



Nice 2 Meet Ya

Charity Number: 1209147

Trustees' Annual Report

for the period

From: 16/07/2024 To: 30/03/2025

Trustees

Helen Coulouras

Hannah James

Sian Kenrick

Contents

1. Objectives and Activities

- Summary of the purposes of the charity
- Overview / Summary
- Trustees' Statement regarding public benefit

2. Achievements and Performance

- Summary of the main achievements of the charity

3. Financial Review

- Financial position
- Policy on reserves
- Details of reserves held
- Reasons for holding zero reserves
- Details of funds materially in deficit
- Explanation of any uncertainties
- Principal sources of funding

4. Structure, Governance and Management

- Description of charity's trusts
- Trustee selection methods

5. Reference and Administrative details

- Charity name
- Registered charity number
- Charity's principal address
- Names of the charity trustees who manage the charity

6. Declarations

Objectives and Activities

Summary of the Purposes of the Charity

The objects of the CIO are to promote social inclusion for the public benefit by working with adults who are socially excluded on the grounds of disability, learning difficulties, autism and/or other neurodiverse conditions, to relieve the needs of such people and assist them to integrate into society, by:

1. Providing an online platform on which enables them to develop friendships and relationships
2. Providing social and recreational facilities and events
3. Providing workshops and education sessions on topics such as forming healthy relationships.

Overview / Summary

During the period July 2024 – March 2025 our highest active membership numbers were maintained at 67. Throughout this time, 51 of our members attended one or more online or in-person social events. Membership within our service cannot be directly compared to other social groups. It is designed to be flexible and can often be paused or end for positive reasons. When members are successfully matched with a friendship or relationship and are happy with their connections, there is no longer a need for them to remain in the service. Our aim is to provide safe introductions and support members to build meaningful connections; when this is achieved, ongoing membership is not usually required.

Our In-Person Workshops were run once a month, and covered topics such as Managing Expectations Around Meeting New People and Dating, Understanding Consent, and Effective Communication in Relationships. During the aforementioned period, around 40 of our members accessed one or more of our In-Person Workshops. Feedback received from our members has shown that they have found the workshops to be helpful, and the feedback is overwhelmingly positive from those that have attended.

Additional 1:1 workshops with individuals were offered to specific members and 26 individual workshops were carried out on subjects such as Staying Safe in a Sexual Relationship, Contraception, Female Health Education, Effective Communication in Relationships and Neurodiverse Affirming Self-Care. Some of these workshops were offered in-person where a suitable location and additional assistance could be arranged if required, within the member's own support network. Other sessions were carried out online via Zoom, if this was the more suitable delivery method for the individual.

During the time period specified, our team facilitated 34 Friendship and/or Relationship Introductions, both being a mixture of online (Zoom call) or in-person chaperoned meetings.

A full group social was held in December 2024 in the form of a relaxed Festive Meet-Up. This was open to all members and their support networks where applicable (carers/support workers or family members). This proved a great opportunity for members to meet in person and to socialise in a safe and supported environment, with four members of our own team in attendance to support in the socialising as well.

We also ran a series of smaller sub-group Zoom Workshops, offering 2 opportunities per month for members to access these with a smaller number of attendees, where we could better adapt the level of delivery to suit the groups and the learning styles. The sub-group online workshops we have offered include subjects such as Handling Rejection and Rejection Sensitivity Dysphoria, Exploring Core Beliefs and Staying Safe Online.

The purpose of our Nice 2 Meet Ya Mobile App is to enable members to talk privately and safely following a 1:1 introduction. It has largely been successful in helping social connections to develop. However general online group chatting via the Mobile App has been more difficult to sustain during this time, due to a lack of team members available to monitor and moderate the communications taking place.

We are heavily reliant on the help of the volunteers that we have, and we would not be able to function without them.

The Trustees have had due regard to the guidance published by the Charity Commission on the public benefit requirement and have considered this guidance when planning the charity's activities and setting its objectives for the year.

Achievements and Performance

We routinely collect feedback from our members, their support network and/or families, regarding the difference they feel being a member of Nice 2 Meet Ya has made to them. This is collected via feedback forms, during regular memberships reviews, by email, and verbally.

We have had members report an improvement in their confidence and their ability to socialise after attending our supported sub-group meet ups and social events. We have received feedback from some members' families and support workers, stating that they have noticed improvements in confidence and a desire to socialise and meet new people, where there was less desire beforehand.

As a direct result of the Friendship and/or Relationship Introductions carried out, we are pleased to report that 8 successful friendship matches and 1 successful relationship match were made and, with support, continue to be maintained as healthy and meaningful connections.

A 2024 poll by the Belonging Forum found that 40% of adults with disabilities in the UK reported feeling lonely, compared to 29% of the general population. Worryingly, 14% of disabled respondents said they had no close friends at all. We hope that Nice 2 Meet Ya has helped to alleviate some of the loneliness and isolation felt by our members and enabled them to become more social not only within our membership community, but also in the wider community as a result.

Many members join us without having received adequate relationship and sex education, leaving their understanding shaped by unrealistic media portrayals. This often results in confusion, unmet expectations, and heightened vulnerability. We have found that support workers can sometimes be unequipped with the knowledge, tools and confidence to offer this type of guidance, leaving many of our members with no one to talk to openly about sex and relationships.

Without the specialist education, support, and guidance we provide through our online and in-person workshops, many are left to navigate dating apps or online platforms alone, leaving them highly vulnerable to exploitation. People can take advantage of their inexperience, manipulating them into giving money or complying with inappropriate requests. Our work is essential in safeguarding them, enabling safe connections, and preventing serious harm.

We address the gap in relationship and friendship support for people with learning disabilities and neurodiverse conditions by delivering tailored education sessions for members and inclusive events where they can meet new people, build confidence, and form friendships or romantic relationships with the guidance of trained staff and chaperones.

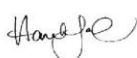
Financial Review

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name Nice 2 Meet Ya		No (if any) 1209147	CC16a
	Receipts and payments accounts			
For the period from	Period start date 16/07/2024	To	Period end date 30/03/2025	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	6,710	-	-	6,710	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	6,710	-	-	6,710	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	6,710	-	-	6,710	-
A3 Payments					
Software costs	248	-	-	248	-
Bank charges	8	-	-	8	-
Travel costs	540	-	-	540	-
Social Media Management costs	2,956	-	-	2,956	-
Event costs	692	-	-	692	-
Insurance	101	-	-	101	-
Prof. Services	500	-	-	500	-
Administrative Services	2,270	-	-	2,270	-
	-	-	-	-	-
Sub total	7,315	-	-	7,315	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,315	-	-	7,315	-
Net of receipts/(payments)	605	-	-	605	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	947	-	-	947	-
Cash funds this year end	342	-	-	342	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		342	-	-
		-	-	-
		-	-	-
	Total cash funds	342	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
B4 Assets retained for the charity's own use				
B5 Liabilities				
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		HELEN COULOURAS	21/01/2026	
		HANNAH JAMES	21/01/2026	

**Independent examiner's
report on the accounts**

Section A Independent Examiner's Report

Report to the trustees/ members of	Nice 2 Meet Ya		
On accounts for the year ended	31/03/2025	Charity no (if any)	1209147
Set out on pages	Draft accounts provided to me by the Charity		

I report to the trustees on my examination of the accounts of the above Charity for the year ended 31/03/2025.

Responsibilities and basis of report	As the trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Commission.
Independent examiner's statement	I report in respect of my examination of the Trust's accounts carried out adopting section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act. 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, there exists any areas of concern with regard to the financial position of the Charity nor its financial reporting. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:	Andrew Eldridge	Date:	11/01/2026
Name:	Andrew Eldridge (Andrew Eldridge Financial Services)		
Relevant professional qualification(s) or body (if any):	ATT Association of Taxation Technicians (ATT – part of the Chartered Institute of Taxation)		
Address:	7 High Street, Tingrith		
	Milton Keynes		
	MK17 9EH		

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Financial position

The CIO is in a stable financial position at the end of March 2025. Funding from the previous period has been used and finding appropriate fundraising support needs to be prioritised to improve the financial position going forward.

We are very grateful to all our funders, including community organisations, companies and individuals who have supported us during the year, and allowed us to operate and offer these much-needed opportunities and services to our members.

Policy on reserves

The Trustees have decided that the CIO needs to hold reserves, if possible, to cover any gaps in funding that may occur. The holding of reserves would allow extra time to source alternative sources of funding without a gap in the services that we provide to our members.

Details of reserves held

At the end of March 2025, the CIO is holding £342 of reserves.

Details of funds materially in deficit

The CIO has no funds which are materially in deficit.

Uncertainties about the CIO continuing

Demand for our service remains extremely high. However we are at capacity with our current staff team number and cannot scale up without significant funding to do so. We are a small team and Trustee ill health has also unfortunately limited the group's growth.

Structure, Governance and Management

Description of charity's trusts

Constitution adopted on the 16th of July 2024. The charity is constituted as a Charitable Incorporated Organisation (CIO) whose only voting members are its charity trustees.

Trustee selection methods

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. There is no maximum number of charity trustees that may be appointed to the CIO.

Apart from the first charity trustees, every trustee must be appointed [for a term of three years] by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Reference and Administrative details

Charity name

Nice 2 Meet Ya

Registered charity number

1209147

Charity's principal address

70 The Enterprise Centre, Cranborne Rd, Potters Bar EN6 3DQ

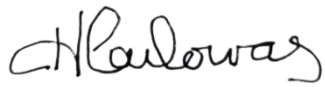
Names of the Charity Trustees

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Helen Coulouras	Chair		Trustees at AGM
2	Hannah James	Treasurer		Trustees at AGM
3	Sian Kenrick			Trustees at AGM

Declarations

The Trustees declare that they have approved the Trustees' Report above.

Signed on behalf of the Charity's Trustees:



Helen Coulouras (Chair)



Hannah James (Treasurer)

21st January 2026