



My Family

Registered My Shabbos Family 1201779

ANNUAL REPORT AND ACCOUNTS 2023 - 2024

OBJECTIVES AND ACTIVITIES

The charity's object and principal activity is to help children with disabilities, primarily from the areas of the London Boroughs of Hackney and Haringey, Gateshead, Tyne and Wear and Greater Manchester.

The charity aims to provide social interactions to children with disabilities whilst providing respite to their families.

My family offers many activities for these special children, including Buddy Programmes, Weekend and Holiday Clubs and Saturday afternoon group meals and events.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a CIO

The day to day affairs of the charity are administered by the Board of Trustees.

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 and training procedures.





Young disabled people experience many barriers to building and maintaining social connections... leading to feelings of isolation, disconnection and loneliness.

www.gov.uk
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We implemented a **Buddy Programme** where we offer support and assistance on a one – to – one basis.

Each child is paired with a buddy, someone who loves them and cares about them, and this builds friendships, fosters inclusivity and encourages teamwork. This addresses the need of children with low social and emotional skills to establish sibling – like friendships. The buddy system not only promotes empathy but also enhances relationships with others. Each buddy is provided with the adequate training and support that they need in order to do their work in the best possible way.

This means so much for the buddy volunteer as well – they feel that despite their young age, they are actually giving something and making a difference in their own way.

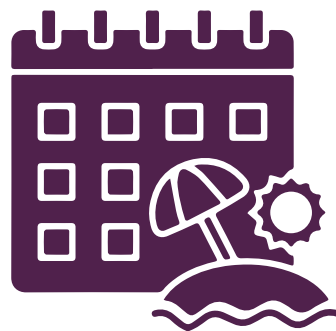
Each child now has a mentor, someone who they look up to and can connect to, and who will always be there to support them. This gives the disabled child a surge of confidence and a spring in their step. With more than **70** dedicated volunteers, we are now able to help over **40** children on a one – to – one basis.



BUDDY PROGRAMMES



WEEKEND AND HOLIDAY CLUBS



The weekend and holidays can be a tough and challenging experience for many children, especially for children with disabilities. With lots of energy and time on their hands, and little constructive programme, these children and their families suffer. Their houses become a battleground as the other children are so desperately craving the attention from their parents that their special siblings are using up.

Therefore, we provide clubs over the weekend and throughout holidays for these children who have many different kinds of disabilities, including Down Syndrome and Autism. Together with devoted, energetic and experienced volunteers we create a caring and loving haven for them whilst catering to the needs of each individual child.

Our **Weekend and Holiday Programmes** offer social opportunities, a relaxing and safe place that provides friendship and support. Together with children just like themselves, each child is one of a group of children who all have unique needs and abilities, which gives them a strong sense of belonging and builds up their confidence and self esteem.

On a regular week we are helping **40** special needs children and their families, and over the holidays we are assisting even more. This provides over **400** hours of respite to these families who so desperately need a break.



We recognized how many children with disabilities come from low-income families who don't always have the means to provide their children with a warm, nourishing meal, which is especially important for their development. In addition, weekends are an integral part of the week, it's the time for families to unwind and refresh themselves. However, when dealing with a child with additional needs, this isn't so simple.

Therefore, we provide a service where we pair up different special needs children to different families which are all fully vetted. They gladly host them for a meal, providing these children with a nutritious, satisfying meal and ensure they have a pleasurable time.

We also provide exclusive programmes and group meals for these children, during the weekends. Led by dedicated individuals, these meals are a heartwarming display of unity and inclusion as children with special needs come together with dedicated volunteers, an enjoyable experience for all. The atmosphere filled with warmth and camaraderie is an inviting and inclusive place, which makes all the children feel at home.

The **Saturday meals** provide the children with wholesome and healthy food which is truly beneficial. These events offer the families of these children the respite they so desperately need and builds their resilience to be able to deal with the challenges of their child when he returns. We have over **60** families that have joined our charity, inviting special needs children for meals over the weekend, and in turn we have provided over **200** meals and countless hours of much needed respite to their families.



SATURDAY AFTERNOON GROUP MEALS AND EVENTS

FINANCIAL REVIEW

RESERVES POLICY

It is the policy of the charity to maintain unrestricted funds, 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.

As at 31 March 2024 the charity has total funds of £604, all of which are unrestricted funds.

INVESTMENT POWERS AND POLICY AND OBJECTIVES

Under the Memorandum and Articles of Association, the charity has the power to make any investment which the trustees see fit. The trustees regularly review the charity's position and needs in respect of the investment policy.

RISK MANAGEMENT

The trustees have identified and reviewed the major risks to which the charity is exposed, in particular those related to the operations and finance of the charity, and are satisfied that systems are in place to manage those risks.

The trustees' annual report was approved on 7 January 2025 and signed on behalf of the board of trustees by:

MR M GROSSKOPF
Trustee

STATEMENT OF FINANCIAL ACTIVITIES PERIOD FROM 31 JANUARY 2023 TO 31 MARCH 2024

	Note	Unrestricted Funds £	Total Funds £
INCOME AND ENDOWMENTS			
Donations and legacies.	4	11,301	11,301
TOTAL INCOME		<u>11,301</u>	<u>11,301</u>
EXPENDITURE			
Expenditure on raising funds:			
Costs of raising donations and legacies	5	(257)	(257)
Expenditure on charitable activities	6,7	(10,440)	(10,440)
TOTAL EXPENDITURE		<u>(10,697)</u>	<u>(10,697)</u>
NET INCOME AND NET MOVEMENT IN FUNDS		<u>604</u>	<u>604</u>
RECONCILIATION OF FUNDS			
Total funds brought forward			-
TOTAL FUNDS CARRIED FORWARD		<u>604</u>	<u>604</u>

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

STATEMENT OF FINANCIAL POSITION 31 MARCH 2024

CURRENT ASSETS			
Cash at bank and in hand		1,564	
CREDITORS: amounts falling due within one year	11	<u>(960)</u>	
NET CURRENT ASSETS			<u>604</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>604</u>
FUNDS OF THE CHARITY			
Unrestricted funds			<u>604</u>
TOTAL CHARITY FUNDS	12		<u>604</u>

NOTES TO THE FINANCIAL STATEMENTS PERIOD FROM 31 JANUARY 2023 TO 31 MARCH 2024

1. GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated.

The address of the principal office is 29 Rostrevor Avenue, London, N15 6LA.

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Trustees do not consider there are any critical judgements or sources of estimation uncertainty requiring disclosure beyond the accounting policies listed below.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

Expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

Expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

Other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

Financial instruments

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. DONATIONS AND LEGACIES

	Unrestricted Funds £	Total Funds 2024 £
DONATIONS		
Donations	<u>11,301</u>	<u>11,301</u>

5. COSTS OF RAISING DONATIONS AND LEGACIES

	Unrestricted Funds £	Total Funds 2024 £
Costs of raising donations and legacies - Donations	<u>257</u>	<u>257</u>

6. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestricted Funds £	Total Funds 2024 £
Recreational Activities for children with special need.	4,579	4,579
Support costs	<u>5,861</u>	<u>5,861</u>
	<u>10,440</u>	<u>10,440</u>

7. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	Support costs £	Total Funds 2024 £
Recreational Activities for children with special need.	4,579	2,188	6,767
Governance costs	<u>-</u>	<u>3,673</u>	<u>3,673</u>
	<u>4,579</u>	<u>5,861</u>	<u>10,440</u>

8. ANALYSIS OF SUPPORT COSTS

	Support costs £	Total Funds 2024 £
Premises	780	780
General office	1,408	1,408
Governance costs	<u>3,673</u>	<u>3,673</u>
	<u>5,861</u>	<u>5,861</u>

9. STAFF COSTS

The average head count of employees during the period was Nil.

No employee received employee benefits of more than £60,000 during the year (2023: Nil)

10. TRUSTEE REMUNERATION AND EXPENSES

There was no remuneration paid to the Trustees. The charity did not meet any individual expenses incurred by the Trustees for services provided to the charity.

11. CREDITORS: amounts falling due within one year

	31 Mar 24
	£
Accruals	<u>960</u>

12. ANALYSIS OF CHARITABLE FUNDS

Unrestricted funds	At 31 January 2023 £	Income £	Expenditure £	At 31 March 2024 £
General funds	<u>-</u>	<u>11,301</u>	<u>(10,697)</u>	<u>604</u>

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Total Funds 2024 £
Current assets	1,564	1,564
Creditors less than 1 year	<u>(960)</u>	<u>(960)</u>
Net assets	<u>604</u>	<u>604</u>

14. RELATED PARTIES

There were no transactions with related parties such that are required to be disclosed under FRS102.

LEGAL AND ADMINISTRATIVE INFORMATION

REGISTERED CHARITY NAME:	My Shabbos Family	
CHARITY REGISTRATION NUMBER:	1201779	
PRINCIPAL OFFICE:	29 Rostrevor Avenue London N15 6LA	
THE TRUSTEES	Mr M Grosskopf Mr Y Z Erlich Mr G Wulwick	(Appointed 31 January 2023) (Appointed 31 January 2023) (Appointed 31 January 2023)
ACCOUNTANTS	Cohen Arnold Chartered Accountant New Burlington House 1075 Finchley Road London NW11 0PU	

