

Directors Report – NFPTA - Year ending December 2021

Our last AGM was held virtually via Zoom digital meeting, which enabled attendance by international members. We were fortunate to have Dr. Emily Ferguson, who presented on Fertility and Epigenetics, provided a wealth of information on this important topic. A general forum meeting followed with discussion on topics raised by members. The official AGM business including Chair, Treasurer, and officer reports followed and the year end 2020 accounts were accepted. A new committee member was recruited following the AGM and we welcome Jess Dzjebic from Australia to our expanding group.

During the year, the committee held monthly digital meetings in pursuit of Charity business. Summary notes are recorded at each meeting and the Association have made considerable strides on aspects of the strategy and business plan.

We continue to see increasing interest in our online NFP teacher training course and students hailed from a variety of countries during 2021: to name a few: Australia, Israel, America, Namibia, Hungary, Sweden, Germany. Twenty Eight students were trained in 2021. We have a very active waiting list and realizing the importance of training as many students as possible to further expand the knowledge, I am pleased to report that we have now recruited three new tutors to assist in this effort: Jess, Monika and Lisa. We are able to offer sponsorship on the course and the committee are grateful for the generous donation in which to offer this aspect to students.

Following the annual review of student evaluations, the committee agreed on a programme of course updating, and all tutors were instrumental in these efforts but particular mention to Dr Olive Duddy for her time and efforts in updating materials to better reflect current formatting etc.

The committee agreed to updating the Guidebooks and Chart books and members are very welcome to request copies for themselves and clients through the contact page of the website: www.nfpta.org.uk for a nominal posting charge. This reinforcement of the process is particularly helpful for clients and those interested in learning a little more of the method.

The Association held a digital forum meeting for all members and interested parties on the “Effects and Impacts of the Pill”. In the Spring of 2021. The meeting was very well attended and subsequently recorded, with lively discussion and sharing of views and research.

Networking continues with regular contact with CMA via C Kerr, discussion with Billings UK teacher in respect of information sharing; attendance of members at IEEF General Assembly etc etc.

I copy below the exciting details of the NFPTA commissioning project

INTRODUCTION TO RESEARCH

- **“Perceived benefits and challenges of Fertility Awareness and menstrual cycle charting: physical, psychological and spiritual”.**
Imose

Dr Agata Kowalska In this short article I would like to present the research project which the NFPTA has recently commissioned and which I have the pleasure of developing. Over the course of this year, together with some Committee members we have thought a lot about the topic of the project in order to make it relevant, interesting and at the same time feasible. We decided to title it: "Perceived benefits and challenges of fertility awareness-based methods: physical, psychological and spiritual". Here are some ideas which guided our decision and informed the method of delivering the project. Fertility awareness and modern fertility awareness-based methods (FABM) of birth control are in the process of being rediscovered, despite the fact that they had been used by some groups of women for much longer. The new surge of interest in the natural methods of family planning has been partly influenced by changing social attitudes and growing awareness of the negative effects of hormonal contraception, and, hence, the need for an alternative method (Manhart et al., 2013; Simmons et al., 2020). What is more, many benefits of practising fertility awareness, FABM and more specifically natural family planning have been observed by the users, ranging from physical to relational and emotional (Fehring et al., 1989). Additionally, there is a growing body of evidence showing that changes in the menstrual cycle, with special attention to ovulation, are intimately linked to the health status of a woman and can provide invaluable information to medical professionals (American Academy of Pediatrics & American College of Obstetricians and Gynecologists, 2006; Hendrickson-Jack, 2019). The intimate link between the hormone levels over the menstrual cycle, psychological well-being, emotions and behaviour has been proposed and investigated, notably from the point of view of mental health (Poromaa and Gingnell, 2014). At the same time, many difficulties connected to the use of FABM, especially in avoiding pregnancy, have been mentioned in literature (Fehring et al., 2012). In our study we would like to investigate the benefits and challenges of fertility awareness and menstrual cycle charting as perceived by the women using them. The study will aim to design an online questionnaire based on benefits and 5 challenges of FABM cited in the scientific literature. After that stage, the questionnaire will be piloted in a small group of women and experts in order to correct any obvious problems and finalise it.

A further inspiring project of the NFPTA is collaboration with Read Your Body App. Our committee member Lisa, has spearheaded efforts in this direction and I detail below her report:

READ YOUR BODY APP Lisa Sherratt

Read Your Body is a non-profit menstrual cycle tracking app created for women by women, founded by Laura Robson a Fertility Awareness Educator and longtime cycle charter the app was crowdfunded by its users and is a collaboration of users from around the world. Read Your Body doesn't give any predictions and is completely reliant on the user entering data using the rules from their chosen method. 13 The app has an option for instructors to create their own framework which they can share with their clients, Laura approached the NFPTA UK committee to ask if we would like to have our own rules set clearly in a framework to ensure that any NFPTA UK trained instructor is sharing the rules as we would teach them. We have worked with Laura to create our own

framework for the app, this will allow students, teachers and their clients to fill out the data section on the app and see it in chart view as it would appear on our paper charts. The app still requires the user to be taught by an NFPTA UK instructor in order to be used effectively. A few instructors have trialled this already and we are looking for more volunteers to test the way it works. We need suggestions for any changes, so we can move on, and consider whether to take the app framework forward and roll it out more widely. By working in collaboration with Read Your Body we hopefully make the NFPTA UK method more widely available and attract more users to learning and using our method. We would have our details on the Read Your Body website and in return have their information on our website. We would also ensure that any instructors are also aware of how to use the app if they would like to do so. More information can be found about Read Your Body on their website - <https://www.readyourbody.info/>.

We continue to produce and publicise a bi annual News letter for members, content this year including: Genetics and Epigenetics, Research, Infertility = a personal story; PMS, teaching FABM for ADHS, Couple beads and other interesting articles. Our committee member Carrie edits and produces these publications.

Our website traffic continues to improve numbering in the 5=6 thousands with visitations from over 100 countries.

We continue to receive the professional support and assistance from our Administrator Eric Regala, who undertakes many duties in support of the NFPTA; website support and enquiries, course administration, newsletter assistance, fielding requests from website and forum administration.

Future Plans/Strategies

Strategy:

- To extend our sphere of influence: network, marketing, Churches (all faiths).
- to update teaching to incorporate new and expanding technologies: ie infertility, birth control impacts etc.
- To promote dissemination of knowledge
- To promote and increase membership of the Association.

Markets:

- Health professionals
- Ecology Groups
- Moral users - inc: Church
- Infertility Clients
- International Students.
- Word of Mouth

Current Position:

Commencement - Voluntary Organisation teaching since 1984.

- Limited membership

- Expanding international interest
- Limited interest UK
- New committee members joining the management team
- Three new tutors trialling February 2022 course
- Increasing interest in online course

Target Position:

- Improvements on all current positions.

Development Plans:

- Development not limited to:
- upgrade/update course – work in progress;
- Commissioning research project – work in progress
- Investigation and review of RYB App – Association to endorse.
- Attracting assistance in support of the bi-annual News letter

In addition:

- Increase membership of the Association.
- Continue to attract new committee members
- Promotion
- Younger members
- Widen support base.
- Increase collaboration with NFPTA Ireland
- Network

The Association are excited with the progress we have made over the last year and welcome new team members to further our aim of widespread dissemination and knowledge of fertility and its many benefits to health and society in general.

We hope during 2022 to consolidate all positions and progress with the gains achieved over the past year, not limited to but with a focus on: Research Project, RYB app collaboration and course upgrade.

Registered number
04130579

Natural Family Planning Teachers Association

Report and Accounts

31 December 2021

Natural Family Planning Teachers Association
Report and accounts
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Natural Family Planning Teachers Association**Registered number: 04130579****Directors' Report**

The directors present their report and accounts for the year ended 31 December 2021.

Principal activities

The company's principal activity during the year continued to be the training of Natural Family Planning.

Directors

The following persons served as directors during the year:

Mrs C Bergess

Ruth Young

Dr Imose Itua

Lillian Wajera

Carolyn Kerr

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 20 July 2022 and signed on its behalf.

Mrs C Bergess

Director

Natural Family Planning Teachers Association Accountants' Report

Accountants' report to the directors of Natural Family Planning Teachers Association

You consider that the company is exempt from an audit for the year ended 31 December 2021. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Balance Sheet and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Able Consulting Services Limited
Accountants

2 Fernycourt
Waterloo Road
Cardiff
CF23 9BU

20-Jul-22

Natural Family Planning Teachers Association
Profit and Loss Account
for the year ended 31 December 2021

| | 2021 £ | 2020 £ |
|--------------------------|-------------------------|-------------------------|
| Charitable income | 27,242 | 14,670 |
| Cost of income | (3,926) | (1,949) |
| Gross profit | <u>23,316</u> | <u>12,721</u> |
| Administrative expenses | (25,869) | (14,481) |
| Operating profit | <u>(2,553)</u> | <u>(1,760)</u> |
| Interest receivable | 18 | 302 |
| Profit before tax | <u>(2,535)</u> | <u>(1,458)</u> |
| Taxation | - | - |
| Net loss for year | <u><u>(2,535)</u></u> | <u><u>(1,458)</u></u> |

Natural Family Planning Teachers Association**Registered number:** 04130579**Balance Sheet****as at 31 December 2021**

| | Notes | 2021 £ | 2020 £ |
|-----------------------------|-------|----------------|----------------|
| Current assets | | | |
| Debtors | 4 | 6,025 | 6,025 |
| Cash at bank and in hand | | 117,974 | 120,509 |
| | | <u>123,999</u> | <u>126,534</u> |
| Net current assets | | <u>123,999</u> | <u>126,534</u> |
| Net assets | | <u>123,999</u> | <u>126,534</u> |
| Capital and reserves | | | |
| Profit and loss account | | 123,999 | 126,534 |
| Total reserves | | <u>123,999</u> | <u>126,534</u> |

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Mrs C Bergess

Director

Approved by the board on 20 July 2022

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

| | |
|---------------------|-------------------|
| Plant and machinery | 25% Straight line |
|---------------------|-------------------|

| 2021 | 2020 |
|--------|--------|
| Number | Number |

| | | |
|---------------------------------------------------|---|---|
| Average number of persons employed by the company | - | - |
|---------------------------------------------------|---|---|

**Plant and
machinery
etc
£**

| | |
|---------------------|-----|
| At 1 January 2021 | 219 |
| At 31 December 2021 | 219 |

| | |
|---------------------|-----|
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| | |
|---------------------|---|
| At 31 December 2021 | - |
|---------------------|---|

| 2021 | 2020 |
|------|------|
| £ | £ |

| | | |
|---------------|-------|-------|
| Other debtors | 6,025 | 6,025 |
|---------------|-------|-------|

Natural Family Planning Teachers Association is a private company limited by guarantee without a share capital. Its registered office is:

Temple Court
13a Cathedral Road
Cardiff
CF11 9HA

The company is also a registered charity with the Charities Commission. The Charity registration number is 1086462. A full Trustees Report can be seen on the Charities Commission website.

Natural Family Planning Teachers Association
Detailed profit and loss account
for the year ended 31 December 2021
This schedule does not form part of the statutory accounts

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| Cost of income | | |
| Other direct costs | <u>3,926</u> | <u>1,949</u> |
| Administrative expenses | | |
| Employee costs: | | |
| Travel and subsistence | - | 140 |
| | <u>-</u> | <u>140</u> |
| General administrative expenses: | | |
| Stationery and printing | 381 | 234 |
| Information and publications | 885 | - |
| Subscriptions and donations | - | 433 |
| Bank charges | 395 | 40 |
| Online course development | 22,100 | 12,000 |
| Website | 1,533 | 173 |
| Sundry expenses | - | 176 |
| | <u>25,294</u> | <u>13,056</u> |
| Legal and professional costs: | | |
| Accountancy fees | 250 | 250 |
| Advertising and PR | 125 | 1,035 |
| Other legal and professional | 200 | - |
| | <u>575</u> | <u>1,285</u> |
| | <u>25,869</u> | <u>14,481</u> |

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