

# BRITISH THYROID FOUNDATION

England & Wales · Charity number 1006391

## Details

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Other names	B T F
Status	Registered
Legal form	Trust
Registered	1991-11-26
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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**Address** British Thyroid Foundation  
Suite 12  
One Sceptre House  
Hornbeam Square North  
Harrogate  
North Yo

**Phone** 01423810093

**Email** [info@btf-thyroid.org](mailto:info@btf-thyroid.org)

**Website** [btf-thyroid.org](http://btf-thyroid.org)

## Activities

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**Objects:** 1. TO PROMOTE THE RELIEF AND TREATMENT OF PERSONS SUFFERING FROM THYROID DISORDERS AND RELATED CONDITIONS OR DISEASES AND TO PROVIDE ADVICE INFORMATION AND SUPPORT. 2. TO PROMOTE AND SUPPORT RESEARCH AND TO DISSEMINATE FOR THE PUBLIC BENEFIT THE RESULTS OF ANY SUCH RESEARCH.

**Activities:** Provides information and support to people with thyroid disorders , their families and carers; provides information on the patient perspective to the medical profession

## Classification

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- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£272,782	£286,550	-	-
2024-03-31	£207,344	£233,558	-	-
2023-03-31	£236,007	£240,624	-	-
2022-03-31	£148,934	£187,220	-	-
2021-03-31	£124,219	£157,235	-	-

## Trustees

Name	Role	Appointed
<b>Prof Marian Ludgate</b>	Chair	2022-05-12
Ana Cuddeford		2025-12-01
Anna Reavell		2017-06-27
Dr Fiona Eatock		2025-10-01
Dr Harshini Katugampola		2024-08-01
Gavin Lucius Troughton		2023-11-22
Kandeel Batool		2025-12-01
Nicola Zammitt		2023-04-05
Paul Madgwick		2023-11-22
Prof John Howard Duncan Bassett		2026-04-29
Ruth Batty		2025-12-01

**BRITISH THYROID FOUNDATION**

England & Wales - Charity number 1006391

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# Accounts

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# **British Thyroid Foundation**

(Charity Number: 1006391, SC046037)

## **Trustees Annual Report & Financial Statements for the year ended**

**31st March 2025**

# **outsourc**

Charity accounts preparation & independent examination  
service

# British Thyroid Foundation

(Charity Number: 1006391, SC046037)

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# **Trustees' Annual Report**

## **From: 1 April 2024 to 31 March 2025**

**Charity name: British Thyroid Foundation**

**Another name charity is known by: BTF**

Registered charity number: 1006391, SC046037

Charity's principal address:

Suite 12, One Sceptre House  
Hornbeam Square North  
Hornbeam Park  
Harrogate  
HG2 8PB  
British Thyroid Foundation

**Trustees Annual Report - 1 April 2024 – 31 March 2025**

<b>Trustee Name</b>	<b>Office</b>	<b>Dates acted if not for whole year</b>	<b>In what capacity</b>
Mrs Greta Lyons	Chair		Medical Endocrine Research Nurse
Professor Kristien Boelaert	Ex-Officio BTA		Medical Professor of Endocrinology
Mr Jonathan Eaton			Director of Communications and Digital Engagement
Mrs Kasia Jones		Stepped down October 2024	Chartered Management Accountant, Charity professional (Patient)
Dr Harshini Katugampola		Appointed August 2024	Medical Consultant paediatric endocrinologist
Professor Marian Ludgate			Scientific Professor Emerita in Molecular Endocrinology
Mr Paul Madgwick			Chartered Occupational Safety and Health professional (Patient)
Mrs Anna Reavell	Vice Chair		Veterinary Surgeon (Patient)
Ms Rachael Taylor			Educational Professional (Patient)
Mr Gavin Troughton	Treasurer		Advisor to Healthcare Technology Systems
Ms Alison Waghorn	Vice Chair Ex-Officio BAETS		Medical Consultant Endocrine Surgeon
Dr Nicola Zammit			Medical Consultant Endocrinologist

## **Name of chief executive(s) or senior staff members**

Julia Priestley – Chief Executive Officer

Cheryl McMullan – Chief Operations Officer

## **Structure, Governance and Management**

Type of Governing Document: Trust Deed dated 28 October 1991

How the Charity is constituted: Trust

Trustee Selection Method:

Recent trustees have been appointed following an open application and interview process. Previously they were nominated and appointed by the Trustees.

## **Additional Governance Information**

We are pleased to present the Trustees' Annual Report and Financial Statement for 1 April 2024 to 31 March 2025. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. The Board of Trustees comprises patients, healthcare professionals and business professionals.

Our trustees met three times online over the year, with one face-to-face meeting. Finance and Staffing, Fundraising and Communications, and Ethics, Research and Projects Subcommittee meetings were held online. Trustees were required to declare any conflicts of interest at the start of each meeting. The trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

## **Vision, Mission and Beliefs statement**

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

### **Mission**

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

### **Values and Beliefs**

- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience which is accessible to everyone.
- We are committed to remaining open-minded and will do our best to encourage involvement and foster peer support.
- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

## Objectives

The Trust is established:

a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and

b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases. *Extract from the BTF Trust Deed, Oct 1991*

## Volunteers

Patient volunteers are a lifeline to our work. They provide peer support as patient telephone contacts, act as moderators in our online support groups and as local group coordinators. They also represent the patient voice in our projects and on our Board of Trustees, and support our office operations.

Healthcare professionals and researchers also generously contribute their knowledge and time as trustees and as medical advisors. This ensures our resources are rooted in up-to-date science.

Thank you to all our volunteers for their commitment to making a difference to the UK thyroid community.

## Working in partnership

We work in close partnership with the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS).

We are affiliated members of the Society for Endocrinology and the European Society of Endocrinology.

“ You helped me untangle so much when I was diagnosed with thyroid cancer. ”

“ There’s a minefield of information out there and it’s hard to know where to turn. I’m so grateful to have found your organisation. ”

## The year in review – equipping patients to better manage their thyroid health

Being diagnosed with a thyroid condition can have a big impact on people’s lives. So it is understandable that managing physical and psychological symptoms can be challenging at times.

To help people navigate these challenges, this year we have put a particular focus on supporting the thyroid community with practical guidance for managing their thyroid conditions.

Our new library of films and animations has been a particular highlight. These concise videos share insights from patients and healthcare professionals to address common patient concerns. We have seen huge levels of engagement with these, especially among young people on our social media channels.

We have also relaunched our website with a refreshed, intuitive design. We have introduced more content guiding people on managing aspects of thyroid conditions. This comprises a

new FAQ section and articles that deep dive into popular topics. These include features on supplements and minerals, subclinical thyroid disease and managing hyperthyroidism.

Giving handy, accessible information also extends to GPs and trainee healthcare professionals. We are delighted that so many primary healthcare professionals have now completed our joint BTF/BTA online training modules on the MIMS learning platform. A record number of trainee- and primary healthcare professionals also attended our 'Meet the Experts' webinars and accessed our online resources to support them in managing their patients' thyroid conditions.

It is an inescapable reality that many people have lengthy waits to see their doctor. When they do see them, some feel they do not have enough time to have all their thyroid questions answered. In the face of our resource-stretched NHS our purpose has never been more relevant: To equip people to live better with thyroid conditions through information, support and guidance rooted in patient experiences and scientific evidence.

### Providing resources

“ You have given me so much valuable, trusted and well-sourced information since my shock diagnosis. ”

“ My main source of information has been the BTF whom I have found invaluable. ”

The wealth of online information about thyroid conditions can be contradictory and confusing. We aim to provide patients with clear, trustworthy information based on the best available evidence. So we work with patients and healthcare professionals to ensure our resources reflect lived experiences and up-to-date science.

We also remain committed to making our resources available to as many people as possible. We do this by providing them free-of-charge and in formats that people can easily access and understand.

### Website

People viewed our website almost **2 million times** to access information and support for their thyroid condition.

“ I have found the BTF website extremely useful in understanding my condition. ”

We relaunched our website in summer 2024 to make it easier to navigate and improve users' experiences. This included new resource hubs that support people to manage their thyroid condition at different stages.

We also offer a dedicated area for healthcare professionals. This one-stop shop helps them quickly find training and information on thyroid conditions. The positive feedback we have received is reflected in the high average engagement rate (91%) with our site content.

## Films and animations

“ So wish these films were available in back in the ‘80s when I was diagnosed. Well done BTF! ”

“ This is such an informative video. Until now I’ve never been able to get a proper explanation of my underactive thyroid. ”

Thyroid conditions are rare in people under 25. This can lead to young patients struggling to find **relatable** information. Thanks to support from the National Lottery Community Fund we developed a series of animations. These bite-size videos engage younger audiences with **clear, compelling facts** about their thyroid condition. They are proving very popular among young people keen to learn more about the thyroid’s vital role in our health.

Over the year, we were out on location interviewing patients and doctors. This has resulted in over 100 new films which address frequently asked questions and provide practical tips on managing thyroid health. We are very grateful to all our interviewees for sharing such fantastic insights to support the thyroid community.

## Patient literature

We supplied **33,000+** leaflets free-of-charge to hospitals to support newly diagnosed patients.

We issued almost **5000** alert cards to help people recognise symptoms and seek medical help.

“ Your leaflets are extremely useful and high-quality. ”

“ Your resources are reassuring and informative. ”

Our patient literature provides factual information about thyroid conditions. It also signposts people to further sources of information and support. This year we sent out over 33,000 leaflets and posters to hospitals. This free-of charge service helps ensure patients receive this evidence-based information, especially at diagnosis. All our literature is reviewed and endorsed by the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS) to ensure it reflects the latest evidence and clinical guidelines.

This year we completed a review of our thyroid eye disease resources and updated our Guide to Thyroid Eye Disease and TED Early Warning Card to reflect the latest evidence. The guide is now in a larger font, consistent with best practice guidelines for creating resources for people with sight problems.

## Articles



Over **1/3** of website visitors read our articles exploring thyroid conditions in greater depth.

**“ I am so grateful for a reliable source of information about my condition. ”**

Our articles are the most viewed pages on our website. Their popularity reflects people's appetite for in-depth information to help them manage their thyroid condition.

This year, our focus has been on providing more news articles. These let people know about the latest treatments, guidelines and clinical trials. We were pleased to hear from patients who managed to get on clinical trials or access different treatments after reading about them on our newsfeed.

## Patient stories

**“ Personal accounts like this pick me up. I know I'm not alone. ”**

**“ Stories like this help validate how hard this disease can be. ”**

It can sometimes feel that those around us do not understand what it is like to live with a thyroid condition. Thank you to everyone who shared their stories to validate others' concerns and reassure them they are not alone.

## Members' resources

**“ Your magazine articles give me accurate information. ”**

**“ Your information helps me understand my diagnosis and treatment much better. ”**

We invite people to become BTF members to receive exclusive benefits and support our work. Our members receive our 'BTF News' magazine twice a year, regular e-bulletins and have priority access to our BTF medical query answering service. Our members' feedback and financial contributions make a vital difference to our work supporting the UK thyroid community.

## **Peer support**



Our telephone volunteers were here **7** days a week to lend a listening ear and share experiences.

**“ Discussing my various issues with someone who understands has helped me to put things into perspective. ”**

Sharing experiences with others can be powerful. It helps people know that others understand and that things will usually improve.

Our volunteer phone contacts were available seven days a week to listen and share experiences with anyone in need of support.



Almost **6,500** people regularly shared their lived experiences through our online support forums.



We connected **12** teens with their peers through our online teen support group meetings.

“ This is one of the best, most supportive Facebook groups there is. It kept me going through those initial weeks after diagnosis. ”

“ My son enjoyed the meeting. It's so important for him to start to take responsibility for his health. ”

Our closed Facebook groups are safe, supportive spaces where people can connect with their peers and learn about others' experiences. They continued to grow over the year and now have over 6,500 active members receiving and offering support for:

- Hyperthyroidism
- Thyroid eye disease
- Thyroid cancer
- Parents and carers of children with thyroid conditions

Our new online teen support group has given young people an opportunity to meet with other teenagers. Members can also learn more about their thyroid conditions from healthcare professionals. We were also pleased to involve some of them in reviewing our new teenage films.

Our Edinburgh support group also met regularly, providing the opportunity for people to meet others living locally with a thyroid condition.

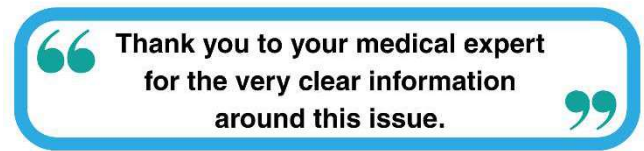
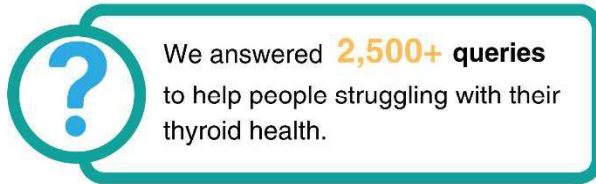
### Sharing knowledge and insights

“ The information you sent gives me a better insight into the available treatment options. ”

“ It is good to have this information to work with. Hopefully I can see my GP very soon. ”

We continue to hear from many patients who either struggle to get an appointment with their doctor or face a long wait to see a specialist after being referred. Our patient webinars and medical query answering service help people with questions they may be struggling with. These services also equip patients with information and questions to discuss with their doctor, thereby helping them to get their most out of precious NHS appointments.

## Medical query answering service



A frustration shared by many is feeling they were not given enough information about their condition at diagnosis. If people have general questions that do not merit a GP appointment, they can contact our medical query answering service or phone us. We refer more detailed queries to the medical advisors we work alongside. They provide information for people to discuss with their doctor. In an age of chatbots and automated messages, people tell us they appreciate receiving a personalised reply from someone who understands.

## 'Meet the Experts' webinars



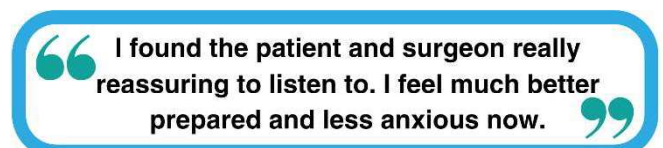
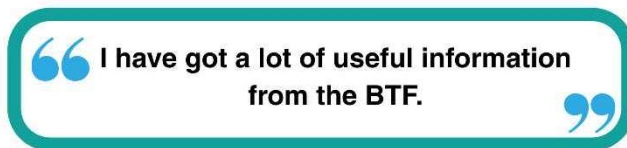
Our 'Meet the Experts' webinars provide an opportunity for patients and trainee healthcare professionals to hear from doctors, researchers and patients. Besides exploring themes in greater depth, our expert speakers answer patient questions in our popular Q&A sessions.

Over the year, we held webinars on:

- Endocrine-disrupting chemicals and their effect on thyroid health
- Thyroid surgery: a patient and a surgeon's view
- Thyroid health: what makes good evidence

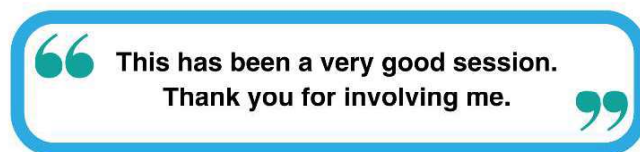
All our webinars are available on our YouTube channel and have been watched over 22,000 times during the period.

## Medicines and research updates



With doctors' appointments at a premium, many patients inevitably search online for more information about their thyroid condition. Knowing which online health information to trust is an increasing problem for many. Our online reference hub provides patients and GPs with the relevant guidelines and statements on diagnosing and managing thyroid conditions.

## Involving patients

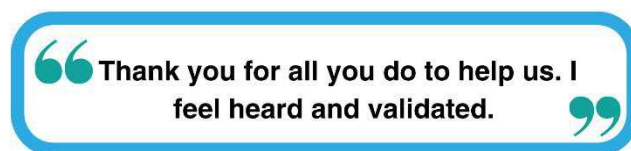
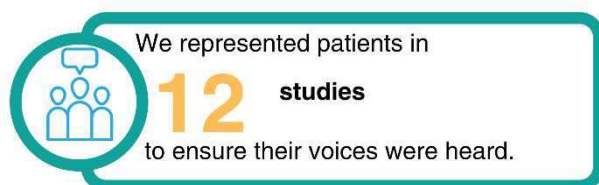


The thyroid community is understandably keen to get involved in thyroid research. Through our very active Patient Panel, 50+ patients regularly share their experiences and feedback to support research.

Our close links with healthcare professionals and researchers helped us to connect patients with research teams. We were able to involve patients with the following Patient and Public Involvement and Engagement (PPIE) initiatives:

- Heart failure and T3 trial (HF-T3) – six members of our Patient Panel participated as PPIE representatives in a research study about a potential new treatment for heart failure.
- Rituximab in Graves’ disease (RiGD-2) – four teenagers and young people are taking part in a focus group to advise the trial team in a major study looking at a new treatment for Graves’ disease.
- Thyroid artery embolization – eight patients contributed to a focus group for a proposed pilot study into a new treatment for thyroid nodules.

## Representing patients




Patients sometimes feel like no-one is listening to them. We are committed to amplifying their voices by sharing their experiences and concerns with healthcare professionals and researchers. As a stakeholder in The National Institute for Health and Care Excellence (NICE) consultation on a new drug treatment for Thyroid Eye Disease (TED), we invited patients to share their experiences of living with this condition. As a result, we could include the detailed responses of over 50 people in our submission to NICE. This will help NICE understand what this treatment might mean for people living with TED.

We also shared patient feedback about surgery with the ‘Further Faster Endocrinology Speciality’ Group. This is part of the Getting It Right First Time (GIRFT) programme which aims to improve the quality of care in the NHS.

We currently represent patients in 12 UK-based research projects looking at all aspects of thyroid disease. Our involvement will help ensure patient perspectives are considered at each stage.

During the year, we were pleased to represent the patient perspective at several meetings, including events at the Royal Society of Medicine (What's new in Endocrinology and a Diabetes and Squint Forum) and the European Congress of Endocrinology in Stockholm.

### Supporting healthcare professionals



**2,300+** GPs completed our CPD training modules on managing thyroid conditions.



We sent **1,500+** healthcare professionals regular updates to support them in managing their patients' thyroid health.

“This module is very informative. I have learnt new treatment options for TED.”

“Valuable information for practitioners.”

Supporting primary healthcare professionals with training and resources can help patients receive better care. We introduced a dedicated area for healthcare professionals on our website where they can find evidence-based resources and training. We have continued to work with the British Thyroid Association (BTA) to provide free training webinars on the MIMS learning platforms. We are very encouraged that over 2,300 GPs have now completed these accredited Continuing Professional Development (CPD) modules to refresh and expand their knowledge on managing thyroid conditions.

We also attended The Royal College of General Practitioners (RCGP), British Society for Paediatric Endocrinology and Diabetes (BSPED), British Thyroid Association (BTA), British Association of Endocrine and Thyroid Surgeons (BAETS), Society for Endocrinology British Endocrine Societies annual conferences to let trainees, researchers and healthcare professionals know about our resources and encourage them to signpost patients and families to us.

### Supporting research

“The BTF Award is absolutely vital for early career researchers to bring their own independent research. Dr Vicki Smith, Birmingham”

“Thanks again for your support. It's really got our research off the ground. Prof Miles Levy Leicester”

Thyroid treatments have barely changed in 80 years. We are determined to change this by investing in much-needed and vital research. Through our BTF Research Award we help researchers to further their understanding of thyroid disease and advance treatments. Thanks to the generous response to our fundraising appeal, we are able to offer our BTF Research Award again in 2025. This will support UK-based researchers with £35,000 for vital thyroid research.

Over the period, we also shared updates about the following research studies we have funded in recent years.

- 2019 (2) BTF Research Award investigating the effect of environmental chemicals and micronutrients in congenital hypothyroidism led by Prof Nadia Schoenmakers.
- 2021 Joe Plater Thyroid Cancer BTF Research Award - looking at new drug approaches which can re-sensitise certain forms of thyroid cancer to respond to radioactive iodine (I-131) ablation, Prof Chis McCabe.
- 2022 Research Award investigating the use of circulating cell-free tumour-derived DNA (ctDNA) in the diagnosis and monitoring of thyroid cancer, Prof Miles Levy.
- 2023 Research Award – how people can get involved in a study that will look at whether continued inflammation levels in people treated with radioiodine therapy for hyperthyroidism affects their quality of life. This study is led by Dr Earn Gan.

## Raising awareness



We know that too many people are not receiving prompt diagnosis. This is partly due to a lack of awareness of signs and symptoms, and also because these can be mistaken for other conditions. We were pleased to contribute to six health features in the national media, helping to increase awareness of thyroid conditions and encouraging people to see their doctor if they are concerned. We are grateful to the patients and medical advisors who shared their experiences and knowledge for these features.

We also ran several awareness campaigns throughout the year to put a spotlight on thyroid conditions:

### International Thyroid Awareness Week

Our 2023 online patient survey revealed a high level of dissatisfaction among patients who had undergone thyroid surgery. Nearly half of the 571 respondents told us they had not received adequate written information about the risks and benefits before undergoing thyroid surgery.

We addressed these patient concerns through a social media campaign during International Thyroid Awareness Week in May. Patients also had the opportunity to learn more at our thyroid surgery webinar with endocrine surgeon, Miss Alison Waghorn and patient, Paul Madgwick.

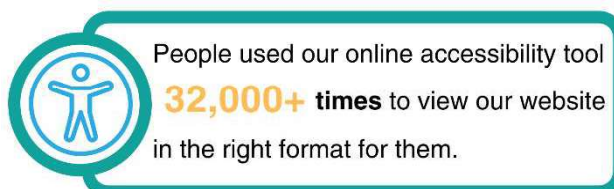
### European Hormone Day

In April we joined in this European-wide campaign to create awareness of the key role hormones play in our health and to amplify the #BecauseHormonesMatter message. We spearheaded our awareness campaign with a webinar by Prof Elizabeth Pearce on 'endocrine-disrupting chemicals and their effect on thyroid function.'

### Thyroid Cancer Awareness Month

During September's Thyroid Cancer Awareness Month, we encouraged people to 'Check Their Neck' and visit their GP with any concerns. We also shared patient stories and signposted to peer support networks to support anyone on their thyroid cancer journey.

### Improving accessibility



We believe everyone should be able to access information about thyroid disease in a suitable format for them. People are increasingly using our accessibility tool on our website to help them view our website content. We have also updated our translated content so that all our leaflets are available in Arabic, Mandarin, Polish and Urdu.

### Restricted and unrestricted grants

Competition for grants was particularly tough for charities last year and this was certainly our experience. Legacies played an increasingly important role in our income stream and we are very grateful to those who left a gift in their Will to support our work. We are also grateful to all the funders who supported us over the period.

### British Thyroid Foundation – Reserves Policy

The British Thyroid Foundation (BTF) has the objectives to promote the relief and treatment of persons suffering from thyroid disorders and to promote, support and disseminate research in the area of thyroid disease. The trustees of the BTF (the Trustees) consider the financial position of the charity and review the reserves policy as part of the annual planning cycle. The aim of this Reserves Policy is to balance making the best use of funds raised to deliver its charitable objectives in the short term, while maintaining the financial stability to be able to continue these activities in the future.

The BTF is reliant on income from various sources, including membership, legacies, community fundraising and grants from trusts and foundations. In particular, amounts from legacies and grants can vary greatly each year, they are not guaranteed and so cannot be relied on. We continue to invest in our fundraising activities with the aim to build more sustainable and diverse income sources to help with financial stability. BTF operates a fair market value policy to ensure the charity is paid fairly for contributions to projects and partnerships.

Delivering the quality of the patient support activities for the charity requires maintaining a small but highly experienced permanent staff. Substantially reducing expenditure when income is low would significantly impact the BTF's ability to deliver the charitable objectives, and the charity runs at a loss in these circumstances.

It is important to maintain reserves to protect the charity and its employees if BTF is forced to close for any reason. **Winding-up costs** would include redundancy payments to staff, termination of the lease of the rented offices, refurbishment of offices, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. We estimate winding up costs would be approximately £82,949.

## Restricted funds

The restricted funds as of 31 March 2025 stand at £31,744 which we have excluded from our reserves to carry out the projects for which they were intended.

## Designated Funds

In addition to the restricted funds, the Trustees have designated a total of £128,000 to the following projects.

- **Research grant:** Every two years, the BTF awards a grant of £35,000 to a researcher working on investigating a relevant aspect of the understanding and treatment of thyroid disease. The research grant is payable over a period of three years. To cover outstanding grants that have already been awarded and grants which will be awarded in 2025 and 2027 we have designated a total of £45,000 for research funds.
- **James Lind Alliance Project:** An important part of promoting medical research for thyroid patients is to identify areas of priority. This helps inform potential researchers of unmet needs, as well as supporting justification of projects to research funding bodies. The James Lind Alliance (JLA) is an independent non-profit making initiative bringing patients, carers and clinicians together in Priority Setting Partnerships (PSPs). We have applied for a £25,000 grant towards the estimated costs of this project and have designated £22,000 to undertake a PSP with the JLA in the area of thyroid research.
- **BTF JLA Research Award:** Building on the outcomes and agreed priorities of the James Lind Alliance Project, and subject to the availability of opportunities for matched funding, we would like to designate an additional £35,000 to a new project that attempts to answer one of the agreed research priorities.
- **BTF Guides update:** A review and update of the BTF information leaflets to make them patient-friendly and accessible for people of all ages and abilities. This work will be outsourced to an agency with a variety of health-related comms expertise that includes a digital media strategy. The Trustees have designated £26,000 to this project.

Taking these financial aspects into consideration, the charity aims to keep reserves at levels between **£250,000 and £300,000**. Reserves at the start of the financial year 1 April 2025 were **£300,203**.

The security of an appropriate cash reserve coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase visibility of the service we provide, will ensure BTF's long-term future.

This policy will be reviewed annually by the Board of Trustees to ensure it remains relevant and effective in meeting the charity's needs.

Approved by the Finance Committee

**Signed:** *Greta Lyons*

**Name:** Greta Lyons (Sep 22, 2025, 10:39am)

**Position:** Board of Trustees – Chair

**Date:** 22 Sep 2025

## Independent examiner's report to the trustees of British Thyroid Foundation

I report on the accounts of: **British Thyroid Foundation (the Charity)**  
for the year ended: **31st March 2025** which are set out on pages to .

### Responsibilities and basis of report

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

I report in respect of my examination of the Charity'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

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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.



**Karen Wood (ACMA)**  
Outsource independent examination  
service  
2 Galligap Lane  
Osballdwick  
York YO10 3NR

12/09/2025

**Date:**

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

**Statement of Financial Activities for the year ended: 31 March 2025**

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income and endowments from:</b>					
Donations and legacies	3.1	155,312	-	155,312	117,047
Charitable activities	3.2	6,072	39,075	45,147	44,163
Other trading activities	3.3	45,131	244	45,375	45,204
Investments	3.4	26,948	-	26,948	930
<b>Total income</b>	<b>3</b>	<b>233,463</b>	<b>39,319</b>	<b>272,782</b>	<b>207,344</b>
<b>Expenditure on:</b>					
Raising funds	4.1	26,560	-	26,560	24,622
Charitable activities	4.2	208,048	51,942	259,990	208,936
<b>Total expenditure</b>	<b>4</b>	<b>234,608</b>	<b>51,942</b>	<b>286,550</b>	<b>233,558</b>
<b>Net income/(expenditure)</b>		<b>(1,145)</b>	<b>(12,623)</b>	<b>(13,768 )</b>	<b>(26,214)</b>
<b>Gross transfers between funds</b>		-	0	-	-
<b>Net movement in funds</b>		<b>(1,145)</b>	<b>(12,623)</b>	<b>(13,768 )</b>	<b>(26,214)</b>
<b>Total funds brought forward</b>		429,348	44,367	473,715	499,929
<b>Total funds carried forward</b>		<b>428,203</b>	<b>31,744</b>	<b>459,947</b>	<b>473,715</b>

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

**Balance Sheet as at: 31st March 2025**

	Note	2025 £	2024 £
<b>Fixed assets</b>			
Investments	7	-	260,000
<b>Total fixed assets</b>		<u>-</u>	<u>260,000</u>
<b>Current assets</b>			
Cash at bank and in hand	8	460,744	214,365
Debtors & prepayments	9	-	-
Stock		-	-
<b>Total current assets</b>		<u>460,744</u>	<u>214,365</u>
<b>Current liabilities: amounts falling due within one year</b>			
Creditors and accruals	10	(797)	(650)
<b>Net current assets</b>		<u>459,947</u>	<u>213,715</u>
<b>Net Assets</b>		<u><u>459,947</u></u>	<u><u>473,715</u></u>
<b>Funds of the Charity</b>	11		
Unrestricted Funds (General)		300,203	429,348
Unrestricted Funds (Designated)		128,000	-
Restricted Funds		31,744	44,367
<b>Total Funds Carried Forward</b>	11	<u><u>459,947</u></u>	<u><u>473,715</u></u>

The financial statements were approved by the trustees on:

And signed on their behalf by: *Greta Lyons*

**Position:** Board of Trustees – Chair      **Date:** 19/08/25

**Name:** Greta Lyons

## British Thyroid Foundation

**Statement of Cash Flows for the year ended:**

**31st March 2025**

	<b>Total 2025</b>	<b>Total 2024</b>
	£	£
<b>Cash flows from operating activities</b>		
<b>Net income/(expenditure) for the year</b>	(13,768 )	(26,214 )
<b>Add: Depreciation for the year</b>	-	-
	<hr/>	<hr/>
<b>Working capital changes</b>		
(Increase)/decrease in stock	-	-
(Increase)/decrease in debtors	-	-
Increase/(decrease) in creditors	147	100
	<hr/>	<hr/>
<b>Net cash provided by/(used in) operating activities</b>	<b>(13,621 )</b>	<b>(26,114 )</b>
<b>Cash flows from investing activities</b>		
Purchase of fixed assets	-	260,000
Disposal of fixed assets	(260,000 )	(269,806 )
	<hr/>	<hr/>
	<b>(260,000 )</b>	<b>(9,806 )</b>
<b>Change in cash and cash equivalents in the year</b>	246,379	(16,308 )
Cash and cash equivalents at 1 April 2023	214,365	230,673
	<hr/>	<hr/>
<b>Cash and cash equivalents at 31 March 2024</b>	<b>460,744</b>	<b>214,365</b>
	<hr/> <hr/>	<hr/> <hr/>

Notes to the accounts for the year ended:

31st March 2025

## 1 Basis of preparation

### 1.1 Basis of accounting

The financial statements are prepared under the historical cost convention and the 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 (Charities SORP (FRS 102)).

### 1.2 Change of basis of accounting

The accounts were previously prepared on a receipts and payments basis.

### 1.3 Change to previous accounts

Changes to include accrual account adjustments have been made to the accounts for the previous year. This was adding an accrual of £550 for the independent examination and including the investment assets in the balance

## 2 Accounting policies

### Income and endowments

#### Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- receipt of the resources is probable; and
- the monetary value can be measured with sufficient reliability.

#### Incoming resources with related expenditure

Where incoming resources have related expenditure, the incoming resources and related expenditure are reported gross in the SoFA.

#### Grants and donations

Grants and donations are only included in the SoFA when the charity has evidence of entitlement to the resources and receipt is probable.

#### Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

#### Investment income

This is included in the accounts when receivable.

## **Expenditure and Liabilities**

### **Expenditure**

#### **Raising funds**

Cost of raising funds comprise those costs associated with attracting voluntary income.

#### **Charitable activities**

Charitable activities expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

### **Assets**

#### **Tangible fixed assets for use by the charity**

These are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt, less depreciation.

Depreciation is provided at rates to write off the costs less estimated residual value of each asset over its expected useful life as follows:

Office equipment	25%	straight line basis
Project equipment	25%	straight line basis
Computer equipment	25%	straight line basis

#### **Fund accounting**

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

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

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

**31 March 2025**

**Notes to the accounts for the year ended:**

	2025		2024		Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
	Unrestricted funds £	Restricted funds £	Unrestricted funds £	Restricted funds £				
<b>3 Income and endowments</b>								
<b>3.1 Donations and legacies</b>								
Donations	27,797	-	27,797	-	27,797	22,917	22,917	
Legacies	55,654	-	55,654	8,538	4,688	4,688	13,226	
Gift Aid	13,468	-	13,468	-	13,346	13,346	13,346	
Grants	-	-	-	-	8,409	8,409	8,409	
Subscriptions	58,393	-	58,393	-	59,149	59,149	59,149	
	<b>155,312</b>	<b>-</b>	<b>155,312</b>	<b>8,538</b>	<b>108,509</b>	<b>108,509</b>	<b>117,047</b>	
<b>3.2 Charitable activities</b>								
Grants	-	39,075	39,075	-	-	35,798	35,798	
BTA Administration	1,472	-	1,472	-	1,234	-	1,234	
Information events	995	-	995	-	399	-	399	
BTA Meeting fees	3,605	-	3,605	-	5,821	-	5,821	
Children's conference	-	-	-	-	59	-	59	
Hospital leaflets	-	-	-	-	852	-	852	
	<b>6,072</b>	<b>39,075</b>	<b>45,147</b>	<b>35,798</b>	<b>8,365</b>	<b>35,798</b>	<b>44,163</b>	
<b>3.3 Other trading activities</b>								
Fundraising & sponsorship	42,597	244	42,841	-	42,343	-	42,343	
Sale of Christmas cards	2,199	-	2,199	-	2,319	-	2,319	
Sale of Merchandise	335	-	335	-	542	-	542	
	<b>45,131</b>	<b>244</b>	<b>45,375</b>	<b>45,204</b>	<b>45,204</b>	<b>45,204</b>	<b>45,204</b>	
<b>3.4 Investments</b>								
Bank interest	4,664	-	4,664	-	215	-	215	
Gain in revaluation	22,284	-	22,284	-	715	-	715	
	<b>26,948</b>	<b>-</b>	<b>26,948</b>	<b>930</b>	<b>930</b>	<b>-</b>	<b>930</b>	
<b>Total income</b>	<b>233,463</b>	<b>39,319</b>	<b>272,782</b>	<b>163,008</b>	<b>44,336</b>	<b>207,344</b>	<b>207,344</b>	

## 4 Expenditure

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds	Restricted funds	Total 2024 £
<b>4.1 Raising funds</b>						
Public awareness & publicity	21,838	-	21,838	19,130	681	19,811
Fundraising costs	4,722	-	4,722	4,184	627	4,811
	<b>26,560</b>	-	<b>26,560</b>	<b>23,314</b>	<b>1,308</b>	<b>24,622</b>
<b>4.2 Charitable activities</b>						
Salaries	148,806	1,545	150,351	141,640	2,166	143,806
Staff training & other costs	804	-	804	777	-	777
Premises costs	19,065	-	19,065	17,567	-	17,567
Office & computer costs	11,744	-	11,744	8,417	-	8,417
Insurance	754	-	754	835	-	835
Patient benefit	10,437	32,215	42,652	10,247	4,547	14,794
Nurse & research awards	3,528	18,182	21,710	10,000	-	10,000
Telephone & helpline	780	-	780	51	549	600
Payroll & administration costs	2,898	-	2,898	1,416	-	1,416
Accountancy fees	650	-	650	740	-	740
Membership & subscriptions	35	-	35	35	-	35
Database	2,040	-	2,040	2,067	-	2,067
Meeting costs & trustees expenses	1,684	-	1,684	810	-	810
Legal & professional	2,509	-	2,509	-	-	-
Paypal & bank charges	1,839	-	1,839	442	-	442
Returned membership	475	-	475	809	-	809
BTA administration	-	-	-	5,821	-	5,821
	<b>208,048</b>	<b>51,942</b>	<b>259,990</b>	<b>201,674</b>	<b>7,262</b>	<b>208,936</b>
<b>Total expenditure</b>	<b>234,608</b>	<b>51,942</b>	<b>286,550</b>	<b>224,988</b>	<b>8,570</b>	<b>233,558</b>

## 5 Expenses & fees

No trustees received a remuneration for services rendered during the year, £646 was reimbursed for trustees' out of pocket expenses (2024: £634)

### 5.1 Fees for ex

	2025	2024
	£	£
Independent Examiner's fees for reporting on the accounts	<u>650</u>	<u>650</u>

## 6 Staff costs and emoluments

### 6.1 Staff costs

	2025	2024
	£	£
Gross salaries	134,867	129,962
Employers National Insurance	6,682	6,644
Pension contributions	8,802	7,200
	<u>150,351</u>	<u>143,806</u>

### 6.2 Average number of full time equivalent employees by department

	2025	2024
Fundraising	0.45	0.45
Charitable activities	3.76	3.76
Governance	0.00	0.00
Other	0.00	0.00
Total	<u>4.21</u>	<u>4.21</u>

No employee received remuneration in excess of £60,000 (2024:Nil)

## 7 Investment assets

	investments At fair value	Total
	£	£
Carrying (fair) value at beginning of year	260,000	260,000
Sale of disposals	(282,284)	(282,284)
Purchase of additions	-	-
Dividends & interest	-	-
Add/(deduct): net gain/(loss) on revaluation	22,284	22,284
<b>Carrying (fair) value at end of year</b>	<u>-</u>	<u>-</u>

Comprising:

Investments at fair value	<u>-</u>
	<u>-</u>

## 8 Cash at bank and in hand

	Unrestricted	Restricted	Total 2025	2024
	£	£	£	£
Lloyds bank account	99,985	31,744	131,729	122,415
RBS bank account	1,990	-	1,990	2,815
United trust	85,000	-	85,000	86,159
PayPal account	2,025	-	2,025	2,976
Flagstone	240,000	-	240,000	-
	<u>429,000</u>	<u>31,744</u>	<u>460,744</u>	<u>214,365</u>

## 9 Debtors and prepayments

	2025	2024
	£	£
<b>Debtors and prepayments</b>		
Trade debtors	-	-
Other debtors	-	-
Prepayments and accrued income	-	-
<b>Total</b>	<u>-</u>	<u>-</u>

<b>10 Creditors and accruals</b>		<b>2025</b>	<b>2024</b>
<b>Amounts falling due within one year</b>		<b>£</b>	<b>£</b>
Trade creditors		-	-
Deposits held		147	-
Accruals and deferred income		650	650
Tax and social security		-	-
<b>Total</b>		<b>797</b>	<b>650</b>

## 11 Movement of funds

### 11.1 Movement of major funds

<b>2025</b>	<b>Balance</b>	<b>Incoming</b>	<b>Outgoing</b>		<b>Balance</b>
<b>Fund name</b>	<b>b/fwd</b>	<b>resources</b>	<b>resources</b>	<b>Transfers</b>	<b>c/fwd</b>
<b>Unrestricted funds (General)</b>					
General unrestricted funds	429,348	233,463	234,608	(128,000)	300,203
<b>Unrestricted funds (Designated )</b>					
Reasearch grants	-	-	-	45,000	45,000
James Lind Alliance Project	-	-	-	22,000	22,000
James Lind Alliance Award	-	-	-	35,000	35,000
BTF Guides update	-	-	-	26,000	26,000
	<b>429,348</b>	<b>233,463</b>	<b>234,608</b>	<b>-</b>	<b>428,203</b>
<b>Restricted funds</b>					
Edith Murphy Foundation	2,767	-	2,767	-	-
Barbara Sutcliffe	8,538	-	8,538	-	-
National Lottery Community Fund	19,480	-	19,480	-	-
Robert Luff Foundation for Research	10,000	-	10,000	-	-
Thistle-down Trust	1,000	-	1,000	-	-
SfE Travel Grant	56	-	56	-	-
Argenx	2,526	-	2,526	-	-
Rare Thyroid Therapeutics	-	3,000	3,000	-	-
Argenx 2	-	2,425	2,425	-	-
Advanced Thyroid Cancer	-	244	244	-	-
Westfield Health - translation of leaflets	-	2,500	1,156	-	1,344
Society for Endocrinology - Medical query	-	750	750	-	-
Amgen -TED patient information event	-	30,400	-	-	30,400
	<b>44,367</b>	<b>39,319</b>	<b>51,942</b>	<b>-</b>	<b>31,744</b>
<b>Total Funds</b>	<b>473,715</b>	<b>272,782</b>	<b>286,550</b>	<b>-</b>	<b>459,947</b>

<b>2024</b>	<b>Balance</b>	<b>Incoming</b>	<b>Outgoing</b>		<b>Balance</b>
<b>Fund name</b>	<b>b/fwd</b>	<b>resources</b>	<b>resources</b>	<b>Transfers</b>	<b>c/fwd</b>
<b>Unrestricted funds (General)</b>					
General unrestricted funds	491,328	163,008	224,988	-	429,348
	<b>491,328</b>	<b>163,008</b>	<b>224,988</b>	<b>-</b>	<b>429,348</b>
<b>Restricted funds</b>					
Society for Endocrinology	1,074	-	1,074	-	-
The Hospital Saturday Fund	323	-	323	-	-
James Tudor Foundation	2,715	-	2,715	-	-
Edith Murphy Foundation	4,489	-	1,722	-	2,767
Barbara Sutcliffe	-	8,538	-	-	8,538
National Lottery Community Fund	-	19,480	-	-	19,480
Robert Luff Foundation for Research	-	10,000	-	-	10,000
Thistle-down Trust	-	1,000	-	-	1,000
SfE Travel Grant	-	318	262	-	56
Argenx	-	5,000	2,474	-	2,526
	<b>8,601</b>	<b>44,336</b>	<b>8,570</b>	<b>-</b>	<b>44,367</b>
<b>Total Funds</b>	<b>499,929</b>	<b>207,344</b>	<b>233,558</b>	<b>-</b>	<b>473,715</b>

#### Transfer of funds

Funds have been designated from general unrestricted funds for the projects described below.

## 11.2 Details of Funds Held

### Unrestricted Funds (General)

The General fund is unrestricted and available for the general purposes of the Organisation.

### Unrestricted Funds (Designated)

Research - Grants that have already been awarded and will be payable over the next 3 years

James Lind Alliance Project

James Lind Alliance Award

BTF Guides Updates

### Restricted Funds

The restricted funds are only available for the purposes specified for each fund, which are:

#### Edith Murphy Foundation

For children's services, including the provision of literature and patient films.

#### Barbara Sutcliffe

Legacy for thyroid research.

#### National Lottery Community Fund

For children and young people's resources

#### Robert Luff Foundation for Research

For BTF Research Award 2023.

#### Thistledown Trust

For children's services

#### SfE Travel Grant

Grant towards cost of travel

#### Argenx

For thyroid eye disease (TED) patient resources

#### Rare Thyroid Therapeutics

For patient films on rare Resistance to Thyroid Hormone (RTH) beta

#### Argenx 2

For patient films on TED and the cost of UserWay accessibility widget for website.

#### Advanced Thyroid Cancer

For research into advanced thyroid cancer

#### Westfield Health - translation of leaflets

To translate BTF leaflets into four different languages

#### Society for Endocrinology - Medical query answering service

For a medical query answering service

#### Amgen -TED patient information event

To hold a TED information event

## 12 Net assets between funds

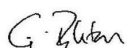
	Unrestricted Funds	Restricted Funds	Total 2025
	£	£	£
<b>Balances at 31st March 2025</b>			
Fixed assets	-	-	-
Current assets	429,000	31,744	460,744
Current liabilities	(797)	-	(797)
	<u>428,203</u>	<u>31,744</u>	<u>459,947</u>
	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£
<b>Balances at 31st March 2024</b>			
Fixed assets	260,000	-	260,000
Current assets	169,998	44,367	214,365
Current liabilities	(650)	-	(650)
	<u>429,348</u>	<u>44,367</u>	<u>473,715</u>

The financial statements were approved by the trustees on:

And signed on their behalf by: Gavin Troughton

01 Sep 2025

Trustee



Gavin Troughton (Sep 1, 2025, 10:52am)

**BRITISH THYROID FOUNDATION**

England & Wales - Charity number 1006391

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# Accounts

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# **British Thyroid Foundation**

Charity Number 1006391, SC046037

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## **Trustees' Annual Report & Financial Statements for the year ended 31st March 2024**

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**outsourc**e

Charity accounts preparation &  
independent examination service

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

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## British Thyroid Foundation

(Charity Number 1006391, SC046037)

### Report of the trustees for the year ended 31st March 2024

#### Reference and Administration details

<b>Charity's Full Name:</b>	British Thyroid Foundation
<b>Other names the charity is known by:</b>	BTF
<b>Charity's principal address:</b>	Suite 12 One Sceptre House, Hornbeam Square North, Hornbeam Park, Harrogate, HG2 8PB

#### Names of the trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not whole year	In what capacity
Mrs Greta Lyons	Chair		Medical Endocrine Research Nurse
Professor Kristien Boelaert	Ex-Officio BTA	Appointed Sept 2023	Medical Professor of Endocrinology
Professor Simon Pearce	Ex-Officio BTA	Stepped down Sept 2023	Medical Professor of Endocrinology
Mr Jonathan Eaton			Director of Communications and Digital Engagement
Mrs Kasia Jones			Chartered Management Accountant, Charity professional (Patient)
Professor Marian Ludgate			Medical Professor Emerita in Molecular Endocrinology
Mr Paul Madgwick		Appointed Nov 2023	Chartered Occupational Safety and Health professional (Patient)
Mrs Anna Reavell	Vice Chair		Veterinary Surgeon (Patient)
Ms Rachael Taylor		Appointed Nov 2023	Educational Professional (Patient)
Mr Gavin Troughton		Appointed Nov 2023	Advisor to Healthcare Technology Systems
Ms Alison Waghorn	Ex-Officio BAETS	Appointed Nov 2023	Medical Consultant Endocrine Surgeon



# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Report of the trustees for the year ended 31st March 2024

<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not whole year</b>	<b>In what capacity</b>
Mr Radu Mihai	Ex-Officio BAETS	Stepped down Nov 2023	Medical Consultant Endocrine Surgeon
Dr Nicola Zammitt		Appointed Nov 2023	Medical Consultant Endocrinologist
Mrs Nancy Prest		Stepped down Mar 2024	HR Consultant
Dr Catherine Peters		Stepped down Mar 2024	Paediatric Endocrinologist

### **Name of chief executive(s) or senior staff members**

**Cheryl McMullan - CEO - Operations**

**Julia Priestley - CEO - Development**

### **Names and addresses of advisors**

<b>Type of advisor</b>	<b>Name</b>	<b>Address</b>
Independent Examiner	Karen Wood ACMA, CGMA	2 Galligap Lane, Osbaldwick, York, YO10 3NR

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## Report of the trustees for the year ended 31st March 2024

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### Objectives and Activities

#### Objectives

The Trust is established:

- a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and
- b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases. *Extract from the BTF Trust Deed, Oct 1991*

#### Volunteers

Patient volunteers are a lifeline to our work. They provide peer support as patient phone contacts, act as moderators in our online support groups and as local group coordinators. They also represent the patient voice in our projects and on our Board of Trustees, as well as supporting our office operations.

Healthcare professionals and researchers also generously contribute their knowledge and time both as trustees and as medical advisors. This ensures our resources are evidence-based and reflect current medical practice.

Thank you to all our volunteers for their significant contribution to our work.

#### Working in partnership

We work in close partnership with the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS).

We are affiliated members of the Society for Endocrinology and the European Society of Endocrinology.

#### Tribute to BTF patron, Joe Plater

We were deeply saddened to learn that our patron, Joe Plater, died at the end of May 2023.

Joe was diagnosed with follicular thyroid cancer in 2016 and lived with stage 4 thyroid cancer over the past few years. He used his platform as a live streamer to vlog about his cancer journey. Joe was a committed supporter of our work and thanks to his incredible fundraising efforts we established the 'Joe Plater BTF Thyroid Cancer Research Award' in 2021. This helped to fund a study looking at new drugs to re-sensitise the type of cancer Joe had to radioiodine treatment.

We are only sorry that these treatments did not come soon enough for Joe but, due to his efforts, researchers can continue this work to improve patient outcomes. It was a privilege to count Joe as one of our patrons.

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## Report of the trustees for the year ended 31st March 2024

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### Structure, governance and management

#### Description of the charity's trusts

<b>Type of governing document</b>	Trust Deed dated 28 October 1991
<b>How the charity is constituted</b>	Trust
<b>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</b>	Recent trustees have been appointed following an open application and interview process. Previously they were nominated and appointed by the Trustees.

#### Additional Governance Information

We are pleased to present the Trustees' Annual Report and Financial Statement for 1 April 2023 to 31 March 2024. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. The Board of Trustees comprises patients, healthcare professionals and business professionals.

Our trustees met twice online over the year, with one face-to-face meeting. Finance and Staffing and Ethics, Research and Projects Sub-committee meetings were held online. Trustees were required to declare any conflicts of interest at the start of each meeting. The trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

#### Vision, Mission and Beliefs statement

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

#### Mission

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

#### Values and Beliefs

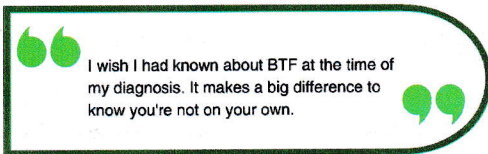
- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience which is accessible to everyone.
- We are committed to remaining open-minded and will do our best to encourage involvement and foster peer support.
- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

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## Report of the trustees for the year ended 31st March 2024

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### The year in review - empowering patients



At the BTF we are dedicated to giving patients the information and support they need to better understand and manage their thyroid condition. This has never been more important in the face of overburdened NHS services and an online landscape of confusing health information.

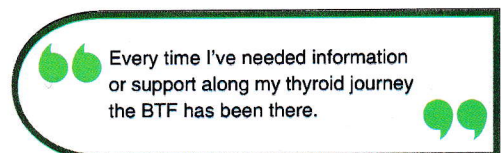
Patients often feel they are not given enough information about their condition, especially at diagnosis. This year we continued our programme of online events giving patients the opportunity to hear from experts and put their questions to them. Over 2,700 patients also accessed our medical query service empowering them to discuss their concerns further with their own doctors.

Working with healthcare professionals to make them aware of our patient resources is also key to this. We were delighted to see so many hospitals using our free literature service to help their patients access our information and support resources. It was also encouraging to see so many primary healthcare professionals complete our new joint BTF/ British Thyroid Association (BTA) training modules to update their knowledge on managing thyroid conditions.

We have worked hard to increase the visibility of thyroid disease on behalf of patients; representing their voices on thyroid surgery and cancer at major endocrine conferences. We also represented thyroid patients as a stakeholder organisation in several research studies and National Institute for Health and Care Excellence (NICE) and Scottish Medicines Consortium (SMC) consultations.

Connecting with others can also be powerful for patients. We introduced a new online teen support group to help younger patients access support from their peers. This adds to our flourishing online patient forums that help validate patients' experiences and make them feel less isolated.

We are determined that all communities can access information about their thyroid condition. That is why we have worked hard to improve our website and newsletter accessibility. This will continue to be a priority over the coming year as we strive to offer the extra time, information and reassurance people deserve to live better with thyroid disease.



**Report of the trustees for the year ended 31st March 2024**

**Activities and outcomes**

**Providing resources**

**900,000** users

viewed our online resources to access information and support for their thyroid condition.



Your website was the only place I started to gain better awareness of my condition. I'd still be in the dark and very scared right now without your help.



It is unacceptable that some patients continue to be given very little information at diagnosis about what is often a lifelong condition. We are committed to changing this by providing free-to-access patient-friendly resources. We work with patients and medical professionals to ensure these reflect patient experiences and the best available medical evidence.

**Website**

People viewed our online resources

**1.7 million times**

to access information and support for their thyroid condition.



Can't thank you enough for all the information, help and support you've given me and my family to understand congenital hypothyroidism.



Our website continues to be a 'go to' resource for people looking for information and support for their thyroid condition. Site visitors can download literature, watch films, read patient stories and articles, and find details of the peer support we offer. From autumn 2023 we began work on a website refresh to improve the user journey. This was launched in Summer 2024.

**Patient literature**

We supplied

**37,000** leaflets

free-of-charge to hospitals supporting newly diagnosed patients.



Your psychological booklet has been invaluable for my daughter. Reading this has validated and normalised her feelings, specifically her anxiety and irrational thoughts.



We received unprecedented demand for our hospital literature service. This free service helps patients receive information about their thyroid condition at diagnosis. It also lets them know how we can support them along their thyroid journey.

We worked alongside medical professionals and patients to update our leaflets about thyroid surgery, osteoporosis and psychological symptoms to reflect the latest best practice. We also worked as part of a group to provide a patient information sheet to accompany the consensus statement on the prescribing of liothyronine (T3) for hypothyroidism.

In response to patient feedback about the lack of information about poorly differentiated thyroid cancer we produced new patient resources on this rare thyroid cancer. These included a patient information sheet and patient story.

We would like to thank the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS) who regularly review our literature and endorse its content.

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## Report of the trustees for the year ended 31st March 2024

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### Articles

Women viewed our menopause resources

**40,000+** times  
to help them navigate thyroid disease and menopause.



Thanks for sharing so much valuable information from a perimenopausal woman whose thyroid symptoms are getting all mixed in!



Our popular articles deep dive into aspects of living with thyroid disease. We worked with consultant endocrinologist, Prof Annice Mukherjee, to update our menopause article with the latest guidance. Together with our new patient case studies and webinar, our new menopause resources have been accessed over 40,000 times by women seeking to navigate thyroid disease and menopause in midlife.



It was terribly scary at first but now it's not so much thanks to wonderful resources.



This could have been written for me. Really informative and fantastic advice. I feel very reassured.



We published a series of interviews with healthcare professionals undertaking pioneering techniques, including microwave ablation and scarless surgery. We were pleased to be able to connect patients with hospitals offering these treatments in the UK.

We added an FAQ facility to our website to help people quickly find answers to their queries. We also expanded our series of Q&A fact sheets giving people easy-to-understand summaries of our 'Meet the Experts webinars' Q&A sessions.

### Patient stories

Personal experiences can be powerful in helping others make sense of their symptoms. We are grateful to everyone who has shared their stories to support others and help people recognise symptoms and how to get them checked.



Reading stories like this helps validate my own feelings through my own journey.



### Members' newsletter

We invite people to become BTF members to support our work. In return, members receive regular e-bulletin updates, our 'BTF News' newsletter twice a year plus priority access to our BTF Medical Query service and events. This revenue is vital for helping us continue to offer our services supporting people in the UK to live better with thyroid disease.



Many thanks for a great newsletter with such a wide variety of useful information for us as patients.



**Report of the trustees for the year ended 31st March 2024**

**Peer support**

Our telephone volunteers were here

**7 days a week**

to lend a listening ear and support people.



You supported me when I was going through one of the worst experiences of my life. I cannot thank your team enough.



Living with a thyroid condition can be isolating. Symptoms may not be immediately obvious so it can be hard for those around us to understand how thyroid disease can affect our wellbeing. We offer peer support to help people connect with others who 'get' what it's like and who can validate how they might be feeling.

Our volunteer phone contacts continued to offer invaluable support to anyone in need of it. Between them, they were here seven days a week to talk through problems or simply to listen.

**5,000+** people

regularly shared their lived experiences through our online support forums.



The people in your hyperthyroidism Facebook group are great. Everyone tries to help other people with both with information and compassion.



I can't tell you how helpful your hyperthyroidism group has been.



My son was really interested to hear of other people's experiences and came away from the meeting with a real smile on his face.



As thyroid conditions are rare in teenagers and young people it can be especially isolating. For this reason, we started an online teen support group. This allows young people to connect with others, support one another, and hear from medical professionals. Our group has also given participants the chance to share their feedback and suggestions for improving the support available for them. As a result of their feedback, we conducted a patient survey of under 25s information needs and are currently working on a film project. This will provide bite-sized, relatable information to help this age group live better with their thyroid condition.

Our Facebook forums continued to grow and nurture a supportive community of over 5,000 patients. Our Facebook forums offer support for:

- Hyperthyroidism
- Thyroid eye disease
- Thyroid cancer
- Parents group for children with thyroid disorders

Our Edinburgh support group also continues to offer the chance for regular social contact with others living with a thyroid condition.

**Report of the trustees for the year ended 31st March 2024**

**Improving patient knowledge**


Keep these facts coming. I'm learning lots about my own condition, especially these facts that relate directly to me. It's fascinating and really informative

Thank you for all your help. It was very much appreciated when I was giving up!

Pressures on the NHS have resulted in more people struggling to find information and support for their thyroid condition. Over the year, we continued to offer patients access to experts to empower them to better understand and manage their condition. This also helps equip patients with the right questions to discuss with their own doctors where needed.

**'Meet the Experts' webinars**

People viewed our 'Meet the Experts' webinar recordings **59,000+ times** to learn more about their thyroid conditions.



It's hard to get information even from my GP. Thanks for putting on this webinar to help me find some answers.

Our 'Meet the Experts' webinars continued to be hugely popular with patients and trainee health professionals alike. Over 600 people watched our webinars live. All our webinars are made available to view on our YouTube channel and our entire library of webinar recordings was viewed over 59,000 times over the period.


We select the webinar themes based on patient feedback given after each webinar. Over the year, we invited healthcare professionals and researchers to share their insights on:

- Managing thyroid disorders during perimenopause and menopause
- Wellbeing and thyroid disease

Patients tell us they appreciate the opportunity to put their questions to our expert speakers.

**Medical query service**

We answered **2,700+ queries** through our medical query service and helpline to support patients with questions they had been grappling with.



Your reply was immensely helpful and has given me the confidence to get a second opinion

Where people have specific questions, they can contact our medical query answering service or phone our helpline. These services support people with issues they may be struggling with, but do not always merit a GP appointment. We refer more advanced queries to the medical advisors we work alongside. They provide evidence-based resources for patients to discuss with their GP. Last year, we assisted people with queries on over 2,700 occasions.

I received a very full and helpful response to a medical query.

Thanks so much for your reply. It is so helpful and I really appreciate it.

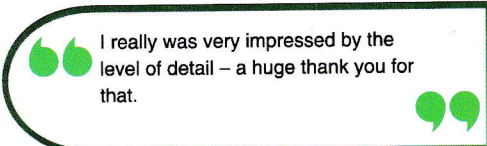
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## Report of the trustees for the year ended 31st March 2024

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### Medicines and research updates

It can often be difficult to navigate the wealth of information about thyroid disease circulating online. We provide a reference hub of all the latest guidelines and statements to help both patients and primary healthcare professionals access these easily.



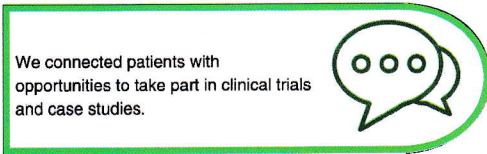
I really was very impressed by the level of detail – a huge thank you for that.

Over the past year, we added the joint British Thyroid Association (BTA)/Society for Endocrinology consensus statement on the use of liothyronine (T3) in hypothyroidism to these. We produced a patient leaflet to help people interpret the information in the statement, and to answer the frequently asked questions.

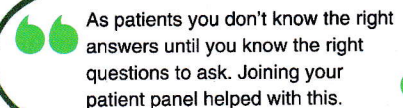
We also shared new guidance to reduce confusion surrounding the low-iodine diet that many thyroid cancer patients are asked to follow before radioiodine treatment.

Our presence across multiple social media platforms, and our regular member and supporter e-updates, helped us reach a growing number of people from the thyroid community with these important messages.

### Opportunities for patient participation



We connected patients with opportunities to take part in clinical trials and case studies.



As patients you don't know the right answers until you know the right questions to ask. Joining your patient panel helped with this.

Thanks to our close collaboration with medical professionals and researchers we let the thyroid community know about recruitment to the following clinical trials:

- Adults with severe Graves' disease (Graves - PCD trial)
- Hemi- or Total Thyroidectomy (HoT) trial

Our 'Patient Panel' also provided feedback on a wide range of research studies and projects which included:

- Sharing patient experiences and suggestions in a focus group for a proposed clinical trial
- Giving feedback to ensure resources and questionnaires for a clinical trial are accessible and patient-friendly
- Input to clinical trial patient information leaflet and to a Royal National Institute for Blind People (RNIB) factsheet on thyroid eye disease

To help us to identify areas of unmet need we invited patients to share their experiences of:


- Thyroid surgery
- Thyroid cancer
- Living with a thyroid condition under the age of 25

We also regularly connected patients with studies by external researchers. These included co-designing and disseminating a survey for the Scottish Thyroid Cancer Network, and an eye movement study from the University of Sheffield.


**Report of the trustees for the year ended 31st March 2024**

**Representing the patient voice**

We shared **800+** patients' feedback at major endocrine conferences to highlight their experiences of care and treatment.



We represented patients' views as stakeholders in consultations, including the draft updated NICE menopause guideline.




Too often patients feel their experiences go unheard. We are committed to changing this by acting as a voice for these concerns. This year, we invited patients to share their experiences of thyroid surgery and thyroid cancer through online questionnaires. Sadly, this revealed that far too many people had not received the care and support they should have had.

We shared this feedback from 800+ patients with audiences at The British Association of Endocrine Surgeons' (BAETS) Annual Meeting and the British Endocrine Society (BES) conference respectively. The healthcare professionals acknowledged that this feedback improves their understanding of patient experiences and highlights the importance of signposting them to our information and support. We continue to share these patient concerns through our involvement in the Getting it Right First Time (GIRFT) project to reduce waiting times and improve endocrine services across the UK.

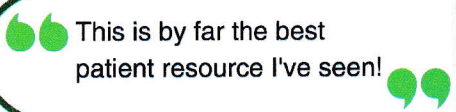
We were disappointed to read that thyroid disease was not mentioned in the draft updated NICE guideline on menopause. After consulting with patients, we submitted our comments to this consultation to share our joint concerns. We were also a stakeholder organisation in the NICE/Scottish Medicines Consortium appraisal of new drugs for thyroid cancer.

**Reaching new audiences**

Our new online accessibility tool was used **9,000 + times** by people with digital accessibility needs.



This is by far the best patient resource I've seen!



Everyone should be able to access information about their thyroid health in a format that is right for them. So we continued to look at ways to widen access to our resources over the year. We introduced a new accessibility feature to our website. This allows different view options, including large-font, dyslexia-friendly, colour contrast and a screen reader. We have also introduced different view options for our electronic member newsletter to overcome any accessibility obstacles.

We updated our translated leaflets in Arabic, Mandarin, Polish and Urdu to reflect updates made to our patient leaflets. We also contributed patient and medical professionals' feedback to the RNIB's Thyroid Eye Disease (TED) factsheet.

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## Report of the trustees for the year ended 31st March 2024

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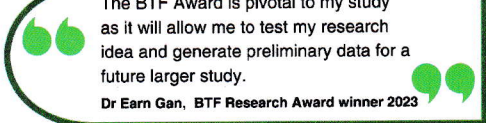
### Supporting research

We invested  
**£35,000** into research  
to help improve treatments and outcomes  
for thyroid patients



The BTF Award is pivotal to my study  
as it will allow me to test my research  
idea and generate preliminary data for a  
future larger study.

Dr Earn Gan, BTF Research Award winner 2023



Research into thyroid disease is grossly underfunded compared with other autoimmune diseases. As part of our ongoing commitment to support thyroid research, we offered a £35,000 Research Award in 2023. This was an increase from the £20,000 award made in previous years.

The Award winner was Dr Earn Gan, consultant endocrinologist, Newcastle. Dr Gan will use the Award to fund a three-year study investigating whether raised antibody levels in patients treated with Radioiodine (RAI) therapy influence the poor quality of life that many patients report post-treatment. This award was made possible thanks to the generous public response to our BTF Research Appeal, together with a grant from the Robert Luff Foundation.

Over the period, we also shared updates about previous research projects we have funded to improve treatments and outcomes for thyroid patients. These included updates on:

- 2014 BTF Research Award study on managing hyperthyroidism in pregnancy led by Dr Peter Taylor, consultant endocrinologist, Cardiff.
- 2019 (1) BTF Research Award on nanopore sequencing of FNA samples in thyroid cancer led by Dr Hannah Nieto, NIHR academic clinical lecturer in ENT Surgery, University of Birmingham.
- 2019 (2) BTF Research Award investigating effect of environmental chemicals and micronutrients in congenital hypothyroidism led by Dr Nadia Schoenmakers, intermediate clinical fellow and honorary consultant endocrinologist, University of Cambridge.

## Report of the trustees for the year ended 31st March 2024

### Supporting healthcare professionals

**568 GPs**

completed our new CPD accredited thyroid training module on managing hypothyroidism



Very clear presentation with useful practical tips on managing this common condition in our patients.



A major strand of our work is supporting healthcare professionals with evidence-based resources to manage their patients' thyroid conditions. Pivotal to this is providing high-quality training resources. We introduced a series of free webinars on the MIMS learning platform as part of our ongoing partnership with the British Thyroid Association (BTA). We are delighted that 568 GPs completed these accredited Continuing Professional Development (CPD) modules to refresh and expand their knowledge on managing thyroid conditions.

Treating patients with persistent problems whilst on thyroid replacement therapy is a difficult area for many primary care professionals. Our 'Managing hypothyroidism' webinar discussed the new BTA/Society for Endocrinology (SfE) joint consensus statement on the use of liothyronine (T3) in hypothyroidism to give clearer guidance on this.

We also attended The Royal College of General Practitioners (RCGP) and British Society for Paediatric Endocrinology and Diabetes (BSPED) conferences to share our latest patient resources with trainees and healthcare professionals. The increase in orders to our free hospital literature service (37,000+ leaflets sent out) indicates our growing success in reaching healthcare professionals.

### Raising awareness

We ran awareness campaigns on thyroid cancer and menopause to help people recognise symptoms and visit their GP.



We contributed to

**7 health features**

in the UK national media helping to put a spotlight on thyroid conditions.

We know that many people miss signs and symptoms of thyroid disease as they are unfamiliar with them. This can lead to delays in diagnosis and unnecessary suffering for some patients. We ran awareness campaigns throughout the year to address the 'invisibility' of thyroid disease. This included:

- Thyroid cancer awareness. During September we ran a social media campaign encouraging people to 'Check their Neck' for lumps and bumps. We also developed and distributed a poster to hospitals to help patients recognise key signs and symptoms. We were also pleased to support a first reading of 'Cancer B\*tch', a play based on patient Hannah Ali Khan's own experiences of being diagnosed and treated with thyroid cancer.
- Menopause awareness – during International Thyroid Awareness Week we put a spotlight on thyroid disease and menopause giving concrete guidance to women trying to navigate perimenopause and menopause when living with a thyroid condition.

We contributed information and patient case studies for health features in the national print and broadcast media to increase awareness of thyroid conditions. In many cases, this resulted in people contacting us for more information about thyroid conditions.

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## Report of the trustees for the year ended 31st March 2024

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### Financial Review

#### Restricted and unrestricted grants

Grants and legacies are an increasingly important income stream for us. In 23/24 they allowed us to pilot new projects and contributed towards our core costs. We are grateful to the following organisations who supported us over the period:

Larger grants

**Argenx** - £5,000 grant to develop resources to support people with thyroid eye disease.

**Forrester Family Trust** - £7,500 to support our overall work.

**Robert Luff Foundation** - £10,000 grant to support our BTF Research grant.

**The National Lottery Community Fund** - £19,480 grant for a film project for younger people.

**Thistledown Trust** - £1,000 grant to develop resources for children.

Smaller grants

**Emily Weircroft Charitable Trust**

**Ian Askew Charitable Trust**

**The Marsh Charitable Trust**

#### British Thyroid Foundation (BTF) – Fixed Reserves Policy 2024-2025

The charity maintains reserves that are at a level adequate to conduct its activities. Reviews of these reserves take place at trustee meetings (see annual accounts). The BTF continues to build up a reserve to cover projects and research grants payable now and in the future.

The charity is reliant on income from various sources, including membership, legacies, community fundraising and grants from trusts and foundations. Amounts received vary each year and none can be guaranteed and so cannot be fully relied on. For this reason the BTF holds funds as Fixed Reserves to be used in the event that annual income decreases. If this were the case, it is anticipated the charity would run at a loss of around £30,000 - £40,000 per financial year.

To address the funding deficit, we continue to invest in our fundraising activities, which include applying for grants and introducing new fundraising campaigns. We hope this will reduce the deficit and prevent us being reliant on uncertain income streams.

It is important to maintain reserves to protect the charity and its employees in the event that BTF is forced to close for any reason. Winding-up costs would include redundancy payments to staff, disposal of the leasehold property, refurbishment of property, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. There would also be the return of funds and allocated funds to benefactors or grant providers. It is prudent planning to reserve funds for this scenario. However, the security of an appropriate cash reserve, coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase the visibility of the service we provide, will ensure BTF's long-term future.

**Reserves stand at £169,348 which is adequate to cover four months winding up costs as of 31st March 2024.**

Approved by the Finance Committee

Signed:

*Greta Lyons*

Name:

Greta Lyons (Oct 14, 2024, 1:26pm)  
Greta Lyons

Position: Board of Trustees - Chair

Date: 14 Oct 2024

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## Report of the trustees for the year ended 31st March 2024

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### British Thyroid Foundation Investment Policy February 2024

#### 1. Introduction

1.1 The British Thyroid Foundation (BTF) is registered charity established by a Trust Deed dated 28 October 1991. The purpose of the charity is to provide information and support for people who are diagnosed with a thyroid disease. BTF does this by raising money to fund scientific research on treatments and to provide services and support to people affected by the disease.

1.2 BTF has annual income from fund raising, donations and legacy gifts. The amount of income received varies each year but there is usually a funding deficit of up to £40,000.

1.3 BTF has approximately £350,000 of reserves. Each year the Trustees of the BTF (the Trustees) will decide how to allocate reserves to one of the following three purposes:

- 'Fixed Reserves' are required for planned expenditure in case of the winding up of the Charity
- 'Long Term Reserves' should be invested to grow at least in line with inflation
- 'Short Term Reserves' should be invested with the emphasis on certainty of value

1.4 When deciding how to allocate the BTF's reserves, the Trustees should consider the financial stability of the charity and the plans it has for the year ahead. The reserves may be used to

- achieve the highest amount of income, or to keep the income stable
- grow the value of the investments, or to keep the value stable
- achieve the BTF's purposes directly by being applied to the charity's day to day activities

1.5 The Charity's reserve policy is to hold four months of Fixed Reserves.

1.6 The Trustees of the BTF are given powers to invest by the Trust Deed. Trustees have delegated investment decisions to the Finance Committee.

1.6 The Investment Policy Statement will be included in the BTF Trustees' Annual Return.

#### 2. Investment Objectives

2.1 The BTF seeks to produce the best financial return within the level of risk that is considered to be acceptable.

2.2 The investment objective for the Long Term Reserves is to generate a return in excess of inflation over the long term whilst generating an income to support the ongoing activities of the BTF.

2.3 The investment objective for the Short Term Reserves is to preserve the capital value with a minimum level of risk. Assets should be readily available to meet unanticipated cash flow requirements.

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## **Report of the trustees for the year ended 31st March 2024**

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### **3. Risk**

#### **3.1 Attitude to risk**

The BTF is reliant on fundraising and donations for its activities. Investment assets are held as reserves.

The key risk to the Long Term Reserves is inflation, and the assets should be invested to mitigate this risk over the long term. The Trustees understand that this is likely to mean that investment will be concentrated in real assets and that the capital value will fluctuate.

The Short Term Reserves are held to provide financial security, and may be required at short notice. As such capital volatility cannot be tolerated and investment of these assets should be focused on minimising this.

#### **3.2 Assets**

The Charity's assets can be invested widely and should be diversified by asset class and by security.

Asset classes could include cash, bonds, equities, property, hedge funds, structured products, private equity, commodities and any other asset that is deemed suitable for the Charity.

The Finance Committee are charged with agreeing a suitable asset allocation strategy for the reserves.

#### **3.3 Currency**

The base currency of the investment portfolio is Sterling.

Within the Long Term Reserves, investment may be made in non-Sterling assets, but should not exceed 50% of the total investment portfolio value. Hedging is permitted.

Short Term Reserves should be held in Sterling.

#### **3.4 Credit**

The Charity's cash balances should be deposited with institutions with a minimum rating of A- or invested in a diversified money market fund.

### **4. Liquidity Requirements**

4.1 Income from the Long Term Reserves will be used to fund the Charity's activities.

4.2 Due to the nature of the reserves, the board wish to keep at least 90% of the Long Term Reserves in investments that can be realised within three months.

### **5. Time Horizon**

5.1 The Charity has divided its reserves into those expected to be held for a long term time horizon and those that may be needed in the short term.

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## Report of the trustees for the year ended 31st March 2024

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### 6. Ethical Investment Policy

6.1 The BTF assets should be invested in line with its aims. The Trustees do not wish to adopt an exclusionary policy, but individual investments may be excluded if perceived to conflict with the Foundation's purpose.

6.2 When reviewing this policy and the allocation of investment assets Trustees should consider the impact of any existing or potential investment on the reputation of the BTF. Any investment that may harm the public's perception of the BTF should be avoided.

### 7. Management, Reporting and Monitoring

7.1 The BTF Finance Committee has responsibility for agreeing strategy and monitoring the investment assets. The committee will review financial updates about the investment assets at their regular meeting.

7.2 The BTF Finance Committee will make decisions about the best use of any all interest and income earned from the investment assets.

7.3 Performance of the Long Term Reserves will be measured against inflation and agreed market benchmarks/of inflation plus 3% over the long term. The return of the Short Term Reserves will be monitored against benchmark cash rates. The level of capital volatility will be monitored to ensure the risk profile remains appropriate for the Charity.

7.4 The Finance Committee is to report to the full trustee board about the investment assets on at least an annual basis.

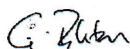
### 8. Approval and Review

This Investment Policy Statement was prepared by the Finance subcommittee of the BTF to provide a framework for the management of its reserves.

It will be reviewed on an annual basis to ensure continuing appropriateness.

Approved by the Board of Trustees.

**Signed:**



**Name:**

Gavin Troughton (Oct 11, 2024, 3:01pm)  
Gavin Troughton

**Position:** Trustee

**Date:** 11 Oct 2024

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Independent examiner's report to the Trustees of British Thyroid Foundation

I report on the accounts of: **British Thyroid Foundation**  
For the year ended: **31st March 2024** Which are set out on pages 19-32

### Responsibilities and basis of report

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

I report in respect of my examination of the Charity'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

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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.



Karen Wood ACMA, CGMA  
Outsource independent examination service  
2 Galligap Lane  
Osbalwick  
York YO10 3NR

14/10/2024

Date

## British Thyroid Foundation

(Charity Number 1006391, SC046037)

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### Statement of Financial Activities for the year ended: 31st March 2024

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	Note	Unrestricted funds	Restricted funds	2024 Total	2023 Total
		£	£	£	£
<b>Income and endowments from:</b>					
Donations and legacies	3.1	108,509	8,538	117,047	196,661
Charitable activities	3.2	8,365	35,798	44,163	19,007
Other trading activities	3.3	45,204	-	45,204	18,563
Investments	3.4	930	-	930	1,776
<b>Total income</b>	<b>3</b>	<b>163,008</b>	<b>44,336</b>	<b>207,344</b>	<b>236,007</b>
<b>Expenditure on:</b>					
Raising funds	4.1	23,314	1,308	24,622	26,512
Charitable activities	4.2	201,674	7,262	208,936	214,662
<b>Total expenditure</b>	<b>4</b>	<b>224,988</b>	<b>8,570</b>	<b>233,558</b>	<b>241,174</b>
<b>Net income/(expenditure)</b>		<b>(61,980)</b>	<b>35,766</b>	<b>(26,214)</b>	<b>(5,167)</b>
<b>Gross transfers between funds</b>		-	-	-	-
<b>Net movement in funds</b>		<b>(61,980)</b>	<b>35,766</b>	<b>(26,214)</b>	<b>(5,167)</b>
<b>Total funds brought forward</b>		491,328	8,601	499,929	505,096
<b>Total funds carried forward</b>		<b>429,348</b>	<b>44,367</b>	<b>473,715</b>	<b>499,929</b>

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Balance Sheet as at:

31st March 2024

	Note	2024	2023
		£	£
<b>Fixed assets</b>			
Investments	7	260,000	269,806
<b>Total fixed assets</b>		<b>260,000</b>	<b>269,806</b>
<b>Current assets</b>			
Cash at bank and in hand	8	214,365	230,673
Debtors & prepayments	9	-	-
Stock		-	-
<b>Total current assets</b>		<b>214,365</b>	<b>230,673</b>
<b>Current liabilities: amounts falling due within one year</b>			
Creditors and accruals	10	(650)	(550)
<b>Net current assets</b>		<b>213,715</b>	<b>230,123</b>
<b>Net assets</b>		<b>473,715</b>	<b>499,929</b>
<b>Funds of the Charity</b>	11		
Unrestricted Funds (General)		429,348	491,328
Restricted Funds		44,367	8,601
<b>Total funds carried forward</b>	11	<b>473,715</b>	<b>499,929</b>

The financial statements were approved by the trustees on:

And signed on their behalf by:

*Greta Lyons*

Greta Lyons (Oct 14, 2024, 1:26pm)

Name:

Trustee:

Greta Lyons

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Statement of Cash Flows for the year ended:

31st March 2024

	Total 2024	Total 2023
<b>Cash flows from operating activities</b>	£	£
<b>Net income/(expenditure) for the year</b>	(26,214)	(5,167)
<b>Add:</b> Depreciation for the year	-	-
<b>Working capital changes</b>		
(Increase)/decrease in stock	-	-
(Increase)/decrease in debtors	-	-
Increase/(decrease) in creditors	100	550
<b>Net cash provided by/(used in) operating activities</b>	<b>(26,114)</b>	<b>(4,617)</b>
<b>Cash flows from investing activities</b>		
Purchase of fixed assets	260,000	-
Disposal of fixed assets	(269,806)	-
	<b>(9,806)</b>	-
<b>Change in cash and cash equivalents in the year</b>	<b>(16,308)</b>	<b>(4,617)</b>
Cash and cash equivalents at 1 April 2023	230,673	235,290
<b>Cash and cash equivalents at 31 March 2024</b>	<b>214,365</b>	<b>230,673</b>

# **British Thyroid Foundation**

(Charity Number 1006391, SC046037)

**Notes to the accounts for the year ended:**

**31st March 2024**

## **1. Basis of preparation**

### **1.1 Basis of accounting**

The financial statements are prepared under the historical cost convention and the 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 (Charities SORP (FRS 102)).

### **1.2 Change of basis of accounting**

The accounts were previously prepared on a receipts and payments basis.

### **1.3 Change to previous accounts**

Changes to include accrual account adjustments have been made to the accounts for the previous year. This was adding an accrual of £550 for the independent examination and including the investment assets in the balance.

## **2. Accounting policies**

### **Income and endowments**

#### **Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- receipt of the resources is probable; and
- the monetary value can be measured with sufficient reliability.

#### **Incoming resources with related expenditure**

Where incoming resources have related expenditure, the incoming resources and related expenditure are reported gross in the SoFA.

#### **Grants and donations**

Grants and donations are only included in the SoFA when the charity has evidence of entitlement to the resources and receipt is probable.

#### **Volunteer help**

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

#### **Investment income**

This is included in the accounts when receivable.

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2024

## Expenditure and Liabilities

### Expenditure

#### Raising funds

Cost of raising funds comprise those costs associated with attracting voluntary income.

#### Charitable activities

Charitable activities expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

## Assets

### Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt, less depreciation.

Depreciation is provided at rates to write off the costs less estimated residual value of each asset over its expected useful life as follows

<b>Office Equipment</b>	<b>25%</b>	<b>straight line basis</b>
<b>Project equipment</b>	<b>25%</b>	<b>straight line basis</b>
<b>Computer equipment</b>	<b>25%</b>	<b>straight line basis</b>

### Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

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

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

**Notes to the accounts for the year ended:**

**31st March 2024**

### 3. Income and endowments

	Unrestricted funds	Restricted funds	2024 Total	Unrestricted funds	Restricted funds	2023 Total
	£	£	£	£	£	£
<b>3.1 Donations &amp; legacies</b>						
Donations	22,917	-	22,917	26,409	-	26,409
Legacies	4,688	8,538	13,226	77,863	-	77,863
Gift Aid	13,346	-	13,346	10,636	-	10,636
Grants	8,409	-	8,409	15,370	-	15,370
Subscriptions	59,149	-	59,149	66,383	-	66,383
	<b>108,509</b>	<b>8,538</b>	<b>117,047</b>	<b>196,661</b>	<b>-</b>	<b>196,661</b>
<b>3.2 Charitable activities</b>						
Grants	-	35,798	35,798	-	12,765	12,765
BTA Administration	1,234	-	1,234	6,026	-	6,026
Information events	399	-	399	-	216	216
BTA Meeting fees	5,821	-	5,821	-	-	-
Children's conference	59	-	59	-	-	-
Hospital leaflets	852	-	852	-	-	-
	<b>8,365</b>	<b>35,798</b>	<b>44,163</b>	<b>6,026</b>	<b>12,981</b>	<b>19,007</b>
<b>3.3 Other trading activities</b>						
Fundraising & sponsorship	42,343	-	42,343	15,424	-	15,424
Sale of Christmas cards	2,319	-	2,319	3,139	-	3,139
Sale of Merchandise	542	-	542	-	-	-
	<b>45,204</b>	<b>-</b>	<b>45,204</b>	<b>18,563</b>	<b>-</b>	<b>18,563</b>
<b>3.4 Investments</b>						
Bank interest	215	-	215	1,776	-	1,776
Gain in revaluation	715	-	715	-	-	-
	<b>930</b>	<b>-</b>	<b>930</b>	<b>1,776</b>	<b>-</b>	<b>1,776</b>
<b>Total income</b>	<b>163,008</b>	<b>44,336</b>	<b>207,344</b>	<b>223,026</b>	<b>12,981</b>	<b>236,007</b>

## British Thyroid Foundation

(Charity Number 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2024

### 4. Expenditure

	Unrestricted funds	Restricted funds	2024 Total	Unrestricted funds	Restricted funds	2023 Total
	£	£	£	£	£	£
<b>4.1 Raising funds</b>						
Public awareness & publicity	19,130	681	19,811	22,220	500	22,720
Fundraising costs	4,184	627	4,811	3,792	-	3,792
	<b>23,314</b>	<b>1,308</b>	<b>24,622</b>	<b>26,012</b>	<b>500</b>	<b>26,512</b>
<b>4.2 Charitable activities</b>	£	£	£	£	£	£
Salaries	141,640	2,166	143,806	134,501	1,681	136,182
Staff training & other costs	777	-	777	950	-	950
Premises costs	17,567	-	17,567	16,348	-	16,348
Office & computer costs	8,417	-	8,417	9,787	-	9,787
Insurance	835	-	835	791	-	791
Patient benefit	10,247	4,547	14,794	4,318	8,097	12,415
Nurse & research awards	10,000	-	10,000	25,712	-	25,712
Telephone & helpline	51	549	600	572	480	1,052
Payroll & administration costs	1,416	-	1,416	2,111	-	2,111
Accountancy fees	740	-	740	1,140	-	1,140
Membership & subscriptions	35	-	35	35	-	35
Database	2,067	-	2,067	-	-	-
Meeting costs & trustees expenses	810	-	810	1,525	-	1,525
Paypal & bank charges	442	-	442	404	-	404
Returned membership	809	-	809	-	-	-
BTA administration	5,821	-	5,821	6,210	-	6,210
	<b>201,674</b>	<b>7,262</b>	<b>208,936</b>	<b>204,404</b>	<b>10,258</b>	<b>214,662</b>
<b>Total expenditure</b>	<b>224,988</b>	<b>8,570</b>	<b>233,558</b>	<b>230,416</b>	<b>10,758</b>	<b>241,174</b>

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Notes to the accounts for the year ended:

31st March 2024

<b>5. Expenses and fees</b>	<b>2024</b>	<b>2023</b>
<b>5.1 Fees for examination of the accounts</b>	£	£
Independent Examiner's fees for reporting on the accounts	<b>650</b>	<b>550</b>

<b>6. Staff costs and emoluments</b>	<b>2024</b>	<b>2023</b>
<b>6.1 Staff costs</b>	£	£
Gross salaries	129,962	118,880
Employers National Insurance	6,644	9,920
Pension contributions	7,200	7,382
	<b>143,806</b>	<b>136,182</b>

<b>6.2 Average number of full time equivalent employees by department</b>	<b>2024</b>	<b>2023</b>
Fundraising	0.45	0.61
Charitable activities	3.76	3.06
Governance	0.0	0.0
Other	0.0	0.0
<b>Total</b>	<b>4.21</b>	<b>3.67</b>

<b>7. Investment assets</b>	<b>Investments at fair value</b>	<b>Total</b>
	£	£
Carrying (fair) value at beginning of year	269,806	269,806
Sale of disposals	(270,521)	(270,521)
Purchase of additions	260,000	260,000
Dividends & interest	-	-
Add/(deduct): net gain/(loss) on revaluation	715	715
<b>Carrying (fair) value at end of year</b>	<b>260,000</b>	<b>260,000</b>
Comprising:		
Investments at fair value		260,000
		<b>260,000</b>

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2024

## 8. Cash at bank and in hand

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Lloyds bank account	78,048	44,367	122,415	124,763
RBS bank account	2,815	-	2,815	8,266
United trust	86,159	-	86,159	86,159
PayPal account	2,976	-	2,976	1,124
Virgin charity bank	-	-	-	10,361
<b>Total</b>	<b>169,998</b>	<b>44,367</b>	<b>214,365</b>	<b>230,673</b>

## 9. Debtors and prepayments

	2024	2023
	£	£
<b>Debtors and prepayments</b>		
Trade debtors	-	-
Other debtors	-	-
Prepayments and accrued income	-	-
<b>Total</b>	<b>-</b>	<b>-</b>

## 10. Creditors and accruals

	2024	2023
	£	£
<b>Amounts falling due within one year</b>		
Trade creditors	-	-
Deposits held	-	-
Accruals and deferred income	650	550
Tax and social security	-	-
<b>Total</b>	<b>650</b>	<b>550</b>

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2024

## 11. Movement of funds

### 11.1 Movement of major funds

2024 Fund name	Balance b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
<b>Unrestricted funds (General)</b>					
General unrestricted funds	491,328	163,008	224,988	-	429,348
	<b>491,328</b>	<b>163,008</b>	<b>224,988</b>	<b>-</b>	<b>429,348</b>
<b>Restricted funds</b>					
Society for Endocrinology	1,074	-	1,074	-	-
The Hospital Saturday Fund	323	-	323	-	-
James Tudor Foundation	2,715	-	2,715	-	-
Edith Murphy Foundation	4,489	-	1,722	-	2,767
Barbara Sutcliffe	-	8,538	-	-	8,538
National Lottery Community Fund	-	19,480	-	-	19,480
Robert Luff Foundation for Research	-	10,000	-	-	10,000
Thistledown for childrens services	-	1,000	-	-	1,000
SfE Travel Grant	-	318	-	-	56
Argenx for TED	-	5,000	-	-	2,526
	<b>8,601</b>	<b>44,336</b>	<b>8,570</b>	<b>-</b>	<b>44,367</b>
<b>Total funds</b>	<b>499,929</b>	<b>207,344</b>	<b>233,558</b>	<b>-</b>	<b>473,715</b>

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

## Notes to the accounts for the year ended:

31st March 2024

2023 Fund name	Balance b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
<b>Unrestricted funds (General)</b>					
General unrestricted funds	497,870	223,026	230,416	848	491,328
	<b>497,870</b>	<b>223,026</b>	<b>230,416</b>	<b>848</b>	<b>491,328</b>
<b>Restricted funds</b>					
Iodine Project	2,458	-	-	(2,458)	-
Society for Endocrinology	-	1,616	542	-	1,074
The Hospital Saturday Fund	-	2,000	1,677	-	323
James Tudor Foundation	-	4,876	2,161	-	2,715
Psychological Resources	3,453	-	3,978	525	-
Edith Murphy Foundation	-	4,489	-	-	4,489
National Lottery Awards for All	1,315	-	2,400	1,085	-
	<b>7,226</b>	<b>12,981</b>	<b>10,758</b>	<b>(848)</b>	<b>8,601</b>
<b>Total funds</b>	<b>505,096</b>	<b>236,007</b>	<b>241,174</b>	<b>-</b>	<b>499,929</b>

### Transfer of funds

£525 and £1,085 have been transferred from unrestricted funds to contribute to these funds.

The Iodine project has been dormant for a number of years and the funders have agreed that the remaining balance of £2,458 can be transferred to unrestricted funds.

# **British Thyroid Foundation**

(Charity Number 1006391, SC046037)

## **Notes to the accounts for the year ended:**

**31st March 2024**

### **11.2 Details of Funds Held**

#### **Unrestricted Funds (General)**

The General fund is unrestricted and available for the general purposes of the Organisation.

#### **Restricted Funds**

The restricted funds are only available for the purposes specified for each fund, which are:

##### **Iodine Project**

To ensure optimal iodine nutrition in all sectors of the UK population in order to avoid the adverse effects of iodine deficiency.

##### **Society for Endocrinology**

Contribution towards the cost of holding a children's and parent/carers information event in Nottingham.

##### **The Hospital Saturday Fund**

Grant to support our free-to-access patient information service.

##### **James Tudor Foundation**

Grant towards the cost of our telephone helpline and medical query answering service.

##### **Psychological Resources**

Grant to develop support resources

##### **Edith Murphy Foundation**

Grant to support our children's services, including the provision of literature and patient films.

##### **National Lottery Awards for All**

Grant to develop a website to support thyroid patients in managing their weight and wellbeing.

##### **Barbara Sutcliffe**

Legacy left for research.

##### **National Lottery Community Fund**

Funding received to make patients films.

##### **Robert Luff Foundation for Research**

Grant towards Research award 2023.

##### **Thistledown for children's services**

Grant to support our services for children and young people.

##### **SfE Travel Grant**

Grant towards cost of travel.

##### **Argenx for TED**

Grant to support services for patients living with thyroid eye disease.

# British Thyroid Foundation

(Charity Number 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2024

## 12. Net assets between funds

	Unrestricted funds	Restricted funds	Total 2024
<b>Balances at 31st March 2024</b>		£	£
Fixed assets	260,000	-	260,000
Current assets	169,998	44,367	214,365
Current liabilities	(650)	-	(650)
	<b>429,348</b>	<b>44,367</b>	<b>473,715</b>

	Unrestricted funds	Restricted funds	Total 2023
<b>Balances at 31st March 2023</b>		£	£
Fixed assets	269,806	-	269,806
Current assets	222,072	8,601	230,673
Current liabilities	(550)	-	(550)
	<b>491,328</b>	<b>8,601</b>	<b>499,929</b>

**BRITISH THYROID FOUNDATION**

England & Wales - Charity number 1006391

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# Accounts

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# **British Thyroid Foundation**

(Charity Number: 1006391, SC046037)

## **Trustees Annual Report & Financial Statements for the year ended**

**31st March 2023**

# **outsourc**

Charity accounts preparation &  
independent examination service

# **British Thyroid Foundation**

(Charity Number: 1006391, SC046037)

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# **Trustees' Annual Report**

**From: 1 April 2022 to 31 March 2023**

Charity name: **British Thyroid Foundation**

Another name charity is known by: **BTF**

Registered charity number: **1006391, SC046037**

Charity's principal address:

**Suite 12 One Sceptre House  
Hornbeam Square North  
Hornbeam Park  
Harrogate  
HG2 8PB**

## British Thyroid Foundation

### Trustees Annual Report - 1 April 2021 – 31 March 2022

Trustee Name	Office	Dates acted if not for the whole year	In what capacity
Mr Vivek Angra		Appointed June 2022	Lay person
Mr Jonathan Eaton		Appointed June 2022	Lay person
Mrs Kasia Jones		Appointed June 2022	Lay person
Professor Marian Ludgate		Appointed June 2022	Medical
Mrs Greta Lyons			Medical
Mr Radu Mihai, represented in part by Ms Alison Waghorn	Ex officio BAETS	Appointed November 2021	Medical
Mrs Mary Newton		Stepped down November 2022	Lay person
Professor Simon Pearce	Ex officio BTA	Appointed May 2020	Medical
Dr Catherine Peters			Medical
Mrs Nancy Prest	Chair		Lay person
Mrs Anna Reavell			Lay person
Professor Mark Strachan	Treasurer	Stepped down March 2023	Medical
Mr Joe Straw		Stepped down  March 2023	Lay person

## **Name of chief executive(s) or senior staff members**

Cheryl McMullan - CEO - Operations

Julia Priestley - CEO - Development

## **Structure, Governance and Management**

Type of Governing Document: **Trust Deed dated 28 October 1991**

How the Charity is constituted: **Trust**

Trustee Selection Method: Recent trustees have been appointed following an open application and interview process. Previously they were nominated and appointed by the Trustees.

## **Additional Governance Information**

We are pleased to present the Trustees' Annual Report and Financial Statement for the period 1 April 2022 to 31 March 2023. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. The Board of Trustees comprises lay people (patients) and health professionals, from a wide range of backgrounds.

Our trustees met three times online over the year, with one face-to-face meeting. To improve our governance, we introduced three subcommittees for fundraising and marketing, finance and staffing and research, ethics and projects.

Trustees were required to declare any conflicts of interest at the start of each meeting. The trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

## **Vision, Mission and Beliefs statement**

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

### **Mission**

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

### **Values and Beliefs**

- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience which is accessible to everyone.
- We are committed to remaining open-minded and will do our best to encourage involvement and foster peer support.
- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

## **Objectives**

The Trust is established:

a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and

b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases. *Extract from the BTF Trust Deed, Oct 1991*

## **Volunteers**

Patient volunteers are central to our work and are involved in all aspects of our operations. They offer peer support as patient phone contacts, as moderators in our online support groups and as local group coordinators. They also represent the patient voice in our projects and on our Board of Trustees, as well as supporting our office operations.

Healthcare professionals and researchers also generously contribute their knowledge and time both as trustees and as medical advisors. This ensures our resources are evidence-based and reflect current medical practice.

All our patient literature is endorsed by the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS). We are an affiliated member of the Society for Endocrinology.

We would like to thank all our volunteers for their significant contribution to our work.

“

*I'm so grateful you were there when I reached the end of my tether trying to cope with my thyroid problems.*

”

### **The year in review - responding to patient need**

Overstretched NHS services and fewer face-to-face appointments have led to more people turning to us for help to live better with thyroid disease over the past 12 months.

When we asked the UK thyroid community about their needs during the pandemic, they identified psychological support and support for weight management as priorities. We subsequently consulted with over 1,150 patients who shared with us the top psychological and physical symptoms they struggle with both prior and post-diagnosis.

After many months work, this year we were pleased to launch new resources to address these needs. These are:

- Our 'Looking after your psychological wellbeing' booklet
- A 12-week online 'Weight loss and wellbeing' pilot programme

We also asked UK thyroid patients about our services and what matters most to them. Their 600+ responses identified three overriding priorities:

- Funding research
- Promoting key messages to medical professionals
- Providing more patient information

These priorities have guided our work over the past year. We marked the 25<sup>th</sup> anniversary of our BTF Research Award with a fundraising appeal. This has enabled our continued support for thyroid research through our BTF Research Award.

It is a continuous challenge to reach GPs with messages about the thyroid. We have developed new resources for GPs to help them signpost patients to our services. We also continue to work with the British Thyroid Association (BTA) and other patient support groups to find new ways of raising awareness of endocrine disorders among GPs.

To widen patient access to our resources, we have expanded the available formats and used new channels to reach the thyroid community. We have also introduced QR codes to enable patients to get instant access to our resources. Over this time, our free patient literature service for hospitals has also experienced unprecedented demand.

We have also worked hard to implement the recommendations of a strategic review undertaken by Mosaic Charitable Consultancy. As part of this process, we have reviewed our charitable objectives and introduced new working groups for our key focus areas. Our new intake of trustees has brought additional skills and experience to our Board of Trustees. These have been instrumental in our review process. Going forward our board's valuable skillset will help us continue to meet our charitable objectives and better equip us to respond to ever-evolving patient need.

## Activities and outcomes

### Providing resources

Too often patients tell us they were given very little information about their thyroid condition at diagnosis. Many also tell us they are confused by the information they read online, which can often be contradictory. We are committed to providing evidence-based information and the patient perspective to help people better understand and manage their thyroid condition.

Our website is often the first contact people have with us. The majority of the thyroid community access our information online, either via our website or our social media channels. Here they can download literature, watch films, read patient stories and articles etc. Over the year, these were viewed nearly two million times. Our social channels have continued to grow in terms of followers and interactions. We now have a presence on TikTok to help reach younger audiences with messages about thyroid disease.

#### Patient resources



Our online patient resources have been viewed nearly 2 million times helping thyroid patients to better understand and manage their condition.

*“ It was only after reading your information that I could make sense of my symptoms. I felt like a heavy weight had lifted from me. ”*

#### Patient literature

*“ Your psychological support booklet was a real godsend. It's very detailed and of superb quality. ”*

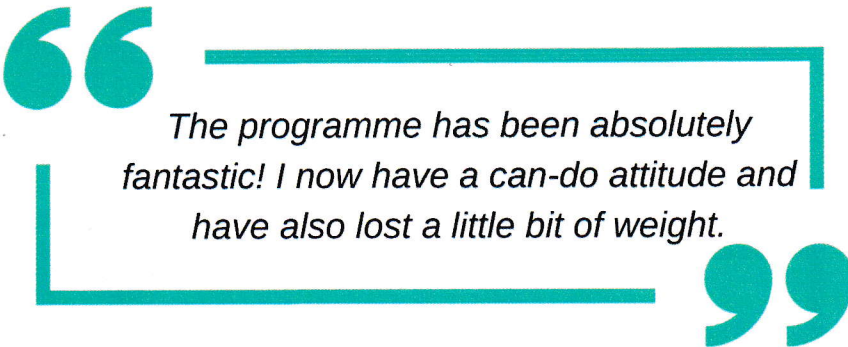
*“ Your information is very easy to understand with not too much detail. ”*

To explore the often 'invisible' symptoms of thyroid disease, we launched our new 'Looking after your psychological wellbeing' booklet. A special thank you goes to chartered psychologist, Dr Sue Jackson, for generously sharing her knowledge to compile this resource. Many members of the thyroid community have told us how this has helped them to make sense of their psychological symptoms.

To reduce our environmental impact and our costs, we encourage people to download our literature whenever possible. To this end, we introduced QR codes to facilitate instant access to our online resources. Posters with our QR codes have also been sent out to hospitals for display in their clinics to help patients access information, especially at the time of diagnosis.

We are very aware, however, that many patients prefer a hard copy or are simply unable to access digital resources. Indeed, nearly a fifth of our BTF members have told us they do not have access to a computer or smartphone. To avoid digital exclusion, we continue to offer the option of paper leaflets. Our free-of-charge patient literature service has been more popular than ever. Over the period, we sent out more than 32,000 leaflets (a 33% increase from last year) to patients and hospital settings to help patients better understand their condition and let them know about how we can support them.

#### Weight loss and wellbeing programme



*The programme has been absolutely fantastic! I now have a can-do attitude and have also lost a little bit of weight.*

Over 1,600 joined our online programme to access support for weight loss and wellbeing which confirmed to us the huge need there was for patient support in this field. This pilot project gathered experts from the fields of endocrinology, science, exercise, nutrition and psychology. Over a 12-week period, we sent participants weekly evidence-based resources sharing our experts' knowledge, insights and tips to help participants achieve their individual goals.

Participants could also join our 'Meet the Experts' webinars which explored themes, such as obesity, in more detail. There was also the opportunity to watch patients' stories and connect with others from the thyroid community in our closed Facebook group.

Although only a small number of patients completed the entire 12-week programme, interim feedback from our pilot project suggests patients have found our experts' advice useful to help reframe their thoughts on weight loss and wellbeing and try out new approaches even if there are sadly no 'magic thyroid diets.' We will analyse the full results in the coming months and work out the most effective ways to share the resources with patients in the future.

## Articles

*This is probably the single most important article I've read. It genuinely made the penny drop.*

*BTF is my main source of information about thyroid issues.*

Our popular 'Meet the Experts' sessions include question and answer sessions between experts and patients. We have created a series of Q&A fact sheets based on our experts' replies.

These new resources are easy-to-understand and we have been able to signpost many enquiries to these patient-friendly articles. Topics covered included:

- Thyroid function tests
- Hyperthyroidism
- Managing thyroid disorders in children
- Thyroid research

## Patient stories

*People's stories and experiences on your website have been a huge help to me.*

Reading about others' journeys can help people to make sense of what they are going through. We are grateful to the patients who have volunteered their stories to help support others. This included actor and comedian, Verona Rose, whose account of trying to get a diagnosis clearly resonated with many in the thyroid community.

Our patient films continue to be popular with our audiences, helping them to relate these experiences with their own. Visitors to our YouTube channel jointly watched nearly 11,000 hours of our patient films.

## Members' newsletter


*BTF News is very well balanced and caters for all the aspects of our thyroid conditions.*

*I really enjoy reading BTF News. I've kept every edition as I find them so helpful.*

We invite people to become BTF members to support our work. In return, members receive regular e-bulletin updates, our 'BTF News' newsletter twice a year plus priority access to our BTF Medical Query service and to events. This revenue is vital for helping us continue to offer our services supporting people in the UK to live better with thyroid disease.

## **Peer support**

**Peer support**



Our phone volunteers have been here seven days of the week to offer a listening ear and peer support.

*The lady I spoke to was kind, understanding and able to offer some helpful suggestions as to my way forward.*

Thyroid disease is not widely talked about. This is despite it affecting up to 1 in 20 people in the UK. This can make it a lonely journey at times, as family, friends, and colleagues struggle to understand the impact on physical and emotional health. Our support network is here for anyone who would like to connect with others who understand what it is like to live with a thyroid disorder. Our patient phone contacts are here to listen and share their own lived experiences. These amazing volunteers have been here seven days a week for people in need of someone to talk to about their condition.

*Thank you for listening. It has really helped to ease my mind.*

*I honestly don't know what I would do without this group!*

Our Facebook forums continue to flourish with a community of nearly 5,000 patients supporting one another through the ups and downs of their journeys. Our Facebook forums offer support for:

- Hyperthyroidism
- Thyroid eye disease
- Thyroid cancer
- Parents group for children with thyroid disorders

Our face-to-face group meetings have been slow to restart after the pandemic. We were pleased to see our Edinburgh and West Midlands group resume their meetings although sorry to see our Milton Keynes, Leeds and Cambridge groups close owing to their coordinators retiring. We would like to thank all those involved for their commitment to supporting thyroid patients over many years.

### Improving patient knowledge

*Thank you for making me feel valued and informed.*

With doctors' appointments at a premium, many patients understandably search online for more information. The wealth of online information about thyroid disease can, however, be difficult to navigate. We continue to give patients access to experts to help them understand and manage their condition, and equip them to discuss their concerns with their own doctor.

### 'Meet the Experts' webinars

#### Access to experts



Our 'Meet the Experts' webinars have been watched over 30,000 times giving patients an opportunity to hear from leading thyroid experts.

*Thank you so much for organising this. I am so grateful.*


We introduced our 'Meet the Experts' webinars during the pandemic to help address patient questions whilst they were struggling to access healthcare. What started as a temporary initiative is now a permanent fixture in our events calendar. In 22/23 we invited experts to talk and answer patient questions on:

- Thyroid disease in children
- Thyroid disease and pregnancy
- Thyroid research
- Thyroid cancer
- Improving weight management and wellbeing
- Understanding obesity and weight loss

Patients appreciate the opportunity to hear experts and put their questions to them. They also tell us it often helps them to ask the right questions during medical appointments.

#### Medical query service

##### **Medical query service**



Our medical query service has supported people with questions they have been struggling with on over 2,500 occasions.

*Your service has given me the courage to raise questions with my GP.*

Our medical query service works alongside medical advisors to provide patients with evidence-based information. This service has assisted people with queries on over 2,500 occasions which have empowered them to discuss their condition with the doctor and better manage their condition.


#### Medicines and research updates

*My doctor is always so busy and I'd rather not run there for every small thing. BTF has often helped with my doubts and queries.*

*I really appreciate the help and advice. You provide such a valuable service as GPs don't always have the time to explain things.*

Having access to timely updates about the latest prescribing guidance, new drug approvals and drug recalls, etc. is key to helping patients better understand and manage their condition. Our regular member and supporter e-updates have helped us to get these messages out quickly to the thyroid community, in addition to sharing them on our website and social channels. We have also continued to build our online resources to provide a 'go to' reference hub for both patients and primary healthcare professionals.

### Opportunities for patient participation



**Patient participation**

Our Patients' Panel and surveys have given patients direct involvement in a wide range of research projects and studies.

*I am enjoying being on the BTF's Patients' Panel because it has helped increase my knowledge about living with a thyroid condition.*

We invite patients to be involved in research projects and studies through our 'Patients' Panel.' Our panel members also review our literature and contribute their experiences to projects we are involved. Over the year, our panel members have shared their insights and lived experiences to:

- Test our weight loss and wellbeing resources
- Take part in a focus group on Thyroid Eye Disease (TED)
- Review our thyroid cancer leaflet

*As a tester of your weight loss website, I could cry with joy!... Our very own support group and one-stop shop.*

Through our close collaboration with medical professionals and researchers, we were able to invite patients to join us in the following projects: -


#### **wEIGHT chanGES caRDio-mETabolic risks and morTality (EGRET) in patients with hyperthyroidism**

Current treatment options for hyperthyroidism are antithyroid drugs, radioiodine or thyroid surgery. This Birmingham-based study aimed to assess the differences in mortality and cardiometabolic outcomes depending on the method of treatment in order to better inform patient-clinician decision-making.

This year we facilitated patient engagement in a Patient Public Involvement (PPI) research meeting at which the results of the EGRET study were discussed. We have also regularly connected patients to other consultations, surveys and trials to afford them greater participation in their treatment and care.

### Representing the patient voice

**Representing the patient voice**



We have represented thyroid patients as a stakeholder in several major studies.

“  
As a UK patient organisation, one of our key roles to is to represent the needs of people living in the UK with thyroid disorders.  
Julia Priestley, BTF Joint CEO  
”


We have been a stakeholder organisation in several important studies this year looking at improving the treatment and care of UK thyroid patients. This has enabled us to represent the concerns and needs of the thyroid community. We are also frequently invited to write letters of support for planned research studies into thyroid disease.

To ensure healthcare professionals are aware of our work and patient needs, we attended the following conferences:

- Society for Endocrinology/British Endocrine Society update
- Updates in Management of Thyroid Cancer Conference at the Royal Marsden Hospital.
- Society for Endocrinology Clinical Update - Birmingham

### Reaching new audiences

**Accessible information**



Our information is available in different formats to widen access to them.

“  
You gave me concise information that put to bed the majority of my worries about my diagnosis.  
”

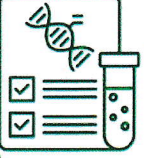
We are very aware that some patients and communities struggle to access conventional healthcare information. We continue to address this by presenting our information in a variety of formats and in different languages.

To reach younger audiences with evidence-based health information, we worked with the Simba CoMICS team (Concise Medical Information Cines) to create educational short-films about thyroid disorders. These formed part of a series of endocrine films produced by the student doctor team to counteract health misinformation on social media platforms, such as TikTok.

Over the year, we have tapped into awareness-raising events, such as Mental Health Week, World Cancer Day and International Thyroid Awareness Week to put a spotlight on thyroid disease. Our patron, Clare Balding OBE, kindly recorded a video message reminding people to 'Check your Neck' during Thyroid Cancer Awareness Week, which helped to reach new audiences with this vital message.

### Supporting research

**Funding research**



We provided £20,000 funding to a study looking at more sensitive biomarkers to diagnose and monitor thyroid cancer.

*The BTF Research Award is hugely important for thyroid research as funding from other sources can be extremely limited.*  
Dr Salman Razvi, previous BTF Research Award winner

We continue to honour our commitment to research funding through our BTF Annual Research Award. This year's winner was Dr Miles Levy, consultant endocrinologist, Leicester.


Dr Levy and his team will use the £20,000 award for a study investigating the use of circulating cell-free tumour-derived DNA (ctDNA) in the diagnosis and monitoring of thyroid cancer.

We were delighted to support this study which potentially provides a non-invasive way of accurately picking up cancer recurrence that is more sensitive and specific than any other current method.

Treatment for many autoimmune conditions tends to focus on treating the symptoms, rather than the root causes of the autoimmunity. We were pleased to join the 'Connect Immune Research' partnership (<https://jdrf.org.uk/connect-immune-research/>). This initiative brings together organisations representing a wide range of autoimmune conditions from Type 1 diabetes to coeliac disease to pool knowledge and promote research into autoimmune disease. We look forward to collaborating with our partners and sharing resources to encourage much-needed research in this area.

## Supporting healthcare professionals

### Supporting medical professionals



Our GP webinar has provided updates and training helping doctors to manage their patients' thyroid conditions.

“

*I find your QR codes to your leaflets amazingly helpful for my patients.*  
Consultant endocrinologist

”

Reaching GPs and trainee healthcare professionals with information about thyroid disease continues to be a challenge. To address this, we have developed more resources for healthcare professionals to provide their patients with information about their thyroid condition. A key focus this year has been helping GPs signpost patients to us. We developed new tear-off 'prescription pads' with QR codes allowing instant access to all our resources. It is also encouraging to hear from doctors who tell us they include our new QR codes and links to our websites in their online correspondence with patients. We plan to promote these resources further to GPs over the coming year.

We have also continued to work with the British Thyroid Association (BTA) to develop online training for trainee- and primary healthcare professionals.

### Restricted and unrestricted grants

In common with many other charities, the cost-of-living crisis has put additional pressure on our finances this year. Our costs have risen and people have been understandably less willing to take on fundraising challenges. We have been able to address this shortfall by successfully securing grants and through legacies. We are grateful to the following organisations for their support:

**Edith Murphy Foundation** – £4489 grant to support our children's services, including the provision of literature and patient films.

**Garfield Weston Foundation** – £10000 grant to support our free-to-access patient information service.

**James Tudor Trust** – £4876 grant towards the cost of the telephone helpline and the medical query answering service.

**Society for Endocrinology** – £1400 contribution towards the cost of holding a children's and parent/carers information event in Nottingham.

**The Hospital Saturday Fund** – £2000 grant to support our free-to-access patient information service.

### British Thyroid Foundation - Reserves Policy 2023

The charity maintains reserves that are at a level adequate to conduct its activities. Reviews of these reserves take place at trustee meetings (see annual accounts). The Foundation continues to build up a reserve to cover projects and research grants payable now and in the future.

The charity is heavily reliant on income from legacies, which cannot be budgeted for, therefore it holds funds in free reserves to cover the risk of no income from legacies. If this were the case, it is anticipated the charity would run at a loss of around £30,000 - £40,000 per financial year.

To address the deficit, we continue to invest in our fundraising activities, which include applying for grants and introducing new fundraising campaigns. We hope this will close the deficit and prevent us being reliant on legacy income.

It is important to maintain reserves to protect the charity and its employees if BTF is forced to close for any reason. Winding-up costs would include redundancy payments to staff, disposal of the leasehold property, refurbishment of property, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. There would also be the return of funds and allocated funds to benefactors or grant providers. It is prudent planning to reserve funds for this scenario. However, the security of an appropriate cash reserve coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase visibility of the service we provide, will ensure BTF's long-term future.

### **Investment Policy 2022-2023**

The BTF has a robust investment policy that sets out the charity's goals and investment objectives along with a clear strategy for achieving them.

The core elements are:

- The BTF investment objective is to yield the best financial return within the level of risk considered to be acceptable. The trustees have been advised that they should be looking to invest funds for at least five years in order to achieve a better return. The funds will further the charity's aims both short-term and long-term and give the charity financial security for its long-term future. To act within the law, the trustees shall act within the charity's powers to invest.
- The trustees or allocated person within the organisation will take advice from someone experienced in investment matters unless they have good reason for not doing so (legal requirement).
- The BTF will only associate itself with Socially Responsible Investing (SRI) that seeks to consider both financial return and social good. We will avoid investments involved in alcohol, tobacco, fast food, gambling, pornography, weapons and areas of concern recognised by the SRI.
- The trustees will agree the balance between risk and return that is right for the BTF.
- The BTF will only use investment companies that are well-recognised by the Charity Commission.
- The trustees or allocated person within the organisation will review the investments on a regular basis and give updates at trustees' meetings.
- The Investment Policy will be included in the BTF Trustees' Annual Return.

### Savings and cash deposits

- Cash needed for the day-to-day running of the charity is held in two instant access accounts each with minimum return. We review each account to see if they rise above £85k in order to protect those funds under the Financial Services Compensation Scheme.
- Savings accounts with higher rates of interest will be used by the charity to lock away cash for slightly longer periods of time (fixed term deposits) but will usually have restrictions on easier access to the funds.
- Cash deposited in a bank or building society will be used by the charity to generate income until it is either needed to spend on the charity's aims and objectives in the short term or placed in a longer-term investment. The trustees would restrict these funds to be invested for a one-year fixed term.
- The trustees will decide the maximum amount to be placed in one institution.
- Cash will only be deposited with reputable institutions, such as those authorised by the Financial Conduct Authority (FCA) in the UK or by the relevant financial regulator in any other country.
- The amount invested into a savings account will be protected under the Financial Services Compensation Scheme (FSCS).

Signed: G. Lyons

Name: GRETA LYONS

Position: Deputy Chair of Trustees

Date: 24<sup>th</sup> JULY 2023

## Independent examiner's report to the trustees of British Thyroid Foundation

I report on the accounts of: **British Thyroid Foundation (the Charity)**  
for the year ended: **31st March 2023** which are set out on pages 20 to 23.

### Responsibilities and basis of report

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

I report in respect of my examination of the Charity'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

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

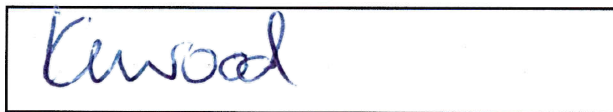
have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

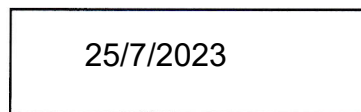
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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.



**Karen Wood (ACMA)**  
Outsource independent examination  
service  
The Hiscox Building  
Peasholme Green  
York YO1 7PR



**Date:**

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

**Receipts & payments accounts for the year ending: 31st March 2023**

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
<b>Receipts</b>				
Grants	15,370	12,765	28,135	24,160
Subscriptions	66,383	-	66,383	70,603
Fundraising	15,424	-	15,424	10,433
Gift Aid	10,636	-	10,636	8,426
Donations & legacies	104,272	-	104,272	27,695
BTA admin	6,026	-	6,026	974
Information events	-	216	216	-
Bank interest	1,776	-	1,776	1,711
Sale of Christmas cards, books etc.	3,139	-	3,139	4,932
<b>Total receipts</b>	<b><u>223,026</u></b>	<b><u>12,981</u></b>	<b><u>236,007</u></b>	<b><u>148,934</u></b>
<b>Payments</b>				
Salaries & NI	134,501	1,681	136,182	106,210
Staff training & costs	950	-	950	262
Premises costs	16,348	-	16,348	15,519
Public awareness & publicity	22,220	500	22,720	18,909
Office & computer costs	9,787	-	9,787	9,926
Insurance	791	-	791	826
Fundraising costs	3,792	-	3,792	5,024
Patient benefit	4,318	8,097	12,415	18,938
Nurse & research award	25,712	-	25,712	9,000
Telephone & helpline	572	480	1,052	-
Payroll & administration costs	2,111	-	2,111	1,734
Independent examination fee	590	-	590	550
Membership & subscriptions	35	-	35	322
Meeting costs & trustee expenses	1,525	-	1,525	-
Paypal charges	404	-	404	-
BTA administration	6,210	-	6,210	-
<b>Total payments</b>	<b><u>229,866</u></b>	<b><u>10,758</u></b>	<b><u>240,624</u></b>	<b><u>187,220</u></b>
<b>Net of receipts/(payments)</b>	<b>(6,840)</b>	<b>2,223</b>	<b>(4,617)</b>	<b>(38,286)</b>
<b>Transfers between funds</b>	<b>848</b>	<b>(848)</b>	<b>-</b>	<b>-</b>
<b>Balance brought forward</b>	<b><u>228,064</u></b>	<b><u>7,226</u></b>	<b><u>235,290</u></b>	<b><u>273,576</u></b>
<b>Balance carried forward</b>	<b><u>222,072</u></b>	<b><u>8,601</u></b>	<b><u>230,673</u></b>	<b><u>235,290</u></b>

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

(SC046037)

**Statement of assets and liabilities at: 31st March 2023**

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2023 Total funds</b>	<b>2022 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Assets</b>				
Lloyds bank account	116,162	8,601	124,763	78,398
RBS bank account	8,266	-	8,266	11,599
Unity Trust	86,159	-	86,159	85,000
Paypal	1,124	-	1,124	-
Virgin Charity Bank	10,361	-	10,361	60,293
	<u><b>222,072</b></u>	<u><b>8,601</b></u>	<u><b>230,673</b></u>	<u><b>235,290</b></u>

	<b>Cost</b>	<b>Current value</b>
	<b>£</b>	<b>£</b>
<b>Investment assets</b>		
M&G Charifund	120,000	150,855
M&G Charibond	120,000	118,951
	<u><b>240,000</b></u>	<u><b>269,806</b></u>

	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2023 Total funds</b>	<b>2022 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Liabilities</b>				
Independent examination fee	550	-	550	550
	<u><b>550</b></u>	<u><b>-</b></u>	<u><b>550</b></u>	<u><b>550</b></u>

**British Thyroid Foundation**  
(Charity Number: 1006391, SC046037)

Notes to the accounts for the year ended:

31st March 2023

**1. Basis of accounts**

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

**2. Restricted income funds**

<b>Fund name</b>	<b>Purpose</b>
Iodine Project	To ensure optimal iodine nutrition in all sectors of the UK population in order to avoid the adverse effects of iodine deficiency.
Society for Endocrinology	Contribution towards the cost of holding a children's and parent/carers information event in Nottingham
The Hospital Saturday Fund	Grant to support our free-to-access patient information service.
James Tudor Foundation	Grant towards the cost of the telephone helpline and the medical query answering service.
Psychological resources	Grant to develop support resources
Edith Murphy Foundation	Grant to support our children's services, including the provision of literature and patient films.
National Lottery Awards for All	Grant to develop a website to support thyroid patients in managing their weight and wellbeing.

	Balance b/fwd	income received	Resources expended	Transfers	Balance c/fwd
	£	£	£	£	£
Iodine Project	2,458	-	-	(2,458)	-
Society for Endocrinology	-	1,616	542	-	1,074
The Hospital Saturday Fund	-	2,000	1,677	-	323
James Tudor Foundation	-	4,876	2,161	-	2,715
Psychological resources	3,453	-	3,978	525	-
Edith Murphy Foundation	-	4,489	-	-	4,489
National Lottery Awards for All	1,315	-	2,400	1,085	-
<b>Restricted funds</b>	<b>7,226</b>	<b>12,981</b>	<b>10,758</b>	<b>(848)</b>	<b>8,601</b>
<b>Unrestricted funds</b>	<b>228,064</b>	<b>223,026</b>	<b>229,866</b>	<b>848</b>	<b>222,072</b>
<b>Total funds</b>	<b>235,290</b>	<b>236,007</b>	<b>240,624</b>	<b>-</b>	<b>230,673</b>

The overspend on restricted projects was made up by transfers from unrestricted funds.  
The Iodine project has been dormant for a number of years and the funders have agreed that the remaining balance of £2,458 can be transferred to unrestricted funds.

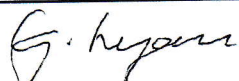
**Approval of accounts for the year ended:**

**31st March 2023**

The report and accounts were approved at a meeting of the Trustees held on:

11<sup>th</sup> JULY 2023

**Date**



**Signed for and on behalf of the trustees**

24<sup>th</sup> JULY 2023

**Date**

GRETA LYONS

**Print name**

Deputy Chair.

**Position (e.g. Chair etc)**

**BRITISH THYROID FOUNDATION**

England & Wales - Charity number 1006391

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# Accounts

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# **British Thyroid Foundation**

(Charity Number: 1006391)

(SC046037)

## **Trustees' Annual Report & Financial Statements**

**for the year ended**

**31st March 2022**

# **outsourc**

Charity accounts preparation &  
independent examination service

# **British Thyroid Foundation**

(Charity Number: 1006391)

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## **Trustees' Annual Report**

**From: 1 April 2021 to 31 March 2022**

Charity name: **British Thyroid Foundation**

Another name charity is known by: **BTF**

Registered charity number: **1006391, SC046037**

Charity's principal address:

**Suite 12 One Sceptre House  
Hornbeam Square North  
Hornbeam Park  
Harrogate  
HG2 8PB**

**British Thyroid Foundation**  
**Trustees Annual Report - 1 April 2021 – 31 March 2022**

<b>Trustee Name</b>	<b>Office</b>	<b>Dates acted if not for the whole year</b>	<b>In what capacity</b>
Professor Mark Strachan	Treasurer		Medical
Mr Radu Mihai	Ex-Officio BAETS	Appointed November 2021	Medical
Mrs Mary Newton			Lay person
Mrs Greta Lyons			Medical
Mr Joe Straw		Stepped down March 2022	Lay person
Mrs Anna Reavell			Lay person
Mrs Nancy Prest	Chair		Lay person
Dr Catherine Peters			Medical
Professor Simon Pearce	Ex-Officio BTA	Appointed May 2020	Medical

**Name of chief executive(s) or senior staff members**

Julia Priestley- CEO – Development

Cheryl McMullan – CEO - Operations

**Structure, Governance and Management**

Type of Governing Document: **Trust Deed dated 28 October 1991**

How the Charity is constituted: **Trust**

Trustee Selection Method: **Nominated and appointed by the Trustees**

## **Additional Governance Information**

We are pleased to present the Trustees Annual Report and Financial Statement for the period 1 April 2021 to 31 March 2022. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. The Board of Trustees is comprised of lay people (patients) and health professionals, from a wide range of backgrounds. Due to Covid-19 restrictions this year, it was necessary to adapt the way in which trustees continued to meet. Instead of holding face-to-face meetings twice in the year, they held five shorter virtual meetings. They were also kept updated from head office on BTF activities via email.

Trustees were required to declare any conflicts of interest at the start of each meeting. The Trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

We have taken appropriate steps to be compliant with the GDPR. Our Privacy Policy is available on our website and we are registered with the Fundraising Regulator and the Information Commissioner's Office.

## **Vision, Mission and Beliefs statement**

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

### **Mission**

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

### **Values and Beliefs**

- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience which is accessible to everyone.
- We are committed to remaining open minded and will do our best to encourage involvement and foster peer support.
- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

### **Objectives**

The Trust is established:

a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and

b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases. *Extract from the BTF Trust Deed, Oct 1991*

## Volunteers

To make sure our resources reflect patient needs, we involve patient volunteers in all aspects of our work. As well as offering a valuable peer support network, our fantastic volunteers represent the patient voice in our projects and on our Board of Trustees and review our patient resources. They also support the efficient running of our head office. We are extremely grateful to all our volunteers for their invaluable contribution to our work.

We are also fortunate to work closely with medical professionals and researchers. Jointly they contribute their knowledge and expertise to ensure our resources are based on the best available evidence and reflect current practice.

All our patient literature is endorsed by the British Thyroid Association (BTA) and British Association of Endocrine and Thyroid Surgeons (BAETS).

## Activities and outcomes

### Providing resources

Providing information and support to help thyroid patients has never been more relevant in the face of overstretched NHS services. Our information services focus on providing detailed information for anyone living with a thyroid condition, as well as those around them. Our resources cover the medical facts, as well as what it is like to live with the condition day-to-day.

#### Patient resources



Our online patient resources have been viewed over 2.7 million times helping thyroid patients to better understand and manage their condition

*You are invaluable to raise awareness and educate people like me. I truly am impressed with the quality and availability of your information.*

## Patient literature

*I'm so glad I found your Foundation.  
Your content is good and easy to  
understand.*

*Your alert card is very useful  
to have in case of emergency.*

The majority of the thyroid community access our information online, either via our website or our social media channels where they can download literature, watch films, read patient stories and articles etc.

To reach as many people as possible, we are committed to offering free of charge patient literature. We sent out over 24,000 leaflets to hospitals and clinics over the year to provide patients with more information about their condition, especially at time of diagnosis. Patients can also receive paper copies of our resources, if they find these easier to access.

Our new alert warning card about the risks of agranulocytosis and liver injury from antithyroid drug therapy has been well received, with nearly 4,000 people viewing it online.

Our thyroid cancer and teenage and young people booklets continue to be heavily requested to guide patients through what can be a challenging time for them.

We also worked with medical advisors to review and update eight of our patient leaflets in line with current guidelines for treatment and the latest research.1664

## Articles

*This is a really useful article. It's  
really helpful to know the little things  
which can make a difference.*

*Very informative because  
doctors don't always tell you  
these things.*

We have written more patient articles to address unmet information needs highlighted by patient feedback from our medical query service and Facebook forums. These have included:

- Living better with hypothyroidism
- Thyroid antibodies explained

- A guide to commonly used thyroid terms

#### Patient stories

*This story gives me hope for the future.*

*This story is a very relatable one. I know at least what I feel is regarded as 'normal' with this condition.*

The patient stories we share online are consistently some of the most visited pages of our website and social posts with the most interaction. Our community tell us these offer the human angle to their condition that patient leaflets cannot. We have shared six new testimonials to help address this appetite for patient stories. We are grateful to all the patients who have offered their stories to support others.

#### Films

Our series of patient films continue to be a popular way for people to access information. Visitors to our YouTube channel jointly watched over 6,500 hours of films to help them learn more about their condition and hear others' stories.


#### Members

We encourage people to become BTF members to help cover the costs of providing our services. In return for their donation, our members receive our 'BTF News' newsletter three times per year, regular e-bulletin updates and priority access to our medical query service. We are very grateful to our members for supporting us in this way.

With over 2.7 million website views over the period, we believe our resources play an important role in equipping patients with the knowledge to better understand and manage their condition.

## Peer support

**Peer support**



Our phone volunteers have supported people with 1664 of hours peer support to help them feel less alone with their thyroid condition.

*The BTF has been such a friend to me over the years; reminding me that I am not on my own.*

We know many thyroid patients struggle to explain the physical and emotional impact of their thyroid disorder to those around them. As a result, they can feel isolated by their condition. Our support network connects people to others living with thyroid condition helping them to feel less alone. Sharing experiences also equips patients to feel more in control of their condition.

*Thank you for being there. It can be quite a scary and lonely journey.*

*Being diagnosed during the pandemic, I would have been devastatingly lost without your hyperthyroidism Facebook group.*

Our network of patient phone contacts provide a listening ear and information based on their lived experiences. Jointly they have supported people with 1664 hours of peer support for a whole spectrum of thyroid disorders.

Our Facebook forums are a safe, supportive space for people to offer and receive peer support. Our groups have grown by a third this year, with over 3,500 people contributing to our groups on:

- Hyperthyroidism
- Thyroid eye disease
- Thyroid cancer
- Parents group for children with thyroid disorders

Our local groups have unfortunately been unable to meet up due to Covid-19 restrictions. During this time, our group coordinators have continued to be there, either at the end of a phone or email, for anyone who needs them.


## Improving patient knowledge

*Your information makes me feel empowered to ask my doctor the right questions.*

*The BTF website has given me way more info about what's going on with my condition than I've ever had from my doctor.*

### 'Meet the Experts' webinars

**Access to experts**



Our 'Meet the Experts' webinars have been watched over 9,000 times giving patients an opportunity to have their questions answered by leading thyroid experts.

*Your webinar on thyroid surgery was really good. I shall watch it again before making any decisions about my treatment.*

Our BTF survey of 600+ thyroid patients conducted at the beginning of the pandemic reflected people's frustration around limited access to healthcare professionals. We introduced our 'Meet the Experts' webinars in summer 2020 to address this need for reliable healthcare information. Although access to health services has improved over the period, patients' appetite for our 'Meet the Experts' webinars has not dwindled. As a result, we have further rolled out our webinar series over the past year, inviting leading experts to talk on:

- Radioactive iodine to treat hyperthyroidism
- Thyroid nodules and goitre
- Thyroid function tests
- Thyroid eye disease
- Hyperthyroidism

Our webinars have supported 294 attendees with information about their condition. Many more have accessed this information via our YouTube channel viewing our 'Meet the Experts' webinar recording over 9,000 times.

Patients have appreciated the opportunity to put their questions to our experts. They tell us it has helped them better understand their condition and treatment options, as well as make more informed decisions about their care.

*It's so useful to be able to ask questions about my thyroid condition to the experts.*

*Your webinars are a great source of information.*

#### Medical query service

##### **Medical query service**



Our medical query service has supported people with questions they have been struggling with on over 2,500 occasions.

*I really appreciate the help and advice. You provide such a valuable service as GPs don't have the time to always explain things.*

If patients are struggling to find information about their condition, they can access our free medical query service. More than 2,500 people accessed this service over the past year helping them to gain clear and evidence-based information about their condition.

*I really appreciate this information especially as I have felt rather adrift since the diagnosis.*

*Thank you for the information about the drug recall. How else would people get to know about it? I can't praise your organisation enough.*

#### Medicines and research updates

We also used our digital communications channels and members' e-bulletin to provide timely up-dates about changes to prescribing guidelines (MHRA prescribing guidance), medication recalls, drug shortages and the latest research on thyroid disease and Covid-19. For example, our updates on the Covid-19 vaccine were viewed over 142,000 times. Patients and GPs tell us they appreciate having a 'go to' site for clear, evidence-based information.

## Opportunities for patient participation

### Patient participation



Our Patients' Panel and surveys have given patients direct involvement in a wide range of research projects and studies



*I am enjoying being on the BTF's Patients' Panel because it has helped increase my knowledge about living with a thyroid condition.*



Giving patients the opportunity to express their views on issues affecting their treatment is important to us. The length of prescribing periods for thyroid hormone replacement medication (levothyroxine) has become shorter over recent years, despite this often being lifelong treatment. To gauge the level of patient dissatisfaction, and regional variations in prescribing policies, we commissioned an online patient survey. The 300+ responses we received reflected huge frustration with current prescribing policy. This data will be used by Newcastle University researchers to lobby NHS Clinical Commissioning Groups and Medicines Management Committees to bring about change to prescribing policy. This is a great example of how we facilitate valuable patient feedback for researchers.

Our Patients' Panels continues to give patients direct involvement in a wide range of research projects and studies. This year, a patient representative has had input into the development of new consensus guidelines around managing haematoma after surgery. These important guidelines will help to increase patient safety post-surgery. Our Patients' Panel was also invited to comment on on three new patient leaflets for ENT UK.

Through our strong links with medical and research professionals, we have been invited to participate in the following research studies throughout the year.

### **perCutaneous thermal ABlation of Benign Intrathyroidal Tumours (RABBIT Trial)**

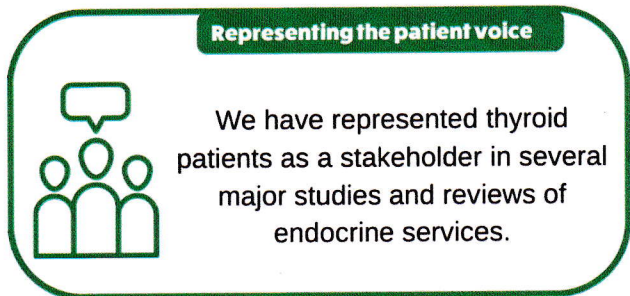
Radiofrequency ablation (RFA) has been approved by NICE to treat benign thyroid nodules (3) as a less invasive treatment than thyroid surgery. The NICE guidance on thyroid disease recommended further research into its clinical and cost-effectiveness and we know that many patients are keen for this treatment to be offered more widely on the NHS. We were pleased to have collaborated in the development of this research project which has been successful in receiving funding from the NIHR.

### **Percutaneous ultrasound-guided microwave ablation for symptomatic benign thyroid nodules**

We shared details of the consultation which invited people who had experience of this treatment to give feedback about it. We also made a submission to NICE based on our knowledge of the experiences of patients living with thyroid nodules and their views about treatment options.

We have also connected patients to external petitions and surveys helping them to have their say on their treatment and care.

## Representing the patient voice



“As a UK patient organisation, one of our key roles is to represent the needs of people living in the UK with thyroid disorders.  
Julia Priestley, BTF Joint CEO”

We have been a stakeholder organisation in a number of important studies this year looking at improving the treatment and care of UK thyroid patients.

Using patient feedback collected through patient surveys, focus groups and anecdotal reports, we have contributed to several major consultations. This includes ‘Defining the future of endocrinology: Harnessing innovation and driving change to improve endocrine services and training in the post-COVID NHS’.

As a Society of Endocrinology affiliated patient support group, we were invited to share our insights into what a good model of care for thyroid patients would look like.

Since thyroid disease disproportionately affects women, we submitted a written response to the UK Government’s Women’s Health Strategy: Call for Evidence. Our response highlighted the issues many women face with the diagnosis, management and care of their thyroid condition.

To ensure medical professionals are aware of our work and latest patient resources, we attended key endocrine meetings, including:

The British Association of Endocrine and Thyroid Surgeons (BAETS) annual scientific meeting and the Society for Endocrinology’s British Endocrine Society (BES) conference.


We were also pleased to host a Patient Voices session at the European Congress on Endocrinology conference. This was to raise awareness of ‘The role of iodine for a healthy thyroid and in pregnancy’ with presenter Dr Peter Taylor, Clinical Senior Lecturer/Consultant Physician, Cardiff University and University Hospital Wales

We also sit on steering committees for trials to ensure the patient perspective is considered. This has included:

A study of predicting remission in Graves’ disease (Spring) and randomised controlled trial of plasma cell depletion for severe Graves’ disease (Graves-PCD)

We continue to work with other UK endocrine patient organisations and co-authored an article in 'The Endocrinologist' to highlight the vital work carried out by patient support groups.

### Reaching new audience



**Accessible information**

We have expanded our range of translated, easy-read and film resources to widen patient access to them.

“  
*Your information is really informative without being scary or too much to read.*  
”

We are committed to reaching new audiences, who may not be able to access conventional healthcare information easily.

Our patient resources are now available in Mandarin, as well as in Arabic, Polish and Urdu. We also link from our website to patient resources in easy read, large print and signed formats available from organisations including the Down's Syndrome Associations, SignHealth and RNIB.

We continued to use awareness-raising events, such as International Thyroid Awareness Week, World Cancer Day and Mental Health Week to highlight of the thyroid's vital role in our bodies. We harnessed the media coverage of celebrities Chris Kamara's and Demi Jones' diagnosis with thyroid disease to share resources helping people recognise symptoms and encouraging them to visit their GP if they were concerned. This helped us to reach new audiences with our messages and resulted in our highest ever social media reach.

To promote an understanding of how thyroid disorders can affect health, and the support we offer, we were pleased to hold talks with The Dalgarno Trust and for employees of The British Transport Police (BTP). The BTP has more than 5000 employees and we consider these talks to be an important way to reach new audiences and support employees' health and wellbeing. Over the period, we started to seek out more opportunities to raise awareness of thyroid disorders among the general population. We were pleased to do a radio interview on 'Word on Health' which was broadcast across their 98 UK stations.

## Supporting research

### Funding research



We have provided £20,000 funding for a thyroid cancer research project aimed at improving outcomes for thyroid cancer patients who do not currently respond well to radioactive iodine treatment.

*Without BTF funding, these experiments simply would not happen*  
*Prof Chris McCabe, BTF Research Award 2021.*

To recognise the outstanding fundraising efforts of thyroid cancer patient, Joe Plater, we awarded the 'Joe Plater BTF Thyroid Cancer Research Award 2021.' This research will be led by prof Chris McCabe, Professor of Microbiology at The University of Birmingham. Currently around 25% of thyroid cancer patients do not respond well to radioactive iodine treatment. Prof McCabe's study will look at new drug approaches which can re-sensitise these forms of thyroid cancer to respond to radioiodine (I-131) ablation by boosting radioiodine uptake and destroying the tumour more effectively. We look forward to seeing the results of this study which has the potential to improve outcomes for patients with certain forms of thyroid cancer.

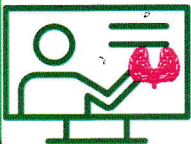
We were also pleased that our 2020 Covid-19 patient survey has been published as an academic paper. This paper gives unique insights into how Covid affected people living with thyroid disorders in early stages of the pandemic, helping researchers to understand patient priorities and unmet need.

A survey on the psychological impact and access to health care of thyroid patients during the first SARS-COV-2 lockdown. *Clin Endocrinol.* **2021**;1-9. Pavlatou MG, Hegedüs L, Žarković M, Priestley J, McMullan C, Perros P

<https://onlinelibrary.wiley.com/doi/epdf/10.1111/cen.14649>

## Supporting healthcare professionals

### Supporting medical professionals



Our new webinar programme for GPs provides updates and training helping them to manage their patients' thyroid conditions.

*Knowledgeable speakers and lots of information pitched at the right level. The best training I have attended so far this year.' - GP*

Raising awareness of thyroid disorders among trainee and primary healthcare professionals is central to what we do. We offer a range of resources to help doctors manage their patients' thyroid conditions. These include: the latest prescribing guidance, patient literature and resources for patients in other languages.

Unfortunately, we continue to hear from patients whose symptoms have been missed. This has sometimes led to delayed diagnosis. Some patients also tell us they were not made aware of the importance of managing their thyroid condition at key life stages, such as during conception and pregnancy. We have expanded our resources for professionals to address this in the following ways:

*It was a great opportunity to hear internationally renowned speakers give practical advice.*

*Very useful presentation. Both presenters explained things very clearly and information was very relevant for primary care.*

Hosted webinars for healthcare professionals – over 420 doctors have joined us to hear from leading endocrinologists on the management of thyroid disorders. We have also hosted a debate on T4/T3 combination therapy to treat hypothyroidism to improve understanding of the sometimes controversial issues around the prescribing and availability of liothyronine.

- Developed an alert card to discuss with their hyperthyroid patients, helping them to recognise the rare, but serious, side effects of antithyroid drugs.
- Introduced posters and 'tear-off' information pads with QR codes to help patients instantly access our resources. This has been particularly valuable where clinics are no longer displaying literature due to Covid-19 restrictions or are offering online appointments only.
- Introduced an e-bulletin service to medical professionals updating them about the resources we offer to support them in managing their patients' thyroid conditions.
- Continued our collaboration with Simba CoMICS (Concise Medical Information Cines) on their series of short films providing step-wise management of thyroid conditions.
- Added new MHRA prescribing guidance and liothyronine updates to help them keep abreast of information.

### **Responding to patient needs**

We have worked with Mosaic Charitable Consultancy to help ensure we continue to meet our charitable objectives and are equipped to deal with any future challenges. As part of this process, we have welcomed new trustees on board, whose skills will help drive this change.

Our Covid-19 survey identified four key areas of unmet need among UK thyroid patients:

- Psychological support
- Support for weight management
- The need for more information in plain English
- More remote access to thyroid specialists

As reported, we introduced our webinars and online resources to help people gain more access to thyroid specialists.

We continue to work to address this unmet need. Over the year we have worked with a chartered psychologist to develop resources to support emotional wellbeing. We are also developing weight management and wellbeing resources to support patients with what can

be the most challenging aspect of living with a thyroid disorder. These resources will be launched during the next financial year.

Raising awareness of thyroid disorders among the general population also remains a priority. We look forward to building relationships with high profile people living with thyroid conditions to help people recognise, and understand, the thyroid's role in our overall health and wellbeing.

### **Funding successes**

We are grateful to the following organisations for their support:

Albert Hunt Trust

Garfield Weston Foundation

Marsh Charitable Trust

National Lottery Community Fund

### **Reserves Policy 2022**

The charity maintains reserves that are at a level adequate to conduct its activities. A review of these reserves take place at trustee meetings (see annual accounts). The Foundation continues to build up a reserve to cover projects and research grants payable now and in the future.

The charity is heavily reliant on income from legacies, which cannot be budgeted for, therefore it holds funds in free reserves to cover the risk of no income from legacies. If this were the case, it is anticipated the charity would run at a loss of around £30,000 - £40,000 per financial year.

To address the deficit, we have invested in our community fundraising activities, including extra staff hours to be used for fundraising. We are applying for more grants and introducing new fundraising campaigns. We hope this will close the deficit and reduce our reliance on legacy income.

It is important to maintain reserves to protect the charity and its employees in the event that BTF is forced to close for any reason. Winding-up costs would include redundancy payments to staff, disposal of the leasehold property, refurbishment of property, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. The trustees consider that a reserve equivalent to three months' running costs (£80,000) is sufficient to cover these contingencies. There would also be the return of funds and allocated funds to benefactors or grant providers. However, the appropriate cash reserve coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase visibility of the service we provide, will ensure BTF's long-term future.

### **Investment Policy 2021-2022**

The BTF has a robust investment policy that sets out the charity's goals and investment objectives along with a clear strategy for achieving them.

The core elements are:

- The BTF investment objective is to yield the best financial return within the level of risk considered to be acceptable. The trustees have been advised that they should

be looking to invest funds for at least five years in order to achieve a better return. The funds will further the charity's aims both short term and long term and give the charity financial security for its long term future. In order to act within the law the trustees shall act within the charity's powers to invest.

- The trustees or allocated person within the organisation will take advice from someone experienced in investment matters unless they have good reason not to do so.
- The BTF will only associate itself with Socially Responsible Investing (SRI) that seeks to consider both financial return and social good. We will avoid investments involved in alcohol, tobacco, fast food, gambling, pornography, weapons and areas of concern recognised by the SRI.
- The trustees will agree the balance between risk and return that is right for the BTF.
- The BTF will only use investment companies that are well recognised by the Charity Commission.
- The trustees or allocated person within the organisation will review the investments on a regular basis and give updates at trustees' meetings.
- The Investment Policy will be included in the BTF Trustees' Annual Return.

### **Savings and Cash Deposits**

- Cash needed for the day-to-day running of the charity is held in two instant access accounts each with minimum return. Each amount is under £85k to protect them funds under the Financial Services Compensation Scheme.
- Savings accounts with higher rates of interest will be used by the charity to lock away cash for a slightly longer periods of time (fixed term deposits) but will usually have restrictions on easier access to the funds.
- Cash deposited in a bank or building society will be used by the charity to generate income until it is either needed to spend on the charity's aims and objectives in the short term or placed in a longer-term investment. The trustees would restrict these funds to be invested for a maximum of one-year fixed term.
- The trustees will decide the maximum amount to be placed in one institution.
- Cash will only be deposited with reputable institutions, such as those authorised by the Financial Service Authority in the UK or by the relevant financial regulator in any other country.
- The amount invested into a savings account will be protected under the Financial Services Compensation Scheme.

Signed *NPrest*

Position Chair of Trustees

Date 20/07/2022

## Independent examiner's report to the trustees of British Thyroid Foundation

I report on the accounts of: **British Thyroid Foundation (the Charity)**  
for the year ended: **31st March 2022** which are set out on pages 18 to 20.

### Responsibilities and basis of report

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

I report in respect of my examination of the Charity'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

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

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

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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.



**Karen Wood (ACMA)**  
Outsource independent examination  
service  
The Hiscox Building  
Peasholme Green  
York YO1 7PR

08/08/2022

Date:

**British Thyroid Foundation**  
(Charity Number: 1006391)

<b>Receipts &amp; payments accounts for the year ending:</b>		<b>31st March 2022</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2022 Total funds</b>	<b>2021 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>				
Grants	10,750	13,410	24,160	11,601
Subscriptions	70,603	-	70,603	58,063
Fundraising	10,433	-	10,433	11,106
Gift Aid	8,426	-	8,426	6,467
Donations & legacies	27,695	-	27,695	29,947
British Thyroid Association admin	974	-	974	-
Bank interest	1,711	-	1,711	2,827
Sale of Christmas cards, books etc.	4,932	-	4,932	4,208
<b>Total receipts</b>	<b><u>135,524</u></b>	<b><u>13,410</u></b>	<b><u>148,934</u></b>	<b><u>124,219</u></b>
<b>Payments</b>				
Salaries & NI	106,210	-	106,210	108,010
Staff training & costs	262	-	262	375
Premises costs	15,519	-	15,519	15,572
Raising awareness & publicity	16,727	2,182	18,909	22,311
Office & computer costs	9,374	552	9,926	12,699
Insurance	826	-	826	1,060
Fundraising costs	5,024	-	5,024	1,588
Patient benefit	7,479	11,459	18,938	-
Nurse & research award	9,000	-	9,000	6,066
Payroll & administration costs	1,734	-	1,734	1,101
Independent examination fee	550	-	550	550
Membership & subscriptions	322	-	322	35
<b>Total payments</b>	<b><u>173,027</u></b>	<b><u>14,193</u></b>	<b><u>187,220</u></b>	<b><u>157,235</u></b>
<b>Net of receipts/(payments)</b>	<b>(37,503)</b>	<b>(783)</b>	<b>(38,286)</b>	<b>(33,016)</b>
<b>Transfers between funds</b>	-	-	-	-
<b>Balance brought forward</b>	<b><u>265,567</u></b>	<b><u>8,009</u></b>	<b><u>273,576</u></b>	<b><u>306,592</u></b>
<b>Balance carried forward</b>	<b><u>228,064</u></b>	<b><u>7,226</u></b>	<b><u>235,290</u></b>	<b><u>273,576</u></b>

**British Thyroid Foundation**  
(Charity Number: 1006391)

**Statement of assets and liabilities at:**

**31st March 2022**

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2022 Total funds £</b>	<b>2021 Total funds £</b>
<b>Assets</b>				
Lloyds bank account	71,172	7,226	78,398	86,802
RBS bank account	11,599	-	11,599	41,774
Unity Trust	85,000	-	85,000	85,000
Charity Bank	-	-	-	-
Virgin Charity Bank	<u>60,293</u>	<u>-</u>	<u>60,293</u>	<u>60,000</u>
	<u><b>228,064</b></u>	<u><b>7,226</b></u>	<u><b>235,290</b></u>	<u><b>273,576</b></u>

	<b>Cost £</b>	<b>Current value £</b>
<b>Investment assets</b>		
M&G Charifund	120,000	150,294
M&G Charibond	<u>120,000</u>	<u>125,228</u>
	<u><b>240,000</b></u>	<u><b>275,522</b></u>

	<b>Unrestricted funds £</b>	<b>Restricted funds £</b>	<b>2022 Total funds £</b>	<b>2021 Total funds £</b>
<b>Liabilities</b>				
Independent examination fee	<u>550</u>	<u>-</u>	<u>550</u>	<u>550</u>
	<u><b>550</b></u>	<u><b>-</b></u>	<u><b>550</b></u>	<u><b>550</b></u>

**British Thyroid Foundation**  
(Charity Number: 1006391)

<b>Notes to the accounts for the year ended:</b>	<b>31st March 2022</b>
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**1. Basis of accounts**

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

**2. Restricted income funds**

Fund name	Purpose
Iodine project	To ensure optimal iodine nutrition in all sectors of the UK population in order to avoid the adverse effects of iodine deficiency.
Cancer group	Grant towards cost of producing a Thyroid Cancer booklet.
SfE travel	Grant towards cost of travel.
Sanofi language leaflets	Grant to translate thyroid cancer and surgery leaflets into different languages
Support patients with hypothyroidism	Grant from IBSA to provide administration support for researchers carrying out a project to explore treatment of hypothyroidism in Europe
Psychological resources	Grant to develop support resources
Weight loss & wellbeing	Grant towards weight loss & wellbeing
National Lottery Community Fund	Grant towards wellbeing

	Balance b/fwd	income received	Resources expended	Transfers	Balance c/fwd
	£	£	£	£	£
Iodine project	2,458	-	-	-	2,458
Cancer group	420	-	420	-	-
SfE travel	-	500	500	-	-
Sanofi language leaflets	452	-	452	-	-
Support with hypothyroidism	1,226	-	1,226	-	-
Psychological resources	3,453	-	-	-	3,453
Weight loss & wellbeing	-	3,000	3,000	-	-
National Lottery Community Fund	-	9,910	8,595	-	1,315
<b>Restricted funds</b>	<b>8,009</b>	<b>13,410</b>	<b>14,193</b>	<b>-</b>	<b>7,226</b>
<b>Unrestricted funds</b>	<b>265,567</b>	<b>135,524</b>	<b>173,027</b>	<b>-</b>	<b>228,064</b>
<b>Total funds</b>	<b>273,576</b>	<b>148,934</b>	<b>187,220</b>	<b>-</b>	<b>235,290</b>

<b>Approval of accounts for the year ended:</b>	<b>31st March 2022</b>
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The report and accounts were approved at a meeting of the Trustees held on:

Date

Signed for and on behalf of the trustees

08/08/2022

Date

Nancy Prest

Print name

Chair of Trustees

Position (e.g. Chair etc)

**BRITISH THYROID FOUNDATION**

England & Wales - Charity number 1006391

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# Accounts

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# **British Thyroid Foundation**

(Charity Number: 1006391)  
(SC046037)

## **Trustees Annual Report & Financial Statements**

**for the year ended**

**31st March 2021**

# **outsourc**

Charity accounts preparation &  
independent examination service

# **British Thyroid Foundation**

(Charity Number: 1006391)

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**Trustees' Annual Report From: 1 April 2020 to 31 March 2021**

Charity name: **British Thyroid Foundation**

Another name charity is known by: **BTF**

Registered charity number: **1006391, SC046037**

Charity's principal address:

**Suite 12 One Sceptre House  
Hornbeam Square North  
Hornbeam Park  
Harrogate  
HG2 8PB**

<b>Trustee Name</b>	<b>Office</b>	<b>Dates acted if not for the whole year</b>	<b>In what capacity</b>
Professor Mark Strachan	Treasurer		Medical
Mr Jeremy Davis	Ex-Officio BAETS		Medical
Mrs Mary Newton			Lay person
Mrs Greta Lyons			Medical
Mr Joe Straw			Lay person
Mrs Anna Reavell			Lay person
Professor Krishna Chatterjee	Ex-Officio BTA	Stepped down 13/5/2020	
Mrs Nancy Prest	Chair		Lay person
Dr Catherine Peters			Medical
Dr Anna Mitchell			Medical
Professor Simon Pearce	Ex-Officio BTA	Appointed 13/5/2020	Medical

### **Name of chief executive(s) or senior staff members**

Julia Priestley- CEO – Development

Cheryl McMullan – CEO - Operations

### **Structure, Governance and Management**

Type of Governing Document: **Trust Deed dated 28 October 1991**

How the Charity is constituted: **Trust**

Trustee Selection Method: **Nominated and appointed by the Trustees**

## **Additional Governance Information**

We are pleased to present the Trustees Annual Report and Financial Statement for the period 1 April 2020 to 31 March 2021. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. The Board of Trustees is comprised of lay people (patients) and health professionals, from a wide range of backgrounds. Due to Covid-19 restrictions this year, it was necessary to adapt the way in which trustees continued to meet. Instead of holding face to face meetings twice in the year, they held five shorter virtual meetings. They were also kept updated from head office on BTF activities via email.

Trustees were required to declare any conflicts of interest at the start of each meeting.

The Trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

### **Vision, Mission and Beliefs statement**

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

#### **Mission**

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

#### **Values and Beliefs**

- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience which is accessible to everyone.
- We are committed to remaining open minded and will do our best to encourage involvement and foster peer support.
- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

#### **Objectives**

The Trust is established:

a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and

b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases.

*Extract from the British Thyroid Foundation Trust Deed, October 1991*

## Activities undertaken for public benefit in relation to these objectives

The BTF provides information and support to beneficiaries in the following ways:

- patient literature in the form of booklets, leaflets and articles, covering all thyroid conditions for all age groups. Most of the patient leaflets are available to read in Urdu, Polish and Arabic, and all resources are available to download on the BTF website. English versions of the leaflets are sent out free of charge to patients, hospitals and clinics on request
- a series of patient experience films and information films for all ages and abilities which cover all areas of thyroid disorders. All our films are featured on the BTF website and YouTube channel
- a comprehensive website
- a 16-page newsletter that is sent to BTF members, medical professionals and fundraisers. A back catalogue of the newsletter is available to read on the BTF website
- a regular e-bulletin providing members with updates, survey and research opportunities and patient stories
- a medical query answering service available to all our service users
- patient and public face to face and virtual information events throughout the year
- Resources for healthcare professionals including webinars to support GP training of managing thyroid disorders in primary care
- up to two £20,000 Annual Research Awards that are available to researchers and scientists in respect of a one-year research project on thyroid disorders
- two £500 Awards for health care professionals to be used towards conference/training expenses
- peer support offered by user led local support groups in seven areas of the UK. The groups hold regular meetings and usually include talks by a professional medical speaker who help group members' understanding of thyroid disorders and provide strategies to manage them
- a network of volunteer telephone contacts who offer information, peer support and experience-based practical guidance
- closed Facebook groups which offer support peer to patients affected by Hyperthyroidism, Thyroid Eye Disease, Thyroid Cancer – another group is run for Parents and Carers of Children with Thyroid Disorders
- undertake projects to create better treatment and care for people with thyroid disorders.
- work with medical professionals on studies that improve understanding about thyroid disease.
- provide opportunities for people living with thyroid conditions to take part in research studies

We are grateful to all our volunteers who give up their time to support patients and their families affected by thyroid disease. We have produced BTF volunteer guidelines that assist them in their role and host regular training events to ensure they are kept up to date with medical information and best practice.

The BTF works in close partnership with the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS). All the BTF patient literature is endorsed by the BTA and BAETS.

The BTF also works in partnership with other patient support organisations, to avoid duplication of work and to provide the best support for people with thyroid disorders.

## Achievements and performance

Like so many organisations, this year the priority has been to provide evidence based Covid-19 information to patients with thyroid disorders.

The charity continued to work with leading thyroid experts to provide up-to-date information to guide people living with thyroid disorders about how Covid-19 may impact their health. Resources include:

- guidance on Covid-19 vaccine
- information about accessing specialist care during Covid-19
- article on thyroid disorders and the immune system and updated vitamin D resources
- Information on getting the best out of remote healthcare appointment's survey on Covid-19 and how it has impacted people with thyroid disorders. (which is due to be published later in 2021)
- statement including patient FAQs
- links to guidance from the BTA, Society for Endocrinology and Thyroid Cancer Forum UK
- Covid-19 online resources had nearly 1,000,000 views
- most urgent queries to receive a call from our endocrinologist medical advisors

One thyroid patient emailed to say:

*'I have just had a long chat on the phone with your endocrinologist medical advisor and he was great. He provided me with so much information and advice.'*

A series of 'Meet the Expert' webinars allows patients to hear from endocrinologists about diagnosis and management of their condition. Attendees also have the opportunity to have their queries answered by the experts. To date, the webinars have covered a range of topics including:

- thyroid surgery
- thyroid eye disease
- thyroid disorders in children

The webinars have provided 190 patients the opportunity to learn more about their condition and enable them to engage in joint decision making with their health care teams. This will continue to be rolled out over the next year.

Here are some of the fabulous comments we received:

*'Loved your webinar - well done - very professional and informative. Keep up the good work! Been a member for years! Your service just keeps improving.'*

**Thyroid surgery webinar feedback – July 2020**

*'This was excellent. I've just watched it for the second time. My partner watched it too and I think it helped him, especially around the psychological impact of the illness.'*

**Thyroid eye disease webinar feedback - Nov 2020**

*'Really informative, thank you so much for organising. It was so useful to be able to ask questions to the experts. Thanks to all involved.'*

**Thyroid eye disease webinar feedback - Nov 2020**

Due to their huge success and popularity, future sessions are already under development, including coverage of radioactive iodine, thyroid function testing and thyroid cancer.

There was a huge growth in the number of people viewing the charity's Facebook page and using closed Facebook groups.

BTF Facebook page users had an increase this year from 9,737 to 11,688.  
Closed Facebook group users increased from 1,620 to 2,700.  
The charity now has 2,600 Instagram followers.

*'Thank you so much for all the information and support you share. As a Graves' disease fighter, I really appreciate all the work you do. There's rarely any information out there on the thyroid and you're my go-to!'*

**Via Instagram**

*'Thank you so much for your feedback. I've passed it on to my partner who's going to discuss it with her pharmacist.'*

**Via Instagram** – in response to a question about whether it was safe for an iron deficient hypothyroid individual to take multivitamins with iron.

The charity continues to encourage people to share their stories so others may feel less alone and better supported.

Local groups were unable to provide face-to-face meetings this year. Some however, set up informal virtual meetings, which connected people to support one another. In particular, they helped people who were newly diagnosed with a thyroid disorder gain information about their condition.

Volunteer telephone contacts remained available to receive calls from patients requesting information or sharing concerns. Office staff took calls from the office and remotely from home. In June 2020 the charity updated its telephone systems to provide more incoming lines, allowing 400% more calls to be answered. Volunteers and office staff received, on average, 60 calls per week throughout the year.

The charity continued to send its 16-page newsletter and introduced new regular e-bulletins. Both provided members with up to date Covid-19 information, articles and studies, medical queries from patients and useful contact details. Members can choose between a hard copy or electronic version of the newsletter. Around 3,500 members still prefer to receive the newsletter through the letterbox. Members can also sign up to receive a regular e-bulletin providing latest updates in between newsletters. Members and medics alike have provided positive feedback:

*'Your work and newsletter have come on so much over the years. I really look forward to receiving my newsletter and read it cover to cover. You're doing such a wonderful job for people with thyroid disorders.'*

**Member since 1990**

*'Thanks BTF for such an excellent summary of our recent work on atypical subacute thyroiditis triggered by Covid-19 disease.'*

**Dr Ilaria Muller on article in BTF News 105**

*'Brilliant publication. I have found it so useful and informative.'*

**Member BTF News 106**

The charity provides a medical query answering service for services users. Urgent queries are answered by a range of medical experts and, in some cases, direct phone contact is made.

*'I just wanted to say a huge thank you for this advice - please do pass on my enormous thanks to the medical advisor too. This is exactly what I needed to make my decision, and it is great that*

*there is somewhere to get these answers that doesn't involve a battle to get hold of someone! I really appreciated this service in my time of need.'*

**e-mail**

*'Many thanks indeed for your quick and succinct answer to my recent query. That is exactly what I wanted to know. I do feel that my own GP should have told me! Thanks again for your time and trouble.'*

**Instagram**

*'You have blown me away. I could cry for joy just having your reply so quickly and helpfully. Thank you so much.'*

**Instagram**

*'I can honestly say your website is one of the clearest and best laid out I've come across. You have got so many useful resources.'*

**Facebook**

The charity would like to say an enormous thank you to the medical advisors who provide a huge amount of support, even during such a challenging year.

The 2019 Patient Survey highlighted a large percentage of patients wanted healthcare professionals in primary care to be better informed on thyroid disorders to help improve treatment and care for patients with the condition.

The 'Information for professionals' free resources have been expanded with a 'Meet the Thyroid Experts' webinar. Leading endocrinologists provided an overview of common thyroid conditions and answered healthcare professionals' questions about their management in primary care. The first session covered thyroid in pregnancy and hypothyroidism. We will continue to roll-out these informative sessions during the coming year.

Over 200 health care professionals attended the first webinar, which was presented by expert endocrinologists. 84% of attendees were GPs, 91% thought the webinar was very good or excellent and 91% stated that they would consider signposting patients to the BTF website as a result of attending the webinar. Some of the many comments included:

*'I would like to just express my gratitude for organising this webinar and making it available to doctors outside the UK. Professor Boelaert and Professor Pearce were absolutely brilliant, and I appreciate that I had the opportunity to listen to some of the practical guidance in thyroidology. So, thank you!'*

**GP**

*'Very well presented, knowledgeable speakers who were obviously passionate about what they do, and lots of relevant information pitched at the right level. Best training this year I have attended so far.'*

**GP**

The training counted towards GP Continuing Professional Development credits and all attendees were presented with a certificate of attendance.

The BTF has collaborated with Simba CoMICs (Concise Medical Information Cines) on their series of short films aimed at improving awareness and understanding of thyroid disorders among trainees and junior doctors. Each video depicts a specific medical condition from its presentation and investigations, to step-wise management and follow-up options. The information on each topic

is based on national and international guidelines and is reviewed by leading experts in that specific field of medicine.

CoMICs are aimed at medical students, junior doctors, early-career specialists and consultants. The thyroid conditions covered so far:

- Graves' disease during pregnancy
- T4/T3 combination therapy for hypothyroidism
- TSHoma
- Amiodarone-induced thyrotoxicosis
- Thyroid nodules

Since the first film was launched in December 2020, the films have been viewed a combined total of 1,403 times. We plan to develop patient films with CoMICs over the next financial year.

The Secretary of the British Thyroid Association stated:

*'I think these videos are fantastic ways to explain new, and often quite complex, conditions to medical students and trainees. The format is novel and very user friendly, and the information highly accurate and reliable. I encourage my students to review these during their attachments to my service. Feedback from students has been universally positive.'*

This is from one of the team at CoMICs:

*Creating thyroid CoMICs is truly rewarding as it challenges me to express complex management plans with easily comprehensible graphics. It also gives me an opportunity to collaborate with early career researchers and experts with a special interest in thyroid pathologies. We are grateful for generous support from the BTF to expand our reach even further to provide such valuable resources to the healthcare professionals.'*

The charity is supporting two students, who helped produce the films, to attend a conference in 2022 to help with their professional development in endocrinology.

The BTF worked with HealthSketch (a company specialising in explanation health videos) to produce a short film providing an overview of thyroid disorders. This is accessible to all age groups and particularly suitable for patients who may find traditional patient information leaflets difficult to access. The Society for Endocrinology awarded the charity £1,750 Patient Support Grant towards the costs of developing this resource.

One parent stated:

*'Thank you for bringing awareness of my daughter's congenital hypothyroidism.'*  
**Patient said of the 'Thyroid disorders – HealthSketch film.**

There have been more than 18,500 viewers since launching the film in November 2020.

Leaflets and information continued to be sent to patients and hospitals free of charge throughout the pandemic. Around 10,000 leaflets were posted out. A grant of £2,487 from Sanofi Genzyme enabled the printing of 2,000 more copies of the thyroid cancer booklet - a lifeline for some patients who were diagnosed during the pandemic.

*'One of the main things I did not want when I found I had thyroid cancer was to be bombarded with information. I just wanted to know 'what I needed to know'. My mind was focus on what was*

*happening (at the time) rather than on what may happen. This booklet helped give a better understanding in such an easy and informative way. There is a lot of information out there and if you want to know more, this free little booklet is a good place to start. Really informative without being 'scary' or too much to read.'*

***Patient said of the 'Thyroid Cancer – For Patients. By Patients'***

*'Most people don't have the time, resources or geeky husband to read the academic papers – and the work of BTF means you don't have to have those things. The information and the way it's presented means answers to tricky questions are easily found. The information about the treatment process was particularly helpful and reassuring.'*

***Patient said of the 'Thyroid Cancer – For Patients. By Patients'***

Many patients have used the information resources on the website. Around 3,026,483 people visited the website and 938,328 viewed the leaflets over the period.

To increase awareness of our resources, patients are signposted from social media platforms to the website.

The charity received requests to support many research studies throughout the year. These included:

*Exploring treatment of hypothyroidism* – IBSA, a multinational pharmaceutical company, awarded a grant of £1,750 to provide administration support for researchers to carry out an international project that will explore treatment of hypothyroidism in Europe.

*RAI as a treatment for hyperthyroidism* - researchers based at Newcastle University and the Royal Marsden Hospital are planning a study into the long-term safety, effectiveness and cost-effectiveness of RAI as a treatment for hyperthyroidism. To support the funding application, BTF has created a survey asking for people who have had definitive treatment (RAI or surgery) to give feedback about their experiences.

*Rethinking Strategies for Positive Newborn Screening Result Delivery (ReSPoND)* – membership of the Steering Committee of a research study being conducted by City, University of London to improve the way newborn screening (NBS) results are communicated to parents when they have received a result which suggests their baby may have a thyroid condition.

The aim of the study is for parents and health professionals to work together to design interventions to facilitate effective communication of positive NBS results to parents by health professionals.

*The impact of hyperthyroidism treatment modality: Defining weight overshoot and metabolic risk to improve patient care and patient choice (A Clinical Practice Research Datalink study)* – The BTF is working on a project that will provide a range of resources for thyroid patients who struggle with weight gain. The resources will comprise of information about the science behind weight and thyroid disease, as well as tips, evidence-based resources and suggestions that may help people lose weight and improve their wellbeing.

The charity continues to help recruit patients for various studies and is supporting study design for improving treatment of patients with Graves' disease, as well as improving care for rare thyroid disorders.

We are working with experts, including endocrinologists, nutritionists and psychologists to identify and develop relevant resources, which can be delivered online to support patients with their

weight and wellbeing. To help identify questions for our pre-project questionnaire, patients were invited to take part in two online focus groups. These were led by two health psychologists. The questionnaire was sent to BTF supporters and will confirm those issues that are important to patients, resources they believe would help, and how they should be accessed. Results of the questionnaire will be analysed by a group of research apprentices at Plymouth University (supervised by a senior expert).

Resources produced for this project (articles, blogs, medical queries etc.) will be used by BTF to benefit patients in the future as we can reproduce them for the website, newsletters, leaflets etc. The BTF's existing 'Psychological symptoms and thyroid disorders' guide is the highest viewed leaflet on the website. This year 104,758 viewed the leaflet, an increase of 133% from last year. In response to this huge interest, we are developing a series of resources to support people with any psychological symptoms they may be experiencing. These psychological support resources will be developed with a £3,453 grant from the D'Oyly Carte Charitable Trust. They will include articles on coping strategies, tips for self-care and patient stories and are intended to fill a real gap in support resources to thyroid patients.

See our impact information for more details on BTF activity: <https://www.btf-thyroid.org/impact>

## **British Thyroid Foundation - Reserves Policy 2021**

The charity maintains reserves that are at a level adequate to conduct its activities. Reviews of these reserves take place at trustee meetings (see annual accounts). The Foundation continues to build up a reserve to cover projects and research grants payable now and in the future.

The charity is heavily reliant on income from legacies, which cannot be budgeted for, therefore it holds funds in free reserves to cover the risk of no income from legacies. If this were the case, it is anticipated the charity would run at a loss of around £30,000 - £40,000 per financial year.

It is important to maintain reserves to protect the charity and its employees in the event that BTF is forced to close for any reason. Winding-up costs would include redundancy payments to staff, disposal of the leasehold property, refurbishment of property, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. There would also be the return of funds and allocated funds to benefactors or grant providers. It is prudent planning to reserve funds for this scenario. However, the security of an appropriate cash reserve coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase visibility of the service we provide, will ensure BTF's long-term future.

## **Investment Policy 2020-21**

The BTF has a robust investment policy that sets out the charity's goals and investment objectives along with a clear strategy for achieving them.

The core elements are:

- The BTF investment objective is to yield the best financial return within the level of risk considered to be acceptable. The trustees have been advised that they should be looking to invest funds for at least five years in order to achieve a better return. The funds will further the charity's aims both short term and long term and give the charity financial security for its long term future. In order to act within the law the trustees shall act within, the charity's powers to invest.
- The trustees or allocated person within the organisation will take advice from someone experienced in investment matters unless they have good reason for not doing so (legal requirement).
- The BTF will only associate itself with socially responsible investing (SRI) that seeks to consider both financial return and social good. We will avoid investments involved in alcohol, tobacco, fast food, gambling, pornography, weapons and areas of concern recognised by the SRI.
- The trustees will agree the balance between risk and return that is right for the BTF.
- The BTF will only use investment companies that are well recognised by the Charity Commission.
- The trustees or allocated person within the organisation will review the investments on a regular basis and give updates at trustees' meetings.
- The Investment Policy will be included in the BTF Trustees' Annual Return.

## Savings and cash deposits

- Cash needed for the day to day running of the charity is held in three instant access accounts each with minimum return. Each amount is under £85k to protect them funds under the Financial Services Compensation Scheme.
- Savings accounts with higher rates of interest will be used by the charity to lock away cash for a slightly longer periods of time (fixed term deposits) but will usually have restrictions on easier access to the funds.
- Cash deposited in a bank or building society will be used by the charity to generate income until it is either needed to spend on the charity's aims and objectives in the short term or placed in a longer term investment. The trustees would restrict these funds to be invested for a one year fixed term.
- The trustees will decide the maximum amount to be placed in one institution.
- Cash will only be deposited with reputable institutions, such as those authorised by the Financial Service Authority in the UK or by the relevant financial regulator in any other country.
- The amount invested into a savings account will, be protected under the Financial Services Compensation Scheme.

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Charity trustees.

**Signature**

*Nancy Prest*

**Full Name**

Nancy Prest

**Position**

Chair of Trustees

**Date**

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**Independent examiner's report to the trustees of British Thyroid Foundation**

I report on the accounts of: **British Thyroid Foundation(the Charity)**  
for the year ended: **31st March 2021** which are set out on pages 14 to 16.

**Responsibilities and basis of report**

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

I report in respect of my examination of the Charity'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**

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
  - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
  - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper

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

- 1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- 2 the accounts do not accord with those records

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.



**Karen Wood (ACMA)**  
Outsource independent examination  
service  
The Hiscox Building  
Peasholme Green  
York YO1 7PR

**8/06/2021**

Date:

**British Thyroid Foundation**  
(Charity Number: 1006391)

<b>Receipts &amp; payments accounts for the year ending:</b>		<b>31st March 2021</b>		
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2021 Total funds</b>	<b>2020 Total funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>				
Grants	2,161	9,440	11,601	1,000
Subscriptions	58,063	-	58,063	53,864
Fundraising	11,106	-	11,106	26,532
Gift Aid	6,467	-	6,467	6,642
Donations & legacies	29,947	-	29,947	111,030
Salary contribution	-	-	-	-
Bank interest	2,827	-	2,827	1,327
Teamed project	-	-	-	-
Information events	-	-	-	1,221
Sale of Christmas cards, books etc.	4,208	-	4,208	5,160
<b>Total receipts</b>	<b>114,779</b>	<b>9,440</b>	<b>124,219</b>	<b>206,776</b>
<b>Payments</b>				
Salaries & NI	108,010	-	108,010	103,507
Staff training & costs	375	-	375	495
Premises costs	15,572	-	15,572	15,822
Public awareness & publicity	16,752	5,559	22,311	47,438
Office & computer costs	12,699	-	12,699	13,702
Insurance	1,060	-	1,060	849
Fundraising costs	1,588	-	1,588	6,030
Nurse & research award	-	-	6,066	44,950
Governance costs	-	-	-	1,165
Payroll & administration costs	1,101	-	1,101	1,273
Independent examination fee	550	-	550	550
Membership & subscriptions	35	-	35	159
<b>Total payments</b>	<b>151,676</b>	<b>5,559</b>	<b>157,235</b>	<b>235,940</b>
<b>Net of receipts/(payments)</b>	<b>(36,897)</b>	<b>3,881</b>	<b>(33,016)</b>	<b>(29,164)</b>
<b>Transfers between funds</b>	<b>(732)</b>	<b>732</b>	<b>-</b>	<b>-</b>
<b>Balance brought forward</b>	<b>303,196</b>	<b>3,396</b>	<b>306,592</b>	<b>335,756</b>
<b>Balance carried forward</b>	<b>265,567</b>	<b>8,009</b>	<b>273,576</b>	<b>306,592</b>

**British Thyroid Foundation**  
(Charity Number: 1006391)

<b>Statement of assets and liabilities at:</b>		<b>31st March 2021</b>			
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2021 Total funds</b>	<b>2020 Total funds</b>	
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	
<b>Assets</b>					
Lloyds bank account	78,793	8,009	86,802	76,592	
RBS bank account	41,774	-	41,774	0	
Unity Trust	85,000	-	85,000	85,000	
Charity Bank	-	-	-	85,000	
Virgin Charity Bank	60,000	-	60,000	60,000	
	<u>265,567</u>	<u>8,009</u>	<u>273,576</u>	<u>306,592</u>	
			<b>Cost</b>	<b>Current value</b>	
<b>Investment assets</b>			<b>£</b>	<b>£</b>	
M&G Charifund			120,000	133,458	
M&G Charibond			120,000	128,550	
			<u>240,000</u>	<u>262,008</u>	
	<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>2021 Total funds</b>	<b>2020 Total funds</b>	
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	
<b>Liabilities</b>					
Independent examination fee	550	-	550	550	
	<u>550</u>	<u>-</u>	<u>550</u>	<u>550</u>	

**British Thyroid Foundation**  
(Charity Number: 1006391)

**Notes to the accounts for the year ended: 31st March 2021**

**1. Basis of accounts**

The Trustees have taken advantage of section 144 (2) of the Charities Act 2011 and prepared the accounts on a receipts and payments basis.

**2. Restricted income funds**

Fund name	Purpose
Iodine Project	To ensure optimal iodine nutrition in all sectors of the UK population in order to avoid the adverse effects of iodine deficiency.
Cancer Group	Grant towards cost of producing a Thyroid Cancer booklet.
SfE Training & Travel	Grant towards cost of volunteer training and travel.
SfE Health Sketch	Grant to make an easy reach short film for patients with Thyroid problems
Sanofi Language Leaflets	Funding to translate thyroid cancer and surgery leaflets into different languages
Support patients with hypothyroidism	Grant from IBSA to provide administration support for researchers to carry out an international project that will explore treatment of hypothyroidism in Europe.
Psychological resources	Grant to develop support resources

	Balance b/fwd	Income received	Resources expended	Transfers	Balance c/fwd
	£	£	£	£	£
Iodine Project	2,458	-	-	-	2,458
Cancer Group	420	-	-	-	420
SfE Training & Travel	518	-	-	(518)	-
SfE Health Sketch	-	1,750	3,000	1,250	-
Sanofi Language Leaflets	-	2,487	2,035	-	452
Support with hypothyroidism	-	1,750	524	-	1,226
Psychological resources	-	3,453	-	-	3,453
<b>Restricted funds</b>	<b>3,396</b>	<b>9,440</b>	<b>5,559</b>	<b>732</b>	<b>8,009</b>
<b>Unrestricted funds</b>	<b>303,196</b>	<b>114,779</b>	<b>151,676</b>	<b>(732)</b>	<b>265,567</b>
<b>Total funds</b>	<b>306,592</b>	<b>124,219</b>	<b>157,235</b>	<b>-</b>	<b>273,576</b>

The £518 left in SfE training & travel was transferred to the SfE health sketch fund. The deficit on this fund was covered by a transfer from unrestricted funds.

**Approval of accounts for the year ended: 31st March 2021**

The report and accounts were approved at a meeting of the Trustees held on: 11/05/2021  
Date

*Nancy Prest* 08/06/21  
Signed for and on behalf of the trustees Date

Nancy Prest Chair of Trustees  
Print name Position (e.g. Chair etc)