



CHARITY COMMISSION
FOR ENGLAND AND WALES

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				
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

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

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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

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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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	-
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Current tax reconciliation

Taxable (deficit)/surplus on ordinary activities before taxation	-
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5. Taxation [Continued]	2025
	£

Theoretical tax at UK corporation tax rate 20% (2025 - 20%)	-
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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