



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

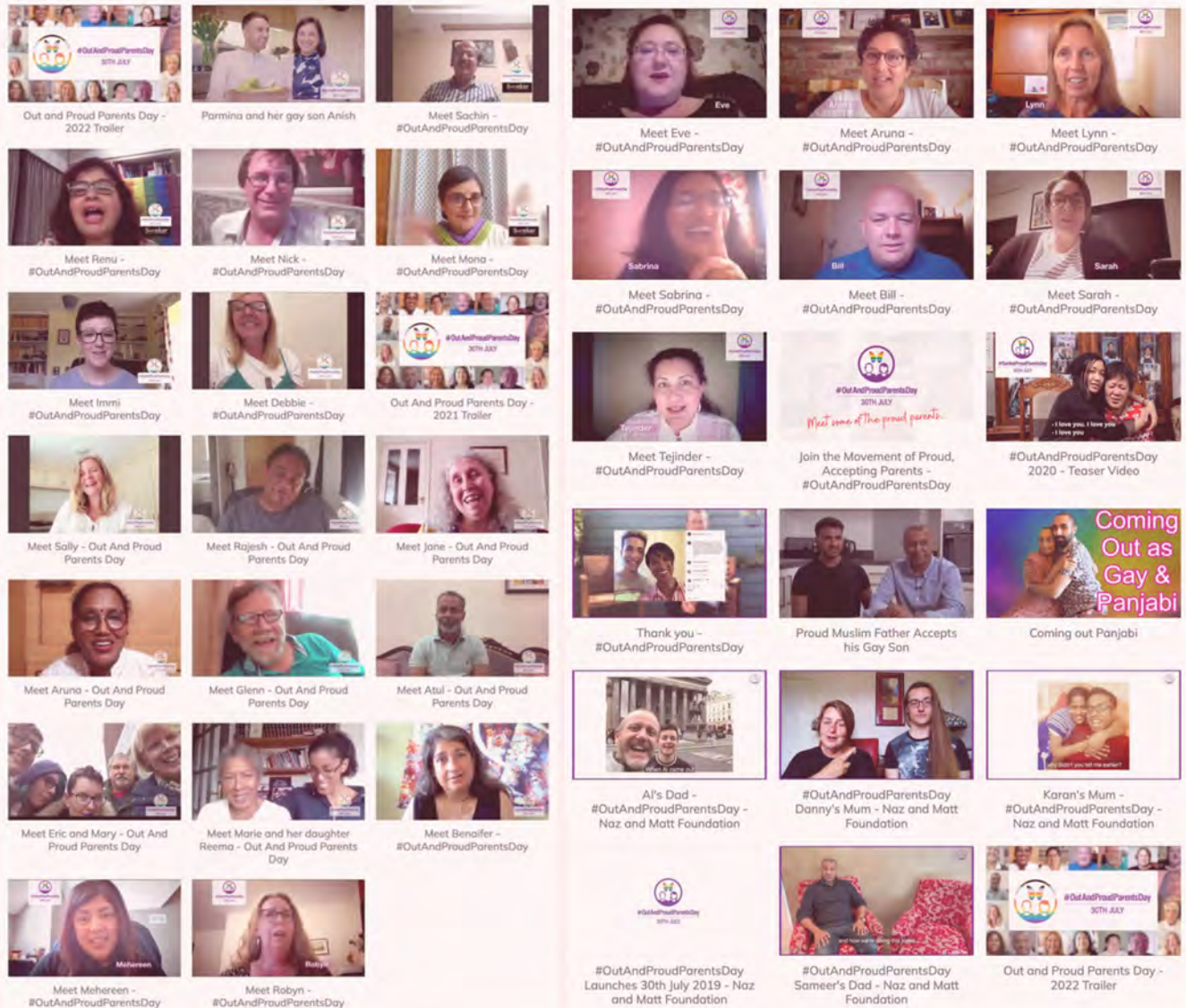
1.67M

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

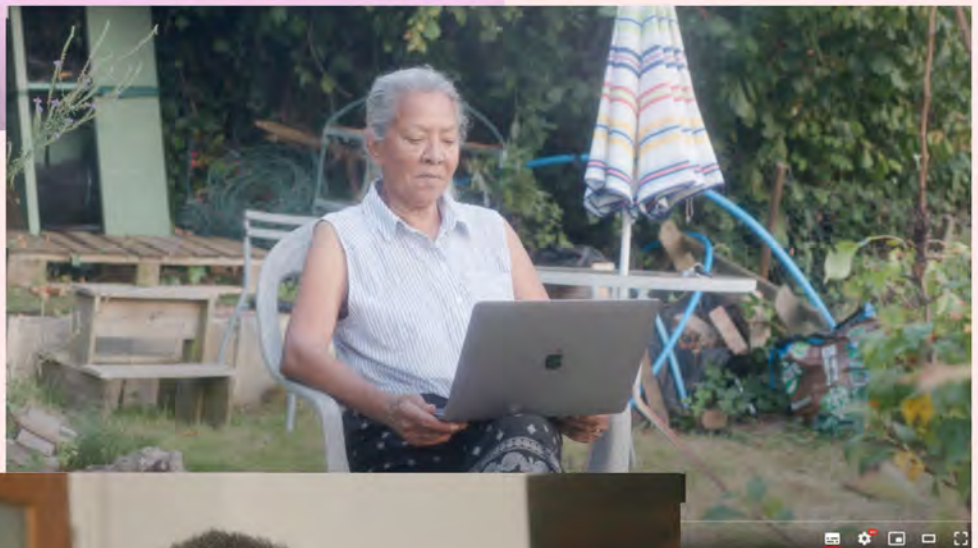
Global reach with our World
Suicide Prevention Day
campaign in 2020

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 out and 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 LGBTQI+ 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 LGBTQI+ 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 it 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 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 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 affecting 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.

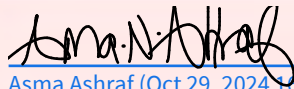
- Launch the first UK **helpline** designed specifically for free, on demand support for victims and survivors of religious and cultural homophobia, **staffed by proud accepting parents**.
- Develop a **nationwide police training programme** to help education all police officers about the about religious 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

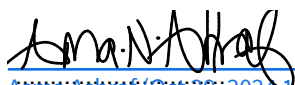
	Notes	2023 £	£	2022 £	£
Current assets					
Debtors	11	898		1,951	
Cash at bank and in hand		93,298		111,912	
		<u>94,196</u>		<u>113,863</u>	
Creditors: amounts falling due within one year	12	(11,320)		(21,598)	
Net current assets			82,876		92,265
Income funds					
Restricted funds	14		18,661		6,050
<u>Unrestricted funds</u>					
Designated funds	15	4,034		4,034	
General unrestricted funds		<u>60,181</u>		<u>82,181</u>	
			64,215		86,215
			<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 16:32 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

3 Donations and legacies

	Unrestricted funds general 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds general 2022 £	Unrestricted funds designated 2022 £	Restricted funds 2022 £	Total 2022 £
Donations and gifts							
Grants	26,525	-	26,525	20,663	-	-	20,663
Other	30,000	20,000	50,000	36,877	5,000	8,000	49,877
	-	-	-	65	-	-	65
	56,525	20,000	76,525	57,605	5,000	8,000	70,605
Grants receivable for core activities							
Indigo Trust	30,000	-	30,000	36,877	-	-	36,877
Camden Giving	-	-	-	-	5,000	2,000	7,000
SafeLives Fund	-	-	-	-	-	5,000	5,000
Pink Triangle Trust	-	-	-	-	-	1,000	1,000
Camden Council	-	10,000	10,000	-	-	-	-
National Lottery	-	10,000	10,000	-	-	-	-
	30,000	20,000	50,000	36,877	5,000	8,000	49,877

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>

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>

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	-
	<u>30,262</u>	<u>9,503</u>
Share of support costs (see note 7)	52,692	19,572
Share of governance costs (see note 7)	2,904	2,266
	<u>85,858</u>	<u>31,341</u>
Analysis by fund		
Unrestricted funds - general	76,500	25,010
Unrestricted funds - designated	-	966
Restricted funds	9,358	5,365
	<u>85,858</u>	<u>31,341</u>

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			Transfers 1 January 2023	Balance at 1 January 2023	Movement in funds			Transfers	Balance at 31 December 2023
	£	Incoming resources	Resources expended	£			Incoming resources	Resources expended	£		£
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	<p>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.</p>	
2022 Camden Giving OAPPD	<p>Support the operational costs of delivering our annual Out and Proud Parents Day event.</p>	
Pink Triangle Trust - Helpline	<p>Initial research and development of our new helpline service designed to support LGBTQI+ individuals and their parents, from religious and culturally conservative backgrounds.</p>	
Camden Council	<p>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.</p>	
National Lottery	<p>Support the creation of a new podcast series to celebrate Out and Proud Parents Day's 5th anniversary on 30th July 2024.</p>	

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	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>

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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
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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 s maller" 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
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 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.
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