



Inspire a Teen
elevating potential

CREATING WAVES

Annual Report and Accounts 2024 - 2025

CHARITY REGISTRATION NUMBER:
1199975



MESSAGE FROM THE CHAIR

Real change begins within, where silent struggles turn into powerful waves of transformation. This year at Inspire a Teen, our focus has been on the emotional wellbeing of the young people we serve. We have seen first-hand that too many teenagers are facing complex mental health challenges, and we have responded by placing their inner wellbeing at the heart of everything we do.


Our team has undertaken specialist training, and we have expanded our support by recruiting a dedicated team of therapists and mental health professionals. This has enabled us to better understand the realities our young people face and to support them in navigating adolescence with a healthier and more positive pathway. Emotional wellbeing is now embedded across all our programmes, including our sports and holiday clubs, where group discussions, safe spaces, and therapeutic support are a core part of the experience.

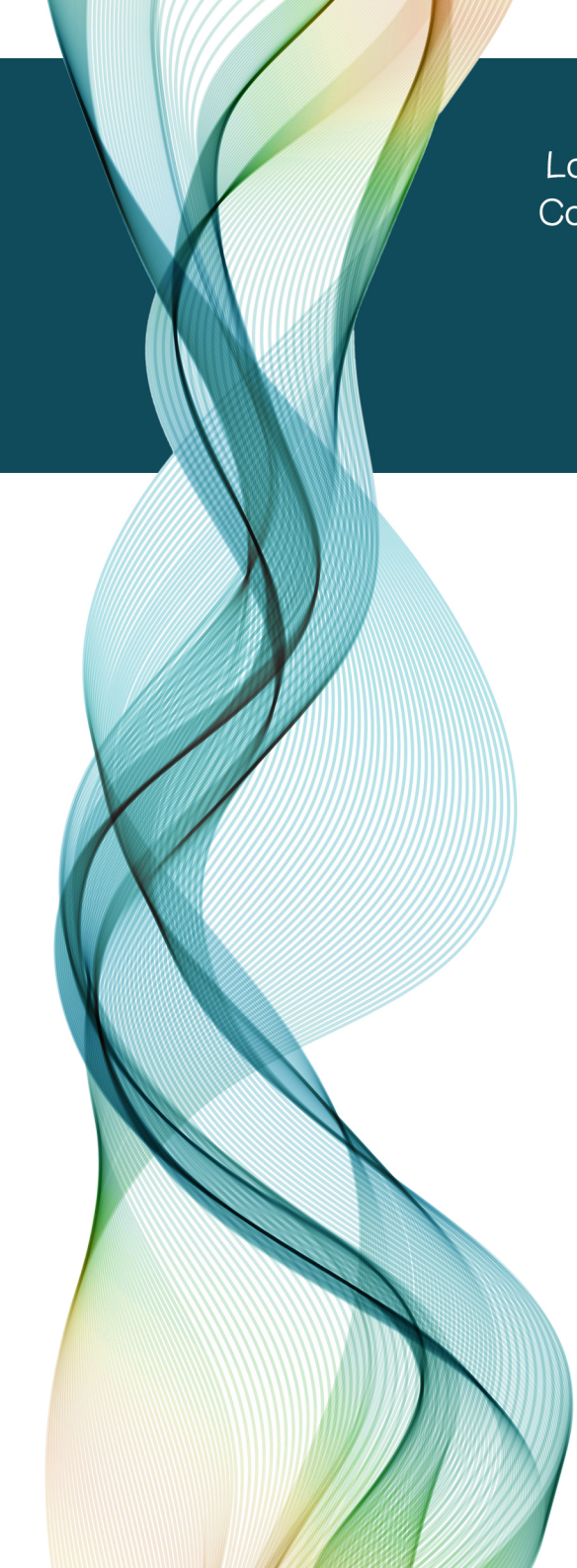
We recognise that when emotions are tangled, support can only go so far. True impact comes from helping young people understand themselves, process their experiences, and build the resilience needed to move forward with confidence. We are incredibly grateful to our donors and funders who understand the importance of supporting today's teens in this way. Your commitment allows us to continue creating meaningful and lasting change.

And to our young people, you are the true inspiration behind our work. You show us that change is possible. Even when the journey is not easy and requires strength and determination, you continue to stay on your path. Your bright future is ahead of you, and we are proud to be part of your journey.

Looking ahead, we aim to introduce more sports opportunities, recognising their vital role in both physical and mental wellbeing. We are committed to making these opportunities more accessible, particularly for those facing cultural barriers.

The waves we create today will become the strength our young people stand on tomorrow.


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.

OPENMINDED OPENHEARTED

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.

Designed to support teenage boys experiencing anxiety, emotional distress, and social pressure through structured, therapeutic group sessions. The project delivers twice-weekly workshops focused on emotional literacy, creative expression, and calming strategies, providing a safe and trusted space where young people can process feelings, build resilience, and improve their overall mental wellbeing.

IMPACT HIGHLIGHTS

- 79% of participants reported feeling calmer and more able to manage anxiety.
- 84% developed practical coping strategies such as breathing and grounding techniques.
- 71% of parents reported improved emotional communication at home.

THE JOURNEY OF A RIPPLE

THE FIRST DROP

A young person arrives after repeated school exclusions, conflict at home, or pressure from peers to get involved in negative behaviours. They are withdrawn or defensive, struggling to manage emotions and unsure who to trust.

THE SHIFT WITHIN

Through one-to-one sessions with therapists and open group discussions, they begin to talk about what they are feeling. Anger becomes understood, anxiety becomes manageable, and they start to feel heard rather than judged.

THE TURNING POINT

Their behaviour begins to change in visible ways. They attend more regularly, communicate more calmly, and start making better decisions about how they respond to challenges and who they spend time with.

THE RISE

They begin setting goals and engaging in opportunities. Whether returning to education, exploring work pathways, or participating in positive activities, they show consistency, responsibility, and growing self-belief.

THE WAVE

They are now more confident, emotionally aware, and in control of their choices. They handle conflict more positively, engage in their future with intention, and often become a positive influence on others around them. What started as support has become independence, direction, and lasting change.

BECAUSE EVERY RIPPLE MATTERS. AND EVERY RIPPLE HAS THE POWER TO BECOME A WAVE.

THE RIPPLE EFFECT



"This is the only place I can be myself without feeling judged. I've learned how to deal with my anger instead of just reacting."



"Before coming here, I didn't really think about my future. I was just going with whatever was around me. Now I've got goals, and I'm actually working towards them."



"Talking in the group sessions helped me realise I'm not the only one going through things. It made me more confident to speak up."



"I used to stay out late and get into trouble. Now I come here on weekends, and it's changed how I spend my time. I feel more focused."



"The young people we support often present with heightened emotional dysregulation, shaped by environmental stressors and unmet needs. Through structured therapeutic engagement and safe relational spaces, we work to build emotional literacy, self-awareness, and healthier coping mechanisms."



"Over time, we observe a reduction in reactive behaviours and an increase in reflective thinking. Young people begin to regulate their responses, articulate their emotions more clearly, and engage more positively with both peers and authority figures."



"The transformation we see in young people is powerful. Over time, you see a shift in how they carry themselves, how they communicate, and the choices they make."



"What stands out is their resilience. When given the right environment and support, they are more than capable of redefining their path."

FROM OUR THERAPISTS

FROM OUR MENTORS

FROM OUR TEENS



Charity registration number 1199975

INSPIRE A TEEN
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

INSPIRE A TEEN

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	B Rottenberg E Sekula J Reichman
Charity number	1199975
Principal and registered address	58 Wellington Avenue London N15 6BA
Independent examiner	CHS Accountants Limited Lower Ground Floor 13 High Road London N15 6LT

INSPIRE A TEEN

CONTENTS

	Page
Trustees' report	1 - 2
Independent examiner's report	3
Statement of financial activities	4
Balance sheet	5
Notes to the financial statements	6 - 11



INSPIRE A TEEN

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2025

The Trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The charity's objectives as set out in its governing document are: 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 interests of social welfare, designed to improve their conditions of life; and
- (b) providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the Charity should undertake.

Achievements and performance

The attached report provides full details of the Charity's achievements and performance during the year.

Financial review

Full details are presented throughout the report. As per the terms of the grant, unspent funds relating to a discontinued project were returned to The National Lottery during the year.

Reserves policy

It is the policy of the Charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the Charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The Charity is a CIO governed by its Constitution dated 5 August 2022 whose registered office is 58 Wellington Avenue, London, N15 6BA

The Trustees who served during the year and up to the date of signature of the financial statements were:

B Rottenberg
E Sekula
J Reichman

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

INSPIRE A TEEN

TRUSTEES' REPORT (CONTINUED) *FOR THE YEAR ENDED 30 JUNE 2025*

The Trustees' report was approved by the Board of Trustees.

E Sekula

E Sekula
Trustee

22 April 2026



INSPIRE A TEEN

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 (the Charity) for the year ended 30 June 2025.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the Charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Pini Shebson ACA

CHS Accountants Ltd
Lower Ground Floor
13 High Road
London N15 6LT

Dated: 22 April 2026

INSPIRE A TEEN

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income from:			
Donations and legacies	3	100,877	127,890
Total income		100,877	127,890
Expenditure on:			
Raising funds	4	-	9,644
Charitable activities	5	96,862	106,348
Other expenditure	10	298	302
Total expenditure		97,160	116,294
Net income and movement in funds		3,717	11,596
Reconciliation of funds:			
Fund balances at 1 July 2024		15,646	4,050
Fund balances at 30 June 2025		19,363	15,646

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

INSPIRE A TEEN

BALANCE SHEET

AS AT 30 JUNE 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Debtors	12	34,960		-	
Cash at bank and in hand		8,703		29,446	
		<u>43,663</u>		<u>29,446</u>	
Creditors: amounts falling due within one year	14	(24,300)		(13,800)	
Net current assets			19,363		15,646
The funds of the Charity					
Unrestricted funds	15		19,363		15,646
			<u>19,363</u>		<u>15,646</u>

The financial statements were approved by the Trustees on 22 April 2026



E Sekula
Trustee



INSPIRE A TEEN

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

Inspire A Teen is a CIO. Its registered office is 58 Wellington Avenue, London, N15 6BA.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements 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 the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

INSPIRE A TEEN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	100,877	127,890

4 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Advertising	-	9,644

5 Expenditure on charitable activities

	Total 2025 £	Total 2024 £
Direct costs		
Leisure, recreational and social welfare activities	92,489	99,988
Share of support and governance costs (see note 6)		
Support	2,573	4,560
Governance	1,800	1,800
	96,862	106,348
Analysis by fund		
Unrestricted funds	96,862	106,348



INSPIRE A TEEN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

6 Support costs allocated to activities

	2025 £	2024 £
Governance costs	4,373	6,360

7 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,800	1,800

8 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	-	-

There were no employees whose annual remuneration was more than £60,000.

10 Other expenditure

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Insurance	298	302

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

INSPIRE A TEEN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

12 Debtors

	2025 £	2024 £
Amounts falling due within one year:		
Other debtors	14,960	-
Prepayments	20,000	-
	<u>34,960</u>	<u>-</u>

13 Loans and overdrafts

	2025 £	2024 £
Other loans	<u>22,500</u>	<u>5,000</u>
Payable within one year	<u>22,500</u>	<u>5,000</u>

The loans are interest-free and repayable on demand. The charity has received assurances that the loans are not intended to be recalled within 12 months should repayment have any impact on the Charity's ongoing operations.

14 Creditors: amounts falling due within one year

	2025 £	2024 £
Borrowings	22,500	5,000
Accruals and deferred income	1,800	8,800
	<u>24,300</u>	<u>13,800</u>

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024 £	Incoming resources £	Resources expended £	At 30 June 2025 £
General funds	<u>15,646</u>	<u>100,877</u>	<u>(97,160)</u>	<u>19,363</u>
Previous year:	At 1 July 2023	Incoming resources	Resources expended	At 30 June 2024
	£	£	£	£
General funds	<u>4,050</u>	<u>127,890</u>	<u>(116,294)</u>	<u>15,646</u>



INSPIRE A TEEN

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 30 JUNE 2025*

16 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).