

EFT INTERNATIONAL

England & Wales · Charity number 1176538

Details

Other names	ASSOCIATION FOR THE ADVANCEMENT OF MERIDIAN ENERGY TECHNIQUES, AAMET
Status	Registered
Legal form	CIO
Registered	2018-01-05
Register	View on the Charity Commission register

Contact

Address 66 Paul Street
London
EC2A 4NA

Phone +447973375183

Email craig@eftinternational.org

Website <https://EFTinternational.org/>

Activities

Objects: 3. ObjectsThe objects of the CIO are:To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT) and training by:a. Establishing and upholding the highest standards of ethics and conduct which are at least required by regulatory bodies but may exceed themb. Acting independently of any regulatory bodyc. Publishing a complaints procedure for all members and the general publicd. Encouraging professional practice and that teaching/training follows the core curriculum laid down in the training guidelinese. Providing information to the general public and forge links with relevant professionals about the benefits and working practices of Emotional Freedom Techniques (EFT)f. Maintaining a list of members and only allow practising members to join on the proviso that they agree to, and abide by, (where applicable) EFT International Training Regulations, the EFT International Code of Conduct and Ethics, and EFT International Guidelines on CPD and Mentoring as updated and amended from time to timeg. Providing support by making available meetings for members to be a forum for sharing ideas, concerns that may arise in practiceh. Producing a regular newsletterandi. Wherever possible, make available, affordable Professional Liability Insurance for members

Activities: To promote, for public benefit, high quality Emotional Freedom Techniques (EFT) as an evidence-based approach to supporting health and wellbeing.To establish the highest standards of training in EFT and to accredit trainers who can deliver that level of training.To maintain a directory to enable members of the public to access suitably qualified, safe and ethical EFT practitioners.

Classification

- **How:** Provides Services, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£116,663	£95,954	-	-
2024-03-31	£92,447	£91,049	-	-
2023-03-31	£109,843	£76,585	-	-
2022-03-31	£112,661	£93,945	-	-
2021-03-31	£100,874	£68,303	-	-

Trustees

Name	Role	Appointed
Craig Weiner	Chair	2022-11-23
Emmalee Ellen Pepar		2023-12-19
Ralph Garraway Lewis		2024-10-29
Sejual Shah		2023-04-18

EFT INTERNATIONAL

England & Wales - Charity number 1176538

Accounts



Trustees' Annual Report for the period

From **1/04/2024** Period start date To **31/03/2025** Period end date

Charity name: **EFT International (EFTi)**

Charity registration number: **1176538**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT).
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	<p>a) Establishing and upholding the highest standards of ethics and conduct which are at least required by regulatory bodies but may exceed them.</p> <p>b) Acting independently of any regulatory body.</p> <p>c) Publishing a complaints procedure for all members and the general public.</p> <p>d) Encouraging professional practice and ensuring that teaching/training follows the core curriculum laid down in the training guidelines.</p> <p>e) Provide information to the general public and forge links with relevant professionals about the benefits and working practices of Emotional Freedom Techniques.</p> <p>f) Maintaining a list of current active members. Only allow practising members to join on the proviso that they agree to, and abide by, (where applicable) EFT International training and accreditation regulations, the EFT International Code of Conduct and Ethics, and EFT International Guidelines on CPD and Mentoring as updated and amended from time to time.</p> <p>g) Offering a biennial symposium conference for the public exploring EFT</p>

		<p>skills, scientific research and practice recommendations</p> <p>h) Creating and offering free to the public scientific research-based materials highlighting EFT's effectiveness for a variety of health and personal development concerns.</p> <p>i) Maintain and actively monitor a variety of social media platforms that offer EFT-related information to the public.</p> <p>j) Produce a newsletter for the general public and another for members.</p> <p>k) Offer established resources that may be discounted for professional liability insurance to our members giving them access to valuable services.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, the trustees have received and read this guidance.

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	<p>A majority of the activities of the charity are undertaken by volunteers, who number about 43 across multiple committees. We have continued to expand our volunteer teams to cater for the increasing workload as the organisation grows but recognise that we need to move towards more work being reimbursed. Volunteer teams include the following:</p> <p>A. Board of Trustees</p> <p>B. Communications Committee</p> <p>C Ethics and Professional Conduct</p>

		<p>Committee</p> <p>D. Research Committee</p> <p>E. Training and Accreditation Committee</p> <p>F. Volunteer Support Committee</p>
Other		N/A

Achievements and Performance

	SORP reference	
<p>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.</p>	<p>Para 1.20</p>	<p>The Board of Trustees successfully led the charity to:</p> <ul style="list-style-type: none"> • Complete a 3-year effort to establish a new bank account with the Charities Aid Foundation Bank and transfer of funds from HSBC, which had frozen the EFTi account. • Create the inaugural members-only free Meeting of Minds monthly webinar educational series to mark 25 years of EFTi and to provide a continuing education benefit. • Actively participate in the Association of Chairs (AoC) and UK National Council of Volunteer Organisations (NCVO) to further governance and professional Board development knowledge. • Publish monthly member newsletters supporting transparency and keeping membership apprised of Board, charity and volunteer efforts. • Successfully work with our finance contractors to create a first year of budget forecasting. • Hire a new independent examiner firm to better support the growth of the charity. • Collaborate with our tech team for EFTi to receive \$35,002.82 USD in free Google advertising via the Non Profit Google Ads Campaign. • Engage members in efforts to influence the American Psychological Association to include EFT as an approved modality for PTSD. • Develop a framework for advertising and recruiting for the first time in the

organisation's history a paid part time charity manager with the role initially advertised to the organisation's membership.

In collaboration with our Volunteering Committee we:

- Have designed a volunteers-only leadership mentoring program led by an internationally recognised, experienced and published expert in this area who is also a Trustee. This will begin in November 2025 to help nurture the development of more volunteer leaders from within.
- Formally developed a standardised volunteer onboarding process.
- Created standardised volunteer position descriptions.
- Implemented a volunteer entrance and exit interview process for improved policy awareness and feedback.
- Held the inaugural volunteer-led pilot program of tapping groups for volunteers.

In collaboration with our Communications Committee we:

- Initiated a new program in our public-facing Community Newsletter to highlight powerful member EFT stories.
- Relaunched a newly developed and expanded social media team offering valuable research based content that is now being shared on LinkedIn, Instagram and Facebook. Results have included rapid and significant growth on all three platforms highlighting both EFT and the EFTi charity.

In collaboration with the Training and Accreditation Committee we

- Initiated live EFTi Trainer Gatherings over Zoom to offer a dedicated space for EFTi Trainers to stay informed, and collaborate.
- Are in the final refinement stages for implementing a new alternate pathway for Advanced

		<p>Certification/Accreditation.</p> <ul style="list-style-type: none"> Initiated a new tracking system to gather data annually about the number of trainings offered, how many students participated, and in which countries. <p>In collaboration with Membership and Accreditation Coordinators we:</p> <ul style="list-style-type: none"> Have commenced gathering membership growth data for EFTi in numbers and demographics. Recruited an Accreditation contractor to work alongside our Membership contractor to ensure membership enquiries receive quality care. Both paid positions were advertised to membership first for application and interview. Have improved annual member reporting requirements for maintaining high professional standards and to ensure accuracy. <p>In collaboration with the Research Committee we:</p> <ul style="list-style-type: none"> Presented EFTi as a global leader in the modality at The Integrative Personalised Medicine Conference in London in June 2024. Our volunteers delivered a workshop demonstrating the science and practice of EFT for anxiety. Having also presented in 2025, we are preparing to present at the 2026 conference. Held the EFTi 2024 Symposium, Healing Trauma in the Field- Past Wounds, Present Solutions and Future Resilience. The event was a huge success in terms of a rich sharing of knowledge, member engagement and provided a further source of income. Completely updated the EFT Research database hosted on our website to include summaries of all published peer reviewed scientific research in the modality from 1999-2025. The publicly-available database has extensive search functions to aid detailed enquiry.
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Additional information (optional)

You may choose to include further statements where relevant about:

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Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial position at 31 March 2025 with a General Reserve Fund of £101,249 and Designated Funds of £95,644.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our General Reserve needs to be of the order of at least £65,000 to keep the organisation afloat for, say, six months in the event of a sudden or unprecedented absence of income.
Amount of reserves held	Para 1.22	£196,893
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	There are no known uncertainties.

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	<ol style="list-style-type: none"> 1. Membership Subscriptions 2. Accreditation fees 3. On-line Exam fees 4. Conference and Meeting proceeds
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>As at 31 March 2025 there was a potential risk to reputation and ability to pay and receive donations due to:</p> <ol style="list-style-type: none"> 1. Ensuring we have trustees of sufficient professional skills to manage the charity. With only 4 trustees leadership of the organisation is stretched and we need first to recruit more trustees resident in England & Wales to ensure we comply with charity law. 2. There has been a PR campaign that could have been detrimental to the Charity but as of the date of this return it does not appear to be significantly having a negative affect on the Charity.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	NFP CIO
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	The Board has continued to search for professional skills in areas like HR, accounting, finance, law, governance and similar. In this period we recruited a global published expert in leadership development to help grow the volunteer experience and develop future leaders of the organisation. We continue seeking to expand the Board and are mindful to maintain the correct legal balance of a minimum 50% resident in England & Wales. We have had more enquiries to join the Board from those resident outside of that geographic area.

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	An induction process for new trustees, as designed in March 2023, following guidelines in CC3 – Roles and Responsibilities of a Trustee. Peer mentoring provided by existing trustees on a 1 to 1 basis on subject specific topics. Trustees have formalised a process of potential trustee written application, professional letters of recommendation, interview with a minimum of 2 trustees and consensus voting procedure.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity has a main Board of Trustees with 2 joint Co-Chairs. Operational activities are carried out by the sub committees as follows: <ul style="list-style-type: none"> ● Communications ● Ethics and Professional Conduct ● Research ● Training and Accreditation ● Volunteer Support Specialist contracted work includes our webmaster, bookkeeper, finance director, external financial examiner, symposium management services, audio-visual support for events, data protection, governance consultancy, membership and accreditation

		coordinators and charity legal services as needed. We are due to hire a new charity manager contractor starting in 2026 to support the Board. This follows the primary recommendation the charity's governance consultant made in 2024, and is a reflection of the organisation's professional maturation.
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	EFT International
Other name the charity uses	None
Registered charity number	1176538
Charity's principal address	EFT International, 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, UK

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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N/A		

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

N/A

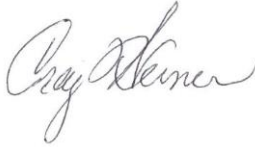

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Craig Weiner	Sejual Shah
Position (e.g. Secretary, Chair, etc)	Co Chair	
Date	7 January 2026	



EFT International
(A Charitable Incorporated Organisation)

Report and Financial Statements
for the year ended 31 March 2025

Financial Statements for the year ended 31 March 2025

Charity Name: EFT International

Governing documents: Constitution – amended 27th Feb 2024

Charity registration number: 1176538

Registered Office address: 3rd Floor
86-90 Paul Street
London
EC2A 4NE

Trustees:

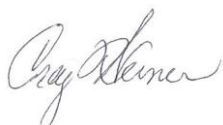
The Trustees serving during the year and since the year end were as follows:

Craig Weiner	Co Chair
Sejual Shah	Co Chair
Emmalee Pepar	
Kristin Panasewicz	(resigned 6 January 2025)
Ralph Lewis	(appointed 29 October 2024)

Bankers: CAF Bank (Charities Aid Foundation)

By order of the Trustees
Craig Weiner (Co Chair)

Sejual Shah (Co Chair)



Financial overview

Income generated during the financial year increased to £116,663 (2024 £81,705) and expenditure increased to £95,954 (2024 £92,447). The total resources expended during the year have been in furtherance of EFTI's charitable objectives.

Cash balances increased to £200,302 (2024 £174,819).

At the end of this period there is an unrestricted surplus of £101,249 (2024 £165,485) (excluding designated reserves). The Trustees' intention is to retain reserves between £50,000 and £100,000, which is estimated to cover at least six months budgeted expenditure. The Trustees are of the opinion that this is an appropriate level of surplus and reserves generation and use.

Reserves are also underpinned by liquid cash balances, which provide essential working capital funding for day-to-day operating costs, supporting the delivery of the organisation's objectives in an efficient and cost-effective way.

Free reserves are a useful proxy for liquidity and working capital management as well as a recognised indicator in the sector when reported in 'weeks of expenditure'. The current level of free reserves represents 101 weeks (2024 93 weeks) of total resources expended.

The Trustees are therefore of the opinion that the level of reserves is acceptable and will provide a sufficient buffer for the charity. On this basis, the Trustees also consider that the charity has adequate resources to continue operating for the foreseeable future.

Independent examiner's report to the trustees of EFT International

I report to the charity trustees on my examination of the accounts of EFT International for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that the accounts of the Charity are not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

S Goldsmith

Simon Goldsmith ACA

SJS Partners Ltd

3rd Floor
86-90 Paul Street
London
EC2A 4NE

Date: 7 January 2026

Statement of Financial Activities (including Income & Expenditure Account) for the year ended 31 March 2025

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure relate to continuing activities.

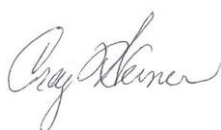
	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Membership		84,576	-	84,576	81,705
Charitable activities:					
<i>Accreditation</i>		1,355	-	1,355	1,985
<i>On-line Exams</i>		7,273	-	7,273	6,522
<i>Conference and Meetings</i>		21,270	-	21,270	703
Other					
- <i>Other</i>		-	-	-	(30)
- <i>Investments Interest</i>		2,189	-	2,189	1,562
Total income	3	116,663	-	116,663	92,447
Expenditure on:					
Membership schemes and Charitable activities		41,871	-	41,871	31,046
Advertising, marketing and publicity		16,899	-	16,899	15,852
Other		36,184	-	36,184	44,151
Total expenditure	3 & 4	95,954	-	95,954	91,049
Net income and net movement in funds		20,709	-	20,709	1,398
Reconciliation of funds					
Total funds brought forward		176,184	-	176,184	174,786
Total funds carried forward		196,893	-	196,893	176,184

Balance Sheet as at 31 March 2025

		2025	2024
	Note	£	£
Fixed Assets			
Intangible assets	6	7,097	9,887
Current Assets			
Prepayments		131	131
Cash at bank and in hand		200,302	174,819
		207,530	174,950
Liabilities			
Creditors: Amounts falling due within one year	7	(10,637)	(8,653)
		196,893	176,184
Net Assets			
The Funds of the charity:			
Unrestricted funds	9	101,249	165,485
Designated Funds	9	95,644	10,699
		196,893	176,184

The financial statements were approved and authorised for issue by the Trustees on 6th January 2026 and signed on their behalf by:

Craig Weiner (Co Chair)



Sejual Shah (Co Chair)



Notes to the Accounts

General Information

EFT International is a Charitable Incorporated Organisation, registered in England and Wales, with a registration number 1176538. The address of the registered office is 3rd Floor, 86-90 Paul Street, London, EC2A 4NE. The principal objective of the charity is to promote, for public benefit, advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT).

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently in dealing with items considered material in relation to the financial statements.

a) Basis of preparation of accounts

The financial statements have been prepared under the historical cost convention, in accordance with the Companies Act 2006 and applicable accounting standards and follow the recommendations of Accounting and Reporting by Charities - Statement of Recommended Practice (FRS 102 SORP 2019) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102.

b) Going Concern

The financial statements have been prepared on the going concern basis which assumes that current and future sources of funding and support will be more than adequate for the charitable company's needs.

Trustees are aware of the risks of increasing cost of living and inflation poses for the charities fundraising income. Trustees continue to be vigilant, holding regular meetings monitoring income and expenditure closely. During this time the charity may experience an increase of costs due to the unpredictability of the financial markets. Trustees and the Executive team continue to work actively together to monitoring this for the charity.

c) Income

All income is accounted for when the charity has entitlement to the income, it is probable that the income will be received, and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Membership Subscriptions received in the nature of a gift are recognised as Donations.

Membership Subscriptions which give the Member the right to services or other benefits are recognised as income from the provision of goods and services from charitable activities.

d) Expenditure and irrecoverable VAT

Expenditure is recognised on an accruals basis when a liability is incurred as soon as there is a legal or constructive obligation committing the charity to the expenditure. Expenditure includes any VAT, which cannot be recovered, and is reported as part of the expenditure to which it relates.

Notes to the Accounts (continued)

e) Fund accounting

Unrestricted and Designated funds are available for use at the discretion of the Trustees to further any of the charitable objectives of the charity. Restricted funds comprise monies raised for, and their use restricted to, a specific purpose, or donations subject to conditions imposed by the donor or through the terms of an appeal.

f) Intangible assets

The Residual Value of the charity's website is estimated to be £2,000 at 31 March 2025.

Trademark and Identity costs are being written off over ten years on a straight-line basis.

Governance Development Costs are being written off over three years on a straight-line basis.

g) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their amortised cost.

h) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

j) Bank

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Notes to the Accounts (continued)

3. Comparative Analysis of income and Expenditure

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Income and endowments from:			
Membership	81,705	-	81,705
Charitable activities:			
<i>Accreditation</i>	1,985	-	1,985
<i>On-line Exams</i>	6,522	-	6,522
<i>Conference and Meetings</i>	703	-	703
Other			
- <i>Other</i>	(30)	-	(30)
- <i>Investments Interest</i>	1,562	-	1,562
			62
Total income	92,447	-	92,447
Expenditure on:			
Membership schemes and Charitable activities	31,046	-	31,046
Advertising, marketing and publicity	15,852	-	15,852
Other- <i>Governance Costs</i>	32,671	-	32,671
Other- <i>General administration Costs</i>	11,480	-	11,480
Total expenditure	91,049	-	91,049

Notes to the Accounts (continued)

4. Analysis of expenditure

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Membership schemes and Charitable activities:				
Project / Operations Management	6,003	-	6,003	11,502
Conference and Meetings	4,583	-	4,583	2,162
Accreditation and Training	17,624	-	17,624	10,281
Membership administration	13,661	-	13,661	7,101
	<hr/> 41,871	<hr/> -	<hr/> 41,871	<hr/> 31,046
Advertising, marketing and publicity				
Promotion and Communications	5,001	-	5,001	4,648
Website and IT	11,898	-	11,898	11,204
	<hr/> 16,899	<hr/> -	<hr/> 16,899	<hr/> 15,852
Other				
Governance costs:				
Independent examiners fees	1,250	-	1,250	830
Other Accountancy	17,193	-	17,193	14,578
Legal & Professional	6,002	-	6,002	17,263
Administration				
Amortisation	2,790	-	2,790	2,791
General Administration	4,871	-	4,871	5,058
Bank Charges	4,078	-	4,078	3,631
	<hr/> 36,184	<hr/> -	<hr/> 36,184	<hr/> 44,151
	<hr/> 94,954	<hr/> -	<hr/> 94,954	<hr/> 91,049

5. Taxation

EFT International is a registered charity and therefore is not liable to income tax or corporation tax on income or gains derived from its charitable activities, as they fall within the various exemptions available to registered charities.

Notes to the Accounts (continued)

6. Intangible Fixed Assets

	Website	Trade Marks & Identity	Governance Development	Total
	£	£		£
Cost				
At 1 Apr 2024	2,000	7,345	3,333	3,962
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 Mar 2025	2,000	7,345	3,333	3,962
Accumulated Amortisation				
At 1 Apr 2024	-	1,124	1,667	3,510
Disposals	-	-	-	-
Charge for the period	-	1,124	1,666	-
At 31 Mar 2025	-	2,248	3,333	3,852
Net Book Value				
At 31 Mar 2025	2,000	5,097	-	-
At 31 Mar 2024	2,000	6,221	1,666	9,887

7. Creditors: Amounts falling due within one year

	2025	2024
	£	£
Creditors	-	-
Accruals and deferred income	10,637	8,653
	10,637	8,653

8. Trustee remuneration, Employee Benefits & related party transactions

- a) Expenses were reimbursed in accordance with the Charity's strict policy.
- b) None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.
- c) The Trustees enjoy the benefits of membership but they received no other benefits.

Transactions with Entities Connected to the Trustees

Related party transactions are transfers of resources, services or obligations between a charity and individuals or entities closely connected to it, such as trustees, key management personnel, their close family members, or organisations they control or significantly influence. These transactions must be disclosed in the accounts because they may not occur on normal commercial terms and could affect the charity's financial position or decision-making. Transparency ensures trustees act in the charity's best interests and helps maintain public trust.

Notes to the Accounts (continued)

The following services were supplied to the Charity by related parties on a contract for services basis:

			2025	2024
			£	£
J Dobbs	Contractor	Administration / Project Management	4,477	6,188
J Barbee	Contractor	Website Services / Accreditation	6,186	6,140
M Moorby	Contractor	Accreditation	105	70
B Moore-Hafter	Contractor	Accreditation / Membership	1,601	14,105
A Jerad	Contractor	Webmaster	5,655	5,140
M Lovell	Contractor	Membership	15,207	3,526
S Weber	Contractor	Accreditation	10,990	
C Reiling	Contractor	Accreditation	3,255	

The charity purchased data protection consulting and event support services totalling £6,003 (2024: £10,197) from a company. The husband of one trustee is part of a team of sub-contractors who have provided these contract services from the company to the charity. The company was hired before the trustee was appointed and the trustee has not participated in any decision to continue using the firm. The services were provided on normal commercial terms and at arm's length with comparison quotes from competing firms obtained.

Loans to/from Related Parties

There were no loans made to or received from related parties during the year (2024: £nil).

The trustees are satisfied that all related party transactions were conducted in accordance with the charity's conflict of interest policy and that no trustee benefited personally from any transaction.

Notes to the Accounts (continued)

9. Unrestricted funds

	Balance at 1 Apr 2024	Incoming Resources	Outgoing Resources	Transfers	Balance at 31 Mar 2025
	£	£	£	£	£
Designated					
Reserve Fund (EFT Research)	10,644	-	-	-	10,644
Legal and Crisis Management Fund	55	-	-	49,945	50,000
Educational Symposium Fund				15,000	15,000
International Documentation Fund				5,000	5,000
Website and IT Systems Fund				15,000	15,000
Unrestricted					
General funds	165,485	116,663	(95,954)	-(85,000)	101,194
	176,184	116,663	(95,954)	-	196,893

	Balance at 1 Apr 2023	Incoming Resources	Outgoing Resources	Transfers	Balance at 31 Mar 2024
	£	£	£	£	£
Designated					
Reserve Fund (EFT Research)	10,644	-	-	-	10,644
EFT for Crisis Fund	55	-	-	-	55
Unrestricted					
General funds	164,087	92,447	(91,049)	-	165,485
	174,786	82,586	(66,791)	-	176,184

Designated Funds:

Included in the above are transfers between general and restricted funds. The transfer between funds relates to the use of general funds on restricted projects.

The Funds have been set aside by way of a transfer from general funds by the Trustees as follows:

- **Reserve Fund (EFT Research)**

In ensuring that the public can deepen in trust in the efficacy of EFT the charity is mindful to support research initiatives. This designated Reserve is maintained with a view to allowing for such support.

- **Legal and Crisis Management Fund**

In response to an emerging challenge to the charity's right to accredit its members, the Trustees have agreed to establish a designated reserve known as the Crisis Fund.

This fund has been set aside specifically to cover potential legal and public relations (PR) costs associated with defending the charity's accreditation role.

Notes to the Accounts (continued)

The Trustees consider this a prudent and necessary step to safeguard the charity's reputation, mission, and ability to continue serving its members effectively.

The fund will be reviewed periodically and adjusted as necessary, depending on the nature and progress of any legal or reputational challenges.

- **Educational Symposium Fund**

The charity aims to provide a biennial symposium conference for the public exploring EFT skills, scientific research and practice recommendations. It is a live ticketed event with recordings available for purchase afterwards and raises donations for the charity.

This fund has been set aside specifically to cover project management, audio-visual and event management services for symposium events. In Autumn 2026 there will be an EFT for Children event.

- **International Documentation Fund**

Members of the charity offer EFT training services in many international languages to reach a wide audience. Key training documents and formal accrediting materials like multiple choice tests need to be translated into these other languages. Members with appropriate EFT technical knowledge and native-speaker language skills in these other tongues have provided translations in the past on an ad hoc volunteer basis. The translation work was needed infrequently, and so it was not appropriate to offer normal volunteer roles for this work. To ensure fairness and recognition of effort the organisation has decided to acquire these translation services on a formal contractor basis when documents need to be translated.

- **Website and IT Systems Fund**

A key part of the charity's work is carried out through its public-facing website, members' area portal, and backend systems that manage data. Keeping the website fresh-looking and ensuring data integrity and ease of use are important in enabling the organisation to evolve in its professional work. A designated Reserve has been created to fund the project to redesign the website and upgrade backend systems including a new Customer Relationship Management system.



EFT International
(A Charitable Incorporated Organisation)

Report and Financial Statements
for the year ended 31 March 2025

Financial Statements for the year ended 31 March 2025

Charity Name: EFT International

Governing documents: Constitution – amended 27th Feb 2024

Charity registration number: 1176538

Registered Office address: 3rd Floor
86-90 Paul Street
London
EC2A 4NE

Trustees:

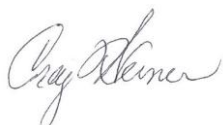
The Trustees serving during the year and since the year end were as follows:

Craig Weiner	Co Chair
Sejual Shah	Co Chair
Emmalee Pepar	
Kristin Panasewicz	(resigned 6 January 2025)
Ralph Lewis	(appointed 29 October 2024)

Bankers: CAF Bank (Charities Aid Foundation)

By order of the Trustees
Craig Weiner (Co Chair)

Sejual Shah (Co Chair)



Financial overview

Income generated during the financial year increased to £116,663 (2024 £81,705) and expenditure increased to £95,954 (2024 £92,447). The total resources expended during the year have been in furtherance of EFTI's charitable objectives.

Cash balances increased to £200,302 (2024 £174,819).

At the end of this period there is an unrestricted surplus of £101,249 (2024 £165,485) (excluding designated reserves). The Trustees' intention is to retain reserves between £50,000 and £100,000, which is estimated to cover at least six months budgeted expenditure. The Trustees are of the opinion that this is an appropriate level of surplus and reserves generation and use.

Reserves are also underpinned by liquid cash balances, which provide essential working capital funding for day-to-day operating costs, supporting the delivery of the organisation's objectives in an efficient and cost-effective way.

Free reserves are a useful proxy for liquidity and working capital management as well as a recognised indicator in the sector when reported in 'weeks of expenditure'. The current level of free reserves represents 101 weeks (2024 93 weeks) of total resources expended.

The Trustees are therefore of the opinion that the level of reserves is acceptable and will provide a sufficient buffer for the charity. On this basis, the Trustees also consider that the charity has adequate resources to continue operating for the foreseeable future.

Independent examiner's report to the trustees of EFT International

I report to the charity trustees on my examination of the accounts of EFT International for the year ended 31st March 2025.

Responsibilities and basis of report

As the charity trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). You are satisfied that the accounts of the Charity are not required by charity law to be audited and have chosen instead to have an independent examination.

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I confirm that there are no other matters to which your attention should be drawn to enable a proper understanding of the accounts to be reached.

S Goldsmith

Simon Goldsmith ACA

SJS Partners Ltd

3rd Floor
86-90 Paul Street
London
EC2A 4NE

Date: 7 January 2026

Statement of Financial Activities (including Income & Expenditure Account) for the year ended 31 March 2025

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure relate to continuing activities.

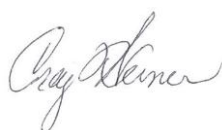
	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income and endowments from:					
Membership		84,576	-	84,576	81,705
Charitable activities:					
<i>Accreditation</i>		1,355	-	1,355	1,985
<i>On-line Exams</i>		7,273	-	7,273	6,522
<i>Conference and Meetings</i>		21,270	-	21,270	703
Other					
- <i>Other</i>		-	-	-	(30)
- <i>Investments Interest</i>		2,189	-	2,189	1,562
Total income	3	116,663	-	116,663	92,447
Expenditure on:					
Membership schemes and Charitable activities		41,871	-	41,871	31,046
Advertising, marketing and publicity		16,899	-	16,899	15,852
Other		36,184	-	36,184	44,151
Total expenditure	3 & 4	95,954	-	95,954	91,049
Net income and net movement in funds		20,709	-	20,709	1,398
Reconciliation of funds					
Total funds brought forward		176,184	-	176,184	174,786
Total funds carried forward		196,893	-	196,893	176,184

Balance Sheet as at 31 March 2025

		2025	2024
	Note	£	£
Fixed Assets			
Intangible assets	6	7,097	9,887
Current Assets			
Prepayments		131	131
Cash at bank and in hand		200,302	174,819
		207,530	174,950
Liabilities			
Creditors: Amounts falling due within one year	7	(10,637)	(8,653)
		196,893	176,184
Net Assets			
The Funds of the charity:			
Unrestricted funds	9	101,249	165,485
Designated Funds	9	95,644	10,699
		196,893	176,184

The financial statements were approved and authorised for issue by the Trustees on 6th January 2026 and signed on their behalf by:

Craig Weiner (Co Chair)



Sejual Shah (Co Chair)



Notes to the Accounts

General Information

EFT International is a Charitable Incorporated Organisation, registered in England and Wales, with a registration number 1176538. The address of the registered office is 3rd Floor, 86-90 Paul Street, London, EC2A 4NE. The principal objective of the charity is to promote, for public benefit, advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT).

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently in dealing with items considered material in relation to the financial statements.

a) Basis of preparation of accounts

The financial statements have been prepared under the historical cost convention, in accordance with the Companies Act 2006 and applicable accounting standards and follow the recommendations of Accounting and Reporting by Charities - Statement of Recommended Practice (FRS 102 SORP 2019) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The charity meets the definition of a public benefit entity under FRS 102.

b) Going Concern

The financial statements have been prepared on the going concern basis which assumes that current and future sources of funding and support will be more than adequate for the charitable company's needs.

Trustees are aware of the risks of increasing cost of living and inflation poses for the charities fundraising income. Trustees continue to be vigilant, holding regular meetings monitoring income and expenditure closely. During this time the charity may experience an increase of costs due to the unpredictability of the financial markets. Trustees and the Executive team continue to work actively together to monitoring this for the charity.

c) Income

All income is accounted for when the charity has entitlement to the income, it is probable that the income will be received, and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Membership Subscriptions received in the nature of a gift are recognised as Donations.

Membership Subscriptions which give the Member the right to services or other benefits are recognised as income from the provision of goods and services from charitable activities.

d) Expenditure and irrecoverable VAT

Expenditure is recognised on an accruals basis when a liability is incurred as soon as there is a legal or constructive obligation committing the charity to the expenditure. Expenditure includes any VAT, which cannot be recovered, and is reported as part of the expenditure to which it relates.

Notes to the Accounts (continued)

e) Fund accounting

Unrestricted and Designated funds are available for use at the discretion of the Trustees to further any of the charitable objectives of the charity. Restricted funds comprise monies raised for, and their use restricted to, a specific purpose, or donations subject to conditions imposed by the donor or through the terms of an appeal.

f) Intangible assets

The Residual Value of the charity's website is estimated to be £2,000 at 31 March 2025.

Trademark and Identity costs are being written off over ten years on a straight-line basis.

Governance Development Costs are being written off over three years on a straight-line basis.

g) Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their amortised cost.

h) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

i) Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

j) Bank

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Notes to the Accounts (continued)

3. Comparative Analysis of income and Expenditure

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Income and endowments from:			
Membership	81,705	-	81,705
Charitable activities:			
<i>Accreditation</i>	1,985	-	1,985
<i>On-line Exams</i>	6,522	-	6,522
<i>Conference and Meetings</i>	703	-	703
Other			
- <i>Other</i>	(30)	-	(30)
- <i>Investments Interest</i>	1,562	-	1,562
			62
Total income	92,447	-	92,447
Expenditure on:			
Membership schemes and Charitable activities	31,046	-	31,046
Advertising, marketing and publicity	15,852	-	15,852
Other- <i>Governance Costs</i>	32,671	-	32,671
Other- <i>General administration Costs</i>	11,480	-	11,480
Total expenditure	91,049	-	91,049

Notes to the Accounts (continued)

4. Analysis of expenditure

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Membership schemes and Charitable activities:				
Project / Operations Management	6,003	-	6,003	11,502
Conference and Meetings	4,583	-	4,583	2,162
Accreditation and Training	17,624	-	17,624	10,281
Membership administration	13,661	-	13,661	7,101
	<hr/> 41,871	<hr/> -	<hr/> 41,871	<hr/> 31,046
Advertising, marketing and publicity				
Promotion and Communications	5,001	-	5,001	4,648
Website and IT	11,898	-	11,898	11,204
	<hr/> 16,899	<hr/> -	<hr/> 16,899	<hr/> 15,852
Other				
Governance costs:				
Independent examiners fees	1,250	-	1,250	830
Other Accountancy	17,193	-	17,193	14,578
Legal & Professional	6,002	-	6,002	17,263
Administration				
Amortisation	2,790	-	2,790	2,791
General Administration	4,871	-	4,871	5,058
Bank Charges	4,078	-	4,078	3,631
	<hr/> 36,184	<hr/> -	<hr/> 36,184	<hr/> 44,151
	<hr/> 94,954	<hr/> -	<hr/> 94,954	<hr/> 91,049

5. Taxation

EFT International is a registered charity and therefore is not liable to income tax or corporation tax on income or gains derived from its charitable activities, as they fall within the various exemptions available to registered charities.

Notes to the Accounts (continued)

6. Intangible Fixed Assets

	Website £	Trade Marks & Identity £	Governance Development	Total £
Cost				
At 1 Apr 2024	2,000	7,345	3,333	3,962
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 Mar 2025	2,000	7,345	3,333	3,962
Accumulated Amortisation				
At 1 Apr 2024	-	1,124	1,667	3,510
Disposals	-	-	-	-
Charge for the period	-	1,124	1,666	-
At 31 Mar 2025	-	2,248	3,333	3,852
Net Book Value				
At 31 Mar 2025	2,000	5,097	-	-
At 31 Mar 2024	2,000	6,221	1,666	9,887

7. Creditors: Amounts falling due within one year

	2025 £	2024 £
Creditors	-	-
Accruals and deferred income	10,637	8,653
	10,637	8,653

8. Trustee remuneration, Employee Benefits & related party transactions

- Expenses were reimbursed in accordance with the Charity's strict policy.
- None of the Trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.
- The Trustees enjoy the benefits of membership but they received no other benefits.

Transactions with Entities Connected to the Trustees

Related party transactions are transfers of resources, services or obligations between a charity and individuals or entities closely connected to it, such as trustees, key management personnel, their close family members, or organisations they control or significantly influence. These transactions must be disclosed in the accounts because they may not occur on normal commercial terms and could affect the charity's financial position or decision-making. Transparency ensures trustees act in the charity's best interests and helps maintain public trust.

Notes to the Accounts (continued)

The following services were supplied to the Charity by related parties on a contract for services basis:

			2025	2024
			£	£
J Dobbs	Contractor	Administration / Project Management	4,477	6,188
J Barbee	Contractor	Website Services / Accreditation	6,186	6,140
M Moorby	Contractor	Accreditation	105	70
B Moore-Hafter	Contractor	Accreditation / Membership	1,601	14,105
A Jerad	Contractor	Webmaster	5,655	5,140
M Lovell	Contractor	Membership	15,207	3,526
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Loans to/from Related Parties

There were no loans made to or received from related parties during the year (2024: £nil).

The trustees are satisfied that all related party transactions were conducted in accordance with the charity's conflict of interest policy and that no trustee benefited personally from any transaction.

Notes to the Accounts (continued)

9. Unrestricted funds

	Balance at 1 Apr 2024	Incoming Resources	Outgoing Resources	Transfers	Balance at 31 Mar 2025
	£	£	£	£	£
Designated					
Reserve Fund (EFT Research)	10,644	-	-	-	10,644
Legal and Crisis Management Fund	55	-	-	49,945	50,000
Educational Symposium Fund				15,000	15,000
International Documentation Fund				5,000	5,000
Website and IT Systems Fund				15,000	15,000
Unrestricted					
General funds	165,485	116,663	(95,954)	-(85,000)	101,194
	176,184	116,663	(95,954)	-	196,893

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EFT INTERNATIONAL

England & Wales - Charity number 1176538

Accounts



Trustees' Annual Report for the period

From 1/04/2023 Period start date To 31/03/2024 Period end date

Charity name: EFT International (EFTi)

Charity registration number: 1176538

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT).
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	<p>a) Establishing and upholding the highest standards of ethics and conduct which are at least required by regulatory bodies but may exceed them.</p> <p>b) Acting independently of any regulatory body.</p> <p>c) Publishing a complaints procedure for all members and the general public.</p> <p>d) Encouraging professional practice and ensuring that teaching/training follows the core curriculum laid down in the training guidelines.</p> <p>e) Provide information to the general public and forge links with relevant professionals about the benefits and working practices of Emotional Freedom Techniques (EFT).</p> <p>f) Maintaining a list of current active members. Only allow practising members to join on the proviso that they agree to, and abide by, (where applicable) EFT International training and accreditation regulations, the EFT International Code of Conduct and Ethics, and EFT International Guidelines on CPD and Mentoring as updated and amended from time to time.</p>

		<p>g) Offering an annual symposium conference for the public exploring EFT and EFT complementary research and practice recommendations</p> <p>h) Creating and offering free to the public scientific research-based materials highlighting EFT's effectiveness for a variety of health concerns.</p> <p>i) Maintain and actively monitor a variety of social media platforms that offer EFT related information to the public.</p> <p>j) Produce a newsletter for the general public and another for members.</p> <p>k) Offer established resources that may be discounted for professional liability insurance to our members giving them access to valuable services.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, the trustees have received and read this guidance.

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	<p>A majority of the activities of the charity are undertaken by volunteers, who number about twenty five across multiple committees. We have continued to expand our volunteer teams to cater for the increasing workload as the organisation grows but recognise that we need to move towards more work being reimbursed. Volunteer teams include the following:</p> <p>A. Board of Trustees</p>

		<p>B. Communications Committee</p> <p>C Ethics and Professional Conduct Committee</p> <p>D. Research Committee</p> <p>E. Training and Accreditation Committee</p> <p>F. Volunteer Support Committee</p>
Other		N/A

Achievements and Performance

	SORP reference	
<p>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.</p>	<p>Para 1.20</p>	<ul style="list-style-type: none"> • AGM June 2023 – voting on updating EFTi's Constitution to be in keeping with Charity Commission requirements. • Governance consultancy follow up commissioned report to further support progress on charity's standing on governance issues. • First member-wide survey in November 2023. Results reported to membership in January 2024. Two detailed reports were created with written and graphical summaries of the results and were shared with membership. • Revised and updated training documents to ensure improved consistency and communication of policy, including a new area for translated documents. • Developed document detailing how to keep credentials valid and the benefits of accredited EFTi membership. • Developed policies for dealing with expired and lapsed members. • Completed an extensive update to the EFTi Trainers' Contract which serves as the foundation for all EFTi Trainers to support their students and the organisation. • Created 2 brand new training support videos for members. • Development of a Becoming a Volunteer webpage for alerting members to volunteer opportunities. • Recruited and onboarded more than 10 new volunteers.

		<ul style="list-style-type: none"> • Created and rolled out the Volunteer Agreement and improved the process of becoming a volunteer. • Working with data protection consultants to identify weaknesses in processes and establish better practices at each committee level. This is an ongoing process. • Significantly improved the content and readability of our monthly Members' Newsletter to better inform and engage with membership of what the charity is doing for the benefit of its members. • Continued delivering a monthly community newsletter to better educate the public on the benefits of EFT and raise awareness of the work of organisation. • Reviewed and updated article submissions guidelines. • Restarted social media presence. • Polled members on topic for next symposium, and prepared for stand at in person conference in London for later in the year. • Started gathering data and regularly reporting on membership numbers. • Significant improvement to display and function of website, including across countries and categories, to assist public in locating available educational events and trainings both in person and online that are offered by our trainers and practitioners. • The website now highlights individual volunteers by name and via an organigram to acknowledge their service. • Improved backend website infrastructure to launch and promote educational events for members and the public that are offered by EFTi. • Enhanced visual design of the website was implemented. • Advertised paid positions, like Membership Coordinator, directly to membership and recruited from this audience. • Joined the London based Association of Chairs in order to collaborate and gain knowledge from Chairs of other UK based charities and improve professionalism and leadership levels in the organisation. • Re-activated membership of National Council for Voluntary Organisations (NCVO), which supports the voluntary and community sector to create an
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		environment in which an independent civil society can flourish. Began offering opportunities for volunteer leaders to attend educational opportunities provided by the NCVO.
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial position at 31 March 2024 with a General Reserve Fund of £165,485 and an EFT Research Reserve Fund of £10,644.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our General Reserve needs to be of the order of at least £50,000 to cover the organisation's budgeted expenditures, for say six months, in the event of a sudden or unprecedented absence of income.
Amount of reserves held	Para 1.22	£165,485
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	There are no known uncertainties.

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	<ol style="list-style-type: none"> 1. Membership donations 2. Annual Symposium proceeds
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	<p>As at 31 March 2024 there was a potential risk to reputation and ability to pay and receive donations due to:</p> <ol style="list-style-type: none"> 1. Challenges accessing banking and services due to unclear international banking issues; 2. Delay in obtaining trustee and liability insurance as a result of: <ol style="list-style-type: none"> a. Recovering from the past irregular governance and structure of the organisation including insufficient representation from England & Wales as required by law; b. Complexity and challenges in current climate in the UK charity sector for obtaining a new bank account with Charity Aid

		Foundation; c. Ensuring we have trustees of sufficient professional skills to manage the charity.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	Constitution
How is the charity constituted?	Para 1.25	NFP CIO
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	<p>Based on the experiences of new trustees drawn in April 2023, the Board realised it would benefit from drawing in those with professional skillsets in areas like HR, accounting, finance, law, governance and similar. Trustees with backgrounds in these areas have proven to be better able to engage with the challenges facing the charity as it continues to grow in membership numbers and turnover.</p> <p>Trustees previously were selected from people who had a long and respected reputation within the field of EFT. Whilst this knowledge of the modality is important, additional Trustees have been recruited in this period more on the basis of the professional skillset they can bring to steering the charity as it grows.</p>

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	<p>An induction process for new trustees, as designed in March 2023, following guidelines in CC3 – Roles and Responsibilities of a Trustee. Peer mentoring provided by existing trustees on a 1 to 1 basis on subject specific topics. Trustees have formalised a process of potential trustee written application, professional letters of recommendation, interview with a minimum of 2 trustees and consensus voting procedure.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>The Charity has a main Board of Trustees.</p> <p>Operational activities are carried out by the sub committees as follows:</p> <ul style="list-style-type: none"> ● Communications ● Ethics and Professional Conduct ● Research ● Training and Accreditation ● Volunteer Support

		Specialist contracted work includes our webmaster, bookkeeper, accountant, external financial examiner, symposium management services, audio-visual support for events, data protection, governance consultancy, membership and accreditation coordinators and charity legal services as needed.
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	EFT International
Other name the charity uses	None
Registered charity number	1176538
Charity's principal address	EFT International, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

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	Craig Weiner	Chair		
2	Sejual Shah	Deputy Chair	18/04/2023 to present	
3	Emmalee Pepar		19/12/2023 to present	
4	Kristin Panasewicz		19/12/2023 _ 06/01/2025	
5	Pippa Gagie		28/11/2022 - 29/02/2024	
6	Karin Davidson		18/04/2018 - 29/02/2024	
7	Rosie Newman		18/04/2023 - 02/08/2023	
8	Katherine Temple		18/04/2023 - 22/08/2023	
9	John Freedom		01/01/2018 - 27/06/2023	
10	Juliet LeRoy		27/09/2019 - 27/06/2023	
11	Sue Beer		18/04/2023 - 19/12/2023	
12	Emma Roberts		18/04/2023 - 19/12/2023	
13	Ranjana Appoo		18/04/2023 - 19/12/2023	
14	Allison Simpson		01/09/2022 - 21/04/2023	
15	Ralph Lewis		29/10/2024 to present	
16				
17				
18				
19				
20				

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

N/A		

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A



Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Craig Weiner	Sejual Shah
Position (eg Secretary, Chair, etc)	Chair	Deputy Chair
Date	20/01/2025	



EFT International (CIO)

UK Charity no. 1176538

Financial Statements (Accounts)

for the year ended 31 March 2024

The Trustees are pleased to present the financial statements for the above year.

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EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2024

	Year ended		<i>Year ended</i>	
	31.03.24		<i>31.03.23</i>	
Income	£	£	£	£
Donations : Membership	81,705		<i>76,747</i>	
Reserved for EFT Research Fund	-		<i>188</i>	
EFT for Crisis Reserve Fund	-	81,705	<i>3,248</i>	<i>80,183</i>
Accreditation		1,985		<i>570</i>
Audio-Visual & other sales		(30)		<i>454</i>
Conference and Meetings		703		<i>19,484</i>
On-line Exams		6,522		<i>6,370</i>
Disclosure and Barring Service		-		<i>55</i>
Affiliate Income		-		<i>2,198</i>
Bank Interest		1,562		<i>529</i>
		92,447		<i>109,843</i>
Less Expenditures				
Donations : EFT for Crisis	-		<i>3,453</i>	
Travel, Accommodation and Subsistence	-		<i>1,919</i>	
Website Management	11,204		<i>9,326</i>	
Conferences & Meetings	2,162		<i>727</i>	
Accreditation/Training Management	10,281		<i>9,550</i>	
Project/Operations Management	11,502		<i>11,960</i>	
Promotion and Communications	4,648		<i>5,558</i>	
Membership Administration	7,101		<i>16,133</i>	
General Administration	5,058		<i>1,667</i>	
Bank and PayPal Charges	3,631		<i>3,487</i>	
Legal and Professional fees	17,263		<i>4,588</i>	
Accountancy & Examination	15,408		<i>5,426</i>	
Amortisation of Intangible Assets	2,791		<i>2,791</i>	
		91,049		<i>76,585</i>
Operating Surplus for the year		1,398		<i>33,258</i>
Transfer donations to EFT Research Fund	-		<i>(188)</i>	
Transfer EFT funds for expenditure	-		<i>3,453</i>	
Transfer to EFT for Crisis Fund	-		<i>(3,248)</i>	
		-		<i>(17)</i>
Remainder transferred to General Reserve		1,398		<i>33,275</i>

EFT International (CIO)
Balance Sheet as at 31 March 2024

	2024		2023	
	£	£	£	£
<u>Intangible Assets</u>				
Website b/fwd	2,000		2,000	
Less: Amortisation	-	2,000	-	2,000
		<u>2,000</u>		<u>2,000</u>
Trade Marks and identity b/fwd	7,345		8,469	
Additions	-		-	
Less: Amortisation	1,124	6,221	1,124	7,345
		<u>1,124</u>		<u>7,345</u>
Governance development b/fwd	3,333			
Additions	-		5,000	
Less: Amortisation	1,667	1,666	1,667	3,333
		<u>1,667</u>	<u>1,667</u>	<u>3,333</u>
		<u>9,887</u>		<u>12,678</u>
<u>Current Assets</u>				
Prepaid costs	131		131	
HSBC Account	121,423		119,241	
PayPal Account	53,396		66,333	
		<u>174,950</u>	<u>185,705</u>	
<u>Less Current Liabilities</u>				
Creditors, Accruals and Provision	8,653		23,597	
		<u>8,653</u>	<u>23,597</u>	
		<u>166,297</u>		<u>162,108</u>
		<u>176,184</u>		<u>174,786</u>
<u>The Organisation's Reserve Funds</u>				
General Reserve				
Opening balance 1 April 2023		164,087		130,812
Surplus for the year		1,398		33,275
		<u>165,485</u>		<u>164,087</u>
Reserve Fund (EFT Research)				
Opening balance 1 April 2023	10,644		10,456	
Fund movement in year	-	10,644	188	10,644
		<u>-</u>	<u>188</u>	<u>10,644</u>
EFT for Crisis Fund				
		<u>55</u>		<u>55</u>
		<u>176,184</u>		<u>174,786</u>

The financial statements on pages 1 to 6 are hereby approved on behalf of the Trustees.


.....

Craig Weiner (Chair of Trustees)

Dated : 20-01-2025
.....

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2024

1. Accounting Compliance

These accounts comply with the relevant Charity SORP (Second edition), FRS102 and UK Charity law as applicable.

2. Basis of preparation

2.1 Accounting

The Accounts have been prepared under the Historical Cost Convention with items recognised at cost or transaction value unless otherwise stated in the relevant note.

The Accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The Charity Constitutes a public benefit entity as defined by FRS102.

2.2 Going Concern

The Trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2024

3 True & fair view

The Accounts present a true and fair view and the Accounting policies adopted are those outlined in notes 3 and 4 below.

Income

- 3.2 Membership Subscriptions received in the nature of a gift are recognised as Donations.
- 3.3 Membership Subscriptions which give a member the right to services or other benefits would be recognised as income earned from the provision of goods and services from charitable activities.
- 3.4 Donations from book sales are transferred to the EFT Research reserve fund

4 Intangible Assets

- 4.1 The Residual Value of the Association's website is estimated to be £2,000 at 31 March 2024.
- 4.2 Trade Mark and Identity costs are being written off over ten years. Amortisation is calculated on a straight line basis.
- 4.3 Governance Development costs are being written off over three years on a straight line basis.

5 Donated Goods and Services

There were no donated services or goods received requiring recognition in the year.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2024

6 Related Party Transactions

The following services were supplied to the Charity by related parties and volunteers on a contract for services basis:

	2024	2023
	<u>£</u>	<u>£</u>
H Jones (Volunteer): Book-keeping/Coaching	-	5,946
J Dobbs (Volunteer): Administration/Project Management	6,188	3,442
J Barbee (Volunteer): Website services/Accreditation	6,140	2,823
J Footman (Volunteer): External liaison, Projects and subcontracted accreditation work }	-	1,228
Z West: Bookkeeping and Membership Services		15,734
M Moorby (Volunteer): Accreditation work	70	350
B Moore-Hafter (Volunteer): Membership/Accreditation work	14,105	5,470
Aaron Jerad (AJ Designs): Webmaster	5,140	-
Melody Lovell: Membership Administration	3,526	-

7 Trustees Expenses & Benefits

Expenses were reimbursed in accordance with the Association's strict policy.
The Trustees enjoy the benefits of membership but they received no other benefits.

8 Post Balance Sheet Events

There are no material post-balance sheet events requiring disclosure.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for year ended 31 March 2024

9 Independent Scrutiny

These Accounts have been the subject of statutory external scrutiny as required by UK Charity law in accordance with the applicable Statement of Recommended Practice. The Independent Examiner's services and fees (excluding VAT) are set out below:

	Year to 31 March 2024
	<u>£</u>
For Independent Examination	830
Accountancy and other services	1,320

10 Contingent items

The Trustees consider that there are no Contingent Assets or Liabilities to be disclosed.

Independent Examiner's Report to the Trustees of EFT International (CIO)
(Charity no. 1176538)
on the Accounts for the year ended 31 March 2024

I report to the trustees on my examination of the accounts pages one to six of the above charity ("the Trust") for the year ended 31 March 2024 .

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

The Trustees are reminded that my examination is not an Audit.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Dated: 21/1/2025



Garry Alexander, MAAT

(Licensed Member of the Association of Accounting Technicians)

Wheelers Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

EFT INTERNATIONAL

England & Wales - Charity number 1176538

Accounts



Trustees' Annual Report for the period

From 01/04/2022 **Period start date** **To** 31/03/2023 **Period end date**

Charity name: EFT International

Charity registration number:1176538

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT) and training
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	<p>a) Establishing and upholding the highest standards of ethics and conduct which are at least required by regulatory bodies but may exceed them</p> <p>b) Acting independently of any regulatory body</p> <p>c) Publishing a complaints procedure for all members and the general public</p> <p>d) Encouraging professional practice and ensuring that teaching/training follows the core curriculum laid down in the training guidelines</p> <p>e) Providing information to the general public and forge links with relevant professionals about the benefits and working practices of Emotional Freedom Techniques (EFT)</p> <p>f) Maintaining a list of current active members and only allow practising members to join on the proviso that they agree to, and abide by, (where applicable) EFT International Training Regulations, the EFT International Code of Conduct and Ethics, and EFT International Guidelines on CPD and Mentoring as updated and amended from time to time</p> <p>g) Offering an annual scientific symposium conference for the public exploring EFT and</p>

		<p>EFT complementary research and practice recommendations</p> <p>h) Creating and offering free to the public scientific research based materials highlighting EFT's effectiveness for a variety of health concerns ranging from downloadable white papers and a peer reviewed EFT research database.</p> <p>i) Maintain and actively monitor a variety of social media platforms that offer EFT related information to the public.</p> <p>g) Produce a newsletter for the general public and another for members</p> <p>h) Wherever possible, make available, affordable Professional Liability Insurance for members</p> <p>i) Offering an annual scientific symposium conference for the public exploring EFT and EFT complementary research and practice recommendations</p> <p>j) Creating and offering free to the public scientific research based materials highlighting EFT's effectiveness for a variety of health concerns. ranging from downloadable white papers and a peer reviewed EFT research database.</p> <p>k) Maintain and actively monitor a variety of social media platforms that offer EFT-related information to the public.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, the trustees have received, read and are implementing this guidance.

Additional information (optional)

	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	<p>With the exception of specific specialist contracted work, such as webmaster, accounting bookkeeper, external financial auditor ^{examiner}, membership coordinator, and accreditation coordinator, a majority of the activities of the charity is undertaken by volunteers, who number about 20 individuals across multiple committees. We have continued to expand our volunteer teams to cater for the increasing workload as the organisation grows but recognise that we need to move towards more work being reimbursed.</p> <p>Volunteer teams include the following:</p> <ol style="list-style-type: none"> 1. Board of Trustees <ol style="list-style-type: none"> a) Research Committee b) Communications Committee c) Ethics and Professional Conduct Committee d) Training and Accreditation Committee e) Volunteer Support Committee
Other		N/A

CW correction

You may choose to include further statements where relevant about:

Achievements and Performance

	SORP reference	
--	----------------	--

<p>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.</p>	<p>Para 1.20</p>	<ol style="list-style-type: none"> 1. In March 2023, EFT International (EFTI) sponsored EFT and Issues around Cancer online conference with a record-breaking attendance with specific outreach to UK based cancer research and treatment centres, and clinicians at the NHS. 2. A first All Volunteers meeting was created to discuss organisational structure changes. 3. A new Volunteer Support Committee was created as a new subcommittee. With a new Chair, this team was brought on to support charity volunteers, and to create and implement best practices. 4. Contributions were made by EFTI volunteers as part of an inter-disciplinary team to submit evidence to the American Psychological Association (APA) regarding the evidence basis of EFT for PTSD. 5. Provided volunteer and financial Support for Slupsk charity for Ukrainian refugee trauma relief in Poland.
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Additional information (optional)

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>We revised our objectives in December/January to enable the above change to take place.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Other</p>		<p>During this time period the trustees initiated and/or completed work on the following:</p> <ol style="list-style-type: none"> 1. Implementation of restructuring the organisation to be in line with Charity Commission guidelines with the Trustee Board providing oversight to sub-committees, each of which is led by a team chair. 2. Introduced a volunteer-wide and specific trustee board Conflicts of Interests Policy. 3. The elimination of dual leadership roles so board of trustees and subcommittee chairs have no overlapping individuals. 4. Ceased any payments made to volunteers for work undertaken

		<p>5. Introduced a Contractor Policy and implementation of roles and responsibilities for hired contractors.</p> <p>6. Began the process of development of clear roles and responsibilities for subcommittee chairs.</p> <p>7. A review of all charity Policies and Procedures was initiated including Whistleblowing policy, Complaints procedures, Anti-bullying policy, Volunteer recruitment and onboarding procedures.</p> <p>8. The formation and development of a Volunteering Support committee.</p> <p>9. A Governance consultant was hired to assist in creating a charity-wide compliance report including the development of a thorough trustee onboarding training program.</p>
--	--	--

You may choose to include further statements where relevant about:

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial position at 31 March 2023 with a General Reserve Fund of £164,087, an EFT Research Reserve Fund of £10,644, and an EFT Crisis Fund with a balance of £55 at year end.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our General Reserve needs to be of the order of at least £65,000 to keep the organisation afloat for, say, six months in the event of a sudden or unprecedented absence of income. EFT has a growing research base but, in order to continue to advance its acceptance amongst the scientific and traditional healthcare community, more is needed. So we hold an EFT Research Fund reserve.
Amount of reserves held	Para 1.22	£174,786
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	There were no uncertainties regarding the Charity continuing as a going concern during this time. However, see principle risks below.

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	Membership Donations and annual Symposium
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	As at 31 March 2023 there was a potential risk to reputation and ability to pay and receive donations due to: 1. Challenges accessing banking and financial accounts due to an incongruence with trustee board make-up, unclear international banking issues and difficulties with previous organisation personnel facilitating access; 2. Challenges faced when dealing with a contractor who was terminated holding

		<p>on to membership data resulting in a risk and advised to ICO.</p> <p>3. Inability to obtain trustee insurance including liability as a result of:</p> <ul style="list-style-type: none"> a. the irregular governance and structure of the organisation including insufficient representation from England & Wales as required by law; b. Whistle-blower complaint resulting in an internal investigation into Governance, relating to a perceived culture of bullying and nepotism. <p>4. Expenditures incurred engaging external governance consultants to advise us on restructuring to align with CIO NFP requirements and Charity Commission recommendations. Consultants produced an implementation plan covering 42 required actions to be taken to regularise the Charity.</p>
Other		None

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	NFP CIO
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	At the time of this return it was as previously: The first Trustees were selected from people who had a long and respected reputation within the field of EFT. Additional Trustees were recruited, increasing the breadth of skills and geographical spread of the membership. (NB This process was updated in June 2023 at the charity's AGM.)

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	An induction process for new Trustees was designed in March 2023 following guidelines in CC3 – Roles and Responsibilities of a Trustee. All existing Trustees went through the programme as a refresher.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity has a main Board of Trustees. Operational activities are carried out by the committees as follows: <ul style="list-style-type: none"> ● Research ● Communications ● Ethics and Professional Conduct ● Training and Accreditation ● Volunteer Support
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	EFT International
Other name the charity uses	None
Registered charity number	1176538
Charity's principal address	EFT International, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year
1	Craig Weiner	Chair	1/4/22 to present
2	Pippa Gagie	Deputy Chair	28/11/22 to present
3	Karin Davidson		04/01/18 to present
4	Sejual Shah		18/04/23 to present
5	Ranjana Appoo		18/04/23 to 19/12/23
6	Emmalee Peppar		19/12/23 to present
7	Kristin Panasewicz		19/12/23 to present
8	Emma Roberts		18/04/23 to 19/12/23
9	Sue Beer		18/04/23 to 12/10/23
10	Kathryn Temple		18/04/23 to 22/08/23
11	Rosie Newman		18/04/23 to 02/08/23

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

Director name		
N/A		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
N/A		
Name of chief executive or names of senior staff members (Optional information)		
N/A		

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		Pippa Gagie
Full name(s)	Craig Weiner	Pippa Gagie
Position (eg Secretary, Chair, etc)	Chair of Trustees	Deputy Chair of Trustees
Date	30 January 2024	

Sender: craigweinerdc@gmail.com
Sent Date/Time: Fri, 9 Feb 2024 08:51:16 -0800
Received Date/Time: 2024.02.09 08:51:33
Subject:
Attached files: 27000 Efti Signed TAR 2023.pdf



EFT International (CIO)

UK Charity no. 1176538

Financial Statements (Accounts)

for the year ended 31 March 2023

The Trustees are pleased to present the financial statements for the above year.

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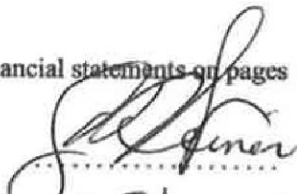
EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2023

	Year ended		<i>Year ended</i>	
	31.03.23		<i>31.03.22</i>	
<u>Income</u>	£	£	£	£
Donations : Membership	76,747		74,389	
Reserved for EFT Research Fund	188		3,189	
EFT for Crisis Reserve Fund	3,248	80,183	260	77,838
Accreditation		570		4,640
Audio-Visual & other sales		454		1,009
Conference and Meetings		19,484		17,401
On-line Exams		6,370		7,744
Disclosure and Barring Service		55		-
Affiliate Income		2,198		4,012
Bank Interest		529		17
		109,843		<i>112,661</i>
<u>Less Expenditures</u>				
Donations : EFT for Crisis	3,453		-	
Travel, Accommodation and Subsistence	1,919		1,424	
Website Management	9,326		14,071	
Conferences & Meetings	727		204	
Disclosure and Barring Services	-		-	
Accreditation/Training Management	9,550		11,862	
Operations Management	11,960		22,905	
Promotion and Printing	5,558		7,254	
Membership Administration	16,133		23,751	
General Administration	1,667		756	
Bank and PayPal Charges	3,487		3,002	
Legal and Professional fees	4,588		2,530	
Accountancy & Examination	5,426		2,812	
Honoraria provision	-		2,250	
Amortisation of Intangible Assets	2,791		1,124	
		76,585		<i>93,945</i>
Operating Surplus for the year		33,258		<i>18,716</i>
Transfer donations to EFT Research Fund	-188		(3,189)	
Transfer EFT funds for expenditure	3,453			
Transfer to EFT for Crisis Fund	(3,248)	(17)	(260)	(3,449)
Remainder transferred to General Reserve		33,275		<i>15,267</i>

EFT International (CIO)
Balance Sheet as at 31 March 2023

	<u>Note</u>	2023		2022	
		£	£	£	£
<u>Intangible Assets</u>					
Website		2,000		2,000	
Less: Amortisation		-	2,000	-	2,000
Trade Marks and identity		8,469		4,894	
Additions		-		4,699	
Less: Amortisation		1,124	7,345	1,124	8,469
<u>Governance development</u>					
Additions		5,000			
Less: Amortisation		1,667	3,333		-
			<u>12,678</u>		<u>10,469</u>
<u>Current Assets</u>					
Stock of books		-		1,500	
Prepaid costs		131		131	
HSBC Account Balances		119,241		135,433	
PayPal Account		66,333		1,052	
		<u>185,705</u>		<u>138,116</u>	
<u>Less Current Liabilities</u>					
Creditors, Accruals and Provision		23,597		7,057	
			<u>162,108</u>		<u>131,059</u>
			<u>174,786</u>		<u>141,528</u>
<u>The Organisation's Reserve Funds</u>					
<u>General Reserve</u>					
Opening balance 1 April 2022			130,812		115,545
Surplus for the year			33,275		15,267
			<u>164,087</u>		<u>130,812</u>
<u>Reserve Fund (EFT Research)</u>					
Opening balance 1 April 2022		10,456		7,267	
Fund movement in year		188	10,644	3,189	10,456
			<u>55</u>		<u>260</u>
<u>EFT for Crisis Fund</u>					
			<u>174,786</u>		<u>141,528</u>

The financial statements on pages 1 to 6 are hereby approved on behalf of the Trustees.



Craig Weiner (Chair of Trustees)

Dated: 8 February 2024

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2023

1. Accounting Compliance

These accounts comply with the relevant Charity SORP (Second edition), FRS102 and UK Charity law as applicable.

2. Basis of preparation

2.1 Accounting

The Accounts have been prepared under the Historical Cost Convention with items recognised at cost or transaction value unless otherwise stated in the relevant note.

The Accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The Charity Constitutes a public benefit entity as defined by FRS102.

2.2 Going Concern

The Trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2023

3 True & fair view

The Accounts present a true and fair view and the Accounting policies adopted are those outlined in notes 3 and 4 below.

Income

- 3.2 Membership Subscriptions received in the nature of a gift are recognised as Donations.
- 3.3 Membership Subscriptions which give a member the right to services or other benefits would be recognised as income earned from the provision of goods and services from charitable activities.
- 3.4 Donations from book sales are transferred to the EFT Research reserve fund

4 Intangible Assets

- 4.1 The Residual Value of the Association's website is estimated to be £2,000 at 31 March 2023.
- 4.2 Trade Mark and Identity costs are being written off over ten years. Amortisation is calculated on a straight line basis.
- 4.3 Governance Development costs are being written off over three years on a straight line basis.

5 Donated Goods and Services

There were no donated services or goods received requiring recognition in the year.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2023

6 Related Party Transactions

The following services were supplied to the Charity by related parties and volunteers on a contract for services basis:

	2023	2022
	<u>£</u>	<u>£</u>
H Jones (Volunteer): Book-keeping/Coaching	5,946	9,001
J Dobbs : Administration and Project Management	3,442	-
C Sutton (Volunteer): Accreditation/Training Board	-	3,614
J Barbee (Volunteer): Website services/Accreditation	2,823	7,701
J Footman (Volunteer): External liaison, Projects and subcontracted accreditation work	1,228	6,398
Z West: Bookkeeping and Membership Services	15,734	4,272
S Garfield: Accreditation	-	1,547
C Stonier (Volunteer): Accreditation work	-	900
M Moorby (Volunteer): Accreditation work	350	614
B Moore-Hafter (Volunteer): Membership and Accreditation work	5,470	45
M Bennett (Volunteer): Accreditation work	-	450
Other Volunteers (4 Under £250): Translation	-	543

7 Trustees Expenses & Benefits

Expenses were reimbursed in accordance with the Association's strict policy. The Trustees enjoy the benefits of membership but received no other benefits.

8 Post Balance Sheet Events

There are no material post-balance sheet events requiring disclosure.

EFT International (CIO)

(Registered UK Charity number 1176538)

Notes to the Accounts for the year ended 31 March 2023

9 Independent Scrutiny

These Accounts have been the subject of statutory external scrutiny as required by UK Charity law in accordance with the applicable Statement of Recommended Practice. The Independent Examiner's services and fees (excluding VAT) are set out below:

	Year to 31 March 2023
	<u>£</u>
For Independent Examination	830
Accountancy and other services	1,320

10 Honoraria and benefits

	Cash and other Benefits	
	<u>2023</u>	<u>2022</u>
	<u>£</u>	<u>£</u>
Honorary Secretary	-	1,000)
Research Team volunteers (2)	-	1,250)
) Membership (free)
Total provision	<u>Nil</u>	<u>2,250</u>

**Independent Examiner's Report to the Trustees/members of
EFT International (formerly AAMET international)
(Charity no. 1176538)
on the accounts for the year ended 31 March 2023**

I report to the trustees on my examination of the accounts (pages three to eight) of the above charity ("the Trust") for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

The Trustees are reminded that my examination is not an Audit.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Dated:

8/2/2024

Garry Alexander, MAAT

(Licensed Member of the Association of Accounting Technicians)

Wheeler Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

EFT INTERNATIONAL

England & Wales - Charity number 1176538

Accounts



Trustees' Annual Report for the period

From: 01/04/21 Period start date

To: 31/03/22 Period end date

Charity name: EFT International (formerly AAMET International)

Charity registration number: 1176538

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT) practice and training
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	<ol style="list-style-type: none">1. Establishing and upholding the highest standards of ethics and conduct, including Safeguarding2. Acting independently of any regulatory body3. Publishing a complaints procedure for all members and the public.4. Encouraging professional practice and that teaching/training follows the core curriculum laid down in the training guidelines.5. Provide information to the public and forge links with relevant professionals about the benefits and working practices of EFT.6. Maintaining a list of members and only allowing practising members to join on the proviso that they agree to, and abide by, (where applicable) EFTi Training Regulations, the EFTi Code of Conduct and Ethics, and EFTi Guidelines on CPD and Mentoring as updated and amended from time to time.7. We are working to develop a culture and team that reflects and promotes the diverse cultural, religious, gender and health experiences of our international membership.8. Producing a regular monthly newsletter to both members and the public9. Updating members on recent EFT research by organising an annual online Symposium, held March 2022 and via a research newsletter.

		10. Wherever possible, making available, affordable Professional Liability Insurance for members
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, the trustees have received and read this guidance

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	With the exception of specific specialist contracted work, most of the activities of the charity are undertaken by volunteers, who number about 40 across the different teams. We continue to expand our volunteer teams to cater to the increasing workload as the organisation expands but recognise that we do now need to move towards a point where more work is paid. Volunteer teams include a Board of Trustees, Research, Communications, Ethics and Training and Accreditation committees.
Other		N/A

Achievements and performance

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

1. Our Code of Conduct and Ethics is published on the website and is evaluated and refined in response to on-going learning in the field of Ethics. This year we have continued to raise our members' awareness of work with both vulnerable adults and children and young people, and to recognise the responsibilities involved.

2. EFT International has a requirement for ongoing regular mentoring of practitioner work. This function has been enhanced this year by the development and delivery of further workshops aimed at improving the standard of mentorship provided by mentors (trainers and approved accredited advanced practitioners)

3. Our independence from regulatory and other such bodies is shown in our response to the NICE (National Institute for Health and Care Excellence) draft guidance on PTSD (Post Traumatic Stress Disorder). Following our submission, NICE substantially revised its attitude towards EFT and now recommends further research. We have made a submission to NICE for its forthcoming guidelines on depression, and are awaiting the outcome.

4. The complaints procedure is published. Wherever possible, we adopt a 'Restorative Justice' approach of seeking understanding of what went wrong and restoration and reconciliation, rather than adopting a punitive approach.

5. We offer a free downloadable basic EFT training manual to members of the public who subscribe to our Newsletter. To increase the accessibility, this has now been translated into French, Arabic, German, Dutch and Italian. Spanish and Farsi and other language versions are pending

6. We maintain a Practitioner Directory on the website, which serves to inform members of the public who are seeking fully qualified, competent, and ethical practitioners.

7. We have an active Communications team of volunteers who host a number of social media sites for members to meet, share and seek guidance or support. Additionally, our mentoring requirement includes group mentoring, which leads to our trainers setting up small mentoring communities and groups for discussion, support and consequent improvement or practice standards and public safety.

8. The newsletter is published regularly

		<p>9. We have a block agreement with a specialist insurance provider.</p> <p>10. EFTi is actively supporting academic research to further the scientific validity, efficacy and efficiency of this method. Especially for PTSD, where drugs have been shown to have a limited impact on the symptoms while being associated with very high costs. Whereas EFT provides a drug-free solution, that might become a very cost-efficient standard alternative with high rates of effectiveness on the subjects.</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	Overall, we have achieved significant success in improving access to quality information and practice of EFT and in validating the evidence base for EFT, thereby greatly improving public benefit.
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		

Financial review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial position at 31 March 2022 with a General Reserve Fund of £130,812, an EFT Research Reserve Fund of £10,456, and an EFT Crisis Fund with a balance of £260 at year end.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our General Reserve needs to be of the order of at least £65,000 to keep the organisation afloat for, say, six months in the event of a sudden or unprecedented absence of income. EFT has a growing research base but, in order to advance its acceptance amongst the

		scientific and traditional healthcare community, more is needed, so we hold an EFT Research Fund reserve. At the end of the year, EFTi created a new reserve fund, EFT for Crisis, to support humanitarian projects worldwide through a coalition of EFT practitioners, eg initially in response to the Ukrainian refugee crisis.
Amount of reserves held	Para 1.22	£141,528
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None. As this accounting year ended, the world was beginning to emerge from a global pandemic, but the organisation has remained a going concern and continues to operate effectively.

The charity's principal sources of funds (including any fundraising)	Para 1.47	Membership Donations
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	There are no material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern
Other		Sustainability is an issue that is actively considered by the board and trustees. Most of our income currently is from membership donations, and as we improve standards of training, mentorship and CPD, we are increasingly firmly established as the 'go-to' body for excellence in EFT. In the meantime, we are actively seeking alternative sources of funding, including donations from different sources and collaboration with other groups to attract affiliate fees for training and other events.

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed, memorandum and articles of association etc	Para 1.25	Constitution. The Governing Document is unchanged from that agreed with the Charity Commission
How is the charity constituted? for example limited company, unincorporated association, CIO	Para 1.25	CIO
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	The first Trustees were self-selected from people who had a long and respected reputation within the field of EFT. Additional Trustees were recruited, increasing the breadth of skills and geographical spread of the membership. Appropriate selection processes are being developed by the existing trustees and management executive team for further additions.

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	An induction process is being developed, though currently, all trustees as of this writing were recruited from within the membership. Going forward we are introducing a robust induction process at all levels of the organization.
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		Whistleblowing Complaint to the Charities Commission. At the end of March 2021 a complaint was filed by a volunteer to the Charities Commission after the volunteer received legal consultation and unsuccessful attempts were made to resolve concerns regarding governance arrangements of the

		organisation issues, gaps in policies and procedures, conflicts of interests and concerning hiring practices. The EFTi Board of Trustees worked hand in hand with the Charities Commission later in the 2022 calendar year and is progressing rapidly to introduce a wide array of solutions to resolve the concerns that will be outlined in next year's TAR.
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Reference and administrative details

Charity name	EFT International
Other name the charity uses	None
Registered charity number	1176538
Charity's principal address	EFT International, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

	Trustee name		Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Judy Byrne	Chair		
2	Jacqui Crooks		March 1, 2021 to March 9, 2022	
3	Karin Davidson			
4	John Freedom			
5	Denise Welsh			
6	Juliet Leroy			
7	Deborah Sampson		March 1, 2021 to April 9, 2021	
8	Carl Stonier	Deputy chair		
10				

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

Director name	
None	

Name of Trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
None	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Type of adviser	Name	Address
-----------------	------	---------

AAT	Garry Alexander	Wheelers Accountants, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

Name of chief executive or names of senior staff members (optional information)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

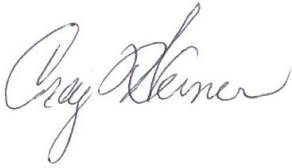
N/A

Other optional information

N/A

Declarations

Signature(s)

	
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Full name(s)

Craig Weiner	
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Position

Chair of Trustees



A Charity Incorporated Organisation (CIO)

(Formerly The Association for the Advancement of Meridian Energy Techniques)

(UK registered Charity number 1176538)

Financial Statements
for the year ended 31 March 2022

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**Independent Examiner's Report to the Trustees/members of
EFT International (formerly AAMET international)
(Charity no. 1176538)
on the accounts for the year ended 31 March 2022**

I report to the trustees on my examination of the accounts (pages three to eight) of the above charity ("the Trust") for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").


I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Dated: 26-1-23

Garry Alexander, MAAT
(Licensed Member of the Association of Accounting Technicians)

Wheeler Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2022


	Note	Year ended 31.03.22		Year ended 31.03.21	
<u>Income</u>		£	£	£	£
Donations : Membership		74,389		71,207	
Reserved for EFT Research Fund		3,189		1,962	
EFT for Crisis Reserve Fund		<u>260</u>	77,838	<u>-</u>	73,169
Accreditation			4,640		2,330
Audio-Visual			1,009		-
Conference and Meetings			17,401		11,220
On-line Exams			7,744		7,003
Disclosure and Barring Service			-		165
Affiliate Income			4,012		6,954
Bank Interest			<u>17</u>		<u>33</u>
			112,661		100,874
<u>Less Expenses</u>					
Travel, Accommodation and Subsistence		1,424		59	
Website Management		14,071		12,726	
Conferences & Meetings		204		162	
Disclosure and Barring Services		-		128	
Accreditation/Training Management		11,862		9,853	
Operations Management		22,905		11,596	
Promotion and Printing		7,254		2,484	
Membership Administration		23,751		17,542	
General Administration		756		432	
Bank and PayPal Charges		3,002		3,023	
Legal and Professional fees		2,530		1,691	
Accountancy & Examination	9	2,812		2,124	
Honoraria provision	10	2,250		2,200	
Amortisation of Intangible Assets	4	<u>1,124</u>		<u>4,283</u>	
			93,945		68,303
Ordinary (deficit) / surplus for the period/year			18,716		32,571
Less material items: Abortive Costs			<u>-</u>		<u>1,000</u>
Operating Surplus for the year			18,716		31,571
Transfer donations to EFT Research Fund		(3,189)		(1,962)	
Transfer EFT funds for expenditure		-		1,194	
Transfer to EFT for Crisis Fund	11	<u>(260)</u>	<u>(3,449)</u>	<u>-</u>	<u>(768)</u>
Remainder transferred to General Reserve			15,267		30,803

This page must be read with the following notes

EFT International (CIO)
Balance Sheet as at 31 March 2022

	Note	2022		2021	
		£	£	£	£
<u>Intangible Assets</u>					
Website	4	2,000		5,629	
Less: Amortisation		-	2,000	3,629	2,000
Trade Marks and identity	4	4,894		5,548	
Additions		4,699			
Less: Amortisation		1,124	8,469	654	4,894
<u>Current Assets</u>					
Stock of books		1,500		2,430	
Prepaid costs		131		3,230	
HSBC Account Balances		135,433		115,756	
PayPal Account		1,052		1,778	
		138,116		123,194	
<u>Less Current Liabilities</u>					
Creditors, Accruals and Provision		7,057		7,276	
			131,059		115,918
			141,528		122,812
<u>The Association Reserve Funds</u>					
General Reserve					
Opening balance 1 April 2021			115,545		84,742
Surplus for the year			15,267		30,803
			130,812		115,545
Reserve Fund (EFT Research)					
Opening balance 1 April 2021		7,267		6,499	
Fund movement in year		3,189	10,456	768	7,267
EFT for Crisis Fund	11		260		-
			141,528		122,812

The financial statements on pages 3 to 8 are hereby approved on behalf of the Trustees.

Signed: 

Pippa Gagie (Trustee)

Dated: 26. 1. 2023

This page must be read with the following notes.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year to 31 March 2022

1. Accounting Compliance

These accounts comply with the relevant Charity SORP (Second edition), FRS102 and UK Charity law as applicable.

2. Basis of preparation

2.1 Accounting

The Accounts have been prepared under the Historical Cost Convention with items recognised at cost or transaction value unless otherwise stated in the relevant note.

The Accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The Charity Constitutes a public benefit entity as defined by FRS102.

2.2 Going Concern

The Trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities for the year ended 31 March 2022

3 True & fair view

The Accounts present a true and fair view and the Accounting policies adopted are those outlined in notes 3 and 4 below.

Income

- 3.2 Membership Subscriptions received in the nature of a gift are recognised as Donations.
- 3.3 Membership Subscriptions which give a member the right to services or other benefits would be recognised as income earned from the provision of goods and services from charitable activities.
- 3.4 Donations from book sales are transferred to the EFT Research reserve fund

4 Intangible Assets

The Residual Value of the Association's website is estimated to be £2,000 at 31 March 2022. Trade Mark and Identity costs are being written off over ten years. Amortisation is calculated on a straight line basis.

5 Donated Goods and Services

There were no donated services or goods received requiring recognition in the year.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2022

6 Related Party Transactions

The following services were supplied to the Charity by related parties and volunteers on a contract for services basis:

	2022	2021
	£	£
H Jones (Volunteer): Book-keeping/Coaching	9,001	6,160
C Sutton (Volunteer): Accreditation/Training Board	3,614	8,098
J Barbee (Volunteer): Website services/Accreditation	7,701	7,929
J Footman (Volunteer): External liaison, Projects £4,095 }		
and subcontracted accreditation work £2,303 }	6,398	
Z West: Membership Services	4,272	
S Garfield: Accreditation	1,547	-
C Stonier (Volunteer): Accreditation work	900	630
M Moorby (Volunteer): Accreditation work	614	145
B Moore-Hafter (Volunteer): Accreditation work	45	55
M Bennett (Volunteer): Accreditation work	450	630
W Thomas (Volunteer): Research work	-	259
Other Volunteers (4 Under £250): Translation	543	-

7 Trustees Expenses & Benefits

Expenses were reimbursed in accordance with the Association's strict policy. The Trustees enjoy the benefits of membership but received no other benefits.

8 Post Balance Sheet Events

There are no material post-balance sheet events requiring disclosure.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2022

9 Independent Scrutiny

These Accounts have been the subject of statutory external scrutiny as required by UK Charity law in accordance with the applicable Statement of Recommended Practice. The Independent Examiner's services and fees (excluding VAT) are set out below:

	<u>£</u>
For Independent Examination	830
Accountancy and other services	1,320

10 Honoraria and benefits

The Association's ability to undertake its charitable activities is dependent on its voluntary office holders, workers and contributors. The Trustees propose to acknowledge the special contribution of the following this year:

	Cash	Other Benefits
	<u>£</u>	
Honorary Secretary	1,000)	
Research Team volunteers (2)	1,250)	Membership (free)

Total provision	<u>2,250</u>	

11 EFT for Crisis Reserve Fund

A sum of £260 has been transferred to a new Reserve fund and is earmarked for "Roots for Relief".



A Charity Incorporated Organisation (CIO)

(Formerly The Association for the Advancement of Meridian Energy Techniques)

(UK registered Charity number 1176538)

Financial Statements
for the year ended 31 March 2022

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**Independent Examiner's Report to the Trustees/members of
EFT International (formerly AAMET international)
(Charity no. 1176538)
on the accounts for the year ended 31 March 2022**

I report to the trustees on my examination of the accounts (pages three to eight) of the above charity ("the Trust") for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").


I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Dated: 26-1-23

Garry Alexander, MAAT
(Licensed Member of the Association of Accounting Technicians)

Wheelers Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2022


	Note	Year ended 31.03.22		Year ended 31.03.21	
<u>Income</u>		£	£	£	£
Donations : Membership		74,389		71,207	
Reserved for EFT Research Fund		3,189		1,962	
EFT for Crisis Reserve Fund		<u>260</u>	77,838	<u>-</u>	73,169
Accreditation			4,640		2,330
Audio-Visual			1,009		-
Conference and Meetings			17,401		11,220
On-line Exams			7,744		7,003
Disclosure and Barring Service			-		165
Affiliate Income			4,012		6,954
Bank Interest			<u>17</u>		<u>33</u>
			112,661		100,874
<u>Less Expenses</u>					
Travel, Accommodation and Subsistence		1,424		59	
Website Management		14,071		12,726	
Conferences & Meetings		204		162	
Disclosure and Barring Services		-		128	
Accreditation/Training Management		11,862		9,853	
Operations Management		22,905		11,596	
Promotion and Printing		7,254		2,484	
Membership Administration		23,751		17,542	
General Administration		756		432	
Bank and PayPal Charges		3,002		3,023	
Legal and Professional fees		2,530		1,691	
Accountancy & Examination	9	2,812		2,124	
Honoraria provision	10	2,250		2,200	
Amortisation of Intangible Assets	4	<u>1,124</u>		<u>4,283</u>	
			93,945		68,303
Ordinary (deficit) / surplus for the period/year			18,716		32,571
Less material items: Abortive Costs			<u>-</u>		<u>1,000</u>
Operating Surplus for the year			18,716		31,571
Transfer donations to EFT Research Fund		(3,189)		(1,962)	
Transfer EFT funds for expenditure		-		1,194	
Transfer to EFT for Crisis Fund	11	<u>(260)</u>	<u>(3,449)</u>	<u>-</u>	<u>(768)</u>
Remainder transferred to General Reserve			15,267		30,803

This page must be read with the following notes

EFT International (CIO)
Balance Sheet as at 31 March 2022

	Note	2022		2021	
		£	£	£	£
<u>Intangible Assets</u>					
Website	4	2,000		5,629	
Less: Amortisation		-	2,000	3,629	2,000
Trade Marks and identity	4	4,894		5,548	
Additions		4,699			
Less: Amortisation		1,124	8,469	654	4,894
<u>Current Assets</u>					
Stock of books		1,500		2,430	
Prepaid costs		131		3,230	
HSBC Account Balances		135,433		115,756	
PayPal Account		1,052		1,778	
		138,116		123,194	
<u>Less Current Liabilities</u>					
Creditors, Accruals and Provision		7,057		7,276	
			131,059		115,918
			141,528		122,812
<u>The Association Reserve Funds</u>					
General Reserve					
Opening balance 1 April 2021			115,545		84,742
Surplus for the year			15,267		30,803
			130,812		115,545
Reserve Fund (EFT Research)					
Opening balance 1 April 2021		7,267		6,499	
Fund movement in year		3,189	10,456	768	7,267
EFT for Crisis Fund	11		260		-
			141,528		122,812

The financial statements on pages 3 to 8 are hereby approved on behalf of the Trustees.

Signed: 

Pippa Gagie (Trustee)

Dated: 26. 1. 2023

This page must be read with the following notes.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year to 31 March 2022

1. Accounting Compliance

These accounts comply with the relevant Charity SORP (Second edition), FRS102 and UK Charity law as applicable.

2. Basis of preparation

2.1 Accounting

The Accounts have been prepared under the Historical Cost Convention with items recognised at cost or transaction value unless otherwise stated in the relevant note.

The Accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The Charity Constitutes a public benefit entity as defined by FRS102.

2.2 Going Concern

The Trustees consider that there are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities for the year ended 31 March 2022

3 True & fair view

The Accounts present a true and fair view and the Accounting policies adopted are those outlined in notes 3 and 4 below.

Income

- 3.2 Membership Subscriptions received in the nature of a gift are recognised as Donations.
- 3.3 Membership Subscriptions which give a member the right to services or other benefits would be recognised as income earned from the provision of goods and services from charitable activities.
- 3.4 Donations from book sales are transferred to the EFT Research reserve fund

4 Intangible Assets

The Residual Value of the Association's website is estimated to be £2,000 at 31 March 2022. Trade Mark and Identity costs are being written off over ten years. Amortisation is calculated on a straight line basis.

5 Donated Goods and Services

There were no donated services or goods received requiring recognition in the year.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2022

6 Related Party Transactions

The following services were supplied to the Charity by related parties and volunteers on a contract for services basis:

	2022	2021
	£	£
H Jones (Volunteer): Book-keeping/Coaching	9,001	6,160
C Sutton (Volunteer): Accreditation/Training Board	3,614	8,098
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W Thomas (Volunteer): Research work	-	259
Other Volunteers (4 Under £250): Translation	543	-

7 Trustees Expenses & Benefits

Expenses were reimbursed in accordance with the Association's strict policy. The Trustees enjoy the benefits of membership but received no other benefits.

8 Post Balance Sheet Events

There are no material post-balance sheet events requiring disclosure.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2022

9 Independent Scrutiny

These Accounts have been the subject of statutory external scrutiny as required by UK Charity law in accordance with the applicable Statement of Recommended Practice. The Independent Examiner's services and fees (excluding VAT) are set out below:

	<u>£</u>
For Independent Examination	830
Accountancy and other services	1,320

10 Honoraria and benefits

The Association's ability to undertake its charitable activities is dependent on its voluntary office holders, workers and contributors. The Trustees propose to acknowledge the special contribution of the following this year:

	Cash	Other Benefits
	<u>£</u>	
Honorary Secretary	1,000)	
Research Team volunteers (2)	1,250)	Membership (free)

Total provision	<u>2,250</u>	

11 EFT for Crisis Reserve Fund

A sum of £260 has been transferred to a new Reserve fund and is earmarked for "Roots for Relief".

EFT INTERNATIONAL

England & Wales - Charity number 1176538

Accounts



Trustees' Annual Report for the period

From: 01/04/20 Period start date

To: 31/03/21 Period end date

Charity name: EFT International (formerly AAMET International)

Charity registration number: 1176538

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT) practice and training
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	<ol style="list-style-type: none"> 1. Establishing and upholding the highest standards of ethics and conduct, including Safeguarding 2. Acting independently of any regulatory body 3. Publishing a complaints procedure for all members and the general public. 4. Encouraging professional practice and that teaching/training follows the core curriculum laid down in the training guidelines. 5. Provide information to the general public and forge links with relevant professionals about the benefits and working practices of EFT. 6. Maintaining a list of members and only allowing practising members to join on the proviso that they agree to, and abide by, (where applicable) EFTi Training Regulations, the EFTi Code of Conduct and Ethics, and EFTi Guidelines on CPD and Mentoring as updated and amended from time to time. 7. We are working to develop a culture and team that reflects and promotes the diverse cultural, religious, gender and health experiences of our international membership, and to this end, have appointed a diversity officer to advise the

		<p>board.</p> <p>8. Providing support by making available meetings for members to be a forum for sharing ideas, concerns that may arise in practice</p> <p>9. Producing a regular newsletter</p> <p>10. Updating members on recent EFT research by organising an annual online Symposium and via a research newsletter.</p> <p>11. Wherever possible, making available, affordable Professional Liability Insurance for members</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Yes, the trustees have received and read this guidance

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	With the exception of specific specialist contracted work, most of the activities of the charity are undertaken by volunteers, who number about 39 across the different teams. We continue to expand our volunteer teams to cater to the increasing workload as the organisation expands but recognise that we do now need to move towards a point where more work is paid.
Other		N/A

Achievements and performance

<p>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.</p>	<p>Para 1.20</p>	<ol style="list-style-type: none">1. Our Code of Conduct and Ethics is published on the website and is evaluated and refined in response to on-going learning in the field of Ethics. This year we have continued to raise our members' awareness of work with both vulnerable adults and children and young people, and to recognise the responsibilities involved.2. EFT International is the only EFT organisation which has a requirement for ongoing regular mentoring of practitioner work. This function has been enhanced this year by the development and delivery of 3 workshops aimed at improving the standard of mentorship provided by mentors (trainers and approved accredited advanced practitioners)3. Our independence from regulatory and other such bodies is shown in our response to the NICE (National Institute for Health and Care Excellence) draft guidance on PTSD (Post Traumatic Stress Disorder). Following our submission, NICE substantially revised its attitude towards EFT and now recommends further research.4. Because of a recognition of the overlap that sometimes happens between ethics issues and Training and Accreditation Board (TAB) functions, the ethics team has recruited a member of the Training and Accreditation Board to give specialist TAB perspectives and to act as liaison between the two teams5. The complaints procedure is published. Four complaints were brought to the attention of EFTi this year. 1 was not involving the practice of EFT and was therefore not upheld; 1 was raised because of a refusal to refund money paid in advance for a course of EFT sessions. The problem was resolved before all the sessions
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		<p>had been taken, and the practitioner's terms and conditions did not include refund of prepaid monies. The practitioner was advised about future business practice. Concern was expressed about a student making offers via Facebook that were beyond her competence. The student was interviewed and advised appropriately. A serious case was referred to the ethics team involving a Master Trainer in Canada who was in breach of contract with both a trainer trainee and the EFT International training standards. After lengthy investigation, the Master Trainer chose to resign from EFT International membership in preference to facing a disciplinary panel, where a possible sanction may have been suspension of membership, although wherever possible, we adopt a 'Restorative Justice' approach of seeking understanding of what went wrong and restoration and reconciliation, rather than adopting a punitive approach.</p> <p>7. We offer a free downloadable basic EFT training manual to members of the public who subscribe to our Newsletter. To increase the accessibility, this has now been translated into French, Arabic, German, Dutch and Italian. Spanish, Farsi and other language versions are pending</p> <p>8. We maintain a Practitioner Directory on the website, which serves to inform members of the public who are seeking fully qualified, competent and ethical practitioners.</p> <p>9. We have an active Communications team of volunteers who host a number of social media sites for members to meet, share and seek guidance or support. Additionally, our mentoring requirement includes group mentoring, which leads to our trainers setting up small mentoring communities and groups for discussion, support and consequent improvement or practice standards and public safety.</p> <p>9. The newsletter is published regularly</p> <p>10. We have a block agreement with a specialist insurance provider.</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	Overall, we have achieved significant success in improving access to quality information and practice of EFT and in validating the evidence base for EFT, thereby greatly improving public benefit.
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		

Financial review

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	See above. We hold no investments. As we have no employees there is no need for a pension policy.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
Review of the charity's financial position at the end of the period A description of the principal risks facing the charity	Para 1.21 Para 1.46	The charity is in a healthy financial position at 31 March 2021 with a General Reserve Fund of £115,545 and an EFT Research Reserve Fund of £7,267. Our principal source of funding was from membership donations (£71,207). EFT International's first online scientific symposium, <i>Tapping Into Health and Wellbeing</i> , contributed £11,220. We received £9,333 from our accreditation processes and exams, and as we improve standards of training, affiliate links resulted in a further £6,957. Increasingly firmly established as the 'go to body for excellence in EFT in membership was our main expense, the meantime, we are actively seeking alternative sources of funding including donations from different sources and collaboration with other groups to attract affiliate fees for training and other events.
Other		At the end of the financial year EFT held Current Assets amounting to
		£123,194 against Liabilities of £7,276.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our General Reserve needs to be of the order of at least £58,000 to keep the organisation afloat for, say, six months in the event of a sudden or unprecedented absence of income. EFT has a growing research base but, in order to advance its acceptance amongst the scientific and traditional healthcare community, more is needed, so we hold an EFT Research Fund reserve to this end.
Amount of reserves held	Para 1.22	£122,812
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None. As this accounting year ended, the world continued to be in a global pandemic, but the organisation remained a going concern and continues to operate effectively.

Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, trust deed, memorandum and articles of association etc	Para 1.25	Constitution. The Governing Document is unchanged from that agreed with the Charity Commission
How is the charity constituted? for example limited company, unincorporated association, CIO	Para 1.25	CIO
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	The first Trustees were self-selected from people who had a long and respected reputation within the field of EFT. Additional Trustees were recruited, increasing the breadth of skills and geographical spread of the membership. Appropriate selection processes are being developed by the existing trustees and management executive team for further additions, including a replacement for one trustee who resigned at the end of the year, due to other commitments.

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	An induction pack is being developed, though currently, all trustees are recruited from within the membership, so are familiar with the organisation.
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	EFT International
Other name the charity uses	None
Registered charity number	1176538
Charity's principal address	EFT International, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

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	Judy Byrne			
2	Jacqui Crooks			
3	Karin Davidson			
4	John Freedom			
5	Denise Welsh			
6	Juliet Leroy			
7	Deborah Sampson			
Director name	None			
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

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
None	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

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)

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Dr William Carl Stonier	
Position (for example Secretary, Chair, etc)	Hon Company Secretary	
Date	1 Nov 2021	



A Charity Incorporated Organisation (CIO)

(Formerly The Association for the Advancement of Meridian Energy Techniques)

(UK registered Charity number 1176538)

Financial Statements
for the year ended 31 March 2021

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**Independent Examiner's Report to the Trustees/members of
EFT International (formerly AAMET international)
(Charity no. 1176538)
on the accounts for the year ended 31 March 2021**

I report to the trustees on my examination of the accounts (pages three to nine) of the above charity ("the Trust") for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signature: *Garry Alexander*
Garry Alexander (Nov 8, 2021 10:10 GMT)

Signed: **Email:** wheelerstiv@msn.com

Garry Alexander MAAT
(Member of the Association of Accounting Technicians)

Wheeler Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

Treasurer's Report for the year ended 31st March 2021

The attached financial statements for the above year are presented on the basis of Historical Cost. The Accruals method of accounting is applied as this best represents the Association's operating results for the financial year and its reserves at the end of the year.

As this accounting year began, the world entered a global pandemic but the figures show that the organisation has remained solvent and continued to operate effectively throughout.

The largest contributor to income was again membership donations, of £71,207. These were held at rates introduced on 1st April 2018.

In March 2021, EFT International delivered its first online scientific symposium, *Tapping into Health and Wellbeing*, to 180 attendees across 20 countries. This enabled dissemination of the most up-to-date research worldwide and greater international participation live. It contributed £11,220 to our income.

The accreditation process including exams accounted for £9,333. The organisation continued to build affiliate links with other organisations and these contributed £6,954.

Management and administration of the membership was our main expense, followed by management of the website (£12,726), of operations (£11,596) and of accreditation and training (£9,853). The Association continued to establish ever higher professional and ethical standards with a wider global reach. It worked hard through the pandemic to fast-track safe ways for practitioners and trainers to work online whilst staying true to those standards, and to develop online resources including videos and a YouTube channel also for the public. More non-English-speaking web landing pages became operational eg Farsi.

The website underpinned all of this and remains vital to its income-gathering capacity. The accounting period completed the fifth of five years in which its total developmental costs were amortised. Henceforward the website is estimated to have a residual value of £2,000.

The costs of rebranding as EFT International in April 2019 are being amortised over 10 years.

A total of £2,200 in honoraria payments was shared between volunteers in token recognition of their dedicated work on behalf of the membership and for the wider dissemination of EFT.

Overall, the Statement of Financial Activities for the financial year shows an Operating Surplus of £31,571 for the year. Our total Reserve Funds at 31st March 2021 including those for EFT Research stood at £122,812 (as compared with £91,241 at 31st March 2020).

Signature: 
Hilary Jones (Nov 6, 2021 22:06 GMT)

Email: treasurer@aamet.org

Hilary Jones
Treasurer
04.10.2021.

EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2021

	Note	Year ended		Year ended	
		31.03.21		31.03.20	
<u>Income</u>		£	£	£	£
Donations : Membership		71,207		61,744	
Reserved for EFT Research Fund		<u>1,962</u>	73,169	<u>412</u>	62,156
Accreditation			2,330		1,470
Audio-Visual			-		2,198
Conference and Meetings			11,220		-
On-line Exams			7,003		5,041
Disclosure and Barring Service			165		55
Affiliate Income			6,954		8,994
Bank Interest			33		131
			<u>100,874</u>		<u>80,045</u>
<u>Less Expenses</u>					
Travel, Accommodation and Subsistence		59		2,895	
Website Management		12,726		10,705	
Conferences & Meetings		162		-	
Disclosure and Barring Services		128		41	
Accreditation/Training Management		9,853		7,979	
Operations Management		11,596		14,615	
Promotion and Printing		2,484		1,271	
Membership Administration		17,542		16,827	
General Administration		432		279	
Bank and PayPal Charges		3,023		2,213	
Legal and Professional fees		1,691		968	
Accountancy & Examination	10	2,124		1,856	
Honoraria payments	11	2,200		1,100	
Amortisation of Intangible Assets	4	<u>4,283</u>		<u>4,284</u>	
			<u>68,303</u>		<u>65,033</u>
Ordinary (deficit) / surplus for the period/year			32,571		15,012
Less material items: Abortive Costs	9		<u>1,000</u>		<u>-</u>
Operating Surplus for the year/period			31,571		15,012
Transfer donations to EFT Research Fund		(1,962)			
Transfer EFT funds for expenditure	12	<u>1,194</u>	<u>(768)</u>		<u>(412)</u>
Remainder transferred to General Reserve			<u>30,803</u>		<u>14,600</u>

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EFT International (CIO)
Balance Sheet
As at 31 March 2021

	<u>Note</u>	2021		2020	
		£	£	£	£
<u>Intangible Assets</u>					
Website	4	5,629		9,259	
Less: Amortisation		<u>3,629</u>	2,000	<u>3,630</u>	5,629
Trade Marks and identity	4	5,548		3,144	
Additions		-		3,058	
Less: Amortisation		<u>654</u>	4,894	<u>654</u>	5,548
<u>Current Assets</u>					
Stock of books		2,430		3,120	
Prepaid costs		3,230		4,358	
HSBC Account Balances		115,756		77,756	
PayPal Account		1,778		1,530	
				<u> </u>	
		123,194		86,764	
<u>Less Current Liabilities</u>					
Creditors and Accruals		7,276		6,700	
				<u> </u>	
		<u>115,918</u>		<u>80,064</u>	
		<u>122,812</u>		<u>91,241</u>	
<u>The Association Reserve Funds</u>					
General Reserve					
Opening balance 1 April 2020		84,742		70,142	
Surplus for the period/year		<u>30,803</u>		<u>14,600</u>	
		115,545		84,742	
Reserve Fund (EFT Research)					
Opening balance 1 April 2020		6,499		6,087	
Fund movement in year		<u>768</u>	7,267	<u>412</u>	6,499
		<u>122,812</u>		<u>91,241</u>	

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EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year to 31 March 2021

Operating name

The Charity Commissioners acknowledged the Association's new name of EFT International (formerly AAMET International) on 29 April 2020.

1. Accounting Period and Compliance

These accounts comply with the relevant Charity SORP (Second edition), FRS102 and UK Charity law as applicable.

2. Basis of preparation

2.1 Accounting

The Accounts have been prepared under the Historical Cost Convention with items recognised at cost or transaction value unless otherwise stated in the relevant note.

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The Charity Constitutes a public benefit entity as defined by FRS102.

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There are no material uncertainties related to events or conditions that cast significant doubt on the Charity's ability to continue as a going concern.

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3 True & fair view

The Accounts present a true and fair view and the Accounting policies adopted are those outlined in notes 3 and 4 below.

Income

3.2 Membership Subscriptions received in the nature of a gift are recognised as Donations.

3.3 Membership Subscriptions which give a member the right to services or other benefits would be recognised as income earned from the provision of goods and services from charitable activities.

3.4 Donations from book sales are transferred to the EFT Research reserve fund

4 Intangible Assets

The future Residual Value of the Association's website is estimated to be £2,000 at 31 March 2021. Trade Mark and Identity costs are being written off over ten years. Amortisation is calculated on a straight line basis.

5 Donated Goods and Services

There were no donated services or goods received requiring recognition in the year.

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(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2021

6 Related Party Transactions

The following services were supplied to or by the Charity by related parties and volunteers on a contract for services basis:

	2021	2020
	£	£
J Crooks (Trustee): EFT Sessions	-	200
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C Stonier (Volunteer): Accreditation work	630	-
M Moorby (Volunteer): Accreditation work	145	143
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M Bennett (Volunteer): Accreditation work	630	-
W Thomas (Volunteer): Research work	259	-

7 Trustees Expenses & Benefits

Expenses were reimbursed in accordance with the Association's strict policy. The Trustees enjoy the benefits of membership but received no other benefits.

8 Post Balance Sheet Events

There are no material post-balance sheet events requiring disclosure.

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Abortive Costs

Our Wordmark application covering Australia was unsuccessful and the costs of £1,000 are abortive on the basis that no further application is envisaged.

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(Registered UK Charity number 1176538)

Notes to the Statement of Financial Activities year ended 31 March 2021

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These Accounts have been the subject of statutory external scrutiny as required by UK Charity law in accordance with the applicable Statement of Recommended Practice. The Independent Examiner's services and fees are set out below:

	<u>£</u>
For Independent Examination	740
Accountancy and other advice	1,050

11 Honoraria payments and benefits

The Association's ability to undertake its charitable activities is dependent on its voluntary office holders, workers and contributors. The Trustees decided to acknowledge the special contribution of the following for the year:

	Cash	Other Benefits
	<u>£</u>	
Chairperson (three at £300)	900)	Membership (free)
Other members of the Executive Board	600)	
Other Volunteers (4)	700)	
Total	<hr style="width: 10%; margin: 0 auto;"/> 2,200	

12 EFT Research Fund

£1,194 from the fund was used to purchase open access to an EFT research article.









27000 EFTi Financial Stats 2021 FINAL

Final Audit Report

2021-11-08

Created:	2021-11-06
By:	Jacqui Footman (jacqui.footman@aamet.org)
Status:	Signed
Transaction ID:	CBJCHBCAABAABGNHRJkFpNkHziNAGcFRIATqTAh57R8c

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-  Document created by Jacqui Footman (jacqui.footman@aamet.org)
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Signature Date: 2021-11-08 - 10:10:27 AM GMT - Time Source: server- IP address: 81.168.12.232
-  Agreement completed.
2021-11-08 - 10:10:27 AM GMT



A Charity Incorporated Organisation (CIO)

(Formerly The Association for the Advancement of Meridian Energy Techniques)

(UK registered Charity number 1176538)

Financial Statements
for the year ended 31 March 2021

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**Independent Examiner's Report to the Trustees/members of
EFT International (formerly AAMET international)
(Charity no. 1176538)
on the accounts for the year ended 31 March 2021**

I report to the trustees on my examination of the accounts (pages three to nine) of the above charity ("the Trust") for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signature: *Garry Alexander*
Garry Alexander (Nov 8, 2021 10:10 GMT)

Signed: **Email:** wheelerstiv@msn.com

Garry Alexander MAAT
(Member of the Association of Accounting Technicians)

Wheeler Accountants
The John Greenway Building,
John Greenway Close,
Tiverton, EX16 6QF

Treasurer's Report for the year ended 31st March 2021

The attached financial statements for the above year are presented on the basis of Historical Cost. The Accruals method of accounting is applied as this best represents the Association's operating results for the financial year and its reserves at the end of the year.

As this accounting year began, the world entered a global pandemic but the figures show that the organisation has remained solvent and continued to operate effectively throughout.

The largest contributor to income was again membership donations, of £71,207. These were held at rates introduced on 1st April 2018.

In March 2021, EFT International delivered its first online scientific symposium, *Tapping into Health and Wellbeing*, to 180 attendees across 20 countries. This enabled dissemination of the most up-to-date research worldwide and greater international participation live. It contributed £11,220 to our income.

The accreditation process including exams accounted for £9,333. The organisation continued to build affiliate links with other organisations and these contributed £6,954.

Management and administration of the membership was our main expense, followed by management of the website (£12,726), of operations (£11,596) and of accreditation and training (£9,853). The Association continued to establish ever higher professional and ethical standards with a wider global reach. It worked hard through the pandemic to fast-track safe ways for practitioners and trainers to work online whilst staying true to those standards, and to develop online resources including videos and a YouTube channel also for the public. More non-English-speaking web landing pages became operational eg Farsi.

The website underpinned all of this and remains vital to its income-gathering capacity. The accounting period completed the fifth of five years in which its total developmental costs were amortised. Henceforward the website is estimated to have a residual value of £2,000.

The costs of rebranding as EFT International in April 2019 are being amortised over 10 years.

A total of £2,200 in honoraria payments was shared between volunteers in token recognition of their dedicated work on behalf of the membership and for the wider dissemination of EFT.

Overall, the Statement of Financial Activities for the financial year shows an Operating Surplus of £31,571 for the year. Our total Reserve Funds at 31st March 2021 including those for EFT Research stood at £122,812 (as compared with £91,241 at 31st March 2020).

Signature: 
Hilary Jones (Nov 6, 2021 22:06 GMT)

Email: treasurer@aamet.org

Hilary Jones
Treasurer
04.10.2021.

EFT International (CIO)
(Registered UK Charity number 1176538)
Statement of Financial Activities for the year ended 31 March 2021

	Note	Year ended		Year ended	
		31.03.21		31.03.20	
<u>Income</u>		£	£	£	£
Donations : Membership		71,207		61,744	
Reserved for EFT Research Fund		<u>1,962</u>	<u>73,169</u>	<u>412</u>	<u>62,156</u>
Accreditation			2,330		1,470
Audio-Visual			-		2,198
Conference and Meetings			11,220		-
On-line Exams			7,003		5,041
Disclosure and Barring Service			165		55
Affiliate Income			6,954		8,994
Bank Interest			33		131
			<u>100,874</u>		<u>80,045</u>
<u>Less Expenses</u>					
Travel, Accommodation and Subsistence		59		2,895	
Website Management		12,726		10,705	
Conferences & Meetings		162		-	
Disclosure and Barring Services		128		41	
Accreditation/Training Management		9,853		7,979	
Operations Management		11,596		14,615	
Promotion and Printing		2,484		1,271	
Membership Administration		17,542		16,827	
General Administration		432		279	
Bank and PayPal Charges		3,023		2,213	
Legal and Professional fees		1,691		968	
Accountancy & Examination	10	2,124		1,856	
Honoraria payments	11	2,200		1,100	
Amortisation of Intangible Assets	4	<u>4,283</u>		<u>4,284</u>	
			<u>68,303</u>		<u>65,033</u>
Ordinary (deficit) / surplus for the period/year			<u>32,571</u>		<u>15,012</u>
Less material items: Abortive Costs	9		<u>1,000</u>		<u>-</u>
Operating Surplus for the year/period			<u>31,571</u>		<u>15,012</u>
Transfer donations to EFT Research Fund		(1,962)			
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Balance Sheet
As at 31 March 2021

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PayPal Account		1,778		1,530	
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Creditors and Accruals		7,276		6,700	
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<u>The Association Reserve Funds</u>					
General Reserve					
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27000 EFTi Financial Stats 2021 FINAL

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