

TEENS DREAMS

England & Wales · Charity number 1204492

Details

Status Registered

Legal form CIO

Registered 2023-08-28

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

Contact

Address 12 Grangecourt Road
London
N16 5EG

Phone 02088006639

Email ms.teensdreams@gmail.com

Activities

Objects: THE OBJECT[S] OF THE CIO ARE:THE FOLLOWING OBJECTS ARE FOR THE PUBLIC BENEFIT:-1. TO RELIEVE POVERTY BY PROVIDING A FOOD AND HYGIENE BANK PROVIDING FOOD AND TOILETRIES; AND2. TO ADVANCE IN LIFE AND RELIEVE NEEDS OF YOUNG PEOPLE AGES 13-25 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.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: To improve emotional wellbeing of young people (13-25) by the provision of services to help them build resilience, promoting healthy coping strategies to replace current bad habits.Relief of food/hygiene poverty among young people through provisions of crises parcels and otherservicesGive opportunities for marginalized youth to become involved in social action, leadership, volunteering

Classification

- **How:** Provides Services
- **What:** Disability, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People

Geography

- Manchester City
- Salford City
- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£44,230	£34,543	-	-
2024-03-31	£23,701	£20,283	-	-


Trustees

Name	Role	Appointed
SARAH FRIEDMAN	Chair	2023-01-01
BRIENDY FRIEDRICH		2022-01-01
Shoshi Landau		2022-01-01

TEENS DREAMS

England & Wales - Charity number 1204492

Accounts



**TEENS DREAMS
ANNUAL
ACCOUNTS
2025**



TRUSTEES

Sarah Friedman

Briendy Friedrich

Shoshi Landau

REGISTERED OFFICE

12 Grangecourt Road

London, N16 5EG

CHARITY NO: 1204492

INDEPENDENT EXAMINER

De Claron Ltd

3a The Vale

London, NW11 8SB

BANKERS

TSB

174 Clapton Common, E5 9AQ

MESSAGE OF THE CHAIR

Hey everyone!

Wow—what a second year it's been at Teens Dreams! We've gone from spark to full flame, growing our impact and pushing forward with even more heart, hustle, and hope.

This year, we were so proud to launch our Mobile Food Bank thanks to funding from the National Lottery. Every week, we rolled into local council estates with fresh fruit, veg, and dairy—making sure teenagers in our community had real access to healthy food. No fuss, no shame—just good food for growing minds and bodies.

We also hosted two buzzing Food Fair events, with over 300 young people trying new foods, joining in on the fun, and becoming part of our healthy living movement. Seeing the energy, curiosity, and community that came alive at those events was everything.

Our Hygiene Bank kept doing what it does best—showing up with dignity and care. This year, 84 underprivileged young people received the essentials they need to feel fresh, confident, and ready to take on the world.

But it wasn't just about the basics—this year, we also invested in young leaders. Through two leadership training courses, we equipped 18 incredible teens with the tools, voice, and vision to lead change in their own communities. It's been inspiring to watch them step up.

Looking ahead, we're fired up to bring back our Eco-Warriors program. Our planet needs more young changemakers, and we're ready to rally them. Because saving the Earth isn't just for grownups—it's for all of us.

A HUGE thank you to our amazing funders: the Young Gamechangers Fund, National Lottery Trust, Cash For Kids, Stan Vidler Memorial Trust, and Arnold Clark Foundation. Your belief in young people fuels everything we do.

To every teen who joined us this year—you are the heartbeat of Teens Dreams. And to every supporter—thank you for being in our corner. Here's to dreaming big, doing more, and building a future we're all proud of.

With gratitude and excitement,



Sarah Friedman
Chair, Teens Dreams



PROJECTS

HYGIENE BANK

Our hygiene bank has been a crucial part of our efforts. We've successfully delivered hygiene parcels to 84 young people in need, ensuring they have access to essential items like soap, toothpaste, and deodorant. This initiative complements our environmental mission by promoting health and well-being within our community.

"Everything was packed so nicely. I felt like someone really thought about me."

– Elisheva, 12

LEADERS FIRST

The "Leaders First" scheme is the cornerstone project of Teens Dreams Youth Charity, providing a unique leadership opportunity for young people aged 16–18. This initiative allows 30 teen leaders to design and implement weekly hangouts for 105 children living in cramped quarters. Each week, these leaders create and execute fun and engaging activities, offering a safe and entertaining environment for the children.

Through Leaders First, the teen leaders gain invaluable leadership experience by taking full ownership of the program each week. This opportunity helps them develop crucial skills such as decision-making, teamwork, and responsibility, while making a meaningful impact in their community.

"Before this, I didn't think I was leadership material. Now I run my own eco-club!"

– Maya, 17

ECO-WARRIORS

Eco-Warriors is an innovative youth-led initiative that combines environmental activism with practical skills development. The project engages teenagers in sustainability-focused activities such as weekly community clean-ups, monthly recycling drives, and bi-monthly environmental workshops. We also introduced a mobile clothing bank that provides free, gently used clothing to young people in need. To enhance its impact, the program includes dressmaking sessions where participants learn to alter and upcycle donated garments, empowering them with practical sewing skills while reducing textile waste.

FOOD FAIR

Food Fair Project, a vibrant initiative designed to tackle food poverty while building community and curiosity around healthy eating. With support from the National Lottery, we hosted two large-scale Food Fairs that brought together over 300 young people from local council estates. These events offered free, nutritious meals, interactive food stations, and fun activities where teens could experiment with new tastes and learn about healthy choices in an uplifting, stigma-free space.

The Food Fairs didn't just feed bodies—they sparked conversations, created connection, and helped young people see food as a gateway to wellness and confidence.

"It means a lot knowing someone cares enough to bring fresh food to our estate."

– David, 16

SNAPSHOTS OF OUR YEAR

September -Leadership First
Training Course Launch



Food Fair-August



Eco -Warriors
Park cleanup- November



Hygiene Bank Open Event
welcomed 43 young people



January - Trustee
Annual Meeting



First cohort of 18
young people
graduate Leadership
Training



TRUSTEES REPORT

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

To improve the emotional well-being of young people (13-25) by the provision of services to help them build resilience, promoting healthy coping strategies to replace current bad habits. Relief of food/hygiene poverty among young people through provisions of crisis parcels and other services. Give opportunities for marginalized youth to become involved in social action, leadership, and volunteering

SIGNIFICANT ACTIVITIES

The financial results of the Company's activities for the period ended March 2025 are fully reflected in the attached financial statements, together with the notes thereon. The trustees are satisfied with the results and activities of the company for the period and do not anticipate any significant changes in the forthcoming year.

PUBLIC BENEFIT

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning the charity's future activities. The aims of the charity for the public benefit are detailed in the Projects section of the report.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity received donations that amounted to £44,230 and spent £34,542 on charitable activities.

FINANCIAL REVIEW

Reserves policy The trustees have agreed that the charity will maintain reserves equivalent to at least 3 months of core running costs.

This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. The reserves policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances.

FUTURE PLANS

The charity plans to continue its activities subject to satisfactory incoming resources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

It is not currently the intention of the trustees of the charity to appoint new trustees. Should this situation change in the future, the trustees will apply suitable recruitment and training procedures.

RISK MANAGEMENT

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Teens Dreams (charity number 1204492) - y/e
31.03.2025 Statement of Financial Activities

	y/e 31.03.2025			y/e 31.03.2024		
	£ Restricted Funds	£ Unrestricted Funds	£ Total Funds	£ Restricted Funds	£ Unrestricted Funds	£ Total Funds
INCOMING RESOURCES						
Grants	26,360.00	17,200.00	43,560.00	11,915.00	-	11,915.00
Donations	-	670.50	670.50	-	11,785.99	11,785.99
	<u>26,360.00</u>	<u>17,870.50</u>	<u>44,230.50</u>	<u>11,915.00</u>	<u>11,785.99</u>	<u>23,700.99</u>
TOTAL INCOMING RESOURCES		<u>44,230.50</u>			<u>23,700.99</u>	
<u>Charitable Programs</u>						
Eco-Warriors	4,998.00		4,998.00	2,700.00		2,700.00
Food Fair	17,468.63		17,468.63	3,792.37		3,792.37
Hygiene Bank		8,990.27	8,990.27	7,508.07		7,508.07
Leaders First	2,814.56		2,814.56	6,282.44		6,282.44
<u>Resources expended on administrating</u>						
Administration & Account		271.20	271.20			
Advertising & Printing	-	-	-			
Telephone		-	-			
	<u>25,281.19</u>	<u>9,261.47</u>	<u>34,542.66</u>	<u>20,282.88</u>	<u>-</u>	<u>20,282.88</u>
TOTAL OUTGOING		<u>34,542.66</u>			<u>20,282.88</u>	
NET MOVEMENTS IN FUNDS FOR THE YEAR		<u>9,687.84</u>			<u>3,418.11</u>	
FUNDS CARRIED FORWARD		<u>3,418.11</u>			<u>-</u>	
TOTAL FUNDS CARRIED FORWARD		<u>13,105.95</u>			<u>3,418.11</u>	

Draft Balance Sheet

	y/e 31.03.2025		y/e 31.03.2024	
	£	£	£	£
CURRENT ASSETS				
DEBTORS				
CASH IN HAND & BANK	13,105.95		3,418.11	
	<u>13,105.95</u>		<u>3,418.11</u>	
CURRENT LIABILITIES				
CREDITORS				
	<u>-</u>		<u>-</u>	
NET ASSETS		<u>13,105.95</u>		<u>3,418.11</u>
FUND ACCOUNT		<u>13,105.95</u>		<u>3,418.11</u>

Approved by the Trustees of Teens Dreams and signed on 29 May 2025 on behalf of them all.



Sarah Friedman

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2023 (the 2023 Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with the 2022 Act; and
- accounting or to prepare accounts which accord with the accounting records and comply with the requirements of the 2022 Act have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB:

25 May 2025

NOTES TO THE FINANCIAL STATEMENTS

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

ACCOUNTING POLICIES

Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention as modified to include the revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2021.

Charity status

The charity is an unincorporated association. The members of the charity are the trustees named on page 2.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources expended

All expenditure is accounted for on a cash basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources. Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

The accounts have been prepared on a going concern basis as the trustees consider the charity will continue to operate for a period of at least twelve months from the date of the approval of these accounts.

NET INCOMING RESOURCES

During the year no trustees received any remuneration, benefits in kind or reimbursement of expenses.



TEENS DREAMS

TEENS DREAMS

England & Wales - Charity number 1204492

Accounts



Teen Dreams

Annual Accounts

2024



Trustees

**Sarah Friedman
Briendy Friedrich
Shoshi Landau**

Registered Office
**12 Grangecourt Road,
London, N16 5EG**

CHARITY NO 1204492
INDEPENDENT EXAMINER:
De Claron Ltd
3A The Vale
London
NW11 8SB

BANKERS:
TSB
174 Clapton Common,
London E5 9AQ



Hey there!

I'm super pumped to share what we've been up to at Teens Dreams! We're a bunch of young folks who've been in the same boat, growing up alongside poverty. So, we decided to team up and make things better for teens like us.

Our first year has been a wild ride of opportunities and learning curves. We kicked things off with our 'Leaders First' scheme. We started hosting weekly hangouts for kids living in tiny council flats. Our crew of 23 volunteer leaders totally rocked it, keeping the kids entertained while gaining some awesome leadership skills themselves. Talk about a win-win!

Then, we launched our hygiene bank for teens facing tough financial times. We partnered up with local businesses to get donations, and it's been amazing to see how we've been able to help 63 young people access basic needs with dignity.

Now, we're thrilled to announce the support of the National Lottery Community Fund for our brand-new Food Fair scheme. This initiative will offer a weekly mobile foodbank alongside quarterly Food Fairs, ensuring that young people in our community have access to healthy meals and support. We can't wait to see the impact it will have!

I've gotta give a massive shoutout to my fellow young guns who've joined me on this mission. And huge thanks to our funders for believing in us and supporting us in starting this awesome charity in 2024.

We've got big plans for the future, and I'm thrilled to see where this journey takes us. Let's raise our hands for Teens Dreams and keep making dreams happen for teens everywhere! Thanks a bunch,

Sarah Friedman

Chair of Teens Dreams



Projects



Leaders First

The "Leaders First" scheme is the cornerstone project of Teens Dreams Youth Charity, providing a unique leadership opportunity for young people aged 16-18. This initiative allows 30 teen leaders to design and implement weekly hangouts for 105 children living in cramped quarters. Each week, these leaders create and execute fun and engaging activities, offering a safe and entertaining environment for the children. Through Leaders First, the teen leaders gain invaluable leadership experience by taking full ownership of the program each week. This opportunity helps them develop crucial skills such as decision-making, teamwork, and responsibility, while making a meaningful impact in their community. The project fosters a sense of achievement and confidence among the leaders, empowering them to continue growing as future leaders. Meanwhile, the children benefit from positive role models and engaging activities that provide a much-needed respite from their daily challenges.

Eco-Warriors

Eco-Warriors is all about getting teens involved in environmental awareness and activism, with a cool twist. Alongside community clean-ups, recycling drives, and sustainability workshops, we've added a mobile clothing bank to the mix. Here's how it works: young people donate their gently used clothes, which we then distribute to other teens in need. It's a win-win—keeping clothes out of landfills and giving them a second life with new owners who truly appreciate them.

Our mobile clothing bank is not just about recycling; it's about community and caring. Teens feel great knowing their donations make a real difference, and those receiving the clothes get some awesome new additions to their wardrobe. It's all about fostering a sense of environmental responsibility while helping each other out. Thank you to all our young donors who help us make a positive impact—one piece of clothing at a time!

Hygiene Bank

Our hygiene bank has been a crucial part of our efforts. We've successfully delivered hygiene parcels to 63 young people in need, ensuring they have access to essential items like soap, toothpaste, and deodorant. This initiative complements our environmental mission by promoting health and well-being within our community.

IMPACT SNAPSHOT

30

Young Leaders

320

Hygiene Parcels
delivered

105

children entertained

Trustees Report



The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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

Objectives and aims

To improve emotional wellbeing of young people (13-25) by the provision of services to help them build resilience, promoting healthy coping strategies to replace current bad habits. Relief of food/hygiene poverty among young people through provisions of crises parcels and other services Give opportunities for marginalized youth to become involved in social action, leadership, volunteering

SIGNIFICANT ACTIVITIES

The financial results of the Company's activities for the period ended March 2024 are fully reflected in the attached financial statements together with the notes thereon. The trustees are satisfied with the results and activities of the company for the period and do not anticipate any significant changes in the forthcoming year.

PUBLIC BENEFIT

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the aims and objectives and in planning the charity's future activities. The aims of the charity for the public benefit are detailed in the Projects section of the report.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity received donations that amounted to £23,700.99 and spent £20,282.88 on charitable activities.

FINANCIAL REVIEW

Reserves policy The trustees have agreed that the charity will maintain reserves equivalent to at least 3 months of core running costs.

This level of reserves is intended to provide financial stability, ensuring that the charity can continue its essential operations in the event of unexpected funding shortfalls or unforeseen expenses. The reserves policy is reviewed annually to ensure it remains appropriate for the charity's needs and circumstances.

FUTURE PLANS

The charity plans to continue its activities subject to satisfactory incoming resources.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, its memorandum and articles of association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

RECRUITMENT AND APPOINTMENT OF NEW TRUSTEES

It is not currently the intention of the trustees of the charity to appoint new trustees. Should this situation change in the future, the trustees will apply suitable recruitment and training procedures.

RISK MANAGEMENT

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Teens Dreams
Statement of Financial Activities First Year of Operating

	y/e 31.03.2024		
	£	£	£
	Restricted Funds	Unrestricted Funds	Total Funds
INCOMING RESOURCES			
Grants		11,915.00	11,915.00
Donations	-	11,785.99	11,785.99
Gift Aid		-	-
		23,700.99	23,700.99
TOTAL INCOMING RESOURCES		23,700.99	
<u>Charitable Programs</u>		2,700.00	2,700.00
Eco-Warriors		3,792.37	3,792.37
Food Fair		7,508.07	7,508.07
Hygiene Bank		6,282.44	6,282.44
Leaders First		-	
<u>Resources expended on administrating</u>			
Administration & Account		-	-
Advertising & Printing	-	-	-
Bank Charges & Interest		-	
Insurance		-	
Telephone		-	
		20,282.88	20,282.88
TOTAL OUTGOING		20,282.88	
NET MOVEMENTS IN FUNDS FOR THE YEAR		3,418.11	
FUNDS CARRIED FORWARD		-	
TOTAL FUNDS CARRIED FORWARD		3,418.11	

Balance Sheet

	y/e 31.03.2024	
	£	£
CURRENT ASSETS		
DEBTORS		
CASH IN HAND & BANK	3,418.11	
		3,418.11
CURRENT LIABILITIES		
LOAN CREDITORS		
	-	
NET ASSETS		3,418.11
FUND ACCOUNT		3,418.11

Approved by the Trustees of Teens Dreams and signed on 04 November 2024 on behalf of them all.



Sarah Friedman



INDEPENDENT EXAMINER'S REPORT

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Respective responsibilities of trustees and examiner

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It is my responsibility to

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Basis of independent examiner's report

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- accounting or to prepare accounts which accord with the accounting records and comply with the requirements of the 2022 Act have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

De Claron Ltd.
3a The Vale
LONDON NW11 8SB:

04 November 2024

Notes to the Financial Statements



NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

ACCOUNTING POLICIES

Basis of preparation of financial statements

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revaluation of land and building with the exception of investments which are included at market value. These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities" published in Jan 2021.

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Income tax recoverable in relation to donations received under Gift Aid or deed of covenant is recognised at the time of the donation.

Resources expended

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Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Going Concern

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NET INCOMING RESOURCES

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Teens Dreams