



CHARITY COMMISSION
FOR ENGLAND AND WALES

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 Brunsden | Trustee | | |
| 6 | | | | |
| 7 | | | | |
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| 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 | 4 th 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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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

| | |
|--------------------|-------------|
| 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 31 st 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 | - |
| | - |

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

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