

Office

COMPANY REGISTRATION NUMBER: 04130579
CHARITY REGISTRATION NUMBER: 1086462

Natural Family Planning Teachers Association
Company Limited by Guarantee
Financial Statements
31 December 2024

GORDON DOWN ACCOUNTANTS
Chartered accountant & statutory auditor
Temple Court
13a Cathedral Road
Cardiff
CF11 9HA

Natural Family Planning Teachers Association

Company Limited by Guarantee

Financial Statements

Year ended 31 December 2024

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Natural Family Planning Teachers Association

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 December 2024

The trustees, who are also the directors for the purposes of company law, present their report and the financial statements of the charity for the year ended 31 December 2024.

Reference and administrative details

Registered charity name Natural Family Planning Teachers Association

Charity registration number 1086462

Company registration number 04130579

Principal office and registered office

Temple Court
13a Cathedral Road
Cardiff
CF11 9HA

The trustees

Christine Bergess
Ruth Young
Carolyn Kerr
Lilian Wajero
Imose Itua

Accountant

Gordon Down Accountants

Temple Court
13a Cathedral Road
Cardiff
CF11 9HA

Natural Family Planning Teachers Association

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Structure, governance and management

Governing Document

The organization is a charitable company limited by guarantee, incorporated on 22 December 2000 and registered as a charity in 1984. The company was established under a Memorandum of Association which established the objectives and powers of the charitable company and it governed under its Articles of Association.

Recruitment and Appointment of Trustees

The directors of the company are also charity trustees for the purpose of charity law and under the company's Articles are known as members of the Management Board. Under the requirements of the Memorandum and Articles of Association, the members of the Management Board are elected to serve for a period of 3 years after which they must be re-elected at the next Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity.

Trustee induction and training

Trustees are already familiar with the practical work of the charity.

Additionally, new trustees are advised of:

- ☐ The obligations of Management Committee members
- ☐ The main documents which set out the operational framework for the charity including the Memorandum and Articles
- ☐ Resourcing and the current financial position as set out in the latest published accounts and quarterly management reports.
- ☐ Future plans and objectives.

Organisational structure

The Charity is governed by its Trustees, who meet regularly to review all Association affairs.

Key management remuneration

The board of Trustees are considered to be the key management personnel of the Charity. Details of payments to/from Trustees are disclosed in note 15 to the accounts. Payments to key management personnel are given in note 14. The level of payment made to all key management personnel is reviewed annually by the Trustees.

Risk Management

The Management Committee has conducted a review of the major risks to which the charity is exposed. A risk register has been established and is updated annually at the management meeting January 2024, where appropriate systems or procedures have been established to mitigate the risks the Charity faces.

Policy Statement:

Our commitment The NFPTA is committed to the responsible identification and management of risks which may arise during the delivery of services and the general management of the charity. Specifically, we will review risk once annually at Management meetings.

Natural Family Planning Teachers Association

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Procedures:

A risk management plan is maintained for our association which lists identified risks and actions we will take to control or minimise those risks.

The management team are responsible for developing and maintaining the risk management policy.

Risks:

Mitigation:

Strategy:

Create a strategic plan, key aims, objectives and priorities

Financial controls:

Agree financial procedures; review regularly reserves & investment.

Cash flow sensitivities:

Ensure adequate information flow, monitor arrangements & reports; consider diversification.

Investments:

Review & agree investment policy; obtain professional advice; consider diversity, prudence & liquidity. Implement adequate reserves policy.

Fraud/error:

Review financial controls.

Relationship with funders:

Ensure regular contact and briefings to major funders. Report fully on projects, meet funders Terms and Conditions.

Compliance with legislation:

Identify key legal/regulatory requirements; monitor legal changes.

Objectives and activities

Purposes and aims

The aims and objects of the charity are:

To provide a teaching, lecturing and training service in Natural Family Planning and Fertility Awareness education for women, couples, healthcare professionals, hospitals and universities.

We are committed to promoting Fertility Awareness education through the dissemination of knowledge and provision of teacher training courses.

The Association creates an accessible and supporting learning environment.

Achievements and performance

The committee hold regular zoom virtual meetings and in person meetings in Birmingham in addition to annual AGM/Skills, update days in the Autumn.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

The NFPTA management committee are pleased to report the continuing achievements and aims of the Association

Highlights:

- ❖ Online Teacher Training Courses
- ❖ Research Projects x 3
- ❖ Read Your Body App collaboration - NFPTA endorsement and app with NFPTA rules

- ❖ Advertisements within University hospital media
- ❖ IEEF conference
- ❖ AGM/Skills Update day NFPTA - October 23
- ❖ Planning for AGM/Skills update – October 2024
- ❖ Website traffic 2022-23: 5353 total visits: from: USA; UK; Australia; Canada and others.
- ❖ Google form membership and updates for teachers
- ❖ Teacher requests
- ❖ Administration
- ❖ Resource document
- ❖ Biannual newsletter
- ❖ Website – back to roots documents
- ❖ Regular zoom management meetings

Online course:

We continue to offer two teacher training courses: February and July (September 24);

We trained 35 teachers last year from a variety of countries including Australia, Israel, USA, Uzbekistan and increasingly UK including professionals from the NHS. This year – 2024, the interest from NHS continues with several Obs/Gyn consultants/nurses.

We have an active waiting list and 8 tutors providing support and collaboration as we update the course with timely and focused information in the fertility field.

Research Projects

Research Study 1:

• Factors Influencing the Perceived increase in use of FABMs: a case study analysis

The Association have commissioned a Research Project entitled: "Perceived benefits and challenges of Fertility Awareness and menstrual cycle charting: A review of literature is taking place with report to follow. Dr Itua; Dr Dowejko, L Wajero.

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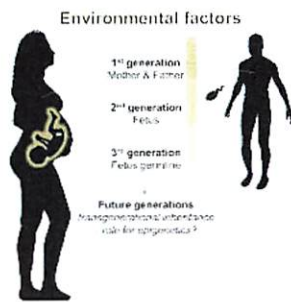
Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Research Study 2.

Ovarian epigenetic changes influenced by hormone-based contraceptives (HBC)

..... the increased usage of HBC is thought to be one of the main drivers of the significant rise in the prevalence of ASD. Dr Dowejko; Dr Itua



Research Study 3:

• The Impact of Widely Prescribed Medications on Female Fertility: Document Analysis of Regulatory Standards

A comprehensive study inclusive of the effects on cervical mucus through prescription medication.

Read Your Body App

Our committee member Lisa Sherratt has spearheaded efforts in the collaboration of NFPTA and RYB to endorse this app, which details the rules/restrictions of the NFPTA. Lisa reports:

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/>.



IEEF Conference

Committee members attended the conference in Italy on behalf of the Association in October 2024 and participated in lectures and presentations. Highlights included:

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Prof Dr Eric Schneider "Interactions between Vitamins and sex hormones.; micronutrients vital and particularly the minerals Calcium, Potassium, Sodium, Magnesium, Phosphates.

Dr Yolanda Fernandez: "Knowledge of Fertility, Reproductive Health and Family Life". began with the happy statistic of 966 million women worldwide using the NFP method (World Family Planning 2022);

See a report in the Newsletter Autumn 2023, obtainable

AGM/Skills update - October 2023

The committee held their annual meeting in Birmingham with a full and varied programme; highlights included:

Prof Micaela Menarguez worked many years with Professor Odeblad. The presentation followed the structure of the paper "The Biology of the Cervix". Micaela spoke of the care of nature on the selection and filtering of sperm via the CM; Professor Odeblad: "the cervix is an organ of great biological complexity and very precise functions, sensitive to infections and external factors (such as HBC)".

Additional speakers included Suzy Sherratt D.N.N. on Nutrition, Fertility and synthetic hormones; Dr Monika Dowejko presented on Epigenetics – the subject of one of our research projects; Apps update and general administrative reports.

The committee discuss and agree on speakers/presenters and presentations for the annual AGM/Skills Update with a focus for 2024 on Menopause, nutrition, abnormal charts, contraception and processed food and its impact. We are excited to present a varied and motivational content.

Resource Document

Our committee member Carolyn Kerr instituted an extensive project to compile a comprehensive:

LIST OF WEBSITES FOR NATURAL FAMILY PLANNING AND RELATED TOPICS

- Please see website for details: www.nfpta.org.uk

Newsletter

The Association produce a biannual newsletter for all members edited by Carolyn Kerr. Many varied items of interest are included in each edition. This year topics include: Menopause, IEEF conference updates, history of NFPTA; RYB App. See website for back copies. www.nfpta.org.uk

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Teacher Requests

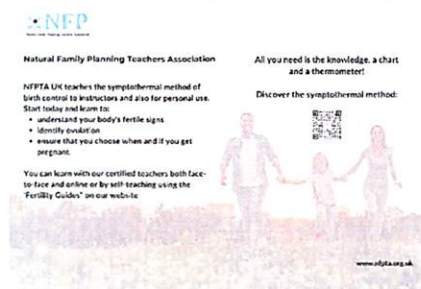
We support enquirers searching for qualified teachers and request members get in touch through the website if they would be able to assist in this area. Ruth Young spends considerable time in linking enquirers with teachers and this is a vital part of our service. We are pleased to report that a new, streamlined live membership document - Google Membership Form – created by Lisa Sherratt, has recently been rolled out to members and will assist in this work and provide essential information for the Association on the status of teachers and members.

Management Meetings

The NFPTA management committee met in person in March 2024 and hold zoom meetings every 6 weeks to discuss and conduct the business of the Association for the benefit of all members, teachers and the wider public/community.

Miscellaneous Items:

- ❖ We continue to receive the professional support and assistance from our Administrator Eric Regala, who undertakes many duties in support of the NFPTA: website and enquiries.,
- ❖ NFPTA finances - Our Auditors: Laurence Cohen Accountants compile annual accounts and the management committee review quarterly reports on the Associations income and expenditure.
- ❖ NFPTA presentation of history of NFP and NFPTA research to Belarus Training Course Summer 2024 by Dr Olive Duddy and Christine Bergess.
- ❖ NFPTA promotion advertisement in NHS hospital magazine.
- ❖ Website traffic continues to achieve 5,000+ per year for the last 5 years. Referrals from websites predominate with a total of 40+ sending visitors in the last year.



Natural Family Planning Teachers Association

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Future plans:

- ❖ To continue to train NFP teachers and promote the system worldwide.
- ❖ To continue to upgrade the online course with additional information and resources
- ❖ To network with sister organisations in spreading the skills of bodily awareness and health.
To continue with research in areas connected to the Association remit
- ❖ To encourage members to be active and be aware of the support available by the Association.
- ❖ To continue both zoom and face to face regular meetings to ensure active participation from all in our community.
- ❖ To extend knowledge in the field for teachers, students and the public.
- ❖ To attract more volunteers assisting in the aims and vision of the NFPTA.
- ❖ To endorse the upgraded RYB app and roll out to all teachers and students for use for those interested in using technology for charting.

Trustees are confident that we are discharging our duties:

- ❖ carrying out the purposes of the Charity for public benefit;
- ❖ complying with governing documents (articles and memoranda of Association) and law;
- ❖ act in the charities best interest;
- ❖ is accountable; manage resources responsibility; act with reasonable care and skill.

With grateful thanks to our committee members: Olive, Imose, Ruth, Carolyn, Lilian, Lisa, Jess, Monika, Maya, Weronika and Flora. Thank you all for your efforts, contributions and commitment.

Please consider joining the committee – international teachers and members very welcome.



Christine Bergess
Chair

NFPTA - December 2024

Natural Family Planning Teachers Association

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Future Plans/Strategies:

Strategy:

- To extend our sphere of influence via networking;
- to update teaching to incorporate new and expanding technologies: 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 1982.

- Expanding international interest.
- Limited membership
- Increase interest UK
- New committee members joining the management team
- New tutors trialling 2023 course; establishing recent additions to Tutor team, total now 9.
- Increasing interest in online course
- Increasing requests for teachers via our contact page on website.
- System upgrade to match teacher requests to existing teachers.
- Reference resource for clients and organisations of FABM/NFP

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 Newsletter.

In addition:

- Increase membership of Association.
 - Continue to attract new committee members
 - Promotion
 - Younger members.
 - Widen support base.
 - Network
-

Natural Family Planning Teachers Association

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 December 2024

Financial review

The charity's total income for the year amounted to £31,500 (2023 - £33,899). There was no restricted income for the year. Any unspent revenue income is carried forward to next year, as at 31st December 2024 restricted reserves were £98,396. The total unrestricted funds at the year-end represent the charity's free reserves and amounted to £98,396 (2023 - £107,852).

Reserves policy

In the trustees' view, the reserves should provide the charity with adequate financial stability and the means for it to meet its charitable objectives for the foreseeable future.

The trustees will review the amount of reserves that are required to ensure that they are adequate to fulfill the charity's continuing obligations on a regular basis.

Going concern

Having considered budgets for the next twelve months, the Trustees are confident that the Charity will continue to meet its liabilities as they fall due for the foreseeable future and consider that there are no material uncertainties about its ability to continue as a going concern. It is therefore considered appropriate by the Trustees to prepare the financial statements on a going concern basis.

Trustees' responsibilities statement

The trustees, who are also directors for the purposes of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the incoming resources and application of resources, including the income and expenditure, for that period.

In preparing these financial statements, the trustees are required to:

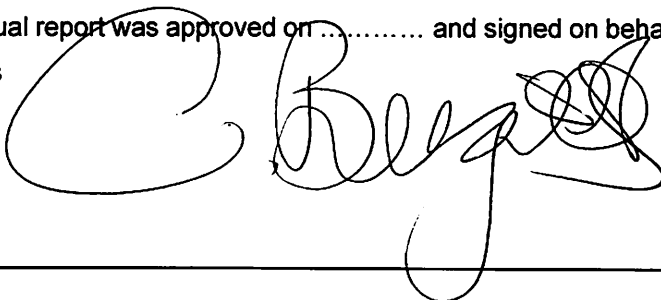
- ☐ select suitable accounting policies and then apply them consistently;
- ☐ observe the methods and principles in the applicable Charities SORP;
- ☐ make judgments and accounting estimates that are reasonable and prudent;
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

Small company provisions

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

The trustees' annual report was approved on and signed on behalf of the board of trustees by:

Christine Bergess
Chairperson



Natural Family Planning Teachers Association

Company Limited by Guarantee

Independent Examiner's Report to the Members of Natural Family Planning Teachers Association

Year ended 31 December 2024

I report on the accounts of the charity for the year ended 31 December 2024 set out on pages 9 to 16

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also directors of Natural Family Planning Teachers Association for the purpose of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 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) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiners 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 I do not express an audit opinion on whether the accounts present a 'true and fair view'.

Independent Examiners Statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the trustees have not met the requirements to ensure that:
- proper accounting records are kept (in accordance with section 386 of the Companies Act 2006); and
 - accounts are prepared which agree with the accounting records, and comply with the accounting requirements of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (revised 2005);

or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed  Date 14/4/2015

L.S. Cohen FCA

Independent Examiner
Gordon Down Accountants
Temple Court
13a Cathedral Road
Cardiff
CF11 9HA

Natural Family Planning Teachers Association

Company Limited by Guarantee

Statement of Financial Activities

(including income and expenditure account)

Year ended 31 December 2024

		2024		2023	
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	-	-	-	-
Charitable activities	6	-	-	-	-
Investment income	7	4,711	-	4,711	4,410
Other income	8	<u>26,789</u>	-	<u>26,789</u>	<u>29,489</u>
Total income		<u>31,500</u>	<u>-</u>	<u>31,500</u>	<u>33,899</u>
Expenditure					
Expenditure on charitable activities	9,10	<u>40,784</u>	-	<u>40,784</u>	<u>36,540</u>
Total expenditure		40,784	-	40,784	36,540
Net income and net movement in funds		<u>(9,456)</u>	<u>-</u>	<u>(9,456)</u>	<u>(2,641)</u>
Reconciliation of funds					
Total funds brought forward		<u>107,852</u>	-	<u>107,852</u>	<u>110,493</u>
Total funds carried forward		<u>98,396</u>	<u>-</u>	<u>98,396</u>	<u>107,852</u>

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

The notes on pages 14-19 form part of these financial statements.

Natural Family Planning Teachers Association

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Statement of Financial Position

Year ended 31 December 2024

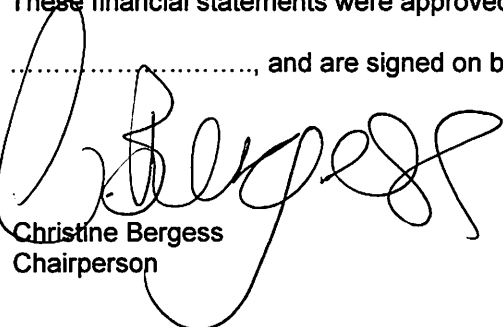
	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	16	-	-
Current assets			
Cash at bank and in hand		98,396	104,027
Prepayments		-	3,825
Net current assets		<u>98,396</u>	<u>107,852</u>
Total assets less current liabilities		<u>98,396</u>	<u>107,852</u>
Net assets		<u>98,396</u>	<u>107,852</u>
Funds of the charity			
Unrestricted funds		98,396	107,852
Total charity funds	18	<u>98,396</u>	<u>107,852</u>

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006. The directors acknowledge their responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts 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

....., and are signed on behalf of the board by:



Christine Bergess
Chairperson

The notes on pages 14-19 form part of these financial statements.

Natural Family Planning Teachers Association

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 December 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Temple Court, 13a Cathedral Road, Cardiff, CF11 9HA.

2. Statement of compliance

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

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment's.

Natural Family Planning Teachers Association

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- ☐ income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- ☐ legacy income is recognised when receipt is probable and entitlement is established.
- ☐ income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- ☐ income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- ☐ expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- ☐ expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- ☐ other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Natural Family Planning Teachers Association

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Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

3. Accounting policies *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities.

A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Equipment - 33% straight line

4. Limited by guarantee

The company is limited by guarantee and does not have a share capital. The liability of the members in the event of the company being liquidated is limited to £1 per member.

5. Donations and legacies

	Unrestricted Funds £	£	Unrestricted Funds £	Total Funds 2023 £
Donations				
	<hr/>	<hr/>	<hr/>	<hr/>
	<hr/>	<hr/>	<hr/>	<hr/>

6. Charitable activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Income	<hr/>	<hr/>	<hr/>	<hr/>
		-	-	-

Natural Family Planning Teachers Association

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Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

7. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	4,711	4,711	4,410	4,410

8. Other income-

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Other income-Course fees/Membership Fee	26,789	26,789	29,489	29,489

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Activity type 1	40,956		36,540
	40,956		36,540

10. Expenditure on charitable activities by activity type

	Total funds 2024 £	Total fund 2023 £
Activity type 1	40,956	36,540
	40,956	36,540

11. Net income

Net income is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets	-	-

Natural Family Planning Teachers Association

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Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

12. Accountants remuneration

	2024	2023
	£	£
Fees payable for the audit of the financial statements	340	320

13. Staff costs

There are no staff costs as all staff are volunteers

14. Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity.

15. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustee.

16. Tangible fixed assets

	Equipment £	Total £
Cost		
At 1 January 2023	219	219
Additions	-	-
At 31 December 2024	219	219
Depreciation		
At 1 January 2023	219	219
Charge for period	-	-
At 31 December 2024	219	219
NBV at 31 December 2024	-	-
NBV at 31 December 2023	-	-

17. Pensions and other post-retirement benefits

There are no pension costs.

Natural Family Planning Teachers Association

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Notes to the Financial Statements *(continued)*

Year ended 31 December 2024

18. Analysis of charitable funds

	At 1 January 2024 £	Income £	Expenditure £	At 31 December 2024 £
Unrestricted funds				
General funds	<u>107,852</u>	<u>31,500</u>	<u>40,956</u>	<u>98,396</u>

19. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Endowment funds £	Total funds 2024 £
Current assets	98,396	-	-	98,396
Net Assets	<u>98,396</u>	<u>-</u>	<u>-</u>	<u>98,396</u>