936</u>		<u><i>(10,555)</i></u>
Cash and cash equivalents at the beginning of the year		51,626		<i>62,181</i>
Cash and cash equivalents at the year end		<u>81,562</u>		<u><i>51,626</i></u>

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective from 01 January 2019), and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following SORP 2015 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 (SORP 2005) which has since been withdrawn.

Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income is only deferred when: The donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is considered all to relate to Charitable activities and includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support and governance costs have been allocated between charitable activities based on estimated staff costs. The allocation of support and governance costs is analysed in note 3.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Judgements and key sources of estimation uncertainty

No significant judgements have been made in the process of applying the above accounting policies and there are no key sources of estimation uncertainty.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	<i>Total Funds 2024 £</i>
Donations	97,105	-	97,105	<i>57,007</i>
Grant income				
- Grace Foundation	10,000	-	10,000	-
- Benefact Trust	-	9,300	9,300	-
- Sports England	-	15,000	15,000	-
- Jack Petchy Foundation	-	2,400	2,400	<i>1,800</i>
- Wandsworth council - VCS	-	-	-	<i>16,000</i>
- The National Lottery	-	20,000	20,000	<i>74,172</i>
- London Community: Wimbledon Foundation	-	10,000	10,000	-
- London Community: Nourish the Nation	-	10,000	10,000	<i>1,500</i>
- Wandsworth Council - Summer HAF	-	13,573	13,573	<i>14,728</i>
- Wandsworth Council - Easter HAF	-	3,815	3,815	<i>3,684</i>
- Money4You	-	-	-	<i>2,500</i>
- Sir Walter St. John	-	-	-	<i>2,500</i>
- Garfield Weston Foundation	-	15,000	15,000	-
- SWLICS Inequality Fund	-	-	-	<i>9,000</i>
- Youth Battersea	-	10,000	10,000	-
- Shaftesbury Young People Trust	-	10,000	10,000	-
	£ 107,105	£ 119,088	£ 226,193	<i>£ 182,891</i>

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

3. ANALYSIS OF EXPENDITURE

Current year	Staff / consultant costs £	Direct costs £	Support & governance costs £	Total 2025 £	Total 2024 £
Charitable activities					
Youth delivery activities	99,232	18,444	53,787	171,463	165,918
	<u>99,232</u>	<u>18,444</u>	<u>53,787</u>	<u>171,463</u>	<u>165,918</u>
Fundraising costs	20,423	1,061	11,070	32,554	30,785
Support & governance costs	54,234	10,623	(64,857)	-	-
	<u>£ 173,889</u>	<u>£ 30,128</u>	<u>£ Nil</u>	<u>£ 204,017</u>	<u>£ 196,703</u>
<i>Prior year</i>	<i>Staff / consultant costs £</i>	<i>Direct costs £</i>	<i>Support & governance costs £</i>	<i>Total 2024 £</i>	
Charitable activities					
Youth delivery activities	88,482	13,991	63,445	165,918	
	<u>88,482</u>	<u>13,991</u>	<u>63,445</u>	<u>165,918</u>	
Fundraising costs	17,824	180	12,781	30,785	
Support & governance costs	62,881	13,345	(76,226)	-	
	<u>£ 169,187</u>	<u>£ 27,516</u>	<u>£ Nil</u>	<u>£ 196,703</u>	

Of the total expenditure of £204,017 (2024 - £196,703), £106,909 (2024 - £80,471) was unrestricted expenditure, and £97,108 (2024 - £116,232) was restricted expenditure.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

4. STAFF COSTS AND NUMBERS

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	<i>Total Funds 2024 £</i>
Salary costs				
Wages and salaries	133,431	-	133,431	143,982
Social security costs	8,597	-	8,597	8,167
Employer pension	3,608	-	3,608	3,793
	<u>145,636</u>	<u>-</u>	<u>145,636</u>	<u>155,942</u>
Other staffing costs				
Sessional and consultancy staff	22,909	-	22,909	11,495
Staff training & resources	5,040	-	5,040	1,427
Volunteer expenses	304	-	304	323
	<u>£ 173,889</u>	<u>£ Nil</u>	<u>£ 173,889</u>	<u>£ 169,187</u>

The average weekly number of staff on a head count basis was 4 (2024 - 4).

No staff received payments in excess of £60,000 (2024 - the same).

The total employee benefits of the key management personnel were £42,000 (2024 - £39,900).

5. TRUSTEES' REMUNERATION AND EXPENSES

No Trustee received any remuneration or payments for services rendered to the charity.

No trustees received any reimbursement of expenses, travel and subsistence or otherwise (2024 - the same).

6. RELATED PARTY TRANSACTIONS

The trustees have found no other related party transactions to disclose in these accounts.

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

7. SUPPORT COSTS

	2025	2024
	£	£
Governance costs:		
Independent Examiner's fee	960	960
Other fees payable to the independent examiner	234	546
Telecoms	970	1,203
Cleaning	1,365	1,090
Insurance	970	1,054
Maintenance	973	5,173
Depreciation	504	500
Legal fees	-	1,755
Sundry expenses	4,647	1,064
Staff support costs	54,234	62,881
	<u>£ 64,857</u>	<u>£ 76,226</u>

Support costs all relate to the charitable activities as described in the Trustees' Report, and are allocated in proportion of staff time.

8. TANGIBLE FIXED ASSETS

	Office equipment £
Cost	
At 1 September 2024 and 31 August 2025	<u>1,500</u>
At 31 August 2025	<u>1,500</u>
Depreciation	
At 1 September 2024	995
Charge for the year	<u>504</u>
At 31 August 2025	<u>1,499</u>
Net book value	
At 31 August 2024	£ 505
At 31 August 2025	<u>£ 1</u>

FAST LONDON

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2025

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Accruals	1,194	1,506
Pension control	(5)	-
	<u>£ 1,189</u>	<u>£ 1,506</u>

10. STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
Benefact Trust	-	9,300	(6,000)	-	3,300
Garfield Weston Foundation	-	15,000	(15,000)	-	-
Shaftesbury Young People Trust	-	10,000	-	-	10,000
Sports England	-	15,000	(15,000)	-	-
Youth Battersea	-	10,000	(10,000)	-	-
London Community: Nourish the Nation	8,333	10,000	(18,333)	-	-
London Community: Wimbledon Foundation	-	10,000	-	-	10,000
Sir Walter St. John's Educational Charity	343	-	(343)	-	-
Jack Petchy Foundation	17	2,400	(2,417)	-	-
NHS Young Mind	168	-	(168)	-	-
The National Lottery	-	20,000	(7,000)	-	13,000
Wandsworth council					
- Easter HAF	109	3,815	(3,924)	-	-
- Summer HAF	1,425	13,573	(14,998)	-	-
- VCS	3,925	-	(3,925)	-	-
	<u>£ 14,320</u>	<u>£ 119,088</u>	<u>£ (97,108)</u>	<u>£ Nil</u>	<u>£ 36,300</u>

SUMMARY OF FUNDS

General Funds	36,305	117,928	(106,909)	-	47,324
Restricted Funds	14,320	119,088	(97,108)	-	36,300
	<u>£ 50,625</u>	<u>£ 237,016</u>	<u>£ (204,017)</u>	<u>£ Nil</u>	<u>£ 83,624</u>

FAST LONDON

NOTES TO THE FINANCIAL STATEMENTS
For the year ended 31 August 2025

<i>2024</i>	<i>Brought Forward</i>	<i>Incoming Resources</i>	<i>Resources Expended</i>	<i>Transfers and investment gains/(losses)</i>	<i>Carried Forward</i>
	£	£	£	£	£
RESTRICTED FUNDS					
<i>London Community</i>	8,333	-	-	-	8,333
<i>Sir Walter St. John's</i>	335	2,500	(2,492)	-	343
<i>Caius House</i>	-	1,000	(1,000)	-	-
<i>Jack Petchy Foundation</i>	-	1,800	(1,783)	-	17
<i>NHS Young Mind</i>	-	8,000	(7,832)	-	168
<i>National Lottery Cost of Living grant</i>	-	74,172	(74,172)	-	-
<i>Wandsworth council</i>					-
- <i>Easter HAF</i>	-	3,684	(3,575)	-	109
- <i>Summer HAF</i>	-	14,728	(13,303)	-	1,425
- <i>VCS</i>	-	16,000	(12,075)	-	3,925
	<u>£ 8,668</u>	<u>£ 121,884</u>	<u>£ (116,232)</u>	<u>£ Nil</u>	<u>£ 14,320</u>
SUMMARY OF FUNDS					
<i>General Funds</i>	53,558	63,218	(80,471)	-	36,305
<i>Restricted Funds</i>	8,668	121,884	(116,232)	-	14,320
	<u>£ 62,226</u>	<u>£ 185,102</u>	<u>£ (196,703)</u>	<u>£ Nil</u>	<u>£ 50,625</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds			Total Funds
	Designated Funds	General Funds	Restricted Funds	
	£	£	£	£
Tangible fixed assets	-	1	-	1
Net current assets	-	47,323	36,300	83,623
	<u>£ Nil</u>	<u>£ 47,324</u>	<u>£ 36,300</u>	<u>£ 83,624</u>

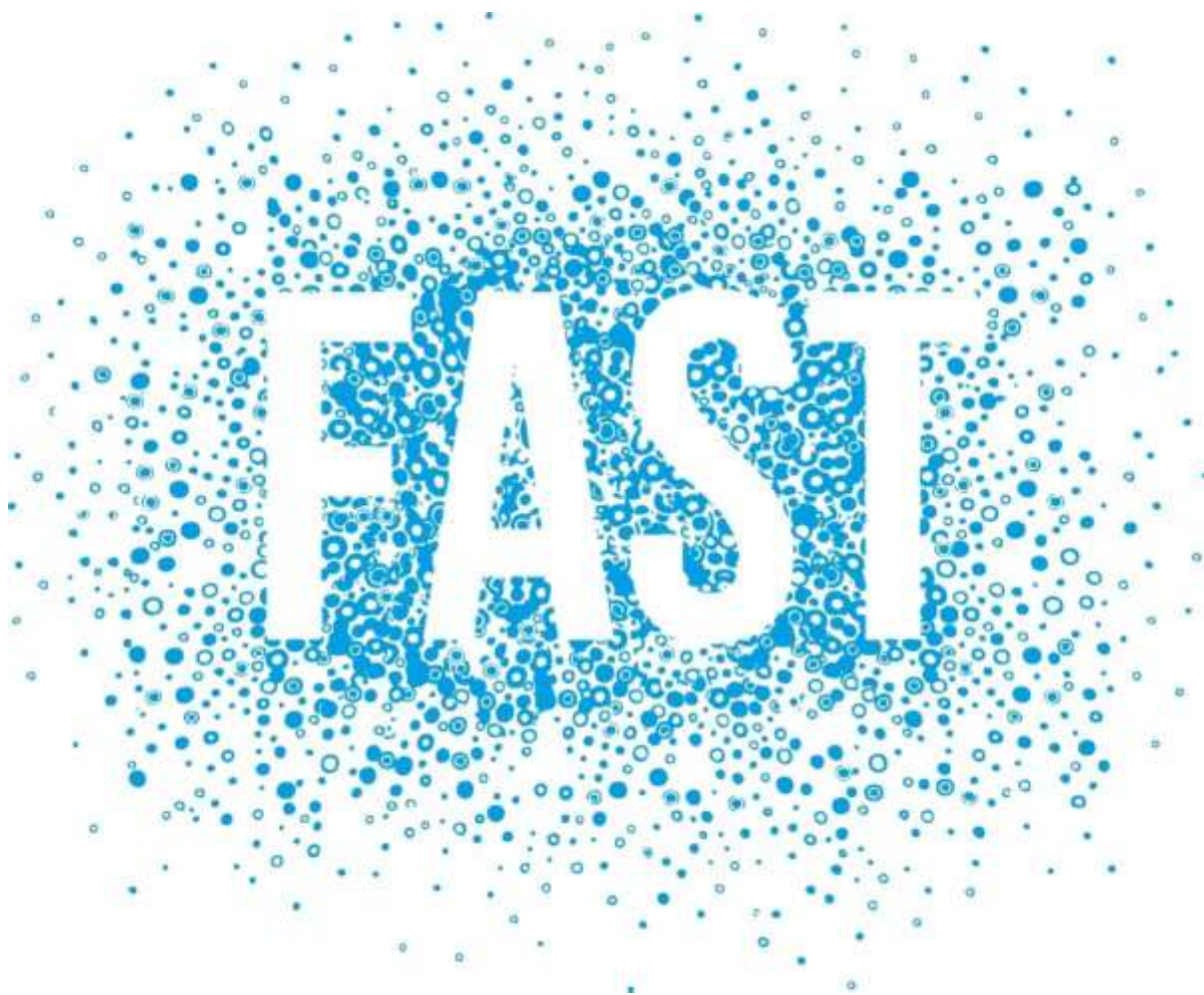
12. OTHER INFORMATION

FAST London is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission in England and Wales, with registration number 1189525. Its registered office address is Yvonne Carr Centre, 2 Thessaly Road, London SW8 4HT. The accounts are presented in GBP rounded to £1.

FAST LONDON

England & Wales - Charity number 1189525

Accounts



FAST LONDON

(Charitable Incorporated Organisation no. 1189525)

REPORTS AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31ST AUGUST 2024



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LEGAL AND ADMINSTRATIVE DETAILS

Address for Correspondence	Yvonne Carr Centre, 2 Thessaly Rd, London SW8 4HT
Governing Documents	Registered Charity Incorporated Organisation No.1189525 Registration 18th May 2020
Trustees	David Langton Omowonuola Adefala (resigned 16/04/24) Samuel Alebioshu Stephanie Li Joel Robinson (appointed 19/11/24)
Chief Executive	Kafui Brese
Bankers	The Co-operative Bank PLC
Independent Examiner	Matthew Upex 103 Wellesley Road, Ilford Essex IG1 4LJ



A FOREWORD FROM THE CHIEF EXECUTIVE OFFICER

As we take a moment to stop and reflect over the last year we are hit with mixed emotions of gratitude and heartache at the memories of the previous year. However, we also get the opportunity to look forward at the year ahead with excitement at what could be!

The last year has been difficult from global issues of war and political change to local issues of mental health crises and youth violence which has claimed the lives of two men in the local community. Granted, our community has faced tough times. Both global and national issues have contributed to an economic lull which has affected our community, young people and FAST as an organisation. Redundancies have impacted many in our community which has contributed to tensions in the home and the community, as well as in schools. As young people have grappled with the impact of these changes we have seen their behavioural issues spike in the following ways: a lack of engagement in schools, unexplainable anti-social behaviour and an increase in mental health issues. One of the biggest changes we have seen is the need to support parents which has been at an all-time high.

In addition to this, the economic stagnation and community changes has had organisational implications as our staff seek to persevere in supporting young people and their families. Meanwhile funding sources are drying up as many have paused their giving or closed completely.

However, regardless of the tough climate we are filled with gratitude as we have survived another year when many charities were unable. We have been inundated with referrals and requests from schools, parents and most encouragingly young people highlighting that the relationships and the work we have in the community is highly valued. Also, the young people's personal desire to engage is where we know there is serious opportunity to transform lives. Although many of them are at risk of exclusion and their behaviour is negatively impacting their mental health, education and relationships, we are committed to working with them.

We were grateful to deliver our first paid mentoring project in school which was a great success. We have seen increases in the number of young people we have reached and consistency in attendance across the board which has been encouraging.

In addition to this, we have been able to financially weather the tough financial climate thanks to all those who have chosen to invest in us whether monetarily, in expertise and in prayer. We look forward with anticipation and are committed to being a safe encouraging space for young people for as long as we can.

Kafui Brese, Chief Executive Officer



TRUSTEES' ANNUAL REPORT

The Trustees Annual report (as required by charity law), together with the financial statements of FAST London for year ended 31 August 2024. The trustees confirm that the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document, and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102). The reference and administrative information set out on page 3 forms part of this report.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Objects of the charity

The charity was established as **FAST Project London** in 2012 (Charity No. 1149513) in response to neglect and a lack of investment in young people on the Patmore Estate. The estate was seen as a no-go area by council workers and the wider community and ranked in the top 5% of most economically deprived neighbourhoods. Young people were at high risk of all forms of abuse, being involved in criminal activity, with a high percentage not in education, employment, or training. FAST Project London merged with e:merge (Charity No. 1152146) in April 2015 before registering as an independent CIO on the 18th May 2020 in its current form.

The charity is a charitable incorporated organisation and is governed by its Constitution. The objects of the charity, as set out in the governing document are undertaken with a Christian ethos for the public benefit specifically restricted to the following: -

- 1) To act as a resource for young people living in London by providing advice and assistance and organising programmes of physical, educational and other activities within a Christian ethos as a means of:
 - (a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
 - (b) advancing education;
 - (c) relieving unemployment;
 - (d) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.



PRINCIPAL ACTIVITIES

Our mission and goals

FAST London is a youth charity that works with people aged 10-19 on the Patmore Estate and the surrounding areas of Battersea and South Lambeth in London. We primarily focus on frontline youth work delivery to support young people but have realised facilitating conversations between young people and other stakeholders in their life and advocacy work can enable us to impact the issues our young people face on a wider scale (council wide rather than just within the ward).

At FAST London we invest time, resources and opportunities into young people who live in areas of high deprivation to empower them to complete education, develop healthy relationships and a pathway for an aspirational future. We prioritise relationships living by the mantra: "People care what you know only when they know how much you care."

We have three goals we hope for young people:

1. To support young people to stay in education, employment and training.
2. To support people to grow in holistic health which we split into four areas:
 - a. Socio-emotional health - good relationships with authority figures and peers.
 - b. Mental health
 - c. Physical health
 - d. Spiritual health - an optional opportunity to explore the Christian faith.
3. Community engagement - learning to contribute to society, rather than just taking.

FAST's main activities and service users are described below. Our focus is on investing time and resources into young people to see them flourish holistically (academically, physically, socio-emotionally, and spiritually), and in education, employment and training. We focus on the socio-emotional wellbeing of young people, so they are equipped to deal with the challenges of life. Our founder and key partners were inspired to start the charity in response to the needs of the community and as an act of obedience to the Christian teaching to care for the vulnerable, marginalised and oppressed. The name FAST comes from book of Isaiah (chapter 58) in the Bible where God challenges people to devote themselves to care for the vulnerable rather than exploit them. Consequently, due to the founding partners personal experiences of how the Christian faith transformed their lives we offer an optional project called "Exploring Christianity" for young people to learn more.

All our work is underpinned by our Christian values of prioritising the value and dignity of young people (10-19 years old), investing in them long-term with unconditional love to see them reach their potential. Relationship building is essential to this approach as well as modelling healthy attitudes and behaviours for young people. Our theory of change consists of three key stages:

- **Engagement** - initiatives with young people that focus on building relationships and trust with young people by doing activities and in places they feel most comfortable.
- **Development** - initiatives that target particular needs, develop skills, increase resilience and confidence in young people.
- **Performance** - initiatives where young people can test and showcase their talents and skills.

Our direct engagement with young people falls between open access group sessions and small group or one to one mentoring and coaching sessions.



Community programme

Our community programme is split by term-time and holiday activities. Our term-time activities consist of open access group sessions which focus on engagement and development initiatives. These include:

- **FAST football sessions** twice a week, in partnership with Street Soccer London to engage and develop young people. In these sessions, football is used as a vehicle to build relationships, develop character and teambuilding skills in young people.
- **Our weekly 10-12 youth club session** was set up in Jan 2023 in recognition of the need to support transition of students from primary to secondary school. It is open to any young people in years 5 to 7. We also consult teachers to identify vulnerable children they believe may struggle in secondary school to help them with the transition. We provide a safe space for young people to build relationships with trusted adults and peers as well as discuss their concerns about transitioning to secondary school.
- **Our weekly 13-16 youth club session** is focused on providing a safe space for young people to engage in fun activities, develop new skills and engaging in discussions and ask questions. In these sessions we have team games, open conversations on issues such as role models, mental health and other topics young people want to cover.
- **Weekly Learning hub** sessions that emphasise the importance of learning as an approach for life and to raise aspirations. Activities in these sessions range from helping them with academic schoolwork, CV writing and employability support, to other niche skills of public speaking.
- **One-to-one and small group mentoring, and coaching** are the most intensive interventions we have throughout the week with young people that staff identify will most benefit from it. These sessions take a child-centred approach and consequently each session varies from person to person. The focus is to equip and empower young people to set and achieve life goals in but not limited to education, relationships, and behaviour.

Holiday projects

When young people are on holiday from school, we provide extended sessions, field trips and workshops as the young people do not have school and have more free time. We try to capitalise on these opportunities to deepen relationships and give young people new experiences and fun to enrich their lives, ranging from go-karting, football tournaments, tie-dye workshops, to other creative endeavours. This provides an opportunity for young people to explore their interests, develop new skills, and forge meaningful connections within the community. Also, statistics show this is a high-risk period for the most vulnerable young people as it is harder for child professionals like teachers and social workers to keep in touch and check up on their wellbeing.



Exploring Christianity

Inspired by our Christian Ethos, we provide an opportunity for young people who are interested in exploring what the Christian faith is about and what it has to say about the big questions about life.

This Christian project is separate to our community programme, which is open to children and young people of all other faiths or no faith. Parents or young people themselves can self-refer to our Christian faith sessions, with a separate consent form signed by the guardians of the children to give permission to explore the Christian Faith.

We were able to have great moments and conversations with young people about the Christian faith which organically took place because of the challenges people had. However, we have not been able to nurture a group to meet regularly which is a priority going forward.

Youth Battersea

FAST is a founding member of a 5-youth organisation consortium which was organically formed during the Covid-19 lockdown in 2020. With good relationships between our organisations and different skills we decided to see how we can work together and pool our resources to help the wider community choosing to collaborate. We were able to join our voices together and advocate for more support and opportunities for young people going forward, and we are hopeful this will open doors for the future.





ACHIEVEMENTS AND PERFORMANCE

Output Statistics for the year

Numbers worked with:

- 296 registered participants attended at least one session.
- 52 new registered participants to FAST during this time
- We estimate we have engaged a minimum of 120 participants through school and community events we have run.

Gender breakdown

- Male –263 (89%)
- Female – 33 (11%)

Activity	Number of people	Number of visits	Number of sessions	Hours
Football	231	2369	162	341.5
10-12 Youth Club	59	343	38	76.5
13-16 Youth Club	76	259	38	70
Learning Hub	94	540	35	69
One to one and small group	51	197	96	122
Holiday project	186	1264	72	278
Exploring Christianity	16	65	26	43
Total	296	5037	467	1000

Our last annual report was over a 17-month period (April 2022-August 2023). In comparison this year, saw the following outputs:

- An increase in the number of sessions delivered (467) in a calendar year
- An increase in the number of participants who attended our learning hub
- We almost equalled the number of visits this year than we did on the 17-month period in the previous report.

Outcomes and Impact for the year

This year has been one of growth, achievement, and strengthened community impact across all FAST London programmes, reaching more young people and delivering meaningful, life-changing opportunities.

Engagement outcomes

Our last annual report was for a 17-month period, this year we have seen the following outcomes for engagement:

- Increased participation in youth activities- we have worked with through the year over 400 (the most so far)



- Young people understanding the importance of being in education, employment and/or training
 - Number of young people attending learning hub increased from 36 to 94
 - The number of visits almost tripled from 188 to 540
- Young people who have a sense of belonging and connection to their community
 - More young people are attending several sessions.
- Young people understand the importance of socio-emotional health.
 - We have seen an increase in young people open to talking about their wellbeing and challenges they face.

Development outcomes

Below are some of the progress and challenges we have had with our development outcomes:

- Delivered the first-ever school-based mentoring programme at St. George's School, supporting the transition to secondary school of young boys at risk.
 - The boys reported feeling more equipped for secondary school
 - Having more confidence to ask for help if they need support
- Growth in work to support

Performance outcomes

This year we are delighted to celebrate the following performance outcomes:

- Young people performing in education, employment and/or training
 - 4 young people secured their first employment
 - All three young people who attended university continued to second year
- A former participant and current apprentice recently qualified with a level 3 Youth Support Worker
- Young people demonstrating leadership and contributing to their community
 - Young people helped to organise and package 200 to vulnerable residents in partnership with St. Mark's Church and other community organisations for the Christmas giving initiative.
 - A young person and local resident participated in raising £4,200 for FAST through a sponsored Tough Mudder Challenge.

Case study of Nick:

Nick, was invited to join our community football session by a school friend in 2018. He was 17 at the time, lived locally with both his parents and was in sixth form doing sports BTEC and an aspiring footballer. However, unbeknown to most, injuries had derailed his football dreams and Nick was losing hope in not only achieving this dream but he was even considering giving up schooling as he had a negative view on education. Football was not only a career aspiration but also a safe space for him to release the stresses of life as he struggled to open up and share how he felt with others. Football teams had also provided a sense of community which he was now missing.

Initially FAST had just offered him a free football session in the community with friends. However, as he came consistently for months, he began to develop trusted relationships with more young people and with our youth workers and our sessions became a safe space for him. He shared part of his story with them and made the decision against the advice of the youth workers to drop out of sixth form.



In efforts to support him, youth workers offered him volunteering opportunities at FAST as well as paid football coaching through personal contacts. Coaching and mentoring sessions gave him new hope of developing his own community football club for young people in the area, so FAST looked for opportunities to help him further develop this passion and receive coaching qualifications and experience, to help him ultimately achieve this goal. As part of his development, he took the opportunity to do an apprenticeship in youth work specialising in sport. However, the Covid-19 lockdown happened, and the apprenticeship got cancelled meaning he would then have to again.

With negative experiences in education and fear of failure Nick was hesitant to restart but with the support of FAST youth workers he followed through, and even in the face of personal family challenges he went on to qualify as a level 3 Youth Support Worker.

During the apprenticeship Nick grew in many ways. He learned to lead youth sessions, and he grew in learning to open up about this emotional wellbeing and asking for help, which led to him taking a much-needed break during the apprenticeship due to a personal tragedy. He also took the opportunity to do the Alpha course, where he got to learn and have a conversation about the Christian faith, life and God. He had the following to say about his experiences and FAST London:

“FAST is like a lighthouse to this community, they direct ships to their destination. When I came to FAST, I didn’t know what I wanted to do and FAST helped me reach my full potential. I hadn’t explored the (Christian) faith until I came to FAST, they were very patient with me...and were always there when I needed questions answered and supported me...They never gave up me, even when they gave me a hard time and I tried to push them away!”

Wider community impact

As a community-based youth organisation we recognise we are part of a wider community ecosystem. Here are some of the key events and celebrations within our local area:

- Theo Porteous Cup- In August 2024 FAST launched the inaugural Porteous Cup, a football tournament commemorating local footballer **Theo Porteous**, tragically lost to knife crime, a key figure who helped our founder see the need for youth work in the area and playing a role in relationship building within the community.
- As part of Youth Battersea, we were recognised with the **Battersea Community Champions Youth Project award** in Parliament by our local MP for the joint work we have done to support young people.

Funding Support

We would like to thank our generous funders who helped us to reach and support our young people in London. Our grant funders this year were:

The National Lottery, LB Wandsworth, Wimbledon Foundation and South London Foundation through the London Community Foundation, Jack Petchey, Sir Walter St John’s Educational charity, SWL ICB.

Others who invested in our work include:



- Holy Trinity Clapham Church
- Arcus Infrastructure partners- who chose us as their charity partner.

We were grateful to have raised from £42,030, which included a £4,200 raised through our Tough Mudder fundraiser sponsored by Arcus Infrastructure partners. Consequently, thanks to the many people in the community that chose to invest in our young people it makes the world of a difference!





PLANS FOR THE FUTURE

This was year one of our three-year plan focused on creating stability so that we have a solid foundation as an organisation to ensure longevity. As an organisation who seeks to deliver long-term impact, working with young people for a maximum of 9 years (10-19 years old) it is essential that we are set up to be around for the long haul.

Our three primary goals for September 2023 to August 2026 are:

1. To increase the number of YP that are in Education, Employment and Training (EET) & Holistically Healthy - this is focused on helping to develop healthy young people. We currently build trusted relationships and want to leverage our relationships more to have a larger impact on young people's lives.

This year we have helped young people stay in school, supported some to secure their first jobs and checked up on those in their first year of university.

2. Produce healthy staff - equipped, empowered, well-paid, and well looked after- this is focused on ensuring staff are healthy who are in the best position to support young people.

In addition to the weekly team check-ins and monthly line management meetings, we have introduced external check-ins to ensure staff have a safe space to offload the challenges of work

3. To be an organisation that provides excellent and purposeful volunteering opportunities which is a great use of people's time and expertise and provides training to help them develop. This is focused on developing a healthy organisation to enable this.

The three-year plan includes developing a robust theory of change, reviewing our policies, procedures, and systems to minimise risks and implement best practice. We are developing a website where more information can be found on this.

This year we have made some great headway in developing a clear theory of change, launching an up-to-date website and are working through an independent quality mark to ensure we are operating at a recognised high standard in the youth work sector.





FINANCIAL AND RISK REVIEW

Financial position

FAST London incurred net expenditure in the year of £11,601 (2023- net income of £30,035), details of which are shown in the Statement of Financial Activities on page 14.

Total income for the year amounted to £185,102, a reduction of £14,032 on the previous year (although this was a 17-month period), and total expenditure amounted to £196,703, an increase of £27,604 on the previous year.

Reserves policy

FAST London aim is to ensure that there are reserve funds available to run the basic operations of the charity for a minimum of three months. At the balance sheet date, the Trustees estimate this would require reserves of £49,000. At the year end, the charity had unrestricted reserves of £34,805, which is below the required level. The Trustees and management will continue their fundraising efforts to improve the Charity's reserves.

Risk management

The CEO is supported by the board of trustees to identify and monitors strategic, project and operational, governance (inc. regulatory), and financial risks. We capture risks and issues on a log and risks that pose a severe financial, safeguarding or reputational risk are discussed at board meetings.





STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution and Governing document

FAST London was registered as a Charitable Incorporated Organisation (CIO) in England and Wales, registered with the Charity Commission in England and Wales on 18 May 2020, registration number 1189525. The charity is governed by its Constitution, lodged with the Charity Commission upon registration.

The governance of FAST London (FAST) is the responsibility of the Trustees who set policy and determine the parameters within which the charity operates in. Day to day management is by the Chief Executive, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Method of appointment or election of the Trustees

Trustees are elected and co-opted under the terms of the Constitution. Regular reviews are held to identify any expertise gaps within the Board of Trustees and appointments are made where required to strengthen the Board of Trustees, subject to all trustees' approval.

When it is necessary to appoint new trustees, due to either a trustee stepping down or a gap of expertise in the board is identified, recruitment will initially begin through the networks of the board and management team. Applicants will be reviewed by trustees and the successful applicant will be invited to attend a trustee meeting. Following this, on the provision that the board are satisfied and the applicant still wishes to join the trustee board, they will be appointed. The trustees meet a minimum of four times a year to monitor the activities of the charity, hold to account and give strategic guidance to the charity and met five times during the financial period.

No other person or external body is entitled to appoint any trustees of the charity. The Trustees who served during the period and after the year end are shown on page 3.

Policies adopted for the induction and training of Board of Trustees

The charity provides new trustees with an induction pack and mentoring from the Chair. The charity has limited resources for formal training of the trustee body. However, on-going training opportunities are announced to trustees when these become available pro bono.

Related party relationships

The Charity has considered the disclosure requirements of the SORP for related party relationships. The charity has no related party connections with other organisations. The trustees consider that the members of the board and their close connections to be the only related parties of the charity. Trustee Samuel Alebioshu has expertise in marketing and Web design and with the charity being in need of a website, the trustee's commissioned to develop our website and paid him £300 in two payments for this service.

Trustees are required to disclose all relevant interests and register them with the Chief Executive and to withdraw from decisions where a conflict of interest arises.



Remuneration policy for key management personnel

The pay of the charity's Chief Executive is reviewed annually and due to another successful year financially we have been able to increase the salary of the Chief Executive to a more competitive rate. We hope to increase it further next year again if funds allow. The trustees also draw on their knowledge of the sector and common practice in other charities of similar size to ensure that the remuneration set is fair and not out of line with that generally paid for similar roles.

Statement of public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

Approval

This report was approved by the Trustees on 27th June 2025 and signed on their behalf by:
D Langton (Chair)

A handwritten signature in black ink, appearing to be "D Langton", is positioned below the approval text. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES

For the year ended 31 August 2024

I report on the accounts of the charity for the year ended 31 August 2024.

Respective responsibilities of the Trustee and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. 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 the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with such 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 Charities SORP (FRS102).

/Continued...

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES

For the year ended 31 August 2024

.../Continued

I understand that the financial statements have been prepared to give a 'true and fair' view, and have departed from the Charities (Accounts and Reports) Regulations 2008, only to the extent required to provide a 'true and fair view'. This departure has involved following SORP 2015 FRS102, rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 (SORP 2005), which is referred to in the exitent regulations, but has since been withdrawn.

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.

Charles Ssempijja, FCA
NfP Accountants Ltd
Chartered Accountant
3rd Floor, 86-90 Paul Street
London
EC2A 4NE

Date:

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 August 2024

	Notes	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
INCOME FROM							
Donations and legacies	2	61,007	121,884	182,891	131,676	64,331	196,007
Charitable activities PRU & Mentoring		1,250	-	1,250	3,127	-	3,127
Investments		-	-	-	-	-	-
Other		961	-	961	-	-	-
TOTAL INCOME		63,218	121,884	185,102	134,803	64,331	199,134
EXPENDITURE ON:							
Charitable activities Youth activities	3	49,686	116,232	165,918	102,580	66,519	169,099
		49,686	116,232	165,918	102,580	66,519	169,099
Raising funds	3	30,785	-	30,785	-	-	-
TOTAL EXPENDITURE		80,471	116,232	196,703	102,580	66,519	169,099
NET MOVEMENT IN FUNDS		(17,253)	5,652	(11,601)	32,223	(2,188)	30,035
RECONCILIATION OF FUNDS							
TOTAL FUNDS AT 1 SEPTEMBER 2023		53,558	8,668	62,226	21,335	10,856	32,191
TOTAL FUNDS AT 31 AUGUST 2024		£ 36,305	£ 14,320	£ 50,625	£ 53,558	£ 8,668	£ 62,226

The annexed notes form part of these financial statements

FAST LONDON**(Registered Charitable Incorporated Organisation number 1189525)****BALANCE SHEET****As at 31 August 2024**

	Notes	£	2024 £	£	2023 £
FIXED ASSETS					
Tangible assets	8		505		1,005
CURRENT ASSETS					
Cash at bank and in hand		51,626		62,181	
CREDITORS: amounts falling due within one year	9	(1,506)		(960)	
NET CURRENT ASSETS			50,120		61,221
NET ASSETS			<u>£ 50,625</u>		<u>£ 62,226</u>
FUNDS					
Restricted funds	10		14,320		8,668
Unrestricted funds:					
General fund	10		36,305		53,558
			<u>£ 50,625</u>		<u>£ 62,226</u>

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A – small entities.

The financial statements were approved, and authorised for issue, by the Trustee on 27th June 2025 and signed on their behalf by:-



REV DAVID LANGTON, Chair

The annexed notes form part of these financial statements

FAST LONDON**STATEMENT OF CASH FLOWS**
For the year ended 31 August 2024

	2024		2023	
	£	£	£	£
Cash flows from operating activities		(11,601)		30,035
Add back depreciation		500		495
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors		-		2,532
Increase/(decrease) in creditors		546		685
		546		3,217
Cash flows from investing activities				
Purchase of fixed assets		-		(1,500)
Cash flows from financing activities		-		-
Change in cash and cash equivalents in the year		(10,555)		32,247
Cash and cash equivalents at the beginning of the year		62,181		29,934
Cash and cash equivalents at the year end		51,626		62,181

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

1. ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective from 01 January 2019), and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following SORP 2015 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 (SORP 2005) which has since been withdrawn.

Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income

Income is recognised when the charity has entitlement to the funds: this is when any performance conditions attached to the income have been met, it is probable that the income will be received, and that the amount can be measured reliably.

Income is only deferred when: The donor specifies that the grant or donation must only be used in future accounting periods; or for performance related grants, where these are received in advance of the performances or specific event to which they relate.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is considered all to relate to Charitable activities and includes the costs of delivering services undertaken to further the purposes of the charity and their associated support costs.

Allocation of support costs

Support and governance costs have been allocated between charitable activities based on estimated staff costs. The allocation of support and governance costs is analysed in note 3.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Judgements and key sources of estimation uncertainty

No significant judgements have been made in the process of applying the above accounting policies and there are no key sources of estimation uncertainty.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

2. DONATIONS AND LEGACIES

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	<i>Total Funds 2023 £</i>
Donations				
- HTC Church	14,025	-	14,025	5,665
- One-off donations	12,538	-	12,538	38,204
- Monthly donations	9,635	-	9,635	12,005
- Local giving	20,809	-	20,809	-
Grant income				
- Jack Petchy Foundation	-	1,800	1,800	-
- Wandsworth council - VCS	-	16,000	16,000	-
- National Lottery Cost of Living	-	74,172	74,172	-
- London Community Foundation	1,500	-	1,500	30,000
- Wandsworth Council - Summer HAF	-	14,728	14,728	11,765
- Wandsworth Council - Easter HAF	-	3,684	3,684	5,280
- Money4You	2,500	-	2,500	2,500
- Sir Walter St. John	-	2,500	2,500	4,000
- Wandsworth - HAF 2022/23	-	-	-	16,786
- Education and Skills Funding Agency	-	-	-	1,500
- Battersea Power Station Foundation	-	-	-	5,000
- Garfield Weston Foundation	-	-	-	15,000
- SWLICS Inequality Fund	-	9,000	9,000	8,500
- Postcode Society Trust	-	-	-	25,000
- Shaftesbury Young People Trust	-	-	-	9,802
- Arcus Infrastructure Partners	-	-	-	5,000
	£ 61,007	£ 121,884	£ 182,891	£ 196,007

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

3. ANALYSIS OF EXPENDITURE

Current year	Staff / consultant costs £	Direct costs £	Support & governance costs £	Total 2024 £	Total 2023 £
Charitable activities					
Youth delivery activities	88,482	13,991	63,445	165,918	169,099
	<u>88,482</u>	<u>13,991</u>	<u>63,445</u>	<u>165,918</u>	<u>169,099</u>
Fundraising costs	17,824	180	12,781	30,785	-
Support & governance costs	62,881	13,345	(76,226)	-	-
	<u>£ 169,187</u>	<u>£ 27,516</u>	<u>£ Nil</u>	<u>£ 196,703</u>	<u>£ 169,099</u>
<i>Prior year</i>	<i>Staff / consultant costs £</i>	<i>Direct costs £</i>	<i>Support & governance costs £</i>	<i>Total 2023 £</i>	
Charitable activities					
Youth delivery activities	137,518	20,549	11,032	169,099	
	<u>137,518</u>	<u>20,549</u>	<u>11,032</u>	<u>169,099</u>	
Fundraising costs	-	-	-	-	
Support & governance costs	-	11,032	(11,032)	-	
	<u>£ 137,518</u>	<u>£ 31,581</u>	<u>£ Nil</u>	<u>£ 169,099</u>	

Of the total expenditure of £196,703 (2023 - £169,099), £80,471 (2023 - £102,580) was unrestricted expenditure, and £116,232 (2023 - £66,519) was restricted expenditure.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

4. STAFF COSTS AND NUMBERS

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	<i>Total Funds 2023 £</i>
Salary costs				
Wages and salaries	143,982	-	143,982	112,966
Social security costs	8,167	-	8,167	8,008
Employer pension	3,793	-	3,793	2,349
	<u>155,942</u>	<u>-</u>	<u>155,942</u>	<u>123,323</u>
Other staffing costs				
Sessional and consultancy staff	11,495	-	11,495	8,333
Staff training & resources	1,427	-	1,427	5,862
Volunteer expenses	323	-	323	-
	<u>£ 169,187</u>	<u>£ Nil</u>	<u>£ 169,187</u>	<u>£ 137,518</u>

The average weekly number of staff on a head count basis was 4 (2023 - 3).

No staff received payments in excess of £60,000 (2023 - the same).

The total employee benefits of the key management personnel were £43,154 (2023 - £37,802).

5. TRUSTEES' REMUNERATION AND EXPENSES

No Trustee received any remuneration or payments for services rendered to the charity.

No trustees received any reimbursement of expenses, travel and subsistence or otherwise (2023 - £300 was paid to We are Grounded, a company which one of the trustees has a controlling interest).

6. RELATED PARTY TRANSACTIONS

The trustees have found no other related party transactions to disclose in these accounts.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

7. SUPPORT COSTS

	2024	2023
	£	£
Governance costs:		
Independent Examiner's fee	960	960
Other fees payable to the independent examiner	546	-
Telecoms	1,203	1,385
Cleaning	1,090	1,440
Insurance	1,054	1,022
Maintenance	5,173	2,123
Depreciation	500	495
Legal fees	1,755	-
Sundry expenses	1,064	3,607
Staff support costs	62,881	11,032
	<u>£ 76,226</u>	<u>£ 22,064</u>

Support costs all relate to the charitable activities as described in the Trustees' Report, and are allocated in proportion of staff time.

8. TANGIBLE FIXED ASSETS

	Office equipment £
Cost	
At 1 September 2023 and 31 August 2024	<u>1,500</u>
Depreciation	
At 1 September 2023	495
Charge for the year	500
At 31 August 2024	<u>995</u>
Net book value	
At 31 August 2023	£ 1,005
At 31 August 2024	<u>£ 505</u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Accruals	1,506	960
	<u>£ 1,506</u>	<u>£ 960</u>

10. STATEMENT OF FUNDS

	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
London Community Foundation	8,333	-	-	-	8,333
Sir Walter St. John's Educational Charity	335	2,500	(2,492)	-	343
Caius House	-	1,000	(1,000)	-	-
Jack Petchy Foundation	-	1,800	(1,783)	-	17
NHS Young Mind	-	8,000	(7,832)	-	168
National Lottery Cost of Living grant	-	74,172	(74,172)	-	-
Wandsworth council					
- Easter HAF	-	3,684	(3,575)	-	109
- Summer HAF	-	14,728	(13,303)	-	1,425
- VCS	-	16,000	(12,075)	-	3,925
	<u>£ 8,668</u>	<u>£ 121,884</u>	<u>£ (116,232)</u>	<u>£ Nil</u>	<u>£ 14,320</u>
SUMMARY OF FUNDS					
General Funds	53,558	63,218	(80,471)	-	36,305
Restricted Funds	8,668	121,884	(116,232)	-	14,320
	<u>£ 62,226</u>	<u>£ 185,102</u>	<u>£ (196,703)</u>	<u>£ Nil</u>	<u>£ 50,625</u>

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 August 2024

2023	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
<i>LB Wandsworth</i>					
- Easter HAF	-	5,280	(5,280)	-	-
- Summer HAF	-	11,765	(11,765)	-	-
- HAF 22/23	-	16,786	(16,786)	-	-
<i>Education and Skills Funding Agency</i>	-	1,500	(1,500)	-	-
<i>London Community Foundation</i>	-	20,000	(11,667)	-	8,333
<i>Action Funder - Money 4U</i>	-	2,500	(2,500)	-	-
<i>Awards for All</i>	8,150	-	(8,150)	-	-
<i>Battersea Power Station</i>	1,500	-	(1,500)	-	-
<i>Wimbledon Foundation</i>	1,206	-	(1,206)	-	-
<i>Sir Walter St. John's Educational Charity</i>	-	4,000	(3,665)	-	335
<i>Arcus Infrastructure Partners</i>	-	2,500	(2,500)	-	-
	<u>£ 10,856</u>	<u>£ 64,331</u>	<u>£ (66,519)</u>	<u>£ Nil</u>	<u>£ 8,668</u>
SUMMARY OF FUNDS					
<i>General Funds</i>	21,335	134,803	(102,580)	-	53,558
<i>Restricted Funds</i>	10,856	64,331	(66,519)	-	8,668
	<u>£ 32,191</u>	<u>£ 199,134</u>	<u>£ (169,099)</u>	<u>£ Nil</u>	<u>£ 62,226</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds		Restricted Funds £	Total Funds £
	Designated Funds £	General Funds £		
Tangible fixed assets	-	505	-	505
Net current assets	-	35,800	14,320	50,120
	<u>£ Nil</u>	<u>£ 36,305</u>	<u>£ 14,320</u>	<u>£ 50,625</u>

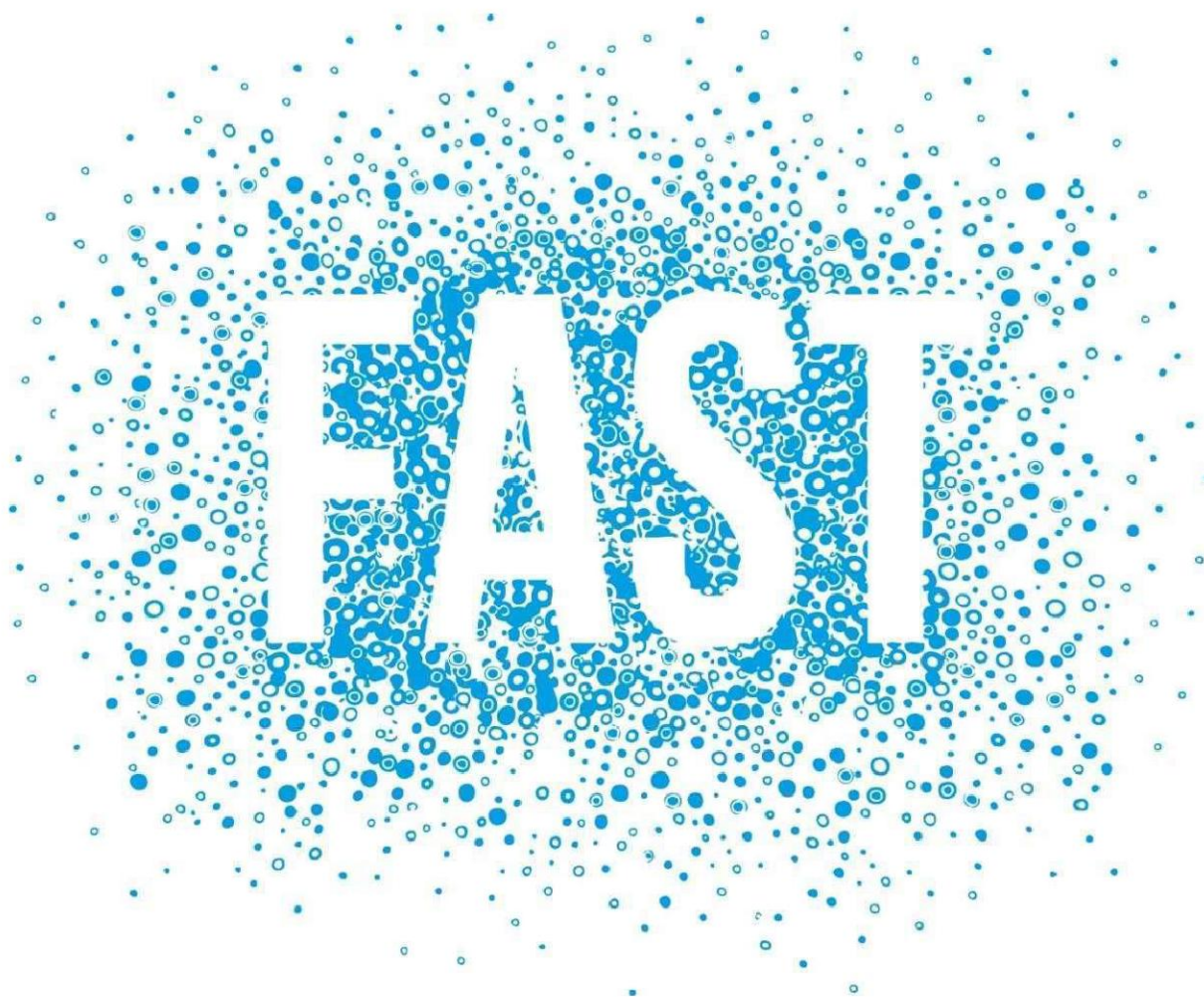
12. OTHER INFORMATION

FAST London is a Charitable Incorporated Organisation (CIO), registered with the Charity Commission in England and Wales, with registration number 1189525. Its registered office address is Yvonne Carr Centre, 2 Thessaly Road, London SW8 4HT. The accounts are presented in GBP rounded to £1.

FAST LONDON

England & Wales - Charity number 1189525

Accounts



REPORTS AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31ST AUGUST 2023
FAST LONDON



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LEGAL AND ADMINSTRATIVE DETAILS

Address for Correspondence	Yvonne Carr Centre, 2 Thessaly Rd, London SW8 4HT
Governing Documents	Registered Charity Incorporated organisation No.1189525 Registration 18th May 2020
Trustees	David Langton Omowonuola Adefala Samuel Alebioshu Stephanie Li (appointed February 2023)
Chief Executive	Kafui Brese
Bankers	The Co- operative Bank PLC
Independent Examiner	Matthew Upex 2 Water Street Stamford Lincolnshire PE9 2NJ



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustees have pleasure in submitting the Report and Accounts for the year covering the charity 'FAST London' whose registered address is Yvonne Carr Centre, 2 Thessaly Rd, SW8 4HT, London. The responsibility for setting policy and for determining the parameters within which the charity should operate rests with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day-to-day operation of the charity has been delegated to an operational management team led by the CEO. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Governance

The policy and operating decision of FAST London rests with the Trustees, who have met regularly to monitor, hold to account and give strategic guidance to the charity.

In the last year, FAST saw the resignation of three trustees who were instrumental in helping re-establish FAST after a season of transition. They joined the board as part of the management committee in 2019 bringing the expertise, time and insight to help FAST register as a charity which took place in May 2020. After we met our quota of three trustees, they decided to step off the board leaving FAST in a great position from before they joined.

Trustees' responsibilities

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Chief Executive, who draws on the support and expertise of the highly experienced Board of Trustees as needed. Charity law requires us as Trustees to prepare financial statements for each accounting year which record the receipts and payments for the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position for the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the Trustees on 16th April 2024 and signed on their behalf by:
D Langton (Chair)

A handwritten signature in black ink, appearing to be 'D Langton', written over a horizontal line.



OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Objects of the charity

The charity was established as FAST Project London in 2012 (Charity No. 1149513) in response to neglect and a lack of investment in young people on the Patmore Estate. The estate was seen as a no-go area by council workers and the wider community and ranked in the top 5% of most economically deprived neighbourhoods. Young people were at high risk of all forms of abuse, being involved in criminal activity, with a high percentage not in education, employment, or training. FAST Project London merged with e:merge (Charity No. 1152146) in April 2015 before registering as an independent CIO on the 18th May 2020 in its current form.

The charity is a charitable incorporated organisation and is governed by its Constitution. The objects of the charity, as set out in the governing document are undertaken with a Christian ethos for the public benefit specifically restricted to the following: -

- 1) To act as a resource for young people living in London by providing advice and assistance and organising programmes of physical, educational and other activities within a Christian ethos as a means of:
 - (a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
 - (b) advancing education;
 - (c) relieving unemployment;
 - (d) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.



SUMMARY OF THE CHARITY'S MAIN ACTIVITIES AND ACHIEVEMENTS

Our mission and goals

FAST London is a youth charity that works with people aged 10-19 on the Patmore Estate and the surrounding areas of Battersea and South Lambeth in London. We primarily focus on frontline youth work delivery to support young people but have realised facilitating conversations between young people and other stakeholders in their life and advocacy work can enable us to impact the issues our young people face on a wider scale (council wide rather than just within the ward).

At FAST London we invest time, resources and opportunities into young people who live in areas of high deprivation to empower them to complete education, develop healthy relationships and a pathway for an aspirational future. We prioritise relationships living by the mantra: "People care what you know only when they know how much you care."

We have three goals we hope for young people:

1. To support young people to stay in education, employment and training.
2. To support people to grow in holistic health which we split into four areas:
 - a. Socio-emotional health - good relationships with authority figures and peers.
 - b. Mental health
 - c. Physical health
 - d. Spiritual health - an optional opportunity to explore the Christian faith.
3. Community engagement - learning to contribute to society, rather than just taking.

FAST's main activities and service users are described below. Our focus is on investing time and resources into young people to see them flourish holistically (academically, physically, socio-emotionally, and spiritually), and in education, employment and training. We focus on the socio-emotional wellbeing of young people, so they are equipped to deal with the challenges of life. Our founder and key partners were inspired to start the charity in response to the needs of the community and as an act of obedience to the Christian teaching to care for the vulnerable, marginalised and oppressed. The name FAST comes from book of Isaiah (chapter 58) in the Bible where God challenges people to devote themselves to care for the vulnerable rather than exploit them. Consequently, due to the founding partners personal experiences of how the Christian faith transformed their lives we offer an optional project called "Exploring Christianity" for young people to learn more.

All our work is underpinned by our Christian values of prioritising the value and dignity of young people (10-19 years old), investing in them long-term with unconditional love to see them reach their potential. Relationship building is essential to this approach as well as modelling healthy attitudes and behaviours for young people. Our theory of change consists of three key stages:

- **Engagement** - initiatives with young people that focus on building relationships and trust with young people by doing activities and in places they feel most comfortable.
- **Development** - initiatives that target particular needs, develop skills, increase resilience and confidence in young people.
- **Performance** - initiatives where young people can test and showcase their talents and skills.

Our direct engagement with young people falls between open access group sessions and small group or one to one mentoring and coaching sessions.



Community programme

Our community programme is split by term-time and holiday activities. Our term-time activities consist of open access group sessions which focus on engagement and development initiatives. These include:

- **FAST football sessions** twice a week, in partnership with Street Soccer London to engage and develop young people. In these sessions, football is used as a vehicle to build relationships, develop character and teambuilding skills in young people.
- **10-12 youth club session** take place once a week and was set up in Jan 2023 in recognition of the need to support transition of students from primary to secondary school. It is open to any young people in years 5 to 7. We also consult teachers to identify vulnerable children they believe may struggle in secondary school to help them with the transition. We provide a safe space for young people to build relationships with trusted adults and peers as well as discuss their concerns about transitioning to secondary school.
- **Weekly Learning hub** sessions that emphasise the importance of learning as an approach for life and to raise aspirations. Activities in these sessions range from helping them with academic schoolwork, CV writing and employability support, to other niche skills of public speaking.
- **Gendered Development sessions** once a week for boys and girls separately, we work with young people aged 12-16 focused on engagement and development. In these sessions we have team games, open conversations on issues such as role models, mental health and other topics young people want to cover. Young people communicated they feel comfortable discussing these issues with friends of the same gender which led to this split.
- **One-to-one and small group mentoring, and coaching** are the most intensive interventions we have throughout the week with young people that staff identify will most benefit from it. These sessions take a child-centred approach and consequently each session varies from person to person. The focus is to equip and empower young people to set and achieve life goals in but not limited to education, relationships, and behaviour.

Holiday projects

When young people are on holiday from school, we provide extended sessions, field trips and workshops as the young people do not have school and have more free time. We try to capitalise on these opportunities to deepen relationships and give young people new experiences and fun to enrich their lives, ranging from go-karting, football tournaments, tie-dye workshops, to other creative endeavours. This provides an opportunity for young people to explore their interests, develop new skills, and forge meaningful connections within the community. Also, statistics show this is a high-risk period for the most vulnerable young people as it is harder for child professionals like teachers and social workers to keep in touch and check up on their wellbeing.



Exploring Christianity

Inspired by our Christian Ethos, we provide an opportunity for young people who are interested in exploring what the Christian faith is about and what it has to say about the big questions about life.

This Christian project is separate to our community programme, which is open to children and young people of all other faiths or no faith. Parents or young people themselves can self-refer to our Christian faith sessions, with a separate consent form signed by the guardians of the children to give permission to explore the Christian Faith.

This year saw quite a bit of transition between the group dynamics of the young people we worked with which meant we were not able to run this project in the same way we previously did. Instead of larger group sessions we had smaller group and one to one conversation about faith.

Youth Battersea

FAST is a founding member of a 5-youth organisation consortium which was organically formed during the Covid-19 lockdown in 2020. With good relationships between our organisations and different skills and strengths we decided to see how we can work together and pool our resources to help the wider community choosing to collaborate rather than compete. We were able to put on joint initiatives to increase community cohesion and secure NHS funding to support the mental health and wellbeing of young people, as well as providing free counselling sessions for those who wanted them.

Output Statistics for April 2022- August 2023

Numbers worked with:

- 322 participants attended at least one session.
- 109 new participants were registered to FAST London during this time.

Gender breakdown

- Male –288 (89%)
- Female – 34 (11%)

Activity	Number of people	Number of visits	Number of sessions	Hours
Football	248	2715	172	344
10-12 Youth Club	27	250	20	40
Learning Hub	36	188	28	50
Development sessions	59	391	56	116.5
One to one and small group	35	194	120	190
Holiday project	200	1250	83	344.5
Exploring Christianity	21	87	38	65
Total	322	5075	517	1150



From our last annual report to this year, we have seen the following outputs:

- An increase in the number of sessions
- An increase in the number of delivery hours
- This is the first time we have counted our visits which was a total of 5075 for the year.

Outcomes and Impact for April 2022- August 2023

FAST has achieved significant milestones and accomplishments, demonstrating our unwavering commitment to youth empowerment and community engagement. We proudly hosted 5075 participants in various programs and activities, marking a significant increase in community engagement. Increased funding helped us to reach a further 109 new young individuals, reflecting our dedication to reaching and supporting a broader demographic.

Engagement outcomes

From our last annual report to this year, we have seen the following outcomes for engagement:

- An increase in the number of young people we have worked with (from 214 to 322)
- An increase in the new participants (67 to 109)
- An increase in the amount of young people who have made friendships and connections at FAST - helping to increase community cohesion and reduce isolation.

Development outcomes

We have achieved the following development outcomes:

- We have helped six young people create their first CVs and prepare for interviews.
- Ten young people reported improvements in their homework resulting from our help.
- Two young people were successfully referred to counselling sessions to help their mental health and wellbeing.

Performance outcomes

This year we are delighted to celebrate the following performance outcomes:

- Three individuals embarking on university degrees in, Psychology, Midwifery and Drama - two of them were the first in their families to attend university.
- We helped coach three individuals (all been attending fast for a minimum of four years) to secure part-times jobs with one receiving 'Employee of the Month' within the first three months.
- 57% of our year 11s passed GCSE Maths and English with a Grade 4 or higher.
- 100% of our year 11 students progressed to further education.
- Six of our young footballers won a community cup for their Saturday team, of which four joined a community football from our football project.



- Two individuals who have attended our football project were scouted and now play with football academies.

Case study of Freya (not her real name):

Freya, is an 18 year old student who became involved with FAST, at the age of 14. Initially, she struggled with shyness and grappled with issues surrounding confidence, identity, and later, religious exploration. Freya seldom spoke, reserving her words for when prompted, and faced internal struggles that extended beyond the academic realm.

Despite these challenges, Freya showed remarkable determination, especially academically. She actively engaged in drop-in sessions and sought additional assistance, particularly in challenging subjects like science and math. However, Freya also carried an additional burden at home, assuming the role of a second mother and frequently sacrificing her participation in various activities to babysit her younger siblings.

Freya's family dynamic was complex, with strained relationships. The support of her nan played a crucial role in her life, providing a pillar of strength amid familial challenges. Yet, it was within the walls of FAST that Freya found a sanctuary, a safe space away from the turbulence of her home life.

Active in the youth council, Freya became a fervent advocate for the voices of young people to be heard. Bonds formed with FAST youth workers as well as a close friendship with Leah (not real name), created a sense of family that became instrumental in her growth.

The teenage years saw Freya struggle with her mental health. The breakthrough came during mentoring sessions where, through shared activities such as cooking and open discussions, she found a platform to articulate and confront her challenges.

Financial independence came at the age of 16 when Freya secured her first job, an opportunity provided by a FAST youth worker. This not only provided her with economic freedom but also bolstered her confidence, making her final years at sixth form more manageable.

A pivotal moment in her life occurred in sixth form when she converted to Islam. This decision, though deeply personal, was met with resistance from her family. Despite the challenges, FAST provided unwavering support, underscoring the importance of its role in Freya's life during moments of profound transformation.

FAST continued to be a guiding force in Freya's educational journey, assisting her with UCAS points, university applications, and ultimately, her pursuit of a three-year course in midwifery. Freya's passion for kids and nursing found expression in her academic choices, reflecting her commitment to making a positive impact on others' lives.

Today, Freya stands as a remarkable young lady, a testament to her resilience and determination to overcome myriad challenges. Her journey, once characterised by shyness and uncertainty, has transformed into one of confidence and purpose. Living in university halls, she continues to maintain ties with her support network at FAST, reflecting the enduring impact of a dedicated support system.



Summary of challenges and successes

In summary, the past year has been focused on planning and reflecting to enable FAST as an organisation to be sustainable for the long term.

We achieved some great youthwork successes in supporting young people affected by the Covid pandemic, lockdown and cost of living crisis, to pass their GCSEs and achieve, despite the challenges they faced. We experienced difficult interpersonal challenges as the cost of living impacted our young people and their family negatively. This resulted in more families experiencing poverty which increased family breakdowns and a spike in behavioural issues between young people and staff and young people. One of the results of this was a decision to reduce the engagement of our oldest age group (those over 18+) whose behaviour was putting others at risk and although we tried to engage them in a different way, they were unresponsive.

However, a great success has been the growth of our early intervention work aimed at supporting those in year 5 & 6 in primary school transition into secondary school well. This was birthed from reflections as a team and conversations with our local primary schools who identified a disproportionately high number of students in our community who were not settling into secondary school (and being excluded within the first two years). We set up a 10-12 youth club session in the community and partnered to support those most at risk.

Organisationally, we focused on increasing our capacity to meet the needs of the community we serve. A huge success has been our ability to grow our fundraising after a challenging YE Mar 22 where we raised £49,903, we were able to raise over £200,000 this year. The increase of funds enabled us to recruit two new staff, one to support youth delivery and the other to enable us to with impact, operations to build a healthier organisation. We expanded from 2 full-time staff and an apprentice to 4 full-time staff and an apprentice, thereby reducing the single point of failure risks, increasing our capacity and diversifying skill sets. We worked hard to develop a three-year plan which is explained in our section "Plans for the future".

Funding Support

We would like to thank our generous funders who helped us to reach and support our young people in London. Our grant funders this year were:

LB Wandsworth, Education and Skills Funding Agency, Wimbledon Foundation through the London Community Foundation, Shaftsbury Young People's Trust, Sir Walter St John's Educational charity, Battersea Power Station Foundation, Money4YOU through Action Funder, Garfield Weston Foundation, SWL ICB.

Others who invested in our work include:

- Holy Trinity Clapham Church
- Arcus Infrastructure partners- who chose us as their charity partner.
- AtkinsRealis for sponsoring and providing a team for the football fundraiser.
- CBRE organised a walking fundraiser to raise money for IT equipment for us.



We were delighted to increase our individual donations from £10,200 (Mar 22) to £55,873 (Aug 23), which included £11,000 raised through our Triathlon Sprint fundraiser. Consequently, thanks to the many people in the community that chose to invest in our young people it makes the world of a difference!!

Statement of public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.



PLANS FOR THE FUTURE

During this year we have worked hard to put together a three-year plan focused on creating stability so that we have a solid foundation as an organisation to ensure longevity. As an organisation we seek to deliver long-term impact, working with young people for a maximum of 9 years (10-19 years old). Consequently, it is essential that we as an organisation as set up to be around for the long haul, healthy organisation, healthy staff to achieve the goal of healthy young people.

We have identified three primary goals we would like to achieve in the three-year plan from September 2023 to August 2026.

1. Increase the number of YP that are in Education, Employment and Training (EET) & Holistically Healthy- this is focused on helping to develop healthy young people. We currently build trusted relationships and want to leverage our relationships more to have a larger impact on young people's lives.
2. Produce healthy staff- equipped, empowered, well paid, and well looked after- this is focused on ensuring staff are healthy who are in the best position to support young people.
3. To be an organisation that provides excellent and purposeful volunteering opportunities which is a great use of people's time and expertise and provides training to help them develop. This is focused on developing a healthy organisation to enable this.

The three plan includes developing a robust theory of change, reviewing our policies, procedures, and systems to minimise risks and implement best practice. We are developing a website where more information can be found on this.



FINANCIAL REVIEW

Financial position

After a year of successful fundraising FAST London achieved net income for the year of £30,035 as detailed on the Balance Sheet on page 16.

Total income for the year amounted to £199,134 an increase of £149,231 on the previous year, and the total expenditure amounted to £169,099 an increase of £82,941 on the previous year.

Reserves policy

FAST London aim is to ensure that there are reserve funds available to run the basic operations of the charity for a minimum of three months and maximum of six months. At the balance sheet date, the Trustees estimate this would be between £46,650-£93,300. At the year end, the charity had unrestricted free reserves of £53,558 (2021: £21,335), improving on last year's position and meeting our reserves policy.

Risk management

The CEO is supported by the board of trustees to identify and monitors strategic, project and operational, governance (inc. regulatory), and financial risks. We capture risks and issues on a log and risks that pose a severe financial, safeguarding or reputational risk are discussed at board meetings.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FAST LONDON

I report on the accounts for the year ended 31st August 2023 which are set out on pages 16 and onwards.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that the audit requirement for this year under section 43(2) of the Charities Act 1993 does not apply and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43(3) (a) of the Act),
- follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7) (b) of the 1993 Act) and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

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. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that in any material respect the requirements
 - a) to keep accounting records in accordance with section 41 of the 1993 Act; and
 - b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 1993 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.

M Upex

29 May 2024

Signed:

Date:

Name: Matthew Paul Upex FCCA (Fellow Member of Association of Chartered Certified Accountants)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST AUGUST 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds £	2022 Funds £
INCOMING RESOURCES					
Donations	9	55,874	-	55,874	24,127
Incoming Resources from Generated Funds		-	-	-	-
Fundraising		-	-	-	-
Incoming Resources from Charitable Activities	10	3,127	-	3,127	1,469
Grants to Provide Charitable Activities	11	75,802	64,331	140,133	24,307
TOTAL INCOMING RESOURCES		134,803	64,331	199,134	49,903
RESOURCES EXPENDED					
Charitable Expenditure	12	93,233	64,834	158,067	79,674
Support Costs	13	9,347	1,685	11,032	6,484
TOTAL RESOURCES EXPENDED		102,580	66,519	169,099	86,158
NET INCOMING (OUTGOING) RESOURCES		32,223	- 2,188	30,035	- 36,255
Balances Brought Forward		21,335	10,856	32,191	68,446
Balances Carried Forward		53,558	8,668	62,226	32,191

BALANCE SHEET AS AT 31ST AUGUST 2023

	2023	2022
	£	£
ASSETS		
Fixed Assets		
Equipment FA	-	-
Plant and Machinery	1,005	-
Total Equipment	<u>1,005</u>	<u>-</u>
Total Fixed Assets	<u>1,005</u>	<u>-</u>
Current Assets		
Grants Receivable	-	2,532
Cash at Bank and in Hand	62,181	29,934
Total Current Assets	<u>62,181</u>	<u>32,466</u>
Current Liabilities		
Creditors	960	275
Total Current Liabilities	<u>960</u>	<u>275</u>
NET ASSETS	<u>62,226</u>	<u>32,191</u>
As Represented by		
Unrestricted	53,558	21,335
Restricted	8,668	10,856
Total Funds	<u>62,226</u>	<u>32,191</u>

29 May 2024



The accounts were approved by the trustees on and signed on their behalf by

Rev D Langton (Chair)

FAST LONDON CIO
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST 2023

1. Accounting basis.

a) Basis of Preparation

a) The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) FAST London CIO meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accountable for on a receivable basis.

b) Going Concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparation of financial statements

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No.1 (revised) from including as cash flow statement in the financial statements on the grounds that the Charity is small.

3. Incoming Resources

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accountable for on a receivable basis.

4. Resources Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities.

5. Fund Accounting

Unrestricted funds consist of funds that the Trustees may use for charitable purposes at their discretion. Restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from funders to be spent within the following years.

6. Taxation

No provision has been made for the taxation for the Charity's income as it qualifies for the tax exemptions available to charities.

7. Staff, Trustees and Related Parties

	2023	2022
	£	£
Total salary costs	123,323	64,440

The number of staff in the year averaged 3 (2022: 3) and none of the staff received emoluments in excess of £60,000 in this financial year or the previous year.

8. None of the trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

9. Donations	Unrestricted Funds	Restricted Funds	Total Funds	2022 Funds
	£	£	£	£
HTC Church	5,665	-	5,665	10,445
Nine Elms Community	-	-	-	2,540
One off donations	38,204	-	38,204	9,406
Monthly donations	12,005	-	12,005	1,735
Total	55,874	-	55,874	24,126

10. Other Income	Unrestricted Funds	Restricted Funds	Total Funds	2022 Funds
	£	£	£	£
Fees	1,820	-	1,820	179
Sundry	1,307	-	1,307	1,290
Total	3,127	-	3,127	1,469

11. Grants	Unrestricted Funds	Restricted Funds	Total Funds	2022 Funds
	£	£	£	£
LB Wandsworth				
Summer HAF 2021	-	-	-	9,457
Summer HAF 2022	-	11,765	11,765	-
Easter HAF 2022	-	5,280	5,280	-
HAF 2022/23	-	16,786	16,786	-
TNLCF- Awards for All	-	-	-	9,850
Wimbledon Foundation- Coronavirus Fund	-	-	-	5,000
Education and Skills Funding Agency	-	1,500	1,500	-
London Community Foundation				
WFCF+	-	20,000	20,000	-
South London Opportunity	10,000	-	10,000	-
Action Funder- Money 4U	-	2,500	2,500	-
Battersea Power Station Foundation	5,000	-	5,000	-
Sir Walter St John's Educational Charity	-	4,000	4,000	-
Garfield Weston Foundation	15,000	-	15,000	-
SWLICS Inequalities Fund	8,500	-	8,500	-
Postcode Society Trust	25,000	-	25,000	-
Shaftesbury Young People Trust	9,802	-	9,802	-
Arcus Infrastructure Partners	2,500	2,500	5,000	-
Total	75,802	64,331	140,133	24,307

12. Charitable Expenditure	Unrestricted Funds	Restricted Funds	Total Funds	2022 Funds
	£	£	£	£
Salaries	79,186	44,137	123,323	64,440
Sessional Staff	1,885	6,448	8,333	2,750
Youth Work Activities	6,869	13,680	20,549	10,785
Staff Training	5,293	569	5,862	1,149
Professional Fees	-	-	-	550
Total	93,233	64,834	158,067	79,674

13. Support Costs

	Unrestricted Funds	Restricted Funds	Total Funds	2022 Funds
	£	£	£	£
Telecoms	1,385	-	1,385	884
Cleaning	940	500	1,440	1,300
Insurance	1,022	-	1,022	825
Maintenance	2,123	-	2,123	2,077
Depreciation	330	165	495	-
Accountancy	960	-	960	-
Sundry	2,587	1,020	3,607	1,398
Total	9,347	1,685	11,032	6,484

14. Restricted Fund Analysis

	Balance at 1 April 2022	Incoming Resources	Outgoing Resources	Balance at 31 August 2023
	£	£	£	£
LB Wandsworth				
Easter HAF 2022	-	5,280	5,280	-
Summer HAF 2022	-	11,765	11,765	-
HAF 2022/23	-	16,786	16,786	-
Education and Skills Funding Agency	-	1,500	1,500	-
London Community Foundation				
WFCF+	-	20,000	11,667	8,333
Action Funder- Money 4U	-	2,500	2,500	-
Awards for All	8,150	-	8,150	-
Battersea Power Station	1,500	-	1,500	-
Wimbledon Foundation	1,206	-	1,206	-
Sir Walter St John's Educational Charity	-	4,000	3,665	335
Arcus Infrastructure Partners	-	2,500	2,500	-
Total	10,856	64,331	66,519	8,668

15. All Bank Interest is Allocated to Unrestricted Funds

-

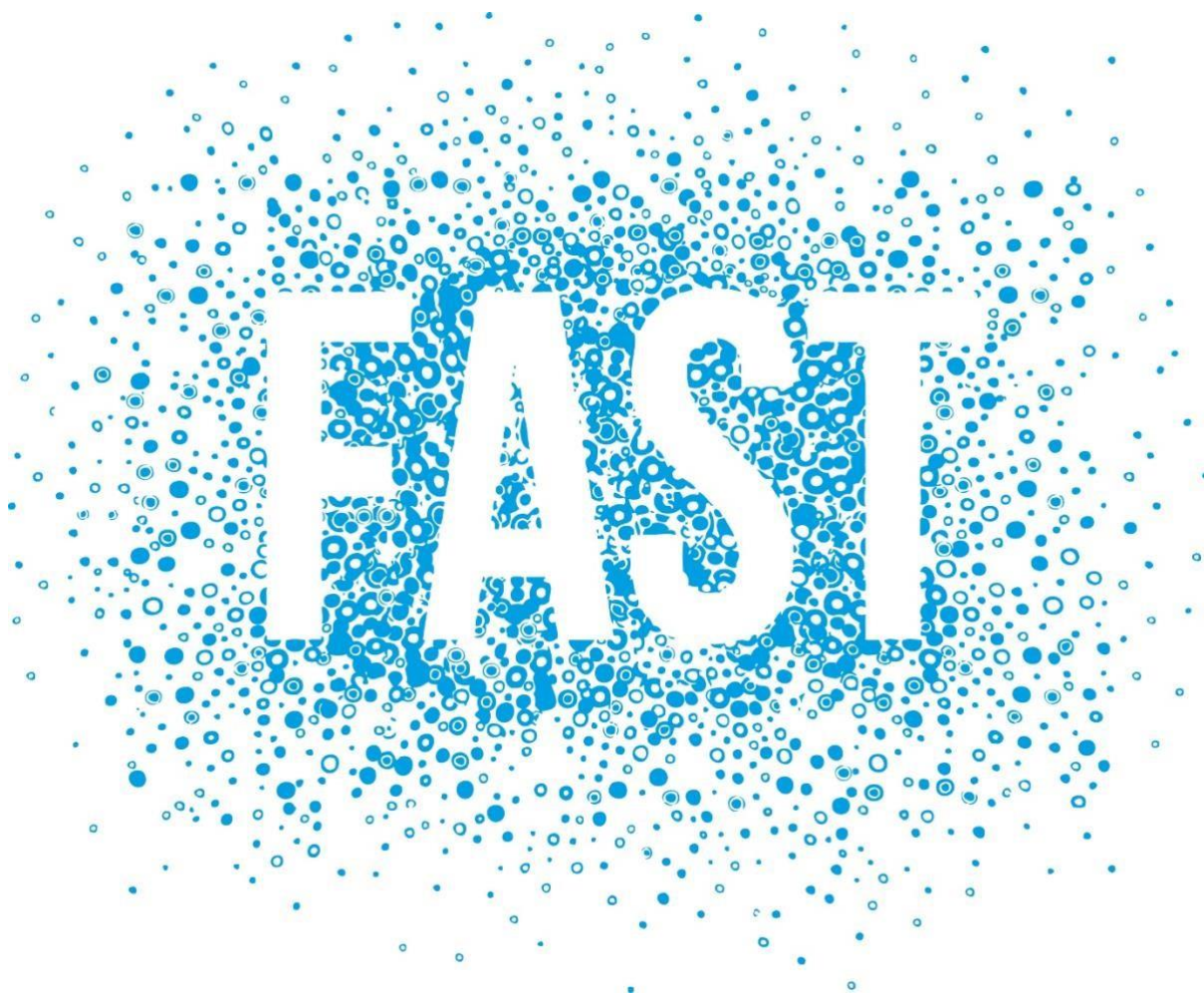
16. Creditors

	£
Independent Examination	960

FAST LONDON

England & Wales - Charity number 1189525

Accounts



REPORTS AND UNAUDITED ACCOUNTS

**FOR THE YEAR ENDED 31ST MARCH 2022 FAST
LONDON**



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LEGAL AND ADMINSTRATIVE DETAILS

Address for Correspondence	Yvonne Carr Centre, 2 Thessaly Rd, London SW8 4HT
Governing Documents	Registered Charity Incorporated organisation No.1189525 Registration 18th May 2020
Trustees	David Langton Omowonuola Adefala (appointed May 2021) Samuel Alebioshu Alexandra Baker (resigned June 2022) Sam Adofo (resigned June 2022) Abeeda Khan (resigned April 2022)
Chief Executive	Kafui Brese
Bankers	Barclays PLC
Independent Examiner	Mrs K Burnett LL.B 103 Wellesley Road, Ilford Essex IG1 4LJ



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustees have pleasure in submitting the Report and Accounts for the year covering the charity 'FAST London' whose registered address is Yvonne Carr Centre, 2 Thessaly Rd, SW8 4HT, London. The responsibility for setting policy and for determining the parameters within which the charity should operate rests with the trustees who meet regularly to monitor the activities of the charity. Responsibility for the day-to-day operation of the charity has been delegated to an operational management team led by the CEO. New trustees are recruited and appointed by the existing trustees, by a majority vote.

Governance

The policy and operating decision of FAST London rests with the Trustees, who have met regularly to monitor, hold to account and give strategic guidance to the charity.

In the last year, FAST saw the resignation of three trustees who were instrumental in helping re-establish FAST after a season of transition. They joined the board as part of the management committee in 2019 bringing the expertise, time and insight to help FAST register as a charity which took place in May 2020. After we met our quota of three trustees they decided to step off the board leaving FAST in a great position from before they joined.

Trustees' responsibilities

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Chief Executive, who draws on the support and expertise of the highly experienced Board of Trustees as needed. Charity law requires us as Trustees to prepare financial statement for each accounting year which record the receipts and payments for the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position for the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

This report was approved by the Trustees on 7th December 2022 and signed on their behalf by:

D Langton (Chair)

A handwritten signature in black ink, appearing to be 'D Langton', written in a cursive style.



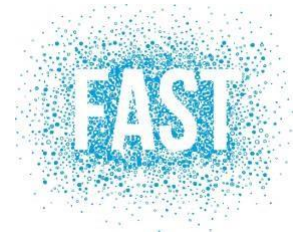
OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Objects of the charity

FAST London was setup in response to neglect and a lack of investment in young people in hard-to-reach communities. This results in young people being at high risk of all forms of abuse, being involved in criminal activity and not in education, employment, or training. FAST London delivers youth work to support young people to stay in education, employment and training as well as equipping them with the support networks and tools to grow into healthy adults. We also facilitate conversations between young people and parents, schools, statutory agencies, and other stakeholders in their lives. Lastly, we advocate on behalf of young people on issues that affect them in their local community.

The charity is a charitable incorporated organisation and is governed by its Constitution. The objects of the charity, as set out in the governing document are undertaken with a Christian ethos for the public benefit specifically restricted to the following: -

- 1) To act as a resource for young people living in London by providing advice and assistance and organising programmes of physical, educational and other activities within a Christian ethos as a means of:
 - (a) advancing in life and helping young people by developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals;
 - (b) advancing education;
 - (c) relieving unemployment;
 - (d) providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstances with a view to improving the conditions of life of such persons.



SUMMARY OF THE CHARITY'S MAIN ACTIVITIES AND ACHIEVEMENTS

FAST's main activities and its benefactors are described below. Our focus is on investing time and resources into young people to see them flourish holistically (academically, physically, socio-emotionally, and spiritually), and in education, employment and training. We focus on the socio-emotional wellbeing of young people, so they are equipped to deal with the challenges of life.

All our work is underpinned by our Christian values of prioritising the value and dignity of young people (10-19 years old), investing in them long term with unconditional love to see them reach their potential. Relationship building is essential to this approach as well as modelling healthy attitudes and behaviours for young people. Our theory of change consists of three key stages:

- **Engagement-** initiatives with young people that focus on building relationships and trust with young people by doing activities and in places they feel most comfortable.
- **Development-** initiatives that target particular needs, develop skills, increase resilience and confidence in young people.
- **Performance-** initiatives where young people can test and showcase their talents and skills

Our direct engagement with young people falls between open access group sessions and small group one to one and coaching sessions.

Community programme consists of open access group sessions which focus on engagement and development initiatives. These include:

- **FAST football sessions** twice weekly, in partnership with Street Soccer London to engage and develop young people. In these sessions, football is used as a vehicle to build relationships, develop character and teambuilding skills in young people.
- **Weekly drop-in sessions** open to any young people aged 14-19 focused on building relationships. We provide a safe space for young people to engage in fun activities, develop new skills and engaging in discussions and ask questions.
- **Weekly Learning hub** sessions that emphasise the importance of learning as an approach for life and to raise aspirations. Activities in these sessions range from helping them with academic schoolwork, CV writing and employability support, to other niche skills of public speaking.
- **Gendered Development sessions** twice weekly, for young people aged 12-16 focused on engagement and development. In these sessions we have team games, open conversations on issues such as role models, mental health and other topics young people want to cover.
- **One-to-one and small group mentoring, and coaching** are the most intensive interventions we have throughout the week with young people that staff identify will most benefit from it. These sessions take a child-centred approach and consequently each session varies from person to person. The focus is to equip and empower young people to set and achieve life goals in but not limited to education, relationships, and behaviour. Demand has increased in the last year as we have seen a spike in poor mental health issues within young people due to the effect of the lockdown and the associated impacts on home and school life for them.



Exploring Christianity

Inspired by our Christian Ethos, we provide an opportunity for young people who are interested in exploring what the Christian faith is about and what it has to say about the big questions about life.

This Christian project is separate to our community programme, which is open to children and young people of all or no faith. Parents or young people themselves can self-refer to our Christian faith sessions, with a separate consent form signed by the guardians of the children to give permission to explore the Christian Faith.

Engagement Statistics for April 2021- March 2022

Numbers worked with:

- 214 participants attended at least one session.
- 67 new participants were registered to FAST London during this time.

Gender breakdown

- Male –182 (85.1%)
- Female – 32 (14.9%)

Numbers per activity

Activity	Number of people	Number of sessions	Hours
Football	163	115	232
Drop ins	41	37	74
Learning Hub	38	34	60
Development sessions	82	74	190
One to one and small group	25	158	297
Holiday hours	141	50	185
Exploring Christianity	14	25	62
Total		493	1100

Impact of Covid

April 2021 still saw some restrictions in place as the UK and the world continue to navigate through the Covid pandemic, this led to many challenges in youth work from limitations in the number of young people we had during sessions. Also, unavoidable infections meant sessions needed to be cancelled at times. In addition to this, the lockdown also resulted in increased behavioural issues and emotional instability due to the lack of consistency at school and at home. This required us to respond with smaller group sessions and more one-to-one sessions than initially anticipated.



Summary

We have been able to invest more time into youth work delivery as lockdown restrictions reduced, which is welcomed news. We were encouraged to see the relationships we had sustained through the lockdown continue as restrictions eased. However, we found that lockdown created a larger gap in educational attainment, and increased social emotional issues for our young people, who disproportionately suffered due to overcrowding flats and less ways to manage their emotions. This led to more behavioural issues and poor mental health increasing tensions at home and school for young people. As a result, there was an increased need for one to one and small group work, our most resource intensive, putting more strain on our staffing team.

Organisationally, FAST has continued to strengthen our community links, enabling us to highlight challenges our beneficiaries are facing and leverage from wider partnerships. For example, the HAF funding enabled us to give children access to activities and a meal during the school holidays. We are grateful for our partnerships with Powerleague Nine Elms, Street Soccer London, SW8 Community Network and Youth Battersea, who have allowed us to continue to invest in our young people and give hope during bleaker times. We look forward to continuing to support our community as we put the Covid pandemic behind ourselves!

Funding Support

We would like to thank all of our generous funders, detailed on page 14, who help us to reach and support our young people in London. Some highlights from fundraising activity this year include:

- Holy Trinity Church who donated £10,445
- HAF through the London Borough of Wandsworth who donated £9,565
- Wimbledon Foundation who donated £5,000

We were delighted to increase our one-off and individual donations from £2,400 to £10,200 so thank you for the many people in the community that chose to invest in our young people it makes the world of a difference!!!

Statement of public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.



FINANCIAL REVIEW

Financial position

Against the backdrop of high competition post Covid, limited resources as a small and young charity, and insecurities over funding, it has been difficult to plan or develop services.

FAST London achieved net income for the year of £32,191 details of which are shown on the Balance Sheet on page 12.

Total income for the year amounted to £49,903 a decrease of £41,878 on the previous year, and the total expenditure amounted to £86,158 an increase of £12,313 on the previous year.

Reserves policy

Covid and the Cost-of-Living crisis have demonstrated that charities need to be flexible and agile to respond quickly to changing environments FAST London aim is to ensure that there are reserve funds available to run the basic operations of the charity for a minimum of three months and maximum of six months. At the balance sheet date, the Trustees estimate this would require a minimum reserves of £26,000. At the year end, the charity had unrestricted free reserves of £21,335 (2021: £65,740), which is below the required level and our minimum of 3 months' basic operating costs.

In 2021 significant Covid funding was available for groups, like FAST London, and the fundraising environment in 2022 was more challenging. Our 2021 success became a hindrance to securing grants in this financial year, due to the size of our reserves. In retrospect we should have better explained our Covid spending plans to demonstrate how the funds were being used in-year due to address continued demand. As a new charity we were still building infrastructure and capacity in 2021 as service delivery continued to increase.

For the next financial year, we plan to review our financial management policies and procedures, to improve financial forecasting, monitoring and financial controls, e.g., producing management accounts with cashflow and pipeline monitoring, and in-year reforecasting to better align expenditure. We will continue to focus on grants, targeting core grant opportunities and continuing to apply for project grants (applying full cost recovery to latter). We will also look to further pursue fundraising from corporates and individuals, with the aim of meeting our reserves policy

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FAST LONDON

I report on the accounts for the year ended 31st March 2022 which are set out on pages...11...to...15.

Respective responsibilities of Trustees and Examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that that the audit requirement for this year under section 43(2) of the Charities Act 1993 does not apply and that an independent examination is needed.

It is my responsibility to:

examine the accounts (under section 43(3) (a) of the Act),

follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7) (b) of the 1993 Act) and

state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

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. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that in any material respect the requirements

a) to keep accounting records in accordance with section 41 of the 1993 Act; and

b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 1993 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.

Signed



Date 15th December 2022


Name: **Colin Bascom FCCA** (Fellow Member of Association of Chartered Certified Accountants)

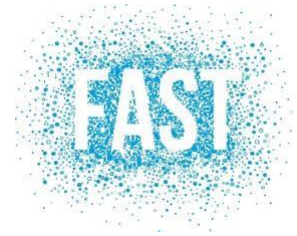
Address: Flat 18 Highview Point, 92 High Street, Slough, SL1 1EL



STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2022					
		Unrestricted	Restricted	Total	2021
	Notes	Funds	Funds	Funds	Funds
		£	£	£	£
INCOMING RESOURCES					
Donations	8	24,127	-	24,127	17,171
Incoming Resources from Generated Funds		-	-	-	-
Fundraising		-	-	-	-
Incoming Resources from Charitable Activities	9	1,468	-	1,470	4,558
		-	-	-	-
Grants to Provide Charitable Activities	10	-	24,307	24,307	70,052
TOTAL INCOMING RESOURCES		25,595	24,307	49,903	91,781
RESOURCES EXPENDED					
Charitable Expenditure	11	63,517	16,157	79,674	66,415
Support Costs	12	6,484	-	6,484	7,429
TOTAL RESOURCES EXPENDED		70,001	16,157	86,158	73,845
NET INCOMING AND (OUTGOING) RESOURCES					
		(44,406)	8,150	(36,256)	17,937
Balances Brought Forward		65,740	2,706	68,446	50,510
Balances Carried Forward		21,335	10,856	32,191	68,446



BALANCE SHEET AS AT 31 MARCH 2022			
	2022	2021	
	£	£	
ASSETS			
Fixed Assets	-	-	
Equipment FA	-	-	
Cost	-	-	
Total Equipment FA	-	-	
Total Fixed Assets	-	-	
Current Assets			
Grants Receivable	2,532	3,102	
Total Other Current Assets	2,532	3,102	
Cash at Bank and in Hand	29,934	66,312	
Total Current Assets	32,466	69,415	
Current Liabilities			
NEST	-	250	
Creditors	275	719	
Total Current Liabilities	275	969	
NET CURRENT ASSETS	32,466	69,415	
TOTAL ASSETS LESS CURRENT LIABILITIES	275	969	
NET ASSETS	32,191	68,446	
As Represented by:			
Unrestricted	21,335	65,740	
Restricted	10,856	2,706	
Total Funds	32,191	68,446	
The accounts were approved by the Trustees on..... And signed on their behalf by:			
.....			
			



FAST LONDON

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDED 31ST MARCH 2022**

1. Accounting basis.

a) Basis of preparation

a) The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) FAST meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s). Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accountable for on a receivable basis.

b) Going Concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The trustees continue to adopt the going concern basis of accounting in preparation of financial statements.

2. Cash Flow Statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No.1 (revised) from including as cash flow statement in the financial statements on the grounds that the Charity is small.

3. Incoming Resources

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accountable for on a receivable basis.

4. Resources Expended

Income is recognised in the period to which it relates, unless specified otherwise by the funder. Project funding is, in general, repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be repayable. The income is accountable for on a receivable basis. Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. Direct charitable expenditure includes the direct costs of the activities.

4. Fund Accounting

Unrestricted funds consist of funds that the Trustees may use for charitable purposes at their discretion. Restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from funders to be spent within the following year.

5. Taxation

No provision has been made for the taxation for the Charity's income as it qualifies for the tax exemptions available to charities.

6. Staff, Trustees and related parties

2022

£

64,440

2021

£

52,408

The number of staff were three and none of the staff received emoluments in excess of £60,000 in this financial year or the previous year.

7. None of the trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.



8. Donations	£	£	£	£
	Unrestricted	Restricted	Total	2021
	Funds	Funds	Funds	Funds
HTC Church	10,445	-	10,445	7,399
Nine Elms Community	2,540	-	2,540	-
MACE Foundation	-	-	-	5,000
One off donations	9,406	-	9,406	2,377
Monthly donations	1,735	-	1,735	2,395
Total	24,127	-	24,127	17,171
9. Other Income	£	£	£	£
	Unrestricted	Restricted	Total	2021
	Funds	Funds	Funds	Funds
Fees	179	-	179	-
Sundry	1,290	-	1,290	-
10. Grants	1,469	-	1,469	-
LB Wandsworth	-	9,457	9,457	8,820
London Community Foundation	-	-	-	8,180
Battersea Power Station	-	-	-	7,000
Wimbledon Foundation	-	5,000	5,000	2,462
Caius House	-	-	-	1,150
Future Skills	-	-	-	30,030
Mayors Office for London	-	-	-	12,410
Awards for All	-	9,850	9,850	-
Total	-	24,307	24,307	70,052
	£	£	£	£
	Unrestricted	Restricted	Total	2021
	Funds	Funds	Funds	Funds
11. Charitable Expenditure				
Salaries (Including PAYE, NEST)	54,347	10,093	64,440	52,408
Sessional Staff	725	2,025	2,750	7,498
Youth Work	6,746	4,039	10,785	3,691
Staff Training	1,149	-	1,149	2,041
Professional Fees	550	-	550	-
Miscellaneous	-	-	-	778
Total	63,517	16,157	79,674	66,415

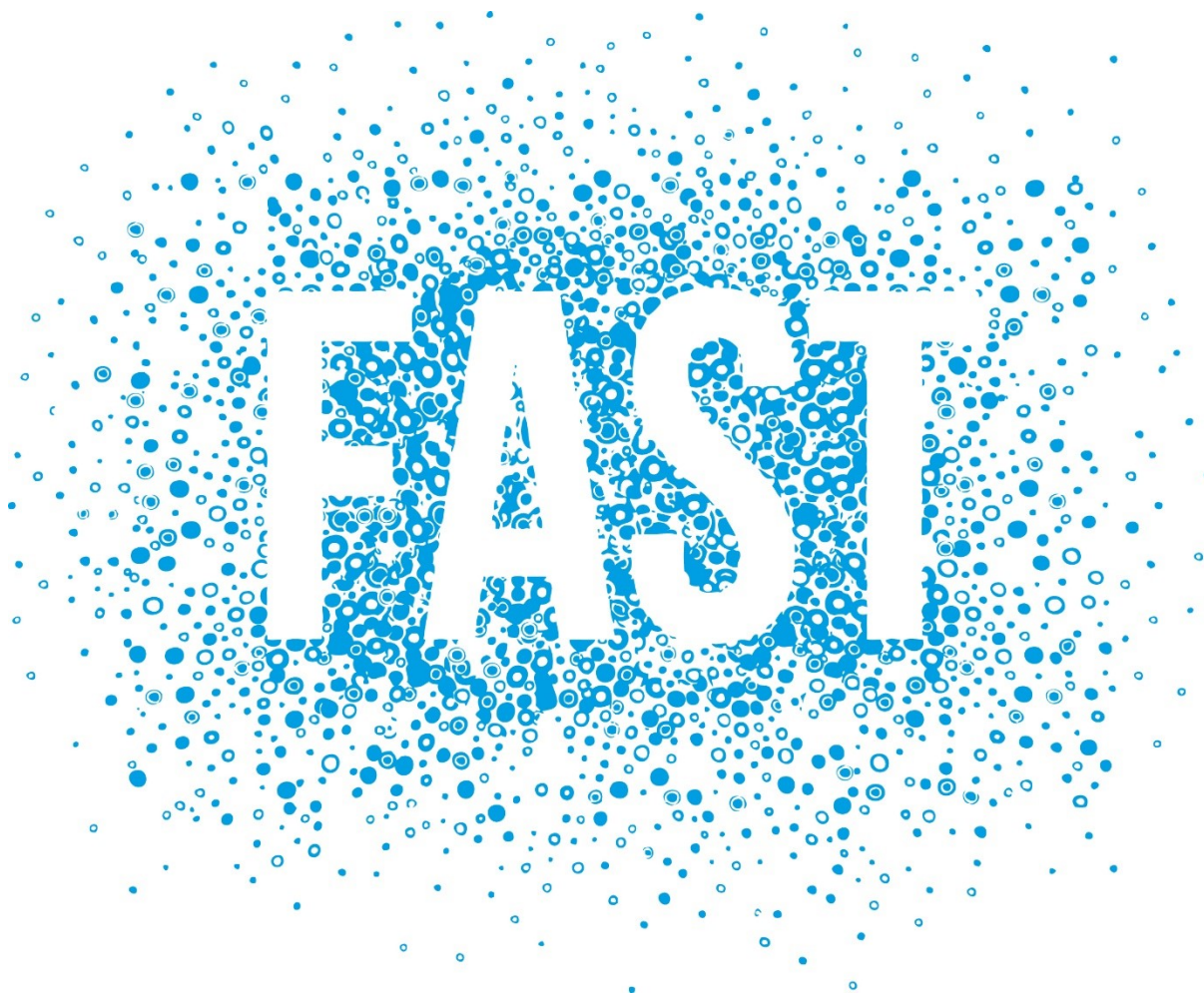


	£	£	£	£
	Unrestricted	Restricted	Total	2021
	Funds	Funds	Funds	Funds
12. Support Costs				
Telecoms	884	-	884	1,653
Cleaning	1,300	-	1,300	800
Insurance	825	-	825	654
Equipment & Maintenance	2,077	-	2,077	4,322
Sundry	1,398	-	1,398	
Total	6,484		6,484	7,429
13. Restricted Fund Analysis	Balance at			Balance at
	1 April	Incoming	Outgoing	31 March
	2021	Resources	Resources	2022
	£	£	£	£
LB Wandsworth	-	9,457	9,457	-
Awards for All	-	9,850	1,700	8,150
Battersea Power Station	1,500	-	1,500	-
Wimbledon Foundation	1,206	5,000	6,206	-
Causis House	-	-	-	-
Future Skills	-	-	-	-
	2,706	24,307	18,863	8,150
14. All bank interest is allocated to unrestricted fund	-			
15. Creditors.				
Independent Examination	£			
	275			

FAST LONDON

England & Wales - Charity number 1189525

Accounts



REPORTS AND ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2021



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FAST LONDON

FOR THE YEAR ENDED 31ST MARCH 2021

LEGAL AND ADMINSTRATIVE DETAILS

Address for Correspondence	Yvonne Carr Centre, 2 Thessaly Rd, London SW8 4HT
Governing Documents	Registered Charity Incorporated Organisation No.1189525 Registration 18th May 2020
Trustees	David Langton (Chair) Alexandra Baker Sam Adofu (Treasurer) Samuel Alebioshu Abeeda Khan
Chief Executive	Kafui Brese
Bankers	Barclays PLC
Independent Examiner	Mrs K Burnett LL.B 103 Wellesley Road, Ilford Essex IG1 4LJ



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustees have pleasure in submitting the Report and Accounts for the year covering the charity 'FAST London' whose registered address is Yvonne Carr Centre, 2 Thessaly Rd, SW8 4HT, London.

The charity was established under a Memorandum of Association and is governed under its Articles of Association.

Governance

The policy and operating decision of FAST London rests with the Trustees, who have met regularly to monitor, hold to account and give strategic guidance to the charity.

Trustees' responsibilities

The governance of the charity is the responsibility of the Trustees. Day to day management is by the Chief Executive, who draws on the support and expertise of the highly experienced Board of Trustees as needed.

Charity law requires us as Trustees to prepare financial statement for each accounting year which record the receipts and payments for the charity for the year.

We are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position for the charity and enable us to ensure that the financial statements comply with the Charities Act 2011.

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

Approval

- This report was approved by the Trustees on 20th October 2021 and signed on their behalf by:

This report was approved at the Annual General Meetings by the Trustees on 20th October 2021. The following trustees were present:

- David Langton (Chair)
- Alexandra Baker
- Sam Adofo (Treasurer)
- Samuel Alebioshu



OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Purposes and aims

FAST London's objectives are to act as a resource for young people living in London by providing advice and assistance and organising programmes of physical, educational and other activities within a Christian ethos. By developing young people's skills, capacities and capabilities FAST aims to advance and help the lives of at risk and vulnerable young people to enable them to participate in society as independent, mature and responsible individuals.

Principal activities

FAST's main activities and its benefactors are described below. Our focus is on investing time and resources into young people to see them flourish holistically (academically, physically, socio-emotionally, and spiritually). We focus on the socio-emotional wellbeing of young people, so they are equipped to deal with the challenges life sends their way to further FAST's charitable purposes for the public benefit.

All our work is underpinned by our Christian values of prioritising the value and dignity of young people (10-18 years old), investing in them long term with an unconditional love to see them reach their potential. Relationship building is essential to this approach as well as modelling healthy attitudes and behaviours for young people.

Our main activities:

Community programme

- **FAST football sessions** take place three times a week, in partnership with Street Soccer London to run football sessions to engage and develop young people. In these sessions, football is used as a vehicle to build relationships with young people and develop character and team skills in young people. One of these sessions is girls only to create a safe environment for girls to play football.
- **Drop-in sessions** are weekly sessions open to any young people aged 10-18 focused on building relationships. We provide a safe space for young people to engage in fun activities, develop new skills and engaging in discussions and ask questions.
- **The Learning hub** are weekly sessions that emphasises to young people the importance of learning as an approach for life and to raise aspirations. Activities in these sessions range from helping them with academic schoolwork, to CVs and other employability support to other niche skills of public speaking.
- **One to one mentoring and coaching** sessions happen throughout the week with several young people that staff identify will most benefit from it. These sessions take a child-centred approach and consequently each session varies from person to person. The focus is to equip and empower young people to set and achieve life goals in but not limited to education, relationships and behaviour.



Lastly, FAST also started its Christian sessions separate from its community programme to support the spiritual development of young people. This is focused on those who were interested in exploring what the Christian faith is about and what it has to say about the big questions about life. A separate consent form was signed by the guardians of the children who attended this session to give permission to explore the Christian Faith.

In summary, the last year has been one of great challenges but also successes. Covid-19 had widespread impact on our young people, their families, and for FAST as an organisation. We saw an increase in the socio-emotional needs of our young people and their families as they came to grips with the challenges of Covid-19 to home and school life which was far reaching and devastating. As a result, FAST responded by increasing the amount of time and resources we put in to delivering youth work, face to face where possible and initiatives to support family life. Despite Covid-19 challenges FAST was able to run over 100 group sessions with an average of 10 young people 120 one to one sessions. In total 120 young people attended at least one session.

There was an increase in partnership work which was encouraging. FAST were able to partner up with local schools, the Early Help team, Waste Not Want Not Battersea and local businesses such as Battersea Power Station foundation to help alleviate the challenges around food, digital poverty and finances. There were great victories in the relationships developed during the last year with local benefactors and organisations alike. Two key partnerships with other youth organisations (Youth Battersea) and local stakeholders (SW8 Battersea Community Network) put FAST in a great place for growth in the future. FAST was proud of the part we were able to play to help support the community during the pandemic. As a result of increase of resources pumped into the short-term needs, FAST were able to cover all the costs of last year's activities through project. However, funding for medium and long-term goals not achieved as funding pots for the long term were few.

Statement of public benefit

The Board of Trustees confirm that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

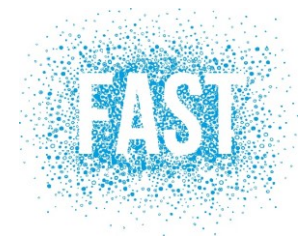


FINANCIAL REVIEW

Financial position

FAST London achieved net income for the year of £17,937, details of which are shown in the Statement of Financial Activities on page 15.

Total income for the year amounted to £91,781 an increase of £50,922 on the previous year, and the total expenditure amounted to £73,845, an increase of £34,482 on the previous year.



STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2021

	Unrestricted	Restricted	Total	2020	
<u>INCOMING RESOURCES</u>	Notes Funds	Funds	Funds	Funds	
	£	£	£	£	
Donations	7	17,171	-	17,171	36,409
Incoming Resources from Generated Funds		-	-	-	-
Fundraising		-	-	-	3,272
Starting Capital		-	-	-	6,791
Incoming Resources from Charitable Activities		4,558	-	4,558	-
Grants to Provide Charitable Activities	8	-	70,052	70,052	44,650
TOTAL INCOMING RESOURCES		<u>21,730</u>	<u>70,052</u>	<u>91,781</u>	<u>91,122</u>
<u>RESOURCES EXPENDED</u>					
Charitable Expenditure	9	3,392	63,024	66,415	38,677
Management & Administration	10	3,107	4,322	7,429	1,935
TOTAL RESOURCES EXPENDED		<u>6,499</u>	<u>67,346</u>	<u>73,845</u>	<u>40,612</u>
NET INCOMING AND (OUTGOING) RESOURCES		15,231	2,706	17,937	50,510
Balances Brought Forward		<u>50,510</u>	-	<u>50,510</u>	-
Balances Carried Forward		<u>65,740</u>	<u>2,706</u>	<u>68,446.28</u>	<u>50,510</u>



BALANCE SHEET AS AT 31 MARCH 2021

	2021	2020
	£	£
ASSETS		
Fixed Assets		
Equipment FA		
Cost		
Total Equipment FA	-	-
Total Fixed Assets	-	-
Current Assets		
Grants Receivable	3,102	10,900
Total Other Current Assets	3,102	10,900
Cash at Bank and in Hand		
	66,312	40,859
Total Cash at bank and in hand	66,312	40,859
Total Current Assets	69,415	51,759
Current Liabilities		
NEST	250	127
Creditors	719	828
Sessional Pay		294
Total Other Current Liabilities	969	1,249
Total Current Liabilities	969	1,249
NET CURRENT ASSETS	68,446	50,510
TOTAL ASSETS LESS CURRENT LIABILITIES	68,446	50,510
NET ASSETS	68,446	50,510
As Represented by:		
Unrestricted	65,740	50,510
Restricted	2,706	-
Total Funds	68,446	50,510



NOTES FOR THE ACCOUNTS

1. Accounting basis.

a) Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) FAST meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Incoming Resources

Income is recognized in the period to which it relates, unless specified otherwise by the funder. Project funding is repayable if not expended within the relevant project. Such income is only recognised to the extent that it ceases to be receivable. The income is accountable for on a receivable basis.

3. Resources Expended

Resources expended are included in the Statement of Financial Activities inclusive of VAT which cannot be recovered. This includes the direct costs of the activities.

4. Fund Accounting

Unrestricted funds consist of funds that the Trustees may use for charitable purposes at their discretion.

Restricted funds are those where the donor has imposed restrictions on the use of the funds, which are legally binding. Restricted funds held in reserve at the end of the year represent income received from funders to be spent within the following year.

5. Taxation

No provision has been made for the taxation for the Charity's income as it qualifies for the tax exemptions available to charities.



7. Donations

	£ Unrestricted Funds	£ Restricted Funds	£ Total Funds	£ 2020 Funds
HTC Church	7,399		7,399	16,026
MACE Foundation	5,000		5,000	7,045
One off donations	2,377		2,377	3,388
Monthly donations	2,395		2,395	9,950
Total	17,171	-	17,171	36,409

	£ Unrestricted Funds	£ Restricted Funds	£ Total Funds	£ 2020 Funds
8 Grants				
LB Wandsworth	-	8,820	8,820	-
London Community Foundation	-	8,180	8,180	-
Battersea Power Station	-	7,000	7,000	-
Wimbledon Foundation	-	2,462	2,462	-
Causis House	-	1,150	1,150	-
Future Skills	-	30,030	30,030	-
Mayors Office for London	-	12,410	12,410	-
Sir Walter St John	-			900
Covent Garden Market	-			5,000
TNL- Awards for All	-		-	10,000
Jack Petchey	-		-	750
Wandsworth Council-Community Safety	-		-	5,000
Wandsworth Council-Early Help	-		-	10,000
Battersea Crime Prevention Panel	-		-	7,500
Wandsworth Community Fund	-		-	5,000
Local Giving Magic Grant	-		-	500
Total	-	70,052	70,052	44,650

	£ Unrestricted Funds	£ Restricted Funds	£ Total Funds	£ 2020 Funds
9. Charitable Expenditure				
Salaries (Including PAYE)	764	51,644	52,408	29,616
Sessional Staff	13	7,484	7,498	3,411
Youth Work	395	3,295	3,691	4,709
Staff Training	1,441	600	2,041	113
Miscellaneous	778		778	828
Total	3,392	63,024	66,415	38,677



	£	£	£	£
	Unrestricted	Restricted	Total	2020
	Funds	Funds	Funds	Funds
10. Management & Administration				
Telecoms	953	700	1,653	982
Cleaning	300	500	800	275
Insurance	44	610	654	518
Equipment & Maintenance	1,810	2,512	4,322	
Sundry			-	160
Total	3,107	4,322	7,429	1,935

	Balance at			Balance at
	1 April	Incoming	Outgoing	31 March
	2020	Resources	Resources	2021
	£	£	£	£
LB Wandsworth	-	8,820	8,820	-
London Community Foundation	-	8,180	8,180	-
Battersea Power Station	-	7,000	5,500	1,500
Wimbledon Foundation	-	2,462	1,256	1,206
Causis House	-	1,150	1,150	-
Future Skills	-	30,030	30,030	-
Mayors Office for London	-	12,410	12,410	-
	-	70,052	67,346	2,706

11. All bank interest is allocated to unrestricted funds.

12. No remuneration was paid to any trustee.

Reserves policy

FAST London aim is to ensure that there are reserve funds available to run the basic operations of the charity for a minimum of three months in line with charity commission's recommendations. At the balance sheet date, the Trustees estimate this would require reserves of £23,000. At the year end, the charity had unrestricted reserves of £54,303, which is above the required level.

Independent Examiner's Report on the Accounts

Report to the Management Committee (trustees) of FAST Project on the accounts for the year ended 31st. March 2021 set out on pages.....

Respective responsibilities of the Management Committee and Independent Examiner

The management committee, as the charity's trustees, are responsible for the preparation of the accounts. The Management Committee consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the act)) and that an independent examination is needed.

As the Independent Examiner, it is my responsibility to

- examine the accounts (under section 43(3)(a) of the Act);
- follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the Act); and
- state whether particular matters have come to my attention.


Basis of Independent Examiner's Statement

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. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in a full audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matters have come to my attention

- 1 . which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records
 - to prepare accounts which accord with these accounting records have not been met;
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed : 

Karen Burnett LL.B PgCert

103 Wellesley Road, Ilford Essex IG1 4LJ

Date:.... 31 Aug 2021