



Company Number: 01710669

Charity Number: 287819

Trustee Report and Financial Statements
For the year ending 31 March 2024

CONTENTS	Page
Message From The Chair.....	3-4
Trustees’ Report.....	5
Objectives & Activities	6
Achievements And Performance	7-14
Financial Review.....	15
Reserves Policy.....	15
Structure, Governance And Management.....	16
Reference And Administrative Details	17-18
Independent Examiner's Report	19
Statement Of Financial Activities	20
Balance Sheet.....	21
Statement Of Cash Flows	22
Notes To The Financial Statements.....	23-31

MESSAGE FROM THE CHAIR

At Nafsiyat, late 2023 brought a new Chief Executive who has a clear vision and co-created plan for Nafsiyat to become a Centre of Excellence in Intercultural Therapy over the next five years. This focus and commitment is needed more than ever as we continue to see inequalities in our society and the wider world, especially for those who experience mental health issues. Statutorily provided mental health services are often inadequate, do not cater for cultural needs and differences, and do not promote equity or equality for those most affected who are left with experiencing barriers to services and institutions. We continue to witness poor outcomes for people from global majorities within statutory organisations such as a recently published report from a confidential enquiry, MBRACE, which focused on the experiences of women from Black and Asian experiences of stillbirth and neonatal death in comparison to their white counterparts. It raised concerning disparities in neonatal health outcomes based on ethnicity.

A recent report by Draper et al (2023) reviews the stark contrasts in stillbirth and neonatal mortality rates, with Black infants experiencing a 124% increased risk of stillbirth and a 43% heightened risk of neonatal mortality compared to their white counterparts. Similarly, Asian infants a 57% increased risk of stillbirth and a 59% elevated risk of neonatal mortality. These findings highlight the urgent need to address ethnic inequalities in neonatal health, particularly in England and Wales.

These outcomes are not new as there have been previous reports that highlighted disparities within different racial groups in relation to maternity services. The Casey Review highlighted where change was needed within the Metropolitan Police where institutionalised racism was identified. Nafsiyat continues to advocate for individuals, families and communities in tackling issues that remain in our society that need to be tackled so as to promote equity and justice:

- Racism which remains in the UK including within national institutions such as the NHS and police forces which the pandemic and recent reports have highlighted.
- Health care inequalities which continue to be evident within our societies with those from global majorities disproportionately affected by health disparities. Equity is needed to tackle discrimination, health inequalities and poor health outcomes.

Nafsiyat can and does promote equity and personalised care through the services it provides, with a focus on taking in to account a person's identity, culture and the journey many have encountered which may have affected their mental wellbeing, such as:

- Individualised therapy
- Group therapy
- Training in intercultural awareness and cultural competency
- Supporting organisations in the promotion of equitable service delivery for both service users and staff with a focus on what it means to have culturally competent services and staff by training, mentoring, coaching and empowerment.
- Advocating for equitable, appropriate and rights-based services with a focus on transcultural, trauma focused services which have a focus on mental health and wellbeing within a transcultural framework
- A focus on mental health services that support social inclusion that is person centred and strength based.
- Challenging and advocating when we witness poor outcomes and those issues that disproportionately affect individuals from global majorities especially mental health services.
- Being part of networks that empower and advocate for individuals, communities and organisations.

Underpinning all that Nafsiyat delivers are the principles of equity, fairness, respect, accountability, transparency, dignity, social justice, openness, kindness, compassion and inclusion recognising the value of each person and community. Nafsiyat continues to play its part in challenging the inequalities and inequities we see nationally and globally thus promoting a fairer and more of equitable society with Nafsiyat being part of the narrative that influences cohesion and positive change.

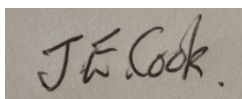
Continued good governance is key for the success of high-quality service delivery and strategic influencing and trustees are key to this as each one brings knowledge, skills and expertise to support the work of Nafsiyat, to support its growth and in influencing sustainable change. The partnership working between trustees and staff is very important with trustees getting to know staff and volunteers better by visiting Nafsiyat and attending events such as book launches, meals and training. Away days with both staff and trustees has been important in getting to know one another and in influencing the development of service delivery and the strategy. Trustees have been very visible especially during the time of transition with trustees being available to support staff and volunteers and in the recruitment of the new Chief Executive It is also important to recognise and celebrate the achievements of Nafsiyat with trustees, staff and volunteers.

The strategy for Nafsiyat needs to take in to account the governance role that trustees have that ensures the service delivery and influence of Nafsiyat Intercultural Therapy centre internally and externally.

The 5-year strategy will be reviewed annually with both staff and trustees having key roles in planning to ensure that the purpose of Nafsiyat remains in providing intercultural therapy to people from the global majority and in influencing service delivery and strategies that are equitable nationally and within organisations. The board can set the context alongside the new Chief Executive identifying longer goals that need to be achieved but management is responsible for implementing the plan.

Nafsiyat has a key role to play in making strategic relationships to promote intercultural therapy and to influence system change nationally and within organisations.

Jane Cook, Chair of the Board of Trustees

A handwritten signature in dark ink on a light-colored rectangular background. The signature reads "J.E. Cook." with a period at the end.

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 2024 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 during 2023/2024 has changed due to a reduction in the number of contracts being assigned and delivered through Nafsiyat post Covid. However, Nafsiyat has continued its NHS funded Talking Therapies work and was successful in achieving new funds for group therapy work. The total number of beneficiaries during 2023/2024 being 998 against 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.

Of the 998, 450, received short to medium term individual intercultural therapy. This number is consistent with the previous years' 461.

The demand for our training has grown thanks to our reinvigorated Intercultural Awareness Training Brochure and associated communication and engagement work. The number of people who received training from us, mostly in the form of a one-day and half day Cultural Awareness workshops, was 548 compared with 361 2022/23 compared with 545 in 2021/22, and 300 in 2020/21. Training clients included universities, NHS Trusts such as Mersy Care and local authorities.

- Total direct beneficiaries: 998
- Beneficiaries who received therapy: 450
- Beneficiaries who received training: 548
- Other beneficiaries (group members, reflective sessions, clinical supervision): 125

Clinical Work

Our intercultural therapy clinical work continues to grow in both depth and breadth. Intercultural therapy 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 of external world events, though our global majority clients, and flexibly responded to them. This year, through our clients, we are noticing the real and lived experiential impact of the war in Ukraine, the uncertainties provided by the Rwanda policy and hostility towards migrants and refugees as well as the impact of the wars in Africa and the Middle East.

Our individual therapy provision is mainly funded through NHS Talking Therapies contracts in Islington, Haringey, Camden and Enfield Boroughs. Nafsiyat also provides individual intercultural therapy through an innovative outreach project funded by the National Lottery Communities Fund which will be detailed below.

Family intervention, Couple work

We continue to provide therapy for couples and families. This has mainly come through either direct referral or through local authorities such as Southwark Council that recognise and appreciate the need for their residents to receive intercultural therapy in this context.

Likewise with Couple work. We receive either direct referrals from couples themselves or through other voluntary sector partners. 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

During 2023/2024 Nafsiyat has been successful in achieving funding for group therapy work. This was agreed in March 2024 and will be implemented in 2024/2025 growing our portfolio of group therapy work. We are grateful

to Compass Wellbeing and to the Department of Health & Social Care Suicide Prevention Fund and City Bridge Foundation for funding this group therapy work.

Support and Supervision

Supervision is a crucial ethical clinical activity within Nafsiyat as it supports, guides, holds, contains, teaches, and safeguards. Nafsiyat is recognised for its quality high level professional supervision of its own clinicians and trainees. Nafsiyat provides 4 groups of supervision 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 our Clinical Director, Baffour Ababio. 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.

Statutory contracts

Nafsiyat successfully delivered on all its statutory NHS Talking Therapies 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, we are 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.

Intercultural therapy and outreach project

After an initial project with Islington Bangladeshi Association funded 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 who face acute mental distress. This supported the community in addressing challenges affecting their mental well-being and day-to-day lives and enabled people to access Nafsiyat's intercultural therapy service.

This project has been set up with Islington Bangladeshi Association, Hopscotch Women's Centre, Elizabeth House and the Kurdish Advice Centre. We found that by combining Nafsiyat's expertise and the community connections linked to these voluntary community-based organisations, 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 clients from these communities

are reserved in how they speak and share their issues, particularly in relation to mental health. Our two outreach workers find innovative ways of working with people, through these partners, to encourage them to feel safe, share lived experience, develop trust and take advantage of intercultural therapy through Nafsiyat.

Mersey Care NHS Trust

During 2023/2024 Nafsiyat is contracted to provide a significant amount of 1-1 intercultural therapy support, intercultural awareness training workshops, and consultancy support to Mersey care NHS Trust in their campaign to become an anti-racist organisation.

Nafsiyat provided black, Asian and minority ethnic staff of Mersey Care NHS Trust with a bespoke culturally diverse wellbeing and rehabilitation programme. This included facilitating reflective sessions and offering our intercultural therapy service to individual staff members. The Integrated Care Board (ICB) has approved funds and we are working with Mersey care to formulate an extended programme for 2025/2026 building on the success of the 2023/2024 programme.

Training workshops and reflective sessions

During the year we enhanced our Training Brochure which reflects our Intercultural Awareness workshops and training. We ran 32 Cultural Competence training workshops, 2 Intercultural Awareness workshops, 17 reflective sessions, and made 2 formal presentations.

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 30-50 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 through The Mercers' Company, brings these women together to discuss their experiences with others who can understand and empathise, 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.

University College London

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.

Grants

The National Lottery Communities Fund, Compass Wellbeing, the Department for Health & Social Care Suicide Prevention Fund, The Mercers' Company, supported our work during the year, for which we are most grateful.

Choice

After a pause during 2022/2023 our Choice or 'paid for' therapy service has started to develop again this year. We have spent a lot of time with the new CEO and the team in honing the service and seeking to ensure it is as streamlined as possible, that it adds value but does not take us away from our core objectives.

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

Publications

October 2023: Clinical Director Baffour Ababio's article, "Wisdom Pot Consciousness", featured in Therapy Today, exploring cultural dynamics in therapeutic supervision.

Newsletters

We continue to publish a monthly 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. Our newsletter provides valuable recommendations to support their ongoing intercultural learning journey.

Events

May 2023:

- Senior Counsellor Segha Habtom spoke at the BACP Research Conference Policy Panel, discussing trauma and culturally sensitive mental health support.

June 2023:

- Kaya Comer-Schwartz, Leader of Islington Council, visited Nafsiyat, connecting with staff and discussing challenges.
- Nafsiyat attended a luncheon at Mercers' Hall, celebrating the Richard Whittington Charity's support for their women's group.

July 2023:

- Nafsiyat Held its annual staff picnic.

October 2023:

- Nafsiyat celebrated its 40th anniversary, reflecting on four decades of activism and growth.

January 2024:

- Welcomed visiting professors from Italy and Norway to discuss potential collaborations.

March 2024:

- Presented the Intercultural Outreach Project at a Voluntary Action Islington event, showcasing success in stigma reduction and mental health support.

Awards and Fundraising

September 2023:

- Segha Habtom was nominated for 'Mental Health Hero' at The Sun Who Cares Wins Awards.

March 2024:

- Nafsiyat, Islington Mind, and CCIWBS secured funding for the 'Building Resilience: Men's Suicide Prevention Project,' starting in April 2024.

Website Performance Summary (April 2023 - March 2024)

- Visits: 27,000 total visits, reflecting an 86% increase year-on-year.
- Unique Visitors: 20,000, showing an 81% increase year-on-year.
- Pageviews: 58,000, an 80% increase year-on-year.

- Visits fluctuated between 2,000 to 3,000 per month, with peaks in October and January.
- Declines occurred during the summer months and December, followed by recovery in early 2024.

LinkedIn

Followers:

Q3: Increased by 29% to 937

Q4: Increased by 18% to 1,102

Total Growth: 165 new followers across both quarters.

Impressions:

Q3: 28,423 (up 50%)

Q4: 28,619 (up 16% compared to Q3)

Clicks:

Q3: 1,818 (up 85%)

Q4: 3,015 (up 85%)

Engagement Rate (New in Q4): 13.77%

Content Posting:

Q3: 58 posts

Q4: 45 posts

Instagram

Impressions:

Q3: 11,554 (up 53%)

Q4: 9,930 (down slightly but still up 3% compared to our overall average)

Engagement:

Q3 589 likes

Q4: 561 likes

Comments:

Q3: 21 comments

Q4: 22 comments

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

Staffing

To meet some expected demand in 2021/2022 Nafsiyat recruited clinical staff, workshop leaders and additional administrative support. Nafsiyat also added several employee benefits including, a personal development budget, subsidised counselling, free eye tests, a cycle-to-work scheme, and increased pension contributions during this period too. However, as reported in 2022/2023, later in the year, when less work than we had anticipated eventuated, there was a need to temporarily reduce staff hours. The staff hours were later replaced.

These staff costs continue to be a challenge for Nafsiyat, and whilst the additional funding for group therapy is welcomed during 2023/2024, there is a policy underway of not replacing salaried staff that leave, reducing our use of independent contractor clinicians and cutting unwanted subscriptions and services.

Practical support

During the end of 2023, our two Community Links workers left Nafsiyat. However, this gave Nafsiyat the opportunity to review the service and set up a Community Links & Social Justice Team in January 2024.

From April to December 2023 the Community Links team saw a total of 27 cases. Here is a percentage breakdown of the cases seen:

- Housing: 33.3%
- Welfare Benefits: 29.63%
- Immigration: 7.41%
- Health: 3.7%
- Other: 25.93%

Here is a case study that highlights the work done by the Community Links team during this period:

HL was referred to NLW team for help with education. She sought asylum in the UK several years ago. Unfortunately, her asylum application was rejected repeatedly, and she became destitute with no right to work, benefits, healthcare, or housing. HL recounted that she slept on the streets, worked illegally in people's homes for cash or food (sometimes risking her safety) and begging. After a long time in destitution (one winter night), HL was picked by a charity from the streets and was placed in a winter shelter. Later she was referred to another charity which took responsibility to accommodate her long term and support her with her immigration status. The NLW team assessed her case but faced a huge challenge due to restrictions on HL's immigration status. After a long and extensive search including search for grants and donations, there was a breakthrough. The National Career Service managed to secure a place in HL's preferred course. HL was overjoyed and in disbelief that she was accepted without any legal status in the UK. She joined the course in September 2023 and is happily continuing her studies. With regards to her immigration status HL said that the charity is supporting her. however, the team provided her with information about organisations that offer free legal advice on immigration if she wishes to do so in the future. HL was very grateful and happy.

From January 2024 to March 2024, the Community Links & Social Justice team, supported by volunteers, assisted 33 clients. Below is the percentage breakdown of the cases seen:

- Housing: 21%
- Welfare Benefits: 27%
- Immigration: 24%
- Employment: 12%
- Other: 21%

Here is a case study that highlights the work done by Nafsiyat's Community Links & Social Justice Team:

The Community Links & Social Justice (CLSJ) Team at Nafsiyat supported H, a young man from the Middle East who fled persecution after reporting a human rights violation involving a high-ranking military officer. With nothing but his phone, he escaped to the UK.

Upon arrival, H surrendered to the police and explained his situation, but a language barrier led to a misspelling of his name in official documents, delaying his asylum process.

The CLSJ team worked tirelessly to correct this error, persistently contacting the Home Office until his paperwork was resolved. They also helped him secure legal representation after learning of an execution order against him in his home country.

We received an update from H, sharing the news that his asylum application has been approved. He expressed deep gratitude for the support he received from Nafsiyat and the CLSJ team, saying he now feels confident to begin his new life and couldn't have done this alone without the vital support he received from Nafsiyat.

Outcome measurement - April 2023 to March 2024 report

We averaged a Reliable Improvement of 58% in depression and anxiety, from the PHQ9 and GAD7 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:

- 100% felt staff listened to them and treat their concerns seriously all the time or most of the time; 0% sometimes.
- 97.7% felt the service helped them to better understand and address their difficulties all the time or most of the time; 2.2% sometimes.
- 94% felt involved in making choices about their treatment and care all the time or most of the time; 3.7% sometimes.
- 95.5% felt they got the help that mattered to them all the time or most of the time; 3.7% sometimes.
- 97.7 % had confidence in their therapist and his/her skills and techniques all the time or most of the time.
- 96 % of those who found therapy at Nafsiyat very helpful; 3% Neither helpful nor unhelpful

Client feedback*

- *I felt comfortable to say what I feel and thought. Therapy enabled me to say what I feel, I was honest, I did not have to put mask and mask my feeling. This itself was helpful to me.*
- *I have noticed changes in how I understand myself and understanding how I feel. I have recognised and still learning to understand that I will not be as concerned about things as I have been.*
- *I am a very closed up person. I cannot talk about my issues easily. I am able to open up in therapy and talk about my issues. I feel stronger after I talk. I sometimes feel anxious but knowing that I have a therapy session on Monday and I can talk about it makes me feel better. I come from a culture where I was brought up to not cry as a man and not show my emotions. I am able to show my emotions. I am not picking up specific things, seeing things more as a whole now.*
- *The group provided me a safe space to talk about my trauma in a controlled space that I can process and reflect. I got out as much as I put in and for that I am extremely grateful. I felt seen and heard and was able to grow myself in return. I think Wajiha was splendid, she gave enough space for me to step up to who I want to be but also did not let me simply fall into limiting beliefs.*

*Lightly edited for grammar

Case Study One**

RB, an Indian Muslim woman in her early thirties, was referred due to frequent panic attacks impacting her breathing and daily life. Diagnosed with anxiety, she reported irritability, low self-esteem, and negative thoughts, leading to disengagement from her children and social life. She sought therapy to improve communication with her husband, perceiving a lack of understanding from him. In the initial session, RB discussed her family background and past. It became clear that cultural differences and an arranged marriage pressured her to

suppress her emotions, causing panic attacks. We explored the aspects of herself that RB had abandoned to please her new family. RB initially took a few sessions to see the connection between her lost sense of self and her anxiety. The next phase involved acknowledging cultural differences and seeking mutual acceptance with her in-laws, which helped RB regain confidence. Gradually, she trusted the therapeutic process, prioritized her needs, and addressed them in sessions, leading to improved self-esteem. Though still experiencing weekly panic attacks, she became more engaged with her family and started meaningful dialogues with her husband. RB's assertiveness was tested during a visit to her husband's family, where she maintained her identity without disrespecting their culture, boosting her confidence. In the final sessions, she noted positive changes in family dynamics, such as open discussions of feelings, including with her children. She uncovered issues like sibling jealousy and her husband's insecurities. Over 12 weeks, RB's self-image improved, and she felt like a 'new person.' She had not experienced panic attacks in the last three weeks and reported achieving her therapy goals. Working interculturally was crucial; RB realized she could respect another culture without compromising her own.

Case Study Two**

S.M, a 58-year-old from Iraq, left with her husband and three children in 1996 due to war and arrived in the UK as refugees in 1998 through the UN. Referred by iCope after losing six family members in the Iraq war, S.M suffered from depression, bereavement, and anxiety. She endured physical and emotional domestic violence from her ex-husband. S.M experienced severe depression with daily intrusive flashbacks, sleep difficulties, frequent nightmares, and anger. She avoided going out due to hearing her deceased brother's warnings. He was killed by ISIS in front of his children, increasing her anxiety for her remaining family in Iraq. During initial counselling sessions, S.M struggled to attend due to her physical condition, often accompanied by a friend and sleeping in the waiting room. She expressed sadness, hopelessness, and anger, appearing stressed and frowning throughout the session but maintained good eye contact and engagement. Trust was gradually established in a supportive environment where she felt comfortable expressing her feelings. Sympathy and empathy helped her process traumatic experiences for the first time in her language, linking these to her daily life.

In the first session, she expressed hesitation about the long travel distance but later felt positive, stating, "I felt very comfortable and that you understand me, therefore I will come for ongoing sessions even if it is far." Initially, S.M cried excessively but gradually reduced her crying and discussed her problems more openly. By the last few sessions, she considered writing a book about her traumatic experiences stemming from the political situation in Iraq. Intercultural therapy proved beneficial for S.M because the therapist speaks Arabic. Previously, with an English-speaking counsellor, she felt unable to fully express her emotions or that her trauma was understood. The therapist's similar cultural background and personal experience living in a war-torn area enabled her to better comprehend the client's challenges and relate to patients facing similar difficulties. Initial and end of therapy assessment scores: PHQ9 = 20 PHQ9 = 12 GAD7 = 18 GAD7 = 11

**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 decreased slightly to £638,281 from £639,017 and the expenditure for the year stood at £726,967 a sharp increase from £677,762 unfortunately resulting in a deficit of £88,686. This of course impacted on the reserves balance that Nafsiyat is attempting to build and maintain.

Like all other charities, Nafsiyat is met with stiff competition when applying for funding so current times remains challenging, however, the organisation continues to be positive about the future.

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 27th 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 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 Quarterly meetings. They also gather for away-days when required. The Chair has monthly meetings 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

J. Calabrese

H. Jawaid

R. Lawrence

J. Bacigalupo (appointed 3 April 2023)

Y. Ahmed (appointed 2 October 2023)

H. Kamar (appointed 26 July 2023)

M. Butterworth (resigned 4 April 2024)

Company Secretary

Y. Ahmed (appointed 2 October 2023)

A. Weatherhead (resigned 11 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.



Y. Ahmed, Company Secretary

20th January 2025

I report to the charity trustees on my examination of the financial statements of Nafsiyat for the year ended 31 March 2024.

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 Charity 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 your charity'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

As the charity'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 , which is one of the listed bodies.

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under 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
- 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 applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of 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
Chanter, Browne & Curry
Chartered Accountants
1 Plato Place
71-74 St. Dionis Road
London SW6 4TU
20th January 2025

Nafsiyat
Statement of Financial Activities
for the year ended 31 March 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	4	2,203	-	2,203	5,047
Charitable activities	5	310,645	271,124	581,769	600,439
Investments	6	1,715	-	1,715	673
Other	7	52,594	-	52,594	32,859
Total		367,157	271,124	638,281	639,017
Expenditure on:					
Raising funds	8	11,307	-	11,307	18,973
Charitable activities	9	468,159	247,333	715,492	658,621
Other	10	168	-	168	168
Total		479,634	247,333	726,967	677,762
Net gains on investments		-	-	-	-
Net expenditure		(112,477)	23,791	(88,686)	(38,744)
Transfers between funds		(589)	589	-	-
Net expenditure before other gains/(losses)		(113,066)	24,380	(88,686)	(38,744)
Other gains and losses					
Net movement in funds		(113,066)	24,380	(88,686)	(38,744)
Reconciliation of funds:					
Total funds brought forward		188,671	4,822	193,493	232,238
Total funds carried forward		75,605	29,202	104,807	193,494

Nafsiyat
Balance Sheet
at 31 March 2024

Company No. 01710669	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	13	336	504
		<u>336</u>	<u>504</u>
Current assets			
Debtors	14	105,064	93,382
Cash at bank and in hand		109,651	194,300
		<u>214,715</u>	<u>287,682</u>
Creditors: Amount falling due within one year	15	(102,768)	(83,984)
Net current assets		<u>111,947</u>	<u>203,698</u>
Total assets less current liabilities		112,283	204,202
Creditors: Amounts falling due after more than one year	16	(7,476)	(10,709)
Net assets excluding pension asset or liability		<u>104,807</u>	<u>193,493</u>
Total net assets		<u><u>104,807</u></u>	<u><u>193,493</u></u>
The funds of the charity			
Restricted funds	17		
Restricted income funds		29,202	4,822
		<u>29,202</u>	<u>4,822</u>
Unrestricted funds	17		
General funds		75,605	188,671
		<u>75,605</u>	<u>188,671</u>
Reserves	17		
Total funds		<u><u>104,807</u></u>	<u><u>193,493</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 March 2024 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 accounts.

Approved by the board on 20 January 2025

And signed on its behalf by:



John Bacigalupo
Trustee
20 January 2025

Nafsiyat
Statement of Cash flows
for the year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net expenditure per Statement of Financial Activities	(88,686)	(38,745)
Adjustments for:		
Depreciation of property, plant and equipment	168	168
Dividends, interest and rents from investments	(1,715)	(673)
(Increase)/Decrease in trade and other receivables	(11,682)	85,613
Increase/(Decrease) in trade and other payables	15,551	(147,392)
Net cash used in operating activities	<u>(86,364)</u>	<u>(101,031)</u>
Cash flows from investing activities		
Payments for equipment		(672)
Dividends, interest and rents from investments	1,715	673
Net cash from investing activities	<u>1,715</u>	<u>1</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net decrease in cash and cash equivalents	(84,649)	(101,030)
Cash and cash equivalents at the beginning of the year	194,300	295,330
Cash and cash equivalents at the end of the year	<u>109,651</u>	<u>194,300</u>
Components of cash and cash equivalents		
Cash and bank balances	109,651	194,300
	<u>109,651</u>	<u>194,300</u>

for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
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.
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Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the 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 accounts.
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Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
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Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

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 payable	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.

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

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 statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

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.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

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.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	5,046	-	5,046
Charitable activities	406,430	194,009	600,439
Investments	673	-	673
Other	32,859	-	32,859
Total	445,008	194,009	639,017
Expenditure on:			
Raising funds	18,973	-	18,973
Charitable activities	465,968	192,653	658,621
Other	168	-	168
Total	485,109	192,653	677,762
Net income	(40,101)	1,356	(38,745)
Transfers between funds	(3,936)	3,936	-
Net income before other gains/(losses)	(44,037)	5,292	(38,745)
Other gains and losses:			
Net movement in funds	(44,037)	5,292	(38,745)
Reconciliation of funds:			
Total funds brought forward	232,708	(470)	232,238
Total funds carried forward	188,671	4,822	193,493

4 Income from donations and legacies

	Unrestricted £	Total 2024 £	Total 2023 £
Donations	843	843	3,687
Membership fees	1,360	1,360	1,360
	2,203	2,203	5,047

5 Income from charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Contract Income	226,869	271,124	497,993	431,846
Nafsiyat Choice	-	-	-	1,640
Bespoke Contract Income	83,776	-	83,776	166,953
	<u>310,645</u>	<u>271,124</u>	<u>581,769</u>	<u>600,439</u>

6 Income from investments

	Unrestricted	Total 2024	Total 2023
	£	£	£
Bank interest receivable	1,715	1,715	673
	<u>1,715</u>	<u>1,715</u>	<u>673</u>

7 Other income

	Unrestricted	Total 2024	Total 2023
	£	£	£
Training Income	46,073	46,073	28,286
Supervision Fees	2,340	2,340	1,945
Room Hire	3,290	3,290	1,528
Misc Income	891	891	1,100
	<u>52,594</u>	<u>52,594</u>	<u>32,859</u>

8 Expenditure on raising funds

	Unrestricted	Total 2024	Total 2023
	£	£	£
<i>Costs of generating voluntary income</i>			
Donations	-	-	18,973
Fundraising	11,307	11,307	-
	<u>11,307</u>	<u>11,307</u>	<u>18,973</u>

9 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
Salaries and other costs	316,947	76,874	393,821	362,047
Office costs	96,960	14,312	111,272	79,144
Professional and Legal fees	30,916	-	30,916	68,960
Subscriptions	2,071	-	2,071	2,634
Grants made	-	156,147	156,147	144,183
<i>Governance costs</i>				
Trustee expenses	18,330	-	18,330	-
Trustee refreshments	239	-	239	-
IE fees and other costs	1,815	-	1,815	1,204
Legal and Professional fees	881	-	881	449
	<u>468,159</u>	<u>247,333</u>	<u>715,492</u>	<u>658,621</u>

10 Other expenditure

	Unrestricted	Total 2024	Total 2023
	£	£	£
Depreciation	168	168	168
	<u>168</u>	<u>168</u>	<u>168</u>

11 Trustee remuneration and expenses

One or more of the trustees has been paid remuneration in the current or prior periods.

Trustee	Remuneration	Pension	Other benefits
Hena Jawaid	10,998	-	-
Yvonne Wright	7,332	-	-

	2024 Number	2023 Number
Number of trustees paid expenses	2	-

The nature of the reimbursed expenses Consultancy payments in lieu of work in between Chief Executives.

12 Staff and Trustees' costs

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

The average monthly number of full time equivalent employees during the year was as follows:

2024	2023
Number	Number
22.25	10.20
<u>22.25</u>	<u>10.20</u>

13 Tangible fixed assets

	Plant & Machinery	Leasehold Improvements	Fixtures & Equipment	Total
	£	£	£	£
Cost or revaluation				
At 1 April 2023	39,660	54,143	9,327	103,130
At 31 March 2024	<u>39,660</u>	<u>54,143</u>	<u>9,327</u>	<u>103,130</u>
Depreciation and impairment				
At 1 April 2023	39,156	54,143	9,327	102,626
Depreciation charge for the year	168	-	-	168
At 31 March 2024	<u>39,324</u>	<u>54,143</u>	<u>9,327</u>	<u>102,794</u>
Net book values				
At 31 March 2024	<u>336</u>	<u>-</u>	<u>-</u>	<u>336</u>
At 31 March 2023	<u>504</u>	<u>-</u>	<u>-</u>	<u>504</u>

14 Debtors

	2024	2023
	£	£
Trade debtors	61,399	73,606
Other debtors	40,223	18,033
Prepayments and accrued income	3,442	1,743
	<u>105,064</u>	<u>93,382</u>

15 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Trade creditors	21,894	40,887
Other creditors	53,603	32,436
Accruals	27,271	10,661
	<u>102,768</u>	<u>83,984</u>

16 Creditors:
amounts falling due after more than one
year

	2024	2023
	£	£
Other creditors	7,476	10,709
	<u>7,476</u>	<u>10,709</u>

17 Movement in funds

	At 1 April 2023	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 31 March 2024 £
Restricted funds:					
Restricted income funds:					
NHS Islington - Accept	-	130,451	(130,451)	-	-
The Charity of Sir Richard Whittington	-	11,600	(17,011)	5,411	-
The National Lottery Community Fund:					
Development Grant	-	122,636	(93,434)	-	29,202
Hearthstone DV	4,822	6,437	(6,437)	(4,822)	-
<i>Total</i>	<u>4,822</u>	<u>271,124</u>	<u>(247,333)</u>	<u>589</u>	<u>29,202</u>
Unrestricted funds:					
General funds	188,671	367,157	(479,634)	(589)	75,605
Total funds	<u>193,493</u>	<u>638,281</u>	<u>(726,967)</u>	<u>-</u>	<u>104,807</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

NHS Islington - Accept	As Lead Provider, we restrict the funds that are used 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
The National Lottery Community Fund:	For project partnering with Islington Bangladeshi Association to support the Bengali community with their mental health
Development Grant	
Hearthstone DV	For project partnering with Islington Bangladeshi Association to support the Bengali community with their mental health

18 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	336	-	336
Net current assets	82,745	29,202	111,947
Creditors due in more than one year and provisions	(7,476)	-	(7,476)
	<u>75,605</u>	<u>29,202</u>	<u>104,807</u>

19 Reconciliation of net debt

	At 1 April 2023	Cash flows	At 31 March 2024
	£	£	£
Cash and cash equivalents	194,300	(84,649)	109,651
	<u>194,300</u>	<u>(84,649)</u>	<u>109,651</u>
Net debt	<u>194,300</u>	<u>(84,649)</u>	<u>109,651</u>

20 Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:

	2024	2024	2023	2023
	Land and buildings	Other	Land and buildings	Other
	£	£	£	£
Operating leases with expiry date:				
Within one year	44,000	-	44,000	-
In the second to fifth years inclusive	44,000	-	88,000	-
	<u>88,000</u>	<u>-</u>	<u>132,000</u>	<u>-</u>

21 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.