



REPORTS AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31ST AUGUST 2025
FAST LONDON



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LEGAL AND ADMINISTRATIVE 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
Keywork	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 extant 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 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		<u>83,623</u>	<u>50,120</u>
NET ASSETS		<u><u>£ 83,624</u></u>	<u><u>£ 50,625</u></u>
FUNDS			
Restricted funds	10	36,300	14,320
Unrestricted funds:			
General fund	10	47,324	36,305
		<u><u>£ 83,624</u></u>	<u><u>£ 50,625</u></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		(11,601)
Add back depreciation		504		500
Net cash provided by / (used in) operating activities				
(Increase)/decrease in debtors	(3,250)		-	
Increase/(decrease) in creditors	<u>(317)</u>		<u>546</u>	
		(3,567)		546
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>(10,555)</u>
Cash and cash equivalents at the beginning of the year		51,626		62,181
Cash and cash equivalents at the year end		<u><u>81,562</u></u>		<u><u>51,626</u></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	<i>-</i>
- Benefact Trust	-	9,300	9,300	<i>-</i>
- Sports England	-	15,000	15,000	<i>-</i>
- 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	<i>-</i>
- 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	<i>-</i>
- SWLICS Inequality Fund	-	-	-	<i>9,000</i>
- Youth Battersea	-	10,000	10,000	<i>-</i>
- Shaftesbury Young People Trust	-	10,000	10,000	<i>-</i>
	£ 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	<i>2024</i>
	£	£
Governance costs:		
Independent Examiner's fee	960	<i>960</i>
Other fees payable to the independent examiner	234	<i>546</i>
Telecoms	970	<i>1,203</i>
Cleaning	1,365	<i>1,090</i>
Insurance	970	<i>1,054</i>
Maintenance	973	<i>5,173</i>
Depreciation	504	<i>500</i>
Legal fees	-	<i>1,755</i>
Sundry expenses	4,647	<i>1,064</i>
Staff support costs	54,234	<i>62,881</i>
	£ 64,857	<i>£ 76,226</i>

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	1,500
At 31 August 2025	1,500
Depreciation	
At 1 September 2024	995
Charge for the year	504
At 31 August 2025	1,499
Net book value	
At 31 August 2024	£ 505
At 31 August 2025	£ 1

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>

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

2024	Brought Forward £	Incoming Resources £	Resources Expended £	Transfers and investment gains/(losses) £	Carried Forward £
RESTRICTED FUNDS					
London Community	8,333	-	-	-	8,333
Sir Walter St. John's	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>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds		Restricted Funds	Total Funds
	Designated Funds £	General 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.