

# **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

Trustee Name	Office	Dates acted if not for the whole year	In what capacity
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.<sup>1664</sup>

## 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

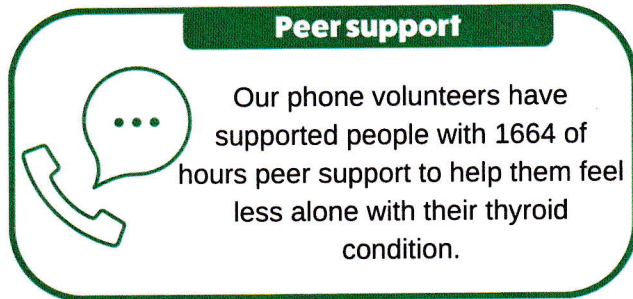
Our series of patient films continue to be a popular way for people to access information. Visitors to our YouTube channel jointly watched over 6,500 hours of films to help them learn more about their condition and hear others' stories.

#### 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



*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 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.

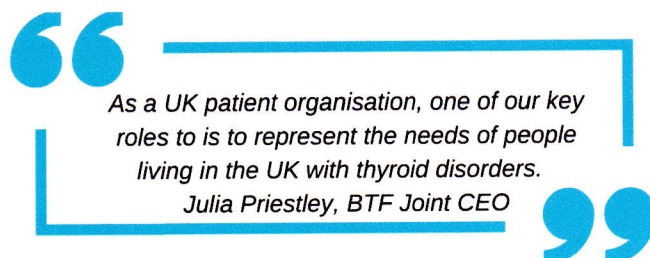
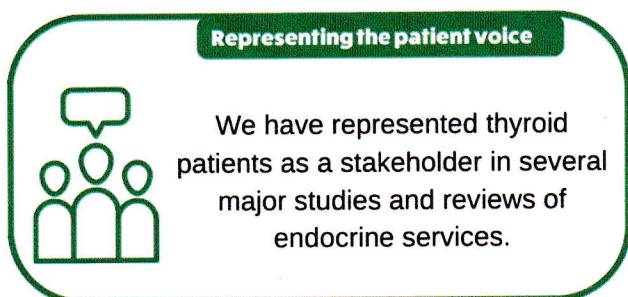
### **Percutaneous ultrasound-guided microwave ablation for symptomatic benign thyroid nodules**

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



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.

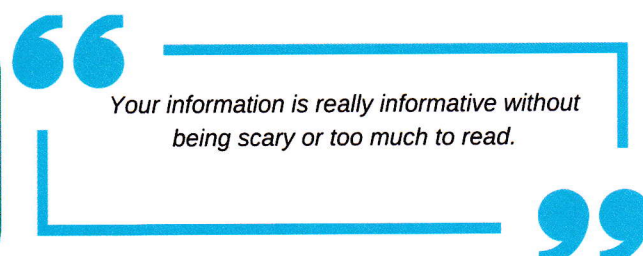
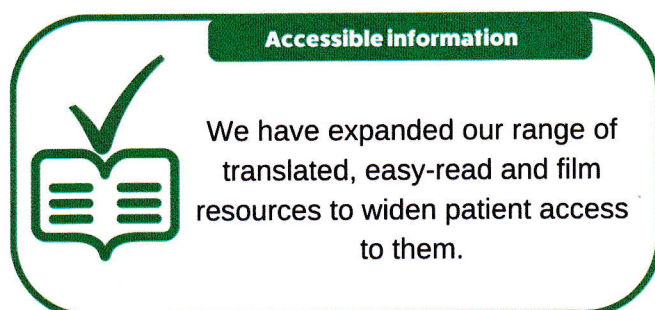
We were also pleased to host a Patient Voices session at the European Congress on Endocrinology conference. This was to raise awareness of 'The role of iodine for a healthy thyroid and in pregnancy' with presenter Dr Peter Taylor, Clinical Senior Lecturer/Consultant Physician, Cardiff University and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



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.

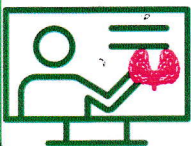
We were also pleased that our 2020 Covid-19 patient survey has been published as an academic paper. This paper gives unique insights into how Covid affected people living with thyroid disorders in early stages of the pandemic, helping researchers to understand patient priorities and unmet need.

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>-</b>	<b>-</b>	<b>-</b>	<b>-</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>£</b>	<b>£</b>	<b>£</b>	<b>£</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	60,293	-	60,293	60,000
	<u>228,064</u>	<u>7,226</u>	<u>235,290</u>	<u>273,576</u>

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

	<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>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 2022**

**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.
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>

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

**31st March 2022**

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

Date

*N Prest*

Signed for and on behalf of the trustees

08/08/2022

Date

Nancy Prest

Print name

Chair of Trustees

Position (e.g. Chair etc)