

UK FRIENDS OF NATAL

England & Wales · Charity number 1137662

Details

Status Registered

Legal form Trust

Registered 2010-08-27

Register [View on the Charity Commission register](#)

Contact

Address Hillsdown Holdings
32 Hampstead High Street
London
NW3 1QD

Phone 02073178980

Activities

Objects: THE TRUSTEES SHALL HOLD THE TRUST FUND AND ITS INCOME UPON TRUST TO APPLY THEM FOR THE FOLLOWING OBJECTS ("THE OBJECTS"): TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SUFFERERS AND THEIR FAMILIES OF TRAUMA AND POST TRAUMATIC STRESS DISORDER (PTSD) THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT, TREATMENT, EDUCATION AND PRACTICAL ADVICE.

Activities: To protect the physical and mental health of sufferers of Post Traumatic Stress Disorder (PTSD) and their families through the provision of, emotional and psycho-therapeutic support and treatment, education and practical advice.

Classification

- **How:** Makes Grants To Organisations
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, NATIONAL
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£96,044	£79,268	-	-
2023-12-31	£153,589	£11	-	-
2022-12-31	£7,448	£7,556	-	-
2021-12-31	£11,000	£11,000	-	-
2020-12-31	£0	£15	-	-

Trustees

Name	Role	Appointed
ALAN JACOBS	Chair	
GEOFFREY R JAYSON		
Jo Rosenthal		2025-05-01
Lydia Engler		2025-08-22
Nicholas Sunshine		2025-08-26

UK FRIENDS OF NATAL

England & Wales - Charity number 1137662

Accounts

Charity Registration No. 1137662
(England and Wales)

UK FRIENDS OF NATAL

Unaudited Annual Report and
Financial Statements

For the Year Ended
31 December 2024

UK FRIENDS OF NATAL

CONTENTS

	Page
Reference and Administrative details of the charity, its trustees and advisers	1
Annual Report of the trustees	2 – 3
Independent examiner's report	4
Statement of Financial Activities	5
Balance Sheet	6
Notes to the Financial Statements	7 - 8

UK FRIENDS OF NATAL

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS

Registered charity number 1137662

Governing document Trust deed dated 9 August 2010

Trustees Mr Alan Jacobs
Mr Geoffrey Jayson

The above served as Trustees during and throughout the year ended 31 December 2024

Independent examiner Piyush Tanna FCA
Magus Chartered Accountants
134 Buckingham Palace Road
London
SW1W 9SA

Principal address Hillside House
32 Hampstead High Street
London
NW3 1QD

Bankers National Westminster Bank Plc
Cavell House
2A Charing Cross Road
London
WC2H 0PD

UK FRIENDS OF NATAL

ANNUAL REPORT FOR THE PERIOD ENDED 31 DECEMBER 2024

The Trustees present their Annual Report and Financial Statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and Statement of Recommended Practice: Accounting and reporting by charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) published January 2019.

Aims and objectives of the charity

The aims of UK Friends of Natal are to:

- To protect the physical and mental health of sufferers of Post Traumatic Stress Disorder (PTSD) and their families through the provision of, emotional and psycho-therapeutic support and treatment, education and practical advice.

It achieves its charitable objectives by:-

- The training of professionals, volunteers and at-risk sections of the population in prevention and coping mechanisms for PTSD and to advance awareness of PTSD.

Constitution and governance

The charity was established by Deed on 9 August 2010. UK Friends of Natal is an independent charity. The Trustees are responsible for the overall management and control of the charity.

Trustees

The Trustees who served during the year were as follows: -

Mr Alan Jacobs
Mr Geoffrey Jayson

Review of the charity during the year

The overall income for the year was £96,044 (2023 - £153,589) and expenditure on charitable activities amounted to £79,268 (2023 - £11) resulting in a surplus for the year of £16,776 (2023 - £153,578). Reserves have thus increased to £171,294 (2023 - £154,518).

Recruitment of Trustees and training

The composition of the Charity's board of Trustees is reviewed regularly with a view to achieving a spread of expertise and age designed to facilitate the achievement of the Charity's objects. The Trustees keep up to date on their responsibilities by various means, such as reviewing the Charity Commission website, reading relevant periodicals and professional advice. The Trustees always recruit those with medical qualifications as they have the requisite skills in the area where the charity operates. The trustees consider the board of trustees as comprising the key management personnel of the charity. All trustees give their time freely and no remuneration was paid in the year.

Reserves policy

The Trustees have been dependent on support from private donors.

Risk factors

The major risk to the charity achieving its primary aims is failure to obtain the present degree of sponsorship. The Trustees aim to mitigate this by increasing the reserves.

UK FRIENDS OF NATAL

ANNUAL REPORT FOR THE PERIOD ENDED 31 DECEMBER 2024

Trustees' responsibilities

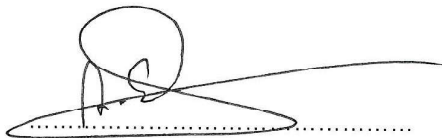
The charity Trustees are responsible for preparing a Trustees annual report and financial statements in accordance with applicable law and UK accounting standards (United Kingdom generally accepted accounting practice).

Trust law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the deficit or surplus of the charity for that year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board



Alan Jacobs
Trustee

25 March 2025

UK FRIENDS OF NATAL

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF UK FRIENDS OF NATAL

I report to the Trustees on my examination of the financial statements of UK Friends of Natal) ('the charity') for the year ended 31 December 2024 which are set out on pages 5 to 8.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act.

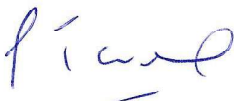
An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently, I express no opinion as to whether the financial statements present a 'true and fair view' and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me reasonable cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Financial statements and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Piyush Tanna FCA
Member of The Institute of Chartered Accountants in England and Wales
Chartered Accountant
ON BEHALF OF MAGUS CHARTERED ACCOUNTANTS
134 Buckingham Palace Road
London
SW1W 9SA

25 March 2025

UK FRIENDS OF NATAL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted Funds 2024 £	Unrestricted Funds 2023 £
Incoming resources			
Incoming resources from Generated funds			
Voluntary Income	2	96,044	153,589
		<hr/>	<hr/>
Total incoming resources		96,044	153,589
		<hr/>	<hr/>
Resources expended			
Charitable activities	3	79,268	11
		<hr/>	<hr/>
Total resources expended		79,268	11
		<hr/>	<hr/>
Net incoming/(outgoing) resources before other recognised gains		16,776	153,578
		<hr/>	<hr/>
Gain on revaluation of investments		-	-
		<hr/>	<hr/>
Net movement in funds		16,776	153,578
		<hr/>	<hr/>
Fund balances brought forward		154,518	940
		<hr/>	<hr/>
Fund balances carried forward	5	171,294	154,518
		<hr/>	<hr/>

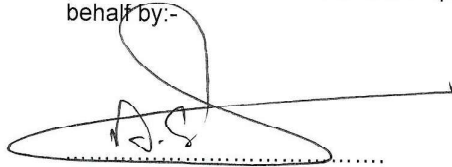
The unaudited financial statements have been subject to independent examination. Report on page 4.


UK FRIENDS OF NATAL

BALANCE SHEET AS AT 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
Current assets					
Cash at Bank		171,294		154,518	
		<u>171,294</u>		<u>154,518</u>	
Creditors: amounts falling due within one year		-		-	
		<u>-</u>		<u>-</u>	
Net current assets			171,294		154,518
Net assets			<u>171,294</u>		<u>154,518</u>
FUNDS					
Unrestricted funds	5		<u>171,294</u>		<u>154,518</u>

These financial statements were approved by the board of Trustees on 25 March 2025 and signed on its behalf by:-


Alan Jacobs
Trustee


Geoffrey Jayson
Trustee

The unaudited financial statements have been subject to independent examination. Report on page 4.

UK FRIENDS OF NATAL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention, in accordance with applicable accounting standards, the Charities Act and with the Statement of Recommended Practice (SORP 2005), Accounting and Reporting for Charities.

The accounts have been prepared under the historical cost convention with items recognised at the cost or transaction value unless otherwise stated in the relevant note to these accounts.

The financial statements are prepared in sterling, which is the functional currency of the Trust. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and the financial reporting standard applicable in the United Kingdom and the Republic of Ireland.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The charity constitutes a public benefit entity as defined by FRS 102. The charity is a trust that is domiciled in England and Wales.

It is the opinion of the trustees that the charity is a going concern, and they are aware of no material uncertainties which may affect its abilities to continue as such for the foreseeable future.

The trustees consider that, at the time of approving the financial statements, there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

The trustees continue to monitor its cash position and with regard to its debts, the going concern basis continues to be adopted in the preparation of the charity's financial statements.

1.2 Incoming resources

Incoming resources represents the total income receivable during the year comprising of donations and investment income. All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable certainty.

1.3 Expenditure

Expenditure is accounted for on accruals basis and inclusive of VAT.

1.4 Cash and cash equivalents

Cash at bank includes cash held in a bank account with a UK clearing bank.

1.5 Funds

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the Trustees in furtherance of the general charitable objectives.

1.6 Investments

Investments are included at market value with any gain or loss arising taken to the Statement of Financial Activities.

UK FRIENDS OF NATAL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2024

Accounting policies (continued)

1.7 Taxation

UK Friends of Natal is a registered charity and is therefore not liable for income tax derived from its charitable activities

2 Voluntary Income

	2024 £	2023 £
Donations received	95,433	153,589
Bank Interest	611	-
	<hr/>	<hr/>
	96,044	153,589
	<hr/>	<hr/>

3 Expenditure on Charitable Activities

	2024 £	2023 £
Bank charges	81	11
Donations	75,000	-
Fund Raising Event	4,187	-
	<hr/>	<hr/>
	79,268	11
	<hr/>	<hr/>

4 Governance costs

There were no governance costs in the year under review.

5 Analysis of charitable funds

	2024 £	2023 £
Unrestricted funds		
Balance at 1 st January 2024	154,518	940
Movement in year	16,776	153,578
	<hr/>	<hr/>
Balance at 31 December 2024	171,294	154,518
	<hr/>	<hr/>

UK FRIENDS OF NATAL

England & Wales - Charity number 1137662

Accounts

Charity Registration No. 1137662
(England and Wales)

UK FRIENDS OF NATAL

Unaudited Annual Report and
Financial Statements

For the Year Ended
31 December 2023

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	Page
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Registered charity number 1137662

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Magus Chartered Accountants
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Principal address Hillsdown House
32 Hampstead High Street
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UK FRIENDS OF NATAL

ANNUAL REPORT FOR THE PERIOD ENDED 31 DECEMBER 2023

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Aims and objectives of the charity

The aims of UK Friends of Natal are to:

- To protect the physical and mental health of sufferers of Post Traumatic Stress Disorder (PTSD) and their families through the provision of, emotional and psycho-therapeutic support and treatment, education and practical advice.

It achieves its charitable objectives by:-

- The training of professionals, volunteers and at-risk sections of the population in prevention and coping mechanisms for PTSD and to advance awareness of PTSD.

Constitution and governance

The charity was established by Deed on 9 August 2010. UK Friends of Natal is an independent charity. The Trustees are responsible for the overall management and control of the charity.

Trustees

The Trustees who served during the year were as follows: -

Mr Alan Jacobs
Mr Geoffrey Jayson

Review of the charity during the year

The overall income for the year was £153,589 (2022 - £7,448) and expenditure on charitable activities amounted to £11 (2022 - £7,556) resulting in a surplus for the year of £153,578 (2022 - £108 deficit). Reserves have thus increased to £154,518 (2022 - £940).

Recruitment of Trustees and training

The composition of the Charity's board of Trustees is reviewed regularly with a view to achieving a spread of expertise and age designed to facilitate the achievement of the Charity's objects. The Trustees keep up to date on their responsibilities by various means, such as reviewing the Charity Commission website, reading relevant periodicals and professional advice. The Trustees always recruit those with medical qualifications as they have the requisite skills in the area where the charity operates. The trustees consider the board of trustees as comprising the key management personnel of the charity. All trustees give their time freely and no remuneration was paid in the year.

Reserves policy

The Trustees have been dependent on support from private donors.

Risk factors

The major risk to the charity achieving its primary aims is failure to obtain the present degree of sponsorship. The Trustees aim to mitigate this by increasing the reserves.

UK FRIENDS OF NATAL

ANNUAL REPORT FOR THE PERIOD ENDED 31 DECEMBER 2023

Trustees' responsibilities

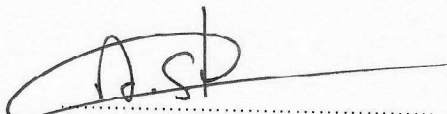
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Trust law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the deficit or surplus of the charity for that year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the board


.....
Alan Jacobs
Trustee

14 February 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF UK FRIENDS OF NATAL

I report to the Trustees on my examination of the financial statements of UK Friends of Natal) ('the charity') for the year ended 31 December 2023 which are set out on pages 5 to 8.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act.

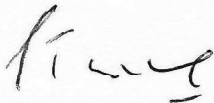
An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently, I express no opinion as to whether the financial statements present a 'true and fair view' and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me reasonable cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Financial statements and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Piyush Tanna FCA
Member of The Institute of Chartered Accountants in England and Wales
Chartered Accountant
ON BEHALF OF MAGUS CHARTERED ACCOUNTANTS
134 Buckingham Palace Road
London
SW1W 9SA

14 February 2024

UK FRIENDS OF NATAL

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2023

		Unrestricted Funds 2023 £	Unrestricted Funds 2022 £
Incoming resources			
Incoming resources from Generated funds			
Voluntary Income	3	153,589	7,448
		<hr/>	<hr/>
Total incoming resources		153,589	7,448
		<hr/>	<hr/>
Resources expended			
Charitable activities	4	-	7,500
Governance costs	5	11	56
		<hr/>	<hr/>
Total resources expended		11	7,556
		<hr/>	<hr/>
Net incoming/(outgoing) resources before other recognised gains		153,578	(108)
		<hr/>	<hr/>
Gain on revaluation of investments		-	-
		<hr/>	<hr/>
Net movement in funds		153,578	(108)
		<hr/>	<hr/>
Fund balances brought forward		940	1,048
		<hr/>	<hr/>
Fund balances carried forward	6	154,518	940
		<hr/>	<hr/>


The unaudited financial statements have been subject to independent examination. Report on page 4.

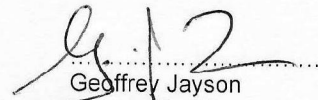
UK FRIENDS OF NATAL

BALANCE SHEET AS AT 31 DECEMBER 2023

	Notes	£	2023	£	£	2022	£
Current assets							
Cash at Bank		154,518			940		
		<u>154,518</u>			<u>940</u>		
Creditors: amounts falling due within one year		-			-		
		<u>-</u>			<u>-</u>		
Net current assets			154,518			940	
			<u>154,518</u>			<u>940</u>	
Net assets			<u>154,518</u>			<u>940</u>	
FUNDS							
Unrestricted funds	6		154,518			940	
			<u>154,518</u>			<u>940</u>	

These financial statements were approved by the board of Trustees on 14 February 2024 and signed on its behalf by:-


Alan Jacobs
Trustee


Geoffrey Jayson
Trustee

The unaudited financial statements have been subject to independent examination. Report on page 4.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention, in accordance with applicable accounting standards, the Charities Act and with the Statement of Recommended Practice (SORP 2005), Accounting and Reporting for Charities.

The accounts have been prepared under the historical cost convention with items recognised at the cost or transaction value unless otherwise stated in the relevant note to these accounts.

The financial statements are prepared in sterling, which is the functional currency of the Trust. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts (financial statements) have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and the financial reporting standard applicable in the United Kingdom and the Republic of Ireland.

The accounts (financial statements) have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The charity constitutes a public benefit entity as defined by FRS 102. The charity is a trust that is domiciled in England and Wales.

It is the opinion of the trustees that the charity is a going concern, and they are aware of no material uncertainties which may affect its abilities to continue as such for the foreseeable future.

The trustees consider that, at the time of approving the financial statements, there is a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future.

The trustees continue to monitor its cash position and with regard to its debts, the going concern basis continues to be adopted in the preparation of the charity's financial statements.

1.2 Incoming resources

Incoming resources represents the total income receivable during the year comprising of donations and investment income. All incoming resources are included in the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable certainty.

1.3 Expenditure

Expenditure is accounted for on accruals basis and inclusive of VAT.

1.4 Cash and cash equivalents

Cash at bank includes cash held in a bank account with a UK clearing bank.

1.5 Funds

Unrestricted funds comprise accumulated surpluses and deficits on general funds and are available for use at the discretion of the Trustees in furtherance of the general charitable objectives.

1.6 Investments

Investments are included at market value with any gain or loss arising taken to the Statement of Financial Activities.

UK FRIENDS OF NATAL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023

Accounting policies (continued)

1.7 Taxation

UK Friends of Natal is a registered charity and is therefore not liable for income tax derived from its charitable activities

2 Voluntary Income

	2023 £	2022 £
Donations received	153,589	7,448
	<u>153,589</u>	<u>7,448</u>

3 Expenditure on Charitable Activities

	2023 £	2022 £
Bank charges	11	56
Donations	-	7,500
	<u>11</u>	<u>7,556</u>

4 Governance costs

	2023 £	2022 £
Independent Examiner's Fee		
- Current year	-	-
- Prior year	-	-
	<u>-</u>	<u>-</u>

5 Analysis of charitable funds

	2023 £	2022 £
Unrestricted funds		
Balance at 1 st January 2023	940	1,048
Movement	153,578	(108)
	<u>154,518</u>	<u>940</u>