

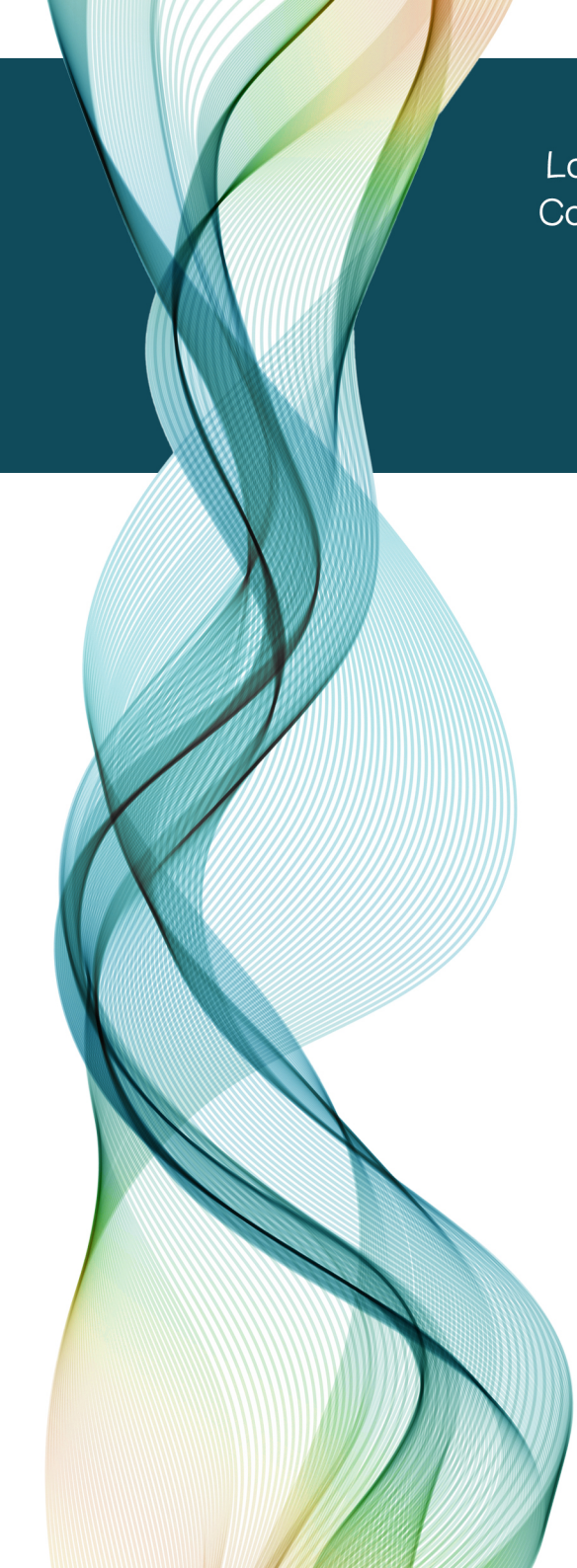


**Inspire a Teen**  
elevating potential

# CREATING WAVES

Annual Report and Accounts 2022 - 2023

CHARITY REGISTRATION NUMBER:  
1199975



Inspire a Teen is a dynamic non-profit dedicated to empowering BAME teenagers in North London, navigating the challenges of social pressures, anti-social behaviours, and deprivation. Committed to breaking down barriers, our organization provides innovative programs, including rural retreats, empowering clubs, employment initiatives, and essential support services.

By fostering resilience, education, and community connections, we aim to inspire positive change, uplift lives, and create a brighter future for the teens we serve.

## VISION STATEMENT:

Empowering North London's teens to overcome adversity and realise their full potential, cultivating a community where every young person thrives, irrespective of their background.

## MISSION STATEMENT:

Inspire a Teen is dedicated to providing innovative programs and unwavering support, fostering personal growth, and equipping teens with the skills needed to break free from societal constraints.

Through empowerment, education, and community engagement, we aim to pave the way for a future where every teen in North London can flourish and contribute positively to society.

# INSPIREXCHANGE

An after-school club serving as a junction for empowerment, hosting group discussions, therapeutic sessions, and engaging activities to create a space where teens can share, learn, and build lasting connections.

## IMPACT HIGHLIGHTS

**More Faces: More Fun:** Our attendance jumped by 25%!

**Feels Therapy:** 82% got the good vibes from our therapeutic sessions.



# MINDSCAPE



A summer camp designed to offer rural serenity, providing teens with a holistic experience to rejuvenate their minds and bodies, encouraging mental well-being and personal growth.

## IMPACT HIGHLIGHTS

**Crew Count:** We had a hundred teens soaking in the good vibes at our retreat!

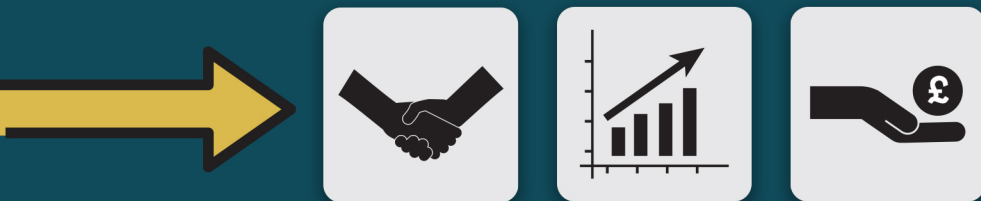
**Feeling Zen:** 79% felt a serious boost in mental well-being.

**Glow-Up Alert:** 83% said they levelled up in confidence and personal growth.



# FUTUREFORGE

A program designed to empower teens with employment skills, mentorship, and opportunities to earn money, unlocking doors to a future filled with possibilities beyond their current circumstances.



## IMPACT HIGHLIGHTS

**Job Squad:** Guess what? 60% of our peeps scored part-time gigs!

**Skill Swap:** Skills like teamwork and communication? Up by 95%.



# TEENEATS

A comprehensive support hub addressing immediate needs, including a clubhouse food station, meals, and a pocket money drive, aiming to stabilise living conditions during times of crisis.

## IMPACT HIGHLIGHTS

**Meals on Deck:** We served up a whopping 4000 meals at the food station.

**Cash Flow Boost:** Thanks to the pocket money drive, 30% felt more financially stable.



## INSPIRE A TEEN HAS WITNESSED TRANSFORMATIVE CHANGES IN THE LIVES OF THE TEENS WE SERVE:

### USER QUOTES:

“Inspire a Teen gave me a second family, a place where I feel understood and supported.”

“The rural retreat was a turning point; it made me realize I am capable of achieving anything.”

### MENTORS FEEDBACK:

“Being privileged to be part of the transformative journey of these remarkably resilient teens is an experience that is both humbling and profoundly inspiring. Witnessing their unwavering determination and growth within the nurturing environment provided by Inspire a Teen is like observing the ripple effect of positive change, extending far beyond the individual lives we touch. Each step they take towards empowerment echoes into their communities, creating a ripple that resonates with hope, resilience, and the promise of a brighter future.”



**CHARITY REGISTRATION NUMBER: 1199975**

**INSPIRE A TEEN**

**TRUSTEES' REPORT AND UNAUDITED ACCOUNTS**

**30 JUNE 2023**

**HIRSH ACCOUNTANTS LIMITED  
45 STAMFORD HILL  
LONDON  
N16 5SR**



**INSPIRE A TEEN  
CHARITABLE INCORPORATED ORGANISATION (CIO)  
FINANCIAL STATEMENTS  
30 JUNE 2023**

|                                   | Pages |
|-----------------------------------|-------|
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| Statement of Financial Activities | 5     |
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The trustees present their report with the unaudited financial statements of the charity for the period ended 30 June 2023.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

**Charity No. 1199975**

### **Principal and Registered Office**

58 Wellington Avenue  
London  
N15 6BA

### **Trustees**

The following trustees served during the year:

B Rottenberg  
E Sekula  
J Reichman

### **Accountants**

Hirsh Accountants Limited  
45 Stamford Hill  
London  
N16 5SR

## **OBJECTIVES AND ACTIVITIES**

The charity's objectives as set out in its governing document is to advance in life and relieve the needs of young people, with a focus on young people who are socially and/or economically disadvantaged through: (A) The provision of recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life; (B) Providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

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 employs its funds and resources for providing recreational and leisure time activities to young people who are socially and/or economically disadvantaged.

The financial results for the period to 30 June 2023 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 June 2023 the charity had Unrestricted Funds of £4050.

## **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 the provision of recreational and leisure activities to these disadvantaged individuals.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

The charity is a registered charity (charity number 1199975) and is governed by a CIO Foundation Constitution dated 05 August 2022.

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

## **STATEMENT OF COMPLIANCE**

The charity is a public benefit entity, a registered charity in England and Wales and is unincorporated. The address of the principal office is 58 Wellington Avenue, London, N15 6BA.

### **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

E Sekula

Trustee



**Independent Examiner's Report to the trustees of INSPIRE A TEEN**

I report to the trustees on my examination of the financial statements of INSPIRE A TEEN for the period ended 30 June 2023 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.

Our Independent Examination exclusively covers the Financial Statements and the information contained therein.

Mr Moshe Hirsh FCCA  
Hirsh Accountants  
45 Stamford Hill  
London  
N16 5SR  
22 January 2024

**INSPIRE A TEEN STATEMENT OF  
FINANCIAL ACTIVITIES**

**FOR THE PERIOD ENDED 30 JUNE 2023**



|                                    | Notes | Unrestricted<br>funds<br>2023<br>£ | Total funds<br>2023<br>£ |
|------------------------------------|-------|------------------------------------|--------------------------|
| <b>Income and endowments from:</b> |       |                                    |                          |
| Donations and legacies             | 2     | 28,863                             | 28,863                   |
| <b>Total</b>                       |       | 28,863                             | 28,863                   |
| <b>Expenditure on:</b>             |       |                                    |                          |
| Raising funds                      | 3     | 540                                | 540                      |
| Charitable activities              | 4     | 24,016                             | 24,016                   |
| Other                              | 5     | 257                                | 257                      |
| <b>Total</b>                       |       | 24,813                             | 24,813                   |
| <b>Total funds carried forward</b> |       | 4,050                              | 4,050                    |

**INSPIRE A TEEN  
BALANCE SHEET**

**AS AT 30 JUNE 2023**

**Charity No. 1199975**

**2023**

**£**

**Current assets**

Cash at bank and in hand

5,490

5,490

**Creditors:** Amount falling due within one year

7

(1,440)

**Net current assets**

4,050

**Total assets less current liabilities**

4,050

**Total net assets**

4,050

**The funds of the charity**

**Unrestricted funds**

General funds

8

4,050

**Total funds**

4,050

Approved by the trustees on 22 January 2024

And signed on their behalf by:

E Sekula

Trustee

22 January 2024



**FOR THE PERIOD ENDED 30 JUNE 2023**

**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.

**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.  |
| Revaluation funds  | These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values. |
| 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.

|   |  |
|---|--|
| Tax reclaims on donations and gifts           | Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.  |
| Donated services and facilities               | These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material. |
| Volunteer help                                | The value of any volunteer help received is not included in the accounts.  |
| Investment income                             | This is included in the accounts when receivable.  |
| Gains/(losses) on revaluation of fixed assets | This includes any gain or loss resulting from revaluing investments to market value at the end of the year.  |
| Gains/(losses) on investment assets           | This includes any gain or loss on the sale of investments.   |



### 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.

### Tangible fixed assets and depreciation

Depreciation where relevant is provided in order to write off each asset over its estimated useful life.

### Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

### 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.

### Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

## 2 Income from donations and legacies

|           | Unrestricted  | Total<br>2023 |
|-----------|---------------|---------------|
|           | £             | £             |
| Donations | 28,863        | 28,863        |
|           | <u>28,863</u> | <u>28,863</u> |



### 3 Expenditure on raising funds

|                   | Unrestricted | Total<br>2023 |
|-------------------|--------------|---------------|
|                   | £            | £             |
| Fundraising costs | 540          | 540           |
|                   | <u>540</u>   | <u>540</u>    |

### 4 Expenditure on charitable activities

|   | Unrestricted  | Total<br>2023 |
|---|---------------|---------------|
|   | £             | £             |
| <i>Expenditure on charitable activities</i> | 22,576        | 22,576        |
| Governance costs                            | 1,440         | 1,440         |
|   | <u>24,016</u> | <u>24,016</u> |

### 5 Other expenditure

|                              | Unrestricted | Total<br>2023 |
|------------------------------|--------------|---------------|
|                              | £            | £             |
| Legal and professional costs | 257          | 257           |
|                              | <u>257</u>   | <u>257</u>    |

### 6 Staff costs

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

### 7 Creditors:

amounts falling due within one year

|          | 2023         |
|----------|--------------|
|          | £            |
| Accruals | 1,440        |
|          | <u>1,440</u> |

### 8 Movement in funds

|                            | Incoming<br>resources<br>(including<br>other<br>gains/losses) | Resources<br>expended | At 30 June<br>2023 |
|----------------------------|---|-----------------------|--------------------|
|                            | £   | £                     | £                  |
| <b>Restricted funds:</b>   |   |                       |                    |
| <b>Unrestricted funds:</b> |   |                       |                    |
| General funds              | 28,863  | (24,813)              | 4,050              |
|                            | <u>28,863</u>   | <u>(24,813)</u>       | <u>4,050</u>       |
| <b>Total funds</b>         | <u>28,863</u>   | <u>(24,813)</u>       | <u>4,050</u>       |



9 Analysis of net assets between funds

|                    | Unrestricted<br>funds | Restricted<br>funds | Total        |
|--------------------|-----------------------|---------------------|--------------|
|                    | £                     | £                   | £            |
| Net current assets | 5,490                 | (1,440)             | 4,050        |
|                    | <u>5,490</u>          | <u>(1,440)</u>      | <u>4,050</u> |