

THE INVISIBLE FRIENDS

England & Wales · Charity number 1172532

Details

Status Registered

Legal form CIO

Registered 2017-04-11

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

Contact

Address 4 Parkfield Road
Rugby
CV21 1EN

Phone 07782172101

Email dutch@theinvisiblefriends.com

Website <https://www.facebook.com/TEAMTIF>

Activities

Objects: THE OBJECTS OF THE CIO ARE THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC IN THE APPRECIATION AND KNOWLEDGE OF THE ART OF CHORAL SINGING, PARTICULARLY BUT NOT EXCLUSIVELY BY PROVIDING OPPORTUNITIES FOR DISABLED AND ABLE-BODIED INDIVIDUALS TO LEARN AND TAKE PART IN CHORAL SINGING. AN EMPHASIS WILL BE PLACED ON INDIVIDUALS WITH AN INVISIBLE DISABILITY IN ORDER TO RAISE THE CONFIDENCE OF SUCH PEOPLE IN AN INCLUSIVE MANNER WHICH ENCOURAGES THE INTEGRATION OF DISABLED AND NON-DISABLED PEOPLE.FOR THE PURPOSES OF THIS CLAUSE, "INVISIBLE DISABILITY" IS DEFINED AS A DISABILITY THAT IS NOT IMMEDIATELY APPARENT.

Activities: The advancement of the education of the public in the appreciation and knowledge of the art of choral singing, particularly but not exclusively by providing opportunities for disabled and able-bodied individuals to learn and take part in choral singing.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£7,420	£5,905	-	-
2024-04-30	£6,558	£7,380	-	-
2023-03-31	£4,854	£7,824	-	-
2022-03-31	£5,673	£2,829	-	-
2021-03-31	£2,916	£845	-	-

Trustees

Name	Role	Appointed
Christopher Anthony Van Spall	Chair	2017-04-11
ABBIE TABBERER		2017-01-01
Callum Stuart Orzechowski		2023-09-21
Gerald Desmond Potter		2025-09-01
Jacqueline Mary Weller		2023-09-21
Mark Stothard		2022-06-22
Morwenna Crichton		2019-08-01
Nicola Dawn Newman		2019-09-25

THE INVISIBLE FRIENDS

England & Wales - Charity number 1172532

Accounts

The Invisible Friends

(Charitable Incorporated Organisation)

Company Number: CEO10024)

Report and Financial Statements

Period ended: 30 April 2025

Charity no: 1172532

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

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**THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025**

LEGAL AND ADMINISTRATIVE DETAILS

Trustees: D Van Spall
P J Van Spall (resigned 1 June 2025)
A Tabberer
J M Weller
C S Orzechowski
M L Stothard
N D Newman
M Crichton

Contact Address: 4 Parkfield Road
Rugby
CV21 1EN

Bankers: The Co-operative Bank PLC
PO Box 250
Skelmersdale
WN8 6WT

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

Report of the trustees for the period ended 30 April 2025

The trustees have pleasure in presenting their annual report and financial statements of the charity.

Reference and administrative details of the charity, its trustees and advisers

Reference and administrative details are shown in the schedule on page 1 of the financial statements.

The Trustees

The trustees who served the charity during the period were as follows:

D Van Spall
P J Van Spall (resigned 1 June 2025)
A Tabberer
J M Weller
C S Orzechowski
M L Stothard
N D Newman
M Crichton

Structure

The Invisible Friends (TIF) is a charitable incorporated organisation registered with the Charity Commission.

Objectives and activities

The advancement of the education of the public in the appreciation and knowledge of choral singing, particularly but not exclusively by providing opportunities for disabled and able-bodied individuals to learn and take part in choral singing. An emphasis is placed on individuals with an invisible disability in order to raise the confidence of such people in an inclusive manner which encourages the integration of disabled and non-disabled people. Invisible disability is defined as a disability that is not immediately apparent.

Achievements and performance

Throughout 2024 and leading into 2025, TIF Derby have had yet another incredibly successful year! Former Mayor of Derby Cllr Ged Potter chose TIF Derby as one of 2 main charities he wanted to help raise both more awareness of within Derby and its surrounding areas and to also raise money for both Charities. Abbie went along to the end of civil service ceremony where Cllr Ged Potter announced that he had raised an incredible £4,000!

As always, TIF Derby performed at numerous gigs and events; some of which were paid gigs/gigs whereby the organisers made a monetary donation in kind will of their performance. At both the Oasmaston Park & the Sinfin Park Community Fun Days, Abbie received a cheque of £75 for the charity (£150 in total) Further awareness of the Charity and money for the Charity was made/donated at all other TIF Derby gigs and events.

In March, Abbie was invited as a Guest Speaker at Naidex (one of the countries biggest Disability Exhibitions) at the NEC Birmingham and spoke very proudly about TIF raising even more awareness of the Charity on a much bigger scale. Abbie has been invited back as a Guest Speaker next year and they would also like TIF Derby to go along and perform at the event next year too!

TIF Derby invited a further 2 new members into the choir both of whom are having a wonderful time and have already said how much becoming a member of TIF Derby has helped them with their confidence, self esteem and both now find it a lot easier to make new friends outside of TIF too!

'The Pride of TIF 2024' was the most memorable 'Pride of TIF' so far as in attendance was The Mayor of Derby, The High Sheriff of Derbyshire & the Lord Lieutenant of Derbyshire all of whom have

THE INVISIBLE FRIENDS PERIOD ENDED 30 APRIL 2025

Report of the trustees for the period ended 30 April 2025 (continued)

reported back about how much they thoroughly enjoyed the event and how much the performances from both TIF Derby Choir & TIF Rugby Choir touched their hearts.

During 2024 - 2025, Abbie herself won the BBC Radio Derby 'Make a Difference' award in the voluntary sector in recognition of the hard work she puts in to the charity and our TIF Derby branch in particular and she also received a High Sheriff of Derbyshire Award too. Both of these awards have helped raise the bar for TIF for sure!

Another hugely successful year for TIF Derby - long may it continue!

Financial review

The charity is in a satisfactory financial position with sufficient funds to continue operations. It is the policy of the charity to monitor unrestricted funds which are free reserves of the charity to achieve a minimum level of £2,000 along with a repairs and replacement reserve of £600.

Plans for future periods

The charity will continue with its charitable objectives. The 5-year plan is to set up TIF groups nationwide who meet and perform regularly in their locality and periodically the groups will come together and perform as one.

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees 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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- 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 in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 17th June 2025, and signed on their behalf by:

D Van Spall (Trustee)
Chairman

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

Statement of Financial Activities for the period ended 30 April 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total 2025 £	Total 2024 £
Incoming Resources						
Incoming resources from charitable activities:						
Subscriptions, events & donations		7,420	-	-	7,420	6,558
Grants received		-	-	-	-	-
		-----	-----	-----	-----	-----
Total incoming resources		7,420	-	-	7,420	6,558
		-----	-----	-----	-----	-----
Resources expended						
Charitable activities						
Depreciation		(5,865)	-	-	(5,865)	(7,340)
Governance costs		(40)	-	-	(40)	(40)
		-	-	-	-	-
		-----	-----	-----	-----	-----
Total resources expended		(5,905)	-	-	(5,905)	(7,380)
		-----	-----	-----	-----	-----
Net incoming resources / (resources expended)		1,515	-	-	1,515	(822)

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

Charity Balance Sheet as at 30 April 2025

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	2	119	159
		-----	-----
		119	159
Current assets			
Cash at bank and in hand		13,635	12,080
		-----	-----
		13,635	12,080
Creditors: amounts falling due within one year			
		-	-
		-----	-----
Net current assets			
		13,635	12,080
		-----	-----
Total assets less current liabilities			
		13,754	12,239
Creditors: amounts falling due after more than one year			
		-	-
Net assets			
		13,754	12,239
		=====	=====
Funds:			
Unrestricted funds			
General funds		13,754	12,239
Designated funds		-	-
		-----	-----
		13,754	12,239
Restricted funds			
		-	-
		-----	-----
Total funds			
		13,754	12,239
		=====	=====

The financial statements were approved and authorised for issue by the trustees and signed on their behalf by:

D Van Spall, Trustee

Dated: 17th June 2025

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

Notes forming part of the financial statements
for the period ended 30 April 2025

1 Accounting policies

(a) Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

(b) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Endowment funds represent those assets which must be held permanently by the charity, principally investments. Income arising on the endowment funds can be used in accordance with the objects of the charity and is included as unrestricted income. Any capital gains or losses arising on the investments form part of the fund. Investment management charges and legal advice relating to the fund are charged against the fund.

Investment income and gains are allocated to the appropriate fund.

(c) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold. Donated facilities are included at the value to the charity where this can be quantified and a third party is bearing the cost. No amounts are included in the financial statements for services donated by volunteers.

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

(d) **Resources expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

(e) **Tangible fixed assets and depreciation**

Tangible fixed assets are capitalised and included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Equipment over 5 years

2 Tangible fixed assets

	Equipment	Total
	£	£
Cost		
Brought forward	199	199
Additions	-	-
Disposals	-	-
	-----	-----
At 30 April 2025	199	199
	=====	=====
Depreciation		
Brought forward	40	40
Charge for year	40	40
Disposals	-	-
	-----	-----
At 30 April 2025	80	80
	=====	=====
Net book value		
At 30 April 2025	119	119
	=====	=====
At 30 April 2024	159	159
	=====	=====

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2025

3 Comparative for the statement of financial activities

	Notes	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Incoming Resources					
Incoming resources from charitable activities:					
Subscriptions & donations		6,558	-	-	6,558
Grants received		-	-	-	-
		-----	-----	-----	-----
Total incoming resources		6,558	-	-	6,558
		-----	-----	-----	-----
Resources expended					
Charitable activities		(7,340)	-	-	(7,340)
Depreciation		(40)	-	-	(40)
Governance costs		-	-	-	-
		-----	-----	-----	-----
Total resources expended		(7,380)	-	-	(7,380)
		-----	-----	-----	-----
Net incoming resources / (resources expended)		(822)	-	-	(822)

4 Trustees remuneration, benefits and expenses

During the year, payments were made to D Van Spall for the provision of studio use and for the charity single recording at the heavily discounted rate of £2,160.

During the year, payments were made to N D Newman for the provision of vocal coaching sessions at the heavily discounted rate of £1,950.

There were no other trustees expenses paid for the year ended 31 March 2025.

THE INVISIBLE FRIENDS

England & Wales - Charity number 1172532

Accounts

The Invisible Friends

(Charitable Incorporated Organisation)

Company Number: CEO10024)

Report and Financial Statements

Period ended: 30 April 2024

Charity no: 1172532

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

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**THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024**

LEGAL AND ADMINISTRATIVE DETAILS

Trustees: D Van Spall
P J Van Spall
A Tabberer
J M Weller (Appointed 21 September 2023)
C S Orzechowski (Appointed 21 September 2023)
M L Stothard
N D Newman
M Crichton

Contact Address: 4 Parkfield Road
Rugby
CV21 1EN

Bankers: The Co-operative Bank PLC
PO Box 250
Skelmersdale
WN8 6WT

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

Report of the trustees for the period ended 30 April 2024

The trustees have pleasure in presenting their annual report and financial statements of the charity.

Reference and administrative details of the charity, its trustees and advisers

Reference and administrative details are shown in the schedule on page 1 of the financial statements.

The Trustees

The trustees who served the charity during the period were as follows:

D Van Spall
P J Van Spall
A Tabberer
J M Weller (Appointed 21 September 2023)
C S Orzechowski (Appointed 21 September 2023)
M L Stothard
N D Newman
M Crichton

Structure

The Invisible Friends (TIF) is a charitable incorporated organisation registered with the Charity Commission.

Objectives and activities

The advancement of the education of the public in the appreciation and knowledge of choral singing, particularly but not exclusively by providing opportunities for disabled and able-bodied individuals to learn and take part in choral singing. An emphasis is placed on individuals with an invisible disability in order to raise the confidence of such people in an inclusive manner which encourages the integration of disabled and non-disabled people. Invisible disability is defined as a disability that is not immediately apparent.

Achievements and performance

The Invisible Friends have had a hugely successful year and one for us all to be proud of!

Both our TIF Derby Choir & our TIF Rugby Choir have welcomed some new members who have settled in really well and are enjoying the beginning of their journey with TIF.

Our TIF Derby Choir have performed at many gigs & events throughout the year enabling us to continue to raise awareness of Invisible Disabilities, to reach out to more young people in need of our support & to continue to raise more funds for the charity. Our TIF Derby choir were also booked for some paid gigs throughout the last year too receiving a total donation of £100.

The TIF Showcases held in Derby are a great way of fundraising. At each showcase we raise anywhere between approximately £150 - £200 and we do 2 of these a year. Our annual biggest fundraiser of the year 'The Pride of TIF' was a huge success in 2023 & helped us to raise approximately £800!

The Charity has gained recognition from both the Lord Lieutenant of Rugby & Derby both of whom have offered to support TIF in any way they can.

THE INVISIBLE FRIENDS PERIOD ENDED 30 APRIL 2024

Report of the trustees for the period ended 30 April 2024 (continued)

Throughout 2023/2024 The Invisible Friends have won a variety of awards including:

- Acquisition International Non-Profit Organisation Awards 2024
- Most Dedicated Invisible Illness Support Charity 2024 - UK"
- Cava Awards Rugby

The Charity has also been nominated for a Kings Honours Award for Voluntary Services but the deadline was missed for 2023/2024. Co-Founder Abbie was invited to attend an information evening about the Kings Honours Award for Voluntary Services and a new nomination has been put in for this with the backing from both The Mayor of Derby & the Lord Lieutenant of Derby

Over the past year and continuing through to the end of 2024, The Invisible Friends Charity are one of two Charities the Co-Op are raising funds for this year & have also been chosen as one of the beneficiaries from the Etwall Dressing Association.

Co-founders Abbie & Dutch along with help from Trustee Nicky have cowritten and recorded a song which will be released and will help to both promote the charity & raise some more funds for the Charity.

To conclude, it has been a hugely successful year for TIF! Long may this continue.

Financial review

The charity is in a satisfactory financial position with sufficient funds to continue operations. It is the policy of the charity to monitor unrestricted funds which are free reserves of the charity to achieve a minimum level of £2,000 along with a repairs and replacement reserve of £600.

Plans for future periods

The charity will continue with its charitable objectives. The 5-year plan is to set up TIF groups nationwide who meet and perform regularly in their locality and periodically the groups will come together and perform as one.

Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees 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 incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and estimates that are reasonable and prudent;
- 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 in operation.

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

Report of the trustees for the period ended 30 April 2024 (continued)

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report was approved by the Trustees on 15th May 2024, and signed on their behalf by:

D Van Spall (Trustee)
Chairman

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

Statement of Financial Activities for the period ended 30 April 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total 2024 £	Total 2023 £
Incoming Resources						
Incoming resources from charitable activities:						
Subscriptions & donations		6,558	-	-	6,558	4,854
Grants received		-	-	-	-	-
		-----	-----	-----	-----	-----
Total incoming resources		6,558	-	-	6,558	4,854
		-----	-----	-----	-----	-----
Resources expended						
Charitable activities		(7,340)	-	-	(7,340)	(7,824)
Depreciation		(40)	-	-	(40)	-
Governance costs		-	-	-	-	-
		-----	-----	-----	-----	-----
Total resources expended		(7,380)	-	-	(7,380)	(7,824)
		-----	-----	-----	-----	-----
Net incoming resources / (resources expended)		(822)	-	-	(822)	(2,970)

All of the above results are derived from continuing activities. All gains and losses recognised in the year are included above.

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

Charity Balance Sheet as at 30 April 2024

	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	2	159	-
		-----	-----
		159	-
Current assets			
Cash at bank and in hand		12,080	13,061
		-----	-----
		12,239	13,061
Creditors: amounts falling due within one year			
		-	-
		-----	-----
Net current assets			
		12,239	13,061
		-----	-----
Total assets less current liabilities			
		12,239	13,061
Creditors: amounts falling due after more than one year			
		-	-
Net assets			
		12,239	13,061
		=====	=====
Funds:			
Unrestricted funds			
General funds		12,239	13,061
Designated funds		-	-
		-----	-----
		12,239	13,061
Restricted funds			
		-	-
		-----	-----
Total funds			
		12,239	13,061
		=====	=====

The financial statements on pages 6 to 8 were approved and authorised for issue by the trustees and signed on their behalf by:

D Van Spall, Trustee

Dated: 15th May 2024

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

Notes forming part of the financial statements
for the period ended 30 April 2024

1 Accounting policies

(a) Basis of preparation

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

(b) Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Endowment funds represent those assets which must be held permanently by the charity, principally investments. Income arising on the endowment funds can be used in accordance with the objects of the charity and is included as unrestricted income. Any capital gains or losses arising on the investments form part of the fund. Investment management charges and legal advice relating to the fund are charged against the fund.

Investment income and gains are allocated to the appropriate fund.

(c) Incoming resources

All incoming resources are included in the SOFA when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

Gifts in kind donated for distribution are included at valuation and recognised as income when they are distributed to the projects. Gifts donated for resale are included as income when they are sold. Donated facilities are included at the value to the charity where this can be quantified and a third party is bearing the cost. No amounts are included in the financial statements for services donated by volunteers.

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

(d) **Resources expended**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with use of the resources.

(e) **Tangible fixed assets and depreciation**

Tangible fixed assets are capitalised and included at cost including any incidental expenses of acquisition.

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their expected useful economic lives as follows:

Equipment over 5 years

2 Tangible fixed assets

	Equipment	Total
	£	£
Cost		
Brought forward	-	-
Additions	199	199
Disposals	-	-
	-----	-----
At 30 April 2024	199	199
	=====	=====
Depreciation		
Brought forward	-	-
Charge for year	40	40
Disposals	-	-
	-----	-----
At 30 April 2024	40	40
	=====	=====
Net book value		
At 30 April 2024	159	159
	=====	=====
Brought forward	-	-
	-----	-----

THE INVISIBLE FRIENDS
PERIOD ENDED 30 APRIL 2024

3 Comparative for the statement of financial activities

	Notes	Unrestricted Funds £	Restricted Funds £	Endowment Funds £	Total Funds £
Incoming Resources					
Incoming resources from charitable activities:					
Subscriptions & donations		4,854	-	-	4,854
Grants received		-	-	-	-
		-----	-----	-----	-----
Total incoming resources		4,854	-	-	4,854
		-----	-----	-----	-----
Resources expended					
Charitable activities		(7,824)	-	-	(7,824)
Depreciation		-	-	-	-
Governance costs		-	-	-	-
		-----	-----	-----	-----
Total resources expended		(7,824)	-	-	(7,824)
		-----	-----	-----	-----
Net incoming resources / (resources expended)		(2,970)	-	-	(2,970)

THE INVISIBLE FRIENDS

England & Wales - Charity number 1172532

Accounts

THE INVISIBLE FRIENDS TRUSTEES ANNUAL REPORT 2022 - 2023

Registered Charity Number 1172532



Charity name – The Invisible Friends Another known name – TIF

Registered Charity Number – 1172532

Principal Address – Strawhouse Recording Studios, 4 Parkfield Road, Rugby, CV1 1EN

Trustees

Dutch Van Spall

Abbie Tabberer

Penny Van Spall

Nicky Newman

Morwenna Crichton

Mark Stothard (appointed 22 June 2022)

Jacqueline Weller (appointed 21 September 2023)

Callum Orzechowski (appointed 21 September 2023)

The Invisible Friends (TIF) - have continued to provide support for children and young people, many of whom live with invisible disabilities such as autism, scoliosis, EhlersDanlos, mental health problems and diabetes.

Whilst the main aim of TIF is to provide a safe environment for those with invisible illnesses to benefit from being part of a singing group, all young people are welcome to join.

Structure of The Invisible Friends

Type of governing document – Constitution

How the charity is constituted – Trust

Trust selection method – elected

Decision making – decisions are made by the Board of Trustees at regular board meetings

Policies

Health and safety

Safe guarding

Photography

Risk Assessment

Data Protection

Recruitment and training of Trustees

Financial Report 1st April 2022 – 31st March 2023

Opening bank balance		£16,030.20
Income – Subscriptions	£1,880.00	
Income – Donations & fund raising	£2,974.26	

Total income		£4,854.26
Expenditure on charitable activities		(7,823.56)

Closing bank balance		£13,060.90

We hold minimum general reserves consistent with our forward planning. Our general reserves are available for expenditure at the discretion of the Trustees, in accordance with TIF'S approved budget.

Involvement of volunteers

Our volunteers all have enhanced DBS requested by the charity

Abbie Tabberer cofounder and Trustee, Olive Tabberer, the manager, along with our highly valued and respected team of volunteers, attend rehearsals and events.

The Invisible Friends

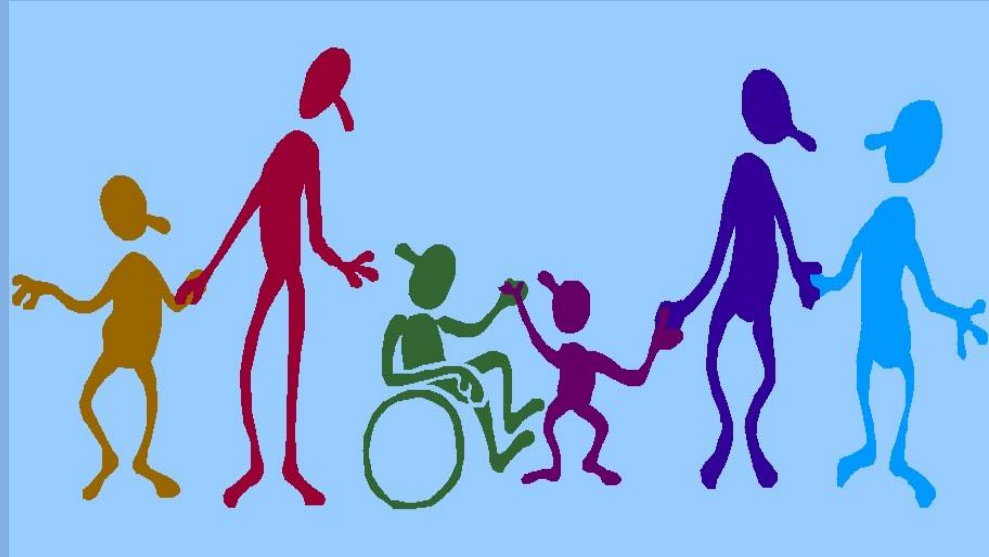
The Invisible Friends is a charity and was founded by Abbie Tabberer and Dutch Van Spall in February 2016. Through the power and creativity of choral singing, The Invisible Friends reach out to young people all over the country who are currently suffering in silence with rare and invisible disabilities; providing them with an opportunity to find their voice and to use it in a positive way to improve the quality of their lives and lives of similar young people.

They do this in an inclusive manner which encourages the integration of the invisibly disabled, disabled and non-disabled people. The only set criteria for joining TIF is that you are aged between 9-30 years old.

As a Co-founder and trustee, it is Abbie Tabberer's role to ensure that young people with invisible disabilities, stand strong together and open the eyes of both society and their loved ones. They will no longer allow their fear of living with such conditions stop them from socialising and gaining self-pride.

Eventually we hope the medical profession will walk hand and hand with the next generation to achieve earlier diagnosis and management of these conditions which will improve the prospects and quality of lives for these young people. There will no longer be battles for the entitlement to monetary benefits which are already automatically given to people with recognised conditions. Laws will be passed , and decisions made to enable the invisibly sick to live a fulfilled life and look forward to a healthier future in a dignified, respectful and justified manner. The support and friendships made during a member's time with TIF is extremely valuable and creates the mindset of an optimistic and hopeful future for everyone.

Most people think



Invisible disabilities do not exist; they are imaginary conditions.

We know differently over 80% of our members have an invisible disability.



They struggle daily to cope with everyday tasks that the rest of us take for granted.



TIF is committed to encouraging older members to become mentors to the young children, offering mentoring and peer support where appropriate. This helps to nurture the younger members, making them feel welcome and safe, whilst providing valuable life skills to the young adults.

TIF has over 30 active members, who meet for singing rehearsals once a week. The community room that is used for rehearsals is made available free of charge by a local social housing landlord. Predominantly the room is used by the older generation who have embraced the young people using the facility.

To build on the fantastic success of TIF Derby, we are now seeking funding to help 'roll out' the initiative to other parts of the country. We have now set up a TIF Group in Rugby. The 5-year plan is to set up TIF groups nationwide who meet and perform regularly in their locality and periodically the groups will come together and perform as one.

We truly believe that the more TIF groups which are established will result in more young people benefiting from engaging in a regular social activity and so feeling a sense of self pride and achievement; despite their disabilities.

The Invisible Friends registered charity no: 1172532

THE INVISIBLE FRIENDS

England & Wales - Charity number 1172532

Accounts

THE INVISIBLE FRIENDS TRUSTEES ANNUAL REPORT 2021 - 2022

Registered Charity Number 1172532



Charity name – The Invisible Friends

Another known name – TIF Registered

Charity Number – 1172532 Charities

Principal Address – Strawhouse

Recording Studios 4 Parkfield Road

Rugby CV1 1EN

Trustees

Dutch Van Spall

Abbie Tabberer

Penny Van Spall

Nicky Newman

Morwenna Crichton

During the last twelve months, The Invisible Friends (TIF) - have continued to maintain operations during COVID-19 restrictions and maintained where possible its support for children and young people, many of whom live with invisible disabilities such as autism, scoliosis, EhlersDanlos, mental health problems and diabetes.

Whilst the main aim of TIF is to provide a safe environment for those with invisible illnesses to benefit from being part of a singing group, all young people are welcome to join.

Structure of The Invisible Friends

Type of governing document – Constitution

How the charity is constituted – Trust

Trust selection method – elected

Decision making – decisions are made by the Board of Trustees at regular board meetings

Policies

Health and safety

Safe guarding

Photography

Risk Assessment

Data Protection

Recruitment and training of Trustees

Financial Report 1st April 2019 – 31st March 2020

Income - £5672.95

Expenditure - £2828.67

Balance - £16030.20

We hold minimum general reserves consistent with our forward planning. Our general reserves are available for expenditure at the discretion of the Trustees, in accordance with TIF'S approved budget

Involvement of volunteers

Our volunteers all have enhanced DBS requested by the charity

Abbie Tabberer cofounder and Trustee, Olive Tabberer, the manager, Natasha Trimmer and Ashleigh Allen, both volunteers, attend rehearsals and all events within COVID-19 restrictions

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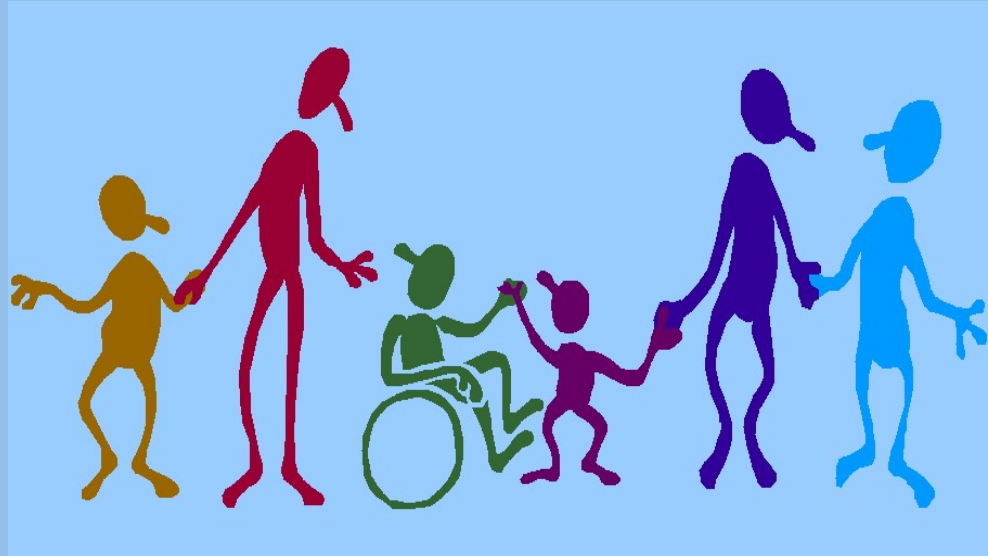
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During lockdown rehearsals and contact have been maintained through Zoom meetings online – and additional Zoom events have been organised to maintain contact, cohesion and morale of the members and volunteers.

It is hoped that it will soon be safe enough to return to face to face meetings and live performances.

To build on the fantastic success of TIF Derby, we are now seeking funding to help 'roll out' the initiative to other parts of the country. We have now set up a TIF Group in Rugby. The 5-year plan is to set up TIF groups nationwide who meet and perform regularly in their locality and periodically the groups will come together and perform as one.

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The Invisible Friends registered charity no: 1172532



ACCOUNTS 1/4/2021 - 31/3/2022

Opening Balance	13,185.92
Income	5672.95
Payments	2828.67
Balance	<u>£16,030.20</u>

THE INVISIBLE FRIENDS

England & Wales - Charity number 1172532

Accounts

THE INVISIBLE FRIENDS TRUSTEES ANNUAL REPORT 2020 - 2021

Registered Charity Number 1172532



Charity name – The Invisible Friends

Another known name – TIF Registered

Charity Number – 1172532 Charities

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Policies

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Safe guarding

Photography

Risk Assessment

Data Protection

Recruitment and training of Trustees

Financial Report 1st April 2019 – 31st March 2020

Income - £2916.05

Expenditure - £845.51

Balance - £12463.56

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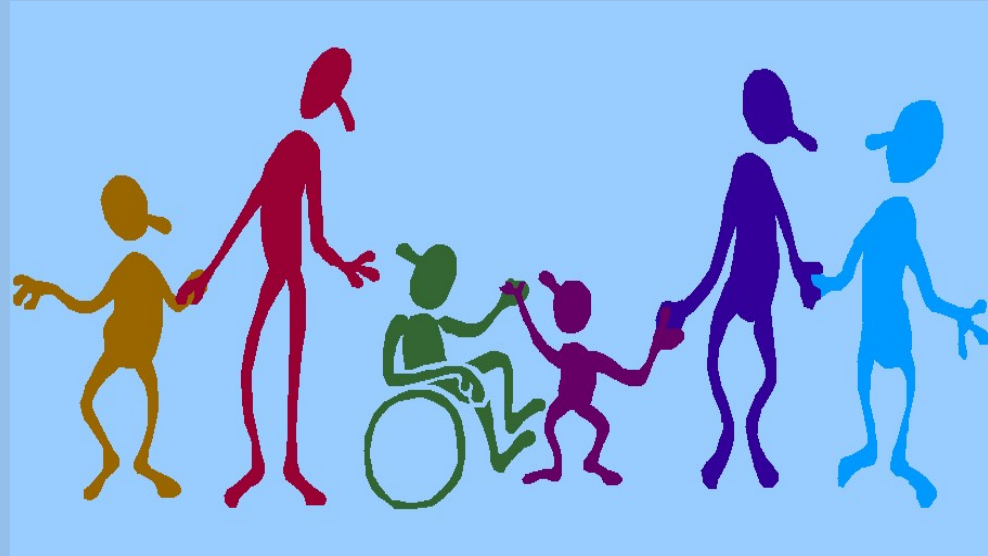
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In the words of a famous musical

The Invisible Friends registered charity no: 1172532



ACCOUNTS 1/4/2020 – 31/3/2021

Opening Balance	10,393.02
Income	2916.05
Payments	845.51
Balance	£12463.56
