

Company Number: 01710669  
Charity Number: 287819



# Trustee Report and Financial Statements For the year ending 31 March 2023



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## **MESSAGE FROM THE CHAIR**

Nafsiyat's services remain as relevant as they did when Nafsiyat was founded. Individuals in society experience the personal impact of the hostile environment due to the increase in inflation, the war in Ukraine, Covid-19, the Home Office Rwandan policy as well as global disasters such as famine, the earthquakes in Turkey, and continuing areas of conflict.

In the past year, Nafsiyat has once again seen considerable growth both in terms of the numbers of beneficiaries but also an increase in its geographical reach across London and outside London to places such as Yorkshire, Scotland and Cambridgeshire.

Covid-19 highlighted the inequalities in society and particularly for those individuals, families and communities from Black and ethnic groups, with many being frontline workers who experienced loss and trauma. Nafsiyat provided therapeutic support to many from these communities through reflective sessions and therapy. It was also a time for NHS trusts and councils to scrutinise racial disparities within their organisations.

As well as growing the staff team to meet the demands on Nafsiyat, we also welcomed new Trustees and Patrons, who will provide further expertise, advise and governance, and promote Nafsiyat. Kaya Comer-Schwartz agreed to be a Patron with her long links to Nafsiyat and Archway as a local Councillor as well as relating to issues such as racism and multi-culturalism. Joy Crookes also became a Patron for Nafsiyat, bringing her life experience of multiculturalism which she expresses through music. Priyamvada Gopal, Professor of Postcolonial Studies at the University of Cambridge, become a Patron, bringing a wealth of experience and expertise as an academic and writer. Jeremy Corbyn, who has a long relationship with the organisation, also became a Patron for Nafsiyat during the year.

A skills audit was conducted as part of the governance of Nafsiyat and showed how the current skills and expertise of Trustee board members covered human resources, leadership, people management, legal advice, and extensive clinical expertise in intercultural therapy. It also identified gaps on the board to be addressed. This has benefited Nafsiyat as an organisation as well as supporting and reviewing processes, policies and the staff working at Nafsiyat. Away days held in the year reflected on the ongoing relevance of Nafsiyat within a safe space with both trustees and senior staff attending to reflect on the relevance of Nafsiyat, its mission, vision, values, objectives and further opportunities for growth and delivery that would meet presenting needs within communities across the UK. Trustees and staff have also updated the business plan.

Nafsiyat continued to diversify its income through contracts with local councils, hospitals, specific projects, and grants from charitable sources. This diversity in income is important to Nafsiyat as we face increasing funding constraints and changes within the structure of the NHS and budgets not having been set within organisations. There is a need to also challenge organisations as to how they meet their duties in tackling local health inequalities, their duties to collaborate and the equality duties they need to adhere to. Partnership work has been important to increasing the reach and capacity of Nafsiyat. There remains an ongoing need for training by Nafsiyat to ensure that services are culturally safe for individuals who use them and for staff who are employed by organisations.

During the next year we also are looking forward to celebrating Nafsiyat's 40th anniversary and recognising the relevance of the delivery of intercultural therapy in an ongoing challenging inequitable society for many.

Jane Cook, Chair of the Board of Trustees



## TRUSTEES' REPORT

The Trustees who are also directors of the charity for the purposes of the Companies Act, present their report and the financial statements for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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) (second edition - October 2019) - (Charity SORP (FRS 102) Revised).



## **OBJECTIVES & ACTIVITIES**

### **Vision**

All mental health services should be professionally delivered and sensitive to the needs of diverse cultural and ethnic populations, with every therapist culturally competent.

### **Mission**

Nafsiyat provides an Intercultural Psychoanalytic Psychotherapy and counselling service, develops and advances knowledge in this area, and champions good practice.

### **Public benefit**

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing their aims and objectives and in planning future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives of the charity.

### **Core values**

In all its actions, Nafsiyat will:

- Put its clients first, seeking so far as possible to be accessible to anyone with mental health problems irrespective of their cultural background, perceived ethnic origin, religion or linguistic competence
- Value diversity, making it central to the practice of counselling and psychotherapy, and ensuring that our organisation reflects this value
- Be open, accessible and inclusive, responsive to the social realities lived by clients seeking therapy and their unique experiences
- Act with integrity and transparency, while safeguarding client confidentiality
- To benefit clients and the wider community, contributing to a more functional society
- Promote an awareness of the multi layered identities and positions of clients and how these positions interact in complex ways that must be acknowledged and addressed

### **Strategic objectives**

- Be central to the delivery of quality Intercultural Therapy
- Evidence and research the benefits of intercultural Therapy
- Be the authority on Intercultural Therapy, take the practice and concept into mainstream practice, and advance the dialogue on intercultural issues in the therapeutic setting
- Increase the number of minority-ethnic and culturally-aware people trained and working in therapeutic roles
- Continue as an independent, well managed, financially and environmentally sustainable, Nafsiyat

### **Objectives for the year**

- Maintain the highest standards in our clinical work
- Make Intercultural Therapy available to more people
- Increase the prevalence of culturally accessible counselling services
- Maintain existing contracts, and develop new projects and partnerships
- Improve staffing structures and support
- Highlight the need for widely available, culturally accessible mental health support

## ACHIEVEMENTS AND PERFORMANCE

### Beneficiaries

The number of direct beneficiaries Nafsiyat supported dropped slightly after several years of significant growth. This was due to a reduction in the number of training sessions delivered. The total number being 992 in 2022/23, less than 1207 the year before, but still more than the 860 the previous year, which was more than double 415 from the year before that, 356 in 2019/20, 326 in 2017/18 and 242 in 2016/17.

A large portion, 454, received short to medium term individual or group intercultural therapy. This number is consistent with the previous years' 461.

The demand for our training continued but subsided from the previous year. The number of people who received training from us, mostly in the form of a one-day Cultural Competence workshop, was 361 compared with 545 in 2021/22, and 300 in 2020/21. Training clients included many universities, NHS Trusts, organisations involved in criminal justice, and other voluntary sector organisations.

- Total direct beneficiaries: 992
- Beneficiaries who received therapy: 454
- Beneficiaries who received training: 361
- Other beneficiaries (group members, reflective sessions, clinical supervision): 177



### Clinical Work

The bewildering complexity of Covid-19, living with its afterlives, of sense making, of the dead old normal habits, were emergent in various guises in the Nafsiyat interactive spaces, with clients, therapists, staff and the communities and stakeholders.

Infused with fear and uncertainties, the transitional period, somehow still held opportunities for therapeutic engagements. These took the form of reflective sessions for allied health professionals from neighbouring NHS trusts and councils to explore and process the impact of racial disparity and inequity. The beneficiaries of the reflective sessions were part of communities who were disproportionately represented on the front line of the Covid-19 response. The sessions offered were themed (micro-aggression, Islamophobia, and antisemitism) and non-themed.

Nafsiyat delivered one day experiential spaces in conjunction with the ongoing cultural competence workshops, which has extended the Nafsiyat intercultural footprint to Scotland, Yorkshire, Cambridgeshire and London wide institutes and organisations.

Intercultural therapy in its applications, holds/explores the tensions between the inner and outer realities of the clinical work. As a service we have, over the decades of our existence, felt the reverberations (inflation, Ukraine invasion, Covid-19, UK Home Office Rwandan policy, etc.) of these external events and flexibly responded to them. We are noticing the impact of the conflict in Sudan.

Now to the earthquake in Türkiye, which has impacted Turkish speaking clients and Nafsiyat's Turkish speaking therapists. Here is an insight from Jale Yazar, an experienced Turkish speaking Nafsiyat psychotherapist, who says:

*"Some clients have witnessed the earthquake while talking with their relatives on face time. Some of our clients have relatives still missing and their relatives unable to bury them. Family and relatives are dispersed in various parts of Türkiye, waiting for shelter (containers, tents), for clean water to drink, their sense of safety shattered. It has impacted clients' progress and recovery rates in therapy. However, having therapy in their language within the context of their culture has played a key role for all of them during this time. The Turkish therapist, language and culture in the therapy were experienced like a transitional space, holding, and containing them in their existential experience of 'homelessness.' Through the language and culture in the therapy, they were able to connect with their feelings about their lost family members and other multiple losses. They appreciated the space provided at Nafsiyat for them to express their thoughts and feelings."*

Nafsiyat, in addition, engaged in a wider Türkiye community initiative through its earthquake support group as well as signposting clients to other organisations offering support.

Other aspects of Nafsiyat's service offers and internal processes follow.

### Family intervention, couple work and group therapy

The family intervention since its inception has engaged with a few families. Publicity adopts an in service and external approach. The intervention is underpinned by psychoeducation and training sessions.

Couple work: this offer has been well received by Turkish-speaking couples. We will continue to promote couple therapy as a viable option for Nafsiyat clients and collaborate with partner organisations to maximise the visibility of this important offer.

Group therapy: the English-speaking intercultural, mixed therapy group has shown promise and we intend to build upon its success. We have developed a consistent schedule for group therapy sessions, allowing for ongoing participation, with new members joining and others transitioning out.

### Support and Supervision

Supervision is a crucial ethical clinical activity within Nafsiyat as it guides, holds, contains, teaches, and safeguards. I have commented elsewhere that: "intercultural therapy work can result in practitioner

disequilibrium, disenchantment, and suffering (burnout). A despondency, which nevertheless, can be attenuated through decolonised intercultural supervision, it enables the practitioner to safely continue their work in realistic hope and safety" (Ababio, 2023). Nafsiyat's intercultural therapy is promulgated through the placement spaces it provides for trainee therapists and counsellors.

The service has several group supervision spaces for trainees with a capacity for up to sixteen trainees. Qualified staff are supported within group and peer supervision spaces. The systemic/group work is supervised by Dilek Gungor, who is a group analyst and intercultural psychotherapist. Nafsiyat supports colleagues with their supervision training through placement offers and supervision of supervision.

Over the past year, a few of our qualified therapists who did their placements at Nafsiyat have attained accreditation with BACP and UKCP and were supported through their accreditation process by Nafsiyat.

We have extended intercultural supervision to partners, stakeholders, and external organisations. Intercultural supervision is gaining shape and definition as an important clinical ethical activity that facilitates and supports intercultural therapy.

Reference: Ababio, B. (Ed.). (2023). *Intercultural Supervision in Therapeutic Practice: Dialogues, Perspectives and Reflections* (1st ed.). Routledge. <https://doi.org/10.4324/9781003380214>

### **KeepingWell NCL partnership**

KeepingWell NCL is a staff mental health and wellbeing project that provides support for all health and social care staff who live or work in North Central London (Camden, Islington, Barnet, Enfield & Haringey). Nafsiyat is contracted to provide a significant amount of 1-1 intercultural therapy support, intercultural awareness training workshops, and consultancy support.

### **KeepingWell NEL partnership**

Like KeepingWell NCL, KeepingWell NEL is a staff mental health and wellbeing project that provides support for all health and social care staff, but for North East London. Nafsiyat provides 1-1 intercultural therapy support to those staff who would benefit from a specialist culturally competent provider.

### **Training workshops and reflective sessions**

We received The CPD Certification Service accreditation for our 'Cultural Competence' and 'Cultural Competence in Schools' workshops. During the year we ran 32 Cultural Competence training workshops, 2 Intercultural Awareness workshops, 17 reflective sessions, and made 2 formal presentations.

### **Bengali - Intercultural therapy and outreach project**

In 2021, the National Lottery Community Fund awarded Nafsiyat a grant to provide a community outreach and mental health support programme, working in the London borough of Islington, for vulnerable men and women of mainly Bangladeshi origin who face acute mental distress. This supported this community in addressing challenges affecting their mental well-being and day-to-day lives and enabled 28 people to access Nafsiyat's intercultural therapy service.

We collaborated closely with Islington Bangladeshi Association (IBA) to set up and deliver this project. We found that by combining Nafsiyat's expertise and IBA's connection to the Bangladeshi community, we could access groups that would otherwise be isolated from mental health support due to various reasons, including stigma, distrust of institutions, lack of psychological awareness, lack of culturally accessible and culturally appropriate services. Many IBA clients are more reserved in how they speak and share their issues, so our counsellors had to find new ways of working to encourage people to share and help them develop trust.



Healthwatch Islington to review the project independently and published their results, which highlighted the project's impact on both staff and clients. This was a development grant and having demonstrated the success and impact of our approach we will be seeking further funding from National Lottery to expend the work to other communities.

### **Whittington Health NHS Trust partnership**

Nafsiyat continued to provide black, Asian and minority ethnic staff of Whittington Health NHS Trust with a bespoke culturally diverse wellbeing and rehabilitation programme. This included facilitating reflective groups and offering our intercultural therapy service to individual staff members.

### **Barnet Council**

Nafsiyat continued to provide individual therapy and reflective groups to staff at Barnet Council. Some reflective groups were themed and others open.

### **Arabic, Amharic and Tigrinya speaking women's group**

Nafsiyat has been running this weekly psycho-social group (including online/ via phone during the pandemic) for over 10 years. The group enables around 40 women from these communities to gather in safe, shared space each week to participate in professionally led group therapy sessions. This sensitive and innovative intercultural therapy supports women who have experienced often unimaginable and sometimes ongoing hardship and trauma, including domestic violence. All share the experience of living in a country that is foreign to them, separated from family, and experiencing a range of challenges including poverty, isolation, and language barriers.

The group, currently funded by The Charity of Sir Richard Whittington, through The Mercers' Company, brings these women together to discuss their experiences with others who can understand and empathize, receive professional support and guidance, develop coping strategies, and create friendships that help them to feel less isolated. Sessions focus on managing psychological challenges, as well as practical support in areas such as English language learning, computer literacy, physical and mental health awareness, creative activities and general chat and socialising.

The group was established to provide a safe, confidential environment for the women to address challenges they faced, particularly during the COVID-19 pandemic. The group emphasized open dialogue, mutual support, and sharing stories of overcoming adversity. The women, aged between 25 to 87 and from diverse nationalities like Eritrean, Ethiopian, and Syrian, come through various means such as self-referral or agencies. They predominantly speak Arabic, Amharic, English, and Tigrinya.



### **Haringey primary mothers' self-esteem groups**

This People's Health Trust funded two-year project focussed on working with multiple groups of mothers of primary school aged children within Haringey. This project was due to commence in March 2020, but pandemic/lockdown related challenges meant that the start date was delayed. However, the project facilitator was able to adapt the work, including setting up partnerships with other charities, so that the outcomes could be met.

Since the start of the project, we have delivered a total of 124 sessions, which includes 10 mental health support groups with different themes tailored to the needs of the participants. We supported 68 participants, including 44 during 2022/23. The project learned to be flexible and creative while restricted by lockdown, providing online and outdoor groups, which were well-received by the community.

The project provided opportunities for physical activity, social connection, and emotional well-being. Participants were able to exercise through outdoor outings, yoga, relaxation, walking, and talking groups. These activities helped them to manage health conditions and learn from each other's experiences with the medical professional health system. Many participants reported that they continued to exercise mindfulness, yoga, and meditation at home after participating in the project. They also expressed feeling more relaxed and sleeping better after engaging in these activities. Overall, the project has helped to improve the physical and emotional health of the participants.

### **University College London agreement**

Nafsiyat's continued its agreement with the University College London (UCL) student counselling service, whereby they can refer clients to us that they feel would benefit from culturally appropriate and accessible therapy.

### **Statutory contracts**

Nafsiyat successfully delivered on all its statutory contracts in the four boroughs of Islington, Camden, Haringey, and Enfield.

- Nafsiyat is the Lead Provider in the Accept Consortium, which is an Islington based partnership between Nafsiyat, The Maya Centre and Camden City Islington & Westminster Bereavement Service.
- Nafsiyat is a member of the Camden Psychological Therapies Partnership, which deliver the Improving Access to Psychological Therapies (IAPT) programme in the borough. Other partners are iCope, Women & Health, Age UK Camden, and the Camden City Islington & Westminster Bereavement Service.
- In Haringey, in response to demand, on top of our NHS Integrated care system (ICS) contract, were directly contracted by Whittington Health NHS Trust to see clients under their Let's Talk Haringey service.
- Along with several other voluntary sector organisations, Enfield Saheli, Alpha Care Specialists, and Precious Moments and Health, Nafsiyat is sub-contracted by Mind in Enfield to provide Talking Therapies services.
- Nafsiyat is contracted by Hearthstone to provide short-term counselling to victims of domestic violence. The service is delivered in partnership with The Maya Centre. Nafsiyat also provide supervision to Hearthstone staff.

### **Grants**

The National Lottery, Peoples Health Trust, The Charity of Sir Richard Whittington, and The Mercers' Company, supported our work during the year, for which we are most grateful.

### **Choice**

Our Choice 'private' service remained paused during this period, as we focussed our capacity to meeting the demand from new contracts, but we are considering a relaunch. We continued to see existing Choice clients.

### **Professional members**

Nafsiyat is accredited as a membership listing organisation of the UK Council for Psychotherapy (UKCP). We have professional members who graduated with a Masters in Intercultural Therapy degree run by Nafsiyat staff and Psychotherapists at University College London. Nafsiyat accredits these members annually, and there is a re-accreditation process every five years. Nafsiyat provides professional members with the opportunity to meet online once every quarter. It serves as an intercultural therapy alumni space, to support the strategic objectives of Nafsiyat where possible and finally as a confidential reflective space for the discussion of intercultural clinical developments.





### **Communications**

Throughout the year, we have achieved successes in various areas, amplifying our message and expanding our reach.

### Patrons

Throughout 2022-23, Nafsiyat has been successful in recruiting influential individuals to our cause, aiming to bolster our fundraising efforts and amplify our message of culturally appropriate mental health support. We are proud to have enlisted the support of distinguished figures such as: Jeremy Corbyn, a renowned MP and advocate for social justice; Joy Crookes, an acclaimed musician; Kaya Comer-Schwartz, a dedicated Islington Councillor; and Priyamvada Gopal, an esteemed Professor of Postcolonial Studies at the University of Cambridge. Their collaboration with Nafsiyat not only strengthens our fundraising initiatives but also enhances our ability to spread our message to wider audiences. We are grateful for their involvement and the valuable contributions they bring to our organisation.

### Awards, events and visits

We participated in the 'Islington Refugee and Migrant Forum' Refugee Week Celebration, sharing resources, and attending talks by community leaders. In October, Nafsiyat was represented at Barnet Wellbeing Day, raising awareness of our work among Barnet residents and charities. In December, we welcomed Nafsiyat Patron and local MP Jeremy Corbyn to Nafsiyat, highlighting our progress over the years. That month, Nafsiyat received the Haringey Community Impact Award for Improving the Health and Wellbeing of Haringey Residents at the 2022 Haringey Community Impact Awards.

### Publications and podcasts

An article titled "Nafsiyat Therapy Centre: Challenges, Insights, and Developments" by our Clinical Lead, Baffour Ababio, was published in the December issue of Psychoanalysis and History. Ali Donat was featured on the Mental Health Monday podcast in May 2022. During this episode, Ali discussed our rich history and the profound impact of intercultural therapy.



### Websites and social media

In August 2022, Nafsiyat launched the new website which has not only provided a new clean look and enhanced security but also granted us greater control over adding and modifying content. Since the website's launch, we have experienced growth in website traffic and engagement. We also launched a new website for the Accept Consortium, for which Nafsiyat is the Lead Provider.

Our social media presence has experienced substantial growth and engagement throughout the year, serving as a powerful platform to reach and connect with our audience.

- Facebook: 850+ followers
- Instagram: 750+ followers
- Twitter: 850+ followers
- LinkedIn: 550+ followers

Noteworthy highlights from the period of 2022-23, in comparison to the previous year:

- Facebook engaged users: 2,774 (up 316%)
- Instagram impressions: 50,935 (up 375%)
- Twitter retweets: 258 (up 487%)
- LinkedIn likes: 527 (up 26%)

### Newsletters

In September, we successfully relaunched the Nafsiyat newsletter, targeting a mailing list comprising staff, trustees, patrons, and previous followers of the Nafsiyat newsletter. The option to sign up for our newsletters directly on our website has helped increase subscribers. In January 2023, we introduced the 'Friends of Nafsiyat' newsletter, specifically tailored for individuals who have undergone our Cultural Competence training or have an interest in Intercultural Therapy. This newsletter provides valuable recommendations to support their ongoing intercultural learning journey.

### Community fundraising

In December we ran a fundraiser seeking funds from the public to support of our work. Despite significant promotional efforts and the involvement of esteemed figures such as Joy Crookes and Jeremy Corbyn, the fundraiser did not achieve the expected fundraising outcome. Several factors contributed to this result, including the high cost of living and the challenge of re-engaging potential donors after a prolonged period without community fundraising activities.

### **Staffing**

To meet the demand of the previous year and with the expectation of continued growth, Nafsiyat recruited clinical staff, workshop leaders and additional administrative support. To stay competitive in a tough recruitment market and to fairly support staff, Nafsiyat added several employee benefits including, a personal development budget, subsidised counselling, free eye tests, a cycle-to-work scheme, and increased pension contributions. In house safeguarding training was held, and an in-house reflective session on "loss", externally facilitated by Frank Lowe. We held a summer picnic in Finsbury Park and a Christmas meal on Green Lanes. It wasn't all roses though, later in the year, when less work than we had anticipated eventuated, we needed to temporarily reduce staff hours.

### **Practical support**

Nafsiyat's Community Link Workers had a busy first nine months to December, but the referral numbers

fell during the last three months. The team supported 43 clients. As with previous years, clients would be referred for help with a single practical issue. However, as discussions progress, more issues are discovered, and the clients need support with various practical problems. This led to the increase in the number of cases dealt with by the team. In the current reporting year 23 clients presented multiple support needs, making the total number of cases handled 66.

The major issue raised by clients was related to housing involving overcrowding, domestic violence, temporary and insecure accommodation, antisocial behaviour, problems with landlords, etc. This was followed by issues related to welfare benefits, immigration, and health issues. Other problems included debt, education, employment, legal matters, repairs and maintenance issues, financial and social issues. As well as linking up clients with appropriate services, the team provided advocacy, liaison with external professionals and carried out regular follow ups to assess clients' satisfaction. All clients referred to external services were satisfied with the support they received, and the majority were grateful.

Four clients received on the spot support. This happens when the team is contacted by therapists seeking immediate advice and information on behalf of their clients without making formal referrals. The team responds immediately, where possible, and provides appropriate advice and information to clients through their therapists.

### **Practical Support Case Example**

SN was referred to Nafsiyat's Community Link Workers (NCLW) for support with issues related to housing. The client was harassed by her neighbour on a regular basis which was aggravated during lockdown. She contacted her local authority (landlord) for assistance but was ignored repeatedly. Her therapist referred her to our team for practical support. After assessing the client's case, NCLW contacted the housing officer who was dealing with client's case several times, but our repeated emails and phone calls, voice messages were ignored. The client's anxiety and hopelessness grew.

After four months of chasing the caseworker, the team contacted the client's MP and explained the situation. The MP contacted the caseworker directly and requested an update. The caseworker responded immediately, and apologised and confirmed that SN was accepted for a management transfer, whereby she will be transferred to a different accommodation. The client suffered three years of anti-social behaviour and racially motivated harassment by her neighbour. It was only after Nafsiyat's intervention that she received the attention she deserved.

### **Outcome measurement**

We averaged a Reliable Improvement of 61% in depression and anxiety, from the PHQ9 and GAD outcome measurement questionnaires.

Given the options of: 'at all times', 'most of the time', 'sometimes', 'rarely', or 'never'; clients selected the following options on the Nafsiyat service feedback forms:

- 97% felt staff listened to them and treat their concerns seriously all the time or most of the time; 3% sometimes.
- 92% felt the service helped them to better understand and address their difficulties all the time or most of the time; 8% sometimes.
- 87% felt involved in making choices about their treatment and care all the time or most of the time; 13% sometimes.
- 92% felt they got the help that mattered to them all the time or most of the time; 8% sometimes.
- 100% had confidence in their therapist and his/her skills and techniques all the time or most of the time.
- 80% of those who were working felt that they received the employment help that they required all

the time or most of the time; 20% sometimes.

Client feedback\*

*"Before I started therapy, I was feeling very depressed, lonely, isolated and suicidal. Now I am feeling better."*

*"I feel better after talking in therapy."*

*"I am able to talk about my issues without fear of criticism, I feel understood, and I feel supported."*

*"I feel safe able to talk about my issues freely and with more confidence. I am more in charge of my life as a woman, mother and family member."*

*"I felt less depressed but still I am feeling anxious because I am an asylum seeker and my application pending in Home Office, I am worried about the result."*

*"I found that Nafsiyat is the only place I can talk my problems."*

*"I found the therapy sessions very useful and important because I needed to sit and listen to myself. I reviewed aspects of my life and tried to understand some experiences and reactions. The therapist used different ways to help me to address some issues. She always listened to me with respect and a non-judgemental ear. I am very impressed and happy with the experience."*

*"Talking in therapy about my issues was very helpful to me to understand my problems and work on my issues. I was able to share things that I could not talk with anyone."*

*"Talking about my issues in therapy helps me as I cannot talk my issues with anyone."  
Thank you for all your help and support. [Nafsiyat's] phone calls every week, having therapy with [Nafsiyat] helps me to have some hope. Before the therapy, I was unable to sleep, feeling suicidal, feeling like a burden to my children. Talking with you help me to see things from a broader perspective, and to see myself differently. Thank you very much. I am glad a service like yours exists and that you are able to reach people like us and allow them to be able to talk with you."*

*"The sessions helped me to understand how I am feeling and what are the reasons for my emotions. I am really grateful to Nafsiyat and my therapist."*

*\*lightly edited for grammar*

Case Study One\*\*

The client, the dog, the therapist, and the supervisor. The therapist in supervision is frustrated as the client who presented with domestic violence issues was not exploring the issues of abuse. The client, according to the therapist was focused on talking about their dog. The frustrated therapist was contemplating discussing discharge protocols with the client. The therapist is a Black man, of North African descent, who relocated to the UK in their early twenties. The client identifies as a white cis het woman, of Canadian descent. The supervisor was a Black cis het male of West African descent. The supervisor was curious about the dog and asked the therapist about his associations to dogs. He paused, smiled, and realised what had happened. In his community, in his part of the world – dogs to a significant extent, were differently situated, usually as guard dogs, trained to be ferocious and kept in the yard/garden and not in the house and certainly the therapist said did not sleep in bedrooms. The client's

relationship with the dog had not been culturally contextualised by the therapist, resulting in an enactment. When he reported back in the supervision later – the work he said had become much richer and as he had settled in and further explored the relationship between the client and their dog – he found out that the dog had also been abused by the client's ex-partner. As a therapist he had, during his reflections connected with his gendered positioning which had played a part in the enactment in the therapy.

### Case Study Two\*\*

John was in his early forties and originally from Mauritania. His move to the UK was facilitated via family union visa. He presented in the therapy with symptoms of Post Traumatic Stress Disorder, and of the impact of being separated from his family at the age of five years due to conflicts and war in his countries and the region. He was displaced and spent time in asylum camps in neighbouring countries. John recounted being homeless (living on the streets) as a child with other children for several years. He recalled injuries he had sustained resulting in an ongoing back problem and deep physical scarring. John during the therapy, spoke about gaps in his memory (which also manifested in dissociative states during the therapy) and low concentration.

Intervention and outcomes: Initially, the process of therapy was to provide a containing space to enable him to tell his story, express and explore his feelings. My primary aim was to provide safety and stability, to recognise, validate and acknowledge his struggle and to enable him make sense of his traumatic experiences. He reflected that the counselling at Nafsiyat was his first experience of feeling understood. This, he said, was the beginning of his journey towards healing broken attachment relationships and has enabled a sense of the potential for engaging in trusting, safe relationships.

*\*\*Clients', therapists' names in the case studies are all pseudonyms. In addition, details of their personal biographies which could identify them have been significantly altered.*



## **FINANCIAL REVIEW**

Nafsiyat's income increased from £618,136 to £639,017 and so did the expenditure from £586,492 to £677,762 unfortunately resulting in a deficit of £38,745. This of course impacted on the reserves balance that Nafsiyat is attempting to build.

This was caused by several factors such as some contracts not being continued into 2022-23 and the need to increase the staff costs to cover the high volume of work caused by the spike in previous contracts.

The majority of Nafsiyat's funds are still sourced from contracts and grants, the competition for which remains increasingly tough, however, Nafsiyat is continuing to secure contracts and funding especially from The National Lottery Community Fund.

## **RESERVES POLICY**

Nafsiyat's reserve policy is to have free reserves to ensure that all costs are covered for a minimum of three months. The target range remains the same from £167k to £278k to cover three to five months' worth of costs. This would allow Nafsiyat to continue its crucial therapeutic work if a crisis was to occur.

Nafsiyat would like to grow to maintain the free reserves so that there is an appropriate level of funds to cover the above situation and any of the following were to happen:

1. Temporary loss in income.
2. Unforeseen costs that were unexpected and not covered by existing funds.
3. To provide a buffer to cover other risks/contingencies and allow time for Nafsiyat to adjust to these unexpected cases.
4. In the highly unlikely event that Nafsiyat becomes insolvent, it will be able to safely meet its existing contractual agreements with organisation and individuals, including staff.

General reserves also allow us to implement new strategic priorities, invest in technology and retain members of the strong team to achieve the strategic aims of the charity. Any funds received that can only be lawfully used for a specific charitable purpose will be held as restricted funds.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governance**

Nafsiyat is registered as a company limited by guarantee (without share capital) and as a charity. Its governing instrument is its Memorandum and Articles of Association, last revised on 27<sup>th</sup> September 2017 (and is currently being updated). All Trustees are also Directors of the Charitable Company for the purposes of the Companies Act.

### **Trustees' appointment recruitment and induction**

All Trustees are unremunerated and are voluntary. Trustees are appointed by resolution of the Trustees. At each Annual General Meeting one-third of the Trustees are subject to retirement by rotation but may offer themselves for re-election. Trustees may serve a maximum of three consecutive terms of three years. The Trustees may at any time co-opt any person duly qualified to be a Trustee.

Trustee vacancies are advertised online through appropriate recruitment sites following the identification of gaps in the trustee board in terms of skills, knowledge, etc. Short-listed applicants are interviewed by the Chair, the Chief Executive, and another Trustee where possible. All existing Trustees are consulted on the final selection before appointment and references are checked. There is a defined procedure for the induction of Trustees, which includes the provision of an information pack upon each appointment. This includes an introduction to fellow Trustees and senior staff through biographies and an organisation chart; Memorandum and Articles of Association; the history of the organisation, its objectives and policies; the latest audited Trustees Report and Financial Statements; information on the role and responsibilities of a Trustee. All Trustees are offered the opportunity to complete a 'duties of a Trustee' training course. Trustees must follow the Nafsiyat Code of Conduct for Trustees.

### **Organisation structure and decision making**

Trustees meet for bi-monthly meetings. They also gather for away-days when required. The Chair has monthly meeting with the Chief Executive. These meetings are reported back to the Trustees. The Clinical Subcommittee meets quarterly. These meetings are reported back to the Trustees.

## REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 01710669

Charity No. 287819

### **Registered office**

Unit 4 Lysander Mews

Lysander Grove

London

N19 3QP

### **Directors and Trustees**

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

J. Cook (Chair)

Y. Wright

G. Patel

A. Sigalas (resigned 27 September 2022)

J. Calabrese

M. Butterworth

H. Jawaid

R. Lawrence

J. Bacigalupo (appointed 3 April 2023)

H. Kamar (appointed 26 July 2023)

### **Company Secretary**

A. Weatherhead (resigned 11<sup>th</sup> August 2023)

### **Independent Examiner**

Chanter, Browne & Curry

1 Plato Place

72-74 St Dionis Road

London

SW6 4TU

### **Bankers**

Nat West Bank Plc

490 Holloway Road

London

N7 6HN

### **Solicitors**

Russell Cooke LLP

2 Putney Hill

London

SW15 6AB

**Trustees' responsibilities**

Company and charity law require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the surplus or deficit of the charitable company for that period. In preparing those financial statements, the trustees are required to:

- 1) Select suitable accounting policies and then apply them consistently.
- 2) Make judgements and estimates that are reasonable and prudent.
- 3) Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006 and the Charities Act 2011. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Small company exemptions**

This report has been prepared and delivered in accordance with the provisions in Part 15 of Companies Act 2006 applicable to companies subject to the small companies' regime.

This report was approved by the board and signed on their behalf.

Company Secretary  
23<sup>rd</sup> November 2023



## **INDEPENDENT EXAMINER'S REPORT**

I report to the charity's trustees on my examination of the financial statements of Nafsiyat ("the Company") for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes on pages 27 to 35.

### **Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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 Company as required by section 386 of the 2006 Act; or
- 2) the financial statements do not accord with those records; or
- 3) the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- 4) the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Ireland (FRS 102).

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 financial statements to be reached.

P.G. Browne FCA CTA  
23<sup>rd</sup> November 2023

Chanter, Browne & Curry  
Chartered Accountants  
1 Plato Place  
71-74 St. Dionis Road  
London, SW6 4TU

## STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 March 2023

**Summary income and expenditure account**

		<b>Unrestricted funds 2023 £</b>	<b>Restricted funds 2023 £</b>	<b>Total funds 2023 £</b>	<b>Total funds 2022 £</b>
	<b>Notes</b>				
<b>Income and endowments from:</b>					
Donations and legacies	2	5,046	-	5,046	9,973
Charitable activities	3	406,430	194,009	600,439	564,714
Investments	4	673	-	673	11
Other	5	32,859	-	32,859	43,438
<b>Total</b>		<b>445,008</b>	<b>194,009</b>	<b>639,017</b>	<b>618,136</b>
<b>Expenditure on:</b>					
Raising funds	6	18,973	-	18,973	10,300
Charitable activities	7	465,968	192,653	658,621	575,950
Other	8	168	-	168	242
<b>Total</b>		<b>485,109</b>	<b>192,653</b>	<b>677,762</b>	<b>586,492</b>
Net gains on investments		-	-	-	-
<b>Net income/(expenditure)</b>	9	<b>(40,101)</b>	<b>1,356</b>	<b>(38,745)</b>	<b>31,644</b>
Transfers between funds		(3,936)	3,936	-	-
<b>Net income/(expenditure) before other gains/(losses)</b>		<b>(44,037)</b>	<b>5,292</b>	<b>(38,745)</b>	<b>31,644</b>
Other gains and losses:		-	-	-	-
<b>Net movement in funds</b>		<b>(47,037)</b>	<b>5,292</b>	<b>(38,745)</b>	<b>31,644</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		232,708	(470)	232,238	200,594
<b>Total funds carried forward</b>		<b>188,671</b>	<b>4,822</b>	<b>193,493</b>	<b>232,238</b>

The Statement of Financial Activities includes all gains and losses in the year. All income and expenditure derive from continuing activities.

## BALANCE SHEET

As at 31 March 2023

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	11	504	-
<b>Current assets</b>			
Debtors	12	93,382	178,996
Cash at bank and in hand		194,300	295,330
		<u>287,682</u>	<u>474,326</u>
<b>Creditors:</b> Amount falling due within one year	13	<u>(83,984)</u>	<u>(228,144)</u>
<b>Net current assets</b>		203,698	246,182
<b>Creditors:</b> Amount falling due after more than one 14 year		(10,709)	(13,944)
<b>Total net assets</b>		<u>193,493</u>	<u>232,238</u>
<b>The funds of the charity</b>			
<b>Restricted funds</b>			
Restricted income funds	15	4,822	(470)
<b>Unrestricted funds</b>			
General funds	15	188,671	232,708
<b>Total funds</b>		<u>193,493</u>	<u>232,238</u>

For the year ended 31 March 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Approved by the board on 13/11/2023 and signed on its behalf by:



Jane Cook, Chair of the Board of Trustees  
13<sup>th</sup> November 2023

Company Registration number: 01710669

## STATEMENT OF CASH FLOWS

For the year ended 31 March 2023

	<b>2023</b> £	<b>2022</b> £
<b>Cash flows from operating activities</b>		
<b>Net income/(deficit) per Statement of Financial Activities</b>	(38,745)	31,644
<b>Adjustments for:</b>		
Depreciation of property, plant and equipment	168	240
Bank interest received	(673)	(11)
Increase in trade debtors and other receivables	85,613	(104,034)
Increase/(Decrease) in trade creditors and other payables	(147,392)	173,822
<b>Net cash provided by operating activities</b>	<u>(101,031)</u>	<u>101,661</u>
<b>Cash flows from investing activities</b>		
Payments for equipment	(672)	-
Bank interest received	673	11
<b>Net cash from investing activities</b>	<u>1</u>	<u>11</u>
<b>Net cash from financing activities</b>	<u>-</u>	<u>-</u>
<b>Net increase in cash and cash equivalents</b>	(101,030)	101,672
<b>Cash and cash equivalents at the beginning of the year</b>	295,330	193,658
<b>Cash and cash equivalents at the end of the year</b>	<u>194,300</u>	<u>295,330</u>
<b>Components of cash and cash equivalents</b>		
Cash and bank balances	194,300	295,330
	<u>194,300</u>	<u>295,330</u>

**NOTES TO THE FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

**NOTES TO THE FINANCIAL STATEMENTS**

Nafsiyat is a UK registered charity incorporated as a company limited by guarantee. The address of the registered office is given in the charity information on page 21. The nature of the charity's operations and principal activities are directed at providing an intercultural psychotherapy and counselling service, developing and advancing knowledge in this area, and championing good practice.

The charity constitutes a public benefit entity as defined by FRS 102.

**1. Accounting policies**

Basis of preparation

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2019, and the Companies Act 2006.

These financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these financial statements.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure are reported gross in the SoFA.

**NOTES TO THE FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the financial statements.
Investment income	This is included in the accounts when receivable.

**Expenditure**

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants made	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

**Taxation**

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



**NOTES TO THE FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost on a straight line basis over the expected useful lives, as follows:

Plant and machinery - 25% on the reducing balance

Leasehold improvements – 25% on the reducing balance

Fixtures and equipment – 25% on the reducing balance

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the balance sheet, bank overdrafts are shown within borrowings or current liabilities.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

### 2. Income from donations and legacies

	Unrestricted 2023 £	Total 2023 £	Total 2022 £
Donations	3,686	3,686	8,363
Membership Fees	1,360	1,360	1,610
	<u>5,046</u>	<u>5,046</u>	<u>9,973</u>

### 3. Income from charitable activities

	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
Contract Income	237,837	194,009	431,846	446,822
Nafsiyat Choice	1,640	-	1,640	3,820
Bespoke Contract Income	166,953	-	166,953	114,072
	<u>406,430</u>	<u>194,009</u>	<u>600,439</u>	<u>564,714</u>

### 4. Income from investments

	Unrestricted £	Total 2023 £	Total 2022 £
Bank interest receivable	673	673	11
	<u>673</u>	<u>673</u>	<u>11</u>

### 5. Other income

	Unrestricted £	Total 2023 £	Total 2022 £
Training income	28,286	28,286	39,164
Supervision Fees	1,945	1,945	3,385
Room Hire	1,528	1,528	325
Misc Income	1,100	1,100	564
	<u>32,859</u>	<u>32,859</u>	<u>43,438</u>

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

### 6. Expenditure on raising funds

	Unrestricted 2023 £	Total 2023 £	Total 2022 £
<i>Costs of generating voluntary income</i>			
Donations	18,973	18,973	10,300
	<u>18,973</u>	<u>18,973</u>	<u>10,300</u>

### 7. Expenditure on charitable activities

	Unrestricted 2023 £	Restricted 2023 £	Total 2023 £	Total 2022 £
<b><i>Expenditure on charitable activities</i></b>				
Salaries and other costs	333,335	28,712	362,047	290,351
Office costs	73,123	6,021	79,144	89,133
Professional fees and legal	55,223	13,737	68,960	43,761
Subscriptions	2,634	-	2,634	1,521
Payments to partners	-	144,183	144,183	149,126
<b><i>Governance costs</i></b>				
Trustee meeting costs	-	-	-	-
Independent examiner's fees and other costs	1,204	-	1,204	1,550
Companies House filing fee	13	-	13	13
Professional fees	436	-	436	495
	<u>465,968</u>	<u>192,653</u>	<u>658,621</u>	<u>575,950</u>

### 8. Other expenditure

	Unrestricted £	Total 2023 £	Total 2022 £
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	168	168	242

### 9. Net income/(expenditure)

	2023 £	2022 £
<b>This is stated after charging:</b>		
Depreciation of owned fixed assets	168	242

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

### 10. Staff and trustees' costs

No employee received emoluments in excess of £60,000.

No trustee received any remuneration, benefits in kind or reimbursement of expenses (2022: £Nil).

The average number of staff (full-time equivalent) employed by the charity during the financial year:

	2023	2022
	13.46	10.20

### 11. Tangible fixed assets

	Plant & Machinery £	Leasehold Improvements £	Fixtures & Equipment £	Total £
<b>Cost</b>				
At 1 April 2022	38,988	54,143	9,327	102,458
Additions	672	-	-	672
At 31 March 2023	39,660	54,143	9,327	103,130
<b>Depreciation and impairment</b>				
At 1 April 2022	38,988	54,143	9,327	102,458
Depreciation charge for the year	168	-	-	168
At 31 March 2023	39,156	54,143	9,327	102,626
<b>Net book values</b>				
At 31 March 2023	504	-	-	504
At 31 March 2022	-	-	-	-

### 12. Debtors

	2023 £	2022 £
Trade debtors	73,606	166,452
Other debtors	18,033	11,021
Prepayments and accrued income	1,743	1,523
	93,382	178,996

# NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

## 13. Creditors:

amounts falling due within one year	2023	2022
	£	£
Trade creditors	40,887	40,699
Other creditors – Prepayments, PAYE	32,436	172,801
Income Accruals	10,661	14,645
	<u>83,984</u>	<u>228,145</u>

## 14. Creditors:

amounts falling due after more than one year	2023	2022
	£	£
Other creditors	10,709	13,944
	<u>10,709</u>	<u>13,944</u>

## 15. Movement in funds

	At 1 April 2022	Incoming Resources (including other gains/losses) £	Resources Expended £	Gross Transfer £	At 31 March 2023 £
<b>Restricted funds:</b>					
London Borough of Islington	-	126,369	(126,369)		-
The Charity of Sir Richard Whittington	-	10,000	(11,380)	1,380	-
People's Health Trust	5,470	11,603	(17,072)	(1)	-
National Lottery Community Fund: Development Grant	(4,638)	29,302	(25,680)	1,016	-
Hearthstone Domestic Violence	(1,301)	16,735	(12,152)	1,541	4,822
<i>Total</i>	<u>(470)</u>	<u>194,009</u>	<u>(192,653)</u>	<u>3,936</u>	<u>4,822</u>
<b>Unrestricted funds:</b>					
<b>General funds</b>	232,708	445,008	(485,109)	(3,936)	188,671
<b>Total funds</b>	<u>232,238</u>	<u>639,017</u>	<u>(677,762)</u>	<u>-</u>	<u>193,493</u>

## NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2023

### Purposes and restrictions in relation to the funds

Restricted funds:

London Borough of Islington	As Lead Provider, funds are restricted to subcontract our partners in the Accept Consortium
The Charity of Sir Richard Whittington	Funds the weekly support group for female Amharic, Arabic and Tigrinya-speaking refugees
People's Health Trust	Self-esteem group for primary-school mothers in Haringey
National Lottery Community Fund: Development Grant	For project partnering with Islington Bangladeshi Association to support the Bengali community with their mental health
Hearthstone DV	As Lead Provider, funds are restricted to subcontract The Maya Centre

### 16. Analysis of net assets between funds

	Total £	Restricted funds £	Unrestricted funds £
Fixed assets	504	-	504
Current assets	287,682	42,245	245,438
Creditors: amounts falling due within one year	(83,985)	(37,423)	(46,562)
Creditors: amounts falling due after more than one year	(10,709)	-	(10,709)
	<u>193,493</u>	<u>4,822</u>	<u>188,671</u>

### 17. Commitments

#### Operating lease commitments

The total of future minimum lease payments under non-cancellable operating leases are as follows:

	2023 Land and buildings £	2023 Other £	2022 Land and buildings £	2022 Other £
Not later than one year	44,000	-	44,000	-
Later than one year and not later than five years	88,000	-	132,000	-
	<u>132,000</u>	<u>-</u>	<u>176,000</u>	<u>-</u>

**NOTES TO THE FINANCIAL STATEMENTS**

**For the year ended 31 March 2023**

**18. Related party disclosures**

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

The liability of members is limited. Every member promises that if the Company is dissolved while they are a member or within twelve months of ceasing to be a member, they will contribute such sum, not exceeding £10, that may be demanded, towards payments of the debts and liability of the Company incurred before they ceased to be a member.