



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 LGBTQ+ 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

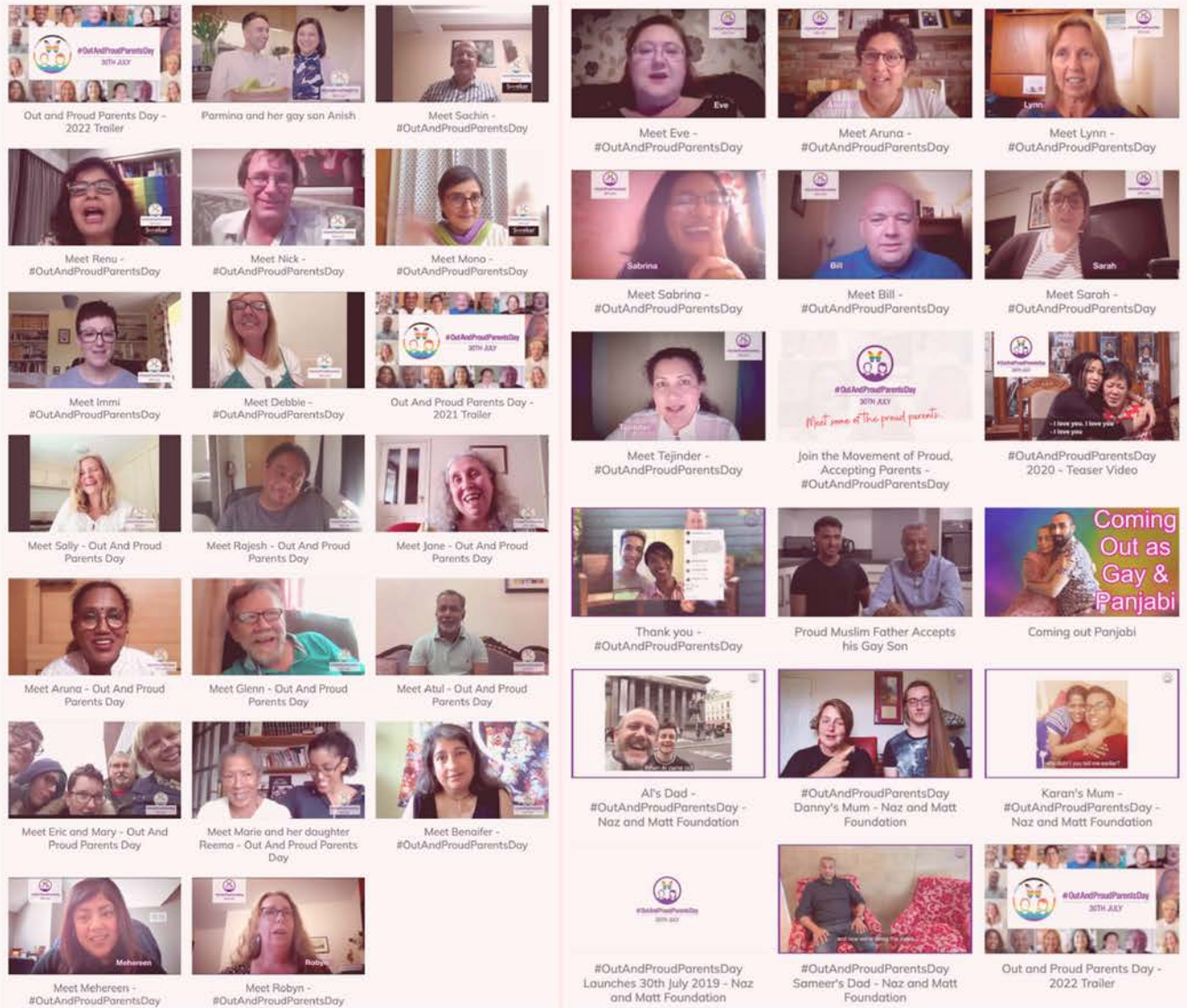
1.67M

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).

NAZ AND MATT FOUNDATION

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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***

		Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total Unrestricted funds general 2022 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<u>Income from:</u>							
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	1,295
Total income		62,022	5,000	8,000	75,022	31,438	33,938
<u>Expenditure on:</u>							
Raising funds	5	1,823	-	-	1,823	2,905	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**

	Notes	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total Unrestricted funds general 2022 £	Restricted funds 2021 £	Total 2021 £
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	2,500	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	(21,598)		(16,017)	
Net current assets			92,265		50,407
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>	
			86,215		47,907
			<u>92,265</u>		<u>50,407</u>

NAZ AND MATT FOUNDATION

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

	Notes	2022	2021
		£	£
Other taxation and social security		374	-
Deferred income	12	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

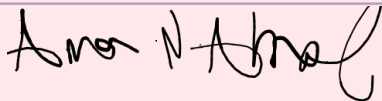
There were no disclosable related party transactions during the period (2021 - none).

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