



My Shabbos Family

Annual Report and Accounts

2024 - 2025

www.myshabbosfamily.org



Charity Number : **1201779**

Chair's Report

This year has been an exceptional one for **My Shabbos Family**. We have seen tremendous growth and achieved major milestones that have strengthened our ability to support our children with disabilities and their families. Our programs have expanded significantly, allowing us to reach more families than before. The demand for our services has grown, and we have risen to the challenge by scaling both the quantity and quality of what we offer.

Among our key achievements this year is the successful launch of new initiatives designed to provide holistic support to families. We introduced tailored respite programs, enhanced volunteer training, and improved accessibility for our services. These steps have not only streamlined our operations but also ensured that **every child and family receives the care and attention they deserve**. We also invested in technology to simplify application processes, reducing administrative burdens for parents and enabling quicker access to support.

Our volunteers and staff have gone above and beyond, participating in specialized training sessions such as first aid, health and safety, and disability awareness. **Their dedication has been the backbone of our success**, and we are proud to have created a community that values compassion, inclusion, and excellence. As we look ahead, our vision remains clear: to continue breaking barriers and creating opportunities for every child to thrive. **The journey is ongoing, and with your continued support, we can make an even greater impact. To our donors, partners, and supporters—thank you for believing in our mission and making this work possible. Your generosity is the foundation upon which we build hope and create brighter futures for the families we serve.**

Mark Grosskopf
Chair of Trustees



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.



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

ACHIEVEMENTS AND PERFORMANCE

Our Success In Numbers

4+

Different Programs

40+

Children

70+

Volunteers

400+

Family Members
directly benefitting

600+

Hours of Respite

2000+

Hours of
Volunteering

Our Services

My Shabbos Family provides social interactions to children with disabilities whilst providing respite to their families. Devoted, energetic and experienced volunteers ensure a caring and loving environment whilst catering to each child's individual needs. The charity aims to provide a higher level of social interaction to children with disabilities than they would otherwise get at home or in school.

The activities run by the charity included:



Buddy programmes



Weekend and holiday clubs



Saturday afternoon group meals and events



Sunday games clubs

Buddy programmes



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

www.gov.uk Published 7 January 2025



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.





Saturday afternoon group meals and events

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 heart warming 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.

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.



Sunday games clubs



Children with disabilities often face challenges in accessing inclusive recreational activities. Many mainstream clubs and play areas are not designed to accommodate diverse physical, cognitive, or sensory needs. This lack of opportunity can lead to social isolation, limited physical engagement, and reduced confidence. We observed that families of disabled children were seeking opportunities for their kids to socialize and engage in fun activities outside of school. Many parents expressed the need for structured programs that cater to different abilities.

➔ In response, we launched a Sunday games club that offered a variety of accessible games—both physical and board-based—supported by trained volunteers. Activities were designed to promote teamwork, creativity, and motor skills while ensuring every child could participate comfortably.

Over time, we have seen a significant improvement in social interaction among participants, increased physical activity, and enhanced emotional well-being. Parents reported feeling supported and valued, and the club became a hub for community bonding.

The mother of Y, a severely autistic child, remarked with gratitude, “Before this club, my child had nowhere to play without feeling left out. Now, Sundays are the highlight of his week.”

Our **Sunday Clubs** provide a safe, welcoming space where **25** children can participate in adapted games, interact with peers, and experience joy and inclusion.



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 2025 the charity has total funds of £6,266, 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 29 September 2025 and signed on behalf of the board of trustees by:

Signed by:

88EC6FB36B9D4A6...

MR M GROSSKOPF

Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MY SHABBOS FAMILY

YEAR ENDED 31 MARCH 2025

I report to the trustees on my examination of the financial statements of My Shabbos Family ('the charity') for the year ended 31 March 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 Act'). 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 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:

- 1. accounting records were not kept in respect of the charity as required by section 130 of the 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 accounts to be reached.

DocuSigned by:

DAVID GOLDBERG, FCA DCHA
Independent Examiner

New Burlington House
1075 Finchley Road
London
NW11 OPU

29 September 2025

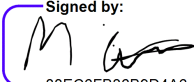
STATEMENT OF FINANCIAL ACTIVITIES

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds £	Total Funds £ 2025	Total Funds £ 2024
INCOME AND ENDOWMENTS				
Donations and legacies	4	29,422	29,422	11,301
TOTAL INCOME		29,422	29,422	11,301
EXPENDITURE				
Expenditure on raising funds				
Costs of raising donations and legacies	5	1,809	1,809	257
Expenditure on charitable activities	6,7	21,951	21,951	10,440
TOTAL EXPENDITURE		23,760	23,760	10,697
NET INCOME AND NET MOVEMENT IN FUNDS		5,662	5,662	604
RECONCILIATION OF FUNDS				
Total funds brought forward		604	604	
TOTAL FUNDS CARRIED FORWARD		6,266	6,266	604
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 2025

	Note	Total Funds £ 2025	Total Funds £ 2024
CURRENT ASSETS Cash at bank and in hand		7,266	1,564
CREDITORS: amounts falling due within one year	11	(1,000)	(960)
NET CURRENT ASSETS		6,266	604
TOTAL ASSETS LESS CURRENT LIABILITIES		6,266	604
FUNDS OF THE CHARITY Unrestricted funds		6,266	604
TOTAL CHARITY FUNDS	12	6,266	604
These financial statements were approved by the board of trustees and authorised for issue on 29 Sep 25, and are signed on behalf of the board by:			
<div><div>Signed by:</div><div> 88EC6FB36B9D4A6... MR M GROSSKOPF Trustee</div></div>			

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31
MARCH 2025

1. GENERAL INFORMATION

The charity is a public benefit entity and a registered charity in England and Wales. It is incorporated as a Charitable Incorporated Organisation (CIO) under the Charities Act 2011. 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

	Unrestrict ed Funds £	Total Funds £ 2025	Unrestricted Funds £	Total Funds £ 2024
DONATIONS Donations	11,057	11,057	11,301	11,301
GRANTS Grants	18,365	18,365		
Total	29,422	29,422	11,301	11,301

5. COSTS OF RAISING DONATIONS AND LEGACIES

	Unrestric ted Funds £	Total Funds £ 2025	Unrestricted Funds £	Total Funds £ 2024
Costs of raising donations	1,809	1,809	257	257

6. EXPENDITURE ON CHARITABLE ACTIVITIES BY FUND TYPE

	Unrestric ted Funds £	Total Funds £ 2025	Unrestricted Funds £	Total Funds £ 2024
Recreational activities for children with special needs	12,626	12,626	4,579	4,579
Support Costs	9,325	9,325	5,861	5,861
Total	21,951	21,951	10,440	10,440

7. EXPENDITURE ON CHARITABLE ACTIVITIES BY ACTIVITY TYPE

	Activities undertaken directly £	Support costs £	Total Funds £ 2025	Total Funds £ 2024
Recreational activities for children with special needs	12,626	5,314	17,940	6,767
Governance Costs		4,011	4,011	3,673
Total	12,626	9,325	21,951	10,440

8. ANALYSIS OF SUPPORT COSTS

	Recreational activities for children with special needs £	Total £ 2025	Total £ 2024
Premises	1,120	1,120	780
General Office	4,194	4,194	1,408
Governance costs	4,011	4,011	3,673
Total	9,325	9,325	5,861

9. STAFF COSTS

The average head count of employees during the year was Nil (2024: Nil). No employee received employee benefits of more than £60,000 during the year (2024: 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

	2025 £	2024 £
ACCRUALS	1000	960

12. ANALYSIS OF CHARITABLE FUNDS

Unrestricted Funds

	At 1 April 2024	Income £	Expenditure £	At 31 March 2025
General Funds	604	29,422	(23,760)	6,266
	At 31 January 2023	Income £	Expenditure £	At 31 March 2024
Total		11,301	10,697	

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Total Funds £ 2025
Current Assets	7,266	7,266
Creditors less than 1 year	(1,000)	(1,000)
Net assets	6,266	6,266

	Unrestricted Funds £	Total Funds £ 2024
Current Assets	1,594	1,594
Creditors less than 1 year	(960)	(960)
Net assets	604	604

14. RELATED PARTIES

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





REFERENCE AND ADMINISTRATIVE DETAILS

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

ACCOUNTANTS Cohen Arnold
Chartered accountants
New Burlington House
1075 Finchley Road
London
NW11 OPU