

NAZ AND MATT FOUNDATION

England & Wales · Charity number 1160694

Details

Status Registered

Legal form CIO

Registered 2015-02-27

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

Contact

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71-75 Shelton Street
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London
WC2H 9JQ

Phone 08008021263

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Website <https://www.nazandmattfoundation.org/>

Activities

Objects: THE FOLLOWING OBJECTS ARE FOR THE PUBLIC BENEFIT:-(A)TO ADVANCE EDUCATION AND PROMOTE KNOWLEDGE TO CREATE UNDERSTANDING WITHIN COMMUNITIES AND FAMILIES WHERE RELIGION IS AFFECTING THEIR ABILITY TO ACCEPT OR TOLERATE INDIVIDUALS WHO ARE BORN LGBTQI (LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER OR INTERSEX); (B)TO PROMOTE AND PROTECT THE GOOD HEALTH OF LGBTQI INDIVIDUALS AND THEIR FRIENDS AND FAMILY BY OFFERING SUPPORT, COUNSELLING AND MENTORING TO HELP RESOLVE THE CHALLENGES LINKED TO SEXUALITY OR GENDER IDENTITY PARTICULARLY WHERE RELIGION MAY BE AFFECTING THE SITUATION; AND(C)THE PROMOTION OF EQUALITY AND DIVERSITY IN PARTICULAR THE ELIMINATION OF DISCRIMINATION ON THE GROUNDS OF SEXUAL ORIENTATION AND GENDER IDENTITY BY RAISING AWARENESS AMONG THE PUBLIC ABOUT THE ISSUES AND DIFFICULTIES AFFECTING LGBTQI INDIVIDUALS.

Activities: We work with victims, survivors and perpetrators to help resolve challenges connected to religion, culture, sexual orientation and gender identity to help reduce the risk of suicide. We provide trauma-informed support services to LGBTQI individuals and parents from religious or culturally conservative backgrounds. Produce educational media, campaigns, talks, training and workshops.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£46,795	£88,013	-	-
2023-12-31	£77,582	£86,971	-	-
2022-12-31	£75,022	£33,164	-	-
2021-10-31	£33,938	£12,614	-	-
2020-10-31	£19,814	£13,207	-	-

Trustees

Name	Role	Appointed
Asma Ashraf	Chair	2022-05-16
Benaifer Bhandari		2023-10-21
SAMANTHA LEWIS		2015-02-27

NAZ AND MATT FOUNDATION

England & Wales - Charity number 1160694

Accounts



ANNUAL REPORT

2024

1st January 2024 - 31st December 2024

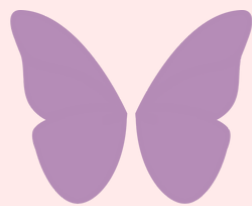
Naz and Matt Foundation,
71-75 Shelton Street,
Covent Garden,
London WC2H 9JQ

Registered Charity 1160694

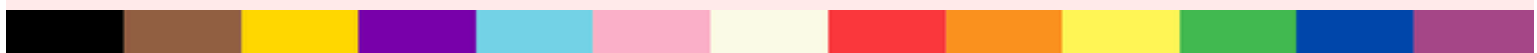




*Our mission is to never let religion,
any religion, come in the way of the
unconditional love between parents and
their LGBTQI+ children.*



NAZ & MATT
FOUNDATION



hello



A message from our Chair

The Naz and Matt Foundation continues to be a lifeline for vulnerable individuals facing homophobia, particularly where conservative religious and cultural beliefs cause deep distress and harm. Our mission remains unwavering: to create a world where every religious and culturally conservative parent loves and accepts their LGBTQI+ child unconditionally.

In 2024, we saw a significant rise in the number of people reaching out to us. This increase reflects both the growing need for our services and the tireless dedication of our small but passionate team. Our support remains free and accessible to all who need it, and we are proud to offer a safe, welcoming space for those seeking help.

One of the cornerstones of our work is the Rainbow Chai group for parents of LGBTQI+ children. This initiative continues to grow, offering connection, understanding, and celebration. Our annual Out and Proud Parents Day event remains one of our most powerful and joyful gatherings, showcasing the strength and love of families who stand proudly with their children.

I want to extend heartfelt thanks to our incredible CEO Matt, and to our devoted staff and volunteers. Your compassion and commitment make everything we do possible.

Finally, to our supporters - thank you. Your donations of time and money directly help LGBTQI+ individuals who continue to face discrimination and isolation. We are deeply grateful for your continued belief in our work and in the change we are striving to create.

Together, we are building a more accepting and loving world.

Asma Ashraf, Chair

thank you

A message from our Founder & CEO

This year has been one of the most challenging in our history. From January to December 2024, we saw 489 requests for help and support – a record high – and demand for our services continues to grow sharply. Every request represents a life in crisis: an LGBTQI+ individual facing abuse, rejection, death threats or homelessness, or a parent looking for the strength to support their child.

Despite the rising pressure, our small but dedicated team has worked tirelessly to provide a safe, trauma-informed space for those who had nowhere else to turn. With 17% of cases assessed as critical risk and 61% as high risk, the stakes have never been higher. Each day we are working with vulnerable individuals with suicide ideation, reducing the early causes of LGBTQI+ homelessness, and standing beside families navigating deep cultural and religious conflict.

None of this would have been possible without your trust, generosity, and solidarity. Every donation, every hour volunteered, every act of support has directly contributed to saving lives and protecting some of the most vulnerable members of our community.

I remain profoundly thankful to each and every one of you. Together, we are not just responding to crisis – we are creating hope, building resilience, and proving that no one should ever be forced to choose between who they are and having a safe place to call home.

With gratitude,
Matt Mahmood-Ogston, Founder and CEO



trustees & organisation

Our leadership team provide the oversight and strategy for the work that we do. Each member has lived experience of the issues we tackle as a charity.

Name	Role	Dates acted if not for whole year
Asma Ashraf	Chair of Trustees	Whole year
Elizabeth Pritchard	Trustee and Treasurer	Whole year
Samantha Lewis	Trustee and Secretary	Whole year
Tim Noblett	Trustee (Campaigns and Out and Proud Parents Day)	Whole year
Benaifer Bhandari	Trustee	Whole year
Matthew Naz Mahmood-Ogston	Founder & CEO	Whole year

RECRUITMENT OF TRUSTEES

To ensure our board understands the needs of our service users, and to remain a “by and for” foundation, trustees are recruited through a process that prioritises lived experience and individuals from the Global Majority.

All new trustees are interviewed by the board, who then vote on the candidate. 100% agreement must be reached.

Trustees receive comprehensive induction and onboarding.

Type of governing document - Constitution.

Trustee selection method - Appointed by trustees.

Governance issues for period - N/A - no governance issues.

Core policies and procedures in place

1. Core policies and procedures in place
2. Confidentiality Policy
3. Data Consent
4. Data Protection Policy
5. Safeguarding, Whistleblowing and Escalations Policy
6. Volunteer Policy
7. Anti Bribery Policy
8. Conflict of Interest Policy
9. Equality, Diversity and Inclusion Policy
10. Expenses Policy
11. Procurement Policy
12. Risk Policy
13. Complaints Procedure
14. Escalations & Red Flag Policy
15. Health and Safety Policy

charitable objects

Summary of the objects of the charity set out in its governing document.

(a) To advance education and promote knowledge to create understanding within communities and families where religion or culture is affecting their ability to accept or tolerate individuals who are born LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer or Intersex);

(b) To promote and protect the good health of LGBTQI+ individuals and their friends and family by offering support and mentoring, and signposting them to established counselling services, to assist in resolution of the challenges linked to sexuality or gender identity particularly where religion may be affecting the situation; and

(c) The promotion of equality and diversity in particular the elimination of discrimination on the grounds of sexual orientation and gender identity; by raising awareness among the public about the negative impact that difficulties (with a focus on religious beliefs) can have on LGBTQI+ individuals.

financial overview

A snapshot of our organisation's financial position in this year

INCOME

In 2024, demand for our support services reached record levels. To meet that need, our expenditure was higher than our income, and we used a portion of our reserves to keep our services running safely and without interruption.

Total income - £46,795

Total expenditure - £88,013

Every pound was spent carefully, supporting vulnerable LGBTQI+ individuals and families in crisis - from one-to-one mentoring and emergency relocation to community outreach and parental support.

FUNDING & GRANTS

We're deeply grateful to the funders and partners who made our work possible this year:

- The Talent Fund, on behalf of the George Michael Fund
- City Bridge Trust
- National Lottery Community Fund
- Camden Giving
- Protection Approaches
- Safe Lives



Each of these partners invested in our mission to end religious and cultural homophobia, prevent suicide, and bring families back together.

Donations

Each of these partners invested in our mission to end religious and cultural homophobia, prevent suicide, and bring families back together.

financial reserves

Summary of the financial position of our organisation.

RESERVES POLICY

Our policy is to maintain 3-6 months of cash reserves in our bank account to ensure we can operate without loss of service. Our reserves are spent in extenuating circumstances under the close supervision of the board. This policy is reviewed annually.

FUNDS MATERIALLY IN DEFICIT

The sharp rise in requests for help and support in 2024 placed significant pressure on our services. To meet this unprecedented demand, we made the planned decision to draw on some of our reserves. This allowed us to continue supporting LGBTQI+ individuals and parents at critical risk, without interruption, during a year when 17% of cases were life-threatening and 61% were assessed as high risk.

Our reserves were used strategically to sustain frontline delivery, strengthen safeguarding, and invest in our processes and systems, ensuring we can better manage waiting lists and forecast need in future.

Looking ahead, our future operating surplus will be used to grow our core services to meet the rapidly increasing demand across the Foundation, and to continue delivering on our core mission and objectives.



our journey



our story

WHY

Naz and Matt Foundation was set up in 2014 following the sad loss of Matt's fiancé and soulmate, Naz, who took his own life two days after his deeply religious family confronted him about his sexuality for the first time.

We exist to empower and support LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Intersex) individuals, their friends and family, to work towards resolving challenges linked to sexuality or gender identity, particularly where religion or culture is heavily influencing the situation.

64%

OF LGBTQI+ INDIVIDUALS
STRUGGLE WITH **ANXIETY**
DEPRESSION OR
SUICIDAL THOUGHTS
AS A RESULT OF A NEGATIVE COMING OUT
EXPERIENCE TO THEIR RELIGIOUS PARENTS

* NAZ AND MATT FOUNDATION, UNDERSTANDING THE IMPACT OF COMING OUT TO RELIGIOUS PARENTS UK, 2020. NO RESPONDENTS IDENTIFIED AS INTERSEX, SO WHEN REFERENCING THIS RESEARCH WE USE LGBTQI+

HUMANITARIAN WORK

We primarily work in suicide prevention, mental health and wellbeing - focusing on LGBTQI+ individuals and families from religious and culturally conservative backgrounds.

OUR VISION

Our vision is a world where every religious and culturally conservative parent accepts their LGBTQI+ child for who they really are, and for who they were born to be. No person should ever have to choose between their faith, culture, and their LGBTQI+ identity.

OUR APPROACH

We provide a comprehensive, free to access, telephone, email and group support service which provides assistance in a wide range of circumstances including 'coming out' support, LGBTQI+ asylum support and emergency relocation assistance.

We deliver highly effective outreach work, carefully designed to remove the barriers that prevent religious and culturally conservative parents from accepting their LGBTQI+ children.

the context we work in

Every day, LGBTQI+ individuals from religious or culturally conservative backgrounds face layered forms of trauma that standard support systems fail to address.

Whether through forced marriage, conversion practices, honour-based abuse, or the conflict between cultural identity and sexuality, clients often feel unseen and invalidated.

Naz and Matt Foundation steps into that gap with lived experience, trauma-informed care, and community-rooted compassion - breaking cycles of shame and building pathways to safety, acceptance, and resilience.

Understanding Lifelong Harm - Without tailored support, trauma from religious or cultural homophobia can lead to isolation, homelessness, suicide, and fractured families.

Immediate, Safe Intervention - Through one-to-one emotional support, mentoring, crisis relocation, and emergency assistance, we meet people at their most vulnerable, offering immediate protection and hope.

Strength in Shared Experience - By centring lived experience and cultural understanding, our team builds authentic trust - providing a rare space where individuals feel heard, understood, and respected.

Bridging Worlds Through Connection - Engaging with parents, schools, and institutions through awareness campaigns, workshops, and podcasts enables conversations that can shift mindsets and rebuild relationships.

Sustainable Impact Through Infrastructure - Investing in systems like OASIS, improving safeguarding, and strengthening fundraising ensures we can respond to more people, more effectively, and keep pace with rising demand.

Preventative Culture Shift - By placing personal stories at the heart of our campaigns and educational work, we aim to prevent future trauma - encouraging acceptance and removing barriers between religiosity and unconditional parental love.

our theory of change

No LGBTQI+ person should ever have to choose between their faith, culture, or the person they love.

The Problem

- Religious and cultural homophobia, honour-based abuse, forced marriage, conversion practices, and isolation.
- Mainstream services lack cultural understanding.
- Trauma leads to family breakdown, homelessness, poor mental health, and suicide risk.

Our Approach

- Crisis Support: 1-2-1 mentoring, suicide prevention, asylum support, emergency relocation.
- Family & Community: Rainbow Chai, Out & Proud Parents Day, podcasts, school workshops.
- Advocacy & Change: Campaigns, training, influencing policy, partnerships with councils and funders.

Outcomes

- Short-term: Safety, confidence for parents, better professional responses.
- Medium-term: Reduced family breakdown, safer communities, stronger partnerships.
- Long-term Impact: Reduced suicide rates, systemic change, generational acceptance.

Our Theory of Change connects saving lives in crisis today with preventing trauma tomorrow. It guides our strategy, strengthens our case for support, and shows the impact of standing with us.

our values

COMMITTED to our mission and getting the job done.

HOPEFUL even when there is little hope in that moment.

POSITIVE in the face of adversity.

NEVER TURN OUR BACK on a member of our community in need.

APPROACHABLE and **WELCOMING**.

ACCESSIBLE easy to access services and information.

EFFICIENT optimal use of limited resources.

RESPECTFUL even when we disagree.

LOYAL to the energy and values that Naz lived by.

core areas of focus

RELIGIOUS & CULTURAL HOMOPHOBIA

Religious and cultural homophobia are often intertwined, but our primary focus is on tackling the harm caused by religious triggers.

LGBTQI+ HONOUR BASED ABUSE & FORCED MARRIAGE

Honour-based abuse and forced marriage are deeply influenced by culture and tradition. When combined with conservative religious interpretations, they form a core area of our work.

PARENTAL ACCEPTANCE

Parents hold the key to preventing LGBTQI+ suicide and creating safe, nurturing environments. Since launching Out and Proud Parents Day in 2019, we have increased our focus on supporting and educating parents.

CRIMINALISING 'CONVERSION PRACTICES'

We have campaigned to ban 'conversion therapy' nationally since 2015. Under Theresa May's government, we advised the Government Equalities Office, and we continue to work with MPs and officials to push for its criminalisation.

our position

WE ARE PRO BELIEF + PRO RELIGION

We are not a religious organisation. We support individuals from any faith, including those who have left the religion they were born into.

We believe in the right to believe, or not to believe.

We believe in the right to be the person we were born to be.

WE ARE SOLUTIONS FOCUSED

We focus on solving the problem, not just dealing with the consequences.

Our long term goal is for our services and charity to no longer be needed.

Until that day, we will not stop until every religious or culturally conservative parent accepts their LGBTQI+ child.

NO POLITICAL AFFILIATION

We are not aligned to any political party.

We will work with any government or organisation that helps us achieve our mission of supporting our community.

our three pillars

All our work falls within one or more of the three pillars that underpin Naz and Matt Foundation's mission. These help keep us focused on our objectives with clarity and purpose.

#1

SUPPORT & OUTREACH

HELP THOSE
MOST IN NEED

Supporting and working with LGBTQI+ individuals and their parents.

#2

IMPACT & AWARENESS

HELP OTHERS ENGAGE
WITH THE PROBLEM

Create widespread understanding of the existence and impact of the abuse we tackle.

#3

EDUCATION & CHANGE

FIX THE PROBLEM

Empowering our audience with tools and knowledge to help them, and us, solve and prevent the problem.

our core services

One of the most important things we do as a Foundation is listen. We listen to the voices of the individuals who come to us for help and support. This enables us to adapt and evolve our services to meet the needs of the most vulnerable members of our community.

SUPPORT & OUTREACH

- Trauma informed 1-2-1 support & mentoring via phone and email.
- Monthly group support sessions (LGBTQI+ individuals and parents)
- LGBTQI+ Asylum support
- Emergency relocation assistance
- Community engagement

IMPACT & AWARENESS

- Out and Proud Parents Day - celebrated every year on 30th July
- Regular interviews in the local, national and international press
- High visibility awareness campaigns, inc. World Suicide Prevention Day
- Leading marching groups in multiple pride events around the UK each year

EDUCATION & CHANGE

- School, college and university talks
- Films & documentaries
- Books for LGBTQ+ children and parents from religious backgrounds
- Lectures, talks & workshops for NGOs, police, government, corporations
- Research studies & reports

beneficiaries of our work

Our work benefits a wide intersection of society to ensure the abuse we tackle is understood and addressed effectively. We prioritise our work with those affected most.

primary

LGBTQI+ INDIVIDUALS

Born into religious or culturally conservative families

PARENTS

From religious or culturally conservative backgrounds

secondary

RELIGIOUS & COMMUNITY LEADERS

LGBTQI+ ALLIES, STUDENTS AND WIDER COMMUNITY

MEDIA & PRESS

Help us to speak to large sections of the community who will, in time, help us solve this problem

SERVICE PROFESSIONALS

NGOs, social carers, teachers, police, academics, company staff

who uses our services

Our work is delivered across multiple areas and channels, each being accessed and interacted by different audiences in different ways.

support services

OVER 97%

of individuals who access our support services are of South Asian Heritage.

91%

of our clients receiving support were born into a Muslim family. 5% are Sikh, 1.8% Christian, 1.5% Hindu, 0.19% Mormon.

Some of our clients chose to stay within and practise their faith, some work towards reconciling their faith and LGBTQI+ identity, others are on a journey towards leaving the religion they were born into.

Whichever path our clients choose, we will be there to support them on their journey ahead, however long it takes.

online channels (non-support)

APPROX 80%

are from White and/or Christian backgrounds

* estimated

Our 7 stages of coming out

Based on our lived experience, the thousands of individuals we've supported, and the huge number of stories shared with us, we identified common milestones that appear again and again in the coming out journey.

From this knowledge, we developed a model of seven stages that reflect the typical experiences of both LGBTQI+ individuals and their parents.

We now use this framework in our support service. It has become a vital and practical tool to:

- help clients understand where they are on their journey,
- guide parents as they process their child's coming out, and
- identify the steps needed to move forward with hope and understanding.

These stages will be published in detail in our upcoming book for religious parents, which our team is currently developing.

The 7 Stages

1. Awareness
2. Denial
3. Mourning
4. Tolerance
5. Acceptance
6. Pride
7. Helping others




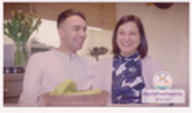

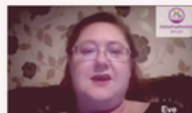

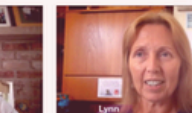

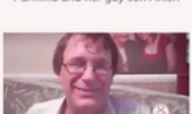

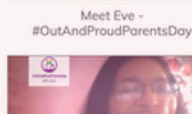

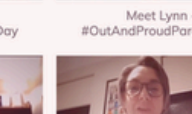
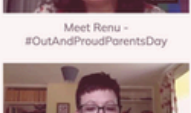
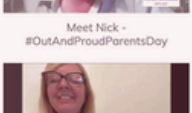
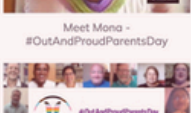
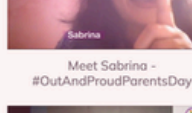
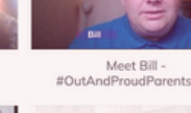










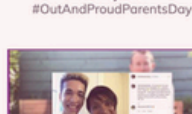

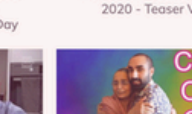



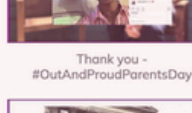


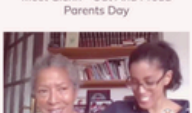
#Out And Proud Parents Day
30th July

**Our flagship
annual event**

Out and Proud Parents Day



#Out And Proud Parents Day
30th July

 Out and Proud Parents Day - 2022 Trailer	 Parmina and her gay son Anish	 Meet Sachin - #OutAndProudParentsDay	 Meet Eve - #OutAndProudParentsDay	 Meet Aruna - #OutAndProudParentsDay	 Meet Lynn - #OutAndProudParentsDay
 Meet Renu - #OutAndProudParentsDay	 Meet Nick - #OutAndProudParentsDay	 Meet Mona - #OutAndProudParentsDay	 Meet Sabrina - #OutAndProudParentsDay	 Meet Bill - #OutAndProudParentsDay	 Meet Sarah - #OutAndProudParentsDay
 Meet Immi - #OutAndProudParentsDay	 Meet Debbie - #OutAndProudParentsDay	 Out And Proud Parents Day - 2021 Trailer	 Meet Tejinder - #OutAndProudParentsDay	 Join the Movement of Proud, Accepting Parents - #OutAndProudParentsDay	 #OutAndProudParentsDay 2020 - Teaser Video
 Meet Sally - Out And Proud Parents Day	 Meet Rajesh - Out And Proud Parents Day	 Meet Jane - Out And Proud Parents Day	 Thank you - #OutAndProudParentsDay	 Proud Muslim Father Accepts his Gay Son	 Coming out Panjabi
 Meet Aruna - Out And Proud Parents Day	 Meet Glenn - Out And Proud Parents Day	 Meet Atul - Out And Proud Parents Day	 AI's Dad - #OutAndProudParentsDay - Naz and Matt Foundation	 #OutAndProudParentsDay Danny's Mum - Naz and Matt Foundation	 #OutAndProudParentsDay - Karan's Mum - Naz and Matt Foundation
 Meet Eric and Mary - Out And Proud Parents Day	 Meet Marie and her daughter Reema - Out And Proud Parents Day	 Meet Benalifer - #OutAndProudParentsDay	 #OutAndProudParentsDay Sameer's Dad - Naz and Matt Foundation	 Out and Proud Parents Day - 2022 Trailer	
 Meet Mehereen - #OutAndProudParentsDay	 Meet Robyn - #OutAndProudParentsDay				

Parents participated from
United Kingdom
USA
India
Australia

47
video
interviews

Parents from many different
backgrounds, including
Islam, Christianity, Sikhism,
Hinduism, Atheism

Out and Proud Parents Day



#Out And Proud Parents Day
30th July

Out and Proud Parents Day was launched on 30th July 2019, the fifth anniversary of Naz's death (Dr Nazim Mahmood), in whose memory the Naz and Matt Foundation was founded. What began as a day of tragedy was transformed into a day of love, hope, and visibility - so that no family would have to endure what Naz went through.

Since then, every year on 30th July, we bring together parents of LGBTQI+ children from all backgrounds to proudly stand up and celebrate their children.

What happens on the day?

Parents are invited to share videos, photos, and messages affirming their unconditional love and acceptance of their LGBTQI+ children. These posts are shared widely online, creating a powerful wave of visibility and hope.

By using the hashtag #OutAndProudParentsDay, every story joins a collective movement of positive parental role models. Together, these voices show other parents - especially those in communities where acceptance may feel difficult - that embracing and celebrating your LGBTQI+ child is both possible and life-changing.

Why it matters

Out and Proud Parents Day creates role models within communities, inspiring parents who may be struggling to accept their children. The day helps to break down barriers of fear, shame, and stigma, replacing them with pride, courage, and love.

Any parent looking for guidance, reassurance, or a positive example can connect with #OutAndProudParentsDay and find strength in a growing community of parents who proudly celebrate their LGBTQI+ children.

1.67 Million

People reached with our 2021
Out and Proud Parents campaign

Out and Proud Parents Day testimonials from parents

Parents who have taken part in Out and Proud Parents Day have overwhelmingly reacted with positive feedback and huge impact it has had on their personal and family lives.



"I was literally so proud to take part in the videos for Out and Proud Parents Day last year. Told absolutely everyone we know about it. I usually have some form of rainbow on my person as a pin badge, laces, hair band. This has made it easy for a couple of parents to approach me... opening up about their own kids struggling with their sexuality, and how did we feel, and so on. One of the parents who is now a good friend of mine has a MTF daughter, and the mum was worried about people finding out. Not any more, we have hopefully helped her find a happy place and we are talking about it all"

– Mrs Sarah Gregory

"Taking part in Out and Proud Parents Day last year was awesome and has become such an integral part of our journey. So many people reached out to us in so many ways and I have been asked to support other parents at times. Amazing! I was really surprised by how many people who I had thought would disapprove of my post have been so positive saying things like they are so proud of me and Jesse"

– Mrs Lynn Chalinder RDH AFHEA MDTFEd



"I really loved participating in last year's Out and Proud Parents Day...it allowed me as a parent to celebrate my son's coming out. It brought to mind the confidence and trust my son had in me to be able to "come out". After my video went up on social media, at least 4-5 LGBTQI members reached out to me. With the guidance of Matt and Aruna Desai of Sweekar, we have helped some out come out to their families and gain their acceptance!!"

– Sabrina Court, India

out and proud parents

podcast 



The [Out and Proud Parents podcast](#) shares moving, real-life stories of parents who have embraced and supported their LGBTQI+ children. Funded by the National Lottery Community Fund and co-produced with Aunt Nell, the series celebrates acceptance, love, and the power of visibility within families.

The first series features six powerful episodes where parents share their journeys of acceptance and pride.

Topics include learning about language and pronouns, what acceptance really looks like, navigating unsupportive communities, and bringing Pride into every part of life. The series closes with two extraordinary mothers from India explaining why Out and Proud Parents matter so deeply, putting love for their children above culture or religion.



our illustrated children's book

salim's secret

Growing up is never easy, especially when you have a secret to share and are too scared to tell anyone. Salim knows he is different, but will his friends and family accept him for who he really is?

Illustrated children's book for children 5+ years old.

Published exclusively by Naz and Matt Foundation in the UK, the book is available to purchase from major online retailers such as Amazon, Waterstones and Foyles.

A growing number of primary schools have purchased the book for their library.

our flagship, channel 4, award-winning film

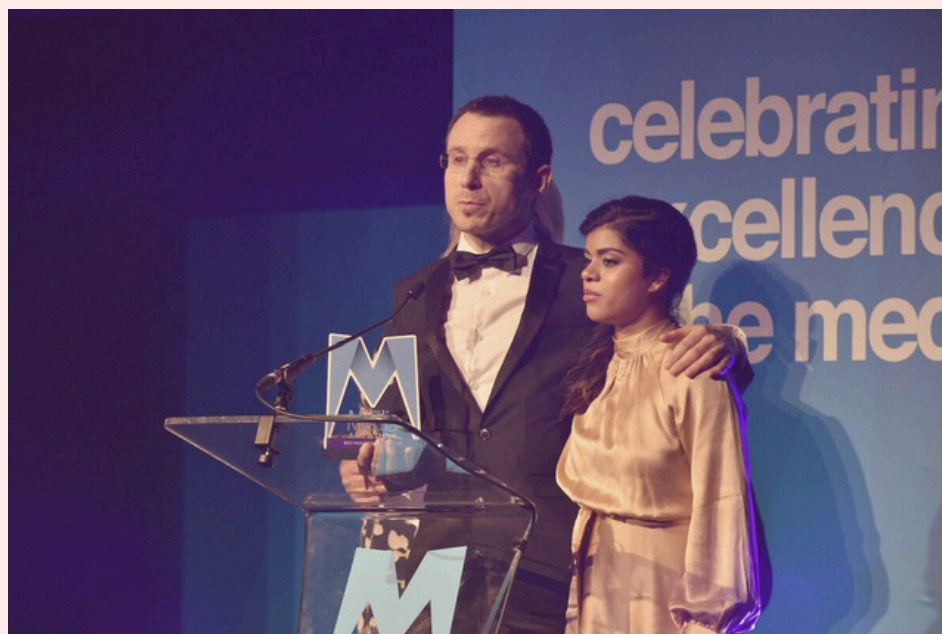
My God, I'm Queer



"Can you be Muslim and gay? A bereaved fiancé goes on a deeply personal journey to try and prevent the tragedy from happening again."

My God, I'm Queer is an award-winning documentary produced by Naz and Matt Foundation that explores the origin story behind our charity

We meet an incredible family of truly inspirational individuals who choose to be themselves and live the best version of their queer lives.



The film screened in England, Wales, Canada and India and was shortlisted for two awards, and won **Best TV Programme of 2021** at the Asian Media Awards in Manchester.

The film was distributed by All4 and broadcast on Channel 4 as part of the Iris Prize. It's now available free to watch on YouTube <https://www.youtube.com/watch?v=kvVcyUJZYhE>

since our founding – 2014 to present

impact highlights

support

1,871

Requests for support from our telephone and email support service. (489 requests in 2024)

28,760

Minutes of confidential, life saving 1-2-1 telephone support delivered to vulnerable clients (8,538 minutes in 2024)

436

Members of our monthly support group. A 45% increase since 2023.

125

LGBTQI+ Asylum support cases taken on, with a high success rate for helping to secure safety for our clients. A 217% increase from 2023.

since our founding – 2014 to present

impact highlights

awareness campaigns

1.67M

Reach of our 2021
Out and Proud Parents
campaign

10M

Reached globally with our
Journey to Find Acceptance
sponsored wall in 2015

54M

Global reach with our World
Suicide Prevention Day
campaign in 2020

since our founding – 2014 to present

impact highlights

awareness & social impact



THE
**YOUNG
'UNS**

The love story of Naz and Matt was turned into an BBC Folk Award nominated song by The Young'uns.

Be the Main has now been performed played live in many countries around the world, including at Glastonbury.

We continue to receive requests for support from individuals who heard this song on the radio or online.

since our founding – 2014 to present

impact highlights

awareness & social impact



Produced or contributed to two major documentaries on Channel4

- Muslim Drag Queens
- My God, I'm Queer



Naz and Matt's story influenced the high-profile gay Muslim story in Coronation Street.

We later advised the production team on parts of the story, and Bhavna Limbachia, who played the main character in the storyline, became our patron and was shortlisted for the DIVA Awards.

since our founding – 2014 to present

impact highlights

difficult conversations

To help bring the positive change that is required in communities around the world, we believe the public need to be aware of, and fully understand the types of abuse we tackle.

To do this we amplify our story, and the voices of those with lived experience, to ensure we impact the widest audience. We have been interviewed by virtually all major press and media stations in the UK, and a number of international platforms, including

BBC Breakfast
 BBC World Service
 BBC News 24
 BBC Asian Network
 BBC Radio 1 Newsbeat
 BBC Look North
 CNN
 The Guardian
 Sky News
 ITV News
 ITV Meridian
 Canadian Breakfast TV
 LBC Radio
 BBC Radio Ulster
 The Sunday Times
 Channel 4
 BBC Radio 5 Live
 BBC Radio WM
 BBC Radio London (Sunny & Shay)
 Gaydio Radio
 Birmingham Mail
 London Live TV
 Heart FM
 Capital Radio
 Talk Radio
 Camden New Journal
 Ham High News
 Smooth Radio Scotland
 Capital Scotland
 STV
 BBC Solent
 BBC Wiltshire

Telegraph
 BBC Newcastle
 Black Cat Radio
 WCR FM
 BHBN
 BBC Cumbria
 New Style Radio
 N Live
 ITV Yorkshire
 Gateway 97.8
 Marlow FM
 That's Manchester
 BBC Leeds
 BBC Guernsey
 BBC Scotland
 Classic FM
 Magic London
 Kiss London
 Kerrang
 Heart South Wales
 BBC Scotland
 BBC Ulster
 BBC Wales
 BBC Cymru
 BBC Berkshire
 BBC Bristol
 BBC Cambridgeshire
 BBC Cornwall
 BBC C & W
 BBC Cumbria
 BBC Derby
 BBC Devon
 BBC Essex

BBC Gloucestershire
 BBC H & W
 BBC Humberside
 BBC Kent
 BBC Lancashire
 BBC Leeds
 BBC Leicester
 BBC Lincolnshire
 BBC London
 BBC Manchester
 BBC Merseyside
 BBC Newcastle
 BBC Norfolk
 BBC Northampton
 BBC Nottingham
 BBC Oxford
 BBC Sheffield
 BBC Shropshire
 BBC Solent
 BBC Somerset
 BBC Stoke
 BBC Suffolk
 BBC Sussex and Surrey
 BBC Tees
 BBC Three Counties
 BBC WM
 BBC Wiltshire
 BBC York
 BBC Guernsey
 BBC Jersey
 Metro Newspaper
 I Newspaper
 Evening Standard

2024 Impact



2024

our support services

Our Support Service Rating

★ 4.9

Attendees of our monthly support group rated our support service 4.9 out of 5, with the majority stating they it felt 'welcoming', 'safe', 'inclusive' and 'engaging'.

Who we support:

- Over 97% of clients are of South Asian heritage.
- Over 91% were born into Muslim families.

Risk profile of cases:

- 17% assessed as critical risk.
- 61% assessed as high risk.

Some of the people who turn to us are in life-threatening situations, where the risks of suicide, violence, or homelessness are very real. To keep them safe, our team follows clear escalation procedures and receives regular training in suicide prevention and safeguarding, ensuring every client is supported with care and urgency.

Critical risk:

The client is showing strong signs of suicidal ideation or crisis, may have a plan to act on these thoughts, or has received a direct death threat to their life from someone in the UK.

High risk:

The client faces serious threats, risk of harm is not immediate. Examples include no immediate risk of suicide, no immediate direct threat of violence from family members, being cut off financially and left destitute, vulnerability due to lack of support, or risk of deportation to a country where being LGBTQI+ could result in the death penalty, imprisonment, or a high probability of "death by community trial."

how we help people rebuild their lives

The individuals and families who reach out to us often carry layers of trauma that mainstream services struggle to address.

Experiences shaped by religious interpretation, culture, shame, honour-based abuse, forced marriage, conversion practices and LGBTQI+ identity can create challenges that feel overwhelming and isolating.

Many first try larger organisations – Samaritans, NHS services, mainstream LGBTQI+ services, or local counsellors – but quickly discover that these services are not equipped to understand the intersection of faith, culture and LGBTQI+ identity.

Clients tell us they often feel dismissed, or that they have to justify parts of their identity. That is why so many eventually find their way to us.

With lived experience at the heart of our team, we provide a safe and specialist space where people can begin to trust, share their story and rebuild their lives – sometimes by first just sitting quietly in the room before opening up.

Types of support provided

- Suicide prevention and crisis support
- Emergency relocation assistance
- Support with coming out
- Guidance for parents of LGBTQI+ children from conservative backgrounds
- Asylum support, including attendance at court hearings
- Small emergency grants for individuals in crisis
- Emotional and wellbeing support
- Emergency short-term accommodation
- Mentoring and career advice
- A safe listening space for those in need
- Peer and group support



2024 highlights

+28% increase

489

requests for 1-2-1 help received

64% increase

292

individuals received 1-2-1 support

45% increase

436

in our group support community

217% increase

57

stories documented for LGBTQI+ individuals seeking asylum

New service

25

parents supported through Rainbow Chai

18% increase

8,538

minutes of 1-2-1 phone support delivered

Our frontline support team includes just three individuals - two support workers each working one day a week, and our CEO, who manages the team and serves as Designated Safeguarding Lead.

Case supervision is provided by an experienced volunteer supervisor, with two additional volunteers supporting our parent-led Rainbow Chai group. Together, this small team delivers a life-saving service that reaches hundreds across the UK each year.

support and outreach

summary

2024

Providing specialist mentoring and support for vulnerable LGBTQI+ individuals from religious and culturally conservative backgrounds, and their parents.

- a. In 2024, we received 489 requests for 1-2-1 help and support – a 28% increase compared to 2023. This was the busiest year on record for our foundation’s support service.
- b. Our part-time support team delivered over 8,538 minutes of 1-2-1 telephone support and mentoring – an 18% increase compared to 2023 – plus email support to those uncomfortable or unable to speak.
- c. 292 clients were supported through our 1-2-1 service (a 64% increase from 2023).
- d. We worked on 57 asylum cases for LGBTQI+ individuals facing abuse and death threats from their families. This was a 217% increase from 2023.
- e. 436 people are now registered members of our LGBTQI+ support community.
- f. Over 97% of clients receiving support are of South Asian heritage.
- g. Over 91% were born into Muslim families.
- h. 50 parents were supported, including 36 through Rainbow Chai, our parent-led support group.

summary of activities

2024

- Received the London Dangoor Award for promoting LGBTQI+ inclusion within London.
- A winner of the first Camden Faith & Belief Award for our local community work. Our Founder and CEO, Matt Mahmood-Ogston, was also honoured with the Outstanding Individual Award.
- Organised 12 LGBTQI+ in-person support groups across the year.
- Launched Rainbow Chai, our new support group for parents of South Asian heritage with LGBTQI+ children. Organised 12 monthly sessions.
- Continued our community partnership with Camden Giving.
- Took part in Ban Conversion Therapy Coalition meetings to ensure the voices of our community were represented in proposed legislation.
- Selected OASIS as our new case management system supplier.
- Attended Community Training Days for Camden organisations, hosted by Google.
- Received HCCORP community training for better understanding hate crime and improving services.
- Distributed grants totalling £2,050 to our most vulnerable clients in crisis.
- Attended the event Healthy and Toxic Relationships with Jess Phillips MP and Apsana Begum MP.
- Staff completed various training courses, including Trauma-Informed Practice Training (delivered by Hopscotch).
- Met with Islington Mind to contribute to their new Equalities Toolkit.
- Took part in HCCORP Training: Influencing Policy to support positive change in communities.
- Started a research project exploring harms experienced by our community.
- Hosted a community workshop at South Asian Queer Pride.
- Updated our charitable objects to align more closely with our evolving and expanding work.
- Attended our first HPSP partner meeting to discuss collaboration on tackling violence against women and girls.

summary of activities

2024 continued

- Attended Sanah Ahsan's book launch *It Cannot Be Good Until You Say It* and published a featured interview on how her lived experience has shaped her writing as a Queer Muslim.
- Contributed to the Scottish Government Consultation on Ending Conversion Practices.
- Took part in the We Make Camden Summit 2024.
- Introduced a new financial controls system to strengthen oversight of larger purchases.
- Delivered an internal risk assessment training refresher for our team.
- Organised marching groups for Pride in London, Birmingham Pride, and other Pride events across the UK.
- Held our annual Out and Proud Parents Day celebration on 30th July.
- Launched the Out and Proud Parents podcast, co-produced with Aunt Nell and funded by the National Lottery Community Fund, to mark the fifth anniversary of Out and Proud Parents Day.
- Partnered with Camden Council to host a joint community workshop – Brave Café – creating a safe space for community members to share and discuss issues directly affecting them.
- Produced a video and took part in the Day of Memory, honouring victims of honour-based abuse.
- Attended multiple asylum court hearings as a witness in Birmingham & London.
- Delivered a community talk at UK Black Pride (with volunteers and staff) on the importance of parental acceptance of LGBTQI+ individuals.
- Met with a representative of a leading law firm to share and discuss our work.
- Attended the Vodafone Zoteria app research launch event.
- Took part in the Home Office Stakeholder Engagement Workshop.
- Attended a Christmas reception hosted by the Prime Minister at 10 Downing Street as part of our outreach strategy.



**social impact
&
testimonials**

audience feedback

from our community talks and workshops

Working directly in communities and engaging with front line professionals, police, NGOs and government is at heart of our education and change strategy.

"Thank you for your dedication on this issue and your ongoing work to help eradicate FGM and forced marriage."

Sajid Javid, Home Secretary of the UK (at time of our talk)

"Matt's talk was genuinely one of the most powerful and moving I have ever heard in my 20 years as a research academic."

– Dr Roxanne Khan, University of Central Lancashire

"Matt is one of the most powerful speakers I have ever heard. He has a very level of humility that enables him to achieve a very high degree of emotional connection with his audience."

– Pete Ashby, National LGBT+ Police Conference organiser

"An outstanding, powerful and truly inspiring talk that moved everyone to tears. No-one will forget the talk."

– Trudy Gittins, West Midlands Police

"For many delegates, Matt's talk on behalf of the Naz & Matt Foundation was an absolute highlight of our [teacher's] conference... Matt provided a great introduction into how we best support [religiously conservative households] without alienating them or their families."

– Huw Tindall-Jones, NEU National Union of Teachers

outreach impact

individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

"My mother reminded me to give zakat today, I told her I've found an appropriate Islamic charity i'd like to donate to.

Continue to do the amazing work that allows me to take ownership of my identity."

- Zakir



"Naz and Matt Foundation was there for my partner when she faced homophobia from her parents and extended family.

They helped her emotionally and through advocating on her behalf with some members of her family who are slowly back on talking terms with her thanks to the help of the foundation.

Without that support my partner felt devastated at the rejection from her family and i felt helpless to support.

Extremely grateful to Naz and Matt for the work they are doing. "



"This foundation is doing invaluable work. Groundbreaking and brave. I work in mental health and I have experienced, first hand, the pain suffered by people, young and old, who do not feel free to be who they are.

*Minds have to be opened as early as possible, to the possibility of making a different choice. **The work done in schools is an exemplary example of how to engage directly with communities to begin the conversations that lead to positive change.**"*



*This foundation provides moral support for those who are still in the closet and helping them deal with their hardships in life. **LGBT Muslim are rarely represented in LGBT community, this is one of the few foundations that do so***



outreach impact

from individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

*"It helped me to come out to my Muslim family and **changed my life forever.**"*

anonymous

Thank you so much for your amazing work, we need more awareness like this in the Muslim community, especially with older / more conservative people.

It pains me a lot that some parts of Islam are closed and dogmatic, we need a revolution of some sort and a new generation of Muslims to create a new system / way of thinking. I really hope this can happen, thank you again

Shabba

schools impact

feedback from our work delivering talks in secondary schools

The assembly also led to a sea change in attitude at a follow up PSHE lesson where many showed maturity and tolerance towards issues raised as part of LGBTQI week that they had not shown before. Thank you Matt for sharing your story.

Ms Tighe, Head of School, University of Birmingham School

I have sat through many a talk from visiting speakers; none have had the impact that Matthew had when he visited Hathershaw.

Hathershaw College, Oldham

The talk that Matt delivered was extremely powerful. We are a very diverse school and many of our pupils experience pressure from their families regarding marriage and potential partners.

The talk empowered many of them to question what is going on in the Asian society around our area and inspired them to try and make a difference to the situation.

Ms Kaur, The Co-operative Academy of Leeds

98% of the students said they had learnt something from the session. Many students felt able to discuss a topic they may have not previously felt comfortable with. It touched a lot of our students emotionally, and allowed them to debate their viewpoints with other students. Not only was it informative, it was a topic they were eager to discuss even days later.

Chandni Patel, Tutor at Walsall College

testimonials

from clients using our support service

Our services are shaped by the needs of, and feedback from, our community and the hundreds of vulnerable individuals who come to our Foundation for support each year. We've compiled a small number of testimonials from individuals who have used, or been impacted by our services.

Uthman

I was recommended to talk to Naz and Matt Foundation through one of my best friends, I was vaguely aware of them beforehand in the years past of me repressing my sexuality, and was very much in the closet at the time, and not at all confident or keen on discussing my sexuality or any personal matters to an outsider organisation.

Little did I know, I would have been a different person, with a different life, and a different outlook on life as a whole if I had done it sooner. Much, much sooner. Alas, I regret the time that I had wasted in prolonging my own mental anguish, for [Naz and] Matt would have alleviated it entirely. Speaking to him has changed me, and I shall be eternally grateful.

If I could thank [Naz and] Matt with all the gold in the world, I would, if I had it. For now he will have to settle with the fullness of my mind and heart in which he has helped rebuild, and restore. We are still on our way, but without him, I'd never would have found the support to do it alone.

He saved my life, he's prolonged it, and hopefully together, I'll finally find some reason to love it again, as I used to.

- Uthman (his name has been changed to protect his identity)



Gay Muslim male who received twenty one, hour long telephone support sessions from us over a twelve month period.

testimonials

from clients using our support service

Nur

I realised I could kiss another girl when I was 16. Thinking back from that moment, I remembered the times I had developed crushes on girls throughout my life, never realising that I had romantic feelings towards them. I never thought of this as anything else than just a beautiful part of me, until I found out that being a lesbian and a Muslim "just isn't possible" – see, these two identities of mine was always so natural to me until the external homophobia started to become internalised.

Then began the years long struggle to accept both of my identities. I had questions, so many questions, and I desperately needed answers. I went online, watched all the available videos, and read specific verses of the Quran over and over again. These sources repeatedly spoke about even if I have these "sinful" feelings, I should not act on them. Not act on them how? Isn't Love one of the humanities truest sources of joy and peace? Why did God make me this way if this is wrong?

*The indescribable fear of passing through this precious life with a fake identity made me desperate for help – I needed to speak to someone that wouldn't make me choose between my religion or who I loved. **Then I found the Naz and Matt Foundation. I was nervous when I left my request to talk to someone. Then I got an email from Matt suggesting we speak on the phone. He has been there for me ever since then, whenever I need someone to speak to, witnessing every step of my growth. [Naz and] Matt's incredible patience, kindness and encouragement for the past 2 years has helped me become so much more confident in myself.***

I am no longer afraid to say these words: I am lesbian, I love women. Not being visible yet does not mean we do not exist. I feel truly connected to God, and I sense God's love in anything I do and everywhere I look. And most importantly, I don't have to give up on one of my identities to be myself. "

- Nur (her name has been changed to protect her identity)

Gay Muslim female who, over a two year period, received monthly telephone support sessions, consisting of reconciliation of religion and sexuality, confidence building and coming out support.

testimonials

from clients using our support service

Samira

"Two weeks prior to getting into contact with the Naz & Matt Foundation, I was hospitalised and was not able to see past anything apart from not wanting to live anymore.

By simply listening to, validating and understanding my situation I now have all that I was longing for, a clear plan to eventually live safely and without fear, reaffirmation on how my life is valuable & the strength, hope and perseverance to be the person I was born to be.

I feel like a brand new person every time we speak, eager to put newfound insight and knowledge to practice. I feel super confident in preparing for the rest of my life going forward! I will forever be eternally grateful.

*Each session I have had has ALWAYS managed to pull the best out of me. The insight, encouragement & positivity unlocked a brand new perspective that gradually allowed me to see the light in such a dark time. **Having a voice powerful enough to convince someone how their contribution to the world is in fact valuable, means everything to me.***

*The basis from which the Naz & Matt Foundation first initiated, from taking a personal experience and using it to help others, has inspired me to want to do the same for people who need help. I want to continue sharing the light the Naz & Matt Foundation has shown me. **The foundation has unquestionably transformed my life**, therefore I will honour it in all I go on to do and achieve going forward, with full faith it will continue to save so many more lives and relationships.*

I had no idea 5 years ago when using the Naz & Matt Foundation as research for my A Level media coursework that it would one day change my life for the better."

- Samira (her name has been changed to protect her identity)



Gay Muslim female who, over a two year period, received telephone support, mentoring, career advice, personal brand development and confidence rebuilding.

testimonials

from clients using our support service

Noah and his two children

"The charity is a god send and is still supporting me. I was in a very bad way a year ago and living in so much fear. Finally I was supported to move, very far, to feel safe and secure. Naz and Matt helped us to get into a refuge for me and my kids. I had nothing and they gave us so much by doing this for me and my kids.

My life has changed so much cause of them. I have things I never dreamt of and am so happy cause of the charity."

- Noah

Gay Muslim father contacted our charity in a state of distress. Hiding in a secret location with his two children he was in fear of being attacked with acid by his ex-wife. We initiated an emergency relocation package, moved him and his children to a different part of the UK and found refuge and housing to support them. Is continuing to receive support from us 30 months later.

Sabah

"The whirlwind of pain, emotions and loss seemed unbearable after coming out to my Pakistani mother.

I frantically searched the internet for support and someone that could understand and help. It was this foundation that got back to me and saved my mind and sanity from spiralling with regular support very quickly, when there was little response from elsewhere. Thank you for everything. "

- Sabah (her name has been changed to protect her identity)

recognition for our lifesaving work

We work tirelessly to deliver meaningful campaign work, outreach and support services to the community. We're proud our work has been widely recognised.

- 2024: [Awarded the London Dangoor Award](#) for Promoting LGBTQI+ Inclusion within London
- 2024: [Winners of the first-ever Camden Faith & Belief Awards](#) for our work in the local community, and our Founder and CEO, Matt Mahmood-Ogston, received an Outstanding Individual award.
- 2022: We won Campaign of the Year award at the Bank of London Rainbow Honours Awards for our Out And Proud Parents Day celebration on 30th July.
- 2021: Our new documentary – [My God, I'm Queer](#) – won 'Best TV Programme of 2021' by the [Asian Media Awards](#).
- 2021: Matt recognised as a [Top 10 Outstanding Contributor to LGBTQ+ Life](#) by the British LGBTQ+ Awards
- 2020: Awarded the Faith and Belief Community Award for our work supporting faith and belief communities in Greater London. This was namely for our annual online event [#OutAndProudParentsDay](#) which celebrates proud religious parents of LGBTQI+ children.
- 2020: Nominated for a National Diversity "Community Organisation" Award. Matt nominated for the Positive Role Model Award.
- 2019: Shortlisted for the National Diversity Awards.
- 2019: Nominated for a [Rainbow Honours](#) Award.
- 2019: Awarded IKWRO's Special Recognition Award for '[Outstanding Organisation Tackling "Honour" Based Violence](#)'
- 2019: British LGBT Awards – recognised as a [Top 10 LGBTQ+ Charities or Community Initiative](#).
- 2018: Nominated for a National Diversity "Community Organisation" Award.
- 2018: "[Be the Man](#)" (the story of Naz and Matt) [shortlisted for "Best Original Track" at the BBC Folk Awards](#). Written and performed by the [The Young'uns](#),
- 2017: Shortlisted for the No2H8 Crime Awards by [TellMAMA](#) (a national project which records and measures anti-Muslim incidents in the UK).
- 2016: JCI Ten Outstanding Young Persons Award accepted by Matt on behalf of Naz and Matt Foundation.
- 2016: Matt nominated for Positive Role Model Award (National Diversity Awards).
- 2015: Matt voted 6th most influential LGBTQI person in the UK, by the [Independent on Sunday's Rainbow List](#).
- 2015: [Received official support](#) from the [Association of British Muslims](#) for our work.
- 2015: Matt Awarded the [Attitude Pride Award](#) for 'Building bridges between religious and LGBTQI communities' for his work through the Foundation.

risks

As with any growing, in-demand organisation there comes risks. We actively identify risks to our Foundation and our community so that we can manage them accordingly. Some key risks, and our approach to mitigating these risks, are included below.

- Unable to meet demand.
 - **Our response:** *We will seek additional core funding to develop, adapt and grow our team to cope with the increase in demand.*
- Not reaching the individuals who need our services the most.
 - **Our response:** *We will continue to develop and improve our proven methods of outreach work, across channels accessed by our target demographic.*
- Insufficient resources and finances to fulfil the needs of the most vulnerable members of our community.
 - **Our response:** *We will grow our fundraising capability and develop new long-term relationships with grant-making organisations who believe in our core mission.*
- Not maintaining adequate relationships with donors, supporters and individuals who support our work.
 - **Our response:** *We will invest in developing our CRM to will enable us to build, develop and grow relationships with those who can support our organisation's need for growth.*
- Burnout.
 - **Our response:** *Increase the size of our team, improve monitoring of workloads and introduce effective wellbeing tools to support our team's health.*
- The triggering nature of our work affecting our team's mental health.
 - **Our response:** *Further improve case / work supervision, and provide appropriate tools to safe guard team member's mental health.*
- Inadequate monitoring and reporting of our progress and impact, negatively affectively our ability to engage with funders.
 - **Our response:** *Improve and systemise capturing of data. Introduce a more robust Case Management solution within our support service to better capture data.*

opportunities

We have a huge journey ahead and have identified a number of opportunities that will help us get there, we have highlighted a few below. We are actively seeking funding to help explore and implement these.

- Improve data visibility and monitoring by rolling out a **dedicated Case Management system** to proactively manage our most vulnerable support clients.
- Develop a **nationwide police training programme** to help education all police officers about the about religious and cultural homophobia and it's relationship with LGBTQ+ honour based abuse, forced marriage, domestic abuse and 'conversion practices'.
- **Establish a paid membership programme** that will help us strengthen relationships with our community, and generate a vitally needed regular income stream that can support our increasing costs of service provision.
- **Develop a more comprehensive schools programme** with more speakers, better resources, handouts, and structured online learning materials.
- **Improve our engagement with parents** and translating all of our existing content into non-English languages spoken by the parents of our service users (Urdu, Hindi, Bengali and Punjabi).
- **Launch the first UK helpline** designed specifically for free, on demand support for victims and survivors of religious and cultural homophobia, **staffed by proud accepting parents**.

looking ahead

building resilience in 2025–2026

In 2024, demand for our services reached record levels. Behind every request was a person or family in crisis - and a small part-time team working tirelessly to respond. To keep pace safely, we must invest in the systems, people, and funding that will sustain our work.

Our core priorities for 2025–2026

- Embed our new case management system to strengthen safeguarding and improve monitoring of waiting lists and case outcomes.
- Recruit a part-time Case Administrator to manage administration and ensure consistency across complex cases.
- Appoint a part-time Support Manager to free the CEO for strategic work, fundraising, and partnerships.
- Diversify and stabilise income by developing new revenue streams and expanding training for schools and front-line service providers.
- Grow parent support, following the launch of our Rainbow Chai service, which supported 25 parents this year.
- Improve response times and strengthen our asylum support service.

To deliver this, we'll seek core funding and capacity-building support to expand frontline capacity, protect staff wellbeing, and ensure timely, trauma-informed care for everyone who reaches out.

Our long-term vision remains the same: **a world where no one is forced to choose between their faith, their culture, and who they love.**



thank you

to everyone who supports our work

Your support helps us save lives, prevent suicide, and bring families back together.

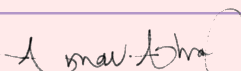
Please consider starting a conversation in your own community – or making a donation – so together we can end religious and cultural homophobia, and ensure no one is ever forced to choose between their faith and who they love.

declaration

The Trustees declare that they have approved this annual
Trustee's Report and financial statements.

The Chair has signed on behalf of all Trustees.

SIGNATURE



Full name(s)

Asma Ashraf

Position

Chair

DATE

28/10/2025

NAZ AND MATT FOUNDATION

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NAZ AND MATT FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NAZ AND MATT FOUNDATION

I report to the Trustees on my examination of the financial statements of Naz and Matt Foundation (the Charity) for the year ended 31 December 2024.

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.

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

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me 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 Charities Act 2011.
- 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 (Accounts 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.

Sarah Corbett FCA DChA

HJS Accountants Limited

Tagus House

9 Ocean Way

Southampton

Hampshire

SO14 3TJ

United Kingdom

29 October 2025

NAZ AND MATT FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	Unrestricted funds general designated 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds general designated 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £
Income and endowments from:									
Donations and legacies	3	39,258	-	4,750	44,008	56,525	-	20,000	76,525
Charitable activities	4	2,287	-	-	2,287	1,057	-	-	1,057
Other income	5	500	-	-	500	-	-	-	-
Total income		42,045	-	4,750	46,795	57,582	-	20,000	77,582
Expenditure on:									
Raising funds	6	404	-	-	404	410	-	703	1,113
Charitable activities	7	75,745	-	11,864	87,609	76,500	-	9,358	85,858
Total expenditure		76,149	-	11,864	88,013	76,910	-	10,061	86,971
Net expenditure		(34,104)	-	(7,114)	(41,218)	(19,328)	-	9,939	(9,389)
Transfers between funds		-	-	-	-	(2,672)	-	2,672	-
Net movement in funds	8	(34,104)	-	(7,114)	(41,218)	(22,000)	-	12,611	(9,389)

NAZ AND MATT FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

	Unrestricted funds general		Unrestricted funds designated		Restricted funds		Total	
	2024	2023	2024	2023	2024	2023	2024	2023
Notes	£	£	£	£	£	£	£	£
Reconciliation of funds:								
Fund balances at 1 January 2024	60,181	82,181	4,034	4,034	18,661	6,050	82,876	92,265
Fund balances at 31 December 2024	<u>26,077</u>	<u>60,181</u>	<u>4,034</u>	<u>4,034</u>	<u>11,547</u>	<u>18,661</u>	<u>41,658</u>	<u>82,876</u>

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

NAZ AND MATT FOUNDATION

BALANCE SHEET

AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	13	900		898	
Cash at bank and in hand		68,333		93,298	
		<u>69,233</u>		<u>94,196</u>	
Creditors: amounts falling due within one year	14	(27,575)		(11,320)	
Net current assets			41,658		82,876
			<u>41,658</u>		<u>82,876</u>
The funds of the Charity					
Restricted income funds	17		11,547		18,661
Unrestricted funds - general	19		26,077		60,181
Unrestricted funds - designated	18		4,034		4,034
			<u>41,658</u>		<u>82,876</u>

NAZ AND MATT FOUNDATION

BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2024

The financial statements were approved by the Trustees on 28/10/2025



.....

Asma Ashraf

Trustee

NAZ AND MATT FOUNDATION

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

1 Accounting policies

Charity information

Naz and Matt Foundation is a charitable incorporated organisation. The charity's principal address is 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The Charity is a Public Benefit Entity as defined by FRS 102.

The Charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Designated funds are funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

Income is recognised when the Charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the Charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the Charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Grants receivable are recognised when there is entitlement, probability of receipt and the amount can be measured sufficiently and reliably.

Grants which cover more than one financial reporting period are deferred accordingly.

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The Charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the Charity's balance sheet when the Charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies (Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the Charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	8,678	-	8,678	26,525	-	26,525
Grants	30,580	4,750	35,330	30,000	20,000	50,000
	<u>39,258</u>	<u>4,750</u>	<u>44,008</u>	<u>56,525</u>	<u>20,000</u>	<u>76,525</u>
Grants						
Indigo Trust	10,000	-	10,000	30,000	-	30,000
Camden Giving	10,455	-	10,455	-	-	-
SafeLives Fund	-	2,000	2,000	-	-	-
Camden Council	-	-	-	-	10,000	10,000
National Lottery	-	-	-	-	10,000	10,000
George Michael Fund	8,750	-	8,750	-	-	-
Protection Approaches	1,375	2,750	4,125	-	-	-
	<u>30,580</u>	<u>4,750</u>	<u>35,330</u>	<u>30,000</u>	<u>20,000</u>	<u>50,000</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

4 Income from charitable activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Charitable income		
Events	2,287	1,057
	<u> </u>	<u> </u>

5 Other income

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income	500	-
	<u> </u>	<u> </u>

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising and publicity						
Advertising	404	-	404	410	703	1,113
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

7 Expenditure on charitable activities

	Expenditure 2024	Expenditure 2023
	£	£
Direct costs		
Staff costs	19,557	15,465
Special projects	8,358	4,445
Events	80	383
Cost of providing support	7,561	9,843
Cost of goods sold	220	126
	<u>35,776</u>	<u>30,262</u>
Share of support and governance costs (see note 9)		
Support	49,193	52,692
Governance	2,640	2,904
	<u>87,609</u>	<u>85,858</u>
Analysis by fund		
Unrestricted funds - general	75,745	76,500
Restricted funds	11,864	9,358
	<u>87,609</u>	<u>85,858</u>
8 Net movement in funds	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,284	1,320
	<u>1,284</u>	<u>1,320</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

9 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	42,472	-	42,472	41,590	-	41,590
Insurance	203	-	203	197	-	197
General expenses	52	-	52	72	-	72
IT software and consumables	4,729	-	4,729	8,381	-	8,381
Postage, freight and courier	188	-	188	162	-	162
Printing and stationery	209	-	209	-	-	-
Subscriptions	108	-	108	216	-	216
Telephone and internet	264	-	264	239	-	239
Travel - national	960	-	960	896	-	896
Bank fees	8	-	8	4	-	4
Recruitment costs	-	-	-	108	-	108
Bad debts	-	-	-	827	-	827
Legal and professional	-	1,296	1,296	-	1,296	1,296
Audit and accountancy fees	-	1,344	1,344	-	1,608	1,608
	<u>49,193</u>	<u>2,640</u>	<u>51,833</u>	<u>52,692</u>	<u>2,904</u>	<u>55,596</u>
Analysed between						
Charitable activities	<u>49,193</u>	<u>2,640</u>	<u>51,833</u>	<u>52,692</u>	<u>2,904</u>	<u>55,596</u>

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Management	1	1
Casual support personnel	4	4
Total	<u>5</u>	<u>5</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

11 Employees (Continued)

Employment costs	2024 £	2023 £
Wages and salaries	60,974	56,025
Other pension costs	1,055	1,030
	<u>62,029</u>	<u>57,055</u>

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

13 Debtors

Amounts falling due within one year:	2024 £	2023 £
Trade debtors	900	898
	<u>900</u>	<u>898</u>

14 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Deferred income	16	26,250	10,000
Trade creditors		40	-
Accruals		1,285	1,320
		<u>27,575</u>	<u>11,320</u>

15 Retirement benefit schemes

Defined contribution schemes	2024 £	2023 £
Charge to profit or loss in respect of defined contribution schemes	1,055	1,030
	<u>1,055</u>	<u>1,030</u>

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the Charity in an independently administered fund.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

16 Deferred income

	2024	2023
	£	£
Other deferred income	26,250	10,000
	<u>26,250</u>	<u>10,000</u>

Deferred income is included in the financial statements as follows:

	2024	2023
	£	£
Deferred income is included within:		
Current liabilities	26,250	10,000
	<u>26,250</u>	<u>10,000</u>
Movements in the year:		
Deferred income at 1 January 2024	10,000	20,000
Released from previous periods	(10,000)	(10,000)
Resources deferred in the year	26,250	-
	<u>26,250</u>	<u>-</u>
Deferred income at 31 December 2024	26,250	10,000
	<u>26,250</u>	<u>10,000</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
SafeLives Fund	-	2,000	(1,914)	-	86
Pink Triangle Trust	1,000	-	-	-	1,000
Camden Council	7,661	-	-	-	7,661
National Lottery	10,000	-	(9,950)	-	50
Protection Approaches	-	2,750	-	-	2,750
	<u>18,661</u>	<u>4,750</u>	<u>(11,864)</u>	<u>-</u>	<u>11,547</u>
	<u><u>18,661</u></u>	<u><u>4,750</u></u>	<u><u>(11,864)</u></u>	<u><u>-</u></u>	<u><u>11,547</u></u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
SafeLives Fund	5,050	-	(5,642)	592	-
Camden Giving	-	-	(2,080)	2,080	-
Pink Triangle Trust	1,000	-	-	-	1,000
Camden Council	-	10,000	(2,339)	-	7,661
National Lottery	-	10,000	-	-	10,000
	<u>6,050</u>	<u>20,000</u>	<u>(10,061)</u>	<u>2,672</u>	<u>18,661</u>
	<u><u>6,050</u></u>	<u><u>20,000</u></u>	<u><u>(10,061)</u></u>	<u><u>2,672</u></u>	<u><u>18,661</u></u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

17 Restricted funds

(Continued)

SafeLives Fund

The SafeLives 'Circle Fund' supports victims of economic and domestic abuse. It provides crisis intervention, increase safety and help support recovery and resilience. Funded through £1million donation by NatWest bank. We are granted an allocation of money which we are then able to give to our most vulnerable clients in times of crisis or urgent need.

Pink Triangle Trust - Helpline

Initial research and development of our new helpline service designed to support LGBTQI+ individuals and their parents, from religious and culturally conservative backgrounds.

Camden Council

A grant from the Community Impact Fund for The Partnership and Network Development for community outreach and to build bridges and connections between the LGBTQI+ community supported by Naz and Matt Foundation, and cultural and faith-based groups in Camden.

National Lottery

Support the creation of a new podcast series to celebrate Out and Proud Parents Day's 5th anniversary on 30th July 2024.

Protection Approaches

Protection Approaches awarded funding to support participation in a collaborative hate crime partnership project. The grant is for helping to cover costs associated with participation, including staff time for attending three training sessions (hate crime training, community builder training, and policy and advocacy training), activity/outcome planning meetings, activity delivery, and a partner conference. The funding supports activities focused on increasing awareness and understanding of hate crimes among community members, improving victim support services, and building relationships with stakeholders in police, local and regional authorities, and civil society focused on hate crime victim support and prevention.

18 Unrestricted funds - designated

These are unrestricted funds which are material to the Charity's activities.

	At 1 January 2024	At 31 December 2024
	£	£
Camden Giving	4,034	4,034
	<u> </u>	<u> </u>
Previous year:	At 1 January 2023	At 31 December 2023
	£	£
Camden Giving	4,034	4,034
	<u> </u>	<u> </u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

19 Unrestricted funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Camden Giving	4,034	-	-	-	4,034
General funds	56,147	42,045	(76,149)	-	22,043
	<u>60,181</u>	<u>42,045</u>	<u>(76,149)</u>	<u>-</u>	<u>26,077</u>
	<u><u>60,181</u></u>	<u><u>42,045</u></u>	<u><u>(76,149)</u></u>	<u><u>-</u></u>	<u><u>26,077</u></u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Camden Giving	4,034	-	-	-	4,034
General funds	78,147	57,582	(76,910)	(2,672)	56,147
	<u>82,181</u>	<u>57,582</u>	<u>(76,910)</u>	<u>(2,672)</u>	<u>60,181</u>
	<u><u>82,181</u></u>	<u><u>57,582</u></u>	<u><u>(76,910)</u></u>	<u><u>(2,672)</u></u>	<u><u>60,181</u></u>

Camden Giving Community Partnership

To develop and strengthen our community of grassroots leaders in Camden and provide opportunities for them to apply and participate on the panel of Camden Giving's community led grants programmes.

20 Analysis of net assets between funds

	Unrestricted funds general 2024	Unrestricted funds designated 2024	Restricted funds 2024	Total 2024
	£	£	£	£
At 31 December 2024:				
Current assets/(liabilities)	26,077	4,034	11,547	41,658
	<u>26,077</u>	<u>4,034</u>	<u>11,547</u>	<u>41,658</u>
	<u><u>26,077</u></u>	<u><u>4,034</u></u>	<u><u>11,547</u></u>	<u><u>41,658</u></u>
	Unrestricted funds general 2023	Unrestricted funds designated 2023	Restricted funds 2023	Total 2023
	£	£	£	£
At 31 December 2023:				
Current assets/(liabilities)	60,181	4,034	18,661	82,876
	<u>60,181</u>	<u>4,034</u>	<u>18,661</u>	<u>82,876</u>
	<u><u>60,181</u></u>	<u><u>4,034</u></u>	<u><u>18,661</u></u>	<u><u>82,876</u></u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

21 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

NAZ AND MATT FOUNDATION

England & Wales - Charity number 1160694

Accounts



ANNUAL REPORT

2023

1st January 2023 - 31st December 2023

Naz and Matt Foundation,
71-75 Shelton Street,
Covent Garden,
London WC2H 9JQ

Registered Charity 1160694





*Our mission is to never let religion,
any religion, come in the way of the
unconditional love between parents and
their LGBTQI+ children.*



NAZ & MATT
FOUNDATION



hello

A message from our Chair

The work of Naz and Matt Foundation continues to reach many more who need care and support.

This is evident from the increase in requests to our support service.

I still describe the work of our Team as a hug for the people we support.



Individuals who identify as LGBTQI+ sadly continue to face disownment and rejection from family and friends. The discrimination our service users face continues because of religious and culturally conservative values.

However, we also work with parents who hold religious and cultural beliefs and are supportive to LGBTQI+ individuals. This said, 64% of the LGBTQI+ individuals we surveyed in 2020 struggled with mental health issues after coming out to their religious parents. Many individuals out there continue to need our support.

Matt our Exec Director, is a very passionate and driven individual who works tirelessly to lead our Team of staff and volunteers. This is evident because our team continues to grow. I have observed the nurturing environment that Naz and Matt Foundation provides to its staff and volunteers.

Thank you to Matt and the Team for your continued work on introducing policies and processes to ensure we provide safe care to our service users.

The continued support from our donors and the wider community enables us to carry on with the mission of the foundation. The mission is to "never let any religion come in the way of unconditional love between parents and their LGBTQI+ children".

We are grateful for all the support from our donors, without you we would not be able to help others.

Asma Ashraf, Chair

thank you

A message from our Founder & Executive Director

This year has been a busy year for Naz and Matt Foundation. We experienced a sharp increase in the number of requests for help and support to our support service.

Now, with our new, trained, and highly skilled support team in place, we were able to meet this rise in demand whilst providing a safe, caring and positive space for all LGBTQI+ individuals and parents who came to us for help or support.

Our monthly support group continued to grow, and we began investing time and resources into developing the foundational building blocks that will allow us to launch our new parent-led support group (Rainbow Chai) in the new year.

As we transition from our roots as a campaigning organisation to a front-line support organisation, we continue to introduce more robust safeguards, processes, policies, and practices to ensure we deliver the best care possible to our most vulnerable clients who access our support services.

I am eternally thankful to every person, business, organisation, and group who has donated their time and financial resources to support our life-saving work in the community.

Thank you for your continued trust and support.

Matt Mahmood-Ogston, Founder and Executive Director



trustees & organisation

Our board provides the oversight and strategy for the work that we do. Each member has lived experience of the issues we tackle as a charity.

Name	Role	Dates acted if not for whole year
Asma Ashraf	Chair of Trustees	Whole year
Elizabeth Pritchard	Treasurer	Whole year
Samantha Lewis	Secretary	Whole year
Tim Noblett	Trustee (Campaigns and Out and Proud Parents Day)	Whole year
Benaifer Bhandari	Trustee	Appointed 21st October 2023
Matthew Naz Mahmood-Ogston	Founder & Executive Director	Whole year

RECRUITMENT OF TRUSTEES

To ensure our board understands the needs of our service users, and to remain a “by and for” foundation, trustees are recruited through a process that prioritises lived experience and individuals from the Global Majority.

All new trustees are interviewed by the board, who then vote on the candidate. 100% agreement must be reached.

Trustees receive comprehensive induction and onboarding.

Type of governing document - Constitution

Trustee selection method - Appointed by trustees.

Governance issues for period - N/A - no governance issues

Core policies and procedures in place

- Confidentiality Policy
- Data Consent
- Data Protection Policy
- Safeguarding & Vulnerable Adults Policy
- Volunteer Agreement
- Anti Bribery Policy
- Conflict of Interest Policy
- Equality Diversity and Inclusion Policy
- Expenses Policy
- Procurement Policy
- Risk Policy
- Complaints Procedure
- Escalations & Red Flag Policy

charitable objects

Summary of the objects of the charity set out in its governing document.

(a) To advance education and promote knowledge to create understanding within communities and families where religion or culture is affecting their ability to accept or tolerate individuals who are born LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer or Intersex);

(b) To promote and protect the good health of LGBTQI+ individuals and their friends and family by offering support and mentoring, and signposting them to established counselling services, to assist in resolution of the challenges linked to sexuality or gender identity particularly where religion may be affecting the situation; and

(c) The promotion of equality and diversity in particular the elimination of discrimination on the grounds of sexual orientation and gender identity; by raising awareness among the public about the negative impact that difficulties (with a focus on religious beliefs) can have on LGBTQI+ individuals.

financial overview

Summary of the financial position of our organisation.

INCOME

In the current reporting period, expenditures were higher than income, and we used our cash reserves to support the increase in demand for our support services.

Total income - £77,582

Total expenditure - £86,971

RESERVES POLICY

Our policy is to maintain 3-6 months of cash reserves in our bank account. This is to ensure we can operate without loss of service.

Our reserves are spent only in extenuating circumstances under the close supervision of the board. This policy is reviewed annually.

FUNDING & GRANTS

Summary of significant grants received within this period. For specific amounts, see our financial statements.

- National Lottery Community Fund - A grant to be used to produce a new podcast series celebrating the 5th anniversary of Out and Proud Parents Day.
- Indigo Trust - Core funding to support our work tackling homophobia triggered by religion or culture, and our campaign to ban conversion 'therapy' (conversion practices).

Donations

We are truly thankful to all of our funders, and generous donors throughout the year - LGBTQI+ individuals, parents, allies, corporations, front line service providers and many more. We would like to especially thank Indigo Trust for believing in our mission and work by investing in our core funding.

Details of any funds materially in deficit

Due to increases in the costs of providing our core services we have this year spent some of our reserves. This is outlined in our financial statements for this year.

Our future operating surplus will be used to grow our core services to meet the rapidly increasing demands on our services across the Foundation; and to continue delivering on our core mission and objects.



our journey



our story

WHY

Naz and Matt Foundation was set up in 2014 following the sad loss of Matt's fiancé and soulmate, Naz, who took his own life two days after his deeply religious family confronted him about his sexuality for the first time.

We exist to empower and support LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Intersex) individuals, their friends and family to work towards resolving challenges linked to sexuality or gender identity, particularly where religion or culture is heavily influencing the situation.

64%

OF LGBTQ+ INDIVIDUALS
STRUGGLE WITH **ANXIETY**
DEPRESSION OR
SUICIDAL THOUGHTS

AS A RESULT OF A NEGATIVE COMING OUT
EXPERIENCE TO THEIR RELIGIOUS PARENTS

* NAZ AND MATT FOUNDATION, UNDERSTANDING THE IMPACT OF COMING OUT TO RELIGIOUS PARENTS UK, 2020

HUMANITARIAN WORK

We primarily work in suicide prevention, mental health and wellbeing - focusing on LGBTQI+ individuals and families from religious and culturally conservative backgrounds.

A core part of our work is tackling homophobia triggered by religion or culture to help parents accept their children.

OUR VISION

Our vision is a world where every religious and culturally conservative parent accepts their LGBTQI+ child, for who they really are, and for who they were born to be.

OUR APPROACH

We provide a comprehensive, free to access, telephone, email and group support service which provides assistance in a wide range of circumstances including 'coming out' support, LGBTQ+ asylum support and emergency relocation assistance.

We deliver highly effective outreach work, carefully designed to remove the barriers that prevent religious and culturally conservative parents from accepting their LGBTQI+ children.

our values

COMMITTED to our mission and getting the job done.

HOPEFUL even when there is little hope in that moment.

POSITIVE in the face of adversity.

NEVER TURN OUR BACK on a member of our community in need.

APPROACHABLE and **WELCOMING**.

ACCESSIBLE easy to access services and information.

EFFICIENT optimal use of limited resources.

RESPECTFUL even when we disagree.

LOYAL to the energy and values that Naz lived by.

core areas of focus

RELIGIOUS & CULTURAL HOMOPHOBIA

Religious homophobia and cultural homophobia are intertwined, however our primary focus is the religious trigger.

LGBTQI+ HONOUR BASED ABUSE & LGBTQI+ FORCED MARRIAGE

Honour based abuse and forced marriage are heavily influenced by culture and tradition. Where a conservative religious interpretation is also present this represents a core area of our work.

PARENTAL ACCEPTANCE

Parents hold the key to preventing LGBTQI+ suicide and creating safe, positive and nurturing environments for all LGBTQI+ individuals. Since launching our annual Out and Proud Parents Day celebration in 2019, we have increased our focus of working with parents.

CRIMINALISING 'CONVERSION PRACTICES'

We have campaigned on the issue of banning 'conversion therapy' nationally since 2015. Under Theresa May's government we were advisors to the Government Equalities Office (GEO). We now actively meet with MPs and government officials to help support their work to criminalise this barbaric practice.

our position

WE ARE PRO BELIEF + PRO RELIGION

We are not a religious organisation. We support individuals from any faith, including those who have left the religion they were born into.

We believe in the right to believe, or not to believe.

We believe in the right to be the person we were born to be.

WE ARE SOLUTIONS FOCUSED

We focus on solving the problem, not just dealing with the consequences.

Our long term goal is for our services and charity to no longer be needed.

Until that day, we will not stop until every religious or culturally conservative parent accepts their LGBTQI+ child.

NO POLITICAL AFFILIATION

We are not aligned to any political party.

We will work with any government or organisation that helps us achieve our mission of supporting our community.

our three pillars

All our work falls within one or more of the three pillars that underpin Naz and Matt Foundation's mission. These help keep us focused on our objectives with clarity and purpose.

#1

SUPPORT & OUTREACH

HELP THOSE
MOST IN NEED

Supporting and working with LGBTQI+ individuals and their parents.

#2

IMPACT & AWARENESS

HELP OTHERS ENGAGE
WITH THE PROBLEM

Create widespread understanding of the existence and impact of the abuse we tackle.

#3

EDUCATION & CHANGE

FIX THE PROBLEM

Empowering our audience with tools and knowledge to help them, and us, solve and prevent the problem.

our core services

One of the most important things we do as a Foundation is listen. We listen to the voices of the individuals who come to us for help and support. This enables us to adapt and evolve our services to meet the needs of the most vulnerable members of our community.

SUPPORT & OUTREACH

- Comprehensive 1-2-1 support & mentoring via phone and email.
- Monthly group support sessions (LGBTQI+ individuals and parents)
- LGBTQI+ Asylum support
- Emergency relocation assistance
- Community engagement

IMPACT & AWARENESS

- Out and Proud Parents Day - celebrated every year on 30th July
- Regular interviews in the local, national and international press
- High visibility awareness campaigns, inc. World Suicide Prevention Day
- Leading marching groups in multiple pride events around the UK each year

EDUCATION & CHANGE

- School, college and university talks
- Films & documentaries
- Books for LGBTQ+ children and parents from religious backgrounds
- Lectures, talks & workshops for NGOs, police, government, corporations
- Research studies & reports

beneficiaries of our work

Our work benefits a wide intersection of society to ensure the abuse we tackle is understood and addressed effectively. We prioritise our work with those affected most.

primary

LGBTQI+ INDIVIDUALS

Born into religious or culturally conservative families

PARENTS

From religious or culturally conservative backgrounds

secondary

RELIGIOUS & COMMUNITY LEADERS

LGBTQI+ ALLIES, STUDENTS AND WIDER COMMUNITY

MEDIA & PRESS

Help us to speak to large sections of the community who will, in time, help us solve this problem

SERVICE PROFESSIONALS

NGOs, social carers, teachers, police, academics, company staff

who uses our services

Our work is delivered across multiple areas and channels, each being accessed and interacted by different audiences in different ways.

support services

OVER 97%

of individuals who access our support services are of South Asian Heritage.

91%

of our clients receiving support were born into a Muslim family. 5% were Sikh, 1.8% Christian, 1.5% Hindu, 0.19% Mormon.

Some of our clients chose to stay within and practice their faith, some work towards reconciling their faith and LGBTQI+ identity, others are on a journey towards leaving the religion they were born into.

Whichever path our clients choose, we will be there to support them on their journey ahead, however long it takes.

online channels (non-support)

APPROX 80%

are from White and/or Christian backgrounds

* estimated

Our 7 stages of coming out

Based on our lived experiences, the hundreds of cases we've worked on, and thousands of stories shared with us, we analysed and mapped out common milestones that featured in most of these situations.

From this data we were able to identify seven common steps that were present in the coming out journey for both LGBTQI+ individuals, and also parents of LGBTQI+ individuals.

We now use this seven step process in our support service. It has become a valuable and practical tool used to support our clients, to assess where they currently are, and the likely steps needing to be reconciled on their journey ahead.

These steps will be published in detail in our new book for religious parents, which is currently being worked on by our team.

- 1. Awareness**
- 2. Denial**
- 3. Mourning**
- 4. Tolerance**
- 5. Acceptance**
- 6. Pride**
- 7. Helping others**



#Out And Proud Parents Day
30th July

Our flagship annual event

Out and Proud Parents Day



#Out And Proud Parents Day
30th July

Out and Proud Parents Day launched on July 30th 2019, the five year anniversary of Naz's death (Dr Nazim Mahmood), who Naz and Matt Foundation was founded in memory of. We sought to give this tragic moment a more positive meaning that could help other families not have to experience what Naz went through.

We now organise the event every year on 30th July.

What happens on 30th July?

On this day, every year, we invite parents of LGBTQI+ children (all ages), from all backgrounds, to stand up and come out as Proud Parents so we can celebrate them and their love for their children.

We ask parents to share videos of themselves, photos or messages affirming their love and acceptance towards their LGBTQI+ child.

By using the hashtag #OutAndProudParentsDay in each post we can bring all the messages together to help create a huge wave of positive love and LGBTQI+ acceptance. The objective of the day is to create parental role models within communities, to help inspire other parents of LGBTQI+ children to become more accepting of their own children.

Any parent who needs a help, guidance, or a positive role model can follow the #OutAndProudParentsDay to meet and learn from a growing number of proud parents.

Parents from diverse backgrounds

Islam
Christianity
Sikhism
Hinduism
Atheism

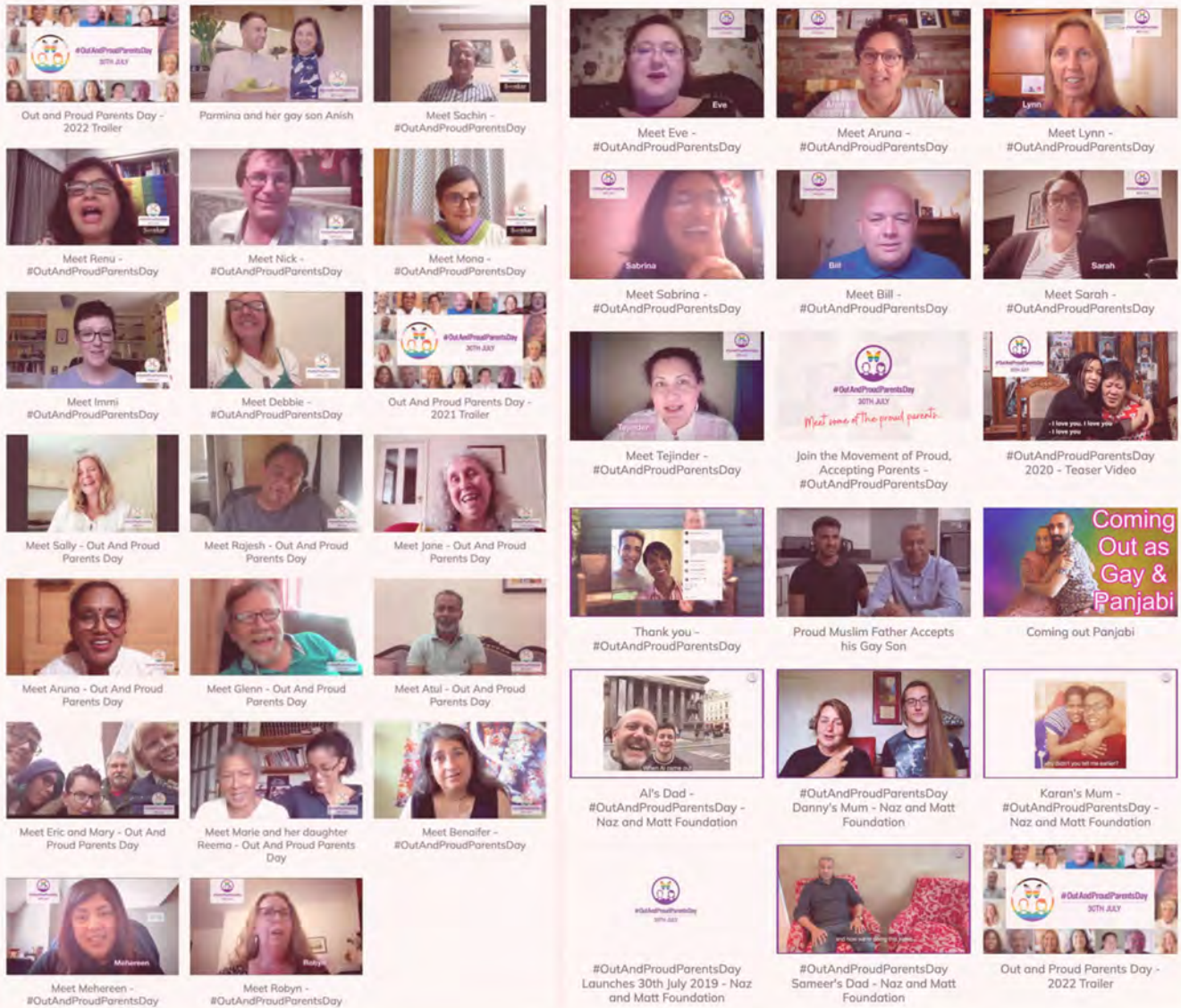
1.67M

People reached with our
2021 Out and Proud
Parents campaign

Out and Proud Parents Day



#Out And Proud Parents Day
30th July



Parents participated from
United Kingdom
USA
India

43
videos

Total number of video
interviews with proud accepting
parents we have produced.

Out and Proud Parents Day testimonials from parents

Parents who have taken part in Out and Proud Parents Day have overwhelmingly reacted with positive feedback and huge impact it has had on their personal and family lives.



"I was literally so proud to take part in the videos for Out and Proud Parents Day last year. Told absolutely everyone we know about it. I usually have some form of rainbow on my person as a pin badge, laces, hair band. This has made it easy for a couple of parents to approach me... opening up about their own kids struggling with their sexuality, and how did we feel, and so on. One of the parents who is now a good friend of mine has a MTF daughter, and the mum was worried about people finding out. Not any more, we have hopefully helped her find a happy place and we are talking about it all"

– Mrs Sarah Gregory

"Taking part in Out and Proud Parents Day last year was awesome and has become such an integral part of our journey. So many people reached out to us in so many ways and I have been asked to support other parents at times. Amazing! I was really surprised by how many people who I had thought would disapprove of my post have been so positive saying things like they are so proud of me and Jesse"

– Mrs Lynn Chalinder RDH AFHEA MDTFEd



"I really loved participating in last year's Out and Proud Parents Day...it allowed me as a parent to celebrate my son's coming out. It brought to mind the confidence and trust my son had in me to be able to "come out". After my video went up on social media, at least 4-5 LGBTQI members reached out to me. With the guidance of Matt and Aruna Desai of Sweekar, we have helped some out come out to their families and gain their acceptance!!"

– Sabrina Court, India



our illustrated children's book

salim's secret

Growing up is never easy, especially when you have a secret to share and are too scared to tell anyone. Salim knows he is different, but will his friends and family accept him for who he really is?

Illustrated children's book for children 5+ years old.

Published exclusively by Naz and Matt Foundation in the UK, the book is available to purchase from major online retailers such as Amazon, Waterstones and Foyles.

A growing number of primary schools have purchased the book for their library.

our flagship, channel 4, award-winning film

My God, I'm Queer



"Can you be Muslim and gay? A bereaved fiancé goes on a deeply personal journey to try and prevent the tragedy from happening again."

My God, I'm Queer is an award-winning documentary produced by Naz and Matt Foundation that explores the origin story behind our charity

We meet an incredible family of truly inspirational individuals who choose to be themselves and live the best version of their queer lives.



The film screened in England, Wales, Canada and India and was shortlisted for two awards, and won **Best TV Programme of 2021** at the Asian Media Awards in Manchester.

The film was distributed by All4 and broadcast on Channel 4 as part of the Iris Prize. It's now available free to watch on YouTube <https://www.youtube.com/watch?v=kvVcyUJZYhE>

since our founding

impact highlights

support

1,382

Requests for support from our telephone and email support service.
(382 requests in 2023)

20,222

Minutes of confidential, life saving 1-2-1 telephone support delivered to vulnerable clients
(7,222 minutes in 2023)

300

Members of our monthly support group

68

LGBTQ+ Asylum support cases taken on, with a high success rate for helping to secure safety for our clients.
(18 New cases in 2023)

impact highlights

awareness campaigns

1.67M

Reach of our 2021
Out and Proud Parents
campaign

10M

Reached globally with our
Journey to Find Acceptance
sponsored wall in 2015

54M

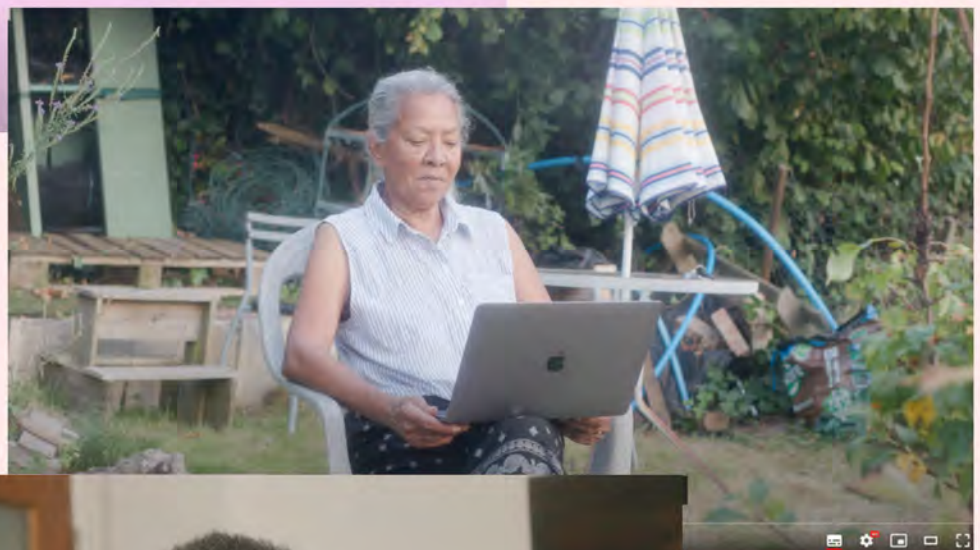
Global reach with our World
Suicide Prevention Day
campaign in 2020

reducing the causal factors of suicide ideation

World Suicide Prevention Day

2023

We asked Marie, a proud parent,
to watch a complete stranger's video
about suicide.



Preventing suicide is one of the foundational reasons why our charity was founded, and continues to be the main focus of our support work.

We teamed up with our proud parent, Marie, and Asad who shares his story about coming out as a queer Muslim. The hard-hitting campaign was designed to encourage more parents (who have accepted their LGBTQI+ kids), to step forward and be more visible in the community become a safe space and beacon of hope for those struggling.

impact highlights

awareness & social impact



THE
YOUNG
'UNS

The love story of Naz and Matt was turned into an BBC Folk Award nominated song by The Young'uns.

Be the Main has now been performed played live in many countries around the world, including at Glastonbury.

We continue to receive requests for support from individuals who heard this song on the radio or online.

impact highlights

awareness & social impact



Produced or contributed to two major documentaries on Channel4

- Muslim Drag Queens
- My God, I'm Queer



Naz and Matt's story influenced the high-profile gay Muslim story in Coronation Street.

We later advised the production team on parts of the story, and Bhavna Limbachia, who played the main character in the storyline, became our patron and was shortlisted for the DIVA Awards.

impact highlights

difficult conversations

To help bring the positive change that is required in communities around the world, we believe the public need to be aware of, and fully understand the types of abuse we tackle.

To do this we amplify our story, and the voices of those with lived experience, to ensure we impact the widest audience. We have been interviewed by virtually all major press and media stations in the UK, and a number of international platforms, including

BBC Breakfast
BBC World Service
BBC News 24
BBC Asian Network
BBC Radio 1 Newsbeat
BBC Look North
CNN
The Guardian
Sky News
ITV News
ITV Meridian
Canadian Breakfast TV
LBC Radio
BBC Radio Ulster
The Sunday Times
Channel 4
BBC Radio 5 Live
BBC Radio WM
BBC Radio London (Sunny & Shay)
Gaydio Radio
Birmingham Mail
London Live TV
Heart FM
Capital Radio
Talk Radio
Camden New Journal
Ham High News
Smooth Radio Scotland
Capital Scotland
STV
BBC Solent
BBC Wiltshire

Telegraph
BBC Newcastle
Black Cat Radio
WCR FM
BHBN
BBC Cumbria
New Style Radio
N Live
ITV Yorkshire
Gateway 97.8
Marlow FM
That's Manchester
BBC Leeds
BBC Guernsey
BBC Scotland
Classic FM
Magic London
Kiss London
Kerrang
Heart South Wales
BBC Scotland
BBC Ulster
BBC Wales
BBC Cymru
BBC Berkshire
BBC Bristol
BBC Cambridgeshire
BBC Cornwall
BBC C & W
BBC Cumbria
BBC Derby
BBC Devon
BBC Essex

BBC Gloucestershire
BBC H & W
BBC Humberside
BBC Kent
BBC Lancashire
BBC Leeds
BBC Leicester
BBC Lincolnshire
BBC London
BBC Manchester
BBC Merseyside
BBC Newcastle
BBC Norfolk
BBC Northampton
BBC Nottingham
BBC Oxford
BBC Sheffield
BBC Shropshire
BBC Solent
BBC Somerset
BBC Stoke
BBC Suffolk
BBC Sussex and Surrey
BBC Tees
BBC Three Counties
BBC WM
BBC Wiltshire
BBC York
BBC Guernsey
BBC Jersey
Metro Newspaper
I Newspaper
Evening Standard

2023 Activities



summary of activities

2023

Support and Outreach

Support and Mentoring Services for vulnerable LGBTQ+ individuals from religious and culturally conservative backgrounds and their parents

- a. In 2023, we received 382 requests for 1-2-1 help and support, making this the busiest year ever for our foundation's support service. This represented a 60% increase compared to 2022.
- b. **Our part-time support team delivered over 7,222 minutes of 1:1 telephone support and mentoring**, plus email support to those uncomfortable or unable to speak.
- c. Over 97% of our clients receiving support in 2023 are of South Asian heritage.
- d. Over 91% were born into Muslim families.
- e. **Cases included**
 - i. Suicide prevention and crisis management,
 - ii. Emergency relocation assistance,
 - iii. Coming out support,
 - iv. Support for conservative parents of LGBTQ+ children,
 - v. Asylum support and attendance at court hearings,
 - vi. Providing small emergency grants to individuals in moments of crisis,
 - vii. Emotional and wellbeing support,
 - viii. Emergency short-term accommodation,
 - ix. Mentoring and career advice,
 - x. A safe space and listening service,
 - xi. Group support

Our monthly support group for vulnerable LGBTQ+ individuals and parents grew in size to 300 members within the year with an overall increase in the number of attendees per session.

Our Support Service Rating

★ 4.9

Attendees of our monthly support group rated our support service 4.9 out of 5, with the majority stating they felt 'welcoming', 'safe', 'inclusive' and 'engaging'.

summary of activities

2023 continued

- We delivered training and onboarded to our new part-time Community Engagement Officer.
- We delivered a talk to the Switchboard LGBT+ helpline.
- We delivered a moving talk at the NEU teachers conference.
- We recruited a new Social Media Lead to help amplify our work and raise the visibility of our cause.
- We attended the Bisexual Men Exist book launch in support of the author.
- We provided comprehensive asylum support to our first clients from Iraq, including providing secure translation services from Sorani Kurdish into English.
- We migrated our helpdesk platform to a new Omnichannel platform, allowing us to connect our outbound telephone support service with our client records, providing better visibility of client interactions and history.
- We began development work for our new parents support group - Rainbow Chai.
- We supported a new research project, led by an out and proud parent.
- We supported and contributed to the making of new BBC documentary about being Gay and Hindu, which followed the story of one of our long-term volunteers. This included the delivery of a presentation at a secondary school in London.
- We delivered ongoing new skills training to our support team.
- We delivered training for our new volunteer parent support group leader for Rainbow Chai.
- We delivered a talk at an event hosted by BBC Pride.
- We started actively collaborating and partnering with Hopscotch Women's Centre.
- We supported Karma Nirvana's campaign to criminalise child marriage in the UK. We attended parliament to celebrate the change in law and meet ministers.
- We attended Google's Community Training for grant writing.
- We delivered a talk to one of our corporate donors, BRIT Insurance.
- To help develop our new parents' support group, we received mentoring and training from Aruna Desai, co-founder of Sweekar Rainbow Parents in India.
- We implemented a new Beacon CRM system to help centralise our disparate data sources, and provide us with the tools to start claiming Gift Aid.
- We attended the Major Donors Masterclass with Charities Aid Foundation.
- The Domestic Abuse Commissioner's Report was published and included contributions from our Foundation and members of our support community.
- We produced and directed a new film documenting the iconic Club Kali and how it contributed to the creation of the Queer South Asian community in the UK. Discovering Kali was privately funded, entirely from external sources.
- We attended Funding during a Crisis training
- We brought together hundreds of members from across the community to march for freedom at Pride in London, Birmingham Pride and Croydon Pride.

summary of activities

2023 *continued*

- We joined the Camden Community Outreach programme.
- We hosted a community event in partnership with Dhaga Arts, Camden Council and Club Kali.
- We were interviewed by Metro about the need for a ban on conversion therapy.
- We march in support of our trans siblings for Trans Pride London.
- We attended the annual Day of Memory in Leeds, in support of the victims and survivors of honour-based abuse.
- We attended the Team Lewis Summer Party to thank one of our corporate donors.
- We attended the Crown Prosecution Service Community Conversation Event.
- We launched a new video campaign for World Suicide Prevention Day, featuring an out and proud mother, and queer Muslim survivor of trauma.
- Hopscotch Women's Centre delivered comms training workshop to our team.
- We attended court hearing for one of our clients seeking asylum.
- We attended the Brown Sauce Comedy Club fundraising evening for Naz and Matt Foundation.
- We attended the screening for Sinnerman, a Jewish LGBTQ+ short film support by us.
- We attended Queer Nature event at Kew Gardens
- We delivered training workshop to all of their parents at FFLAG's annual conference.
- We protested in Parliament Square against the Home Secretary's anti-LGBTQ asylum rhetoric.
- We attended the UK premiere weekend of Unicorns, a new LGBTQ+ film starring members of our community.
- We organised a Discovering Kali community screening event.
- We organised a community outreach event with Bollyqueer, designed to build new bridges of understanding between parts of the Camden community.
- Matt was accepted into the first ever Google Community Leadership Programme with Camden Giving. A programme designed to help us grow and thrive within Camden.
- We attended the Google Community Affairs Christmas Reception
- We attended a number of Pink Hub community meetings designed to bring community stakeholders together.



social impact

testimonials

audience feedback

from our community talks and workshops

Working directly in communities and engaging with front line professionals, police, NGOs and government is at heart of our education and change strategy.

"Thank you for your dedication on this issue and your ongoing work to help eradicate FGM and forced marriage."

Sajid Javid, Home Secretary of the UK (at time of our talk)

"Matt's talk was genuinely one of the most powerful and moving I have ever heard in my 20 years as a research academic."

- Dr Roxanne Khan, University of Central Lancashire

"Matt is one of the most powerful speakers I have ever heard. He has a very level of humility that enables him to achieve a very high degree of emotional connection with his audience."

- Pete Ashby, National LGBT+ Police Conference organiser

"An outstanding, powerful and truly inspiring talk that moved everyone to tears. No-one will forget the talk."

- Trudy Gittins, West Midlands Police

"For many delegates, Matt's talk on behalf of the Naz & Matt Foundation was an absolute highlight of our [teacher's] conference... Matt provided a great introduction into how we best support [religiously conservative households] without alienating them or their families."

- Huw Tindall-Jones, NEU National Union of Teachers

outreach impact

individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

"My mother reminded me to give zakat today, I told her I've found an appropriate Islamic charity i'd like to donate to.

Continue to do the amazing work that allows me to take ownership of my identity."

- Zakir




"Naz and Matt Foundation was there for my partner when she faced homophobia from her parents and extended family.

They helped her emotionally and through advocating on her behalf with some members of her family who are slowly back on talking terms with her thanks to the help of the foundation.


Without that support my partner felt devastated at the rejection from her family and i felt helpless to support.

Extremely grateful to Naz and Matt for the work they are doing. "




"This foundation is doing invaluable work. Groundbreaking and brave. I work in mental health and I have experienced, first hand, the pain suffered by people, young and old, who do not feel free to be who they are.

*Minds have to be opened as early as possible, to the possibility of making a different choice. **The work done in schools is an exemplary example of how to engage directly with communities to begin the conversations that lead to positive change.**"*



*This foundation provides moral support for those who are still in the closet and helping them deal with their hardships in life. **LGBT Muslim are rarely represented in LGBT community, this is one of the few foundations that do so***



outreach impact

from individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

*"It helped me to come out to my Muslim family and **changed my life forever.**"*

anonymous

Thank you so much for your amazing work, we need more awareness like this in the Muslim community, especially with older / more conservative people.

It pains me a lot that some parts of Islam are closed and dogmatic, we need a revolution of some sort and a new generation of Muslims to create a new system / way of thinking. I really hope this can happen, thank you again

Shabba

schools impact

feedback from our work delivering talks in secondary schools

The assembly also led to a sea change in attitude at a follow up PSHE lesson where many showed maturity and tolerance towards issues raised as part of LGBTQI week that they had not shown before. Thank you Matt for sharing your story.

Ms Tigue, Head of School, University of Birmingham School

I have sat through many a talk from visiting speakers; none have had the impact that Matthew had when he visited Hathershaw.

Hathershaw College, Oldham

The talk that Matt delivered was extremely powerful. We are a very diverse school and many of our pupils experience pressure from their families regarding marriage and potential partners.

The talk empowered many of them to question what is going on in the Asian society around our area and inspired them to try and make a difference to the situation.

Ms Kaur, The Co-operative Academy of Leeds

98% of the students said they had learnt something from the session. Many students felt able to discuss a topic they may have not previously felt comfortable with. It touched a lot of our students emotionally, and allowed them to debate their viewpoints with other students. Not only was it informative, it was a topic they were eager to discuss even days later.

Chandni Patel, Tutor at Walsall College

testimonials

from clients using our support service

Our services are shaped by the needs of, and feedback from, our community and the hundreds of vulnerable individuals who come to our Foundation for support each year. We've compiled a small number of testimonials from individuals who have used, or been impacted by our services.

Uthman

I was recommended to talk to Naz and Matt Foundation through one of my best friends, I was vaguely aware of them beforehand in the years past of me repressing my sexuality, and was very much in the closet at the time, and not at all confident or keen on discussing my sexuality or any personal matters to an outsider organisation.

Little did I know, I would have been a different person, with a different life, and a different outlook on life as a whole if I had done it sooner. Much, much sooner. Alas, I regret the time that I had wasted in prolonging my own mental anguish, for [Naz and] Matt would have alleviated it entirely. Speaking to him has changed me, and I shall be eternally grateful.

If I could thank [Naz and] Matt with all the gold in the world, I would, if I had it. For now he will have to settle with the fullness of my mind and heart in which he has helped rebuild, and restore. We are still on our way, but without him, I'd never would have found the support to do it alone.

He saved my life, he's prolonged it, and hopefully together, I'll finally find some reason to love it again, as I used to.

- Uthman (his name has been changed to protect his identity)



Gay Muslim male who received twenty one, hour long telephone support sessions from us over a twelve month period.

testimonials

from clients using our support service

Nur

I realised I could kiss another girl when I was 16. Thinking back from that moment, I remembered the times I had developed crushes on girls throughout my life, never realising that I had romantic feelings towards them. I never thought of this as anything else than just a beautiful part of me, until I found out that being a lesbian and a Muslim "just isn't possible" – see, these two identities of mine was always so natural to me until the external homophobia started to become internalised.

Then began the years long struggle to accept both of my identities. I had questions, so many questions, and I desperately needed answers. I went online, watched all the available videos, and read specific verses of the Quran over and over again. These sources repeatedly spoke about even if I have these "sinful" feelings, I should not act on them. Not act on them how? Isn't Love one of the humanities truest sources of joy and peace? Why did God make me this way if this is wrong?

*The indescribable fear of passing through this precious life with a fake identity made me desperate for help – I needed to speak to someone that wouldn't make me choose between my religion or who I loved. **Then I found the Naz and Matt Foundation. I was nervous when I left my request to talk to someone. Then I got an email from Matt suggesting we speak on the phone. He has been there for me ever since then, whenever I need someone to speak to, witnessing every step of my growth. [Naz and] Matt's incredible patience, kindness and encouragement for the past 2 years has helped me become so much more confident in myself.***

I am no longer afraid to say these words: I am lesbian, I love women. Not being visible yet does not mean we do not exist. I feel truly connected to God, and I sense God's love in anything I do and everywhere I look. And most importantly, I don't have to give up on one of my identities to be myself. "

- Nur (her name has been changed to protect her identity)

Gay Muslim female who, over a two year period, received monthly telephone support sessions, consisting of reconciliation of religion and sexuality, confidence building and coming out support.

testimonials

from clients using our support service

Samira

"Two weeks prior to getting into contact with the Naz & Matt Foundation, I was hospitalised and was not able to see past anything apart from not wanting to live anymore.

By simply listening to, validating and understanding my situation I now have all that I was longing for, a clear plan to eventually live safely and without fear, reaffirmation on how my life is valuable & the strength, hope and perseverance to be the person I was born to be.

I feel like a brand new person every time we speak, eager to put newfound insight and knowledge to practice. I feel super confident in preparing for the rest of my life going forward! I will forever be eternally grateful.

Each session I have had has ALWAYS managed to pull the best out of me. The insight, encouragement & positivity unlocked a brand new perspective that gradually allowed me to see the light in such a dark time. Having a voice powerful enough to convince someone how their contribution to the world is in fact valuable, means everything to me.

The basis from which the Naz & Matt Foundation first initiated, from taking a personal experience and using it to help others, has inspired me to want to do the same for people who need help. I want to continue sharing the light the Naz & Matt Foundation has shown me. The foundation has unquestionably transformed my life, therefore I will honour it in all I go on to do and achieve going forward, with full faith it will continue to save so many more lives and relationships.

I had no idea 5 years ago when using the Naz & Matt Foundation as research for my A Level media coursework that it would one day change my life for the better."

- Samira (her name has been changed to protect her identity)



Gay Muslim female who, over a two year period, received telephone support, mentoring, career advice, personal brand development and confidence rebuilding.

testimonials

from clients using our support service

Noah and his two children

"The charity is a god send and is still supporting me. I was in a very bad way a year ago and living in so much fear. Finally I was supported to move, very far, to feel safe and secure. Naz and Matt helped us to get into a refuge for me and my kids. I had nothing and they gave us so much by doing this for me and my kids.

My life has changed so much cause of them. I have things I never dreamt of and am so happy cause of the charity."

- Noah

Gay Muslim father contacted our charity in a state of distress. Hiding in a secret location with his two children he was in fear of being attacked with acid by his ex-wife. We initiated an emergency relocation package, moved him and his children to a different part of the UK and found refuge and housing to support them. Is continuing to receive support from us 30 months later.

Sabah

"The whirlwind of pain, emotions and loss seemed unbearable after coming out to my Pakistani mother.

I frantically searched the internet for support and someone that could understand and help. It was this foundation that got back to me and saved my mind and sanity from spiralling with regular support very quickly, when there was little response from elsewhere. Thank you for everything. "

- Sabah (her name has been changed to protect her identity)

recognition for our lifesaving work in the community

We work tirelessly to deliver meaningful campaign work, outreach and support services to the community. We're proud this has been recognised with a number awards or nominations.

- 2022: We won Campaign of the Year award at the Bank of London Rainbow Honours Awards for our Out And Proud Parents Day celebration on 30th July.
- 2021: Our new documentary – [My God, I'm Queer](#) – won 'Best TV Programme of 2021' by the [Asian Media Awards](#).
- 2021: Matt recognised as a [Top 10 Outstanding Contributor to LGBT+ Life](#) by the British LGBT+ Awards
- 2020: Awarded the Faith and Belief Community Award for our work supporting faith and belief communities in Greater London. This was namely for our annual online event [#OutAndProudParentsDay](#) which celebrates proud religious parents of LGBTQI+ children.
- 2020: Nominated for a National Diversity "Community Organisation" Award. Matt nominated for the Positive Role Model Award.
- 2019: Shortlisted for the National Diversity Awards.
- 2019: Nominated for a [Rainbow Honours](#) Award.
- 2019: Awarded IKWRO's Special Recognition Award for '[Outstanding Organisation Tackling "Honour" Based Violence](#)'
- 2019: British LGBT Awards – recognised as a [Top 10 LGBT+ Charities or Community Initiative](#).
- 2018: Nominated for a National Diversity "Community Organisation" Award.
- 2018: "[Be the Man](#)" (the story of Naz and Matt) [shortlisted](#) for "Best Original Track" at the [BBC Folk Awards](#). Written and performed by the [The Young'uns](#),
- 2017: Shortlisted for the No2H8 Crime Awards by [TellMAMA](#) (a national project which records and measures anti-Muslim incidents in the UK).
- 2016: JCI Ten Outstanding Young Persons Award accepted by Matt on behalf of Naz and Matt Foundation.
- 2016: Matt nominated for Positive Role Model Award (National Diversity Awards).
- 2015: Matt voted 6th most influential LGBTQI person in the UK, by the [Independent on Sunday's Rainbow List](#).
- 2015: [Received official support](#) from the [Association of British Muslims](#) for our work.
- 2015: Matt Awarded the [Attitude Pride Award](#) for 'Building bridges between religious and LGBTQI communities' for his work through the Foundation.

risks

As with any growing, in-demand organisation there comes risks. We actively identify risks to our Foundation and our community so that we can manage them accordingly. Some key risks, and our approach to mitigating these risks, are included below.

- Unable to meet demand.
 - *Response: We will seek additional core funding to develop, adapt and grow our team to cope with the increase in demand.*
- Not reaching the individuals who need our services the most.
 - *Response: We will continue to develop and improve our proven methods of outreach work, across channels accessed by our target demographic.*
- Insufficient resources and finances to fulfil the needs of the most vulnerable members of our community.
 - *Response: We will grow our fundraising capability and develop new long-term relationships with grant-making organisations who believe in our core mission.*
- Not maintaining adequate relationships with donors, supporters and individuals who support our work.
 - *Response: We will invest in a CRM that will enable us to build, develop and grow relationships with those who can support our organisation's need for growth.*
- Burnout.
 - *Response: Increase the size of our team, improve monitoring of workloads and introduce effective wellbeing tools to support our team's health.*
- The triggering nature of our work affecting our team's mental health.
 - *Response: Further improve case / work supervision, and provide appropriate tools to safe guard team member's mental health.*
- Inadequate monitoring and reporting of our progress and impact, negatively affectively our ability to engage with funders.
 - *Improve and systemise capturing of data. Introduce a more robust Case Management solution within our support service to better capture data.*

opportunities

We have a huge journey ahead and have identified a number of opportunities that will help us get there, we have highlighted a few below. We are actively seeking funding to help explore and implement these.

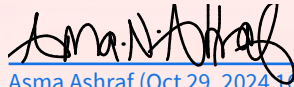
- Launch the first UK **helpline** designed specifically for free, on demand support for victims and survivors of religious and cultural homophobia, **staffed by proud accepting parents**.
- Develop a **nationwide police training programme** to help education all police officers about the about religious and cultural homophobia and it's relationship with LGBTQ+ honour based abuse, forced marriage, domestic abuse and 'conversion practices'.
- Improve data visibility and monitoring by introducing a **dedicated Case Management system** to proactively manage our most vulnerable support clients.
- **Establish a paid membership programme** that will help us strengthen relationships with our community, and generate a vitally needed regular income stream that can support our increasing costs of service provision.
- **Develop a more comprehensive schools programme** with more speakers, better resources, handouts, and structured online learning materials.
- Increase support to parents - launch our new parent led support group for parents of South Asian heritage.
- Improve our engagement with parents and translating all of our existing content into non-English languages spoken by the parents of our service users (Urdu, Hindi, Bengali and Punjabi).

declaration

The Trustees declare that they have approved this annual
Trustee's Report and financial statements.

The Chair has signed on behalf of all Trustees.

SIGNATURE



Asma Ashraf (Oct 29, 2024 16:32 GMT)

Full name(s)

Asma Ashraf

Position

Chair

DATE

29/10/2024



thank you

to everyone who supports our work

NAZ AND MATT FOUNDATION

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NAZ AND MATT FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NAZ AND MATT FOUNDATION

I report to the trustees on my examination of the financial statements of Naz and Matt Foundation (the charity) for the year ended 31 December 2023.

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. 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.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me 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 accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Sarah Corbett FCA DChA

HJS Accountants Limited

Tagus House
9 Ocean Way
Southampton
SO14 3TJ

Dated: 29 October 2024

NAZ AND MATT FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds general 2023	Unrestricted funds designated 2023	Restricted funds 2023	Total 2023	Unrestricted funds general 2022	Unrestricted funds designated 2022	Restricted funds 2022	Total 2022
		£	£	£	£	£	£	£	£
<u>Income from:</u>									
Donations and legacies	3	56,525	-	20,000	76,525	57,605	5,000	8,000	70,605
Charitable activities	4	1,057	-	-	1,057	4,417	-	-	4,417
Total income		57,582	-	20,000	77,582	62,022	5,000	8,000	75,022
<u>Expenditure on:</u>									
Raising funds	5	410	-	703	1,113	1,823	-	-	1,823
Charitable activities	6	76,500	-	9,358	85,858	25,010	966	5,365	31,341
Total expenditure		76,910	-	10,061	86,971	26,833	966	5,365	33,164
Net (outgoing)/incoming resources before transfers		(19,328)	-	9,939	(9,389)	35,189	4,034	2,635	41,858

NAZ AND MATT FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds general 2023 £	Unrestricted funds designated 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
Net (outgoing)/incoming resources before transfers		(19,328)	-	9,939	(9,389)	35,189	4,034	2,635	41,858
Gross transfers between funds		(2,672)	-	2,672	-	(915)	-	915	-
Net (expenditure)/income for the year/ Net movement in funds		(22,000)	-	12,611	(9,389)	34,274	4,034	3,550	41,858
Fund balances at 1 January 2023		82,181	4,034	6,050	92,265	47,907	-	2,500	50,407
Fund balances at 31 December 2023		60,181	4,034	18,661	82,876	82,181	4,034	6,050	92,265

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

NAZ AND MATT FOUNDATION

BALANCE SHEET

AS AT 31 DECEMBER 2023

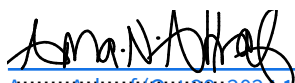
	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	11	898		1,951	
Cash at bank and in hand		93,298		111,912	
		<u>94,196</u>		<u>113,863</u>	
Creditors: amounts falling due within one year	12	(11,320)		(21,598)	
Net current assets			82,876		92,265
			<u>82,876</u>		<u>92,265</u>
Income funds					
Restricted funds	14		18,661		6,050
<u>Unrestricted funds</u>					
Designated funds	15	4,034		4,034	
General unrestricted funds		60,181		82,181	
		<u>64,215</u>		<u>86,215</u>	
			82,876		92,265
			<u>82,876</u>		<u>92,265</u>

NAZ AND MATT FOUNDATION

BALANCE SHEET (CONTINUED)

AS AT 31 DECEMBER 2023

The financial statements were approved by the Trustees on 29/10/2024



[Asma Ashraf \(Oct 29, 2024 26:32 GMT\)](#)

Asma Ashraf

Trustee

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

Naz and Matt Foundation is a charitable incorporated organisation. The charity's principal address is 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds are funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants receivable are recognised when there is entitlement, probability of receipt and the amount can be measured sufficiently and reliably.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Grants which cover more than one financial reporting period are deferred accordingly.

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

4 Charitable activities

	2023 £	2022 £
Events	1,057	2,797
Other income	-	1,620
	<u>1,057</u>	<u>4,417</u>
	<u><u>1,057</u></u>	<u><u>4,417</u></u>

5 Raising funds

	Unrestricted funds general 2023 £	Restricted funds 2023 £	Total Unrestricted funds general 2023 £	Total Unrestricted funds general 2022 £
<u>Fundraising and publicity</u>				
Advertising	410	703	1,113	1,823
	<u>410</u>	<u>703</u>	<u>1,113</u>	<u>1,823</u>
	<u><u>410</u></u>	<u><u>703</u></u>	<u><u>1,113</u></u>	<u><u>1,823</u></u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

6 Charitable activities

	2023	2022
	£	£
Staff costs	15,465	2,949
Charitable donations	-	100
Special projects	4,445	3,235
Events	383	124
Cost of providing support	9,843	3,095
Cost of goods sold	126	-
	<hr/>	<hr/>
	30,262	9,503
Share of support costs (see note 7)	52,692	19,572
Share of governance costs (see note 7)	2,904	2,266
	<hr/>	<hr/>
	85,858	31,341
	<hr/>	<hr/>
Analysis by fund		
Unrestricted funds - general	76,500	25,010
Unrestricted funds - designated	-	966
Restricted funds	9,358	5,365
	<hr/>	<hr/>
	85,858	31,341
	<hr/>	<hr/>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

7 Support costs

	Support costs £	Governance costs £	2023 Support costs £	Governance costs £	2022 £
Staff costs	41,590	-	41,590	15,092	15,092
Insurance	197	-	197	326	326
General expenses	72	-	72	264	264
IT software and consumables	8,381	-	8,381	1,821	1,821
Postage, freight and courier	162	-	162	274	274
Subscriptions	216	-	216	277	277
Telephone and internet	239	-	239	359	359
Travel - national	896	-	896	802	802
Bank fees	4	-	4	92	92
Recruitment costs	108	-	108	239	239
Bad debts	827	-	827	26	26
Legal and professional	-	1,296	1,296	-	540
Audit and accountancy fees	-	1,608	1,608	-	1,726
	<u>52,692</u>	<u>2,904</u>	<u>55,596</u>	<u>19,572</u>	<u>21,838</u>
Analysed between Charitable activities	<u>52,692</u>	<u>2,904</u>	<u>55,596</u>	<u>19,572</u>	<u>21,838</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	<u>1</u>	<u>1</u>
Employment costs	2023 £	2022 £
Wages and salaries	56,025	18,041
Other pension costs	1,030	-
	<u>57,055</u>	<u>18,041</u>

There were no employees whose annual remuneration was more than £60,000.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	898	1,644
Other debtors	-	307
	<u>898</u>	<u>1,951</u>

12 Creditors: amounts falling due within one year

	Notes	2023	2022
		£	£
Other taxation and social security		-	374
Deferred income	13	10,000	20,000
Accruals and deferred income		1,320	1,224
		<u>11,320</u>	<u>21,598</u>

13 Deferred income

	2023	2022
	£	£
Other deferred income	<u>10,000</u>	<u>20,000</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	<u>10,000</u>	<u>20,000</u>
Movements in the year:		
Deferred income at 1 January 2023	20,000	14,877
Released from previous periods	(10,000)	(14,877)
Resources deferred in the year	<u>-</u>	<u>20,000</u>
Deferred income at 31 December 2023	<u>10,000</u>	<u>20,000</u>

NAZ AND MATT FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2023

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 January 2022		Movement in funds			Movement in funds			Balance at 31 December 2023		
	£	£	Incoming resources	Resources expended	Transfers	Balance at 1 January 2023	Incoming resources	Resources expended	Transfers	£	£
SafeLives Fund	2,500	5,000		(2,450)	-	5,050	-	(5,642)	592	-	-
Camden Giving	-	2,000		(2,915)	915	-	-	(2,080)	2,080	-	-
Pink Triangle Trust	-	1,000		-	-	1,000	-	-	-	-	1,000
Camden Council	-	-		-	-	-	10,000	(2,339)	-	-	7,661
National Lottery	-	-		-	-	-	10,000	-	-	-	10,000
	2,500	8,000		(5,365)	915	6,050	20,000	(10,061)	2,672	18,661	

NAZ AND MATT FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2023

14 Restricted funds (Continued)

SafeLives Fund
The SafeLives 'Circle Fund' supports victims of economic and domestic abuse. It provides crisis intervention, increase safety and help support recovery and resilience. Funded through £1million donation by NatWest bank. We are granted an allocation of money which we are then able to give to our most vulnerable clients in times of crisis or urgent need.

2022 Camden Giving OAPPD
Support the operational costs of delivering our annual Out and Proud Parents Day event.

Pink Triangle Trust - Helpline
Initial research and development of our new helpline service designed to support LGBTQI+ individuals and their parents, from religious and culturally conservative backgrounds.

Camden Council
A grant from the Community Impact Fund for The Partnership and Network Development for community outreach and to build bridges and connections between the LGBTQI+ community supported by Naz and Matt Foundation, and cultural and faith-based groups in Camden.

National Lottery
Support the creation of a new podcast series to celebrate Out and Proud Parents Day's 5th anniversary on 30th July 2024.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

15 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds			Movement in funds	
	Incoming resources	Resources expended ¹	Balance at January 2023	Incoming resources	Balance at 31 December 2023
	£	£	£	£	£
Camden Giving	5,000	(966)	4,034	-	4,034
	<u>5,000</u>	<u>(966)</u>	<u>4,034</u>	<u>-</u>	<u>4,034</u>
	<u><u>5,000</u></u>	<u><u>(966)</u></u>	<u><u>4,034</u></u>	<u><u>-</u></u>	<u><u>4,034</u></u>

2023 Camden Giving Community Partnership

To develop and strengthen our community of grassroots leaders in Camden and provide opportunities for them to apply and participate on the panel of Camden Giving's community led grants programmes.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

16 Analysis of net assets between funds	Unrestricted funds		Designated funds		Restricted funds		Total Unrestricted funds		Designated funds		Restricted funds		Total	
	2023	£	2023	£	2023	£	2023	£	2022	£	2022	£	2022	£
Fund balances at 31 December 2023 are represented by:														
Current assets/(liabilities)	61,868		1,954		19,054		82,876		82,181		4,034		6,050	
	<u>61,868</u>		<u>1,954</u>		<u>19,054</u>		<u>82,876</u>		<u>82,181</u>		<u>4,034</u>		<u>6,050</u>	
														<u>92,265</u>
														<u>92,265</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) *FOR THE YEAR ENDED 31 DECEMBER 2023*

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).







Naz and Matt Foundation - 2023 Accounts and Annual Report smaller

Final Audit Report

2024-10-29

Created:	2024-10-29
By:	Matthew Mahmood-Ogston (matt@ogston.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAQt0DEqBzOc2GEkn_hNARCyGF1U_LdXEW

"Naz and Matt Foundation - 2023 Accounts and Annual Report smaller" History

-  Document created by Matthew Mahmood-Ogston (matt@ogston.com)
2024-10-29 - 4:19:26 PM GMT- IP address: 185.239.32.178
-  Document emailed to asma@nazandmattfoundation.org for signature
2024-10-29 - 4:19:45 PM GMT
-  Email viewed by asma@nazandmattfoundation.org
2024-10-29 - 4:31:06 PM GMT- IP address: 140.248.40.24
-  Signer asma@nazandmattfoundation.org entered name at signing as Asma Ashraf
2024-10-29 - 4:32:34 PM GMT- IP address: 88.98.203.107
-  Document e-signed by Asma Ashraf (asma@nazandmattfoundation.org)
Signature Date: 2024-10-29 - 4:32:36 PM GMT - Time Source: server- IP address: 88.98.203.107
-  Agreement completed.
2024-10-29 - 4:32:36 PM GMT

NAZ AND MATT FOUNDATION

England & Wales - Charity number 1160694

Accounts



NAZ&MATT
FOUNDATION

ANNUAL REPORT

2022 1st November 2021 - 31st October 2022



*Naz and Matt Foundation,
71-75 Shelton Street,
Covent Garden,
London WC2H 9JQ*

Registered Charity 1160694



*Our mission is to never let religion,
any religion, come in the way of the
unconditional love between parents and
their LGBTQI+ children.*



NAZ & MATT
FOUNDATION

hello



A message from our Chair

I am so proud of the work that Naz and Matt Foundation do, it feels like a warm hug to know that the Team are offering support and raising awareness with so many people. In a world where individuals are rejected by family and friends because of religious and conservative values, it is important that the work of the Foundation is recognised. The Foundations work is to create awareness around LGBTQI+ people and that we also deserve care, compassion, kindness, love and a life without discrimination and fear from our family.

The work of Naz and Matt Foundation is going from strength to strength and has grown into an organisation that has employed staff and volunteers. Thank you to Matt our Executive Director and his Team, your commitment and dedication is so important and making a difference to so many LGBTQI+ individuals. This growth means that more LGBTQI+ individuals can be supported by our Team.

We value the support from our donors and the wider community. With continued support we can carry on doing the work that the Foundation has been set up for and ensure that every parent accepts their LGBTQI+ child.



Asma Ashraf, Chair



thank you

A message from our Founder & Executive Director

First of all I'd like to say a huge thank you to everyone who has supported our charity and the work that we do, either through donations, fundraising, volunteering or amplifying our campaign and outreach work on social media. Without your support our Foundation wouldn't be able to do the vital life-saving work we now do in the community. You may read more about this by exploring the impact statements late in this document.

This year, 2022, has been one of the busiest years on record since we began our journey in 2014. We've received a significant increase in the number requests for support from LGBTQ+ individuals from religious and culturally conservative families. Many of them experiencing abuse from the parents because of the sexuality or gender identity.

To help support the growing demands on our services this year, with the help of our generous donors, we transitioned from being a volunteer only charity, to a Foundation with staff and volunteers. I'm proud of the team we now have in place, each of them using their own lived experience as a tool to help empower and support our community members.

We have a long journey ahead, and a huge mountain to climb, but i'm confident we're going to get there. We won't stop, our work won't stop, until every mother and father accepts their LGBTQI+ child.

Matt Mahmood-Ogston, Founder and Executive Director



trustees & organisation

Our board provides the oversight and strategy for the work that we do. Each member has lived experience of the issues we tackle as a charity.

Name	Role	Dates acted if not for whole year	Notes
Asma Ashraf	Chair of Board	From 16th May 2022 onwards	
Elizabeth Pritchard	Treasurer	Whole year	
Samantha Lewis	Secretary	Whole year	
Tim Noblett	Trustee (Campaigns and Out and Proud Parents Day)	Whole year	
Matthew Mahmood-Ogston	Founder & Executive Director	From 16th May 2022 onwards	Transitioned from Chair to Exec Director on 16th May 2022

Type of governing document

Constitution

Trustee selection method

Appointed by trustees.

Governance issues for period

N/A - no governance issues

Core policies and procedures in place

- Confidentiality Policy
- Data Consent
- Data Protection Policy
- Safeguarding and Vulnerable Adults Policy
- Volunteer Agreement
- Anti Bribery Policy
- Conflict of Interest Policy
- Equality Diversity and Inclusion Policy
- Expenses Policy
- Procurement Policy
- Risk Policy
- Complaints Procedure
- Escalations & Red Flag Policy

charitable objects

Summary of the objects of the charity set out in its governing document.

(a) To advance education and promote knowledge to create understanding within communities and families where religion or culture is affecting their ability to accept or tolerate individuals who are born LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer or Intersex);

(b) To promote and protect the good health of LGBTQI+ individuals and their friends and family by offering support and mentoring, and signposting them to established counselling services, to assist in resolution of the challenges linked to sexuality or gender identity particularly where religion may be affecting the situation; and

(c) The promotion of equality and diversity in particular the elimination of discrimination on the grounds of sexual orientation and gender identity; by raising awareness among the public about the negative impact that difficulties (with a focus on religious beliefs) can have on LGBTQI+ individuals.

financial overview

Summary of the financial position of our organisation.

INCOME

In the current reporting period, income was higher than expenditure.

FUNDING & GRANTS

Summary of grants received within this period. For specific amounts see our 2022 financial statements.

- SafeLives 'Circle Fund', funded by NatWest Bank.
 - Used to provide emergency support to our most vulnerable clients, and to help them build greater resilience in their recovery after abuse.
- Camden Giving - We Make Camden
 - Funding to support our annual Out and Proud Parents Day celebration, bringing parents and their LGBTQ+ children closer together.
- Camden Giving - Camden Giving Partner
 - Funding to support the development of our community in Camden, building stronger connections with Camden Giving's Participatory Grant-Making programme.
- Pink Triangle Trust - Helpline
 - Initial research and development of our new helpline service designed to support LGBTQI+ individuals and their parents, from religious and culturally conservative backgrounds.
- Indigo Trust
 - Core funding to support our work tackling homophobia triggered by religion or culture, and our campaign to ban conversion 'therapy' (conversion practices).

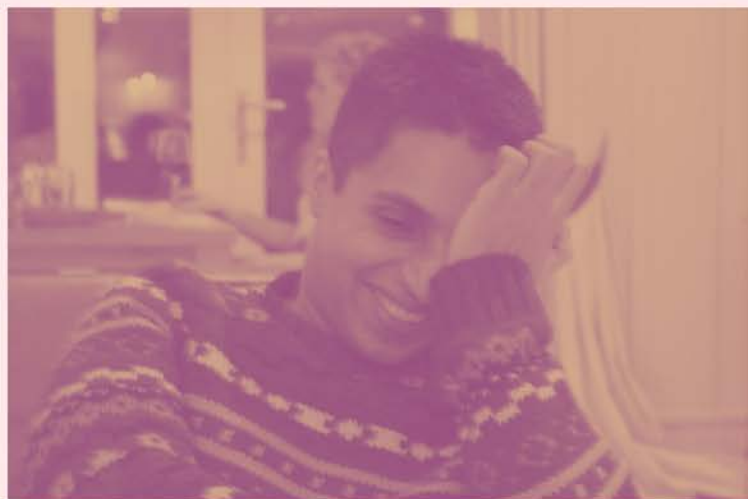
Donations

We are incredibly thankful to all of our funders, and incredible donors throughout the year - LGBTQI+ individuals, parents, allies, corporations, front line service providers and many more. We would like to especially thank Indigo Trust for believing in our mission and work by investing in our core funding.

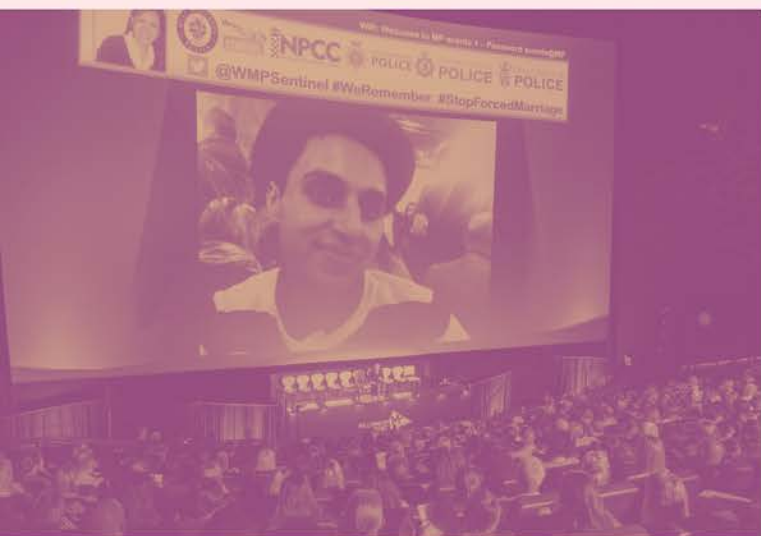
Details of any funds materially in deficit

There is no deficit and the Foundation has no plans to operate with a deficit.

Our operating surplus will be used to grow our core services to meet the rapidly increasing demands on our services across the Foundation; and to continue delivering on our core mission and objects.



our journey



our story

WHY

Naz and Matt Foundation was set up in 2014 following the sad loss of Matt's fiancé and soulmate, Naz, who took his own life two days after his deeply religious family confronted him about his sexuality for the first time.

We exist to empower and support LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and Intersex) individuals, their friends and family to work towards resolving challenges linked to sexuality or gender identity, particularly where religion or culture is heavily influencing the situation.

64%

OF LGBTQ+ INDIVIDUALS
STRUGGLE WITH **ANXIETY**
DEPRESSION OR
SUICIDAL THOUGHTS
AS A RESULT OF A NEGATIVE COMING OUT
EXPERIENCE TO THEIR RELIGIOUS PARENTS

* NAZ AND MATT FOUNDATION, UNDERSTANDING THE IMPACT OF COMING OUT TO RELIGIOUS PARENTS UK, 2020

HUMANITARIAN WORK

We primarily work in suicide prevention, mental health and wellbeing - focusing on LGBTQI+ individuals and families from religious and culturally conservative backgrounds.

A core part of our work is tackling homophobia triggered by religion or culture to help parents accept their children.

OUR VISION

Our vision is a world where every religious and culturally conservative parent accepts their LGBTQI+ child, for who they really are, and for who they were born to be.

OUR APPROACH

We provide a comprehensive, free to access, telephone, email and group support service which provides assistance in a wide range of circumstances including 'coming out' support, LGBTQ+ asylum support and emergency relocation assistance.

We deliver highly effective outreach work, carefully designed to remove the barriers that prevent religious and culturally conservative parents from accepting their LGBTQI+ children.

our values

COMMITTED to our mission and getting the job done.

HOPEFUL even when there is little hope in that moment.

POSITIVE in the face of adversity.

NEVER TURN OUR BACK on a member of our community in need.

APPROACHABLE and **WELCOMING**.

ACCESSIBLE easy to access services and information.

EFFICIENT optimal use of limited resources.

RESPECTFUL even when we disagree.

LOYAL to the energy and values that Naz lived by.

core areas of focus

RELIGIOUS & CULTURAL HOMOPHOBIA

Religious homophobia and cultural homophobia are intertwined, however our primary focus is the religious trigger.

LGBTQI+ HONOUR BASED ABUSE & LGBTQI+ FORCED MARRIAGE

Honour based abuse and forced marriage are heavily influenced by culture and tradition. Where a conservative religious interpretation is also present this represents a core area of our work.

PARENTAL ACCEPTANCE

Parents hold the key to preventing LGBTQI+ suicide and creating safe, positive, and nurturing environments for all LGBTQI+ individuals. Since launching our annual Out and Proud Parents Day celebration in 2019, we have increased our focus of working with parents.

CRIMINALISING 'CONVERSION PRACTICES'

We have campaigned on the issue of banning 'conversion therapy' nationally since 2015. Under Theresa May's government we were advisors to the Government Equalities Office (GEO). We now actively meet with MPs and government officials to help support their work to criminalise this barbaric practice.

our three pillars

All our work falls within one or more of the three pillars that underpin Naz and Matt Foundation's mission. These help keep us focused on our objectives with clarity and purpose.

#1

SUPPORT & OUTREACH

HELP THOSE
MOST IN NEED

Supporting and working with LGBTQI+ individuals and their parents.

#2

IMPACT & AWARENESS

HELP OTHERS ENGAGE
WITH THE PROBLEM

Create widespread understanding of the existence and impact of the abuse we tackle.

#3

EDUCATION & CHANGE

FIX THE PROBLEM

Empowering our audience with tools and knowledge to help them, and us, solve and prevent the problem.

our core services

One of the most important things we do as a Foundation is listen. We listen to the voices of the individuals who come to us for help and support. This enables us to adapt and evolve our services to meet the needs of the most vulnerable members of our community.

SUPPORT & OUTREACH

- Comprehensive 1-2-1 support & mentoring via phone and email.
- Monthly group support sessions (LGBTQI+ individuals and parents)
- LGBTQI+ Asylum support
- Emergency relocation assistance
- Community engagement

IMPACT & AWARENESS

- Out and Proud Parents Day - celebrated every year on 30th July
- Regular interviews in the local, national and international press
- High visibility awareness campaigns, inc. World Suicide Prevention Day
- Leading marching groups in multiple pride events around the UK each year

EDUCATION & CHANGE

- School, college and university talks
- Films & documentaries
- Books for LGBTQ+ children and parents from religious backgrounds
- Lectures, talks & workshops for NGOs, police, government, corporations
- Research studies & reports

our position

WE ARE PRO BELIEF + PRO RELIGION

We are not a religious organisation. We support individuals from any faith, including those who have left the religion they were born into.

We believe in the right to believe, or not to believe.

We believe in the right to be the person we were born to be.

WE ARE SOLUTIONS FOCUSED

We focus on solving the problem, not just dealing with the consequences.

Our long term goal is for our services and charity to no longer be needed.

Until that day, we will not stop until every religious or culturally conservative parent accepts their LGBTQI+ child.

NO POLITICAL AFFILIATION

We are not aligned to any political party.

We will work with any government or organisation that helps us achieve our mission of supporting our community.

beneficiaries of our work

Our work benefits a wide intersection of society to ensure the abuse we tackle is understood and addressed effectively. We prioritise our work with those affected most.

primary

LGBTQI+ INDIVIDUALS

Born into religious or culturally conservative families

PARENTS

From religious or culturally conservative backgrounds

secondary

RELIGIOUS & COMMUNITY LEADERS

LGBTQI+ ALLIES, STUDENTS AND WIDER COMMUNITY

MEDIA & PRESS

Help us to speak to large sections of the community who will, in time, help us solve this problem

SERVICE PROFESSIONALS

NGOs, social carers, teachers, police, academics, company staff

who uses our services

Our work is delivered across multiple areas and channels, each being accessed and interacted by different audiences in different ways.

support services

OVER 95%

of individuals who access our support services are of South Asian Heritage

OVER 90%

of our clients receiving support were born into a Muslim family.

Some of our clients chose to stay within and practice their faith, some work towards reconciling their faith and LGBTQI+ identity, others are on a journey towards leaving the religion they were born into.

Whichever path our clients choose, we will be there to support them on their journey ahead, however long it takes.

online channels (non-support)

APPROX 80%

are from White and/or Christian backgrounds

* estimated

Our 7 stages of coming out

Based on our lived experiences, the hundreds of cases we've worked on, and thousands of stories shared with us, we analysed and mapped out common milestones that featured in most of these situations.

From this data we were able to identify seven common steps that were present in the coming out journey for both LGBTQI+ individuals, and also parents of LGBTQI+ individuals.

We now use this seven step process in our support service. It has become a valuable and practical tool used to support our clients, to assess where they currently are, and the likely steps needing to be reconciled on their journey ahead.

These steps will be published in detail in our new book for religious parents, which is currently being worked on by our team.

- 1. Awareness**
- 2. Denial**
- 3. Mourning**
- 4. Tolerance**
- 5. Acceptance**
- 6. Pride**
- 7. Helping others**

since our founding

impact highlights

support

1,000+

Requests for support from our telephone and email support service

13,000
approx

Minutes of confidential, life saving 1-2-1 telephone support delivered to vulnerable clients

253

Members of our monthly support group, at the time of writing.

50+

LGBTQ+ Asylum support cases taken on, with a high success rate for helping to secure safety for our clients

impact highlights

awareness campaigns

1.67M

Reach of our 2021
Out and Proud Parents
campaign

10M

Reached globally with our
Journey to Find Acceptance
sponsored wall in 2015

54M

Global reach with our World
Suicide Prevention Day
campaign in 2020

impact highlights

awareness & social impact



The love story of Naz and Matt was turned into an BBC Folk Award nominated song by The Young'uns. The song has now been performed at Glastonbury and played live in many countries around the world.

We receive requests for support from individuals after hearing this song on the radio or online.



Produced or contributed to two major documentaries on Channel4

- Muslim Drag Queens
- My God, I'm Queer



Naz and Matt's story influenced high profile gay Muslim story in Coronation Street.

We later advised the production team on parts of the story, and Bhavna Limbachia who played the main character in the storyline became our patron and was shortlisted for the DIVA Awards.

impact highlights

difficult conversations

To help bring the positive change that is required in communities around the world, we believe the public need to be aware of, and fully understand the types of abuse we tackle.

To do this we amplify our story, and the voices of those with lived experience, to ensure we impact the widest audience. We have been interviewed by virtually all major press and media stations in the UK, and a number of international platforms, including

BBC Breakfast
BBC World Service
BBC News 24
BBC Asian Network
BBC Radio 1 Newsbeat
BBC Look North
CNN
The Guardian
Sky News
ITV News
ITV Meridian
Canadian Breakfast TV
LBC Radio
BBC Radio Ulster
The Sunday Times
Channel 4
BBC Radio 5 Live
BBC Radio WM
BBC Radio London (Sunny & Shay)
Gaydio Radio
Birmingham Mail
London Live TV
Heart FM
Capital Radio
Talk Radio
Camden New Journal
Ham High News
Smooth Radio Scotland
Capital Scotland
STV
BBC Solent
BBC Wiltshire

Telegraph
BBC Newcastle
Black Cat Radio
WCR FM
BHBN
BBC Cumbria
New Style Radio
N Live
ITV Yorkshire
Gateway 97.8
Marlow FM
That's Manchester
BBC Leeds
BBC Guernsey
BBC Scotland
Classic FM
Magic London
Kiss London
Kerrang
Heart South Wales
BBC Scotland
BBC Ulster
BBC Wales
BBC Cymru
BBC Berkshire
BBC Bristol
BBC Cambridgeshire
BBC Cornwall
BBC C & W
BBC Cumbria
BBC Derby
BBC Devon
BBC Essex

BBC Gloucestershire
BBC H & W
BBC Humberside
BBC Kent
BBC Lancashire
BBC Leeds
BBC Leicester
BBC Lincolnshire
BBC London
BBC Manchester
BBC Merseyside
BBC Newcastle
BBC Norfolk
BBC Northampton
BBC Nottingham
BBC Oxford
BBC Sheffield
BBC Shropshire
BBC Solent
BBC Somerset
BBC Stoke
BBC Suffolk
BBC Sussex and Surrey
BBC Tees
BBC Three Counties
BBC WM
BBC Wiltshire
BBC York
BBC Guernsey
BBC Jersey
Metro Newspaper
I Newspaper
Evening Standard

2022 Activities



summary of activities

2022

Below are a summary of activities and updates from the 2022 reporting year.

Organisational changes

Our three year strategy included our plan to transition from a volunteer only organisation to a staffed charity better equipped to meet the growing needs of our community. To facilitate this we needed to make key strategic changes to our board and recruit highly specialist individuals who had lived experience in the areas we work.

- a. After nearly a year searching for the right person **we recruited our wonderful new Chair** to help lead our Board. **Asma Ashraf** was born into a Muslim family and is part of the LGBTQI+ community. Outside of the Foundation they lecture and volunteer for other NGOs in the areas of 'honour' based abuse, forced marriage and FGM.
- b. **Founder Matt Mahmood-Ogston transitioned to the role of Executive Director**, our first staff member, now working three days a week leading the team and growth of the Foundation.
- c. To help cope with significant increases in demand on our support services **we recruited two new part time Support Workers**, again with appropriate lived experience. Nearly 600 people applied for the role, taking considerable time and effort to shortlist and interview the right candidates. Both Support Workers (SW) recruited were born into Muslim families and identify either as LGBTQI+ or have an LGBTQI+ child. We also **recruited a volunteer Case Supervisor** to supervise complex cases, particularly those experiencing suicide ideation.
- d. To build stronger relationships and referral networks in our community **we recruited our part time Community Engagement Officer**, again with appropriate lived experience. They are now engaged with local community groups and NGOs in Camden who are serving conservative communities to identify gaps in their support for LGBTQI+ individuals. We will help develop their understanding of LGBTQI+, empowering them to provide LGBTQI+ informed support themselves, or refer to us for a more comprehensive support offering.

To facilitate our new growth we developed a new onboarding process, and **delivered an initial 50 hours of training** to each of our new Support Workers covering suicide prevention, conversion practices/therapy, mental health, honour based abuse and forced marriage. Ongoing training is provided.

We **produced our first ever CSR brochure** to help attract corporate donors.

summary of activities

2022 continued

Support and Outreach

Support and Mentoring Service for vulnerable LGBTQI+ individuals from religious and culturally conservative backgrounds, and their parents

- a. 2022 was the busiest year on record. **We received 231 individual requests for 1-2-1 support** via our support service (more than a 100% increase compared to the previous year).
- b. **We delivered over 9,180 minutes of telephone support and mentoring**, plus in-depth email support to those not comfortable speaking on the phone.
- c. Over 95% of our clients receiving support in 2022 were of South Asian heritage. Over 90% were born into Muslim families.
- d. **Cases included**
 - i. Delivery of **emergency housing** to LGBTQI+ individuals made homeless.
 - ii. **Emergency relocation assistance** to individuals after their sexuality was discovered by a family member.
 - iii. **Financial assistance** to LGBTQI+ individuals left destitute by their family after learning of their child's sexuality.
 - iv. **Securing home** to protect client from abusive perpetrator's credible death threats.
 - v. **Advocacy with legal professionals** on behalf of our clients.
 - vi. **Asylum support and assistance to individuals at risk of death if sent back to their country of birth.** We provide a comprehensive asylum support service, including emotional support, group support and painstakingly documenting a client's journey in full to help support their case for protection in the UK.

Our monthly support group for vulnerable LGBTQI+ individuals and parents grew in size to 216 members within the year.

- a. We moved the support group to a new safe location to help support its growth and maintain its confidentiality.

We provided support to a community member by attending the coroner's inquest of their late Muslim partner who died and was on the receiving end of abuse from their late partner's family.

summary of activities

2022 continued

Impact and Awareness

1. **Asma and Matt co-hosted the National Day of Memory**, with both sharing their own testimonies. The annual conference organised by Karma Nirvana remembers victims of honour based abuse. Speakers are often relatives of those who have been murdered in the name of 'honour', or who have taken their own life because of perceived 'shame'. The conference is used as a platform to educate police forces, social workers and front line domestic abuse service providers.
2. **Contributed LGBTQI+ religious homophobia awareness information** to a young offenders detention centre in Wales.
3. Provided advice to a peer charity who needed guidance creating **training materials for schools that could appropriately and respectfully support Muslim students**.
4. **Delivered a short speech at a Trans rights protest** rally outside of Downing Street.
5. Our Award winning Channel 4 documentary, **My God, I'm Queer**, was released to the general public on YouTube to ensure we reached those who needed to see it the most.
6. We **led volunteer groups at Reclaim Pride, Birmingham Pride, Pride in London, Croydon Pride and Brighton Pride**.
7. We **secured free advertising** for ourselves, and our community partners, on the huge **Piccadilly Lights** billboards at Piccadilly Circus, thanks to Pride in London.
8. Asma and Matt took part in the **London Interfaith Fun Run** to raise money and build stronger relationships with faith groups in London.

Education and change

1. **We delivered numerous talks and interviews on the subject of religious and cultural homophobia, including to**
 - a. Virgin Radio
 - b. Ministry of Justice
 - c. Forced Marriage Unit
 - d. Multiple NHS Trusts
 - e. The Sky Project (charity tackling honour based abuse)
 - f. Mira Showers (corporate awareness)
 - g. BBC
 - h. LINK Insurance Network

summary of activities

2022 *continued*

Education and change

1. **Delivered commissioned evidence gathering to a research study by the Domestic Abuse Commissioner's Office.**
 - a. Featured live testimonies of a small number of our clients experiencing honour based violence and religious and cultural homophobia.
 - b. After-care support was delivered each participant after sharing triggering evidence.
2. Continued to pressure the government to introduce **Ban Conversion Therapy legislation**
 - a. Attended monthly **Ban Conversion Therapy Coalition** meetings and signed a number of open letters to apply more pressure on the government.
 - b. We **publicly withdrew our support of the Government's LGBTQ+ Safe to be Me Conference** in protest of their growing lack of support of LGBTQI+ rights.
 - c. **Contributed evidence to the Scottish Government** about the impact of 'conversion practices' on global majority communities.
3. Naz and Matt Foundation **hosted The Sacred Space of Sexuality & Spirituality event presented by Dr Sanah Ahsan and legendary Lama Rod Owens.**
 - a. It was a special one off event for **queer, trans, black indigenous people of colour (QTBIPOC)** with a spiritual or religious background.
 - b. **Event sold out** online and was attended by over 110 people.
4. **Out and Proud Parents Day 30th July 2022 (OAPPD)**
 - a. Our annual celebration of proud parents of LGBTQI+ children returned with growing number of parents taking part across the UK, US and India.
 - b. OAPPD was **awarded the Bank of London Rainbow Honours award** for best campaign.
 - c. A **BBC Three documentary was commissioned** following our OAPPD interview with a proud Christian mother about her lesbian daughter.
 - d. A second **BBC One documentary, My Hindu Coming Out Story, was commissioned** following our video interview with a Hindu family we interviewed in 2022, further demonstrating the impact and importance of our OAPPD campaign.
 - e. We hosted a one off **panel event in Birmingham as part of the official Commonwealth Games community programme.** This featured four proud parents, from a diverse range of intersectional backgrounds including a Muslim father, a Christian Sri Lankan mother, a South Asian Zoroastrian mother and a proud Christian father of their trans son.
5. Delivered "religion, homophobia and bullying" talk to a grammar school near Manchester.
6. Attended **Forced Marriage Unit** calls with our peers working in this field.
7. **Joined Givings Together board** to increase LGBTQI+ representation in local funding decisions.
8. As a member of the **Survivor Ambassador Panel** we contributed to the creation of a **statutory definition for 'honour based abuse'** (currently there is not one) to help aid law enforcement.
9. Participated in a joint meeting for the **Birmingham Race Impact Group (BRIG)**



#Out And Proud Parents Day
30th July

Our flagship annual event

Out and Proud Parents Day



#Out And Proud Parents Day
30th July

Out and Proud Parents Day launched on July 30th 2019, the five year anniversary of Naz's death (Dr Nazim Mahmood), who Naz and Matt Foundation was founded in memory of. We sought to give this tragic moment a more positive meaning that could help other families not have to experience what Naz went through.

We now organise the event every year on 30th July.

What happens on 30th July?

On this day, every year, we invite parents of LGBTQI+ children (all ages), from all backgrounds, to stand up and come out as Proud Parents so we can celebrate them and their love for their children.

We ask parents to share videos of themselves, photos or messages affirming their love and acceptance towards their LGBTQI+ child.

By using the hashtag #OutAndProudParentsDay in each post we can bring all the messages together to help create a huge wave of positive love and LGBTQI+ acceptance. The objective of the day is to create parental role models within communities, to help inspire other parents of LGBTQI+ children to become more accepting of their own children.

Any parent who needs a help, guidance, or a positive role model can follow the #OutAndProudParentsDay to meet and learn from a growing number of proud parents.

Parents from diverse backgrounds

Islam
Christianity
Sikhism
Hinduism
Atheism

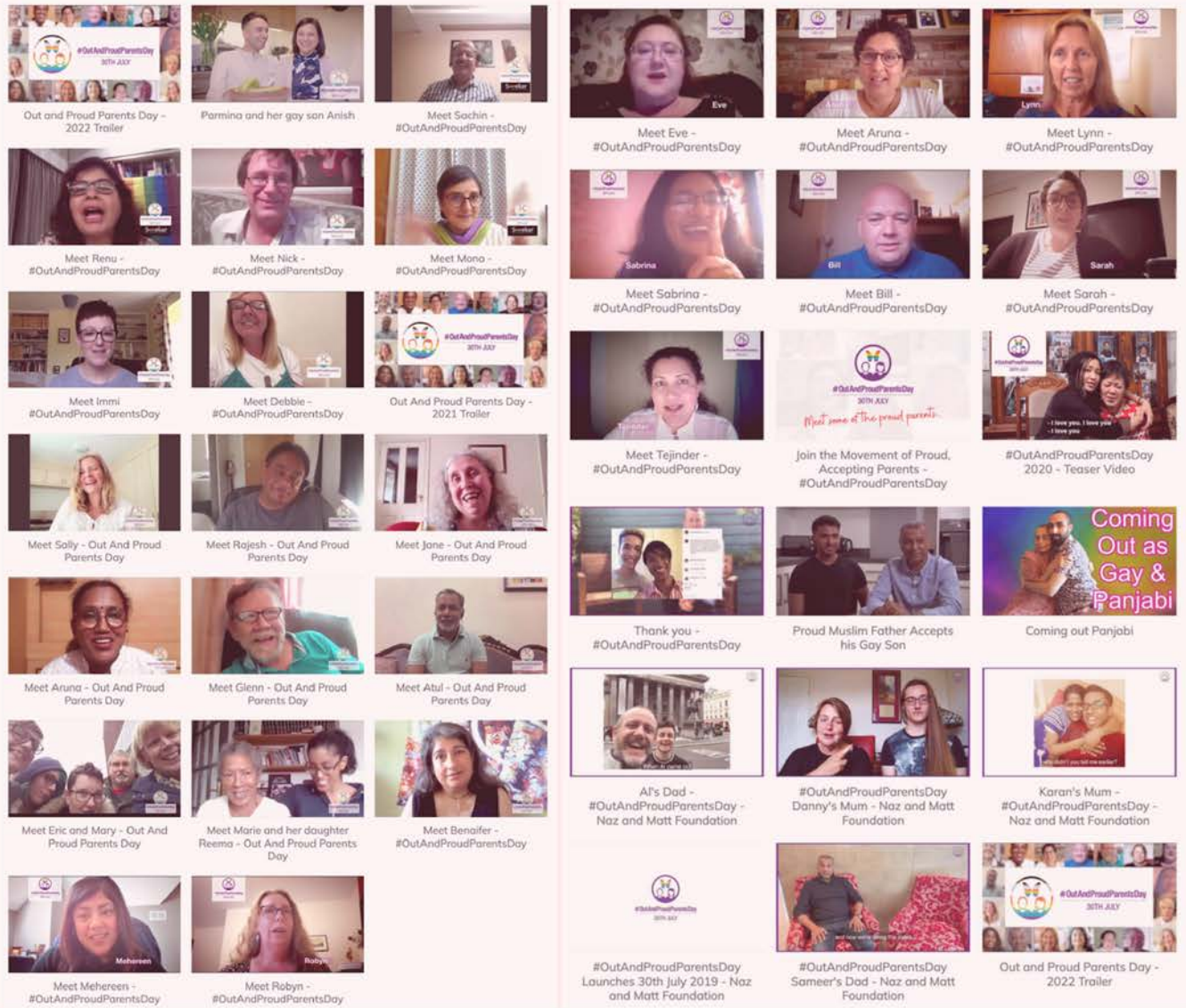
1.67M

People reached with our
2021 Out and Proud
Parents campaign

Out and Proud Parents Day



#Out And Proud Parents Day
30th July



Parents participated from
United Kingdom
USA
India

38
videos

Total number of videos with
proud accepting parents we
have produced.

Out and Proud Parents Day testimonials from parents

Parents who have taken part in Out and Proud Parents Day have overwhelmingly reacted with positive feedback and huge impact it has had on their personal and family lives.



"I was literally so proud to take part in the videos for Out and Proud Parents Day last year. Told absolutely everyone we know about it. I usually have some form of rainbow on my, a pin badge, laces, hair band. This has made it easy for a couple of parents to approach me...opening up about their own kids struggling with their sexuality, and how did we feel, and so on. One of the parents who is now a good friend of mine has a MTF daughter, and the mum was worried about people finding out. Not any more, we have hopefully helped her find a happy place and we are talking about it all"

– Mrs Sarah Gregory

"Taking part in Out and Proud Parents Day last year was awesome and has become such an integral part of our journey. So many people reached out to us in so many ways and I have been asked to support other parents at times. Amazing! I was really surprised by how many people who I had thought would disapprove of my post have been so positive saying things like they are so proud of me and Jesse"

– Mrs Lynn Chalinder RDH AFHEA MDTFED



"I really loved participating in last year's Out and Proud Parents Day...it allowed me as a parent to celebrate my son's coming out. It brought to mind the confidence and trust my son had in me to be able to "come out". After my video went up on social media, at least 4-5 LGBTQI members reached out to me. With the guidance of Matt and Aruna Desai of Sweekar, we have helped some out come out to their families and gain their acceptance!!

– Sabrina Court, India



**social impact
&
testimonials**

audience feedback

from our community talks and workshops

Working directly in communities and engaging with front line professionals, police, NGOs and government is at heart of our education and change strategy.

"Thank you for your dedication on this issue and your ongoing work to help eradicate FGM and forced marriage."

Sajid Javid, Home Secretary of the UK (at time of our talk)

"Matt's talk was genuinely one of the most powerful and moving I have ever heard in my 20 years as a research academic."

- Dr Roxanne Khan, University of Central Lancashire

"Matt is one of the most powerful speakers I have ever heard. He has a very level of humility that enables him to achieve a very high degree of emotional connection with his audience."

- Pete Ashby, National LGBT+ Police Conference organiser

"An outstanding, powerful and truly inspiring talk that moved everyone to tears. No-one will forget the talk."

- Trudy Gittins, West Midlands Police

"For many delegates, Matt's talk on behalf of the Naz & Matt Foundation was an absolute highlight of our [teacher's] conference... Matt provided a great introduction into how we best support [religiously conservative households] without alienating them or their families."

- Huw Tindall-Jones, NEU National Union of Teachers

outreach impact

individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

"My mother reminded me to give zakat today, I told her I've found an appropriate Islamic charity i'd like to donate to.

Continue to do the amazing work that allows me to take ownership of my identity."

- Zakir




"Naz and Matt Foundation was there for my partner when she faced homophobia from her parents and extended family.

They helped her emotionally and through advocating on her behalf with some members of her family who are slowly back on talking terms with her thanks to the help of the foundation.


Without that support my partner felt devastated at the rejection from her family and i felt helpless to support.

Extremely grateful to Naz and Matt for the work they are doing. "



"This foundation is doing invaluable work. Groundbreaking and brave. I work in mental health and I have experienced, first hand, the pain suffered by people, young and old, who do not feel free to be who they are.

*Minds have to be opened as early as possible, to the possibility of making a different choice. **The work done in schools is an exemplary example of how to engage directly with communities to begin the conversations that lead to positive change.**"*



*This foundation provides moral support for those who are still in the closet and helping them deal with their hardships in life. **LGBT Muslim are rarely represented in LGBT community, this is one of the few foundations that do so***



outreach impact

from individuals impacted by our outreach work

Maintaining a strong, positive and highly visible presence in communities around the UK is a core part of the work that we do, and was one of the founding objectives of our charity.

*"It helped me to come out to my Muslim family and **changed my life forever.**"*

anonymous

Thank you so much for your amazing work, we need more awareness like this in the Muslim community, especially with older / more conservative people.

It pains me a lot that some parts of Islam are closed and dogmatic, we need a revolution of some sort and a new generation of Muslims to create a new system / way of thinking. I really hope this can happen, thank you again

Shabba

schools impact

feedback from our work delivering talks in secondary schools

The assembly also led to a sea change in attitude at a follow up PSHE lesson where many showed maturity and tolerance towards issues raised as part of LGBTQI week that they had not shown before. Thank you Matt for sharing your story.

Ms Tighe, Head of School, University of Birmingham School

I have sat through many a talk from visiting speakers; none have had the impact that Matthew had when he visited Hathershaw.

Hathershaw College, Oldham

The talk that Matt delivered was extremely powerful. We are a very diverse school and many of our pupils experience pressure from their families regarding marriage and potential partners.

The talk empowered many of them to question what is going on in the Asian society around our area and inspired them to try and make a difference to the situation.

Ms Kaur, The Co-operative Academy of Leeds

98% of the students said they had learnt something from the session. Many students felt able to discuss a topic they may have not previously felt comfortable with. It touched a lot of our students emotionally, and allowed them to debate their viewpoints with other students. Not only was it informative, it was a topic they were eager to discuss even days later.

Chandni Patel, Tutor at Walsall College

testimonials

from clients using our support service

Our services are shaped by the needs of, and feedback from, our community and the hundreds of vulnerable individuals who come to our Foundation for support each year. We've compiled a small number of testimonials from individuals who have used, or been impacted by our services.

Uthman

I was recommended to talk to Naz and Matt Foundation through one of my best friends, I was vaguely aware of them beforehand in the years past of me repressing my sexuality, and was very much in the closet at the time, and not at all confident or keen on discussing my sexuality or any personal matters to an outsider organisation.

Little did I know, I would have been a different person, with a different life, and a different outlook on life as a whole if I had done it sooner. Much, much sooner. Alas, I regret the time that I had wasted in prolonging my own mental anguish, for [Naz and] Matt would have alleviated it entirely. Speaking to him has changed me, and I shall be eternally grateful.

If I could thank [Naz and] Matt with all the gold in the world, I would, if I had it. For now he will have to settle with the fullness of my mind and heart in which he has helped rebuild, and restore. We are still on our way, but without him, I'd never would have found the support to do it alone.

He saved my life, he's prolonged it, and hopefully together, I'll finally find some reason to love it again, as I used to.

- Uthman (his name has been changed to protect his identity)



Gay Muslim male who received twenty one, hour long telephone support sessions from us over a twelve month period.

testimonials

from clients using our support service

Nur

I realised I could kiss another girl when I was 16. Thinking back from that moment, I remembered the times I had developed crushes on girls throughout my life, never realising that I had romantic feelings towards them. I never thought of this as anything else than just a beautiful part of me, until I found out that being a lesbian and a Muslim "just isn't possible" – see, these two identities of mine was always so natural to me until the external homophobia started to become internalised.

Then began the years long struggle to accept both of my identities. I had questions, so many questions, and I desperately needed answers. I went online, watched all the available videos, and read specific verses of the Quran over and over again. These sources repeatedly spoke about even if I have these "sinful" feelings, I should not act on them. Not act on them how? Isn't Love one of the humanities truest sources of joy and peace? Why did God make me this way if this is wrong?

*The indescribable fear of passing through this precious life with a fake identity made me desperate for help – I needed to speak to someone that wouldn't make me choose between my religion or who I loved. **Then I found the Naz and Matt Foundation. I was nervous when I left my request to talk to someone. Then I got an email from Matt suggesting we speak on the phone. He has been there for me ever since then, whenever I need someone to speak to, witnessing every step of my growth. [Naz and] Matt's incredible patience, kindness and encouragement for the past 2 years has helped me become so much more confident in myself.***

I am no longer afraid to say these words: I am lesbian, I love women. Not being visible yet does not mean we do not exist. I feel truly connected to God, and I sense God's love in anything I do and everywhere I look. And most importantly, I don't have to give up on one of my identities to be myself. "

- Nur (her name has been changed to protect her identity)

Gay Muslim female who, over a two year period, received monthly telephone support sessions, consisting of reconciliation of religion and sexuality, confidence building and coming out support.

testimonials

from clients using our support service

Samira

"Two weeks prior to getting into contact with the Naz & Matt foundation, I was hospitalised and was not able to see past anything apart from not wanting to live anymore.

By simply listening to, validating and understanding my situation I now have all that I was longing for, a clear plan to eventually live safely and without fear, reaffirmation on how my life is valuable & the strength, hope and perseverance to be the person I was born to be.

I feel like a brand new person every time we speak, eager to put newfound insight and knowledge to practice. I feel super confident in preparing for the rest of my life going forward! I will forever be eternally grateful.

*Each session I have had has ALWAYS managed to pull the best out of me. The insight, encouragement & positivity unlocked a brand new perspective that gradually allowed me to see the light in such a dark time. **Having a voice powerful enough to convince someone how their contribution to the world is in fact valuable, means everything to me.***

*The basis from which the Naz & Matt foundation first initiated, from taking a personal experience and using it to help others, has inspired me to want to do the same for people who need help. I want to continue sharing the light the Naz & Matt foundation has shown me. **The foundation has unquestionably transformed my life**, therefore I will honour it in all I go on to do and achieve going forward, with full faith it will continue to save so many more lives and relationships.*

I had no idea 5 years ago when using the Naz & Matt foundation as research for my A Level media coursework that it would one day change my life for the better."

- Samira (her name has been changed to protect her identity)



Gay Muslim female who, over a two year period, received telephone support, mentoring, career advice, personal brand development and confidence rebuilding.

testimonials

from clients using our support service

Noah and his two children

"The charity is a god send and is still supporting me. I was in a very bad way a year ago and living in so much fear. Finally I was supported to move, very far, to feel safe and secure. Naz and Matt helped us to get into a refuge for me and my kids. I had nothing and they gave us so much by doing this for me and my kids.

My life has changed so much cause of them. I have things I never dreamt of and am so happy cause of the charity."

- Noah

Gay Muslim father contacted our charity in a state of distress. Hiding in a secret location with his two children he was in fear of being attacked with acid by his ex-wife. We initiated an emergency relocation package, moved him and his children to a different part of the UK and found refuge and housing to support them. Is continuing to receive support from us 30 months later.

Sabah

"The whirlwind of pain, emotions and loss seemed unbearable after coming out to my Pakistani mother.

I frantically searched the internet for support and someone that could understand and help. It was this foundation that got back to me and saved my mind and sanity from spiralling with regular support very quickly, when there was little response from elsewhere. Thank you for everything. "

- Sabah (her name has been changed to protect her identity)

recognition for our lifesaving work in the community

We work tirelessly to deliver meaningful campaign work, outreach and support services to the community. We're proud this has been recognised with a number awards or nominations.

- 2022: We won Campaign of the Year award at the Bank of London Rainbow Honours Awards for our Out And Proud Parents Day celebration on 30th July.
- 2021: Our new documentary – [My God, I'm Queer](#) – won 'Best TV Programme of 2021' by the [Asian Media Awards](#).
- 2021: Matt recognised as a [Top 10 Outstanding Contributor to LGBT+ Life](#) by the British LGBT+ Awards
- 2020: Awarded the Faith and Belief Community Award for our work supporting faith and belief communities in Greater London. This was namely for our annual online event [#OutAndProudParentsDay](#) which celebrates proud religious parents of LGBTQI+ children.
- 2020: Nominated for a National Diversity "Community Organisation" Award. Matt nominated for the Positive Role Model Award.
- 2019: Shortlisted for the National Diversity Awards.
- 2019: Nominated for a [Rainbow Honours](#) Award.
- 2019: Awarded IKWRO's Special Recognition Award for '[Outstanding Organisation Tackling "Honour" Based Violence](#)'
- 2019: British LGBT Awards – recognised as a [Top 10 LGBT+ Charities or Community Initiative](#).
- 2018: Nominated for a National Diversity "Community Organisation" Award.
- 2018: "[Be the Man](#)" (the story of Naz and Matt) [shortlisted](#) for "Best Original Track" at the [BBC Folk Awards](#). Written and performed by the [The Young'uns](#),
- 2017: Shortlisted for the No2H8 Crime Awards by [TellMAMA](#) (a national project which records and measures anti-Muslim incidents in the UK).
- 2016: JCI Ten Outstanding Young Persons Award accepted by Matt on behalf of Naz and Matt Foundation.
- 2016: Matt nominated for Positive Role Model Award (National Diversity Awards).
- 2015: Matt voted 6th most influential LGBTQI person in the UK, by the [Independent on Sunday's Rainbow List](#).
- 2015: [Received official support](#) from the [Association of British Muslims](#) for our work.
- 2015: Matt Awarded the [Attitude Pride Award](#) for 'Building bridges between religious and LGBTQI communities' for his work through the Foundation.

risks

As with any growing, in-demand organisation there comes risks. We actively identify risks to our Foundation and our community so that we can manage them accordingly. Some key risks, and our approach to mitigating these risks, are included below.

- Unable to meet demand.
 - *Response: We will seek additional core funding to develop, adapt and grow our team to cope with the increase in demand.*
- Not reaching the individuals who need our services the most.
 - *Response: We will continue to develop and improve our proven methods of outreach work, across channels accessed by our target demographic.*
- Insufficient resources and finances to fulfil the needs of the most vulnerable members of our community.
 - *Response: We will grow our fundraising capability and develop new long term relationships with grant making organisations who believe in our core mission.*
- Not maintaining adequately relationships with donors, supporters and individuals who support our work.
 - *Response: We will invest in a CRM that will enable us to build, develop and grow relationships with those who can support our organisation's need for growth.*
- Burnout.
 - *Response: Increase the size of our team, improve monitoring of workloads and introduce effective wellbeing tools to support our team's health.*
- The triggering nature of our work affecting our team's mental health.
 - *Response: Further improve case / work supervision, and provide appropriate tools to safe guard team member's mental health.*
- Inadequate monitoring and reporting of our progress and impact, negatively affectively our ability to engage with funders.
 - *Improve and systemise capturing of data. Introduce a more robust Case Management solution within our support service to better capture data.*

opportunities

We have a huge journey ahead and have identified a number of opportunities that will help us get there, we have highlighted a few below. We are actively seeking funding to help explore and implement these.

- Launch the first UK **helpline** designed specifically for free, on demand support for victims and survivors of religious and cultural homophobia, **staffed by proud accepting parents**.
- Develop a **nationwide police training programme** to help education all police officers about the about religious and cultural homophobia and it's relationship with LGBTQ+ honour based abuse, forced marriage, domestic abuse and 'conversion practices'.
- Improve data visibility and monitoring by introducing a **dedicated Case Management system** to proactively manage our most vulnerable support clients.
- **Establish a paid membership programme** that will help us strengthen relationships with our community, and generate a vitally needed regular income stream that can support our increasing costs of service provision.
- **Develop a more comprehensive schools programme** with more speakers, better resources, handouts, and structured online learning materials.
- Increase support to parents - launch our new parent led support group for parents of South Asian heritage.
- Improve our engagement with parents and translating all of our existing content into non-English languages spoken by the parents of our service users (Urdu, Hindi, Bengali and Punjabi).

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NAZ AND MATT FOUNDATION

TRUSTEES' REPORT

FOR THE PERIOD ENDED 31 DECEMBER 2022

The trustees present their annual report and financial statements for the period ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's memorandum of articles and association, the Charities Act 2011 and "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 2019).

Objectives and activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Financial review

Structure, governance and management

The charity is a charitable incorporated organisation and is governed by its memorandum of articles and association dated 12 February 2015.

The trustees who served during the period and up to the date of signature of the financial statements were:

Matthew Mahmood-Ogston	(Resigned 16 May 2022)
Elizabeth Pritchard	
Samantha Lewis	
Asma Ashraf	(Appointed 16 May 2022)

The trustees' report was approved by the Board of Trustees.



.....
Asma Ashraf

Trustee

23 / 10 / 2023

Date:

NAZ AND MATT FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NAZ AND MATT FOUNDATION

I report to the trustees on my examination of the financial statements of Naz and Matt Foundation (the charity) for the period ended 31 December 2022.

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. 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.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me 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 accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Angela Trainor FCCA

HJS Accountants Limited

Tagus House
9 Ocean Way
Southampton
SO14 3TJ

Dated: 25 October 2023 .

NAZ AND MATT FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT****FOR THE PERIOD ENDED 31 DECEMBER 2022**

	Notes	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total Unrestricted funds general 2022 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	3	57,605	5,000	8,000	70,605	30,143	32,643
Charitable activities	4	4,417	-	-	4,417	-	1,295
Total income		62,022	5,000	8,000	75,022	2,500	33,938
Expenditure on:							
Raising funds	5	1,823	-	-	1,823	-	2,905
Charitable activities	6	25,010	966	5,365	31,341	-	9,709
Total expenditure		26,833	966	5,365	33,164	-	12,614
Net incoming resources before transfers		35,189	4,034	2,635	41,858	2,500	21,324

NAZ AND MATT FOUNDATION**STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT****FOR THE PERIOD ENDED 31 DECEMBER 2022**

	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total Unrestricted funds general 2022 £	Restricted funds 2021 £	Total 2021 £
Notes						
Net incoming resources before transfers	35,189	4,034	2,635	41,858	18,824	21,324
Gross transfers between funds	(915)	-	915	-	-	-
Net income for the period/ Net movement in funds	34,274	4,034	3,550	41,858	18,824	21,324
Fund balances at 1 November 2021	47,907	-	2,500	50,407	-	29,083
Fund balances at 31 December 2022	82,181	4,034	6,050	92,265	2,500	50,407

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

NAZ AND MATT FOUNDATION**BALANCE SHEET****AS AT 31 DECEMBER 2022**

	Notes	2022 £	£	2021 £	£
Current assets					
Debtors	10	1,951		1,069	
Cash at bank and in hand		111,912		65,355	
		<u>113,863</u>		<u>66,424</u>	
Creditors: amounts falling due within one year	11	<u>(21,598)</u>		<u>(16,017)</u>	
Net current assets			<u>92,265</u>		<u>50,407</u>
Income funds					
Restricted funds	13		6,050		2,500
<u>Unrestricted funds</u>					
Designated funds	14	4,034		-	
General unrestricted funds		<u>82,181</u>		<u>47,907</u>	
			<u>86,215</u>		<u>47,907</u>
			<u>92,265</u>		<u>50,407</u>

BALANCE SHEET (CONTINUED)
AS AT 31 DECEMBER 2022

23 / 10 / 2023

The financial statements were approved by the Trustees on



.....
Asma Ashraf
Trustee

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Naz and Matt Foundation is a charitable incorporated organisation. The charity's principal address is 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ.

1.1 Reporting period

These financial statements have been prepared to 31 December resulting in an extended 14 month accounting period. The comparative reporting period is 12 months.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds are funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants receivable are recognised when there is entitlement, probability of receipt and the amount can be measured sufficiently and reliably.

Grants which cover more than one financial reporting period are deferred accordingly.

1.6 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****3 Donations and legacies**

	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds general 2021 £	Restricted funds 2021 £	Total 2021 £
Donations and gifts	20,663	-	-	20,663	14,833	-	14,833
Grants	36,877	5,000	8,000	49,877	15,123	2,500	17,623
Other	65	-	-	65	187	-	187
	<u>57,605</u>	<u>5,000</u>	<u>8,000</u>	<u>70,605</u>	<u>30,143</u>	<u>2,500</u>	<u>32,643</u>

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****4 Charitable activities**

	2022	2021
	£	£
Events	2,797	765
Other income	1,620	530
	<u>4,417</u>	<u>1,295</u>
	<u><u>4,417</u></u>	<u><u>1,295</u></u>

5 Raising funds

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
<u>Fundraising and publicity</u>		
Advertising	1,823	2,905
	<u>1,823</u>	<u>2,905</u>
	<u><u>1,823</u></u>	<u><u>2,905</u></u>

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****6 Charitable activities**

	2022	2021
	£	£
Staff costs	2,949	-
Charitable donations	100	328
Special projects	3,235	3,017
Events	124	380
Charity materials	-	71
Cost of providing support	3,095	1,000
	<u>9,503</u>	<u>4,796</u>
Share of support costs (see note 7)	19,572	3,475
Share of governance costs (see note 7)	2,266	1,438
	<u>31,341</u>	<u>9,709</u>
Analysis by fund		
Unrestricted funds - general	25,010	9,709
Unrestricted funds - designated	966	-
Restricted funds	5,365	-
	<u>31,341</u>	<u>9,709</u>

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****7 Support costs**

	Support costs	Governance costs	2022 Support costs	Governance costs	2021
	£	£	£	£	£
Staff costs	15,092	-	15,092	-	-
Insurance	326	-	326	128	128
General expenses	264	-	264	251	251
IT software and consumables	1,821	-	1,821	1,449	1,449
Postage, freight and courier	274	-	274	189	189
Subscriptions	277	-	277	241	241
Telephone and internet	359	-	359	652	652
Travel - national	802	-	802	318	318
Bank fees	92	-	92	11	11
Recruitment costs	239	-	239	143	143
Bad debts	26	-	26	93	93
Legal and professional	-	540	540	-	37
Audit and accountancy fees	-	1,726	1,726	-	1,401
	<u>19,572</u>	<u>2,266</u>	<u>21,838</u>	<u>3,475</u>	<u>4,913</u>
Analysed between					
Charitable activities	<u>19,572</u>	<u>2,266</u>	<u>21,838</u>	<u>3,475</u>	<u>4,913</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the period.

9 Employees

The average monthly number of employees during the period was:

	2022 Number	2021 Number
	<u>1</u>	<u>-</u>
Employment costs	2022	2021
	£	£
Wages and salaries	<u>18,041</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****10 Debtors**

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	1,644	762
Other debtors	307	307
	<u>1,951</u>	<u>1,069</u>

11 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other taxation and social security	374	-
Deferred income	20,000	14,877
Accruals and deferred income	1,224	1,140
	<u>21,598</u>	<u>16,017</u>

12 Deferred income

	2022	2021
	£	£
Other deferred income	<u>20,000</u>	<u>14,877</u>

Deferred income is included in the financial statements as follows:

	2022	2021
	£	£
Deferred income is included within:		
Current liabilities	<u>20,000</u>	<u>14,877</u>
Movements in the period:		
Deferred income at 1 November 2021	14,877	-
Released from previous periods	(14,877)	-
Resources deferred in the period	<u>20,000</u>	<u>14,877</u>
Deferred income at 31 December 2022	<u>20,000</u>	<u>14,877</u>

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)****FOR THE PERIOD ENDED 31 DECEMBER 2022****13 Restricted funds**

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds			
	Incoming resources	Balance at 1 November 2021	Incoming resources	Resources expended	Transfers	Balance at 31 December 2022
	£	£	£	£	£	£
SafeLives Fund	2,500	2,500	5,000	(2,450)	-	5,050
Camden Giving	-	-	2,000	(2,915)	915	-
Pink Triangle Trust	-	-	1,000	-	-	1,000
	<u>2,500</u>	<u>2,500</u>	<u>8,000</u>	<u>(5,365)</u>	<u>915</u>	<u>6,050</u>

SafeLives Fund

The SafeLives 'Circle Fund' supports victims of economic and domestic abuse. It provides crisis intervention, increase safety and help support recovery and resilience. Funded through £1million donation by NatWest bank. We are granted an allocation of money which we are then able to give to our most vulnerable clients in times of crisis or urgent need.

2022 Camden Giving OAPPD

Support the operational costs of delivering our annual Out and Proud Parents Day event.

Pink Triangle Trust - Helpline

Initial research and development of our new helpline service designed to support LGBTQI+ individuals and their parents, from religious and culturally conservative backgrounds.

14 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources	Balance at 1 November 2021	Incoming resources	Resources expended	Balance at 31 December 2022
	£	£	£	£	£
Camden Giving	-	-	5,000	(966)	4,034
	<u>-</u>	<u>-</u>	<u>5,000</u>	<u>(966)</u>	<u>4,034</u>

2022 Camden Giving Community Partnership

To develop and strengthen our community of grassroots leaders in Camden and provide opportunities for them to apply and participate on the panel of Camden Giving's community led grants programmes.

NAZ AND MATT FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)*****FOR THE PERIOD ENDED 31 DECEMBER 2022*****15 Analysis of net assets between funds**

	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:							
Current assets/(liabilities)	82,181	4,034	6,050	92,265	47,907	2,500	50,407
	<u>82,181</u>	<u>4,034</u>	<u>6,050</u>	<u>92,265</u>	<u>47,907</u>	<u>2,500</u>	<u>50,407</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE PERIOD ENDED 31 DECEMBER 2022

16 Related party transactions

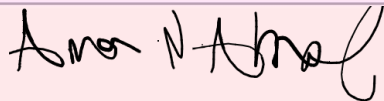
There were no disclosable related party transactions during the period (2021 - none).

declaration

The Trustees declare that they have approved this annual
Trustee's Report and financial statements.

The Chair has signed on behalf of all Trustees.

SIGNATURE



Full name(s)

Asma Ashraf

Position

Chair

(from 16th May 2022 onwards)

DATE 23 / 10 / 2023

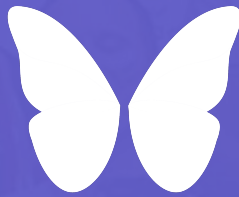


thank you

NAZ AND MATT FOUNDATION

England & Wales - Charity number 1160694

Accounts



NAZ & MATT
FOUNDATION

ANNUAL REPORT

1st November 2020 - 31st October 2021

Naz and Matt Foundation,
71-75 Shelton Street, Covent Garden, London WC2H 9JQ

Registered Charity 1160694

NAZ & MATT
FOUNDATION



Trustees & organisation

Names of the charity trustees who managed the charity in this period

Trustee Name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Matthew Mahmood-Ogston	Whole year	Naz and Matt Foundation
Elizabeth Pritchard	Whole year	Naz and Matt Foundation
Samantha Lewis	Whole year	Naz and Matt Foundation
Tim Noblett	January 2021 onwards	Naz and Matt Foundation

Type of governing document

Constitution

Trustee selection method

Appointed by trustees.

Core policies and procedures in place

- Confidentiality Policy
- Data Consent
- Data Protection Policy
- Safeguarding and Vulnerable Adults Policy
- Volunteer Agreement
- Anti Bribery Policy
- Conflict of Interest Policy
- Equality Diversity and Inclusion Policy
- Expenses Policy
- Procurement Policy
- Risk Policy
- Complaints Procedure
- Escalations & Red Flag Policy

Governance issues for period

N/A - no governance issues

Objectives

Summary of the objects of the charity set out in its governing document

- (a) To advance education and promote knowledge to create understanding within communities and families where religion or culture is affecting their ability to accept or tolerate individuals who are born LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer or Intersex);
- (b) To promote and protect the good health of LGBTQI+ individuals and their friends and family by offering support and mentoring, and signposting them to established counselling services, to assist in resolution of the challenges linked to sexuality or gender identity particularly where religion may be affecting the situation; and
- (c) The promotion of equality and diversity in particular the elimination of discrimination on the grounds of sexual orientation and gender identity; by raising awareness among the public about the negative impact that difficulties (with a focus on religious beliefs) can have on LGBTQI+ individuals.

THREE PILLARS OF NAZ AND MATT FOUNDATION

All our work, services and strategy fall within these pillars



1

**SUPPORT &
OUTREACH**

Help those in need

Supporting and working with LGBTQI+ individuals and parents affected.

2

**IMPACT &
AWARENESS**

Help others engage with the problem

Create widespread understanding of the existence and impact of the abuse we tackle.

3

**EDUCATION
& CHANGE**

Fix the problem

Empowering our audience with tools and knowledge to help them, and us, solve and prevent the problem.

Activities & Achievements

Summary of the main activities undertaken for the public benefit in relation to these objectives

1. Support & Outreach

- a. We received 111 requests for help or support requiring varying levels of assistance including emotional support, assistance with 'coming out' to family, planning an escape from an abusive family situation, advice to prevent forced marriage and mentoring.

Requests that require telephone support are converted into a case. Clients receive either weekly, biweekly, or monthly support sessions depending on their needs. Clients are seeking support due to the impact of religious homophobia, conversion ('therapy') practices, LGBT+ honour based abuse or LGBT+ forced marriage.

Support during this period included:

- i. Providing financial assistance and care packages to a client made homeless due to their sexuality and their family's conservative religious interpretation.
 - ii. Assisting in finding safe housing for a vulnerable gay father and his children.
 - iii. Support to help clients plan escapes from their coercive, controlling or abusive family.
 - iv. Confidence rebuilding and career development.
 - v. Befriending service to help individuals rebuild confidence and independence.
 - vi. Mentoring.
- b. During this period we secured a new relationship with a trusted counsellor and therapist with appropriate lived experience for future referrals.
 - c. We recruited a new volunteer Case Supervisor, with experience working in an NHS crisis management team, to oversee complex support cases. Monthly reviews of complex or high risk cases now take place.

2. Impact & Awareness

- a. Delivered a high impact World Suicide Prevention Day open letter campaign across broadcast media calling on greater understanding and acceptance from religious and community leaders. This included 16 interviews on mainstream TV media such as London Live and regional radio stations, plus 14 interviews with regional BBC Faith Programmes (30 interviews in total):
 - i. 168 - Total number of stations the interviews were broadcast on.
 - ii. 49,600,000 Total audience reach.
 1. 200,000 were specifically listeners from faith based radio stations.

- iii. 2h 50m 46s - Duration of coverage
- b. Panellist at an online event for Oxford Against Cutting.
- c. Panellist at an online event for University of Plymouth - Pride in Faith.
- d. Interviewed by BBC Radio 1 Newsbeat with Asad and Michael B
- e. Interviewed by BBC Radio Yorkshire
- f. Interviewed for the Virgin Pride Podcast.
- g. Joined the protest outside of the Cabinet Office about the need to ban conversion therapy. Documented the event and distributed photos of the event online.

3. Education & Change

- a. Our annual event **Out and Proud Parents Day** continued to make huge progress in the community.

Every year on the 30th July, the day the world lost Naz, we organise a global online event called Out and Proud Parents Day. A day where we celebrate proud parents who have accepted their LGBTQ+ children.

Using the hashtag #OutAndProudParentsDay we invite parents to come out on social media, to come to their community, to come out and tell the world how much they love and accept their LGBTQ+ child.

This year we were awarded the Faith and Belief Forum Award for “services to and for faith and belief communities in Greater London”.

Key stats

- i. **1,670,946 People** were reached with the 2021 campaign.
 - ii. We interviewed nine new parents and created new videos for our YouTube channel, with many, many more parents contributing their own photos and stories online.
- b. 56,500 views of videos in our YouTube library, with 433,000 minutes watched.
 - c. Regular attendance at the Ban Conversion Therapy Coalition meetings. Met with multiple ministers to argue the need to ban conversion therapy.
 - d. Attended suicide prevention training.
 - e. Attended SafeLives focus groups.
 - f. Produced and delivered a bespoke talk at the National LGBT+ Police Conference.
 - g. Delivered a talk to Hampshire Police force.
 - h. Delivered a talk to HMRC Prism.
 - i. Assisted the BBC with finding contributors for a new documentary.
 - j. Produced an online survey to better understand “LGBTQI+ Religious and Cultural Domestic Abuse”
 - k. Delivered a talk to the London Fire Brigade.
 - l. Delivered a talk to Central & North West London NHS Trust.

- m. Shared our story at the Karma Nirvana Roadshow, an event dedicated to tackling honour based abuse.
- n. Delivered a talk as part of a panel for Barclays “My Culture, Me and LGBT” to staff and their clients.
- o. Delivered training workshop to SSHC, an LGBT+ Sexual Health Charity based in Staffordshire.
- p. Our first documentary ***My God, i’m Queer*** received a very positive response from the public and professional organisations wanting to see the film.
 - i. The film was screened internationally in India, Canada, USA, and the UK during the last period.
 - ii. Further screenings took place with HARM Network / University of Central Lancashire.
 - iii. The film won the “Best TV Programme of 2021 Award” at the Asian Media Awards.
 - iv. Matt and our volunteer Producer Meera took part in a film Q&A event with the Discovery Channel.
- q. Provided evidence directly and UK MPs and indirectly to Scottish Parliament Hearings around conversion therapy.
- r. Participated in the “LGBT+ Domestic Abuse Service Provision Mapping Study”, produced by Galop, Domestic Abuse Commissioner and Durham University
<https://domesticabusecommissioner.uk/wp-content/uploads/2021/11/Galop-LGBT-Domestic-Abuse-Service-Provision-Mapping-Study-Final.pdf>

Testimonials

Feedback from a client receiving support from us

"Two weeks prior to getting into contact with the Naz & Matt foundation, I was hospitalised and was not able to see past anything apart from not wanting to live anymore.

By simply listening to, validating and understanding my situation I now have all that I was longing for, a clear plan to eventually live safely and without fear, reaffirmation on how my life is valuable & the strength, hope and perseverance to be the person I was born to be.

I feel like a brand new person every time we speak, eager to put newfound insight and knowledge to practice. I feel super confident in preparing for the rest of my life going forward! I will forever be eternally grateful.

Each session I have had has ALWAYS managed to pull the best out of me. The insight, encouragement & positivity unlocked a brand new perspective that gradually allowed me to see the light in such a dark time. Having a voice powerful enough to convince someone how their contribution to the world is in fact valuable, means everything to me.

The basis from which the Naz & Matt foundation first initiated, from taking a personal experience and using it to help others, has inspired me to want to do the same for people who need help. I want to continue sharing the light the Naz & Matt foundation has shown me. The foundation has unquestionably transformed my life, therefore I will honour it in all I go on to do and achieve going forward, with full faith it will continue to save so many more lives and relationships.

I had no idea 5 years ago when using the Naz & Matt foundation as research for my A Level media coursework that it would one day change my life for the better. "

- Samira

Feedback from two of our talks

“Matt is one of the most powerful speakers I have ever heard. He has a very level of humility that enables him to achieve a very high degree of emotional connection with his audience. After some persuasion (!), he agreed to share some of the personal insights and wisdom that he has gained through supporting more than 600 individuals identifying as LGBT+ in all sorts of situations of domestic abuse and violence, since the tragic death of his partner Naz. With an audience of more than 300 online, we were conscious that everyone was literally riveted by every word that he said. He spoke from his experience, his authenticity and his generosity of spirit, and many of us will remember what he said for many years to come. Matt is an EXCEPTIONAL human being who encourages us to work harder to discover our own exceptionalness.”

- Pete Ashby, TEAM2030, Organiser of the National Police LGBT+ Conference

“Feedback from our audience has been overwhelmingly positive. In particular, the real stories that your charity brought to bring to life the challenges people are still facing, makes the whole event more relatable – One of our senior members of the team said that the stories brought a tear to her eye and felt deeply moved and driven to try her best to make a difference in any way she can.”

- Barclays Bank

Special Projects

During this period we invested in a new cloud based helpdesk solution which has significantly improved the level of service and reporting we can achieve through our support service.

We are now able to document attributes and characteristics for each case that will enable us to spot trends, prioritise tickets and respond more efficiently. This brings us one step closer to launching our helpline which has always been one of our long term goals for the charity.

Financial Overview

In the current reporting period, income was higher than expenditure.

Grants received in this period

- £2,500 SafeLives
- £30,000 Indigo Trust

Core funding to support our work tackling homophobia triggered by religion

Donations

We are incredibly thankful to all of our donors throughout the year - LGBTQI+ individuals, parents, allies, corporations, front line service providers and many more. We would like to especially thank Indigo Trust for believing in our mission and work.

With our finances in a positive position we can now proceed with our strategy of transitioning from a volunteer only organisation, to an organisation with staff. Staff will allow us to increase the capacity of our support service and deliver a more solid, predictable presence throughout the year.

Details of any funds materially in deficit

There is no deficit and the Foundation has no plans to operate with a deficit.

NAZ AND MATT FOUNDATION

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NAZ AND MATT FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF NAZ AND MATT FOUNDATION

I report to the trustees on my examination of the financial statements of Naz and Matt Foundation (the charity) for the year ended 31 October 2021.

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. 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.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me 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 accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.



Angela Trainor FCCA

HJS Accountants Limited

Tagus House
9 Ocean Way
Southampton
SO14 3TJ

22 / 08 / 2022

Dated:

NAZ AND MATT FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 OCTOBER 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total Unrestricted funds 2021 £	2020 £
Income from:					
Donations and legacies	3	30,143	2,500	32,643	17,227
Charitable activities	4	1,295	-	1,295	2,993
Total income		<u>31,438</u>	<u>2,500</u>	<u>33,938</u>	<u>20,220</u>
Expenditure on:					
Raising funds	5	2,905	-	2,905	5,669
Charitable activities	6	9,709	-	9,709	7,699
Total expenditure		<u>12,614</u>	<u>-</u>	<u>12,614</u>	<u>13,368</u>
Net income for the year/ Net movement in funds		18,824	2,500	21,324	6,852
Fund balances at 1 November 2020		29,083	-	29,083	22,231
Fund balances at 31 October 2021		<u>47,907</u>	<u>2,500</u>	<u>50,407</u>	<u>29,083</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

NAZ AND MATT FOUNDATION

BALANCE SHEET

AS AT 31 OCTOBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	9		-		60
Current assets					
Debtors	10	1,069		732	
Cash at bank and in hand		65,355		28,299	
		<u>66,424</u>		<u>29,031</u>	
Creditors: amounts falling due within one year	11	<u>(16,017)</u>		<u>(8)</u>	
Net current assets			50,407		29,023
Total assets less current liabilities			<u>50,407</u>		<u>29,083</u>
Income funds					
Restricted funds	13		2,500		-
Unrestricted funds			47,907		29,083
			<u>50,407</u>		<u>29,083</u>

NAZ AND MATT FOUNDATION

BALANCE SHEET (CONTINUED)

AS AT 31 OCTOBER 2021

21 / 08 / 2022

The financial statements were approved by the Trustees on



.....
Asma Ashraf
Trustee

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2021

1 Accounting policies

Charity information

Naz and Matt Foundation is a charitable incorporated organisation. The charity's principal address is 71-75 Shelton Street, Covent Garden, London, WC2H 9JQ.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants receivable are recognised when there is entitlement, probability of receipt and the amount can be measured sufficiently and reliably.

Grants which cover more than one financial reporting period are deferred accordingly.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2021

1 Accounting policies

(Continued)

1.5 Expenditure

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

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Computers	£nil depreciation charged
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 OCTOBER 2021

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Donations and gifts	14,833	-	14,833	17,026
Grants	15,123	2,500	17,623	-
Other	187	-	187	201
	<u>30,143</u>	<u>2,500</u>	<u>32,643</u>	<u>17,227</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

4 Charitable activities

	2021 £	2020 £
Events	765	2,500
Other income	530	493
	<u>1,295</u>	<u>2,993</u>

5 Raising funds

	Unrestricted funds	Unrestricted funds
	2021 £	2020 £
<u>Fundraising and publicity</u>		
Advertising	2,905	5,669
	<u>2,905</u>	<u>5,669</u>

6 Charitable activities

	2021 £	2020 £
Charitable donations	328	415
Special projects	3,017	3,383
Events	380	89
Charity materials	71	162
	<u>3,796</u>	<u>4,049</u>
Share of support costs (see note 7)	4,475	3,388
Share of governance costs (see note 7)	1,438	262
	<u>9,709</u>	<u>7,699</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

7 Support costs

	Support costs	Governance costs	2021 Support costs	Governance costs	2020
	£	£	£	£	£
Insurance	128	-	128	128	128
General expenses	251	-	251	195	195
IT software and consumables	1,449	-	1,449	935	935
Postage, freight and courier	189	-	189	168	168
Printing and stationery	-	-	-	32	32
Subscriptions	241	-	241	54	54
Telephone and internet	652	-	652	317	317
Travel - national	318	-	318	1,171	1,171
Bank fees	11	-	11	8	8
Other support costs	999	-	999	380	380
Recruitment costs	144	-	144	-	-
Bad debts	93	-	93	-	-
Legal and professional	-	37	37	-	-
Audit and accountancy fees	-	1,401	1,401	-	262
	<u>4,475</u>	<u>1,438</u>	<u>5,913</u>	<u>3,388</u>	<u>3,650</u>
Analysed between					
Charitable activities	<u>4,475</u>	<u>1,438</u>	<u>5,913</u>	<u>3,388</u>	<u>3,650</u>

8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

9 Tangible fixed assets

	Computers
	£
At 1 November 2020	60
Disposals	(60)
At 31 October 2021	-
Carrying amount	
At 31 October 2021	-
At 31 October 2020	60

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

10 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Trade debtors	762	732
Other debtors	307	-
	<u>1,069</u>	<u>732</u>

11 Creditors: amounts falling due within one year

	Notes	2021	2020
		£	£
Other taxation and social security		-	8
Deferred income	12	14,877	-
Accruals and deferred income		1,140	-
		<u>16,017</u>	<u>8</u>

12 Deferred income

	2021	2020
	£	£
Other deferred income	14,877	-
	<u>14,877</u>	<u>-</u>

Deferred income is included in the financial statements as follows:

	2021	2020
	£	£
Deferred income is included within:		
Current liabilities	14,877	-
	<u>14,877</u>	<u>-</u>
Movements in the year:		
Deferred income at 1 November 2020	-	-
Resources deferred in the year	14,877	-
	<u>14,877</u>	<u>-</u>
Deferred income at 31 October 2021	<u>14,877</u>	<u>-</u>

NAZ AND MATT FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 OCTOBER 2021

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds	
	Incoming resources	Balance at 1 November 2020	Incoming resources	Balance at 31 October 2021
	£	£	£	£
SafeLives Fund	-	-	2,500	2,500

SafeLives Fund

The SafeLives 'Circle Fund' supports victims of economic and domestic abuse. It provides crisis intervention, increase safety and help support recovery and resilience. Funded through £1million donation by NatWest bank. We are granted an allocation of money which we are then able to give to our most vulnerable clients in times of crisis or urgent need.

14 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Fund balances at 31 October 2021 are represented by:				
Tangible assets	-	-	-	60
Current assets/(liabilities)	47,907	2,500	50,407	29,023
	<u>47,907</u>	<u>2,500</u>	<u>50,407</u>	<u>29,083</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

Declaration

The Trustees declare that they have approved the Trustees' report above. The Chair has signed on behalf of all Trustees.

SIGNATURE 

Full name(s)

Asma Ashraf

Position

Chair







(from 16th May 2022 onwards)

Date

21 / 08 / 2022

TITLE	2020 - 2021 Trustee Annual Report - FINAL
FILE NAME	2020 - 2021 Trust...eport - FINAL.pdf
DOCUMENT ID	debf9eedff01488d30e583397dd010c35ed06cb5
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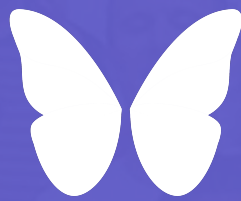
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NAZ AND MATT FOUNDATION

England & Wales - Charity number 1160694

Accounts



**NAZ&MATT
FOUNDATION**

ANNUAL REPORT

1st November 2019 - 31st October 2020

Naz and Matt Foundation, 71-75 Shelton Street,
Covent Garden, London WC2H 9JQ

Registered Charity 1160694

Trustees & organisation

Names of the charity trustees who managed the charity in this period

Trustee Name	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
Matthew Mahmood-Ogston	Whole year	Naz and Matt Foundation
Elizabeth Pritchard	Whole year	Naz and Matt Foundation
Samantha Lewis	Whole year	Naz and Matt Foundation

Type of governing document

Constitution

Trustee selection method

Appointed by trustees

Core policies and procedures in place

- Confidentiality Policy
- Data Consent
- Data Protection Policy
- Safeguarding and Vulnerable Adults Policy
- Volunteer Agreement

* Additional policies will be introduced in May 2021.

Governance issues for period

N/A - no governance issues

Objectives and activities

Summary of the objects of the charity set out in its governing document

(a) To advance education and promote knowledge to create understanding within communities and families where religion or culture is affecting their ability to accept or tolerate individuals who are born LGBTQI+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Queer or Intersex);

(b) To promote and protect the good health of LGBTQI+ individuals and their friends and family by offering support and mentoring, and signposting them to established counselling services, to assist in resolution of the challenges linked to sexuality or gender identity particularly where religion may be affecting the situation; and

(c) The promotion of equality and diversity in particular the elimination of discrimination on the grounds of sexual orientation and gender identity; by raising awareness among the public about the negative impact that difficulties (with a focus on religious beliefs) can have on LGBTQI+ individuals.

THREE PILLARS OF NAZ AND MATT FOUNDATION



All our work, services and strategy fall within these pillars

1

SUPPORT & OUTREACH

Help those in need

Supporting and working with LGBTQI+ individuals and parents affected.

2

IMPACT & AWARENESS

Help others engage
with the problem

Create widespread understanding of the existence and impact of the abuse we tackle.

3

EDUCATION & CHANGE

Fix the problem

Empowering our audience with tools and knowledge to help them, and us, solve and prevent the problem.

Summary of the main activities undertaken for the public benefit in relation to these objects

1. Support & Outreach

- a. Provided comprehensive emergency relocation assistance to a young LGBT+ Muslim male and his two children. We will be providing ongoing support until it is no longer needed.
- b. Supported seven LGBTQ+ individuals seeking asylum.
- c. Processed over 60 requests for support for LGBTQI+ individuals who required varying levels of assistance ranging from practical 1-2-1 support to mentoring. All clients were affected by religious homophobia, LGBT+ honour based abuse or at risk of LGBT+ forced marriage.
- d. Launched a YouTube playlist with two Queer Muslim rising stars.

2. Impact & Awareness

- a. A Patron of our Foundation appeared on Celebrity Catchphrase to raise awareness and money for our work.
- b. Our big annual event, Out And Proud Parents Day, returned for its second year, reaching 1.3 million people across the UK, North America and India.
- c. We participated in a BBC Radio Documentary with The Young'Uns, about the award-nominated song they wrote about our Founder Matt Mahmood-Ogston and his late fiancé Nazim Mahmood.
- d. Delivered a talk for LGBT+ History Month for a major London based law firm.
- e. Pitched a new documentary film concept to Guardian News.
- f. Participated in a TV interview for ITV Manchester.
- g. Participated in a student film project exploring religious homophobia.
- h. Submitted personal artefacts that will appear in a new LGBT+ film being produced by prominent members of the South Asian LGBT+ community.

3. Education & Change

- a. Delivered talks to Staffordshire Police, North Staffordshire Combined NHS Trust, CapGemini and others.
- b. Our new documentary, My God, I'm Queer, was screened at HOME in Manchester and CineQ in Birmingham.
- c. Delivered a talk about "Religious Homophobia" to our partner organisation in Scotland, Shakti Women's Aid.
- d. Started new project to produce a book designed to support religious parents - working title "My God, My Child is LGBTQI+".
- e. Launched our first research report "Understanding The Impact Of Coming Out To Religious Parents". Report is based on a survey we commissioned of 1,113 LGBTQ people across England, Scotland, Wales and Northern Ireland. The report was launched on World Suicide Prevention Day via a planned broadcast TV and radio PR campaign that reached an estimated 54 million people worldwide.

Achievements and performance

Summary of the main achievements of the charity during the year

1. Due to the restrictions caused by the COVID pandemic we were forced to cancel our regular face to face support group. We used this as an opportunity to relaunch our telephone support service providing more regular 1-2-1 sessions to our clients.
2. Launching our new report on World Suicide Prevention allowed us to reach a worldwide audience of approx 54 million people with our work. The production of our new report has helped establish us even further as a valuable source of information and expertise in the areas we provide service.
3. Our second Out And Proud Parents Day event grew in size and reach. Parents from the UK, North America and India took part, enabling us to reach an estimated 1.3 million people. The event has enabled us to reach and engage with significantly more parents than we were previously able to.
4. Producing our first major documentary, My God, I'm Queer, with plans to make it freely accessible to watch, will enable us to reach households previously not accessible through to existing channels of social media, mainstream media, press and public talks.

This year we have achieved significant new milestones, breaking into multiple new platforms that will enable us to increase the reach and effectiveness of our work.

Financial review

Brief statement of the charity's policy on reserves

- £19,814 raised in the financial year from donations, sales, events and other activities.
- £13,206.76 spent on operating expenses, which includes providing support and marketing costs.
- Total of £25,011.36 in the charity bank account at the end of the financial year.

Our policy is to use reserves to continue to raise awareness in line with our charitable objectives. Trustees review surplus regularly to ensure it's aligned to the Foundation's strategy. In the current reporting period income was higher than expenditure.

Details of any funds materially in deficit

There is no deficit and the Foundation has no plans to operate with a deficit.

Further financial review details

None

Declaration

The trustees declare that they have approved the trustees' report above. The Chair has signed on behalf of the trustees.



Full name(s)

Matthew Naz Mahmood-Ogston

Position

Chair

Date

25th August 2021

Profit and Loss

Naz and Matt Foundation 1 November 2019 to 31 October 2020

31 Oct 20

Income

Donation Received	17,026
Event - Foundation Other (Revenue)	2,500
Other Revenue	88
Sales	201
Total Income	19,814

Less Cost of Sales

Charity Materials	162
Direct Expenses	(405)
Total Cost of Sales	(243)

Gross Profit

20,057

Less Operating Expenses

Advertising & Marketing	5,669
Audit & Accountancy fees	262
Bank Fees	8
Charitable Donations	415
Cost of Providing Support - IT/Software	93
Emergency / Support Costs	380
Events we organise or participate in (Expense)	89
General Expenses	195
Insurance	128
IT Software and Consumables	842
Postage, Freight & Courier	168
Printing & Stationery	32
Special Projects	3,383
Subscriptions	54
Telephone & Internet	317
Travel - National	1,171
Total Operating Expenses	13,207

Net Profit

6,850