

# FRIENDS OF UPWARD BOUND UK

England & Wales · Charity number 1202264

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2023-03-09

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** London Metropolitan University  
166-220 Holloway Road  
London  
N7 8DB

**Phone** 07752199195

**Email** [Friendsofupwardbound@gmail.com](mailto:Friendsofupwardbound@gmail.com)

**Website** [www.friendsofupwardbound.org.uk](http://www.friendsofupwardbound.org.uk)

## Activities

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**Objects:** TO ACT AS A RESOURCE FOR YOUNG PEOPLE UP TO THE AGE OF 25 LIVING IN ENGLAND AND WALES BY SUPPORTING THE 'UPWARD BOUND' AND OTHER SIMILAR PROGRAMMES WHICH PROVIDE ADVICE, ASSISTANCE AND EDUCATIONAL AND OTHER ACTIVITIES AS A MEANS OF: 1. ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS INDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS;2. ADVANCING EDUCATION;3. PROVIDING RECREATION AND LEISURE TIME ACTIVITY IN THE INTERESTS OF SOCIAL WELFARE FOR PEOPLE LIVING IN THE AREA OF BENEFIT WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, POVERTY OR SOCIAL AND ECONOMIC CIRCUMSTANCES WITH A VIEW TO IMPROVING THE CONDITIONS OF LIFE OF SUCH PERSONS.

**Activities:** We support projects that provide additional education and personal development opportunities for young people who are experiencing multiple challenges, and who have been identified as at risk of academic underachievement.

## Classification

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- **How:** Provides Other Finance, Provides Advocacy/advice/information
- **What:** Education/training, Disability, The Prevention Or Relief Of Poverty, Economic/community Development/employment
- **Who:** Children/young People

## Geography

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- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£25,026	£18,890	-	-
2024-03-31	£1,000	£604	-	-

## Trustees

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Name	Role	Appointed
<b>CELIA GREENWOOD Ms</b>	Chair	2023-01-01
Abrar Fadol		2025-01-14
Amanda Francis		2024-01-14
Darren Alexander		2025-10-09
Maxine Bunting-Thomas		2023-01-01
Sophie Imogen Clutterbuck		2023-01-01

**FRIENDS OF UPWARD BOUND UK**

England & Wales - Charity number 1202264

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# Accounts

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## **Friends of Upward Bound UK - Charity No: 1202264**

### **Annual Report April 2024 to April 2025**

#### **Trustees:**

Maxine Bunting-Thomas

Sophie Cloutterbuck

Abrar Fadol (appointed Jan '25)

Amanda Francis

Celia Greenwood – Chair

Segun Lee-French (resigned July '24)

Rui Octavia (resigned in April '24)

Alison Vydulinska

#### **Board Structure and Management**

The Board had 7 trustees at the start of the year: recruited an additional trustee and two existing trustees resigned during the year. In April 2024 Rui Octavio resigned from the Board due to external commitments which made it too difficult for him to commit the time needed to remain on the Board. In July 2024 Segun Lee-French resigned due to conflicts of interest. As an employee of LB Islington, during a period when the borough was reconsidering its position re the Upward Bound programme, Segun found his loyalties divided and therefore stepped down. Following a skills audit the Board agreed they needed two new Trustees one with finance expertise and one with marketing and promotion expertise. We were also keen to recruit younger members given the demographic of the current Board. In December we recruited and interviewed Abrar Fadol, a communications graduate, and she joined the Board in January '25. We still need a trustee with finance expertise and qualification and are continuing our search.

The Charity is managed through bi-monthly scheduled Board meetings with ad hoc meetings called as and when required.

#### **Activities and objectives for the year.**

We finally launched our website - [www.friendsofupwardbound.org.uk](http://www.friendsofupwardbound.org.uk) in September, making a final small payment to the designer. Most of the work was done as a donation to the charity. The designer will run a training programme for two trustees so that we can update and refresh the site ourselves. We also agreed and published a promotional leaflet which can be used to raise our profile and promote the trust.

One key objective for the year was to create a fundraising strategy to develop new funding streams as the Dame Alice Owen Foundation (DAOF) began their plan to reduce

their funding for Upward Bound over a five year period. It became clear that many sources of funding would be unavailable to the charity because we had too little in the bank. To help us to begin to prepare funding bids DAOF agreed a grant of £25,000 which could be spent to support the Islington project short fall, but also to develop the capability of the charity and to explore new projects. Following a successful application the Board agreed to fund the Upward Bound Residential programme with an award of £17,000.

We agreed that our first significant funding bid would be to the Portal Trust as our relationship with London Metropolitan and City St Georges Universities enabled us to meet the criteria of the trust and if successful would enable us to extend the programme into other Boroughs. We employed a bid writer who worked closely with Trustees to produce an application which proposed to deliver three pilot projects using the Islington programme as a template. This was submitted in January and we wait to hear.

The second key objective was to clarify the relationship between the Trust, the university partners DAOF and LB Islington and how this could be managed most effectively. The remit and membership of Upward Bound Strategic Governance Board was reviewed to include representation from the Friends and therefore more effective communication and collaboration. Islington are no longer able to fund the project except with DAOF money which is diminishing each year.

The third objective was to raise some unrestricted funding so that we could begin to build the organisation and possibly employ a member of staff as the workload increased. DAOF is administered by the Brewers Company. Working with the chair of DAOF we were introduced to two trusts who are members of the brewers company and made applications. The Youngs Foundation have agreed an award of £25,000 and we are waiting to hear from the Catherine and Franklin Johnson Foundation. We are extremely grateful to the Chair of DAOF who continues to introduce us to potential funders and is determined that Upward Bound should continue to thrive once he is no longer a funder.

### **Achievements and performance**

The Board feels satisfied that the work of this year puts us in a good place to begin to raise the necessary funding to fulfil our charity objectives and initiate new projects for young people who most need them. The Board is also concerned to ensure its own performance conforms to the required standard for charity trustees. We have discussed this at Board level, with plans to check our individual and whole Board understanding of appropriate financial and governance requirements through use of checklists and questionnaires and regular assessment of Board skills and expertise.



**Friends of Upward Bound UK**  
**Registered Charity 1202264**  
**INCOME AND EXPENDITURE ACCOUNT**

	<b>YEAR ENDED</b> <b>31st March</b> <b>2025</b>	<b>YEAR ENDED</b> <b>31st March</b> <b>2024</b>
<b>INCOME</b>		
Principle Activities		
Grant from Dame Alice Owen Foundation	25,000.00	-
Grant from London Borough of Islington		1,000.00
Interest	25.60	0.19
	<hr/>	<hr/>
<b>Total Income</b>	<b>25,025.60</b>	<b>1,000.19</b>
<b>EXPENDITURE</b>		
<u>Charitable Activities</u>		
Grant to Islington Upward Bound	17,000.00	
Web hosting	-	244.80
Photos	250.00	300.00
Purchase of Phone	-	24.99
Web design	540.00	
Bid writer	800.00	
Website subscription	244.80	
Bank Charges	55.00	35.00
	<hr/>	<hr/>
<b>Total Expenditure</b>	<b>18,889.80</b>	<b>604.79</b>
<b>Surplus/Deficit for the year</b>	<b>6,135.80</b>	<b>395.40</b>
<b>Funds Brought Forward 1st April 2024</b>	<b>390.21</b>	<b>-</b>
<b>Correction sum</b>		<b>(5.19)</b>
<b>Funds carried forward 31st March 2025</b>	<b>6,526.01</b>	<b>390.21</b>

# RAVENSDALE ASSOCIATES

*Accountants*

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London N22 6AA  
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E: eliaskarts@gmail.com

**Our Ref:** ECK/FUBU/F4

**Your Ref:**

29 January 2026

Mrs Celia Greenwood  
Chair, Friends of Upward Bound UK  
London Metropolitan University  
166-220 Holloway Road  
London, N7 8DB

## **RE: To The Trustees Friends of Upward Bound UK**

Dear Trustees

I have viewed the accounting records and confirm that they are operated on a cash accounting basis.

The Income recognition is recorded only when funds are deposited to the bank and the Expenses are recognised and recorded when funds are made for payment and withdrawn from the bank.

I have checked the bank statements and movement against income and expenditure to the year ending 31 March 2025 and agree all the transactions taken place in the year against actual purchase invoices provided.

I have completed an analysis of income and receipts for the year ending 31 March 2025 and prepared the Income and Expenditure account and confirm I am in agreement of the figures and closing bank balance of £6526.01.

I had a difference on the opening bank balance at 1 April 2024, the opening balance stated on last year's Income & Expenditure Account showed a closing balance of £395.40 but should have represented a sum of £390.21, therefore I implemented the correcting sum of (£5.19) to agree the opening bank balance as at 1 April 2024, last year Income & Expenditure Account were prepared by others.

I agree the Income and Expenditure Account as at 31 March 2025 and the format of the accounting records kept same in.

Yours

Elias Kartsoulides



**FRIENDS OF UPWARD BOUND UK**

England & Wales - Charity number 1202264

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# Accounts

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## **Friends of Upward Bound UK - Charity No: 1202264**

### **Annual Report April 2023 to April 2024**

#### **Trustees:**

Maxine Bunting-Thomas

Sophie Clutterbuck

Amanda Francis (appointed in Jan '24)

Celia Greenwood - Chair

Segun Lee-French

Rui Octavia (resigned in April '24)

Alison Vydulinska (appointed Dec '23)

#### **Board Structure and Management**

The Board had 5 trustees at the start of the year; recruited 2 additional trustees but one existing trustee resigned during the year. In April 2024 Rui Octavio resigned from the Board due to external commitments which made it too difficult for him to commit the time needed to remain on the Board.

As a newly formed charity our activities for the year were focussed on recruiting the right skills and experience to our Board. Our first priority was to ensure the Board had the right skills and was fit for purpose. We conducted a skills audit and identified finance, legal and marketing skills as expertise that was missing from our Board and therefore needed to be recruited. We created a recruitment pack which was circulated widely and had two applicants who were each interviewed by two Trustees and then appointed to the Board. Amanda Francis has Finance and project management skills and Alison Vydulinska is a retired lawyer.

The Charity is managed through bi-monthly scheduled Board meetings with ad hoc meetings called as and when required.

#### **Activities and objectives for the year.**

One key objective for the year were to identify and develop financial and governance systems and processes to ensure we could fulfil our objectives. We created a shared folder on the London Metropolitan University Sharepoint platform so that all Trustees can access all documents relating to the trust.

We needed to open a bank account. Many high street banks are no longer accepting charity accounts so we applied to the Charities Aid Foundation

Bank and were accepted in June. Despite a monthly charge we felt CAF had additional services which we would find helpful in the future. Once we had an account we were able to accept a start-up grant from the London Borough of Islington to build a website and produce marketing materials.

The second key objective was to create documentation for potential applicants for charity funding. This included a document outlining criteria for success (discussed and agreed over two Board meetings) and the process for decision making, as well as an application form for applications of less and more than £5,000.

The third key objective was to develop a profile for the charity. We appointed a web designer who reported directly to the Chair, and the board worked closely with her to create an interactive site that represented the charity well and communicated our objectives clearly. The site - [www.friendsofupwardbound.org.uk](http://www.friendsofupwardbound.org.uk) - went live in September '24. We also designed a marketing flyer which is ready for distribution to potential partners and funders.

The fourth key objective was to develop a fundraising strategy. The Dame Alice Owen Foundation were keen to support the charity in its early stages to ensure its future and we began discussions about the possibility of a grant to support a fundraiser for the charity.

### **Achievements and performance**

The Board feels satisfied that the work of this year, though mostly system set-up and administrative, puts us in a good place to begin to raise the necessary funding to fulfil our charity objectives and initiate new projects for young people who most need them. The Board is also concerned to ensure its own performance conforms to the required standard for charity trustees. We have discussed this at Board level, with plans to check our individual and whole Board understanding of appropriate financial and governance requirements through use of checklists and questionnaires and regular assessment of Board skills and expertise.

**Friend of Upward Bound UK  
INCOME AND EXPENDITURE ACCOUI2023-24**

**YEAR ENDED  
5th April  
2024**

**INCOME**

Principle Activities

Grant from London Borough of Islington

1000

Interest

0.08

**Total Income**

1000.08

**EXPENDITURE**

Charitable Activities

Web hosting

244.8

Photos

300

Purchase of Phone

24.99

Bank Charges

35

**Total Expenditure**

604.79

**Surplus/Deficit for the year**

395.29