Teens
Dreams

Annual Accounts

Scoops of Support





TEENS dreams

TRUSTEES

SARA FRIEDMAN
SHOSHI LANDAU
BRIENDY FRIEDRICH

REGISTERED OFFICE

12 GRANGECOURT ROAD
LONDON
N16 5EG

CHARITY NO:1204492

INDEPENDENT EXAMINER

DE CLARON LTD 3A THE VALE LONDON, NW11 8SB

BANKERS

BANKERS TSB 174 CLAPTON COMMON, E5 9AQ



MESSAGE OF THE CHAIR

Hey everyone!

What a year it's been at Teens Dreams. Looking back, I feel incredibly proud of how far we've come—not just in numbers, activities, or projects, but in confidence, connection, and community spirit. What started as a small scoop of an idea has grown into something colourful, welcoming, and full of flavour.

At Teens Dreams, we know that no two young people are the same. Some arrive full of confidence, others feeling overwhelmed, isolated, anxious, or simply exhausted from carrying too much at a young age. That's why we believe support should never be "one flavour fits all." Our role is to create spaces where every young person feels accepted exactly as they are.

This year, we continued supporting teenagers facing food insecurity, loneliness, low confidence, and financial hardship through projects that were practical, relaxed, and full of warmth. From our Mobile Food Bank and Hygiene Bank to leadership training, food fairs, and weekly hangouts, we created spaces where young people could breathe out, connect, and simply enjoy being young people again. Sometimes the smallest things—a warm meal, a lift home, a conversation, or an ice cream shared with friends—can become the moments that help someone feel they matter.

A huge thank you to the Young Gamechangers Fund for believing in the vision of Teens Dreams and in the potential of young people who are too often overlooked. Your support has helped us turn ideas into action and encouraged young people to become changemakers in their own communities.

We are also deeply grateful to the Clothworkers' Foundation, whose support helped us purchase equipment that made our projects more interactive, engaging, and effective. Whether through creative activities, wellbeing sessions, or community events, this equipment helped us create experiences that young people genuinely wanted to be part of.

Thank you as well to the Green Hall Foundation for your vote of confidence in our work and for recognising the importance of grassroots youth support.

To every volunteer, supporter, youth leader, and partner—thank you for adding your own *sprinkles* to Teens Dreams this year. And to the young people at the centre of everything we do: thank you for your honesty, resilience, humour, and courage. You are the heartbeat of this charity.

As we look ahead, we are excited to keep building projects that bring young people together, strengthen wellbeing, encourage leadership, and remind young people that life can still hold sweetness, even during difficult times.

Here's to another year of dreaming big, sharing joy, and making sure no young person feels left out in the cold.

With gratitude,

Sarah Friedman

Chair of Trustees

Teens Dreams

Scoops of Support

At Teens Dreams, our support comes in layers

.Safe Spaces

We offer weekly hangouts for teens and young people.

Food Support

We operate a mobile foodbank which delivers fresh fruit, veg and dairy products

Hygiene Bank

Our hygiene bank makes sure young people don't go without basic essentials they need to feel fresh, confident and ready to take om the world.

Leader First

Our leaders of tommorrow! 26 young poeple gained accredited leadership training and went on to run programs for children in local area.

Eco-Warriors

Eco Warriors is a youth led initiative that runs weekly park cleanups, monthly recycling drives and environmental workshops.

Mobile Clothing Bank

We provide free gently used clothing for young people in need. We also offer dressmaking sessions where we learn to alter and upcycle donated garments.









Each scoop helps build confidence, wellbeing and brighter futures















PROJECTS



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 2026. 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 inthe 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 the provision of crisis parcels and other services. Give opportunities for marginalised 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 2026 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

During the financial year, the charity received income totalling £80,330 and spent £91,869 on charitable activities. Expenditure exceeded income because the charity utilised funds carried forward from the previous financial year to support the continued delivery and expansion of its programmes. This reflects the planned use of previously accumulated funds rather than a shortfall in funding.

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 31.03.2026
Statement of Financial Activities

	y/e 31.03.2026			y/e 31.03.2025		
	£	£	£	£	£	£
	Restricted Funds	Unrestricted Funds	Total Funds	Restricted Funds	Unrestricted Funds	Total Funds
INCOMING RESOURCES						
Grants	28 600,00	30 000,00	58 600,00	26 360,00	17 200,00	43 560,00
Donations	9 000,00	12 730,00	21 730,00	-	670,50	670,50
	37 600,00	42 730,00	80 330,00	26 360,00	17 870,50	44 230,50
TOTAL INCOMING RESOURCES		80 330,00			44 230,50	
Charitable Programs						
Eco-Warriors		21 713,13	21 713,13	4 998,00		4 998,00
Food Fair	25 040,00	22 792,78	47,832.00	17 468,63		17 468,63
Hygiene Bank		2 501,20	2 501,20	8 990,27		8 990,27
Talent Show		10 652,00	10 652,00			
Leaders First		7 191,19	7 191,19	2 814,56		2 814,56
Resources expended on administrating						
Administration & Account		257,00	257,00		271,20	271,20
Advertising & Printing	1 000,56	-	1 000,56	-	-	-
Traveling Exp		722,10	722,10		-	-
	26 040,56	65 829,40	91 869,96	34 271,46	271,20	34 542,66
TOTAL OUTGOING		91 869,96			34 542,66	
NET MOVEMENTS IN FUNDS FOR THE YEAR		(11 539,96)			9 687,84	
FUNDS CARRIED FORWARD		13 105,95			3 418,11	
TOTAL FUNDS CARRIED FORWARD		1 565,99			13 105,95	

Balance Sheet

	y/e 31.03.2026		y/e 31.03.2025	
	£	£	£	£
CURRENT ASSETS				
DEBTORS				
CASH IN HAND & BANK	1 565,99		13 105,95	
		1 565,99		13 105,95
CURRENT LIABILITIES				
CREDITORS	-		-	
NET ASSETS		1 565,99		13 105,95
FUND ACCOUNT		1 565,99		13 105,95

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2026

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 buildings, 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

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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.

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2026.
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:
20 October 2026

Teens Dreams

