

REPORTS AND UNAUDITED ACCOUNTS

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



CONTENTS PAGE

LEGAL AND ADMINSTRATIVE DETAILS	3
STRUCTURE, GOVERNANCE AND MANAGEMENT	4
Governance.....	4
Trustees' responsibilities	4
Approval	4
Objects of the charity	5
SUMMARY OF THE CHARITY'S MAIN ACTIVITIES AND ACHIEVEMENTS.....	6
Exploring Christianity.....	7
Engagement Statistics for April 2021- March 2022	7
Impact of Covid	7
Funding Support.....	8
Statement of public benefit	8
FINANCIAL REVIEW.....	9
Financial position	9
Reserves policy.....	9



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", is positioned below the text of the approval section.



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...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

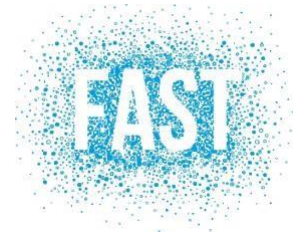
Name: **Colin Bascom FCCA** (Fellow Member of Association of Chartered Certified Accountants)

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



<u>STATEMENT OF FINANCIAL ACTIVITIES FOR</u>					
<u>THE YEAR ENDED 31ST MARCH 2022</u>					
		Unrestricted	Restricted	Total	2021
<u>INCOMING RESOURCES</u>	Notes	Funds	Funds	Funds	Funds
		£	£	£	£
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
<u>RESOURCES EXPENDED</u>					
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

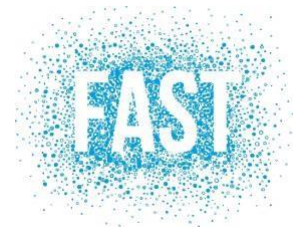
<u>BALANCE SHEET AS AT 31 MARCH 2022</u>		
	2022	2021
ASSETS	£	£
Fixed Assets	-	-
Equipment FA	-	-
Cost	-	-
Total Equipment FA	-	-
Total Fixed Assets	-	-
Current Assets		
Grants Receivable	2,532	3,102
Total Other Current Assets	2,532	3,102
Cash at Bank and in Hand	29,934	66,312
Total Current Assets	32,466	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
<p>The accounts were approved by the Trustees on..... And signed on their behalf by:</p> <p>.....</p>		



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	2021	
£	£	
64,440	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
12. Support Costs	Funds	Funds	Funds	Funds
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	-
Cauis 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			