



BELIEVE IN YOUR DREAMS

INSPIRING YOUTH TO ASPIRE AND ACHIEVE

ACHIEVED DREAMS
2024 IMPACT REPORT



MESSAGE FROM OUR TRUSTEES



”

“THIS IS JUST THE
BEGINNING, AND
TOGETHER, WE’LL
CONTINUE TO HELP MORE
YOUNG PEOPLE BELIEVE IN
THEIR DREAMS, TAKE
ACTION, AND ACHIEVE
GREATNESS.”

As the Chair of Achieved Dreams, I’m proud to present our 2024 Impact Report with the theme, “Believe in Your Dreams.”

This year has been all about turning belief into action. Last year, we invited everyone to “Dare to Dream,” and this year, we took it a step further—embracing the power of believing in those dreams and working hard to make them real. Belief is the foundation of everything we do. It’s the spark that ignites change, the force that drives us to go further, and the courage to push through challenges. Over the past year, we’ve watched countless young people take that leap—from imagining a brighter future to making that future happen. With the support of our incredible team, dedicated volunteers, and generous partners, their belief in themselves has been the fuel for success.

In this report, you’ll read about the milestones and successes that have made this year special. From learning new skills to achieving long-held goals, these stories demonstrate the transformative power of self-belief. While we’re proud of everything we’ve accomplished, we know the journey is ongoing. This is just the beginning, and together, we’ll continue to help more young people believe in their dreams, take action, and achieve greatness.

A heartfelt thank you to everyone who’s been part of this journey. Your belief in our mission and in the potential of young people has made all the difference. We look forward to another year of dreams, action, and success.

C. Muller
Chair,
Achieved Dreams

THANK YOU TO OUR SUPPORTERS FOR BELIEVING IN US AND TURNING DREAMS INTO REALITY.

**Stronger
Starts.**

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OUR VISION

OUR VISION IS
THAT ALL
CHILDREN HAVE
AN
OPPORTUNITY
AND
FINANCIAL
SECURITY TO
DEVELOP ALL
OF THEIR
POTENTIAL: IN
SPORTS,
RECREATION,
LIFE AND
COMMUNITY.

OUR MISSION

TO OPTIMISE
THE MENTAL
AND PHYSICAL
WELLBEING IN
YOUNG PEOPLE.

OUR GOALS

TO PROVIDE
SERVICES
THAT IMPACT
AND
SUPPORT
YOUTH,
PROMOTING
HAPPINESS
AND RESILIENCE
IN YOUNG
PEOPLE TODAY

THE POWER OF POSSIBILITY

At Achieved Dreams, we believe in the endless possibilities that await young people when they are given the right support and opportunities. This year, we've made significant strides in turning these possibilities into reality through our diverse programs. Each initiative is designed to empower youth, foster personal growth, and create lasting change. Over the next few pages are the key programs that showcase the impact we've had on individuals and communities.



EMPOWERING DREAMS: BUILDING SOFT SKILLS FOR ACADEMIC, PERSONAL, AND CAREER GROWTH

PARTICIPANTS: 80 YOUNG PEOPLE

IMPACT:

- 72% reported increased confidence in managing finances and preparing for employment.
- 85% felt better equipped to handle academic and social challenges.
- Empowering Dreams integrates financial literacy with employability training and essential soft skills development. Through workshops on budgeting, career preparation, and communication, we provide young people with the tools to succeed academically, manage money, and prepare for the workforce.

KEY COMPONENTS:

Money Moves: Personal finance skills—budgeting, saving, and decision-making.
Future Ready: Employability training—resumes, interviews, and entrepreneurship.
Soft Skills: Leadership, teamwork, communication, and problem-solving.

TESTIMONIAL:

“I never realised how much I could improve my communication until I started the program. Now I feel more confident when talking in front of others.” — Eli, 17



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NURTURING AMBITIONS: ENSURING HEALTH AND WELL-BEING THROUGH MEAL PROVISIONS

OUR MEAL PROVISIONS PROGRAM PROVIDES NUTRITIOUS MEALS TO YOUNG PEOPLE FACING FOOD INSECURITY, ADDRESSING DAILY NUTRITIONAL NEEDS AND COMBATING HOLIDAY HUNGER. BY FUELING THEIR HEALTH, WE HELP THEM STAY FOCUSED, LEARN, AND THRIVE.

IMPACT:

3,800 meals served
90% reported improved focus and energy levels

CASE STUDY:

11-year-old Ari, who often skipped meals due to financial struggles, shared, “I’d go the whole day without eating much, and it made me feel tired.” After receiving meals through the program, Ari stayed energized, and his mother noticed he was less irritable and more focused on schoolwork. Teachers reported increased engagement, highlighting the impact of proper nutrition on academic success.





DIGITAL & SOCIAL CONFIDENCE: NAVIGATING ONLINE & OFFLINE SPACES

USERS REACHED: 30 ATTENDEES

IMPACT: **88%**
DEMONSTRATED IMPROVED ONLINE
SAFETY AWARENESS AND SOCIAL
SKILLS.

This program educates young people on responsible digital behaviour while boosting their confidence in real-world social situations.

TESTIMONIAL:

"I had no idea about the risks online until this session. Now I feel more confident protecting my privacy and making safe choices." — Miriam, 15



CONNECTION CORNER: BUILDING FRIENDSHIPS, CONFIDENCE, AND SKILLS THROUGH ARTS, SPORTS, AND SHARED EXPERIENCES

Connection Corner offers young people a welcoming space to engage in various activities such as arts, sports, weekend trips, and after-school programs. The program focuses on building friendships, developing social skills, and boosting self-confidence through fun, interactive activities. Whether it's working as a team, exploring new hobbies, or sharing meals, participants gain valuable life skills in communication, leadership, and resilience, all while creating lasting memories and a strong sense of community.

IMPACT:

- Users Reached: 98 young people
- 95% of participants reported improved social confidence and a stronger sense of belonging.

TESTIMONIAL:

"Before Connection Corner, I was always shy and struggled to talk to new people. But after going on trips and working together in sports, I've made so many friends and feel a lot more confident in myself."

— Alexander, 15

MINI CASE STUDIES:

- Emma, 10: Often struggled to connect with her peers. After participating in arts workshops and weekend outings, she developed creative skills and formed lasting friendships. "The activities were so much fun, and I felt like I was part of something bigger. It helped me get out of my shell and be more myself."
- Sarah, 13: Had trouble socializing and stayed away from group activities. After engaging in team sports and collaborative exercises, she became more confident and formed meaningful friendships. "I used to feel invisible, but now I have a place where I belong."

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RESILIENCE RISING: EMPOWERING YOUTH THROUGH PEER SUPPORT & WELL-BEING STRATEGIES

USERS REACHED: 66 PARTICIPANTS

IMPACT:

- 80% reported reduced anxiety and improved coping skills.
- 85% learned effective stress-management techniques.

Resilience Rising provides a safe space for young people to share experiences, develop coping strategies, and build resilience through trauma-informed peer support and self-care workshops. By equipping participants with mindfulness and stress-management techniques, we empower them to navigate personal and academic challenges with confidence.

TESTIMONIAL:

"These sessions helped me open up about my struggles and gave me practical tools to deal with anxiety. I'm not alone anymore." — Liba, 15

MINI CASE STUDY:

Benny, 14, struggled with academic pressure and family stress. Through our sessions, he learned mindfulness techniques that helped him stay calm and focused. "I don't let stress take over anymore—I have ways to handle it now," he shared.





STRONGER BONDS: BUILDING HEALTHY RELATIONSHIPS & SOCIAL CONNECTIONS

PARTICIPANTS: 30 FAMILIES

IMPACT: 27 YOUTH

75% REPORTED IMPROVED COMMUNICATION
AND TRUST IN THEIR RELATIONSHIPS.

This program helps young people and their families develop trust, emotional awareness, and conflict resolution strategies, empowering them to connect with others in both personal and professional settings.

MINI CASE STUDY:

Minna, a mother of two teens, struggled with communication. After participating in this program, she developed better ways to listen and engage with her children, creating a more supportive home environment. Similarly, Jonathon, 15, gained the confidence to express his feelings, strengthening his relationships with family and friends.





“EXPRESSING MYSELF
THROUGH ART HAS
HELPED ME FEEL MORE
IN CONTROL OF MY
EMOTIONS. IT’S MY
WAY OF TELLING MY
STORY.” — ELLA

KEY ACHIEVEMENTS TABLE

PROGRAM NAME		USERS REACHED	USERS IMPACTED (%)
EMPOWERING DREAMS		80	72%
NURTURING AMBITIONS		3,800 MEALS SERVED	90%
DIGITAL & SOCIAL CONFIDENCE		30	85%
RESILIENCE RISING		16	80%
CONNECTION CORNER		98	95%
STRONGER BONDS		30 FAMILIES 27 TEENS	80%

OUR FUTURE GOALS: BUILDING A STRONGER TOMORROW

At Achieved Dreams, we are focused on creating lasting impact for young people. Looking ahead, we're committed to the following goals to continue supporting their growth and success:

1. EXPANDING REACH & IMPACT

We aim to increase youth participation by 25%, bringing more young people into our programs and ensuring they have access to the resources they need to thrive. By extending our reach, we can provide valuable opportunities to a broader community.

2. EMPOWERING YOUTH THROUGH LEADERSHIP & INNOVATION

We want to encourage youth to take the lead in shaping their communities. By offering mentorship and resources, we'll help them create and manage their own initiatives, fostering leadership skills and a sense of responsibility.

3. STRENGTHENING CAREER PATHWAYS & OPPORTUNITIES

Our goal is to equip young people with the skills and connections needed to secure meaningful employment. We will focus on building partnerships with local employers, offering internships, and providing career-focused workshops to open doors for future opportunities.

Thank you to everyone who continues to support us. Together, we are building a stronger future for young people.

C. MULLER
CHAIR, ACHIEVED DREAMS

The trustees present their report with the unaudited financial statements of the charity for the year ended 30 April 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1198960

Principal and Registered Office

Flat 3 Western House
West Bank
London
N16 5DG

Trustees

The following trustees served during the year:

C Muller
M Grunfeld
S Deblinger

Independent Examiners

CHS Accountants Limited
45 Stamford Hill
London
N16 5SR

OBJECTIVES AND ACTIVITIES

The charity's objectives are included in the accompanying pages.

The trustees confirm their compliance with the duty to have due regard to the public benefit guidance published by the Charity Commission when reviewing the charity's aims and objectives in planning future events.

ACHIEVEMENTS AND PERFORMANCE

The charity's activities are described extensively in the accompanying pages.

During the year the charity provided charitable activities to the value of £70,241 (2023: £34,900) and made grants totalling £26,058 (2023: 28,961)

The financial results for the year to 30 April 2024 are fully reflected in the attached Financial Statements and the Notes thereon.

FINANCIAL REVIEW

Reserves Policy

The charity's policy is to maintain Unrestricted funds at a level which the trustees deem appropriate after considering future commitments and the likely costs for the next year.

As at 30 April 2024 the charity had a deficit in Unrestricted Funds of £8,729 and a surplus of Restricted Funds of £33,835.

Grant Making Policy

The charity makes grants in furtherance of its charitable objectives to individuals and organisations.

In making these grants the trustees use their personal knowledge and experience of the community and beneficiaries. The trustees monitor the application of funds by regular formal and informal correspondence.

PRINCIPAL RISKS AND UNCERTAINTIES

Risk Management

The trustees have identified and reviewed the major risks to which the charity is exposed, in particular operational and financial risks and are satisfied that appropriate systems are in place to manage and mitigate these risks.

PLANS FOR FUTURE PERIODS

The charity plans to continue its current core charitable activities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a Charitable Incorporated organisation (charity number 1198960) and is governed by a Constitution dated 16 May 2022.

The trustees administer the day-to-day affairs of the charity. None of the Trustees have beneficial interest in the charity.

STATEMENT OF COMPLAINTS

The charity is a public benefit entity, a registered charity in England and Wales and is unincorporated. The address of the principal office is Flat 3 Western House, 1A West Bank, London, N16 5DG

Statement of trustees' responsibilities in relation to the financial statements

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).

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 Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

C Muller

Trustee

25 February 2025

Independent Examiner's Report to the trustees of ACHIEVED DREAMS

I report to the trustees on my examination of the financial statements of ACHIEVED DREAMS for the year ended 30 April 2024 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011('the Act'). The trustees consider that an audit is not required for this year under the Charities Act 2011, s.144(2) (the 2011 Act) and that an independent examination is needed.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in, any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of the financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.

P Shebson ACA
CHS Accountants Limited
45 Stamford Hill
London
N16 5SR
25 February 2025

**ACHIEVED DREAMS
STATEMENT OF FINANCIAL ACTIVITIES**

FOR THE YEAR ENDED 30 APRIL 2024

		Unrestricted funds 2024	Total funds 2024	Total funds 2023
	Notes	£	£	£
Income and endowments from:				
Donations and legacies	2	88,180	122,925	71,572
Total		88,180	122,925	71,572
Expenditure on:				
Raising funds	3	1,756	1,756	4,595
Charitable activities	4	96,829	97,739	65,301
Total		98,585	99,495	69,896
Net movement in funds		(10,405)	23,430	1,676
Reconciliation of funds:				
Total funds brought forward		1,676	1,676	-
Total funds carried forward		(8,729)	25,106	1,676

ACHIEVED DREAMS **BALANCE SHEET**

AS AT 30 APRIL 2024

Charity No. 1198960		2024	2023
		£	£
Current assets			
Debtors	9	25,537	-
Cash at bank and in hand		10,009	12,116
		<u>35,546</u>	<u>12,116</u>
Creditors: Amount falling due within one year	10	(10,440)	(10,440)
		<u>25,106</u>	<u>1,676</u>
Net current assets			
		<u>25,106</u>	<u>1,676</u>
Total net assets		<u>25,106</u>	<u>1,676</u>

The funds of the charity

Restricted funds	11		
Restricted income funds		33,835	-
		<u>33,835</u>	<u>-</u>
Unrestricted funds	11		
General funds		(8,729)	1,676
		<u>(8,729)</u>	<u>1,676</u>
Total funds		<u>25,106</u>	<u>1,676</u>

Approved by the trustees on 25 February 2025

And signed on their behalf by:

C Muller

Trustee

25 February 2025

ACHIEVED DREAMS
NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 30 APRIL 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Going concern

The trustees, having made appropriate enquiries, consider that adequate resources exists for the charity to continue in operational existence for the foreseeable future and that, therefore, it is appropriate to adopt going concern basis in preparing the financial statements as at and for the period ended 30 April 2024. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet the liabilities as they fall due.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

ACHIEVED DREAMS

NOTES TO THE ACCOUNTS

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from tax on its charitable activities.

Trade and other 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 and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

2 Income from donations and legacies

	Unrestricted	Restricted	Endowment	Total 2024	Total 2023
	£	£	£	£	£
Donations	88,180	34,745	-	122,925	71,572
	<u>88,180</u>	<u>34,745</u>	<u>-</u>	<u>122,925</u>	<u>71,572</u>

NOTES TO THE ACCOUNTS

3 Expenditure on raising funds

	Unrestricted	Restricted	Endowment	Total 2024	Total 2023
	£	£	£	£	£
<i>Costs of generating voluntary income</i>					
Fundraising costs	1,756	-	-	1,756	4,595
	<u>1,756</u>	<u>-</u>	<u>-</u>	<u>1,756</u>	<u>4,595</u>

4 Expenditure on charitable activities

	Unrestricted	Restricted	Endowment	Total 2024	Total 2023
	£	£	£	£	£
<i>Expenditure on charitable activities</i>					
Charitable activities	69,741	500	-	70,241	34,900
Grants made	25,648	410	-	26,058	28,961
<i>Governance costs</i>					
Independent Examiner's Fees	1,440	-	-	1,440	1,440
	<u>96,829</u>	<u>910</u>	<u>-</u>	<u>97,739</u>	<u>65,301</u>

5 Analysis of grants

Activity or programme	Grants to Institutions	Grants to Individuals	Support Costs	Total 2024	Total 2023
	£	£	£	£	£
Grants	24,130	1,928	-	26,058	28,961
	<u>24,130</u>	<u>1,928</u>	<u>-</u>	<u>26,058</u>	<u>28,961</u>

The charity made grants of £17,400 during the year to charities with a common trustee in support of their mutual charitable objectives.

6 Net income before transfers

	2024	2023
	£	£
This is stated after charging:		
Independent Examiner's fee	1,440	1,440

7 Trustee remuneration and expenses

None of the trustees have been paid any remuneration in the current or prior periods.

None of the trustees have been paid any expenses in the current or prior periods.

8 Staff costs

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

ACHIEVED DREAMS
NOTES TO THE ACCOUNTS

9 Debtors

	2024	2023
	£	£
Other debtors	25,537	-
	<u>25,537</u>	<u>-</u>

The charity has made a loan to a UK registered charity with a common Trustee to support activities in line with their mutual charitable objectives.

10 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other creditors	9,000	9,000
Accruals	1,440	1,440
	<u>10,440</u>	<u>10,440</u>

11 Movement in funds

	At 1 May 2023	Incoming resources (including other gains/losses)	Resources expended	Gross transfers	At 30 April 2024
	£	£	£	£	£
Restricted funds:					
Restricted income funds:					
	-	34,745	(910)	-	33,835
<i>Total</i>	<u>-</u>	<u>34,745</u>	<u>(910)</u>	<u>-</u>	<u>33,835</u>
Unrestricted funds:					
General funds	1,676	88,180	(98,585)	-	(8,729)
<i>Total</i>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total funds	<u>1,676</u>	<u>122,925</u>	<u>(99,495)</u>	<u>-</u>	<u>25,106</u>

12 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Endowment funds	Total
	£	£	£	£
Fixed assets	-	-	-	-
Investments	-	-	-	-
Net current assets	(8,729)	33,835	-	25,106
Creditors due in more than one year and provisions	-	-	-	-
	<u>(8,729)</u>	<u>33,835</u>	<u>-</u>	<u>25,106</u>

13 Related party disclosures

Other than any mentioned above there were no related party transactions requiring disclosure during the year.