

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
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Income – Subscriptions	£1,880.00
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Income – Donations & fund raising	£2,974.26
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Total income	£4,854.26
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Expenditure on charitable activities	(7,823.56)
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Closing bank balance	£13,060.90
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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

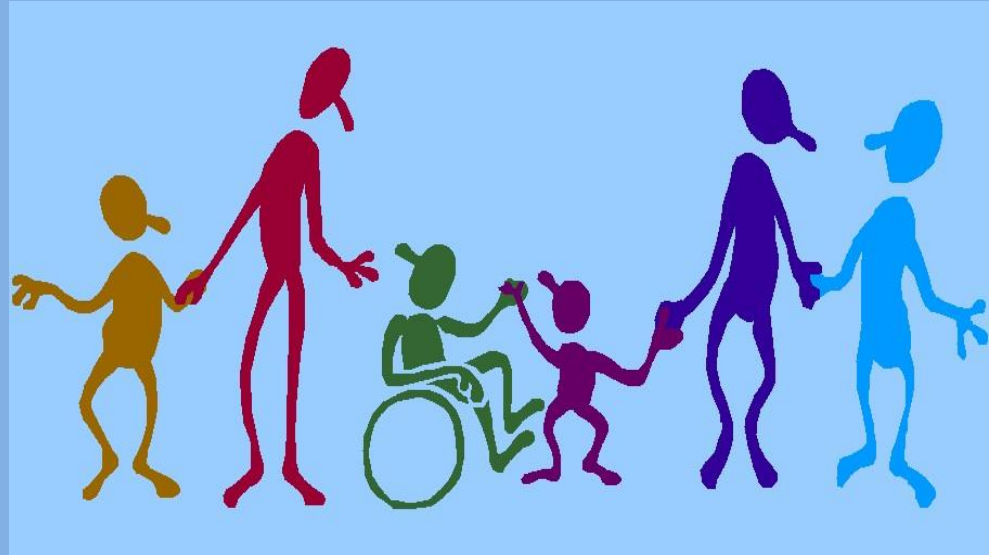
The Invisible Friends is a charity and was founded by Abbie Tabberer and Dutch Van Spall in February 2016. Through the power and creativity of choral singing, The Invisible Friends reach out to young people all over the country who are currently suffering in silence with rare and invisible disabilities; 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.

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