

It's all about youth

Sunbeams
Annual Report and
Accounts 2024-2025



It's all about YOUTH



Taking a youth-led approach to
improving girls and young women's
wellbeing.

Annual Report and Accounts
2024-2025

Chair's Statement

YOUTH -

/ju:θ/ - noun

the period between childhood and adult age.

Whilst this may be the dictionary definition of youth, at Sunbeams, youth takes on new meanings. We define youth as energy, creativity and passion. We see youth as opportunity, enthusiasm, hope, hearts full of dreams and young minds brimming with ideas.

This past year, we harnessed the power of youth to work with 237 young people, 181 parents and 26 schools to trailblaze change. This took on the form of 1:1 and group mentoring, keyworker sessions, training and development support for schools and collaboration with statutory services to address emerging need.

Our services have impacted hundreds of individuals, families and the entire community, with better understanding of youth mental health issues, improved skills and confidence in promoting good mental health, and an increase in the uptake of wellbeing services as those issues are being destigmatised. We have seen how

early support goes a long way in ensuring that those facing adversity, however harsh, are equipped with the confidence, skills, and resilience to cope and thrive.

As a youth charity, we remain committed to putting these young people at the heart of our work, supporting them in their role as passionate advocates seeking to shape and influence the world that they live in. And we are extremely grateful to our staff, volunteers and funders who support us in our mission.

Together, we can tackle the youth mental health crisis whilst not losing focus on each young person's journey to change.

Because ultimately, it's all about YOUTH!

Mina Davidovits
Chair



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Sunbeams is G-d's gift to Stamford Hill; a cocoon of warmth, laughter and joy, that gives our girls a chance to forget the difficulties they face and to thrive in an environment where they feel accepted, loved and cared for!

Mrs Esti Rozner, SEND Coordinator, Beis Malka Primary School

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 and are:

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

- ➔ 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.
- ➔ Providing recreational and leisure time activities provided in the interest of social welfare, designed to improve their conditions of life.

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 mission

We are here to build a culturally competent, youth-led early-help system that enables girls to have their emotional wellbeing needs identified and supported early.



Our vision

Vulnerable girls access early support in a way that reflects and respects their community, faith, and identity and are supported to thrive despite the challenges they face.



Our Approach

Pro-active: Passionate about prevention and providing effective early support before problems escalate into complex mental health issues.

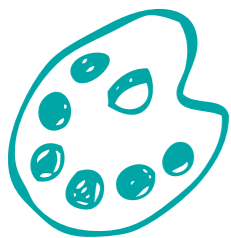
Child-centred: We listen closely to children and young people – their voices, thoughts and needs guide how we support them best.

Solution-focused: Empowering children, their parents and their schools to build on what works well and keep moving forward.

Collaborative: Partnering with schools, community groups, and statutory services to achieve the best outcomes.

Inclusive: Valuing diversity and ensuring equal opportunities for all children, regardless of their background.

2025 in numbers



We delivered **8,856** mentoring sessions.



Over **6,400** pupils benefitted from our Improving Wellbeing at School programme.



102 girls accessed specialist support through onward referrals.



We supported **237** girls.



We trained and upskilled **205** young volunteers through **42** professional development workshops and **535** supervision sessions.



We supported **15** primary schools and **11** secondary schools to improve their mental health provisions.



Our group mentoring program created **400** opportunities for peer support.



Our Youth Network supported **16** ideas from voice into action.



14,336 volunteering hours provided a saving of **£89,081**.

I am so grateful
that we have
such a valuable,
culturally
appropriate service
to refer clients to.

Malka Gluck
Child and Adolescent Psychotherapist, First Steps CAMHS





Resilient Children and Young People

Early support to help children and young people develop coping strategies and thrive despite adversity

Over the years, we have seen the transformative power of support. We have seen how therapeutic activities and a dedicated mentor can bring about results that no one would have expected. Real and lasting change, including newfound happiness, hope and healing, increased confidence, positive relationships, and re-engagement with education.

1:1 mentoring

Our mentoring service supports girls struggling with problems such as low self-esteem, social isolation, anxiety, low mood, school refusal or majorly strained relationships. Many also have complex family situations such as parental ill mental health, poverty and family breakdown.

This past year, we continued to grow our mentoring service, thanks to generous funding from The Mayor of London as part The Propel Initiative. We supported 237 girls age 8 to 16 by giving them weekly sessions with a dedicated volunteer mentor, inherently therapeutic activities that boost confidence and self-esteem and a safe space to explore their feelings and get help. Our "memorable days" package gave mentees the (often rare!) opportunity to enjoy great days out at local museums, parks and restaurants on a quarterly basis.



Mentees are highly involved in shaping the service - choosing the sort of activity, day and timing of sessions, planning trips and providing ongoing feedback on the mentoring relationship.



We completed The Mentoring Quality Framework which means our practices and policies are in line with best-practice guidance.



Volunteer mentors receive professional trainings, ongoing supervision and support from our Volunteer Coordinators and Clinical Lead.



We work holistically - in partnership with parents, schools, statutory services to ensure that progress is carried over across the board and to onward-refer issues identified.



87% said they feel more confident since joining Sunbeams.



92% said they feel happier since joining Sunbeams.



81% of parents reported calmer home environments.

"My mentor came to see my school play even though she was really busy, and it made me feel so important." Shani, age 9

"Esther showed me how to let out anger in different ways. I love the idea of doodling it - and I have a thick notepad of my 'anger doodles' (and a lot less demerits at school!)" Blimi, age 16

Group mentoring

It doesn't take long for girls to become isolated due to their personal or family crises. And then it doesn't take much longer for mental health issues to develop.

Our group mentoring sessions provide a supportive environment for girls 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 others have similar experiences and reactions whilst developing strategies to manage difficult emotions (e.g. anger, distress) in a socially acceptable manner. 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 form lasting friendships and the ability to make new friends in future.

Sessions are led by skilled and trained women who are experts in their field such as art, drama and music. Building on the success of our watersports pilot project, we will run the programme again. Shaped by young people's feedback, we will also launch more movement-based and outdoor sessions including gardening and cycling.

“In the art groups
you can just be you”
Sarah, age 12



28 girls said they created lasting friendships in the group sessions, keeping in touch long after they left the program.



95% of girls reported that group sessions gave them a safe space to talk.



87% of surveyed users reported reduction in stress / anxiety.

Our 2025 group offer included:



Dancing



Water-sports



Art



Singing



Drama

Keyworker Program

Our Keyworker service offers intensive support for girls, aged 11-16, dealing with multiple and complex issues that can't be addressed through volunteer mentoring alone. Our Keyworker Service augments mentoring by providing more skilled intervention at critical points so girls have support, know-how and resilience to cope, get back on track and thrive, despite the crises they face.

“School was horrible and I was in panic mode most of the time. Getting a Keyworker was just the right thing”

Hendy, age 14

Keyworker support is holistic, intensive and fully responsive to individual needs. Trained and supervised by a Consultant Clinical Child Psychologist and managed by the Project Manager and Trustees, Keyworkers work within the systems surrounding users (social care/CAMHS/school/GP/ parents) and provide practical support to generate positive, substantial and sustainable change.

Goals this past year included :

to have ways to deal with my stress

to feel less lonely

to find things that change my mood

to make me feel less anxious

to do better at school

The interventions are guided by each users' goal and therefore look different for each user. Overall, some interventions include skill-building worksheets, coming up with ideas, signposting or finding other activities and support available, mobilising systems around young people and supporting the user's network in doing things differently.

“Even over the long holiday break, I was able to continue using the amazing techniques to keep my mood good” Faigy, age 15



Our Youth Network

Our Youth Network provides a safe, facilitated space for girls and young women to come together, share experiences, and shape meaningful change. The network supports girls to speak openly about the issues affecting their wellbeing, relationships, and daily lives, and to influence the services and systems around them.

During 2024–25, over 60 girls took part in Youth Network sessions, facilitated by Sunbeams' Youth Lead. Through structured group discussions, girls explored barriers to support, identified unmet needs, and contributed practical ideas rooted in lived experience. The network empowered girls not only to be heard, but to see how their voices lead to action.

“I didn't think anyone would listen to what we had to say, but things actually changed because of it.” Chani, age 12

Youth Network insight has directly shaped service development and practice including the creation of therapy referral guidance for schools, accessible mental health information leaflets, and the design of new specialist ASD group pathways in response to gaps in mainstream provision. The network also influenced operational changes, including offering evening meetings to reduce stigma and barriers to access, adapting centre spaces for older girls, and shaping mentor training around the issues girls felt mattered most.

Learning from the Youth Network feeds into wider system change. Girls' perspectives have informed school based mental health training, Mental Health Network sessions, and strengthened pathways into statutory and clinical services. We continue to reflect on what girls share, so their voices keep shaping and strengthening our work.



60+ girls participated.



9 new developments
within Sunbeams services.



7 new developments within schools, the
community and statutory services.

“Being part of the Youth Network showed me that what we say matters and can help other girls too.” Leah, age 14

Blimi's Story

Blimi was a bright, sociable, and high-achieving Year 7 student when things suddenly shifted and she began struggling with Emotionally Based School Avoidance (EBSA). While her school tried their best to support her, they did not have established EBSA plan in place and their interventions were not working. At home, Blimi was constantly on edge; her mother described her as incredibly intuitive but deeply anxious, a struggle that had been quietly brewing since her junior school years. Blimi felt the weight of her absence heavily, at one point sadly telling her mother, "Everyone goes to school, but I just can't".

To provide her with a safe, low-pressure space, Blimi joined an art group at Sunbeams. At first, she was so worried about the stigma of not being in school that she would bring her school case to the sessions so it looked like she was coming straight from class. However, she quickly began to settle. Her mother noticed a "real lift" in her spirits, and Blimi called sessions the "highlight of the week."

While the art group provided a calm and confidence-boosting sanctuary, Blimi's journey required a "team around the child" approach. With the gentle encouragement of Sunbeams, Blimi's mother, who had previously been hesitant about "the system", agreed to a referral to CAMHS. When Blimi met her CAMHS clinician she had a significant emotional release. Rather than pushing for an immediate return to the classroom, the clinician advised that Blimi needed "time and love, not pressure". This shift allowed Blimi's mother, who was worried and tense about her daughter's EBSA, to stop "pretending" to be okay and instead truly tune into where Blimi was emotionally.

Over the next few months, the "magic" of this collaborative support began to work. The school met regularly with Blimi's clinician and parents to ensure everyone was following the same plan. By three months the shift was remarkable. Blimi reported that she felt ready to move on; she had returned to school part-time and felt significantly more emotionally settled. Her mother agreed the timing was right, noting that the art group had been a vital bridge back to her confidence. Blimi's story ended on a warm note, with her knowing she had developed the skills to thrive and a support system ready to catch her if she ever needed them again.



Resilient Parents and Families

Some of our mentees shared that often they return from the 'magical place called Sunbeams' and the chaos and stress of their home environment hits them even stronger. So many parents told us that they wished they had better skills and knowledge on how to support their children. Clearly, there is a need to provide parents with guidance, knowledge and skills and help them play their crucial part in their child's journey to success.

As part of our mentoring program, we offer holistic support that provides parents with guidance and improved confidence to navigate crises and adversity. Whether it is a one-off meeting with our consultant clinical child psychologist or frequent check-ins by the Programmes Manager – we'll do whatever it takes to make the mentoring experience and outcomes achievable and sustainable.

"My children have blossomed since starting Sunbeams. They are happier and more confident and feel better with themselves. You have given my girls something that I, in all humility, could never give them." Mrs B

We use our extensive networks and established partnerships to guide parents with onward referrals to welfare advice, CYPMHS and local welfare organisations. As a trusted community organisation, we use our position to build parents' trust and confidence in mainstream early help services such as Hackney SCAC, First Steps and CAMHS.



Holistic support that provides parents with guidance and improved confidence to navigate crises and adversity.



81% of parents reported calmer and more healthy home environments.

Family H's Story

Mrs H, a recent immigrant who only spoke Yiddish, contacted Sunbeams about her 13 year old daughter, Sheindy, who was struggling with intense anger and anxiety. There was frequent shouting at home, difficulty sleeping, and growing tension between mother and daughter. Mrs H felt overwhelmed and unsure how to respond consistently to the outbursts.

As with all referrals, she was offered an initial one to one meeting with our Parent Engagement Manager. From the urgency of her call, it was clear the meeting needed to happen quickly. Initially, Mrs H focused on wanting support to "sort Sheindy out". As trust developed in the confidential, non judgemental space, she shared the wider context she had not mentioned before: Sheindy's father was in the US receiving mental health treatment. Mrs H had told the children very little and had been carrying this largely alone. The support plan shifted from focusing solely on Sheindy's behaviour to strengthening the whole family system. We discussed how uncertainty can heighten anxiety for children and how offering a simple, age appropriate explanation could reduce confusion. Mrs H was hesitant to seek wider help due to concerns about confidentiality. During the meeting, our team phoned Bikur Cholim on speaker so she could hear reassurance directly. With that clarity, she went on to access a support worker and family therapy, which she later described as "transformative".

Alongside this, Sheindy was matched with a mentor who provided a steady weekly space. Sessions became a healthy outlet to release emotions, reduce stress and build confidence through creative activity. Her mood improved and she became more regulated. As Mrs H felt supported and more present at home, conversations became more open and many of Sheindy's earlier behaviours eased. When her father returned seven months later, the family was in a far stronger place. Life felt manageable and supported.





Resilient Schools and Community

The girls and young women we support are part of a community and we need to work in a holistic manner to ensure that they get targeted, professional and consistent support across the board - from their parents, teachers, peers and local community. Using our established partnerships with local schools, welfare organisations and mainstream services, we continue to facilitate multi-disciplinary working around vulnerable and disadvantaged girls and young women.

Mental Health and Wellbeing at School

Following our holistic approach and focus on prevention and promotion of young people's mental health and wellbeing, Sunbeams provides school leads with professional support to develop and improve their 'whole school approach' to wellbeing. By equipping schools with stronger policies and practices, we've created system-wide changes in how schools promote wellbeing and address mental health needs, positively impacting the lives of thousands of girls in the community.

IWAS – Improving Wellbeing at School

The IWAS programme, with generous funding from The Portal Trust, provided structured, culturally competent consultation to help five local schools develop sustainable, whole-school systems for supporting pupil wellbeing. Following a comprehensive initial audit, each school received

regular professional input through monthly visits from a dedicated Clinical Psychologist (community clinician), who guided leadership teams to move beyond crisis management and develop whole school approaches to mental wellbeing. By strengthening policies and building staff confidence, the programme empowered educators to embed mental health awareness into the fabric of the school day, implementing powerful new initiatives such as teacher & me time, central registers for recording student well being data, therapy & referral systems and parent/teacher trainings.

A vital outcome of this work has been bridging the gap between education and healthcare; we have successfully supported staff in navigating and accessing mainstream services, including CAMHS and Hackney's Social Communication Assessment Clinic (SCAC), making specialist support more accessible for every child. Beyond immediate interventions, the program has fostered a culture of "reflective practice," where school leads meet regularly with clinicians to review their progress against evidence-based benchmarks. This shift ensures that wellbeing is not treated as a one-off project, but as a core institutional priority that strengthens the resilience of the entire school community.

Mental Health Network

While individualized school support is at our core, we also focus on creating a community-wide "ecosystem of shared learning" through our Mental Health Network. These forums brought together staff from 26 school departments, providing a rare and valuable space to share best practices and solve challenges collectively.

We delivered biannual high-impact training series that addressed the most pressing issues identified by our users, parents, and teachers. These sessions – led by Dr. Lisa Shostak and co-delivered by educators and parents with lived experience – were designed to move beyond theory. Every session combined clinical teaching with workshop-style application, ensuring that senior leadership teams didn't just leave with knowledge, but with concrete action plans to create mentally healthy environments.

This Year's Mental Health Network Series Included:

Developing pupils emotional regulation skills and reducing the risk of anxiety

Identifying and implementing fundamental principles of behavioral change

In 2025, staff reported:



29 new whole-school policies and practices implemented.



216 girls received early mental health support.

“The mental health network is a vital resource for the local SENCOs. It is the first thing I recommend to New SENCOs; and a training that even experienced SENCOs make time for despite their overwhelming schedules!”
Mrs Esther R, SEND Coordinator

“The new Wellbeing Record-Keeping System is the most impactful change in our school’s recent history” Mrs Chaya E, Headteacher, Beis Rochel Secondary School



53 girls received timely diagnosis of Learning Disabilities/Autism Spectrum Condition.



38 pupils referred to Children and Young Peoples Mental Health Services.



“Sunbeams’
Mental Health
Network is
community-led,
evidence-based
psychological
practice at its
very best.”

Dr Lisa Shostak, Associate Lecturer / Senior Clinical Tutor, CYP-MH
Programmes, Kings College London.

Investing in Volunteers

Our volunteers are young women age 18- 25 who give selflessly each week to support girls in the community. Some act as 1:1 mentors, some are receptionists as our sessions all take place out of office hours and others assist with managing the centre and restocking our activity supplies. Whatever the role, we are committed to providing professional volunteering experiences that not only enable our young women to give, but also to get.

“It feels so good to know I am having a positive impact in someone’s life”

Reisy, Volunteer 2024

All Sunbeams volunteers receive high level training and supervision so they benefit from enhanced knowledge, skills and volunteering opportunities. Besides for basic and mandatory trainings such as safeguarding, induction to Sunbeams etc, our volunteers enjoy in-depths trainings delivered by professionals. These include “Why and how mentoring makes a difference”, “Building young people’s confidence and self-esteem”, or “Supporting my mentee’s mental health”. Volunteers are also given the opportunity to complete unlimited unit awards, short courses and e-learning related to young people’s health and wellbeing and their own personal development with providers such as Prospero Teaching, MindEd and AQA.

Ongoing clinical and non-clinical supervision gives volunteers the opportunity to develop, reflect and improve on transferable life and work skills such as commitment, communication, compassion, work ethic, confidentiality and time management.

In 2024-2025



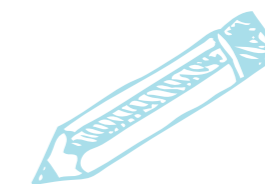
42% of volunteers considered pursuing further education in related areas of child care, counselling and psychology



87% of volunteers improved in time management, commitment and responsibility.



59 women took on similar paid roles in the community as a result of their positive mentoring experience.



99% of volunteers who applied for a job used Sunbeams as a reference.

Goldy's Story

When I was finishing Seminary, I felt like I was stuck behind a wall. I knew I had a lot to give, and my dream was to work in a school or a helping profession, but I had a "quiet" problem that I feared would hold me back forever. Whenever I had to share my thoughts in a group or speak to someone in authority, I would completely freeze. I joined Sunbeams because I wanted to give of myself to a child in the community, but I was also secretly *looking for a way to find my own professional voice.*

The first few weeks were a real test for me. I struggled with the commitment of keeping up with session notes and I worried that I wasn't "expert" enough to be a mentor. But Sunbeams didn't just leave me to figure it out. My Volunteer Coordinator was so supportive: *she gave me a safe space to practice being professional without being judged.* She gave me practical tips and helped me organize my thoughts before meetings.

Clinical supervision sessions with Dr. Lisa Shostak were a game-changer for my confidence. Suddenly, I wasn't just "chatting" with my mentee; I was learning to understand the "why" behind her behavior through a clinical lens. It made me feel like part of a high-level team. Participating in the trainings gave me a toolkit I never had before. I even started completing unit awards and e-learning through Prospero Teaching and MindEd, which made me realize that my voice was a vital part of the support system.

It's now a year later and I cannot believe how much I've grown. Sunbeams prepares you for the workforce in a way no classroom can. I recently had a job interview at a local school, and when they asked for my input on a learning method, I didn't freeze. I spoke up with confidence and clarity. *I'm not just a volunteer anymore; I'm ready to embark on my career with confidence.*



Resilient Organisation

We know that our charity must continue to be there for girls and young women and for the parents, teachers and community who rely on our services to build young people's resilience. Whilst we continue to expand our operations, increase impact and improve service delivery, we recognise that strong foundations will result in a strong offer and even stronger results. Covid-19, followed by the Cost-of-Living Crisis has highlighted how crucial it is to invest in our people, systems, data, technology, funding and resources to ensure we are adaptable, sustainable and crisis-prepared.



This year, Sunbeams was awarded the London Youth Bronze Quality Mark, a nationally recognised standard for high-quality youth provision. The award recognises the strength of our governance, safeguarding, policies and quality assurance systems, and affirms the professionalism and care that underpin our work.

In her assessment feedback, the London Youth Assessment Officer wrote:

“Sunbeams London has done an incredible job bringing their values to life through the London Youth Bronze Quality Mark. Their commitment to empowering girls and young women through mentoring, wellbeing support, and lived-experience leadership really shines through. The attention to detail in demonstrating good practice around safeguarding, inclusion, and positive youth development shows how seriously they take creating a safe and supportive environment.”

Achieving the Bronze Quality Mark is an important milestone for our organisation. It reflects not only the standards we hold ourselves to, but also our continued commitment to delivering safe, effective and accountable support.

Alongside strengthening our systems, we focused intentionally on leadership and succession. We adopted a more distributed approach to leadership, creating opportunities for staff at different levels to grow in confidence, responsibility and strategic understanding. Through reflective training sessions led by Dr Lisa Shostak, staff were supported to identify their strengths, understand their influence within the organisation and explore new areas of development.

Administrative and programme staff were given expanded responsibilities, including increased engagement with parents and young people, leading on key communications, and representing Sunbeams at borough-wide and strategic forums. Project Managers attended external networks and partnership meetings, strengthening both their leadership skills and our external relationships.

As one team member reflected, "Being trusted with greater responsibility has helped me see my own potential and how I can contribute to Sunbeams' future."

Looking ahead, we will continue to:

- ➡ Analyse our board's skills and leadership and its relationship with executive staff to ensure robust governance, clear roles and sustained strategic oversight.
- ➡ Safeguard the charity's future by significantly increasing and diversifying our income streams.
- ➡ Put data and technology at the heart of how we operate.



Financial Review

The Trustees are happy to report organisation incoming resources of £351,444. The year ended with a surplus of £3,853.

Securing funding in the current difficult financial climate has continued to be challenging and The Trustees gratefully acknowledge that the outstanding impact and achievement of the organisation are largely due to the generous support of the following charitable trusts and foundations: BBC Children in Need, City Bridge Trust, Henry Smith CT, J E Joseph CT, London Catalyst Foundation, The Schreier Foundation, The Mayor of London and London Propel, The Portal Trust, The National Lottery Community Fund 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 2025, the organisation held free reserves of £108,188 which is the equivalent of 3.7 months' operating costs.

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

J.D.A 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 23rd February 2026 and signed on their behalf by:



Mrs M Davidovits
Chair

Independent Examiner's report to the trustees of

Sunbeams London Limited

(company number 08580129, charity number 1158753) for the year ended 30 June 2025

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2025 which are set out on pages 54 to 73.

Responsibilities and basis of report

As the charity's trustees (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- 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 methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (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

Date: 26 February 2026

Statement of financial activities

INCOME FROM	Notes	2025			2024		
		Unrestricted Funds £	Restricted Funds £	Total Funds £	Unrestricted Funds £	Restricted Funds £	Total Funds £
Donations & Legacies		25,232		25,232	5,745		5,745
Charitable activities	2						
Mentoring & Parent Engagement		15,368	271,844	287,212	22,750	293,228	315,978
Mental Health & Wellbeing at School		4,000	35,000	39,000		38,800	38,800
Total income		44,600	306,844	351,444	28,495	332,028	360,523
EXPENDITURE ON	3						
Raising funds		17,847		17,847	7,193	10,560	17,753
Mentoring & Parent Engagement			289,554	289,554		258,630	258,630
Mental Health & Wellbeing at School		5,190	35,000	40,190	4,466	38,800	43,266
Total expenditure		23,037	324,554	347,591	11,659	307,990	319,649
Net income for the year	4	21,563	-17,710	3,853	16,836	24,038	40,874
Reconciliation of funds							
Total funds brought forward		98,990	34,712	133,702	82,154	10,674	92,828
Total funds carried forward	10	120,553	17,002	137,555	98,990	34,712	133,702

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 2025

	Notes	2025	2025	2024	2024
	£	£	£	£	£
FIXED ASSETS					
Tangible Assets	7		12,365		13,622
OTHER ASSETS					
Other Fixed Assets	8		15,546		15,546
CURRENT ASSETS					
Debtors/Accrued Revenue	9	25,676		31,077	
Cash at bank and in hand		91,235		102,618	
		116,911		133,695	
LIABILITIES					
Creditors: amount falling due in one year	10	7,267		29,161	
Net current assets/(liabilities)			109,644		104,534
Total Net Assets			137,555		133,702
FUNDS					
Restricted income funds	11		17,002		34,712
Unrestricted income funds			120,553		98,990
Total Charity Funds			137,555		133,702

For the year ending 30 June 2025, 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 23rd February 2026 and are signed on behalf of the board by:


Mina Davidovits
Trustee

1. Accounting Policies

STATUTORY INFORMATION

Sunbeams London Ltd 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 and with the Charities Act 2011.

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.

- Mentoring & Parent Engagement 70%
- Mental Health & Wellbeing at School 20%
- Support costs 8%
- Fundraising costs 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.

- Mentoring & Parent Engagement 80%
- Mental Health & Wellbeing at School 20%

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

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

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 2025 £	Total 2024 £
Mentoring & Parent Engagement				
BBC CIN		21,705	21,705	28,651
City Bridge Trust		11,733	11,733	
Comic Relief				10,803
Compass Wellbeing / NCEL CYPMHS				21,175
Delapage Ltd				19,000
Henry Smith CT		48,300	48,300	47,600
J E Joseph CT	4,000		4,000	3,500
London Catalyst Foundation		4,488	4,488	
Maurice Wohl Foundation				5,000
Peoples Health Trust		3,732	3,732	22,394
The Berkeley Foundation				6,395
The Mayor of London – London Propel		96,528	96,528	91,084
The National Lottery Community Fund		76,158	76,158	30,208
Their World				10,500
Other Smaller Grants	11,368	9,200	20,568	19,670
	15,368	271,844	287,212	315,978
Mental Health & Wellbeing at School				
Delapage Ltd		20,000	20,000	
LB Hackney		15,000	15,000	38,800
Other Smaller Grants	4,000		4,000	
	4,000	35,000	39,000	38,800
Total income from charitable activities	19,368	306,844	326,212	354,778

3. Analysis of Expenditure

	Raising Funds £	Mentoring & Parent Engagement £	Mental Health & Wellbeing at School £	Governance £	Support Costs £	2025 £	2024 £
Direct Expenditure							
Staff Costs	15,980	124,773	23,129	250	7,652	171,784	126,824
Premises Costs	651	26,476	3,406		2,605	33,139	46,148
Office Running Costs	290	10,157	2,902		1,161	14,510	11,722
Training & Development	293	27,527	5,742		32	33,595	38,084
Publicity	96	2,776	716		292	3,880	9,280
Accountancy Fees				1,200		1,200	1,080
Legal & Professional Fees	111	7,468	1,105		442	9,126	4,788
Weekly Mentoring Sessions		70,908				70,908	68,228
Volunteer Events & Gifts		3,359				3,359	6,785
Depreciation	426	5,056	426		183	6,091	6,709
Total Expenditure (by cost centre)	17,847	278,500	37,427	1,450	12,367	347,591	319,649

3. Analysis of Expenditure II

	Raising Funds	Mentoring & Parent Engagement	Mental Health & Wellbeing at School	Governance	Support Costs	2025	2024
	£	£	£	£	£	£	£
Staff Costs		6,122	1,530				
Premises Costs		2,084	521				
Office Running Costs		929	232				
Training & Development		26	6				
Publicity		234	58				
Legal & Professional Fees		354	88				
Depreciation		146	37				
Governance Costs		1,160	290	1,450			
Total Support Costs		9,894	2,473		12,367		
Total Resources Expended (including support costs)	17,847	289,554	40,190			347,591	319,649

4. Net Income for The Year

This is stated after charging:	2025	2024
Depreciation	6,090	6,709

5. Independent Examination Fees

Fees payable to the independent examiner for:	2025	2024
Costs of external scrutiny	1,200	1,080
Provision of other financial services	1,520	990
Total	2,720	2,070

6. Staff Costs and Emoluments

Total staff costs were as follows:	2025	2024
Wages and salaries:	143,193	95,601
Sessional Staff	28,591	31,223
	171,784	126,824

- No employee received more than £60,000 during the year (2024:Nil)
- The average number of employees during the year was 7 (2024:6)

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

Cost	Equipment	Refurbishments	Furniture & Fittings	Total
At 1 July 2024	8,477	27,785	17,232	53,494
Additions	1,748	1,642	1,443	4,833
At 30 June 2025	10,225	29,427	18,675	58,326
Depreciation				
At 1 July 2024	6,629	21,892	11,350	39,871
Charge for the year	1,187	2,486	2,417	6,090
At 30 June 2025	7,816	24,378	13,767	45,962
Net Book Value				
At 30 June 2025	2,409	5,048	4,907	12,365
At 30 June 2024	1,848	5,893	5,882	13,623

8. Other Fixed Assets

	2025	2024
Security and Damages Deposit	15,546	15,546

9. Debtors

	2025	2024
Prepaid Expenses	7,276	7,277
Accrued Income	18,400	23,800
Total	25,676	31,077

10. Creditors- Amount Falling Due Within One Year

	2025	2024
Trade Creditors	134	8,390
Other Creditors	7,132	20,770
Total	7,267	29,160

11. Analysis of Charitable Funds

	At 1 July 2024	Income	Expenditure	At 30 June 2025
Unrestricted Funds				
General Funds	98,990	44,600	-23,037	120,553
Restricted Funds				
Restricted Funds	34,712	306,844	-324,554	17,002
Total Funds	133,702	351,444	-347,591	137,555

12. Commitments Under Operating Leases

- At 30 June, the charity was committed to total future minimum lease payments under non-cancellable operating leases for each of the following periods:

	2025	2024
	Land & Buildings	Land & Buildings
Not later than one year	29,953	28,080
Later than one year and not later than five years	138,600	
Later than five years		
Total	168,553	28,080

13. 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.

14. Related Party Transactions

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

Reference and Administrative Details



Registered charity name	Sunbeams London Ltd
Charity registration number	1158753
Company registration number	08580129
Principal office and registered Office	97 Stamford Hill London N16 5DN
The Trustees	Mrs M Davidovits Mrs R Reich Mrs J Zwiebel Mrs C Moskowitz
Accountants	JDA Cowan, BA FCA Albeck Limited 49 Mowbray Road Edgware Middlesex HA8 8JL

