

# **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*

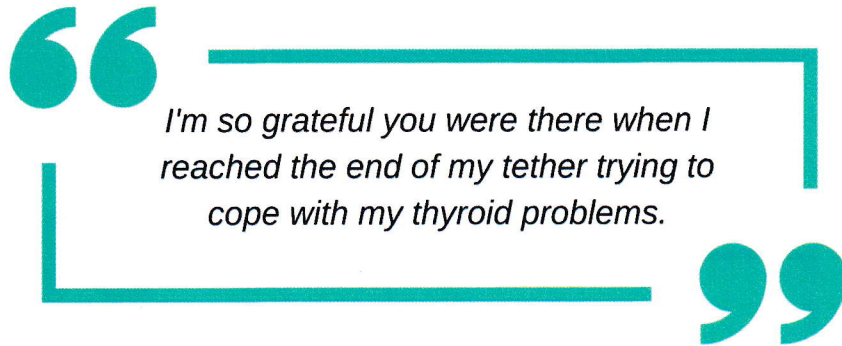
## **Volunteers**

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.



### **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.”*

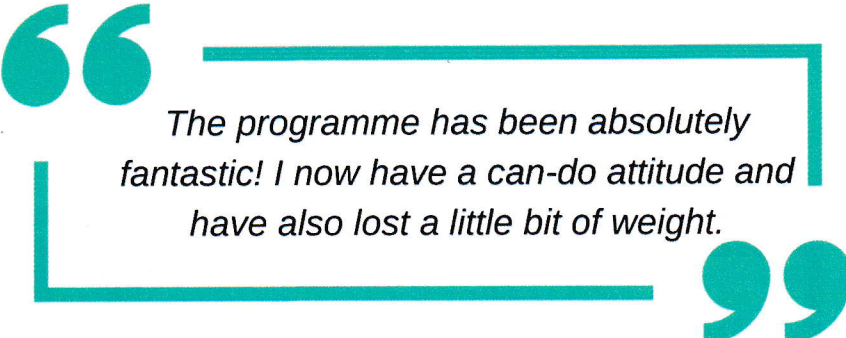
*“Your information is very easy to understand with not too much detail.”*

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 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 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

25/7/2023

**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>223,026</b>	<b>12,981</b>	<b>236,007</b>	<b>148,934</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>229,866</b>	<b>10,758</b>	<b>240,624</b>	<b>187,220</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>228,064</b>	<b>7,226</b>	<b>235,290</b>	<b>273,576</b>
<b>Balance carried forward</b>	<b>222,072</b>	<b>8,601</b>	<b>230,673</b>	<b>235,290</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>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>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>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**

G. Lyons

**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)**