

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025
FOR
ASSOCIATION FOR THE STUDY OF OBESITY

ASSOCIATION FOR THE STUDY OF OBESITY

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FOR THE YEAR ENDED 30 JUNE 2025

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ASSOCIATION FOR THE STUDY OF OBESITY

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 JUNE 2025

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their annual directors' report with the financial statements of the charity for the year ended 30 June 2025. The report is prepared to ensure that the trustees also meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

OBJECTIVES AND ACTIVITIES

ASO Mission

The ASO aims to develop an understanding of obesity through the pursuit of excellence in research and education, the facilitation of contact between individuals and organisations, and the promotion of action to prevent and treat obesity.

ASO objectives

- Promotion of professional awareness of obesity and its impact on health
- Educate and disseminate recent research on the causes, consequences, treatment, and prevention of obesity
- Provide opinion leadership in the UK
- Enhance understanding of the prevention and treatment of obesity throughout the UK.
- Improve the quality of obesity education throughout the UK
- Forge links between individuals and organisations concerned with the study of obesity throughout the UK
- Support the role of patient and public involvement in obesity research
- Connect active researchers and practitioners from diverse disciplines who contribute to the development of a UK perspective on obesity.
- Provide appropriate input on the UK perspective at a European and international level through EASO and the World Obesity Federation.

The ASO is affiliated to the European Association for the Study of Obesity (EASO) and the World Obesity Federation (WOF) and organised the inaugural International Congress on Obesity, held in London in 1974. ASO was the founding body of the highly respected International Journal of Obesity.

The ASO is also a member of the Obesity Health Alliance (OHA), a coalition of over 30 charities, medical royal colleges and campaign groups who have joined together to fight obesity.

2024/2025 BUSINESS PRIORITIES

The Trustees present their annual report together with the financial statements of the Company for the year 1 July 2024 – 30 June 2025. The Annual Report serves the purposes of both a Trustees' report and a Directors' report under company law. The Trustees confirm that the Annual Report and Financial Statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

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CHAIR AND PRESIDENT FOREWORD

Following the decision to restructure the ASO and separate the governance and operational roles, the Board of Trustees, President, President Elect and ASO Operational Committees have been working together to transition to and embed the new structure since the previous AGMs in December 2023 and March 2025. Between July 2024 to June 2025, there have been several changes to the Board of Trustees, and we have significantly expanded our Operational Committees.

The Board of Trustees have been meeting monthly with the focus on evolving our governance aligned to the shift in the structure of the charity enabling strategic oversight (board) and operational focus (President and operational committees). A strategy day for trustees and key members of the operational committees was held in June 2025, with an external facilitator. This extremely valuable day highlighted the strengths of the ASO resulting from its diverse membership representing researchers and practitioners working in the obesity field. The challenges to the ASO were also discussed. There is a further strategy day planned for December 2025 to progress the governance restructuring and help inform the required changes to the Articles of Association. Other changes are in progress to improve the financial reporting systems, budget setting, and membership platforms.

The Board of Trustees would like to thank Professor Nicola Heslehurst for her leadership, vision, hard work and support as ASO Chair and now as the ASO President. Professor Maria Bryant stepped down from her co-opted role on the Board of Trustees, and the Board are grateful for her help and support.

During the reporting period, we held successful UKCO, COMs and ECR meetings. For the second year running, UKCO 2024 was a sell-out event with a waiting list for registrations. We would like to thank Dr Nerys Astbury for her valuable contributions as UKCO Lead for this event. Given the increasing levels of interest in obesity and success of UKCO, we are continually reviewing how we can enable more delegates to attend and have decided to move to larger conference venues with increased delegate capacity.

We have invested in our communications activities, including expanding the communications team with the appointment of a communications lead and interns. This has resulted in more dynamic, proactive social media, website and newsletters, and an increased drive to contribute to policy and parliamentary consultations. This responds to our member consultation that identified members wanted us to be more of a leading voice on obesity.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The company is a registered charity (Charity Number 1100648) and a UK company limited by guarantee (Company number 4796449). Membership is open to obesity researchers, healthcare professionals, clinicians, academics, scientists, students who are working and/or studying in the field of obesity and to others who have a particular interest in this area.

Method of Appointment and Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the constitution. The Trustees, or any member of ASO can recommend a Trustee for appointment. The term of office for Trustees is three years and Trustees may be re-appointed for a maximum of two terms of office unless appointed to Chair, Secretary or Treasurer position in which case they may stand for one additional term as per the Memorandum and Articles of Association.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

During this period, there was an election to the Board of Trustees, with new appointments in July 2024: Professor Wasim Hanif (chair), Professor Carolyn Summerbell (deputy chair and honorary secretary), and Dr Aileen McGloin, Ann Vincent, Professor Paul Gately and Professor Yitka Graham. Dr Sandra Isbor and Patrick McGinley continued in their role of trustees on the board. The following trustees agreed to temporarily continue to serve on the board to support the transition to the new structure separating the governance and operational roles: Professor Emilie Combet, Professor Alex Miras, Mary O’Kane and Sarah le Brocq. Professor Nicola Heslehurst stepped down as Chair and along with Professor Maria Bryant, agreed to be co-opted to support the transition.

Three trustees stepped down during the reporting period. Sarah le Brocq resigned from her trustee role in October 2024 but continues with her role as an operational committee member. Two trustees resigned for personal reasons: Professor Carolyn Summerbell in December 2024, and Professor Wasim Hanif in January 2025. Following this, there was an extraordinary general meeting in March 2025 with the following appointments: Mary O’Kane (chair), Dr Aileen McGloin (deputy chair) and Dr Sandra Isbor (honorary secretary).

Policies adopted for the induction and training of Trustees

A Trustee training manual is available for all Trustees which provides relevant information about the charity as well as useful links and advice on the role of the Trustee. This is updated regularly and was last formally reviewed in 2021. Most trustees are familiar with the work of the charity.

The ASO has joined The National Council for Voluntary Organisations (NVCO). Trustees are encouraged to access the Charity Commissions guidance and the NVCO’s training events.

Organisational structure and decision making

Work is continuing on the transition to the new structure which enables a smaller Board of Trustees to focus exclusively on governance and probity with delegated Operational Committees to managing the day-to-day operations of the organisation.

The trustees meet monthly. A review and update of the charity’s policies are underway. A strategy day, facilitated by an external company, was held at the end of June 2025 with the trustees and key members of the operational committees. This has helped to determine the next steps including the need for clear schemes of delegation and reporting arrangements. The Chair and Deputy chair of trustees have started to meet monthly with the President and President Elect.

Pay policy for key management

There are no paid staff employed by ASO. All work undertaken by Trustees is voluntary. The non-Trustee operational committee roles are also voluntary positions. However, any lived experience/patient representatives on operational committees are paid a fee using the NIHR recommended rates, and early career researcher (ECR) interns receive a bursary. The business administration and support to the trustees is provided by Conference Collective Ltd.

Application and adherence to the Charity Governance Code

ASO recognises good governance is essential to its effectiveness, reputation, and credibility. The Board of Trustees regularly review activities, policies, and processes to ensure the charity is delivering against its mission and charitable objectives. We have robust measures to ensure an effective and clear overview of financial controls. We operate a robust conflict of interest policy, and all Trustees and Committee members complete declarations of interest each year. Conflict of interests form a standing item on all Board agendas. The Board aims to continuously improve its governance processes and is working through the Charity Governance Code to ensure its governance structures adhere to the principles of the code and recommended practice.

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STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk Management

In Quarter 1 2025, ASO's risk appetite statement was developed and agreed by the Trustees. It outlines risk appetite across three domains: operational, financial and reputational. ASO's risk register was also updated.

High risks closely monitored by the Trustees are:

- The charity has a high level of dependency on a small number of income streams which potentially puts ASO at risk of sudden and/or long-term loss of funding. There are continued efforts to diversify income streams to include more Trusts and Foundation as well as funding from non-pharmaceutical companies.
- Potential for a sudden drop in income and the need to dip into accumulated reserves.
- The risk that ASO could be perceived as being unduly influenced by sponsors/pharmaceutical industry. ASO has adopted stringent sponsorship, partnerships and endorsement policies and ensures where possible that there is a balance of sponsors from across the industry spectrum with no one sponsor having significant influence or control. Sponsors are not permitted to have any form of editorial control or influence over the content and development of new ASO activities and materials.

Given the financial significance of the ASO's annual conference (UKCO) we are evolving our budgetary processes around this event to provide greater clarity and to enable improved strategic decision making.

Feedback from some members and members experiencing barriers to renewing membership (with an associated risk on income) has encouraged us to review of our membership platform.

ACTIVITIES: OPERATIONAL COMMITTEES

The Trustees have complied with the duty in part 1 section 4 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. A detailed report of the activities undertaken and achievements by the Charity to further its charitable purposes for the public benefit is given below^[1].

The business priorities for the organisation in this year are unchanged:

Professional

- To act as advocates for people with obesity
- To provide opportunities for members (for example, via the UK Congress on Obesity and grants)
- To promote and further the study of obesity and its management
- To raise awareness of and support our Centres of Obesity Management (COMs) to highlight clinical and service delivery examples of excellence delivering obesity management

Developmental

- To ensure production and circulation of an e-bulletin to share best practice and highlight relevant obesity news and information
- To maintain the ASO website creating, sharing and signposting to relevant news and events
- To support early career researchers (ECRs) through our ECR network

Education and Clinical

- To produce and deliver educational programmes in support of high-quality excellence in obesity management and research including digital programmes such as webinars and meetings.

[1] Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report)

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ACTIVITIES: OPERATIONAL COMMITTEES

Research

- To further research into the study of obesity
- To support funding of research into obesity prevention and management

These priorities were delivered under the leadership of the Operations Management Team, and through the work of Operational Sub-committees (see below). Much of our operational activities continue via digital means to ensure cost effective delivery of services.

Influencing and contributing to national policy

ASO works alongside many organisations across the UK and beyond to inform obesity policy, promote best practice and act as an advocate for people living with obesity. We collaborate with other professional organisations including Obesity Voices, EASO, WOF, The Nutrition Society, BOMMS, BDA and others to share best practice, inform policy and disseminate learning. This is formalised through automatic membership to EASO and WOF for ASO members. The ASO is also a professional stakeholder organisation for NICE guidelines related to obesity.

Operations Management Team

The Operations Management Team (OMT) continued to meet monthly during the reporting period to oversee the delivery of the operational activities. The team has expanded during the year and now consists of nine individuals; President, President Elect, Sub-committee Chairs, Strategic Leads (Sponsorship, UKCO, Strategic Review) and Operational Secretary Lead.

Key tasks undertaken by the OMT within this reporting period include coordinating the development and update of the ASO Website, supporting the Sub-Committees strategic decision-making and tasks, providing input to the Trustee's policy review as required, and, identifying and appointing individuals to several additional key operational committee roles, with individuals onboarding January/February 2025 (13 roles). Alongside these roles we have developed robust governance structures and undertaken legacy planning within the OMT, including defining probationary periods, role duration and remit, and, embedding of lived-experience within all aspects of our activities. MS Teams has been developed as the communication platform and to facilitate the secure storage of ASO documentation.

In addition, the OMT organised the annual Full Operational Committee hybrid meeting in September 24 to provide strategic updates to all operational committee members. It is planned for the incoming year that this meeting will become bi-annual including a combination of in person/hybrid and remote meetings.

The ASO President represented the ASO at the World Obesity AGM and the EASO National Presidents meeting and AGM in the 2024/2025 period.

Members of the OMT and sub-committees have been working with Northumbria NHS Trust and Newcastle University to develop a weight stigma checklist to improve obesity inclusivity in NHS hospital environments. This has involved survey and qualitative interviews with health professionals, researchers, and people with lived experience of obesity and family members/carers. The research was completed during the reporting period and is in preparation for publication.

The ASO President and Sub-committee Chairs have continued to engage in external communications and collaboration activities, representing ASO in the media and in collaborative meetings and policy forums.

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ACTIVITIES: OPERATIONAL COMMITTEES

Clinical Practice and Obesity Management Sub-committee

The clinical practice and obesity management sub-committee engages with patients and practitioners, leads on COMs and delivered on the following activities in 2024/5:

- Participation in OHA working group for clinical services on behalf of the ASO
- ASO representation on NICE guidance committees: (e.g. tirzepatide for obesity, semaglutide for cardiovascular disease)
- Representation of ASO in numerous local, national and international conferences
- Reviewed and updated the Adult COMs criteria to be aligned with the EASO criteria
- Established a Paediatric COMs team to develop a network of Paediatric COMs
- Interaction with the media regarding clinical topics (e.g. obesity pharmacotherapy)
- Organisation of a one-day conference in Nottingham in January 2025 entitled “Shifting obesity care from hospital to community”. This was attended by 70 delegates and funded through an EASO grant to the ASO (EASO was funded by Eli Lilly for this activity)
- Organisation of the annual COMs meeting in Oxford in September 2024. This was centred around the themes of 1) Integration of Centres for Obesity Management in UK, Ireland and Europe, 2) A new era in obesity pharmacotherapy – do we need a new era in obesity services, and 3) Technology/digital health interventions use in specialist obesity management services. It was attended by 50 delegates and sponsorship from Ethicon.
- Contribution to the HSCSC Inquiry Submission with the OHA, from the aspect of paediatric obesity management and nutritional management of OMMs.
- Planning for the UK COMS event held in Aberdeen in September 2025.
- Sponsorship: Members of the sub-committee have continued to engage with industry partners to securing sponsorship funding for ASO activities.

In addition, the Clinical Practice and Obesity Management sub-committee contributed to several other activities led by other operational committees, including UKCO preparation and delivery, newsletter content contribution and governance expertise.

Communication, Partnerships and Networks Sub-committee

This committee oversees all activities related to communication with members, partnerships, networks, and ASO’s wider external engagement. It also contributes to the ASO annual congress UKCO.

Social Media:

The Communications Team has continued to strengthen ASO’s social media presence through a coordinated and strategic approach. Activity is planned through monthly content meetings and a weekly communications grid, which supports consistent messaging across all platforms. ASO’s communications approach combines proactive planning with timely reactive responses. Proactive content is scheduled in advance to support key organisational priorities, campaigns and events. Reactive content is developed in response to obesity related news stories, new research publications and government announcements to ensure that ASO provides timely and evidence informed commentary.

LinkedIn has become ASO’s strongest platform for professional engagement. Over the last 12 months ASO’s follower count increased from 303 to 1041 which is a growth of approximately 244 percent. During the same period ASO posts generated 71068 impressions and 1760 reactions. This growth reflects the impact of a more strategic and consistent communications approach delivered by the operational team including ECR interns drawn from ASO membership, and the increasing visibility of ASO as a trusted voice in obesity research policy and practice.

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ACTIVITIES: OPERATIONAL COMMITTEES

The team has also established an Instagram account which has become an important platform for sharing videos and short clips from events and for promoting key materials in a more visual and accessible format. The team continues to post on X although growth has been slower due to a broader decline in academic engagement on that platform. ASO also maintains an active presence on BlueSky to ensure continued visibility across emerging professional networks.

Media Engagement:

ASO has strengthened its engagement with the media during this reporting period. The introduction of a dedicated media enquiries address, asocommunication@aso.org.uk, has increased the visibility of ASO as a source of expert comment and has led to a rise in requests from journalists covering obesity, nutrition and wider public health issues. In support of this work the Communications Team has developed a comprehensive database of journalists who report on obesity, health policy, prevention and evidence informed interventions. The Communications Team is also exploring opportunities to strengthen ASO's media readiness, including options for media training for key spokespeople. These activities form an important part of our broader public affairs and communications strategy and contribute to raising the profile of ASO's work among the public, policymakers and the health community, and respond to ASO member feedback from the previous consultation that ASO could have a more leading voice and policy advocacy roles.

Support for UKCO:

The Communications Team provided extensive support for UKCO 2024. In the months leading up to the conference the team delivered regular promotional activity across ASO's social media channels, supported the production of regular event newsletter content, assisted with the design of the conference brochure and programme and contributed to the design of name badges and supporting materials. This work ensured clear and consistent communication and helped to raise awareness of the conference across ASO's membership and wider professional networks.

During the two-day event the team coordinated live coverage across multiple platforms, including live tweeting, regular LinkedIn updates that captured sessions, speakers and attendee perspectives. In addition to real time content the team produced a professional highlight and interview video which provided a summary of key themes and reflections from the event. These activities enhanced the visibility of UKCO, supported strong levels of engagement and helped to showcase the breadth of expertise within the ASO community.

Website:

The ASO website was redeveloped in this reporting year, transitioning to a more user-friendly platform that enables more dynamic control of content for operational activities. Members of the operational committees have received training in website management and now contribute to the regular updating of ASO activities. The website is also routinely updated with news items that highlight ASO's work, events, publications, and wider organisational activity, ensuring that members and external audiences have access to current and relevant information.

Newsletter:

The ASO newsletter remains a key communication channel for members, sharing updates on national and international obesity research, policy developments, events, resources, and opportunities. The newsletter is also used to promote ASO activities and programmes to ensure members remain informed and engaged.

Partnerships, Policy and Public Affairs:

The ASO continues to proactively seek to develop and strengthen our partnerships with organisations with aligned values and principles with those of ASO. During this period, partners included: the Society for Endocrinology, Obesity UK, All About Obesity, the British Dietetics Association, Nutrition Society and Obesity Health Alliance including presence at shared events and contributing to joint reports and consultations.

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Over the past year ASO has also expanded its policy and public affairs work which now forms an important part of our external engagement. ASO deepened its engagement with national policymakers and strengthened its visibility as a source of expert evidence. This included submitting a detailed letter to the Secretary of State for Health and Social Care, Wes Streeting, setting out ASO's recommendations for prioritising prevention and obesity within the government's ten-year NHS plan. This reflects ASO's increasing engagement with government at the highest level and our commitment to informing national strategy with the best available evidence. ASO also provided written briefings for Members of Parliament ahead of House of Commons debates on obesity and children's health.

Engagement with the Obesity Health Alliance strengthened further this year. A member of the Committee attends OHA meetings every week, with participation alternating between the Policy Group and the Public Affairs Group on a biweekly basis. This regular involvement has enabled closer collaboration, improved alignment across the sector and ensured that ASO contributes actively to shared advocacy priorities. ASO also worked closely with the OHA to support the organisation of a large parliamentary drop in event in the House of Commons in February 2025 which helped to raise the profile of obesity as a national health priority among parliamentarians.

These activities have strengthened ASO's visibility within the policy community and deepened our relationships with government, parliament and cross-sector partners.

Networks:

There are 10 ASO Networks covering all devolved nations in the UK. The Network Leads held a meeting at UKCO 2024 in Oxford to share strategies and best practice.

Research and Scientific Advisory Sub-committee

This committee leads all activities related to UKCO, the Early Career Researcher (ECR) network and ECR event as well as Awards and grants; the committee also contributes to the newsletter and other forms of communication.

UKCO:

During this period, we held our in-person annual flagship conference, the UK Congress on Obesity (UKCO), which took place at Rhodes House in Oxford on 24th and 25th September 2024. UKCO continues to draw a significant audience, across those working in research, academia, industry, public health, policymaking and clinical fields, with another sell-out Congress in 2024 meaning we had to close registrations early and had a waiting list of potential delegates who we could not accommodate. Moving forward, larger conference venues are being explored to be able to increase the conference capacity.

There were keynote speeches from the following individuals:

- Plenary 1: How to Talk About Weight – Sarah Le Brocq and Associate Professor Charlotte Albury
- Plenary 2: Using Pharmacotherapy to Manage Obesity – Professor Barbara McGowan and Dr Laura Falvey
- Plenary 3: Childhood Obesity and the Brain – Associate Professor Susan Carnell
- Plenary 4 - Food Insecurity and Obesity – Professor Alex Johnstone

Over 77 posters were displayed on boards at the venue, with an additional 18 late-breaking e-posters on visual display screens. There were three parallel tracks running over the two-day conference, with over 63 oral presentations as part of member-led symposia and oral presentation sessions, including a rapid-fire session and a 3-Minute thesis competition.

Ninety evaluation responses were received which were largely positive for the 2024 conference, with some suggestions for improvement focusing on larger venues, improvements to signage and catering options in the future.

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Please evaluate the following statements.

Venue & facilities

- Very satisfied 70.8%
- Somewhat Satisfied 22.5%
- Neither satisfied not dissatisfied 2.2%
- Somewhat dissatisfied 4.5%
- Very dissatisfied 0%

“Fantastic venue. Great to have an outside area where you could go to continue conversations. Lots of little "nooks and crannies" rather than just one enormous convention centre and a hall partly split up by room dividers.”

“A bit more signposting in the venue would have been useful at arrival.”

“The venue itself was very nice, but too small to hold this event. I understand it wasn't the first option, but I am giving feedback on my experience.”

“The event itself was fantastic. The sessions were very informative, the venue was great (as was the food!) and overall a great experience. I also found the inclusion of lived experience representatives to be incredibly valuable and hope that this will continue.”

ASO Awards:

In this period, we issued three awards, presented at the ASO UK Conference on Obesity (UKCO) in September 2024 in Oxford:



Ken Clare Award for Excellence in Patient and Public Involvement and engagement in obesity

The winning title for this award by Dr Jake Joyce and the NewDAWN Group, University of Oxford was “Identifying key moments in type 2 diabetes management: a qualitative study of the experiences of people with type 2 diabetes and diabetes health coaches”.



3-Minute Thesis Award

The winning title for this award by Bijal Patel, Imperial College London, was “Kisspeptin offers mechanistic insight into the impact of obesity on hypothalamic dysfunction in women with PCOS”



Best Poster

The best early career researcher (ECR) poster was awarded to Dr Jake Joyce, University of Oxford, for the project, "The implementation of a Nationally Enhanced Service Incentive for weight management: a longitudinal qualitative study of the perceptions and experiences of primary care staff on weight management”.

The “Prevention and Treatment Award” was not awarded in 2024 due to a lack of high-scoring submissions.

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Early Career Researcher (ECR) Network

During this accounting period, we delivered a research workshop for ECRs with 25 attendees. The workshop, which was delivered on 23rd September 2024 at the University of Oxford, ahead of our annual conference, provided ECRs with workshops and talks on conducting patient and public involvement for obesity research, engaging with the media and social media, and the EASO New Investigator Award. It also included a lived experience session with a lived experience representative, and a career progression panel with representatives from academia, public health and industry. A social event afterwards provided ECRs with a further opportunity to connect and network ahead of the main congress. The ECR event was free to ASO members and included one free night's accommodation. The ECR event received sponsorship from Boehringer Ingelheim.

PLAN FOR FUTURE PERIODS

Following the decision to restructure in early 2023, the ASO has implemented many changes; however, the transition is still in progress. Following the strategy day in June 2025, we have a further strategy day planned for December 2025. This will enable comprehensive input on governance restructuring, establish clear lines of communication, and reporting, to enhance operational efficiencies within the organisation. This will help to inform any changes required to the Articles of Association.

We have also reviewed the ASO vision and mission statement and identified the need for clearer renewed statements, which we will work on.

The trustees are leading the review of all ASO policies to ensure they reflect the new structure and division of roles and responsibilities between Trustees and Operational Committee members, updating them in order of priority. Work is underway in setting budgets for the operational committees' activities. A new membership platform is being explored which should improve membership renewals and support.

The ASO will continue to work with our partners and stakeholders in UK and globally to consolidate and further ASO's position as the leading organisation for the study of obesity in the UK.

The ASO will respond to membership consultation and deliver value to our members, across career stages and sectors.

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TRUSTEES & SENIOR MANAGEMENT

Trustees

Ms Mary O’Kane, Chair of Trustees (February 2025 - current)
Ms Aileen McGloin, Deputy Chair of Trustees (July 2024 – current)
Professor Emilie Combet (November 2021 – current)
Dr Sandra Isibor (Trustee from February 2022 to February 2025; Honorary Secretary, February 2025 - current)
Professor Paul Gatley (July 2024 - current)
Professor Yitka Graham (July 2024 - current)
Professor Wasim Hanif (May 2024-December 2024)
Mr Patrick McGinley (Treasurer) (October 2020 – current)
Professor Carolyn Summerbell (Secretary) (May 2024-December 2024)
Ms Ann Vincent (July 2024 – November 2025)
Wasim Hanif (Chair July 2024 resigned January 2025)
Carolyn Summerbell (Secretary July 2024 resigned December 2024)

Trustees retiring in the reporting period

Professor Nicola Heslehurst (Chair) (September 2014 to July 2024)
Ms Sarah Le Brocq (November 2021 –November 2024)

Co-opted to Board of Trustees:

Professor Maria Bryant (Non-voting – December 2024 – September 2025)
Professor Alex Miras (Non-voting - October 2020 - current)
Dr Anjali Zalin (Non-voting - July 2025-current)

Registered office

4 Bank Court
Weldon Road
Loughborough
Leicestershire
LE11 5RF

Charity Registered Number

1100648

Bankers

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Nine Brindley Place
Birmingham
B1 2HB

ASO Operational Sub-committee Leadership

Operations Management Team

Chair: Prof Nicola Heslehurst

Clinical Practice and Obesity Management

Sub-committee Chair: Prof Alex Miras

Research and Scientific Advisory

Sub-committee Chair: Prof Emilie Combet

Communications, Partnerships and Networks

Sub-committee Chair: Dr Kath Roberts

We would like to acknowledge the members of the operational committees who have retired during this reporting period, including Dr Nerys Astbury, Dr Zoe Bell and Dr Luke Boyle.

ASO Operational Sub-committee Membership

Operations Management Team:

- President and Chair of the Operations Management Team: Prof Nicola Heslehurst
- President Elect: Prof Emilie Combet
- Research and Scientific Advisory Sub-Committee Chair: Dr Julia Mueller
- Clinical Practice and Obesity Management Sub-Committee Chair: Prof Alex Miras
- Communication, Partnerships and Networks Sub-Committee Chair: Dr Kath Roberts
- UKCO Strategic Lead: Dr Laura McGowan
- Sponsorship Lead: Dr Janine Makaronidis
- Strategic Review Lead: Dr Laura Gray
- Operations Secretary Lead: Dr Ruth Price

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TRUSTEES & SENIOR MANAGEMENT

Clinical Practice and Obesity Management Sub-committee:

- Chair: Prof Alex Miras
- Operations Secretary: Dr Julie Sittlington
- Adult COMs Leads: A/Prof Dimitrios Papmargaritis and Dr Claudia Coelho
- Adult COMs: Dr Ehtasham Ahmad
- Paediatric COMs: Dr Sally Abbott
- Sponsorship Lead: Dr Janine Makaronidis
- Sponsorship Support: Kristina Vavura

Communication, Partnerships and Networks Sub-committee:

- Chair: Dr Kath Roberts
- Operations Secretary: Dr Jo Howe
- Networks Lead: Dr Dawn Swancutt
- Partnerships Lead: Dr Anjali Zalin
- Consultations Lead: Mary O’Kane
- Communications Lead: Sadia Ali
- Communications ECR Interns: Dr Zainab Akhter, Dr Rob Oxley, Dr Hao Tang

Research and Scientific Advisory Sub- committee:

- Chair: Dr Julia Mueller
- Lived Experience: Sarah Le Brocq
- ECR Team: Dr Julia Mueller, Dr Shokrane Moghadam, Dr Elizabeth Evans, Dr Katherine Pidd
- UKCO Strategic Lead: Dr Laura McGowan
- UKCO Deputy Lead: Dr Jordan Beaumont
- UKCO Lived Experience Lead: Nadya Isak
- UKCO Abstracts Lead: Dr Fotini Tsofliou
- UKCO Support Officer: Dr Lily Hawkins

Accountants

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Leics
LE11 5RF

ASSOCIATION FOR THE STUDY OF OBESITY

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 JUNE 2025

FINANCIAL REVIEW

Principle funding

The principal funding sources for the Charity in 2024/25 as in previous years were: Conference sponsorship fees, Membership and conference registration fees. A grant of £30,000 was also received in 2024/25.

The total funding secured in 2024/25 was £148,932 compared to £102,154 in 2023/2024 due to the grant income received.

Furthermore, Conference sponsorship and registrations, however, was markedly increased in comparison to the previous year highlighting the importance of UKCO to the Association.

Principle Expenditure

Total expenditure in 2024/25 was £165,567 which was higher than in 2023/2024. The reason for this is explained by the return to in-person events, most notably our flagship annual conference with UKCO fees to June 2025 at £81,275.

Reserves Policy

ASO has no regular guaranteed sources of income beyond its membership fees, and the long-term funding of the charity is uncertain. The charity, however, does have fixed operating costs in terms of the activities required to maintain its presence and further its charitable objectives. The charity's work is planned one year in advance with financial commitments made up to three years in advance on some programmes such as the annual conference.

The Trustees have therefore decided that in order to secure the viability of the organisation beyond the immediate future, to provide reliable service and required funding over the longer term, ASO must be able to absorb financial setbacks. It is therefore necessary to set aside some of the current income as a reserve against future uncertainties.

In view of the financial needs of the organisation, the Trustees have agreed to maintain a reserve policy to retain sufficient funds to cover the operating expenses of the organisation for one year. The reserve would cover: secretariat expenditure, supporting funds for agreed projects, and other liabilities such as legal expenses, contractual agreements and other miscellaneous expenses that are necessary for the operation of the charity.

The Trustees review the reserves policy at a Trustee meeting each year held prior to the AGM to ensure that:

- 1) the policy is adequate for its need in the coming year
- 2) reserves level are enough to cover one year operating expenditure
- 3) take necessary steps if reserves falls short of the funding requirement.

Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

ASSOCIATION FOR THE STUDY OF OBESITY

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 JUNE 2025

Financial Review Conclusion

The Society ended the year with a net loss of £16,635 (2024 – net loss £10,770), explained primarily by an increase in deferred income (income received in the period but actually relating to period 2024/25) and an increase in expenditure for both Centres for obesity management project work and Conferences/UKCO.

As at 30th June the Association held cash balances of £266,025 including the deferred income which allows for more than 2 years of activity without any income, but as has been mentioned in previous years does reinforce the need to explore all avenues of income generation.

ASO continue to explore other opportunities for funding programmes of activity and will be further exploring grant-making and sponsorship opportunities during the next financial year.

Statement of Trustee Responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is appropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to independent scrutineer

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the charity's accountant and independent examiner are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant information and to establish that the charity's accountants are aware of that information.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

16/03/2026

Approved by order of the board of trustees on and signed on its behalf by:

Mary O'Kane

.....
Dr Mary O'Kane

Chair of the Board of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ASSOCIATION FOR THE STUDY OF OBESITY

Independent examiner's report to the trustees of Association for the Study of Obesity ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Jason Oram

Mr Jason Oram FCCA

Essex Abel Ltd
4 Bank Court
Weldon Road
Loughborough
Leicestershire
LE11 5RF

24/03/2026

Date:

ASSOCIATION FOR THE STUDY OF OBESITY

STATEMENT OF FINANCIAL ACTIVITIES

(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 30 JUNE 2025

		Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies		30,000	-	30,000	29
Charitable activities	3				
Policy and education		<u>118,932</u>	<u>-</u>	<u>118,932</u>	<u>102,125</u>
Total		<u>148,932</u>	<u>-</u>	<u>148,932</u>	<u>102,154</u>
 EXPENDITURE ON					
Charitable activities	4				
Policy and education		<u>165,567</u>	<u>-</u>	<u>165,567</u>	<u>112,924</u>
 NET INCOME/(EXPENDITURE)		(16,635)	-	(16,635)	(10,770)
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>160,412</u>	<u>36,150</u>	<u>196,562</u>	<u>207,332</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>143,777</u></u>	<u><u>36,150</u></u>	<u><u>179,927</u></u>	<u><u>196,562</u></u>

The notes form part of these financial statements

ASSOCIATION FOR THE STUDY OF OBESITY (REGISTERED NUMBER: 04796449)

BALANCE SHEET

30 JUNE 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	11	-	-	-	58
CURRENT ASSETS					
Debtors	12	12,438	-	12,438	41,688
Cash at bank	13	<u>207,570</u>	<u>58,455</u>	<u>266,025</u>	<u>249,551</u>
		220,008	58,455	278,463	291,239
CREDITORS					
Amounts falling due within one year	14	<u>(76,231)</u>	<u>(22,305)</u>	<u>(98,536)</u>	<u>(94,735)</u>
NET CURRENT ASSETS		<u>143,777</u>	<u>36,150</u>	<u>179,927</u>	<u>196,504</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>143,777</u>	<u>36,150</u>	<u>179,927</u>	<u>196,562</u>
NET ASSETS		<u><u>143,777</u></u>	<u><u>36,150</u></u>	<u><u>179,927</u></u>	<u><u>196,562</u></u>
FUNDS	15				
Unrestricted funds				143,777	160,412
Restricted funds				<u>36,150</u>	<u>36,150</u>
TOTAL FUNDS				<u><u>179,927</u></u>	<u><u>196,562</u></u>

The trustees' statements required by Section 476 are shown on the following page, which forms part of this Balance Sheet.

Mary O'Kane

.....
Dr Mary O'Kane - Trustee

Patrick McGinley

.....
Patrick McGinley - Trustee

Approved by the Board on 16/03/2026

The notes form part of these financial statements

BALANCE SHEET

30 JUNE 2025

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on

24/03/2026

..... and were signed on its behalf by:

Patrick Mcginley

.....

P L Mcginley - Trustee

Mary O'Kane

.....

Dr Mary O'Kane - Trustee

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

1. GENERAL INFORMATION

Association for the Study of Obesity is a Private Charitable Company Limited by Guarantee, registered in England and Wales.

The charity's registered office and principal place of business can be found in the Trustees Report.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below.

These policies have been consistently applied to all years presented unless otherwise stated.

The financial statements cover the individual entity.

The entity constitutes a public benefit entity as defined by FRS102.

There are no material uncertainties with going concern.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemption in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

Income recognition

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For sponsorship to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the sponsorship and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Subscription are recognised over the period in which they relate to on a straight line basis.

Conference fees are recognised when the event takes places and any fees received in advance are deferred until the event takes place, at which point they are recognised as income.

Donations are accounted for when the charity becomes legally entitled to them and they can reasonably be measured in financial terms.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

2. ACCOUNTING POLICIES

Expenditure recognition

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Governance and support costs

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer and office equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Subscriptions and sponsorship received for the general purposes of the charity are included as unrestricted funds. Donations for activities restricted by the wishes of the donor are taken to restricted funds where these wishes are legally binding on the trustees.

Company status

The charity is a company limited by guarantee. The members of the company are the trustees named on page 10. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

2. ACCOUNTING POLICIES

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

3. INCOME FROM CHARITABLE ACTIVITIES

		2025	2024
	Activity	£	£
Membership subscriptions	Policy and education	23,235	20,984
Conference sponsorship	Policy and education	41,666	40,250
Annual conference registration fees	Policy and education	54,031	40,891
		<u>118,932</u>	<u>102,125</u>

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 5)	Support costs (see note 6)	Totals
	£	£	£
Policy and education	<u>108,870</u>	<u>56,697</u>	<u>165,567</u>

5. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025	2024
	£	£
Centres for obesity management project work	27,034	2,347
Conference expenditure/UKCO	81,275	58,910
Digital education programmes (webinars, podcasts etc)	270	364
Policy and representation	89	1,896
Joint collaborative project expenditure	202	640
	<u>108,870</u>	<u>64,157</u>

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

6. SUPPORT COSTS

	Other £	Governance costs £	Totals £
Policy and education	<u>51,584</u>	<u>5,113</u>	<u>56,697</u>

Support costs, included in the above, are as follows:

Other

	2025 Policy and education £	2024 Total activities £
Trustees meeting costs	1,867	-
Trustees' expenses	1,182	2,139
Insurance	550	318
Office costs - postage, stationery, storage	360	120
Subscriptions	2,919	657
Travelling	1,003	-
Communication costs - social media, newsletters, website charges	15,788	4,602
Bank charges	1,559	1,238
Association management costs (Secretariat fees)	24,498	25,520
Membership management (inc Civicrm database)	-	10,844
Intern bursaries	1,800	-
Irrecoverable VAT	-	1,032
Depreciation of tangible fixed assets	<u>58</u>	<u>97</u>
	<u>51,584</u>	<u>46,567</u>

Governance costs

	2025 Policy and education £	2024 Total activities £
Accountancy and book-keeping costs	3,985	2,200
Legal fees	<u>1,128</u>	<u>-</u>
	<u>5,113</u>	<u>2,200</u>

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>58</u>	<u>97</u>

8. TRUSTEES' REMUNERATION AND BENEFITS

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

The trustees were not paid or received any other benefits from the charity in the year.

Trustees' expenses

	2025	2024
	£	£
Trustees' expenses	<u>1,182</u>	<u>2,139</u>

Number of trustees who were paid expenses in the year was 6 (2024 - 4).

The nature of the expenses are travel and subsistence costs.

9. FEES EXAMINATION OF THE ACCOUNTS

Independent examiner's fees for reporting on the accounts £3,985 (2024 £2,200)

Other fees paid to the independent examiner £nil (2023 £nil).

10. TAXATION

As a charity, the Association For The Study Of Obesity is exempt from tax on income and gains falling within section 466 to 493 Corporation Tax Act 2010 and section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen during the year in the charity.

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

11. TANGIBLE FIXED ASSETS

	Computer and office equipment £
COST	
At 1 July 2024 and 30 June 2025	<u>349</u>
DEPRECIATION	
At 1 July 2024	291
Charge for year	<u>58</u>
At 30 June 2025	<u>349</u>
NET BOOK VALUE	
At 30 June 2025	<u>-</u>
At 30 June 2024	<u>58</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Charitable income due	895	17,495
Prepayments and accrued income	<u>11,543</u>	<u>24,193</u>
	<u>12,438</u>	<u>41,688</u>

13. CASH AT BANK

				2025	2024
	General fund £	Externally funded research £	EASO & 90TEN education £	Total funds £	Total funds £
Current account	154,633	38,055	20,400	213,088	213,361
Paypal account	<u>52,937</u>	<u>-</u>	<u>-</u>	<u>52,937</u>	<u>36,190</u>
Total	<u>207,570</u>	<u>38,055</u>	<u>20,400</u>	<u>266,025</u>	<u>249,551</u>

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	253	3,672
VAT	4,227	4,550
Deferred income	59,251	46,296
Accrued expenses	<u>34,805</u>	<u>40,217</u>
	<u><u>98,536</u></u>	<u><u>94,735</u></u>

Deferred Income

Deferred income comprises advance annual membership fees a year from the date paid.

	2025	2024
	£	£
Balance as at 1 July 2024	46,296	35,689
Amount released to income earned from charitable activities	(46,296)	(35,689)
Amount deferred in year	<u>59,251</u>	<u>46,296</u>
Balance as at 30 June 2025	<u><u>59,251</u></u>	<u><u>46,296</u></u>

15. MOVEMENT IN FUNDS

	At 1/7/24	Net movement in funds	At 30/6/25
	£	£	£
Unrestricted funds			
General fund	160,412	(16,635)	143,777
Restricted funds			
Externally funded research	15,750	-	15,750
EASO & 90TEN education	<u>20,400</u>	<u>-</u>	<u>20,400</u>
	<u>36,150</u>	<u>-</u>	<u>36,150</u>
TOTAL FUNDS	<u><u>196,562</u></u>	<u><u>(16,635)</u></u>	<u><u>179,927</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	148,932	(165,567)	(16,635)
	<u>148,932</u>	<u>(165,567)</u>	<u>(16,635)</u>
TOTAL FUNDS	<u><u>148,932</u></u>	<u><u>(165,567)</u></u>	<u><u>(16,635)</u></u>

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

15. MOVEMENT IN FUNDS

Comparatives for movement in funds

	At 1/7/23 £	Net movement in funds £	At 30/6/24 £
Unrestricted funds			
General fund	171,182	(10,770)	160,412
Restricted funds			
Externally funded research	15,750	-	15,750
EASO & 90TEN education	<u>20,400</u>	<u>-</u>	<u>20,400</u>
	<u>36,150</u>	<u>-</u>	<u>36,150</u>
TOTAL FUNDS	<u><u>207,332</u></u>	<u><u>(10,770)</u></u>	<u><u>196,562</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	102,154	(112,924)	(10,770)
	<u>102,154</u>	<u>(112,924)</u>	<u>(10,770)</u>
TOTAL FUNDS	<u><u>102,154</u></u>	<u><u>(112,924)</u></u>	<u><u>(10,770)</u></u>

The unrestricted funds represents the free funds of the charity which are not designated for particular purposes.

Externally funded research - This is funding which allows the charity to award grants to support research into obesity that is funded by external resources.

EASO and 90TEN (a healthcare specialist) - funding has been received to create a new online resource hub for healthcare professionals working in obesity and weight management.

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2025.

ASSOCIATION FOR THE STUDY OF OBESITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

17. ULTIMATE CONTROLLING PARTY

The charity is under the control of its members.

ASSOCIATION FOR THE STUDY OF OBESITY
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2025

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	-	29
Grants	<u>30,000</u>	<u>-</u>
	30,000	29
Charitable activities		
Membership subscriptions	23,235	20,984
Conference sponsorship	41,666	40,250
Annual conference registration fees	<u>54,031</u>	<u>40,891</u>
	<u>118,932</u>	<u>102,125</u>
Total incoming resources	148,932	102,154
EXPENDITURE		
Charitable activities		
Centres for obesity management project work	27,034	2,347
Conference expenditure/UKCO	81,275	58,910
Digital education programmes (webinars, podcasts etc)	270	364
Policy and representation	89	1,896
Joint collaborative project expenditure	<u>202</u>	<u>640</u>
	108,870	64,157
Support costs		
Other		
Trustees meeting costs	1,867	-
Trustees' expenses	1,182	2,139
Insurance	550	318
Office costs - postage, stationery, storage	360	120
Subscriptions	2,919	657
Travelling	1,003	-
Communication costs - social media, newsletters, website charges	15,788	4,602
Bank charges	1,559	1,238
Association management costs (Secretariat fees)	24,498	25,520
Membership management (inc Civicrm database)	-	10,844
Intern bursaries	1,800	-
Irrecoverable VAT	-	1,032
Carried forward	51,526	46,470

This page does not form part of the statutory financial statements

ASSOCIATION FOR THE STUDY OF OBESITY
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2025

	2025 £	2024 £
Other		
Brought forward	51,526	46,470
Depreciation	<u>58</u>	<u>97</u>
	51,584	46,567
Governance costs		
Accountancy and book-keeping costs	3,985	2,200
Legal fees	<u>1,128</u>	<u>-</u>
	<u>5,113</u>	<u>2,200</u>
Total resources expended	<u>165,567</u>	<u>112,924</u>
Net expenditure	<u><u>(16,635)</u></u>	<u><u>(10,770)</u></u>

This page does not form part of the statutory financial statements