

NO ONE LEFT OUT IN THE COLD

ANNUAL REPORT
AND ACCOUNTS
FOR THE YEAR ENDED
31ST DECEMBER 2023



A **SPARK**
IN THE **DARK**

Our aim

Our charitable objective is to provide a **safe space for teenagers and young adults** at risk physically or emotionally and to provide the **support and guidance** they need to help them build happy and successful lives.



Chair's Message

Exactly one year ago, I met a young man called Mike.

He was lost and neglected. He did not trust a soul. As loved as he was and as hard as they tried, not a single person could help him.

I offered for him to come to our workshop that evening. With a loving heart and an open mind, I sat with him and listened. He disclosed his history and relayed how he fell through the cracks of the education system. He wasn't receptive to help from anyone. Not his parents, nor his teachers, friends or extended family. The more he pushed people away, the more troubling his situation became.

He returned week after a week and as he continued opening up we referred him to a highly regarded psychotherapist. She helped him slowly, session by session and gradually helped him to overcome his mental anxieties.

A year has lapsed. Mike has a growing sense of self awareness and is working full time in a

warehouse. He feels good about himself, is confident and has flourished beautifully in such a short timeframe. He still attends therapy sessions to help him overcome trauma and abuse.

He is beginning to trust again.

Mike reminds me of the extent to which our organisation benefits the community.

How many teens are still out there, all alone with no one to confide in?

How many young adults are on our doorsteps, starving physically and emotionally?

How many crave healthy relationships or a social group of caring friends?

And how many have already given up hope?

I am determined to continue to invest all my energies into extending our activities. To reach more needy adolescents.

So no one should be left outside, alone, in the cold.

Mr B Izak

A stylized, handwritten signature in white ink, appearing to read 'B. Izak', set against a dark blue background with a subtle pattern of small white dots.

What we do

We support teenagers and young adults who find themselves in difficult life situations and have nowhere else to turn.

We also assist adolescents who have fallen through the cracks of their community and education system and have a variety of issues that were not addressed appropriately when they were younger.

We extend support to those suffering from mental health issues, deficiencies in life skills, difficulty gaining employment and many other similar or related issues.



Our trained volunteers offer **one to one mentoring** to guide the youth **towards stable and meaningful lives** as well as 24/7 support to deal with any crises that may arise.

Our services help take these teenagers out of situations that often involve crime, substance abuse, self-harm and even suicide.

Our range of six projects helps to ensure that each one is cared for and their **individual needs are met.**

We inspire and encourage them to take the necessary steps towards building a stable and purposeful future.



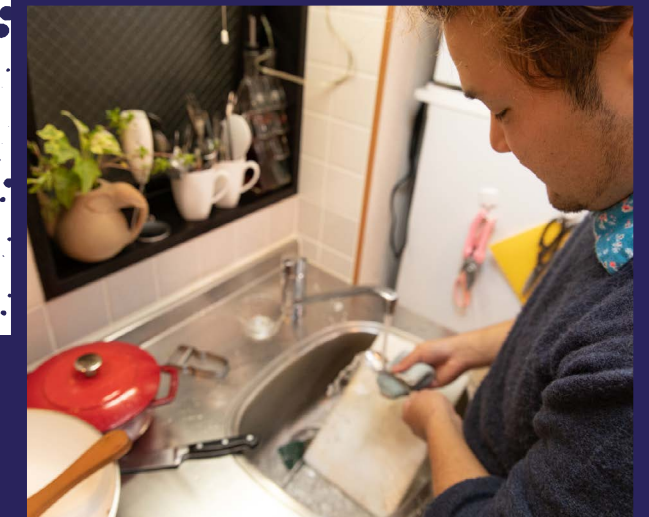
We help them to help themselves.

Home Sweet Home

We provide and supervise a beautifully renovated shelter for young adults who are experiencing homelessness and prepare nutritious meals for them.

They are expected to undertake household chores which fosters a sense of responsibility and gives them the skills and confidence to live independently.

It is important to us that they are supervised 24/7. We recruit volunteers and provide them with professional training in order to responsibly attend to the youth.



Mental Health Support

We offer weekly therapy sessions and one to one coaching. These sessions aim to aid the recovery from mental health conditions and trauma.

When very serious issues are left untreated, there are

often incidents of crime and mental health breakdowns that can be dreadful. Our therapists help these youngsters move away from a life of shoplifting, trauma, abuse, anxiety, lack of self confidence, addiction, self-harm,

suicidal thoughts and other terrible situations.

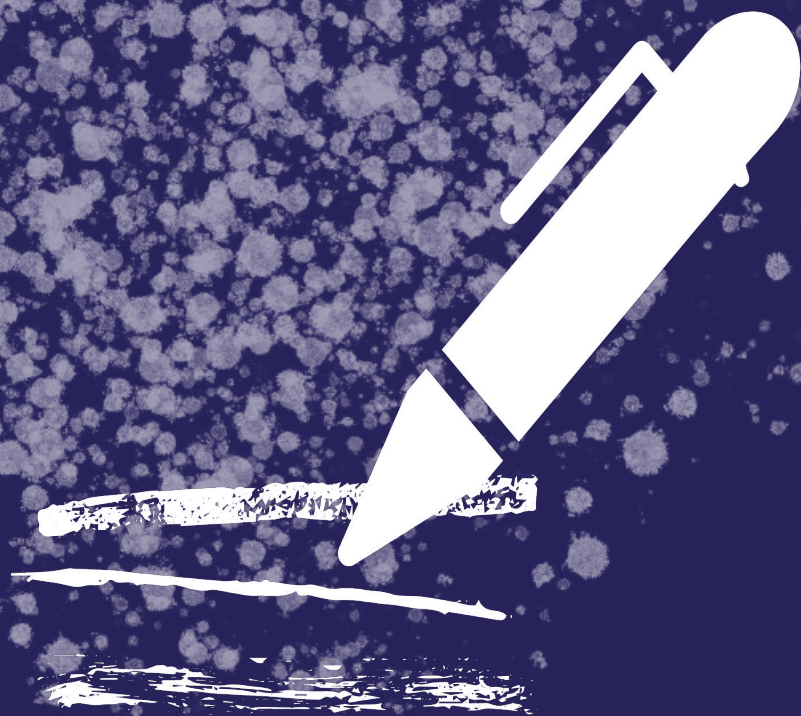
We give them the opportunity to get their lives back on track and live confident, happy and fulfilling lives.

We also run

workshops presented by professionals which cover crucial topics including communication, relationships, stability, parent/child connections, regulating emotions, anger management and other important life skills.



Life Skills



We provide classes and mentoring to that teach life skills that might be lacking. These include spoken English skills, literacy, computer proficiency, budgeting, getting a driving license, opening a bank

account and many other skills most people take for granted.

Our goal is to support them towards becoming independent, successful and contributing adults.

Weekly Activities & Sports

We offer recreational activities, sports and hobbies.

These include trips to supervised leisure centers, biking, golf, nice dinners at a restaurant, safe group parties with music and healthy entertainment.

Each weekly event is eagerly looked forward to.

This is a major tool in helping them experience a joyful life without feeling the need to resort to criminal behaviour, drugs or harmful activities and

helps them tremendously with their social and communication skills.





“SUITS ME” initiative

We provide clothes, shoes, toiletries, and other basic necessities to those who don't have family support and can't afford such things for themselves.

Being well dressed

has an enormous impact on their self-esteem and confidence and is a major part of getting them on the path towards living independent, happy lives.

Employment

We help young adults find satisfying employment suitable to their skills and interests. We liaise with the employers so that they can deal with them appropriately and sensitively and we ensure the

workspace is a safe environment.

This is a major step towards their independence and becoming fully rounded, successful and contributing members of the community.



The trustee, who are also the Directors for the purpose of company law, present their report and the unaudited financial statements of the charity for the year ended 31 December 2023.

REFERENCE AND ADMINISTRATIVE DETAILS

Reference and administrative details are shown in the schedule of trustees and professional advisers on page 1 of the financial statements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a company limited by guarantee, and is therefore governed by its Memorandum and Articles of Association.

The governors (trustees) administer the day – to – day affairs of the charity. None of the trustees have any beneficial interest in the charity.

It is not currently the intention of the trustees of the charity to appoint new trustees. Should the situation change in the future, the trustees will apply suitable recruitment training and induction procedures.

OBJECTIVES AND ACTIVITIES

The charity is established to further those purposes both in the United Kingdom and is recognised as charitable by English Law and in furtherance of the aforementioned objects.

The charities income is from generous public donations and grants.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities for the year.

STRATEGIC REPORT

The following sections for achievements and performance and financial review from the strategic report of the charity.



ACHIEVEMENTS AND PERFORMANCE

During the year the charity continued to support at risk youth emotionally, physically and educationally. Income from investments aggregated £121,068. Total resources expended were £123,492 resulting in net deficit of £2,424.

FINANCIAL REVIEW

The financial results of the charity's activities for the year to 31 December 2023 are fully reflected in the attached Financial Statements together with the Notes thereon.

RESERVE POLICY

It is the policy of the charity to maintain unrestricted funds, which include the free reserves of the charity, at a level which the trustees think appropriate, after considering the future commitments of the charity and the likely costs of the charity for the next year. At 31 December 2023 the charity had unrestricted funds aggregating £22

RISK MANAGEMENT

The trustees have examined the major strategic, business and operational risks which the charity faces. The trustees confirm that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to manage these risks.

All applicable policies are up to date.

PLANS FOR FUTURE PERIODS

The aim is to continue to provide emotional and physical support for vulnerable teens and young adults in order to help them thrive and break out of the dangerous cycle of homelessness and poor mental health.

A SPARK IN THE DARK LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 December 2023

1 ACCOUNTING POLICIES

Accounting convention

These accounts have been prepared in accordance with the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015). In preparing the accounts, the charity follows best practice as laid down in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP) issued in March 2005. Where there is a conflict between the FRSSE and the SORP, the SORP has been adopted in accordance with paragraph 419ff of the SORP.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy.

Resources expended

Expenditure is accounted for on accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

2 TRUSTEES REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the year ended 31 December 2023.

Trustees Expenses

There were no trustees expenses paid for the year ended 31 December 2023.

3 DONATIONS AND LEGACIES

A list of donations and legacies received are available from the office upon request in writing.

A SPARK IN THE DARK LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES
for the year ended 31 December 2023

	Notes	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOMING RESOURCES	3			
Incoming resources from generated funds				
Donations and legacies		121,068	121,068	28,170
Total Incoming resources		121,068	121,068	28,170
RESOURCES EXPENDED				
Costs of charitable activities				
Expenditure on charitable activities	4	115,371	115,371	24,579
Governance costs	5	8,121	8,121	1,145
Total resources expended		123,492	123,492	25,724
NET INCOMING/(OUTGOING) RESOURCES		-2,424	-2,424	2,446
RECONCILIATION FUNDS				
Total funds brought forward		2,446	2,446	0
TOTAL FUNDS CARRIED FORWARD		22	22	2,446

A SPARK IN THE DARK LTD
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL POSITION
31 DECEMBER 2023

	Notes	£	2023	£	2022
CURRENT ASSETS		718		3,086	
Cash at hand in bank		718		3,086	
CREDITORS: amounts falling due within one year	6	696		640	2,446
Net Current assets/(liabilities)			22		2,446
NET CURRENT ASSETS			22		2,446
FUNDS					
Unrestricted funds			22		2,446
TOTAL FUNDS	7		22		2,446

The Charitable company is entitled to exemption from audit under section 477 of Companies Act 2006for the year ended 31 December 2023.

The trustees have not required the charitable company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with section 476 of Companies Act 2006.

The trustees acknowledge their responsibilities for

- a) ensuring that the charitable company keeps accounting records that comply with Section 386 and 387 of the Companies Act 2006 and
- b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with all the requirements of the Companies Act 2006 relating to financila stataments, so far as applicable to the charitable company.

Approved by the board of Trustees on: 07 February 2024

And signed on their behalf by:



Mr B Izak
Trustee

	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £		Incoming resources £	Resources Expended £	Movement in funds £
INCOMING RESOURCES				Unrestricted funds			
Incoming resources from generated funds				General fund			
3							
Donations and legacies	121,068	121,068	28,170		121,068	123,492	-2,424
Total Incoming resources	121,068	121,068	28,170	TOTAL FUNDS	121,068	123,492	-2,424
4							
Expenditure on charitable activities							
	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £				
Advertising	1,800	1,800	0				
Charitable activities	72,390	72,390	5,780				
Grants to Institutions		0	18,799				
Rent	15,757	15,757	0				
Repairs & Maintenance	25,424	25,424	0				
TOTAL	115,371	115,371	24,579				
5							
Governance Costs	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £				
Accountancy fee	696	696	624				
Bank charges		21	21				
Office supplies	180	180	0				
Professional fees	7,245	7,245	500				
	8,121	8,121	1,145				
6							
CREDITORS: amounts falling due within one year		2023 £	2022 £				
Accruals		696	640				
		696	640				
7							
MOVEMENT IN FUNDS	At 1.1.2023	Net movement in funds	At 31.12.2023				
Unrestricted funds							
General fund	2,446	-2,424	22				
TOTAL FUNDS	2,446	-2,424	22				

REGISTERED CHARITY NAME:
A SPARK IN THE DARK LIMITED

COMPANY REGISTRATION NUMBER:
13793890

REGISTERED CHARITY NUMBER:
1199465

TRUSTEES:
MR J MATYAS
MR Y SCHWARTZ
MR B IZAK

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LONDON E5 9NA
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BANKERS:
METRO BANK

EMAIL ADDRESS:
ASPARKINTHEDARKLTD@GMAIL.COM

