

FLAT FRIENDS UK

England & Wales · Charity number 1168730

Details

Other names FFUK, Flat Friends

Status Registered

Legal form CIO

Registered 2016-08-11

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

Contact

Address 45 Brookfield Road
London
W4 1DF

Phone 07810856389

Email support@flatfriends.org.uk

Website www.flatfriends.org.uk

Activities

Objects: THE RELIEF OF WOMEN IN THE UK WHO HAVE HAD OR MAY FACE MASTECTOMY AND WHO LIVE OR ARE CONSIDERING LIVING WITHOUT BREAST RECONSTRUCTION; IN PARTICULAR, (BUT NOT EXCLUSIVELY) BY PROVIDING INFORMATION, ADVICE, AND RAISING AWARENESS AMONG HEALTHCARE PROFESSIONALS AND THE WIDER PUBLIC.

Activities: Flat Friends supports ladies who have had, or are facing mastectomy and who live or are considering living without reconstruction. We support online and in face to face groups. We also liaise with Breast nurses and other professionals to advise them of our services to their patients. We also work to raise awareness among the wider public, to try and change the stigma of living without one, or both

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Other Charitable Purposes
- **Who:** Other Defined Groups

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£26,614	£35,820	-	-
2024-03-31	£14,750	£9,049	-	-
2023-03-31	£21,478	£5,117	-	-
2022-03-31	£15,322	£3,892	-	-
2021-03-31	£3,435	£2,800	-	-

Trustees

Name	Role	Appointed
Carolyn Lisa Garritt		2025-06-28
Dr Nicola King		2024-08-11
Odile Wittemans		2021-05-12
Onajite Oluwatosin Riamah		2025-07-03

FLAT FRIENDS UK

England & Wales - Charity number 1168730

Accounts



Trustees' Annual Report for the period

From **01-04-2024** To **31-03-2025**

Charity name: **Flat Friends UK**

Charity registration number: **1168730**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Continuing to provide breast units nationwide with our booklet, "Living Without Reconstruction", which is given to ladies facing mastectomy surgery without immediate reconstruction. Attendance to the Association of Breast Surgery Annual Conference as well as attending Breast cancer related events organised by NHS trusts across the country. Participation in research activities related to mastectomies & outcomes of surgery conducted by universities in the UK
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the Charity Commission on public benefit. Trustees have taken the guidance into account when making decisions on which proposed projects, activities and services would carry out our purposes for the public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a

Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	Moderating content and approving new members in our closed Facebook support group. Organisation of regional face to face meet-ups. Providing 1:1 support where needed. Contribute to social media posts and provide input on governance of the charity. All of our volunteers are members of our group and are living without breast reconstruction after mastectomy.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our online community has now grown to over 3400 women and we have close to 4000 supporting our public social media.</p> <p>As well as our online presence for support we now have coordinators organising regional meet ups in areas across the country and this is something we are continuing to expand. We subsidise at £5 a head for these gatherings and cover coordinator expenses.</p> <p>It is apparent that face to face support is as important as online and the regular meet ups and our weekend retreats are well supported and enjoyed by our members. By being part of a strong community women are developing self-esteem and the confidence to promote living without reconstruction as a positive outcome. Many have been involved in media articles and are proud of who they are.</p> <p>Flat Friends trustees have closely worked with researchers in particular at Sheffield and Bristol university in the past year on research related to outcomes of mastectomy (physical and psychological) and participated to articles which were published in</p>

		<p>medical journals.</p> <p>Trustees have also participated to the Association of Breast Surgeons conference in May, and attended several NHS organised conferences to represent Flat Friends charity perspective on breast surgery and living flat.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Positive position with sufficient funds to continue charitable activities
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Policy is to hold a cash balance to cover the next year's charitable activities in case we are not able to raise sufficient funds to continue. Post covid we have been able to reinstate regional face to face meetings and are involved in possible research opportunities, which will require funding in the near future. We also partially fund our Flat Friend WE to allow all members to join regardless of their financial means.
Amount of reserves held	Para 1.22	29,546
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Justgiving through various fundraising activities organised by our members; smaller Paypal & other sources of donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	Savings account
A description of the principal risks facing the charity	Para 1.46	Reduced fundraising as this is the main source of income
Other		

Structure, Governance and Management

Description of charity's trusts:			
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution dated 8th August 2016	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Foundation Structure, whose only voting members are its Trustees	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any new Trustees would be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals the charity trustees will have regard to skills, knowledge and experience needed for the effective administration of the CIO	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Flat Friends UK
Other name the charity uses	
Registered charity number	1168730
Charity's principal address	45 Brookfield Road W4 1DF London

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Coombes	Chair		
2	Odile Wittemans	Secretary & Treasurer		
3	Clare Jacobs	Trustee	Resigned as trustee in May 2025	
4	Nicky King	Trustee	Joined as trustee in August 2024	
5	Carolyn Garritt	Trustee	Joined as trustee in July 2025	
6	Ona Riamah	Trustee	Joined as trustee in July 2025	
7				
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16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

O Wittemans

Full name(s)

Odile Wittemans

Position (eg Secretary,
Chair, etc)

Secretary

Date

07/01/2026

Flat Friends UK
UNAUDITED ACCOUNTS
For the year ended 31st March 2025

Charity Commission Number 1168730

Flat Friends UK

Financial Statements For the year ended 31st March 2025

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2. Income and Expenditure Account	4
3. Balance Sheet	5
4. Notes to the Financial Statements	6 - 8

Flat Friends UK

Report of the Trustees For the year ended 31st March 2025

1. The Trustees of Flat Friends UK present their report and financial statements for the year ended 31st January.

2. Principal activities

The principal activity of the charity is the relief of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public

3. Financial result

The Charity generated a loss for the year of (9206).

4. Environmental, Health and Safety

The charity seeks to comply with all Health and Safety Regulations

5. Financial risk management objectives and policies

The charity uses conventional forms of working capital to finance its day to day activities and as such the figures appearing in the accounts reflect the absolute value of amounts recoverable and payable. The Trustees receive regular reports on these figures in order to manage the charity requirements.

6. Insurance

The charity insures against risk in relation to the business.

7. Employment policies

The charity has no employees.

9. Related party transactions

As at 31st March 2025 there are no related party transactions

Report of the Trustees For the year ended 31st March 2025

10. Going concern

The Trustees consider that the going concern basis of accounting is appropriate

11. Charity information

The Charity was registered on August 8th 2016.

The Charity's registered office is at 45 Brookfield Road W4 1DF London.

Flat Friends UK

12. Statement of Trustee's responsibilities in relation to the Charities' financial statements

The Trustees are legally required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year then ended.

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

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

The Trustees also responsible for:

- keeping proper accounting records;
- safeguarding the Charity's assets;
- taking reasonable steps for the prevention and detection of fraud and other irregularities.

BY ORDER OF THE TRUSTEES

Odile Wittemans
SECRETARY

January 6th 2026
DATE

FLAT FRIENDS UK

Income and Expenditure Account For the year ended 31st March 2025

	Notes	2025 £
Income		26,614
Operating costs		35,820
Operating (deficit)/ surplus		-
Interest receivable and other income	4	-
Interest payable and similar charges		-
(Deficit)/surplus on ordinary activities before taxation		
Tax on (deficit)/ surplus on ordinary activities	5	-
(Deficit)/surplus for the year		(9206)
Surplus at beginning of year		38,751
Surplus at end of year		29,546

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK
Balance Sheet
As at 31st March 2025

	Notes	2025	
Fixed assets		£	£
Fixed Assets	6		-
Current assets			
Debtors	7	-	
Cash at bank and in hand		29,946	
		29,946	
<u>Less:</u> Creditors amounts falling due within one year	8	-	
Net current assets			29,946
Total assets less current liabilities			29,946
Creditors amounts falling due after more than one year	9		-
Capital and reserves			
Income and expenditure account			29,946
			29,946

**The financial statements on pages 5 to 6 were approved by
The Trustees on 07/01/2026
and were signed on its behalf by:-**

Odile Wittemans.....
SECRETARY

Odile Wittemans.....
TRUSTEE

Sarah Coombes.....
TRUSTEE

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK

Notes to the Financial Statements

For the year ended 31st March 2025

1. Principal accounting policies

The financial statements are prepared in accordance with UK Generally Accepted Accounting Principles (UK GAAP) and the Statement of Recommended Practice:

Basis of accounting

The financial statements are prepared on the historical cost basis of accounting.

Income

Represents donations, sponsorship and other raised income

Tangible fixed assets and depreciation

There are currently no fixed assets

2. Trustees emoluments

No remuneration was paid to the trustees.

2025
£

Total expenses reimbursed to the directors not chargeable to United Kingdom income tax

-

-

3. Employee information

2025
No

The charity has no employees

-

£

Staff costs:

For the above persons

-

4. Interest receivable and similar income

2025
£

Interest receivable

FLAT FRIENDS UK

5. Taxation	2025
	£
Current tax	
UK corporation tax on (deficit)/surplus for the year	-
Current tax reconciliation	
Taxable (deficit)/surplus on ordinary activities before taxation	-

5. Taxation [Continued]	2025
	£
Theoretical tax at UK corporation tax rate 20% (2025 - 20%)	-

6. Tangible fixed assets	Equipment	Fixtures & fittings
	£	£
Cost		

As at 31 st March 2025	-	-
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FLAT FRIENDS UK
Notes to the Financial Statements
For the year ended 31st March 2025

7. Debtors	2025
	£
Amounts falling due within one year:	
Charitable activities	-
	-
8. CREDITORS: Amounts falling due within one year	2025
	£
Creditors	-
Deferred Revenue	-
Loan	-
Bank overdraft	-
9. CREDITORS: Amounts falling due after more than one year	2025
	£
Loans	-
	-

FLAT FRIENDS UK
Income and Expenditure Account
For the year ended 31st March 2025

	2025	
Income	£	£
Donations	9,264	
Sponsorship		
Misc Fundraising	17,349	26,614
Expenditure		
Merchandise	1,438	
Members Conference		
Professional Fees	220	
Leaflets & print	1,178	
Insurance	135	
Web	240	
General Expenses inc postage	32,608	
		35,820
Net (deficit)/ surplus for the year		(9206)

Reports are not audited due to size of charity & income/expenditure

FLAT FRIENDS UK

England & Wales - Charity number 1168730

Accounts



Trustees' Annual Report for the period

From **01-04-2023** To **31-03-2024**

Charity name: **Flat Friends UK**

Charity registration number: **1168730**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Continuing to provide around 300 breast units nationwide with our booklet, "Living Without Reconstruction", which is given to ladies facing mastectomy surgery without immediate reconstruction. Attendance to the Association of Breast Surgery Annual Conference.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the Charity Commission on public benefit. Trustees have taken the guidance into account when making decisions on which proposed projects, activities and services would carry out our purposes for the public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
	Para 1.38	Moderating content and approving new members in our closed Facebook support

Contribution made by volunteers		group. Organisation of regional face to face meet-ups. All of our volunteers are members of our group and are living without breast reconstruction after mastectomy.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our online community has now grown to some 3100 women and we have over 5500 supporting our public social media.</p> <p>As well as our online presence for support we now have coordinators organising local meet ups in areas across the country and this is something we want to expand on over the coming year. We subsidise at £5 a head for these gatherings and cover coordinator expenses.</p> <p>It is apparent that face to face support is as important as online and the regular meet ups and our weekend retreats are well supported and enjoyed by our members. By being part of a strong community women are developing self-esteem and the confidence to promote living without reconstruction as a positive outcome. Many have been involved in media articles and are proud of who they are.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Positive position with sufficient funds to continue charitable activities
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Policy is to hold a small cash balance to cover one years charitable activities in case of being able to raise sufficient funds to continue. Post covid we have been able to reinstate regional face to face meetings and are involved in possible research opportunities, which will require funding in the near future.
Amount of reserves held	Para 1.22	44,353
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Justgiving through various fundraising activities organised by our members; smaller Paypal donations & Easyfundraising donations also
Investment policy and objectives including any social investment policy adopted	Para 1.46	Savings account
A description of the principal risks facing the charity	Para 1.46	Reduced fundraising
Other		

Structure, Governance and Management

Description of charity's trusts:			
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution dated 8th August 2016	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO Foundation Structure, whose only voting members are its Trustees	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any new Trustees would be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals the charity trustees will have regard to skills, knowledge and experience needed for the effective administration of the CIO	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51		
The charity's organisational structure and any wider network with which the charity works	Para 1.51		
Relationship with any related parties	Para 1.51		
Other			

Reference and Administrative details

Charity name	Flat Friends UK
Other name the charity uses	
Registered charity number	1168730
Charity's principal address	45 Brookfield Road W4 1DF London

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Coombes	Chair		
2	Odile Wittemans	Treasurer		
3	Clare Jacobs	Trustee		
4	Odile Wittemans	Trustee		
5	Gilly Cant	Trustee	Resigned as trustee in Jan 2024	
6	Nicky King	Trustee	Joined as trustee in August 2024	
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14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

O Wittemans

Full name(s)

Odile Wittemans

Position (eg Secretary,
Chair, etc)

Secretary

Date

20/10/2024

Flat Friends UK

UNAUDITED ACCOUNTS

For the year ended 31st March 2024

Charity Commission Number 1168730

Flat Friends UK

Financial Statements For the year ended 31st March 2024

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4. Notes to the Financial Statements	6 - 8

Flat Friends UK

Report of the Trustees For the year ended 31st March 2024

1. The Trustees of Flat Friends UK present their report and financial statements for the year ended 31st January.

2. **Principal activities**

The principal activity of the charity is dedicated to supporting women who have had mastectomy surgery without breast reconstruction, including those who may face such decisions now or in the future

3. **Financial result**

The Charity generated a profit for the year of 5,700.61.

4. **Environmental, Health and Safety**

The charity seeks to comply with all Health and Safety Regulations

5. **Financial risk management objectives and policies**

The charity uses conventional forms of working capital to finance its day to day activities and as such the figures appearing in the accounts reflect the absolute value of amounts recoverable and payable. The Trustees receive regular reports on these figures in order to manage the charity requirements.

6. **Insurance**

The charity insures against risk in relation to the business.

7. **Employment policies**

The charity has no employees.

9. **Related party transactions**

As at 31st March 2024 there are no related party transactions

Report of the Trustees For the year ended 31st March 2024

10. **Going concern**

The Trustees consider that the going concern basis of accounting is appropriate

11. **Charity information**

The Charity was registered on 11 August 2016

The Charity's registered office is at 45 Brookfield Road London W4 1DF

12. Statement of Trustee's responsibilities in relation to the Charities' financial statements

The Trustees are legally required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year then ended.

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

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

The Trustees also responsible for:

- keeping proper accounting records;
- safeguarding the Charity's assets;
- taking reasonable steps for the prevention and detection of fraud and other irregularities.

BY ORDER OF THE TRUSTEES

Odile Wittemans
SECRETARY

9th July 2024
DATE

FLAT FRIENDS UK

Income and Expenditure Account For the year ended 31st March 2024

	Notes	2024 £
Income		14,750
Operating costs		9,049
Operating (deficit)/ surplus		-
Interest receivable and other income	4	-
Interest payable and similar charges		-
(Deficit)/surplus on ordinary activities before taxation		
Tax on (deficit)/ surplus on ordinary activities	5	-
(Deficit)/surplus for the year		5,701
Surplus at beginning of year		38,652
Surplus at end of year		44,353

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK

Balance Sheet

As at 31st March 2024

	Notes	2024	
		£	£
Fixed assets			
Fixed Assets	6		-
Current assets			
Debtors	7	-	
Cash at bank and in hand		44,353	
		44,353	
<u>Less: Creditors amounts falling due within one year</u>	8	-	
Net current assets			44,353
Total assets less current liabilities			44,353
Creditors amounts falling due after more than one year	9		-
Capital and reserves			
Income and expenditure account			44,353
			44,353

The financial statements on pages 5 to 6 were approved by
The Trustees on 20/10/2024
and were signed on its behalf by:-

Odile Wittemans
SECRETARY

Odile Wittemans
TRUSTEE

Sarah Coombes
TRUSTEE

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK
Notes to the Financial Statements
For the year ended 31st March 2024

1. Principal accounting policies

The financial statements are prepared in accordance with UK Generally Accepted Accounting Principles (UK GAAP) and the Statement of Recommended Practice:

Basis of accounting

The financial statements are prepared on the historical cost basis of accounting.

Income

Represents donations, sponsorship and other raised income

Tangible fixed assets and depreciation

There are currently no fixed assets

2. Trustees emoluments

No remuneration was paid to the trustees.

2024
£

Total expenses reimbursed to the directors not chargeable to United Kingdom income tax

-

-

3. Employee information

2024
No

The charity has no employees

-

£

Staff costs:

For the above persons

-

4. Interest receivable and similar income

2024
£

Interest receivable

FLAT FRIENDS UK

Notes to the Financial Statements For the year ended 31st March 2024

5. Taxation	2024
	£
Current tax	
UK corporation tax on (deficit)/surplus for the year	-
Current tax reconciliation	
Taxable (deficit)/surplus on ordinary activities before taxation	-

5. Taxation [Continued]	2024
	£
Theoretical tax at UK corporation tax rate 20% (2024 - 20%)	-

6. Tangible fixed assets		Fixtures &
	Equipment	fittings
	£	£
Cost		

As at 31st March 2024

	-	-
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FLAT FRIENDS UK

Notes to the Financial Statements For the year ended 31st March 2024

7. Debtors	2024
	£
Amounts falling due within one year:	
Charitable activities	-
	-
8. CREDITORS: Amounts falling due within one year	2024
	£
Creditors	-
Deferred Revenue	-
Loan	-
Bank overdraft	-
9. CREDITORS: Amounts falling due after more than one year	2024
	£
Loans	-
	-

FLAT FRIENDS UK

Income and Expenditure Account

For the year ended 31st March 2024

	2024	
Income	£	£
Donations	14,274	
Sponsorship		
Misc Fundraising	476	
		14,750
Expenditure		
Merchandise	53	
Members Conference		
Professional Fees	140	
Leaflets & print	2,730	
Insurance	150	
Web	240	
General Expenses inc postage	5,736	
		9,049
Net (deficit)/ surplus for the year		5,701

FLAT FRIENDS UK

England & Wales - Charity number 1168730

Accounts



Trustees' Annual Report for the period

From 01 April 2022
Period end date

Period start date To 31 March 2023

Charity name: Flat Friends UK

Charity registration number: 1168730

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Continuing to provide around 280 breast units nationwide with our booklet, "Living Without Reconstruction", which is given to ladies facing mastectomy surgery without immediate reconstruction. We have been unable to attend the Association of Breast Surgery Annual Conference this year due to cancellation.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All trustees have had regard to the guidance issued by the Charity Commission on public benefit. Trustees have taken the guidance into account when making decisions on which proposed projects, activities and services would carry out our purposes for the public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment	Para 1.38	

including program related investment		
Contribution made by volunteers	Para 1.38	We have 12 ladies moderating content and approving new members in our closed Facebook support group. All of our volunteers are members of our group and are living without breast reconstruction after mastectomy.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our online community has now grown to some 2900 women and we have over 5500 supporting our public social media.</p> <p>As well as our online presence for support we now have coordinators organising local meet ups in areas across the country and this is something we want to expand on over the coming year. We subsidise at £5 a head for these gatherings and cover coordinator expenses.</p> <p>It is apparent that face to face support is as important as online and the regular meet ups and our weekend retreats are well supported and enjoyed by our members. By being part of a strong community women are developing self-esteem and the confidence to promote living without reconstruction as a positive outcome. Many have been involved in media articles and are proud of who they are.</p>

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Positive position with sufficient funds to continue charitable activities
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Policy is to hold a small cash balance to cover one years charitable activities in case of being able to raise sufficient funds to continue. Post covid we have been able to reinstate regional face to face meetings and

		are involved in possible research opportunities, which will require funding in the near future.
Reserve Held	Para 1.22	£38,600
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Virgin Money Giving, for various fund raising activities. Easy Fundraising. Selling merchandise Individual donations
--	-----------	---

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution dated 8th August 2016
How is the charity constituted? (e.g. unincorporated association , CIO)	Para 1.25	CIO Foundation Structure, whose only voting members are its Trustees
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any new Trustees would be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals the charity trustees will have regard to skills, knowledge and experience needed for the effective administration of the CIO

Reference and Administrative details

Charity name	Flat Friends UK
Other name the charity uses	
Registered charity number	1168730

Charity's principal address	5 Gingers Green Herstmonceux East Sussex BN27 4PT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sarah Coombes	Chair		
2	Gillian Cant	Treasurer		
3	Clare Jacobs	Trustee		
4	Odile Wittemans	Trustee		
5	Sam Brunsdon	Trustee		
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	G A Cant	
--------------	----------	--

Full name(s) Gillian Anne Cant

Position (eg Secretary, Chair, etc) Trustee and Treasurer

Date 4th January 2024

Flat Friends UK
UNAUDITED ACCOUNTS
For the year ended 31st March 2023

Charity Commission Number 1168730

Flat Friends UK

Financial Statements For the year ended 31st March 2023

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2. Income and Expenditure Account	4
3. Balance Sheet	5
4. Notes to the Financial Statements	6 - 8

Flat Friends UK

Report of the Trustees For the year ended 31st March 2023

1. The Trustees of Flat Friends UK present their report and financial statements for the year ended 31st January.

2. **Principal activities**

The principal activity of the charity is the support of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public

3. **Financial result**

The Charity generated a profit for the year of 16,361

4. **Environmental, Health and Safety**

The charity seeks to comply with all Health and Safety Regulations

5. **Financial risk management objectives and policies**

The charity uses conventional forms of working capital to finance its day to day activities and as such the figures appearing in the accounts reflect the absolute value of amounts recoverable and payable. The Trustees receive regular reports on these figures in order to manage the charity requirements.

6. **Insurance**

The charity insures against risk in relation to the business.

7. **Employment policies**

The charity has no employees.

9. **Related party transactions**

As at 31st March 2023 there are no related party transactions

Report of the Trustees For the year ended 31st March 2023

10. **Going concern**

The Trustees consider that the going concern basis of accounting is appropriate

11. **Charity information**

The Charity was registered on 8th August 2016 (1168730)

Flat Friends UK

The Charity's registered office is at 5 Gingers Green, Herstmonceux, East Sussex, BN27 4PT

12. Statement of Trustee's responsibilities in relation to the Charities' financial statements

The Trustees are legally required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year then ended.

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

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

The Trustees also responsible for:

- keeping proper accounting records;
- safeguarding the Charity's assets;
- taking reasonable steps for the prevention and detection of fraud and other irregularities.

BY ORDER OF THE TRUSTEES

Gilly Cant
Treasurer/Trustee

10th July 2023 **DATE**

FLAT FRIENDS UK

Income and Expenditure Account For the year ended 31st March 2023

	Notes	2023 £
Income		21478
Operating costs		5117
Operating (deficit)/ surplus		-
Interest receivable and other income	4	-
Interest payable and similar charges		-
(Deficit)/surplus on ordinary activities before taxation		
Tax on (deficit)/ surplus on ordinary activities	5	-
(Deficit)/surplus for the year		16,361
Surplus at beginning of year		22,291
Surplus at end of year		38,652

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK
Balance Sheet
As at 31st March 2023

	Notes	2023	
Fixed assets		£	£
Fixed Assets	6		-
Current assets			
Debtors	7	-	
Cash at bank and in hand		38,652	
		38,652	
<u>Less:</u> Creditors amounts falling due within one year	8	-	
Net current assets			38,652
Total assets less current liabilities			38,652
Creditors amounts falling due after more than one year	9		-
Capital and reserves			
Income and expenditure account			38,652
			38,652

**The financial statements on pages 5 to 6 were approved by
The Trustees on 10th July 2023
and were signed on its behalf by:-**

Gilly Cant
.....
TREASURER/TRUSTEE

Sarah Coombes
.....
CHAIR/TRUSTEE

Odile Wittemans
.....
SECRETARY/TRUSTEE

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK

Notes to the Financial Statements

For the year ended 31st March 2023

1. Principal accounting policies

The financial statements are prepared in accordance with UK Generally Accepted Accounting Principles (UK GAAP) and the Statement of Recommended Practice:

Basis of accounting

The financial statements are prepared on the historical cost basis of accounting.

Income

Represents donations, sponsorship and other raised income

Tangible fixed assets and depreciation

There are currently no fixed assets

2. Trustees emoluments

No remuneration was paid to the trustees.

2023
£

Total expenses reimbursed to the directors not chargeable to United Kingdom income tax

-

-

3. Employee information

2023
No

The charity has no employees

-

£

Staff costs:

For the above persons

-

4. Interest receivable and similar income

2022
£

Interest receivable

FLAT FRIENDS UK

5. Taxation **2022**
£

Current tax

UK corporation tax on (deficit)/surplus for the year -

Current tax reconciliation

Taxable (deficit)/surplus on ordinary activities before taxation -

5. Taxation [Continued] **2023**
£

Theoretical tax at UK corporation tax rate 20% (2014 - 20%) -

6. Tangible fixed assets

	Equipment £	Fixtures & fittings £
Cost		

As at 31st March 2023 - -

FLAT FRIENDS UK
Notes to the Financial Statements
For the year ended 31st March 2023

7. Debtors	2023
	£
Amounts falling due within one year:	
Charitable activities	-
	-
8. CREDITORS: Amounts falling due within one year	2023
	£
Creditors	-
Deferred Revenue	-
Loan	-
Bank overdraft	-
9. CREDITORS: Amounts falling due after more than one year	2023
	£
Loans	-
	-

FLAT FRIENDS UK
Income and Expenditure Account
For the year ended 31st March 2023

	2023	
Income	£	£
Donations	20,945	
Sponsorship		
Misc Fundraising	533	21,478
Expenditure		
Merchandise	973	
Members Conference		
Professional Fees	120	
Leaflets & print		
Insurance	135	
Web	1,740	
General Expenses inc postage	2,149	
		5,117
Net (deficit)/ surplus for the year		16,361

FLAT FRIENDS UK

England & Wales - Charity number 1168730

Accounts



Trustees' annual report (including Directors' report) for the period

From: 11th august 2016 Period start date 1st April 2020 To:
Period end date 31st March 2021

Charity name: Flat Friends UK

Charity registration number: 1168730

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of women in the UK who have had or may face mastectomy and who live or are considering living without breast reconstruction; in particular (but not exclusively) by providing information, advice, and raising awareness among healthcare professionals and the wider public
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Continuing to provide around 250 breast units nationwide with our booklet, "Living Without Reconstruction", which is given to ladies facing mastectomy surgery with out immediate reconstruction. Due to Covid the conferences that we normally attend were cancelled and we were unable to hold our annual get together of our members. We have started to put together a small research project among our members to ascertain the surgical options they were given and whether they felt completely informed about their choices.
Statement confirming whether the trustees have had regard to the guidance issued by the	Para 1.18	All trustees have had regard to the guidance issued by the Charity Commission on public benefit. Trustees have taken the guidance

Charity Commission on public benefit		into account when making decisions on which proposed projects, activities and services would carry out our purposes for the public benefit.
--------------------------------------	--	--

Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	We have 12 ladies moderating content and approving new members in our closed Facebook support group. These volunteers also help to run our public online forum, which was launched in January 2019. All of our volunteers are members of our group and are living without breast reconstruction after mastectomy.
Other		

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our online community has now grown to some 2100 women and we have over 4000 supporting our public social media. As well as our online presence for support we are also organising local meet ups in areas across the country, but due to Covid these have had to be done via online platforms. It is apparent that face to face support is as important as online and the regular meet ups via Zoom are enjoyed by our members. By being part of a strong community women are developing self-esteem and the confidence to promote living without reconstruction as a positive outcome. Many have been involved in media articles and are
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		proud of who they are.
--	--	-------------------------------

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	Positive position with sufficient funds to continue charitable activities
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Policy is to hold a small cash balance to cover one years charitable activities in case of being able to raise sufficient funds to continue
Amount of reserves held	Para 1.22	£10,861.00
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Virgin Money Giving, for various fund raising activities. Smile Amazon and Easy Fundraising Collection of stamps and ink cartridges. Selling merchandise
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Structure, governance and management

Description of charity's trusts:		
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Type of governing document: for example, trust deed, memorandum and articles of association etc	Para 1.25	Constitution dated 8th August 2016
How is the charity constituted? for example limited company, unincorporated association, CIO	Para 1.25	CIO Foundation Structure, whose only voting members are its Trustees
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Any new Trustees would be appointed by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals the charity trustees will have regard to skills, knowledge and experience needed for the effective administration of the CIO

Reference and administrative details

Charity name	Flat Friends UK
Other name the charity uses	
Registered charity number	1168730
Charity's principal address	5 Gingers Green, Herstmonceux, East Sussex, BN27 4PT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Gill Cant	Chair		
2	Sarah Coombes	Treasurer/Secretary		
3	Clare Jacobs	Trustee		
4				
5				
6				

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

G A Cant

Full name(s)

Gillian Anne Cant

**Position (for example
Secretary, Chair, etc)**

Trustee & Chair

Date

21st September 2021

Flat Friends UK
UNAUDITED ACCOUNTS
For the year ended 5th April 2021

Charity Commission Number **Number** add number here

Flat Friends UK

Financial Statements For the year ended 5th April 2021

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Flat Friends UK

Report of the Trustees For the year ended 5th April 2021

1. The Trustees of Flat Friends UK present their report and financial statements for the year ended 31st January.

2. Principal activities

The principal activity of the charity is to support women who have had or are facing mastectomy surgery without reconstruction across the UK

3. Financial result

The Charity generated a profit for the year of 635.71.

4. Environmental, Health and Safety

The charity seeks to comply with all Health and Safety Regulations

5. Financial risk management objectives and policies

The charity uses conventional forms of working capital to finance its day to day activities and as such the figures appearing in the accounts reflect the absolute value of amounts recoverable and payable. The Trustees receive regular reports on these figures in order to manage the charity requirements.

6. Insurance

The charity insures against risk in relation to the business.

7. Employment policies

The charity has no employees.

9. Related party transactions

As at 5th April 2021 there are no related party transactions

Report of the Trustees For the year ended 5th April 2021

10. Going concern

The Trustees consider that the going concern basis of accounting is appropriate

11. Charity information

The Charity was registered on 11th August 2016 Reg No 1168730

Flat Friends UK

The Charity's registered office is at 5 Gingers Green, Herstmonceux, East Sussex, BN27 4PT

12. Statement of Trustee's responsibilities in relation to the Charities' financial statements

The Trustees are legally required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year then ended.

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

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

The Trustees also responsible for:

- keeping proper accounting records;
- safeguarding the Charity's assets;
- taking reasonable steps for the prevention and detection of fraud and other irregularities.

BY ORDER OF THE TRUSTEES

Sarah Coombes.....
2021
SECRETARY

21st **September**
DATE

FLAT FRIENDS UK

Income and Expenditure Account For the year ended 5th April 2021

	Notes	2021 £
Income		3,435
Operating costs		<u>2,800</u>
Operating (deficit)/ surplus		-
Interest receivable and other income	4	-
Interest payable and similar charges		<u>-</u>
(Deficit)/surplus on ordinary activities before taxation		635
Tax on (deficit)/ surplus on ordinary activities	5	<u>-</u>
(Deficit)/surplus for the year		635
Surplus at beginning of year		<u>10,226</u>
Surplus at end of year		<u><u>10,861</u></u>

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK
Balance Sheet
As at 5th April 2021

	Notes	2021	
Fixed assets		£	£
Fixed Assets	6		-
Current assets			
Debtors	7	-	
Cash at bank and in hand		10,861	
		10,861	
<u>Less: Creditors amounts falling due within one year</u>	8	-	
Net current assets			10,861
Total assets less current liabilities			10,861
Creditors amounts falling due after more than one year	9		-
Capital and reserves			
Income and expenditure account			10,861
			10,861

**The financial statements on pages 5 to 6 were approved by
The Trustees on 21st September 2021
and were signed on its behalf by:-**

Sarah Coombs
SECRETARY

Gill Cant

TRUSTEE
Gill Cant

TRUSTEE

The notes on pages 7 to 9 form part of these accounts

FLAT FRIENDS UK

Notes to the Financial Statements

For the year ended 5th April 2021

1. Principal accounting policies

The financial statements are prepared in accordance with UK Generally Accepted Accounting Principles (UK GAAP) and the Statement of Recommended Practice:

Basis of accounting

The financial statements are prepared on the historical cost basis of accounting.

Income

Represents donations, sponsorship and other raised income

Tangible fixed assets and depreciation

There are currently no fixed assets

2. Trustees emoluments

No remuneration was paid to the trustees.

Total expenses reimbursed to the directors not chargeable to United Kingdom income tax

2021
£

-

-

3. Employee information

The charity has no employees

2021
No

-

Staff costs:

For the above persons

£

-

4. Interest receivable and similar income

Interest receivable

2021
£

Notes to the Financial Statements
For the year ended 5th April 2021

FLAT FRIENDS UK

5. Taxation	2021
	£
Current tax	
UK corporation tax on (deficit)/surplus for the year	-
	=====
Current tax reconciliation	
Taxable (deficit)/surplus on ordinary activities before taxation	-
	=====

5. Taxation [Continued]	2021
	£
Theoretical tax at UK corporation tax rate 20% (2014 - 20%)	-
	=====

6. Tangible fixed assets	Equipment	Fixtures & fittings
	£	£
Cost		

At 5th April 2020

=====	=====
-	-
=====	=====

FLAT FRIENDS UK
Notes to the Financial Statements
For the year ended 5th April 2021

7. Debtors	2021
	£
Amounts falling due within one year:	
Charitable activities	-

	-
	=====

8. CREDITORS: Amounts falling due within one year	2021
	£
Creditors	-
Deferred Revenue	-
Loan	-
Bank overdraft	-

	=====

9. CREDITORS: Amounts falling due after more than one year	2021
	£
Loans	-

	-
	=====

FLAT FRIENDS UK
Income and Expenditure Account
For the year ended 5th April 2021

	2021	
Income	£	£
Donations	3435	
Sponsorship		
Misc Fundraising		
		<u>3435</u>
Expenditure		
Merchandise	827	
Members Conference		
Professional Fees	730	
Leaflets & print	20	
Insurance	130	
Web	604	
General Expenses inc postage	489	
	<u> </u>	
		<u>2800</u>
Net (deficit)/ surplus for the year		<u><u>635</u></u>