NAFSHAINU

England & Wales · Charity number 1197004

Details

Status	Registered
Legal form	CIO
Registered	2021-12-08
Register	View on the Charity Commission register

Contact

Address	Melinek Fine Llp Winston House 349 Regents Park Road London N3 1DH
Phone	02034112001
Email	aryeh@melinekfine.com

Activities

Objects: THE RELIEF OF EMOTIONAL DISTRESS OR SICKNESS AND THE PRESERVATION OF GOOD MENTAL HEALTH AMONGST ORTHODOX JEWISH PEOPLE WHO ARE SUFFERING OR AT RISK OF SUFFERING FROM EMOTIONAL, PSYCHOLOGICAL OR MENTAL DISTRESS, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PAYING FOR OR TOWARDS THE COST OF THERAPY PROVIDED BY A QUALIFIED MENTAL HEALTH PRACTITIONER IN ORDER TO ALLEVIATE OR PREVENT SUCH SUFFERING.

Activities: The charity will assist members of the orthodox Jewish community, who have been advised by a referral expert / organisation to seek assistance from a professional mental health practitioner but are not able to afford the costs associated therewith, with those costs. This could be a psychiatrist, psychologist, therapist, rehab clinic etc.

Classification

- **How:** Makes Grants To Individuals
- **What:** Disability

Geography

- Barnet

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£39,857	£35,608	-	-
2024-03-31	£770	£770	-	-
2023-03-31	£1,250	£1,250	-	-

Trustees

Name	Role	Appointed
ARYEH YEHUDAH MELINEK	Chair	2021-12-08
Benjamin Daniel Rosenberg		2021-12-08
GERSHON ARYEH JAMES EDWARD DUNNER		2021-12-08

Accounts

REGISTERED CHARITY NUMBER: 1197004

REPORT OF THE TRUSTEES AND

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

NAFSHAINU

NAFSHAINU

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are the relief of emotional distress or sickness and the preservation of good mental health amongst orthodox Jewish people who are suffering or at risk of suffering from emotional, psychological or mental distress, in particular but not exclusively, by paying for or towards the cost of therapy provided by a qualified mental health practitioner in order to alleviate or prevent such suffering.

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grantmaking policy.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

During the year, the charity successfully raised funds to support its charitable activities and applied those funds to provide therapy services to individuals in need, in line with its charitable objectives. The trustees are pleased that the charity was able to respond to demand for support and to assist beneficiaries within the community who are experiencing emotional and psychological distress.

FINANCIAL REVIEW

Financial position

During the year ended 31 March 2025, the charity received total incoming resources of £39,857 (2024: £770), all of which comprised unrestricted donations. Total expenditure for the year amounted to £35,608 (2024: £770), incurred wholly in furtherance of the charity’s charitable activities, principally the provision of therapy support.

As a result, the charity generated a net surplus of £4,249 for the year (2024: £0). At the balance sheet date, the charity held cash balances of £4,249 (2024: £0), all of which were held as unrestricted funds. The trustees consider the financial position at the year end to be satisfactory.

Reserves policy

The trustees aim to maintain an appropriate level of reserves to ensure that the charity is able to continue to pursue its charitable objectives and meet its ongoing commitments as they fall due. In setting this policy, the trustees have considered the charity’s current activities, anticipated expenditure and the need to retain sufficient flexibility to respond to future demands. The level of reserves is kept under regular review and adjusted as considered necessary in light of the charity’s circumstances.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Organisational structure

The charity is governed by its trustees, who are responsible for setting the strategic direction of the charity and for overseeing its activities and finances. The trustees meet on a regular basis to review the charity’s performance, consider matters affecting its operations and ensure that the charity continues to operate in furtherance of its charitable objectives.

Risk management

The trustees identify and review the principal risks facing the charity and take appropriate steps to manage and mitigate those risks. Risk is kept under regular review to support the prudent and effective operation of the charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1197004

Principal address
C/o First Floor Winston House
349 Regents Park Road
London
N3 1DH

Trustees
Mr A Y Melinek
Mr B D Rosenberg
Mr G A J E Dunner

Approved by order of the board of trustees on 29 January 2026 and signed on its behalf by:

Mr A Y Melinek - Trustee

Independent examiner's report to the trustees of Nafshainu

I report to the charity trustees on my examination of the accounts of Nafshainu (the Trust) for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity trustees of the Trust 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 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 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.

Michael Weissbraun, FCA

29 January 2026

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2025

	2025 Unrestricted fund £	2024 Total funds £
INCOME AND ENDOWMENTS FROM		
Donations and legacies	39,857	770
EXPENDITURE ON		
Charitable activities		
Charitable activities	35,608	770
NET INCOME	4,249	-
RECONCILIATION OF FUNDS		
Total funds brought forward	-	-
TOTAL FUNDS CARRIED FORWARD	4,249	-

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2025

	2025 Unrestricted fund £	2024 Total funds £
CURRENT ASSETS		
Cash at bank	**4,249**	-
NET CURRENT ASSETS	**4,249**	-
TOTAL ASSETS LESS CURRENT LIABILITIES	**4,249**	-
NET ASSETS	**4,249**	-
FUNDS		
Unrestricted funds	**4,249**	-
TOTAL FUNDS	**4,249**	-

The financial statements were approved by the Board of Trustees and authorised for issue on 29 January 2026 and were signed on its behalf by:

Mr A Y Melinek - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

3. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

NAFSHAINU

England & Wales - Charity number 1197004

Accounts

REGISTERED CHARITY NUMBER: 1197004

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 31 March 2024

for

NAFSHAINU

NAFSHAINU

Contents of the Financial Statements
FOR THE YEAR ENDED 31 MARCH 2024

Report of the Trustees
FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES
Objectives and aims
The objectives of the charity are the relief of emotional distress or sickness and the preservation of good mental health amongst orthodox Jewish people who are suffering or at risk of suffering from emotional, psychological or mental distress, in particular but not exclusively, by paying for or towards the cost of therapy provided by a qualified mental health practitioner in order to alleviate or prevent such suffering.

Public benefit
The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grantmaking policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
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REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1197004

Principal address
C/o First Floor Winston House
349 Regents Park Road
London
N3 1DH

Trustees
Mr A Y Melinek
Mr B D Rosenberg
Mr G A J E Dunner

Approved by order of the board of trustees on 3 December 2024 and signed on its behalf by:

Mr A Y Melinek - Trustee

Statement of Financial Activities
FOR THE YEAR ENDED 31 MARCH 2024

	Year Ended 31.3.24 Unrestricted fund £	Period 8.12.21 to 31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM		
Donations and legacies	770	1,250
EXPENDITURE ON		
Charitable activities		
Charitable activities	770	1,250
NET INCOME	-	-
RECONCILIATION OF FUNDS		
Total funds brought forward	-	-
TOTAL FUNDS CARRIED FORWARD	-	-

Balance Sheet
31 MARCH 2024

	2024 Unrestricted fund £	2023 Total funds £
NET CURRENT ASSETS	-	-
TOTAL ASSETS LESS CURRENT LIABILITIES	-	-
NET ASSETS	-	-
FUNDS		
TOTAL FUNDS	-	-

The financial statements were approved by the Board of Trustees and authorised for issue on 3 December 2024 and were signed on its behalf by:

Mr A Y Melinek - Trustee

1. ACCOUNTING POLICIES

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Trustees' expenses

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3. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Accounts

REGISTERED CHARITY NUMBER: 1197004

Report of the Trustees and

Unaudited Financial Statements
FOR THE PERIOD
8 December 2021 to 31 March 2023

for

NAFSHAINU

Melinek Fine LLP
Chartered Accountants
First Floor, Winston House
349 Regents Park Road
London
N3 1DH

NAFSHAINU

Contents of the Financial Statements
FOR THE PERIOD 8 DECEMBER 2021 TO 31 MARCH 2023

Report of the Trustees
FOR THE PERIOD 8 DECEMBER 2021 TO 31 MARCH 2023

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REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1197004

Principal address
68 Hurstwood Road
London
NW11 0AU

Trustees
Mr A Y Melinek
Mr B D Rosenberg
Mr G A J E Dunner

Approved by order of the board of trustees on 8 January 2024 and signed on its behalf by:

Mr A Y Melinek - Trustee

Statement of Financial Activities
FOR THE PERIOD 8 DECEMBER 2021 TO 31 MARCH 2023

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	1,250
EXPENDITURE ON	
Charitable activities	
Charitable activities	1,250
NET INCOME	-
TOTAL FUNDS CARRIED FORWARD	-

The notes form part of these financial statements

NAFSHAINU

Balance Sheet
31 MARCH 2023

	Unrestricted fund £
NET CURRENT ASSETS	-
TOTAL ASSETS LESS CURRENT LIABILITIES	-
NET ASSETS	-
FUNDS	
TOTAL FUNDS	-

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Mr A Y Melinek - Trustee

The notes form part of these financial statements

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