

THRIVING

NOT
JUST
SURVIVING

ANNUAL REPORT AND ACCOUNTS
2018-2019



CHAIR'S STATEMENT

CHILDREN, LIKE PLANTS, NEED TENDER CARE AND ATTENTION TO GROW AND FLOURISH.

Many children living challenging circumstances are not exposed to enough light in their life. Some are tough and still manage to survive; others wither and wilt.

Whether they struggle with bereavement, illness of a close family member, severe deprivation, family breakdown or dysfunction, learning disabilities or social and communication difficulties, every child needs words of encouragement, someone to cheer them on, helping them face life and emerge stronger.

SUNBEAMS IS THAT SOMEONE.

We deliver an accredited mentoring service providing weekly one-on-one mentoring sessions to 145 children each year.

We believe in the transformative power of support. We know we can't bring their close friend back, can't make Mum better, can't make disabilities disappear. But we *can* and *do* provide a listening ear, a safe space, guiding light and direction.

M. Dandridge

Chair



OUR MISSION

TO GIVE GIRLS IN CHALLENGING CIRCUMSTANCES THE SUPPORT THEY NEED TO THRIVE.

OUR VISION

VULNERABLE AND DISADVANTAGED GIRLS IN THE COMMUNITY ARE SUPPORTED THROUGH TOUGH TIMES AND EMPOWERED WITH THE SKILLS AND EMOTIONAL RESILIENCE TO CONFIDENTLY FACE WHATEVER LIFE THROWS AT THEM AND SUCCEED

OUR STRATEGIC AIMS



To establish partnerships with schools, welfare organisations and statutory services to facilitate multi-disciplinary working around vulnerable and disadvantaged girls and young women.



To provide a mentoring service for vulnerable and disadvantaged girls and young women.



To reduce stigma about mental health, family dysfunction, learning disabilities and social challenges so parents and young people themselves are happy to refer to the service.



To recruit low-income volunteers and provide a high level of training, support and work experience so that they have improved skills, confidence and career opportunities.



STRUCTURE, GOVERNANCE AND MANAGEMENT

Sunbeams London Ltd (Sunbeams) is a registered charity and a company limited by guarantee. Its objects are set out in its Memorandum and Articles of Association.

The Trustees are responsible for governance of the organisation. Induction and training are provided for new trustees. None of the trustees have any beneficial interest in the charity. It is not currently the intention of the charity to appoint new trustees.

OUR CHARITABLE OBJECTIVES

To advance in life and relieve the needs of young people through:

(a) providing support and activities, in particular mentoring support and mentoring training to those with low self-esteem and low self-confidence, which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

(b) providing recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.



ACHIEVEMENTS AND PERFORMANCES

...Young People



153

young people
matched with
mentors



6,685

activity sessions



612

trips



23

onward
referrals



34

multi-agency
meetings

...Young Volunteers



108

new volunteers



17

"Professional
Development"
trainings



186

supervision sessions
with Clinical Child
Psychologist



10,327

volunteering
hours provided a
saving of £63,228
(based on national
minimum wage per hour)

...The Community

We worked with



12

local schools



3

welfare organisations



4

statutory services
Social Services
CAMHS
GPs
First Steps

Seven year old Gabi was always smart and precocious. But a complicated family situation and seriously ill family member resulted in her sudden withering at school. She lost all interest in school work as well as in her friends and social life. Locked within herself, she began displaying symptoms of mild depression. Until Sunbeams entered the picture.

Sarah, her dedicated sunbeams mentor made Gabi's happiness her life's mission. In their weekly activity-based sessions Gabi slowly started blossoming. Under her mentor's caring tutelage Gabi began focussing on her schoolwork again and started reconnecting with her peers.

Her birthday came up during a particularly stressful week at home when no one could even take the time to remember or recognise it. Sarah, knowing how badly Gabi needed to feel cherished and cared-about, threw her a marvellous surprise birthday party. Gabi's smile at the end of the party made it all worth it.



SUNBEAMS KIDS

SUNBEAMS KIDS WAS BORN WHEN TWO SCHOOL TEACHERS SAW TOO MANY YOUNG PEOPLE ENTERING SECONDARY SCHOOL WITH SHOULDERS SLUMPED, A DEFEATED LOOK IN THEIR EYES. THEIR STRUGGLE WITH PRE-EXISTING ISSUES SUCH AS LEARNING DISABILITIES, FAMILY DYSFUNCTION, OBESITY OR POVERTY PUT THEM FIRMLY IN THE BOX OF 'VULNERABLE LOSERS', AND MOST COULD NOT ESCAPE THAT LABEL.

What began as an informal effort to draw these children in by providing some nurture, care and big-sister kind of support, emerged as Sunbeams Kids; an accredited mentoring service offering weekly mentoring sessions to 119 children aged 5-12.

The aim is to tackle problems upstream before the children reach adolescences, when issues are likely to escalate and explode, resulting in severe mental health issues, anti-social behaviour and disengagement from school.

The service is provided by 119 volunteer mentors who are trained to work with vulnerable children.

KEY COMPONENTS OF THE SERVICE INCLUDE:



Activity sessions including arts, media and food preparation are designed as a safe space where children are encouraged to share their inner world, explore their feelings and develop a positive sense of self



Quarterly trips and excursions to museums, parks, and restaurants mostly scheduled around extra-stressful situations such as parent's admission to hospital or upcoming SATS exams



Children's progress is monitored using The Outcome Star, with children rating themselves regularly in six key areas - "happiness, confidence, knowing my strengths, school, behaving responsibly and relationships"



Sessions are child-led with users highly involved in shaping the service, by choosing the activities, time and location of sessions and providing ongoing feedback on the mentoring.



Ongoing supervision of mentors by clinical child psychologist to monitor performance, identify concerns and plan sessions



Working in partnership with parents, schools, statutory services and local welfare organisations involved with a child to ensure that progress is carried over across the board and to onward-refer any issues requiring intervention



SUNRAYS

In the course of five years of successful work with younger vulnerable children aged 5-12, we received many requests to extend the service to include young people aged 13-16. Extensive consultation on the topic brought forward high demand and strong interest for an early intervention service addressing the needs of at-risk, emotionally vulnerable adolescents.

Sunrays works with young people at the stage before they require intensive specialist support for their issues, or sometimes alongside specialist services. Young people on the service struggle with problems such as anxiety, incipient eating disorders, truancy or majorly strained relationships.



Activity-based sessions appropriate for adolescents including arts, media and food preparation



Emotional wellbeing and mental health underpins entire service



Strong focus on developing independent living skills. Mentors will discuss things like personal hygiene, suitable behaviours, money management



Completely user-led. Designed by adolescents for adolescents



Working in close partnerships with all involved with a particular young person, including parents, schools, and specialists' services such as CAMHS

"These service developments have been undertaken thoughtfully over time to ensure a quality service and this measured approach and the priority placed on the quality of service to girls has contributed to a really successful programme of early support and mentoring."

Dr Beth Hill
Clinical Psychologist
First Steps Early Intervention and Community Psychology Service
CAMHS

ARTOGETHER – GROUP MENTORING

Children and young people on our projects show drastic improvements in their confidence, core identity and educational attainment. Many however, struggle to apply the skills they learnt in sessions to real-life situations and need a socially supportive group experience to boost their emotional resilience and help them transition to acceptable social integration.

ARTogether provides a supportive environment for young women to speak out, share their experiences and get help while building social skills, emotional resilience and healthy relationships. In group sessions, users feel empowered to express and make sense of feelings, learn that that others have similar experiences/reactions whilst developing strategies to manage difficult emotions (e.g. anxiety, distress). Young people learn how to effectively engage with one another and work as a team – often for the first time – developing vital social and communication skills. Users – socially excluded on joining – form lasting friendships and the ability to make new friends in future.

KEY COMPONENTS OF THE SERVICE INCLUDE:

- Arts-based group sessions: arts and crafts, music, drama and performing arts.
- Cohorts are put together based on participants' differences, commonalities, goals, social and communication levels and ages.
- The 5 part programme delivered over 45 weeks covers the following: self awareness, communication skills, finding strength in shared experiences, emotional wellbeing, practical social tips and strategies.



OUTCOMES:

FOR MENTORS:

- Improved life and work skills
- Increased confidence and self esteem
- Developed social responsibility

Dear Sunbeams

I'm so grateful for your mentoring programme. My mentor is so caring. She really thinks about me a lot. Every session makes me feel calm and good and not worried. I wait for it the whole week.

Shila (age 9)

FOR MENTEES:

- Improved social skills and reduced isolation
- Improved educational attainment
- Improved emotional health and wellbeing

FINANCIAL REVIEW

The Trustees are happy to report organisation incoming resources of £77,474. The year ended with a surplus of £1,269.

The Trustees gratefully acknowledge that the outstanding impact and achievements of the organisation are largely due to the generous support of the following charitable trusts and foundations: Awards for All, BBC Children in Need, Lodon Borough Of Hackney, St James Place Foundation, The EECF Tampon Tax Fund, The Kirsh Foundation, The J E Joseph CT and other anonymous supporters and community donors.

PUBLIC BENEFIT

The trustees confirm their compliance with the duty to have due regard to the public benefit guidance published by the Charity Commission as well as the Equalities Act 2010 when reviewing the Charity's aims and objectives and in planning future activities.

RESERVES POLICY

The trustees aim to hold free reserves of at least 3 months (and no more than 12 months) operating costs in order to protect services and to ensure adequate cashflow for the organisation's need. As of 30 June 2019, the organisation held reserves of £18,291.

RISK MANAGEMENT

The Trustees have identified and reviewed the major risks to which the charity is exposed. Both manual and automated checks are regularly 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.

INDEPENDENT EXAMINER

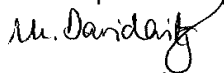
JDA Cowan, BA FCA of Albeck Limited, 49 Mowbray Road, Edgware, Middlesex, HA8 8JL

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

APPROVAL

This report was approved by the trustees on 25 December 2019 and signed on their behalf by:


Mrs M Davidovits
Trustee

Independent Examiner's Report to the Trustees of

Sunbeams London Limited (company number 08580129, charity number 1158753)

for the Year Ended 30 June 2019

Respective Responsibilities of Trustees and Independent Examiner

I report on the accounts of Sunbeams London Limited for the year ended 30 June 2019 which are set out on pages 20 to 28.

This report is made solely to the Charity's Trustees, as a body, in accordance with Chapter 3 of Part 8 of the Charities Act 2011. My examination has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my examination, for this report, or for the opinions I have formed.

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Justin Cowan, BA FCA

Albeck Limited
Chartered Accountants
49 Mowbray Road
Edgware
HA8 8JL

SUNBEAMS LONDON LTD

STATEMENT OF FINANCIAL ACTIVITIES

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2019	Unrestricted Funds	Restricted Funds	Total Funds 2018
INCOME FROM							
Donation & Legacies		11,032		11,032	18,787		18,787
Charitable activities	2						
Sunbeams Kids		1,500	42,967	44,467	5,000	34,068	39,068
Sunrays		2,000	19,975	21,975		25,125	25,125
Total income		14,532	62,942	77,474	23,787	59,193	82,980
EXPENDITURE ON							
Raising funds	3	4,228		4,228	6,669		6,669
Charitable activities							
Sunbeams kids		3,044	43,543	46,587	10,006	37,023	47,029
Sunrays		5,415	19,975	25,390		24,417	24,417
Total expenditure		12,687	63,518	76,205	16,675	61,440	78,115
Net income for the year	4	1,845	-576	1,269	7,112	-2,247	4,865
Reconciliation of funds:							
Total funds brought forward		13,244	3,778	17,022	6,132	6,025	12,157
Total funds carried forward	10	15,089	3,202	18,291	13,244	3,778	17,022

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

BALANCE SHEET AS AT 30 JUNE 2019

	NOTES	2019	2019	2018	2018
FIXED ASSETS					
Tangible Assest	7		1,212		1,809
CURRENT ASSETS					
Debtors	8				
Cash at bank and in hand		37,711		26,988	
			37,711		26,988
LIABILITES					
Creditors: amounts falling due within one year	9	(20,632)		(11,775)	
Net current assets/ (liabilities)			17,079		15,213
Total Net assets			18,291		17,022
FUNDS					
Restricted income funds			3,202		3,778
Unrestricted income funds			15,089		13,244
Total charity funds	10		18,291		17,022

For the year ending 30 June 2019 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the charity to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime. These financial statements were approved by the board of trustees and authorised for issue on 25 December 2019 , and are signed on behalf of the board by:



MRS M DAVIDOVITS
Trustee

1. ACCOUNTING POLICIES

STATUTORY INFORMATION

Sunbeams London Ltd is a charitable company limited by guarantee.

BASIS OF PREPARATION

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (September 2015) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

PUBLIC BENEFIT ENTITY

The charitable company meets the definition of a public benefit entity under FRS 102.

GOING CONCERN

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

JUDGEMENT AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

INCOME

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

FUND ACCOUNTING

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund. Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

EXPENDITURE

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

ALLOCATION OF SUPPORT COSTS

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where information about the aims, objectives and projects of the charity is provided to potential beneficiaries, the costs associated with this publicity are allocated to charitable expenditure.

Sunbeams Kids	62%
Sunrays	30 %
Support costs	6 %
Governance cost	2 %

Support and governance costs are re-allocated to each of the activities on the following basis which is an estimate, based on staff, of the amount attributable to each activity.

Sunbeams Kids	65%
Sunrays Adolescents	35%

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

A detailed breakdown of support costs and their allocation to each activity is provided in note 3.

TANGIBLE FIXED ASSETS

Tangible assets are initially recorded at cost, and subsequently stated at cost less and accumulated depreciation and impairment losses.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

Equipment	33% straight line
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CREDITORS AND PROVISIONS

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

FINANCIAL INSTRUMENTS

With the exception of the listed investments described above only use here if have investments, otherwise delete start to sentence the charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total 2019 £	Total 2018 £
Sunbeams Kids				
BBC CIN		22,567	22,567	19,848
Hackney Parochial Charities				4,900
London Borough of Hackney		20,400	20,400	2,870
Jewish Youth Fund				5,000
Smaller Grants	1,500		1,500	6,450
	1,500	42,967	44,467	39,068
Sunrays				
Awards For All		10,000	10,000	
City & Hackney CCG				10,736
Shoresh CT				3,000
St James Place Foundation		4,975	4,975	
EECF Tampon Tax Fund		5,000	5,000	
The Sunrise Foundation				5,000
The Trusthouse CT				4,389
Smaller Grants	2,000			2,000
	2,000	19,975	21,975	25,125
Total Income	3,500	62,942	66,442	64,193

3. ANALYSIS OF EXPENDITURE

	Raising Funds £	Sunbeams £	Sunrays £	Governance £	Support Cost £	2019 £	2018 £
Direct Expenditure							
Staff Costs	2,454	20,280	11,700	385	989	35,808	36,466
Pension							180
Premises	519	6,224	3,112		519	10,374	7,239
Office Running Costs	450	2,011	915		623	3,999	3,931
Staff Development & Training	56	493	342		80	971	1,061
Publicity- Printing	28	334	167		28	557	2,003
Accountancy Fees				1,469		1,469	4,440
Legal & Professional Fees	691	2,153	952		296	4,092	3,883
Weekly Mentoring Sessions		6,511	2,685			9,196	7,747
Volunteer Training & Supervision		3,667	3,071			6,738	6,586
Volunteer Events & Gifts		858	368			1,226	1,606
Volunteer Travel & Trips		825	354			1,178	2,069
Depreciation	30	358	179		30	597	904
Total Expenditure (by cost centre)	4,228	43,715	23,844	1,854	2,564	76,205	78,115
		65%	35%				
Staff Costs		643	346		989		
Pension							
Premises		337	182		519		
Office Running Costs		405	218		623		
Staff Development & Training		52	28		80		
Publicity- Printing		18	10		28		
Legal & Professional Fees		192	104		296		
Depreciation		19	10		30		
Governance Costs		1,205	649	1,854			
Total Support Costs		2,872	1,546	1,854	2,564		
Total Resources Expended (including support costs)	4,228	46,587	25,390			76,205	78,115

4. NET INCOME FOR THE YEAR

This is stated after charging:

	2019 £	2018 £
Depreciation	597	904

5. INDEPENDENT EXAMINATION FEES

Fees payable to the independent examiner for:

	2019 £	2018 £
Independent examination of the financial statements	1,469	4,440

6. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:

	2019 £	2018 £
Wages and salaries:	35,796	36,646

No employee received more than £60,000 during the year (2018: Nil)

The average number of employees during the year was 5 (2018:5)

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.

7. TANGIBLE FIXED ASSETS

	EQUIPMENT £	TOTAL £
COST		
At 1 July 2018	4,896	4,896
Additions	-	-
At 30 June 2019	4,896	4,896
DEPRECIATION		
At 1 July 2018	3,087	3,087
Charge for the year	597	597
At 30 June 2018	3,684	3,684
NET BOOK VALUE		
At 30 June 2018	1,212	1,212
At 30 June 2017	1,809	1,809

8. DEBTORS

	2019 £	2018 £
Other Debtors	-	-
	<u>-</u>	<u>-</u>

9. CREDITORS - AMOUNT FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade Creditors	3,645	6,182
Other Creditors	16,987	5,593
	<u>20,632</u>	<u>11,775</u>

10. ANALYSIS OF CHARITABLE FUNDS

	At 1 July 2018 £	Inome £	Expenditure £	At 30 June 2019 £
UNRESTRICTED FUNDS				
General Funds	13,244	14,532	(12,687)	15,089
RESTRICTED FUNDS				
Restricted Funds	3,778	62,942	(63,518)	3,202
Total funds	17,022	77,474	(76,205)	18,291

11. COMPANY LIMITED BY GUARANTEE

Every Member of the Charity has undertaken to pay such an amount as may be required not exceeding £1 towards the Charity's assets if the Charity should be wound up.

12. RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed under FRS102.

LEGAL AND ADMINISTRATIVE DETAILS

Registered Charity Name: Sunbeams London Ltd

Registered Charity Number: 1158753

Company Registration Number: 08580129

Registered Office Address: 40 Leweston Place
London N16 6RH

Trustees: Jessica Zwiebel
Rifka Esther Reich
Mina Davidovits
Chavi Moskovitz

Independent Examiners: JDA Cowan, BA FCA
Albeck Limited
49 Mowbray Road
Edgware
Middlesex HA8 8JL

Bankers: Barclays Bank Plc
North Herts GRP 2
5 - 6 High Street
Hitchin
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