



Inspire a Teen
elevating potential

CREATING WAVES

Annual Report and Accounts 2023 - 2024

CHARITY REGISTRATION NUMBER:
1199975



MESSAGE FROM THE CHAIR

Change starts with a single ripple - a moment of trust, a space to be heard, a hand reaching out. This year at Inspire a Teen, those ripples have grown into powerful waves, shaping the futures of young people in North London. We have walked alongside them, listened to their fears, and celebrated their victories. Through every conversation, every program, and every act of support, we have helped them push against the currents of social pressures, anti-social behaviours, and deprivation - guiding them toward brighter, more hopeful horizons.

Understanding the world of the young people we support is at the heart of everything we do. This year, we have worked closely with therapists and mental health professionals to ensure that every teen has the space to express themselves, process their challenges, and build the resilience they need to thrive. By offering both practical and emotional support, we are not only shaping their present but also giving them the tools to navigate their futures with confidence.

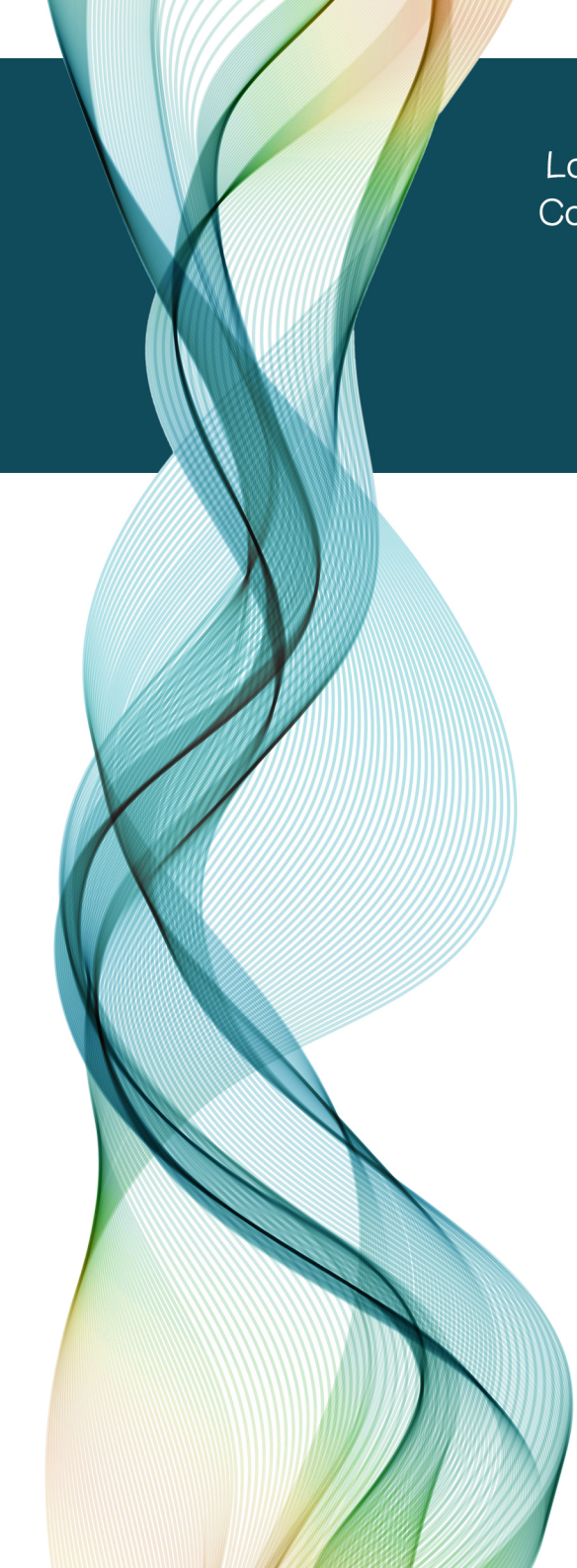
A significant milestone this year has been the launch of the Weekend Warriors Club, a vital new initiative providing young people with a safe and engaging space every weekend. Designed to steer them away from negative influences and anti-social behaviours, this program offers structure, mentorship, and a sense of belonging when they need it most. We are incredibly grateful to National Lottery Million Hours for their generous support in making this vision a reality.

Waves of change do not happen alone. They are built by the dedication of our staff, the passion of our volunteers, and the unwavering support of our partners and funders. Your belief in our mission has allowed us to reach more young people, offer more opportunities, and break down more barriers than ever before.

As we move forward, we remain committed to creating waves - waves of empowerment, understanding, and transformation. Together, we are not just changing lives, we are reshaping the tide for generations to come.



Eliyohu Sekula
Chair



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

104 sessions held, providing a safe space for discussion, therapy, and personal development.
96% of attendees reported improved confidence and stronger social connections.
97% felt more supported and understood after participating in group discussions.



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

63 teens attended the rural retreat, benefiting from a break from urban pressures.
88% reported a noticeable improvement in their mental well-being and stress levels.
79% developed new coping mechanisms for anxiety and emotional challenges.



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

31 participants successfully secured part-time jobs or apprenticeships.
80% felt better prepared future career opportunities.



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

Over 15,000 meals provided to teens facing food insecurity.
100+ teens benefited from the pocket money drive, helping to ease financial struggles.
94% of participants said the support helped them focus better on their education and personal goals.



WEEKEND WARRIORS

This weekend club provides at-risk teens with a safe, supportive space to engage in positive activities that promote emotional well-being, life skills, and resilience. Running every weekend for eight hours, the project offers activities such as arts, sports, cooking, and group discussions, guided by licensed therapists and mentors. Our aim is to help teens build self-esteem, make positive choices, and develop healthier social connections, providing an alternative to the negative influences they may face over the weekend.

IMPACT HIGHLIGHTS

- 100+ teens provided a safe, supportive space on weekends.
- 77% reported a decrease in participation in antisocial gatherings and risky behaviours.
- 72% expressed increased trust in adults and mentors involved in the program.
- 86% felt safer and more supported, contributing to improved emotional well-being.



KICKING IT OFF

Designed to engage Orthodox Jewish teens in Hackney with culturally appropriate football sessions. The project offers weekly football training, tailored to fit their religious schedules, and includes group discussions exploring the benefits of sports. The initiative aims to break down barriers, foster a sense of belonging, and unlock the potential youths through physical activity.

IMPACT HIGHLIGHTS

- 98% of participants gained improved knowledge of sports and its benefits.
- 80% of participants increased physical activity levels after 3 months.





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 2024



INSPIRE A TEEN
CHARITABLE INCORPORATED ORGANISATION (CIO)
FINANCIAL STATEMENTS
30 JUNE 2024

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

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

Independent Examiners

CHS 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 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 June 2024 the charity had Unrestricted Funds of £15,646 (2023: £4,050).

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 5 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

6 March 2025



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 year ended 30 June 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.

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

P Shebson ACA
CHS Accountants Limited
45 Stamford Hill
London
N16 5SR
6 March 2025

INSPIRE A TEEN STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 30 JUNE 2024



		Total funds 2024	Total funds 2023
	Notes	£	£
Income and endowments from:			
Donations and legacies	2	127,890	28,863
Total		127,890	28,863
Expenditure on:			
Charitable activities	3	111,734	24,016
Other	4	4,560	797
Total		116,294	24,813
Net movement in funds		11,596	4,050
Reconciliation of funds:			
Total funds brought forward		4,050	-
Total funds carried forward		15,646	4,050

**INSPIRE A TEEN
BALANCE SHEET**

AS AT 30 JUNE 2024

Charity No. 1199975

2024

2023

£

£

Current assets

Cash at bank and in hand

29,446

5,490

29,446

5,490

Creditors: Amount falling due within one year

7

(13,800)

(1,440)

Net current assets

15,646

4,050

Total net assets

15,646

4,050

The funds of the charity

Unrestricted funds

8

General funds

15,646

4,050

15,646

4,050

Total funds

15,646

4,050

Approved by the trustees on 6 March 2025

And signed on their behalf by:



E Sekula

Trustee

6 March 2025



FOR THE YEAR ENDED 30 JUNE 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.

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.
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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.

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

	Total 2024 £	Total 2023 £
Donations	127,890	28,863
	<u>127,890</u>	<u>28,863</u>



3 Expenditure on charitable activities

	Total 2024 £	Total 2023 £
<i>Expenditure on charitable activities</i>		
Leisure, recreational and social welfare activities	109,934	22,576
<i>Governance costs</i>		
Independent Examiners Fees	1,800	1,440
	<u>111,734</u>	<u>24,016</u>

4 Other expenditure

	Total 2024 £	Total 2023 £
Legal and professional costs	4,560	257
	<u>4,560</u>	<u>257</u>

5 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.

6 Staff costs

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

7 Creditors:

amounts falling due within one year

	2024 £	2023 £
Other creditors	12,000	-
Accruals	1,800	1,440
	<u>13,800</u>	<u>1,440</u>



8 Movement in funds

At 30 June
2024
£

Unrestricted funds:

General funds	15,646
Total funds	<u>15,646</u>

9 Analysis of net assets between funds

Total
£

Net current assets	15,646
	<u>15,646</u>

10 Related party disclosures

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