



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<b>n/a</b>
Policy on social investment including program related investment	Para 1.38	<b>n/a</b>
	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 ( <a href="#">trust deed</a> , <a href="#">royal charter</a> )	Para 1.25	Constitution dated 8th August 2016	
How is the charity constituted? (e.g <a href="#">unincorporated association</a> , <a href="#">CIO</a> )	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	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## 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

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## 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 31<sup>st</sup> March 2024**

Charity Commission Number 1168730

# Flat Friends UK

## Financial Statements For the year ended 31<sup>st</sup> March 2024

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# Flat Friends UK

## Report of the Trustees For the year ended 31<sup>st</sup> March 2024

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1. The Trustees of Flat Friends UK present their report and financial statements for the year ended 31<sup>st</sup> 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 31<sup>st</sup> March 2024 there are no related party transactions

## Report of the Trustees For the year ended 31<sup>st</sup> 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**

**9<sup>th</sup> July 2024**  
**DATE**

# FLAT FRIENDS UK

## Income and Expenditure Account For the year ended 31<sup>st</sup> March 2024

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	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 31<sup>st</sup> March 2024

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

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### 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 31<sup>st</sup> March 2024

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<b>5. Taxation</b>	<b>2024</b>
	<b>£</b>

**Current tax**

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

Taxable (deficit)/surplus on ordinary activities before taxation	-
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<b>5. Taxation [Continued]</b>	<b>2024</b>
	<b>£</b>

Theoretical tax at UK corporation tax rate 20% (2024 - 20%)	-
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<b>6. Tangible fixed assets</b>	<b>Equipment</b>	<b>Fixtures &amp; fittings</b>
	<b>£</b>	<b>£</b>
<b>Cost</b>		

As at 31 <sup>st</sup> March 2024	-	-
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# FLAT FRIENDS UK

## Notes to the Financial Statements For the year ended 31<sup>st</sup> March 2024

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

# FLAT FRIENDS UK

## Income and Expenditure Account

For the year ended 31<sup>st</sup> March 2024

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	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