



Trustees' Annual Report for the period

From: 01/04/21 Period start date

To: 31/03/22 Period end date

Charity name: EFT International (formerly AAMET International)

Charity registration number: 1176538

Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote for the public benefit the advancement of education and knowledge in the field of Emotional Freedom Techniques (EFT) practice and training
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ol style="list-style-type: none">1. Establishing and upholding the highest standards of ethics and conduct, including Safeguarding2. Acting independently of any regulatory body3. Publishing a complaints procedure for all members and the public.4. Encouraging professional practice and that teaching/training follows the core curriculum laid down in the training guidelines.5. Provide information to the public and forge links with relevant professionals about the benefits and working practices of EFT.6. Maintaining a list of members and only allowing practising members to join on the proviso that they agree to, and abide by, (where applicable) EFTi Training Regulations, the EFTi Code of Conduct and Ethics, and EFTi Guidelines on CPD and Mentoring as updated and amended from time to time.7. We are working to develop a culture and team that reflects and promotes the diverse cultural, religious, gender and health experiences of our international membership.8. Producing a regular monthly newsletter to both members and the public9. Updating members on recent EFT research by organising an annual online Symposium, held March 2022 and via a research newsletter.

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

Additional information (optional)

You may choose to include further statements where relevant about

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	With the exception of specific specialist contracted work, most of the activities of the charity are undertaken by volunteers, who number about 40 across the different teams. We continue to expand our volunteer teams to cater to the increasing workload as the organisation expands but recognise that we do now need to move towards a point where more work is paid. Volunteer teams include a Board of Trustees, Research, Communications, Ethics and Training and Accreditation committees.
Other		N/A

Achievements and performance

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

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

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

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

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

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

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

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

8. The newsletter is published regularly

		<p>9. We have a block agreement with a specialist insurance provider.</p> <p>10. EFTi is actively supporting academic research to further the scientific validity, efficacy and efficiency of this method. Especially for PTSD, where drugs have been shown to have a limited impact on the symptoms while being associated with very high costs. Whereas EFT provides a drug-free solution, that might become a very cost-efficient standard alternative with high rates of effectiveness on the subjects.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Overall, we have achieved significant success in improving access to quality information and practice of EFT and in validating the evidence base for EFT, thereby greatly improving public benefit.
Performance of fundraising activities against objectives set	Para 1.41	N/A
Investment performance against objectives	Para 1.41	N/A
Other		

Financial review

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

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

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

Structure, governance and management

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

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	An induction process is being developed, though currently, all trustees as of this writing were recruited from within the membership. Going forward we are introducing a robust induction process at all levels of the organization.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		Whistleblowing Complaint to the Charities Commission. At the end of March 2021 a complaint was filed by a volunteer to the Charities Commission after the volunteer received legal consultation and unsuccessful attempts were made to resolve concerns regarding governance arrangements of the

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

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

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

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

Director name	
None	

Name of Trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year
None	

Funds held as custodian trustees on behalf of others

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

Additional information (optional)

Type of adviser	Name	Address
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AAT	Garry Alexander	Wheelers Accountants, The John Greenway Building, John Greenway Close, Tiverton, Devon EX16 6QF. UK

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

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

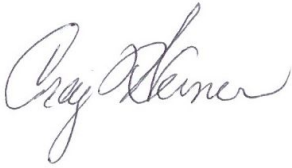
N/A

Other optional information

N/A

Declarations

Signature(s)

	
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Full name(s)

Craig Weiner	
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Position

Chair of Trustees



A Charity Incorporated Organisation (CIO)

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

(UK registered Charity number 1176538)

Financial Statements
for the year ended 31 March 2022

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

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

Responsibilities and basis of report

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


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

Independent Examiner's statement

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

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

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

Signed: 

Dated: 26-1-23

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

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

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


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

This page must be read with the following notes

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

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

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

Signed: 

Pippa Gagie (Trustee)

Dated: 26. 1. 2023

This page must be read with the following notes.

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

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

1. Accounting Compliance

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

2. Basis of preparation

2.1 Accounting

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

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

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

2.2 Going Concern

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

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

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

3 True & fair view

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

Income

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

4 Intangible Assets

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

5 Donated Goods and Services

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

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

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

6 Related Party Transactions

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

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

7 Trustees Expenses & Benefits

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

8 Post Balance Sheet Events

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

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

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

9 Independent Scrutiny

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

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

10 Honoraria and benefits

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

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

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

11 EFT for Crisis Reserve Fund

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



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			131,059		115,918
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<u>The Association Reserve Funds</u>					
General Reserve					
Opening balance 1 April 2021			115,545		84,742
Surplus for the year			15,267		30,803
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Reserve Fund (EFT Research)					
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Fund movement in year		3,189	10,456	768	7,267
EFT for Crisis Fund	11		260		-
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Signed: 

Pippa Gagie (Trustee)

Dated: 26. 1. 2023

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4 Intangible Assets

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5 Donated Goods and Services

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(Registered UK Charity number 1176538)

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

6 Related Party Transactions

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

7 Trustees Expenses & Benefits

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

8 Post Balance Sheet Events

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

EFT International (formerly AAMET International) (CIO)

(Registered UK Charity number 1176538)

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

9 Independent Scrutiny

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

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

10 Honoraria and benefits

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

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

11 EFT for Crisis Reserve Fund

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