



HAPPINESS

FUTURES

Annual Report for 2018

REPORT OF THE TRUSTEES

AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2018 FOR

YOUNG AND INSPIRED LTD.

CONFIDENCE

FRIENDSHIP

OPPORTUNITIES

POTENTIAL

INNOCENCE

I CAN!



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**Together we help children
reach their dreams**



Message from the Chair



Message of The Chair

REPORT OF THE TRUSTEES
For the Year Ended 31 January 2018

Over the past couple of years, I have had the pleasure of growing with Young and Inspired. While the external environment for non-profit organizations remains a very challenging one, I have seen our community come together and show resilience, determination and a shared sense of purpose, working effectively as a unified voice for change. While the obstacles have been many – from a persistently tough fundraising climate to huge increase in number of youth requiring our services, what has shone through is the steadfast commitment to helping the London's poorest and most vulnerable youth take charge of their lives and thrive.

Together we celebrate the monumental milestone of ushering our very first user, Leah G. as voted Youth Advocate, to liaise with all users and help accommodate their specific needs at our clubs and at their respective schools. Leah joined us at inception; a struggling 15 year old girl, navigating dyspraxia and failing in school; socially, behaviourally and academically. Her home life was tough; her mother feared that they were gradually losing her to a deep melancholy.

Sara Adler (Trustees) said 'all the work, all the nights time, money and resources were worth it; just so that one young struggling girl can enjoy a vibrant and successful future!'

But at 2018 farewell party; looking at hopeful faces of children, adolescents and young families, I cannot help but smile. Hungry children have accessed nutritious breakfasts each morning, even during school holidays; young parents have been supported to cook healthy meals on a budget; children have been supported emotionally and academically at our mentoring and homework club; young people who have never left London participated in an awesome holiday experiences; children who were bored and crowded in stuffy apartments relished space and thrill of our after school clubs; young people accessed opportunities to learn to swim; increase physical activities, explore and discover themselves and their innate talents.

We would like to thank our funding officers, project managers and of course, our outstanding team of volunteers for all their efforts and credit in helping us achieve so much. Our 162 volunteers have contributed more than 8895 hours of their time, and we are incredibly grateful for their on-going support and dedication to our mission and to our children. For the first time, it was our pleasure to participate in The Childhood Trust Summer Give. Thank you to The Childhood Trust for being our Charity Champion and for your support throughout the Challenge.

Young Hackneys consortium, Awards for all, John Laing, Sainsbury's Waste-Less-Save-More Fund and Co-op fund helped us raise the bar for adolescents at brink of adulthood. At this precarious transition time, you enabled us to deliver money management, employability, and various skills opportunities so that young people can have a healthier start in life.

Thank you doesn't suffice to express our appreciation to all our magnanimous funders who gave so generously, enabling us to carry out our vital services at no user charge. Thank you for cultivating, nurturing and believing in Young and Inspired and in the potential of every child.

As a growing charity, we are happy and proud of success, but will not rest until every child in London access FOOD, Fun, Friends and chances for Future.

I do not pretend that the coming years will be easy, for we know the road to success is spotted with obstacles. Let's travel it. Together we will make every day vibrant with opportunities and happiness for all children.

Sara Adler, Chairman

A handwritten signature in black ink, appearing to read 'Sara Adler'.



Trustees:

TRUSTEES:

Pincus Mann
Samuel Lew
Yoel Fischer
Sara Adler

REGISTERED OFFICE:

26 Clapton Common
London E5 9BA

REGISTERED COMPANY NO:

7493381

INDEPENDENT EXAMINER:

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

SECRETARY:

Pearl Guttman

REGISTERED CHARITY NO:

1145639

TRUSTEES

The trustees present their report with the financial statements of the charity for the year ended 31 January 2018. The trustees confirm that the annual report and the financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in Jan 2015.

Our Vision

We will put our foot down so every child feels free enough to lift their feet, dance and enjoy just being a child.

Our Mission Statement:

Grant a child a childhood; and a childhood which will empower a future.

Our Aims:

Every child should access the four vital components:

FOOD: Enable access to nutritious meals and empower youth to prepare their own food.

FUN: Provide recreational activities and holiday opportunities for children in need.

FRIENDS and relationships: The chance to develop and maintain positive relationships, interactions and communication with peers, adults and their own families

FUTURE; NEET adolescents and those at risk will be empowered into pathways of employment and financial Independence which will support their transition into adulthood.

‘Young and Inspired has given me the greatest gift a teenager could get: relationships. I always thought I am not friend material and was a loner, but being surrounded by girls my age from all over London and singing in comradeship at bbq, or having deep conversations with my mentors or laughing so hard with my peers that we cannot even trace the trigger joke-I just feel so accepted and loved.’

Communication skills, I learned at Teach me 2 Reach, is like a secret potion to success; I throw it in everywhere, like everything spice, with friends, at home, throughout my job hunting stint. It's the secret that got me the job of my dreams.

‘Mornings are so tough and food so scarce that you cannot fathom the relief I feel since Mia joined breakfast club. Seeing other children tucking in to cereal and vegetables helped Mia shift from biscuit & cocoa only breakfast and gave her an appreciation for healthy foods. Vegetables are so expensive that I'm so happy she gets them at young and inspired and it reflects on her improved mood, behaviour and school performance.’

Values: Our core values which underpin all our work are;

Ambition: We set ambitious goals to make a lasting difference to the lives of children and young people,

Collaboration: We listen to and create solutions with children, young people and their families,

Integrity: We respect each other, thrive on diversity, and always act in the best interests of children and young people.

Impact:

Sunshine Breakfast Club is setting a new trend of healthy eating. Over 132 children from 85 young families have benefitted every day including during holidays. Impact reports improvement in healthy eating attitudes, reduction in hunger, improved school attendance and performance.

Floral arts have unleashed innovative creative outlets for young people who are enhancing artistic skill, appreciation for nature, patience and creativity. Users surprised Young and Inspired by arranging bouquets which they sold at profit to support young and inspired as well as distributed to lonely elderly neighbours prior to holidays.

Teach me to reach and Money Management has empowered 90 NEET young people with financial literacy skills and hard and soft employability skills training as well as mapped out sustainable routes to finding and keeping employment and financial stability. 40% of users are in jobs for over 4 month already, 25% have opted to further education, 90% have eliminated debts and 100% report improved money management skills. Users who are currently not employed, nor in education, are motivated, actively looking, attending job interviews and working with our staff to secure employment.

Similarly, Conquer the Kitchen is actively helping users develop these skills on a practical level through teaching the art of nutritious cooking on a budget whilst strengthening family unit. As a result, participants are sharing a minimum of 3 home cooked meals with their families.

Future Plans:

Moving Forward - Strategic Plan 2017 - 2020 Strategic Objectives.

Strategy 1 Our ambition for this strategy is to help more children and young people have better mental and emotional health.

What we said we will do.

We will foster innovation to meet the needs of vulnerable and excluded children and young people. We will create new pathways to preventing mental illness in children and young people, and increasing their understanding of the importance of good mental health and ways to promote their own and their peers' mental wellbeing.

What we did-

We initiated DMC-Drama makes me calmer drama therapy and Summer Camp serving 45 multiply disadvantaged teenagers. Its impacts surpassed all expectations. Young people were motivated and well engaged and 100% improved their mood regulation skills with all participants reducing mental health concerns on Mood self-assessments quiz, 93% significantly improved self-esteem, demonstrated by Rosenberg self-esteem test and all learned better coping methods, relationship tools and self-calming skills through

drama therapy and counselling.

We will continue

Offering DMC services to more users in need at regular intervals in addition to during Summer and Winter Holidays.

We will also launch our peer2peer support club.

Strategy 2 We aim to empower adolescents with financial responsibility and independence.

What we delivered

Teach me to reach and money maturity which we will continue to grow and develop.

Strategy 3 we focus on increasing physical activity and Physical health.

Swimfit club and fitness club had accommodated even more children. Conquer the kitchen has empowered adolescents to cook healthy meals on a budget and have a better start in life.

We will develop and expand conquer the kitchen club and launch kayaking and gardening activities for young people.

Achieve the Gold Level London Youth Quality Mark.

Projects:

SUNSHINE BREAKFAST CLUB

Providing daily nutritious breakfast meals for 132 children ages 5-13.
Annual Budget: £24,185

ART HAVEN

An after school art centre engaging 145 users.
Annual Budget: £22,800.70

SWIMFIT

3 weekly swimming classes for 40 children each.
Annual Budget: £20,070

DRAMA MAKES ME CALMER

Drama Makes Me Calmer-A drama and music therapy oriented club -and camp for 110 at risk adolescents.
Annual Budget: £73,880

TEACH ME TO REACH

Hard and soft skills training, careers advising and on-going support and networking to help young people access jobs and stay employed.
Annual Budget: £36,635

PASSION FRUIT PROJECT

Summer and winter holiday retreats
Annual Budget: £59,170

SCIENCE CLUB

Stimulating science fair and workshop for young people by young people.
Annual Budget: £1150

BRITAIN R US

A heritage project uniting local schools to explore our heritage, culture and country and to install a pride to belong.
Annual Budget: £900

BREEZE

A holiday Play & Learn centre accommodating children who live in over crowded and impoverished homes.
Annual Budget: £7,885

HEALTHY & WEALTHY

Fitness and healthy eating workshops for overweight and obese children.
Annual Budget: £10,500

MONEY MATURITY

12 week financial literacy scheme for 60 young people aged 16-18.
Annual Budget: £1,080

DINGLE DEE MUSIC CLUB

Provides music therapy sessions for 36 children experiencing challenging situations such as illness, bereavement etc.
Annual Budget: £3,082.40

FIRST AID / FLORAL ARTS

Annual Budget: £15,753

CONQUER THE KITCHEN

Annual Budget: £10,080

WELL REMEDIAL

Well Remedial Project provides one-to-one tutoring for 200 children struggling in school and unable to afford extra support.
Annual Budget: £34,685.00



Our programs are led by project managers but staffed entirely with volunteers in order to reduce the costs. All our staff and volunteers undergo child safeguarding training and are DBS checked. The trustees are satisfied with the charity's activities this year and are pleased with the direction in which Young & Inspired is heading. Young & Inspired has made a huge difference in the lives of disadvantaged children and teens and the trustees are proud to have inspired this change.

RESERVE

It is the policy of the charity to maintain unrestricted funds, which are the free reserves of the charity, at a level which equates to approximately three months unrestricted expenditure. This provides sufficient funds to cover management and administration costs.

Although we did not reach this position for this year, our trustees are working very hard to reach this position by the end of 2018.

MEMBERSHIP

Young and Inspired Ltd are proud to be an accredited member of London Youth. We are also members of Spotted.

RISK ASSESSMENT

The trustees have identified and reviewed the major risks to which the charity is exposed. Both manual and automated checks are consistently invoked, particularly those relating to the operations and finance of the charity. The trustees are satisfied that these systems and procedures mitigate any perceived risks. Trustees are active in reviewing possible day to day challenges and are prepared to take necessary measures.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the profit or loss of the charity for that period. In preparing those financial statements, trustees must/are required to/have ensured to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2006.

AUDITOR

There is no audit requirement for the charity. An independent examiner's unqualified report will be prepared by De Claron Ltd.

ON BEHALF OF THE BOARD SIGNED:

A handwritten signature in black ink, appearing to be the initials 'R' or 'D'.

Independent Examiner's

REPORT TO THE MEMBERS OF YOUNG AND INSPIRED LTD.

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF YOUNG AND INSPIRED LTD

I report on the accounts of the Charity for the year ended 31 January 2018, which are set out on pages 4 to 7.

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 2006 and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under the 2006 Act);
- follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2006 Act); and
- 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.

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 2006 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2006 Act have not been met; or,

(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
24 March 2016

A handwritten signature in black ink, appearing to be "M", written over a white background.

Statement of Financial Activities

	y/e 31. 01. 2018		y/e 31. 01. 2017	
	£	£	£	£
	Restricted Funds	Unrestricted Funds	Restricted Funds	Unrestricted Funds
INCOMING RESOURCES				
GRANTS RECEIVED :	28,650.00	197,258.60	27,695.00	53,462.04
GIFT AID CLAIMS	–	8,408.40	–	–
DONATIONS	56,631.96	67,426.62	51,291.50	37,709.05
	85,281.96	273,093.62	78,986.50	91,171.09
TOTAL INCOMING RESOURCES		358,375.58		170,157.59
RESOURCES EXPENDED				
CHARITABLE PROGRAMS	–	–	–	–
ART HAVEN	22,084.10	716.70	–	2,000.00
BREEZE	7,885.00		1,623.10	–
BRITAIN R US	–	900.00	552.41	1,671.09
CONQUER THE KITCHEN	50.00	10,030.00	–	–
D.M.C.	4,180.00	69,700.00	–	–
DINGLE DEE MUSIC CLUB	3,082.40	–	–	–
FIRST AID	8,413.00	1,000.00	–	–
FLORAL ART	6,340.00	–	–	–
HEALTHY & WEALTHY	10,500.00	–	3,616.70	5,000.00
MONEY MATURITY	–	1,080.00	–	–
PASSION FRUIT PROJECT	54,530.00	4,640.00	30,916.03	30,000.00
SCIENCE CLUB	–	1,150.00	–	–
SMOTHER THE SMOKE	3,000.00	–	–	–
SUNSHINE BREAKFAST CLUB	24,185.00	–	25,400.00	10,000.00
SWIMFIT	20,070.00	–	6,844.28	15,000.00
TEACH ME TO REACH	22,890.00	13,745.00	6,823.20	–
WELL REMEDIAL	34,685.00	–	8,764.95	27,500.00
ADMINISTRATIVE EXPENSES	221,894.50	102,961.70	84,540.67	91,171.09
BANK CHARGES	140.00	–	–	–
FUNDRAISING COSTS	5,313.54	–	700.00	–
INSURANCE	556.05	–	3,225.10	–
LEGAL AND PROFESSIONAL	2,340.00	–	6,206.00	–
WAGES	21,371.64	–	30,670.07	–
OFFICE EQP & MAINT	7,800.00	–	–	–
TRAINING	8,268.80	–	1,037.48	–
WEB DESIGN & IT			1,440.00	–
	267,684.53	102,961.70	127,819.32	91,171.09
NET INCOMING RESOURCES	(182,402.57)	170,131.92		(48,832.82)
TOTAL INCOMING RESOURCES		(12,270.65)		(48,832.82)
FUNDS CARRIED FORWARD		34,228.77		83,061.59
TOTAL FUNDS CARRIED FORWARD		21,958.12		34,228.77

Balance Sheet

	as at 31. 01. 2018		as at 31. 01. 2017	
	£	£	£	£
CURRENT ASSETS	-	-	-	-
DEBTORS	-	-	-	-
CASH AT BANK	21,958.12	-	34,728.77	-
		21,958.12		34,728.77
SHORT TERM CREDITORS	-	-	-	-
ACCRUED EXPENSES	-	-	500.00	-
			-	500.00
NET ASSETS		21,958.12	-	34,728.77
FUND ACCOUNT			-	
TOTAL FUNDS		21,958.12	-	34,728.77

Notes to the Financial Statements

For the Year Ended 31 January 2018

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 February 2005.

CHARITY STATUS

The charity is a charitable company. The members of the charity are the trustees named on page 1.

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 monthly basis.

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.



Young and Inspired Ltd.

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Charity No: 1145639

A special thanks to family M.S for sponsoring the costs of producing this annual report.