



Thyroid UK

Annual Report 2021 - 2022



Thyroid UK is a registered charity. Charity Number 1125270
Registered Company Number 6254073

Better Thyroid Health

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Mission, Vision and Values

The Trustees of Thyroid UK have pleasure in presenting their Annual Report for the year ended 31st May 2022.

Thyroid UK is a charitable company working primarily within the United Kingdom. Formed in 1998, we became a company limited by guarantee in 2007 and in 2008 we became a registered charity: <https://tinyurl.com/RegCharity>.

The provision of quality information for people with both diagnosed and undiagnosed thyroid disorders is the primary concern of Thyroid UK (our 'If you are undiagnosed' page is here: <https://tinyurl.com/tukundiagnosed>)

We work effectively in this field through dialogue with NHS departments and other medical institutions, networking with other voluntary organisations, and providing services direct to patients.

Our Mission Statement

Providing information and resources to promote effective diagnosis and appropriate treatment for people with thyroid disorders in the UK.

Our Vision

- To be the primary source of independent information on thyroid related disorders in the United Kingdom
- A world where the patient's needs are paramount
- A world where patients with thyroid disease will have the choice to be treated according to their individual needs.

Our Values

- To be open, honest, ethical and accountable and to work productively with others in the pursuit of quality treatment for patients
- To put the interests of people with thyroid disorders first
- To value people as individuals
- To respect the right of individuals to be involved in and knowledgeable about their illness and treatment options
- To value the need for open and free access to independent and accurate information both at the time of diagnosis and thereafter
- To encourage people to take control of their own health and well-being
- To appreciate the skills, expertise and commitment of our staff and volunteers.

Message from the Chief Executive



Once again, it has been a very busy year for me.

Covid-19 restrictions ended in June 2021 and we slowly started to get back to normal although we continued to work from home for a while. Once back in the office we found it much easier to work as it's not always easy working remotely.

We continued to receive queries about how COVID-19 would affect people who had thyroid disease and we continually kept up-to-date with research in this area. Unfortunately, Covid-19 and the vaccine has been shown to cause Graves' disease or a recurrence of Graves' disease and we updated our position statement to this effect. We could then signpost our beneficiaries to the most up to date information on this.

During Covid-19 we kept a close eye on our finances but although more people contacted us, it did not negatively impact our finances.

Once we were back in the office, we started to look at how we could improve things in the office to make our work more efficient and we then made the relevant changes. How we published our posts on social media was one of the things we changed although we plan to improve this even further.

We held a webinar for Thyroid Awareness Week in October 21 which was fully attended and showed us that we are still very much needed by our beneficiaries.

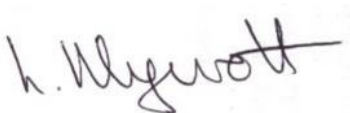
One of our staff, Dionne, needed to leave for personal reasons, which was sad. We would like to thank Dionne for all her hard work. We do now have our new finance admin assistant, Heidi, who has made a lot of good changes to our finance systems which, again, has improved efficiency.

In order to move forward we employed a fundraising consultant to do an audit of our fundraising and to write a fundraising strategy and a case for support which is helping us enormously. We will now be researching grant making trusts to make applications for projects that we want to do and for necessary software to enable us to do them. We also need to move to an appropriate office so that we are sustainable and will be applying for funds for a telephone helpline as we are aware that a lot of our beneficiaries prefer to speak to someone one to one.

Our #T3Campaign continued and included lots of help from Lord Hunt and Lord Borwick and a lot of work with other thyroid organisations on various documents including a T3 Prescribing Survey, which is a list of CCGs who were not adhering to the national guidance for liothyronine. This work is still ongoing.

We have done an awful lot of work behind the scenes (which we should shout about a little more so that you all know what we are doing).

We would like to thank you for all so much for your support over this very financially challenging year and we look forward to continuing our campaigning for better treatment on your behalf.

A handwritten signature in black ink, which appears to read 'L. Mynott'.

Lyn Mynott
Chief Executive

Statement from the Chair of Trustees



2021/22 was another busy year for TUK as we sought to help our beneficiaries across the UK.

The country went through further surges of Covid-19, but as we gradually moved out of lockdowns we were able to restart some of our important campaigns and other in-person activity.

Our crucial T3 campaign resumed and has made important policy interventions and continued to build the evidence base for change. But there is still much work to be done to achieve a fair consistent solution across the country. As the NHS is coming under greater and greater pressure, we expect that we will see more people experiencing delays and difficulties accessing treatment for all types of thyroid conditions. This will no doubt be an increasing feature of our work in the coming months and years as we strive to provide information and support where it is needed as well as pushing for a better approach within the NHS.

With the cost of living crisis affecting everyone, many of our beneficiaries also found the cost of private testing and treatment difficult. We partner with testing companies to try to ensure our beneficiaries get the best possible price, service and discounts and have the data to help them argue their personal case for better NHS treatment. But this is not a substitute for proper management in the NHS which continues to be our central focus.

Despite cost of living pressures it was great to see so many of you being generous with your time and money to raise funds for us and for those who continue to be members of TUK. We are so grateful for your support which will allow us to help even more people.

Alongside our direct work for beneficiaries we have continued to strengthen the infrastructure of the charity to ensure we are sustainable for the future. We have hired some new key team members and prepared a lot of work behind the scenes to allow us to begin greater fundraising efforts in 2022/23. The more funds we can raise the more we can do on behalf of all of those who need us so we look forward to updating on our progress and how we are spending the additional money in future years.

Lyn and the whole team have worked incredibly hard again this year. The Board is extremely grateful to them for their commitment and determination to improve the lives of all of our beneficiaries.

S. Parker

Sara Parker
Chair
Thyroid UK

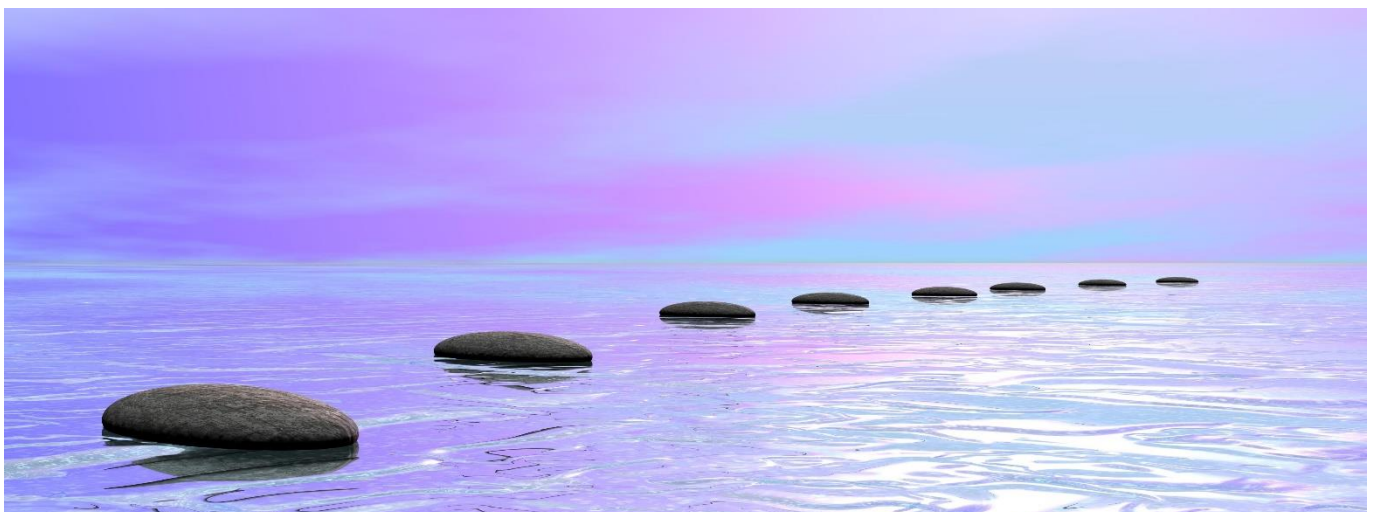
Our Objectives

Our objectives help us to focus on the work we need to do to help people with thyroid disease and related disorders. Everything we do must incorporate our objectives:

The relief of sickness of persons suffering from thyroid disease and related areas, for the benefit of the public, particularly but not exclusively by:

- a) providing information and support to people affected by thyroid disease and related conditions**
- b) promoting public awareness in regard to thyroid disorders**
- c) acting as a resource centre and disseminating information**
- d) encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease**
- e) influencing public health policy for the benefit of people affected by thyroid disease**

Let us help you take the steps to better thyroid health



Our Achievements in 2021-2022

We have worked hard on our strategy this year and although Covid-19 has impacted this slightly in terms of the amount of work we could do, we have still managed to help a lot of beneficiaries.

With the help of our new trustees we have moved forward in areas of finance, risk, management and operations and our strategy. We have completed a People Plan, Succession Plan and a Premises Plan in readiness for operational changes that will be necessary in the future.

We have worked with fundraising experts who have helped us look at the gaps in our fundraising, written a fundraising strategy and a case for support which, in turn, has given us the tools for applying for funds for our projects which includes a telephone helpline, new office premises, more office staff, new information pages on our new website and the setting up of a James Lind Alliance Priority Setting Partnership.

The fundraising work took a lot of time and along with having to work around Covid-19, this has affected the communication work we had planned so this goal has been moved over to the next year.

We have submitted a response to the UK Government's Women's Health Strategy: Call for Evidence where we explained the issues thyroid patients have in the diagnosis and treatment of thyroid conditions, particularly hypothyroidism.

Our other achievements are all for the benefit of our beneficiaries in the long term:

Providing information and support to people affected by thyroid disease

#T3Campaign

We continued to campaign to ensure that patients can access liothyronine if they need to, which has meant attending more meetings with the Lord Hunt of Kings Heath OBE and the Lord Borwick and other thyroid patient organisations over the past year.

After an Amendment to the Health and Care Bill Amendment on 26th January, put forward by Lord Hunt concerning the treatment of thyroid patients who continue to be denied Liothyronine (T3), a letter was sent to the Lord Kamall, Parliamentary Under-Secretary (Department of Health and Social Care) by Lord Hunt and Lord Borwick which led to a meeting with Lord Kamall.

Lord Kamall agreed to contact NICE to ask them to make the Regional Medicines Optimisation Committee guidance more easy to find and also to contact NHS England & Improvement about reviewing the position on liothyronine, which he kindly did. We are now awaiting the next steps.

Lord Hunt has also continued to help us by writing Parliamentary Questions on various issues regarding liothyronine.

We also worked hard with other thyroid organisations on a T3 Prescribing Report, (due to be published in June 22) which showed that some Clinical Commissioning Groups and ICBs were not allowing the prescribing of liothyronine and therefore were not following national guidance.

Since the #T3Campaign is still ongoing, any work on a document to help beneficiaries access liothyronine and further campaigns in respect of side effects of thyroid medications and access to another option of treatment (natural desiccated thyroid) was postponed.



Membership

We have around 1,000 members, who receive four magazines per year which contains various articles on thyroid issues as well as articles on nutrition written by expert nutritional therapists for Thyroid UK. We encourage people to become members as this supports us financially.

Telephone Helpline

We conducted a survey of our members to see if a telephone helpline would be useful to them and it has proved very helpful to show us that a telephone helpline would indeed help a lot of our beneficiaries because they could ask questions directly and receive a very quick answer.



This showed an evidence of need and with the help of our fundraiser, we can move onto applying for the necessary funds to run a helpline for three years.

Website

We reviewed our current website by conducting a survey to see what our beneficiaries liked about the website and what needs they had for a new website. Some people found it difficult to find particular information.

We have therefore been working on the design of a new website with a new website developer to make the website much clearer for people to navigate and with a much cleaner design. The aim is to publish this in 2022 with a new FAQ page and a page with up to date information on access to liothyronine as well as links to our patient videos on our YouTube channel.

The number of page views have reduced on our current website (571,535 page views) due partly to Google changing their algorithms and partly due to our SEO not being as effective as it could be. Our new website will improve both of these and we will therefore improve the number of people visiting our site to find the information they need.

Information Pack

We have continued to keep our Information Pack updated. People still find the Information Pack very useful as they can make notes in the leaflets to look back on rather than keep notes digitally, which a lot of people prefer.

Due to Covid-19, the work on creating a digital Information Pack has been postponed.

Support Network

We have continued to run our Support Network and increase the number of support networkers. Some of the groups started to meet face to face but some prefer to use Zoom meetings as it is easier for everyone.

Our Support Network allows people to meet others with similar conditions and discuss various aspects of their condition and their lives.

Social Media

Our Facebook and Twitter members have continued to grow. We now schedule some of our posts and post regularly to keep our beneficiaries up-to-date. The CEO checks social media comments every day and responds to queries.

"I've appreciated your tweets recently. Thank you for sharing more information and developing my knowledge base about having an underactive thyroid and Hashimoto's disease." Jo

Our online community on HealthUnlocked has grown so much this year. We included our online community in our scheduling of social media so that members received more information that will enable them to take control of their thyroid health.

“Also, can I take this opportunity to thank all the admin involved in running Thyroid UK. I really appreciate the information supplied. I am trying to read and understand the links you recommend.” Dominique

We can see that informational posts on our social media often coincides with requests for further information.



HealthUnlocked members - 125,041 (up by 16,963)

Facebook Followers - 31,456 total followers (up by 6,140)

Twitter Followers - 7,791 (up by 1,965)

Instagram Followers - 3,235

Information Packs - beneficiaries have purchased nearly 300 this year

Other support

We receive emails every day with queries from requesting our information to questions such as, “I have had my liothyronine dosage reduced by my GP and I am feeling ill again” and “I have had three miscarriages and I have a TSH above the range but my GP cannot help me.”



This is heart-breaking for us and we do our very best to help these people by sending them the relevant guidance and important information that they can discuss with their GPs. We know that GPs don't have time to read every guidance that is published so we suggest that people print off the guidance, highlight the relevant area and make an appointment to visit their GP for a shared decision making discussion.

This can often lead to a change in their medication or more testing to see if their thyroid is an issue.

“Thank you for your call Lyn ,that was very kind of you? I really appreciated it, your knowledge is tremendous, something we don't get from NHS or GP.”

Promoting public awareness in regard to thyroid disorders



We continue to promote awareness of thyroid disease via our website and social media pages.

We have promoted various Thyroid Awareness Campaigns including Thyroid Cancer Awareness Campaigns and share relevant social media posts from clinicians, thyroid medical organisations and thyroid patient organisations.

We held two webinars for Welsh Water about the thyroid and treatment so that their employees could help any customers that discussed their thyroid health with them.

We placed various videos onto our YouTube channel including during Thyroid Awareness Week 2021 and World Thyroid Day 2022.

Due to Covid-19 we could not hold a physical conference this year.

Acting as a resource centre and disseminating information

We have kept people updated about any news that might have an impact on them via our social media and member magazine, such as research that has been published and any new guidelines for thyroid and related conditions.

Encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease

We have helped the medical profession by joining meetings with clinicians to discuss a new research study on liothyronine, giving the patient view on the questions to be asked within the research protocol.

We have helped researchers by informing our beneficiaries how they can participate in surveys on various aspects of thyroid disease including diet and thyroid disease, patient forums and nutrition and wellbeing.

We have continued to update our research database with all the latest research into thyroid issues ready to be placed onto our new website so that patients and doctors can access research papers more easily.

Due to COVID-19, the increase in beneficiaries needing information caused a bigger workload on staff. Also the lack of a fundraiser meant we were unable to start work on the James Lind Alliance Partnership. This is a project where clinicians, patients and carers work together to find and prioritise uncertainties in the effects of treatments. These uncertainties are then put into question form for research to answer.

We are confident, however, that now we have a fundraiser, we can start this work soon as we believe it is vital to start this project so that patients can be treated with the medicines that work for them.

Influencing public health policy for the benefit of people affected by thyroid disease

We have had meetings with policy makers to discuss the real life experiences of thyroid patients in order that they can understand exactly how patients are being treated and how this impacts on their lives.



Impact of our Work

An incredible four million people in the UK have thyroid disease - more than 90% of them being women. Both hypothyroidism and hyperthyroidism are seen in 2% of women and 0.2% in men. Subclinical hypothyroidism (untreated hypothyroidism) is present in 10% of the population (6 million of them women). This all makes the push for better diagnosis and treatment a pressing women's health concern.

Thyroid disease is insidious, with myriad serious symptoms that are often missed. Patients must be very persistent, often over years of declining health, before receiving a diagnosis. Of those that are diagnosed, many have unresolved symptoms which are causing them anxiety and distress. Every day we hear heart-breaking stories from previously successful and energetic people of crippling fatigue, abandoned hobbies, social isolation, broken marriages, and wrecked careers, who are too tired to walk the dog or to play with their children. We believe the UK can do better than this.

Thyroid UK is here to help people put the pieces of the puzzle together, empowering them with the knowledge and confidence to work with their doctor, and to be participants in their own care. Policy makers, commissioners and clinicians are increasingly recognising us as the voice of thyroid patients, speaking up for better diagnosis, treatment and management of thyroid diseases.

Newly diagnosed patients are not given very much information on their condition, other than to be given a prescription for their condition and told to take the tablets every day.

They are not told that thyroid disease runs in families and are not given any information on how to take their medication, which is vital for good thyroid health, especially in hypothyroidism as things such as food and drugs can stop absorption and impede their recovery.



People are not told that improvement in their symptoms can take months and that it can be difficult to stabilise their levels. People can then get depressed because they expect to get better almost immediately.

In respect of hypothyroidism, not everyone does well on the standard treatment, levothyroxine. Sometimes, adverse effects from a particular generic brand can cause patients to stop taking their levothyroxine and this can cause their hypothyroid symptoms to last much longer than usual.

Also, it is common for pharmacies to give patients different brands of their medication and patients are not informed that a different brand can cause side effects in some people i.e. lactose or mannitol intolerance.

Thyroid UK explains about the possibility of adverse effects and that different generic brands can vary in how their body reacts. When people find out from us that their new symptoms are caused by a different brand, they are very grateful to us.

Patients are also not informed that there is a possibility that they do not convert levothyroxine into the active hormone, T3, sometimes caused by a particular gene. We inform our beneficiaries why this happens to people and that another hormone replacement treatment, liothyronine, can often make the difference between being very unwell and unable to work effectively and becoming as well as they were before they became ill with hypothyroidism.

People often do not realise how important nutrition is for the thyroid. Without certain vitamins and minerals,

the thyroid system will not work effectively, especially in respect of hypothyroidism.

Thyroid UK guides people through the process of finding out what their issue is so that they can become well again.

Thyroid UK is there to answer questions about these issues and any other questions people might have.

“Thank you so much for all of your help, it's really put my mind at ease!” Kelly

Our Online Community helps thousands of people with their queries and our Support Network is there if they want to speak to someone or meet up in person. Contacting us and connecting with others with thyroid disease can be a lifeline for many people.

Our information helps not only people in the UK but people from all over the world because information such as ours is lacking in other countries.

Thyroid UK often receives requests for help from the husbands, wives or children of people with thyroid disease. They are concerned that they are not getting the help they need and so come to us. We are able to answer their queries, send them the information they need and put their minds at rest.

“Thank you Dionne, my daughter remains healthy & continues to function as a human being thanks to Thyroid UK.” Angela

The queries we receive from people are varied but are mostly about the fact that they are not feeling better on levothyroxine and either want to try liothyronine or have had their liothyronine withdrawn and need help to access it again. These patients are feeling very ill and they are afraid, angry and frustrated.

“Thank you for this very valuable and useful information. I am a member of the online community – it was one the Administrators who mentioned the assistance TUK could provide.”

We signpost people to the relevant thyroid guidance and suggest that they take this to their clinician for a full discussion. However, it is not as easy as that because although some clinicians would like to prescribe liothyronine, as their experience tells them that this is very helpful for some patients, they have no freedom these days to prescribe what they think is necessary. Guidance documents which were meant to be used as a guide for doctors who were not sure of how to treat a certain condition, are now taken as absolute and do not take into account individuality in patients.

The latest guidance on liothyronine means that GPs need to refer all patients to a specialist. However, specialists are extremely busy and it can take over a year to get a specialist appointment now. Because of this, specialist appointments are being rejected and so the patient is left without any help.

If a patient does manage to see a specialist, it is up to the specialist to agree to prescribe liothyronine. Once agreed, there needs to be an agreement in place between the GP surgery and the specialist, and this is another barrier to getting the treatment that makes them well because not all surgeries are willing to agree to this, due to either the cost, or because they have been informed by their local commissioners that they cannot do this.

We give people all of this information so that they know exactly what they need to do to try to get access to an important thyroid hormone treatment. We have helped people regain their liothyronine and helped some people get a trial of this medication.

“Thank you so much for taking the time and trouble in advising me, as well as the provision of information - it's very much appreciated. I'm feeling much reassured.”

Thyroid UK also receives queries from pharmacists and clinicians about obtaining specialist thyroid hormones for their patients such as lactose free levothyroxine or mannitol free levothyroxine. We send them our Medications documents which includes lists of all ingredients of all UK thyroid medications.

People are always grateful for our support and let us know every day.

Our Aims for 2022-23

Our plans for this year are to continue to implement our strategy to ensure that Thyroid UK can be sustainable for years to come. This includes:

- Implementing our People Plan, Premises Plan and CEO Succession plan once sufficient funding is achieved for future organisational structure.
- Undertake a review of the technology environment of the charity as part of the move to new premises.
- Maximise all of our fundraising opportunities including grants and legacies as stated in our fundraising strategy with the help of our fundraiser.

In order to improve the support for our beneficiaries we aim to:

- Continue to campaign for access to appropriate diagnosis and treatment particularly focusing on patient access to T3
- Launch a new website which will make our information much easier to navigate
- Produce information pages about liothyronine (T3) and an FAQ page on our new website
- Produce an information pack to help patients access T3 and inform beneficiaries via Harmony magazine and social media
- Run a dedicated telephone helpline as soon as funds are available
- Look into setting up a James Lind Alliance Priority Setting Partnership
- Look into producing lived experience patient videos and thyroid information videos by clinicians and private practitioners on various nutritional issues.

Providing information and support to people affected by thyroid disease and related conditions

#T3Campaign

We will continue our work on the #T3Campaign including further meetings with NHS England, Healthwatch England, NICE, the Regional Medicines Optimisation Committee (RMOC) and NHS Clinical Commissioners.

We will continue to work with Lord Hunt in striving to make change by asking Parliamentary Questions and hopefully further debates in the House of Lords.



We need to push for access to liothyronine along with the most effective dosage for people that need this medication to resolve all of their symptoms of hypothyroidism.

We plan to design a Patient Pack of information to help patients understand what liothyronine is, whether they need it and how to work with their clinician to access it, which is still extremely difficult for a lot of patients.

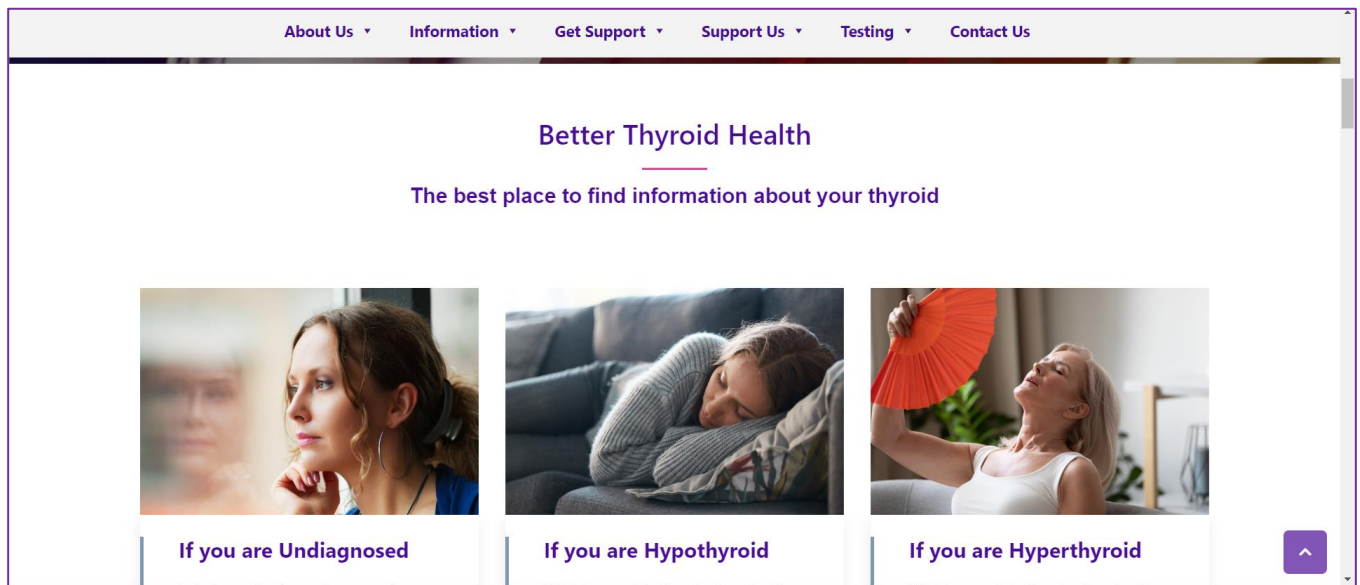
Some people find that certain brands do not suit them due to particular ingredients i.e. lactose. We want to help them find the most effective brand that works for them, depending on the inactive ingredients of the brand.

The pack will include template letters to clinicians, ICBs, Healthwatch and endocrinologists to help them obtain liothyronine if it is needed.

Telephone Helpline

We plan to organise a dedicated telephone helpline manned by people trained in all areas of thyroid diagnosis and treatment once funding is obtained.

New website



We will launch a new website that is much cleaner to view and much easier to navigate so that people can find the information they need much more quickly.

New information pages will be added in respect of liothyronine and an FAQ page that will cover the questions Thyroid UK is constantly asked so that the information is quick for people to find

Information pack

We will continue to update our Information Pack and include any relevant new patient information leaflets.

Support Network

We will endeavour to recruit more support networkers to support those people with thyroid disease and related disorders.

Our online community

Membership of our online community on HealthUnlocked has continued to grow and we plan to recruit more admins to ensure that we have enough to monitor the site and also to answer queries. We will continue to keep members updated with thyroid news and information.

Promoting public awareness in regard to thyroid disorders

Social Media

We aim to increase the number of followers on our social media platforms by recruiting a social media comms expert to help us plan and schedule relevant posts in order to spread awareness of how thyroid disease can affect people. We also want to increase the number of clinicians and policy makers in the UK who follow us in order to work with them in the future.

Webinars

We aim to provide virtual webinars on the subjects that impact our beneficiaries and place them onto our website and our YouTube channel. This is another opportunity to access information, and may be preferable for some people.

Acting as a resource centre and disseminating information

We will continue to send out information to members of the public when requested including template letters for people to take to their GP, endocrinologist, pharmacist and ICB in order to help them access the medication that helps them feel well and be able to live a normal work, social and family life.

We will continue to update our research database in readiness for placing onto our new website so that patients and doctors can access research papers more easily.

Encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease

As soon as funds are available, we will be looking into setting up a James Lind Alliance Priority Setting Partnership for research into thyroid disease and related disorders. This will bring together patients, clinicians and researchers to discuss which research patients really want i.e. which questions they want answered.

The James Lind Alliance, funded by the National Institute for Health Research, organise Priority Setting Partnerships, which “enable clinicians, patients and carers to work together to identify and prioritise uncertainties about the effects of treatments that could be answered by research.”

Thyroid UK believes this to be a very important project that will lead to changes in the way thyroid disease is diagnosed and treated.

Influencing public health policy for the benefit of people affected by thyroid disease

We will continue to push for change in the way thyroid disease is diagnosed and treated by working with policy makers such as NHS England, local Integrated Care Boards and PrescQIPP.



How you can support us

Thyroid UK relies on donations to keep us running. We do not receive any Government funding and rely on donations from our beneficiaries to continue the work we do to help people with thyroid disease. Thyroid disease can affect anyone – young, old, male, female, family, friends, work colleagues so it is important that we keep running. There are various ways you can support us and many of them won't cost you a penny:

Become a Member

By becoming a member, you not only receive our quarterly magazine, Harmony, which is full of interesting and relevant articles, you will be supporting us financially too so that we can help to improve the lives of people who have thyroid conditions. You will also have first chance of purchasing tickets for our conferences and webinars.

You can donate to us

Paypal – just go to our website and click the link at the top of the page.

Donr – you can donate £5 to us by simply texting **THYUK** to **70085**

THYUK TO 70085

Organise donations in lieu of flowers

Some families kindly ask friends and relatives to donate to charities instead of sending flowers to the funerals of their loved ones. This will not only support us but it will raise awareness too.

Leave a gift in your will

This is a really special way to support Thyroid UK and our work. Thyroid UK has partnered with Bequeathed to offer their supporters a **free** online Will for Good. Just visit their website – <https://www.bequeathed.org/> – at a time that suits you and follow the simple steps to create your draft Will. You can get started straight away by completing an online interview which takes just 20 minutes.

If you have any queries about how to do this, please do contact us by emailing enquiries@thyroiduk.org or by calling us on **07305 568010**.

Fundraise for us

There are several ways you can fundraise for us while you shop that will only take a few minutes of your time and will not cost you a penny:

<https://www.easyfundraising.org.uk> - this is a directory listing all of your favourite stores including Argos, Amazon, Marks and Spencer, George at Asda, Wilko, Tesco and many, many more.

All you have to do is go to the easyfundraising website and register. Once you have registered, just search for the store you want and start shopping. You can also down- load a reminder that will pop up when you shop online. It's so easy to support us this way!

Collection boxes

We have two types of collection boxes - one for home and one for display in shops etc. If you have a local shop that you use often, they may be willing to place a collection box on their counter - <http://www.thyroiduk.org/tuk/donate/collection-box.html>

Recycling

You can recycle lots of things to support us - your jewellery, including costume jewellery and your postage stamps (especially at Christmas, birthdays and anniversaries). You can also recycle any old money you find and even your car!

Challenges

If we have helped you get better, you may be well enough to take up a challenge to support us. There are many challenges from walks, runs and taking your dog for a jog! If you are not well enough, you may have a family member, friend or work colleague who might be up for a challenge!



Wedding Favours

We have lovely butterfly pin badges that fix onto special personalised cards for the tables of your guests. These would be a lovely gift that they can keep to remember the occasion.

Bake Days

You could hold a bake day in your local community or in your home to raise awareness and raise funds for us. Some people have held these in their workplace which has been a lot of fun for everyone.

Become a corporate partner

Working with Thyroid UK as a corporate partner could really help make changes in the way thyroid disease is diagnosed and treated. We are always willing to discuss new opportunities with any company that would like to work with us.

Where can I find this information?

You can find out about all the ways to support us by going to the “How you can help us” section of our website - www.thyroiduk.org

If you or someone you know would like to support us please do contact us on enquiries@thyroiduk.org or telephone us on **07305 568010**.



Thank You for your Support!

Donations

Even though this year has been tough, so many people have supported us financially in a variety of ways from donating via our website, via Donr texting and adding a donation to membership fees. Some brave people have raised so much money for us such as doing the London Marathon. Other people have raised funds for us by placing collection boxes either in their homes or in local shops.

All of these donations help to keep us running and also to help us to pay for being members of some organisations such as the Fundraising Regulator and the National Council for Voluntary Organisations who help us with a lot of governance work. The donations also pay for us to hold meetings with clinicians and other thyroid groups as well as beneficiaries.

Purchasing small items like Christmas cards and our pin badges brings in funding for us too and at the same time, gives pleasure to the people receiving them.

Corporate Partners

We would like to thank our partners who support us and/or our beneficiaries:

Testing Companies:

Medichecks Ltd, Monitor My Health, Genova Diagnostics, Blue Horizon Medicals, Regenerous Laboratories Ltd, Thriva Ltd., Phoenix Pathology, Cambridge Nutritional Sciences and Smartblood.

Vitamin Companies:

Revital, Cytoplan, Your Nutrition Shop and G & G Vitamins.

Online companies:

Amazon Smile, Easyfundraising, Charitable Bookings, Ebay, Shop and Donate, Recycling for Good Causes, Medipal, Unity Lottery and The Giving Machine.

Without these donations, Thyroid UK could not continue to help people in their quest for better thyroid health.

Volunteers

We would like to give our heartfelt thanks to all of our volunteers for the hard work that they do for us and our beneficiaries. You are the mainstay of the support our beneficiaries receive and we are truly grateful that you continue to work with us.

Our Support Network

Our Support Networkers are always there to help thyroid patients whether it is by phone, email or in a group setting.

HealthUnlocked Admins

Our HealthUnlocked Admin team answer all queries received on our online community as well as moderate our forum. We have really excellent feedback about how they helped people understand their thyroid issues.

Book Review Panel

Our Book Review Panel do a magnificent job of writing reviews for our member magazine, Harmony which helps our members to decide on whether to purchase a particular book to see if it would help them.

Research Papers Co-ordinator

Jane continues to enter data from new research papers into our research database, which is a very repetitive task but she does it anyway.

Our volunteers work tirelessly for us even on weekends when the office is closed and we don't say "thank you" enough.

Staff

As always, we would like to thank the Thyroid UK staff for their excellent work in often very trying situations. One day we will have a proper office where the temperature is constant and there is room to work!



Heidi Griggs (Financial Admin), Lyn Mynott (CEO), Louise Hickey (PA to CEO)

Trustees

A huge thank you goes to our trustees for all the hard work they do in governing Thyroid UK and helping the CEO to learn about things such as Risk Management etc.

Thyroid Groups

Thyroid UK has worked a lot over the past year with the other UK thyroid organisations – The British Thyroid Foundation, The Thyroid Trust, Thyroid Patient Advocacy, Improve Thyroid Treatment (ITT) and Thyroid Support Group Norfolk.

We have worked many hours with them writing feedback on liothyronine policy and guidance and joining meetings to discuss the next steps.

Lord Hunt and Lord Borwick

Special thanks goes to Lord Philip Hunt of Kings Heath and Lord Borwick who have so graciously spent their precious time working on debates, Parliamentary Questions and meetings to try to help us change liothyronine guidance. They have helped so much in bringing thyroid issues to the fore in the House of Lords, the Department of Health and Social Care, NHS policy makers and commissioners. We could not have done a lot of the work on liothyronine without them.

Legal and Administrative

Thyroid UK is a Registered Charity and Company Limited by Guarantee

Registered Charity Number:

1125270

Registered Company Number:

6254073

Registered Office:

32 Darcy Road
St Osyth
Clacton on Sea
Essex
CO16 8QF

Directors of the Company:

Mrs Lyn Mynott
Mr Peter Warmingham (resigned on 23rd April 2022)
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson
Dr Carlo Castellana

Board of Trustees:

Mrs Lyn Mynott
Mr Peter Warmingham (resigned on 23rd April 2022)
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson
Dr Carlo Castellana

Chair:

Ms Lydia Bailey (from February 2021 to February 2022)
Mrs Sara Parker (from February 2022)

Treasurer: Mrs Joanne Coulson

Patrons:

Dr Chris Steele MBE
Piers Hernu
Michael Rosen
Lisa Francesca (Chessy) Nand

Chief Executive: Mrs Lyn Mynott

PA to Lyn Mynott: Miss Louise Hickey

Financial Administrator/Bookkeeper:

Mrs Heidi Griggs

Medical Advisers:

Dr Sarah Myhill
Professor Dr Rudolf Hoërmann, MD PhD;
Dr John Midgley B.Sc (Leeds) D Phil
(Oxford Dr Johannes W Dietrich M.D.

Bankers:

Barclays Bank PLC
27 Station Road
Clacton on Sea
Essex
CO15 1TD

Independent Examiner:

David Wiggins BA (Hons)
15 Station Road
Alresford
Colchester
Essex
CO7 8BT

Solicitors:

Fisher Jones Greenwood Charter
House
Newcomen Way Colchester Business
Park Colchester
CO4 9YA

The Annual Report 2022 incorporating the Annual Report and Accounts is also available online.
Please visit www.thyroiduk.org

Structure, Governance and Management

Board of Trustees

The trustees for the purposes of Charity law and under the Company's Articles are known as members of the Board of Trustees. As the charity is also a Company Limited by Guarantee, the trustees are also directors of the company. The Board of Trustees meet four times a year to provide strategic direction and oversee current projects. They also meet once a year for a strategic planning meeting.

The Board consists of up to a maximum of ten members. An AGM is held annually. Trustees are elected at the AGM by the directors for a term of two years and are then eligible for re-election. A non-executive Chair, Deputy Chair and Treasurer are elected annually.

The Board exercises fiscal oversight, the appointment of the CEO and takes the lead on strategic risk management.

New trustees are recruited via professional trustee recruitment processes. We aim to recruit new trustees with diverse experience and perspectives to better help the charity achieve its aims. New trustees are given an Induction Pack, asked to sign a Code of Conduct form and complete a Declaration of Interest form.

The trustees confirm that they comply with the current statutory requirements of the charity's governing document and with GDPR. Our privacy policy is available on our website and we are registered with the Commissioner's Office. We are also registered with the Fundraising Regulator.

Most of the Thyroid UK trustees have some lived experience of having to deal with thyroid disease either directly or through family members which helps them understand how patients feel and which guides the strategic direction Thyroid UK should take.

Staff

The Board of Trustees delegates the day to day running of the charity to the Chief Executive Officer (CEO), Lyn Mynott. Lyn Mynott is the founder of Thyroid UK and is the driving force of the charity. She is passionate about changing the lives of people with thyroid disease who remain unwell and is determined to campaign for better thyroid health. The CEO works full time with some of her hours being voluntary.

The CEO is supported by her Personal Assistant (PA), Louise Hickey and a part time financial administrator/bookkeeper, Heidi Griggs.

Our accountant examines the accounts for us on a voluntary basis, for which we are very grateful.

Salaries

The salary for the Chief Executive is reviewed and set regularly by the Board of Trustees.

Our approach to paying our staff is to pay them as fairly as we can given the limitations of our budget and to ensure we are fully compliant with all legislative requirements such as the National Minimum Wage.

The trustees do plan to set the salaries of all staff to be comparable with other charities of our size as soon as possible.

Volunteers

Thyroid UK is very lucky to have a large team of volunteers who help us to run Thyroid UK and support our beneficiaries.

Our support networkers hold groups where people can meet either in person or remotely, run a telephone helpline or can be contacted by email. Our Support Network list includes Thyroid UK support groups and

independent thyroid support groups.

We have three medical advisers, one of whom is an endocrinologist, one of whom is a medical researcher and the other is a private naturopathic physician. Sadly, one of our medical advisers stepped down this year.

Our book review panel review relevant books for our magazine and we also have a volunteer who keeps our research database up to date.

Our Online Community is hosted on HealthUnlocked and monitored by our amazing admin team who work very hard monitoring the site and ensure that members do not stray from our very strict guidance. They are also very adept at answering questions and dealing with any problems.

Going concern

The trustees have reviewed the charity's activities, financial position and risk management policies together with the factors likely to affect future development including the impact of Covid-19 related and cost of living related uncertainties in respect of voluntary donations and other income.

They have concluded that it is reasonable to expect the charity to have adequate resources to continue in operational existence for the foreseeable future.

Accordingly, the going concern basis of accounting continues to be adopted in preparing the financial statements.

Public Benefit

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing our objectives and working on our strategy, work plans and future activities.

Risk Management

Thyroid UK is committed to effective risk management. We have processes that ensure significant risks associated with the delivery and provision of our work and services are recognised, assessed, planned for and appropriately managed.

The Board of Trustees has ultimate responsibility for risk management of the charity. The Board delegates day-to-day responsibility for management of risks to the Chief Executive Officer (CEO). The CEO is responsible for the implementation of the risk management framework, monitoring of risks and controls, and reporting back to the Board on the effectiveness of controls. The CEO is also responsible for ensuring that significant crystallised risks and "near misses" including data breaches are escalated to the Board.

As part of the risk framework, the CEO is responsible for the maintenance of the Risk Policy and Risk Register. Material changes to the Risk Policy are approved by the Board. The Risk Register is reviewed at every board meeting.

Thyroid UK adheres to the Charity Commission's "Governance Code for Smaller Charities" and we regularly review our work to ensure we meet the code.

During 2021-22 the trustees were satisfied that risk management was undertaken in a satisfactory manner and responded to challenges. For instance, we monitored our income and expenditure on a monthly basis to ensure that we had sufficient funds in our reserves in case of closure due to the energy crisis.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Thyroid UK for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the 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 in the Charities Statement of Recommended Practice: Accounting and Reporting by Charities (2015)
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Generally Accepted Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant independent examination information of which the charitable company's independent examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant independent examination information and to establish that the independent examiner is aware of that information.

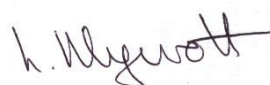
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examination

A resolution to re-appoint Mr David Wiggins as Independent Examiner will be proposed at the Annual General Meeting on 20th February 2023

This Annual Report has been prepared under the Small Company's Regime and is therefore exempt from audit.



Lyn Mynott
Director and Trustee



Joanne Coulson
Director and Trustee

Approved on behalf of the Board of Trustees on
18th February 2023

Report of Independent Examiner Year ended 31st May 2022

I report on the accounts for the year ended 31st May 2022.

Respective responsibilities of the Trustees and Independent Examiner

The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commissioners section 145(5)(b) of the 2011 Act;
- and state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission.

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 seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in a full audit, and consequently I do not express an audit opinion on the accounts.

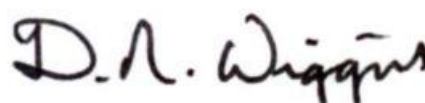
Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

- (1) which give me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with s.130 of the 2011 Act; or
 - to prepare accounts which accord with these accounting records 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 independently examined the charitable company financial statements of Thyroid UK for the year ended 31 May 2022 which comprise the Statement of Financial Activities (incorporating an income and expenditure account), the Company balance sheet and the related notes.

The financial statements have been prepared under the accounting policies set out therein.



David Wiggins BA (Hons)
15 Station Road,
Alresford,
Colchester,
Essex
CO7 8BT

Dated: 21st February 2022

Financial Review

The financial results for the year are represented by the Statement of Financial Activities (incorporating an Income and Expenditure report).

Overview

We had an income in 2021/22 of £94,444 and an expenditure of £91,376, resulting in a surplus of £3,068. Therefore, 2021/22 has been a better year than 2020/21, which had a surplus of £1,288.

Income

Our overall income has increased by £17,454 this year. Our information pack sales have increased and our information pack costs have remained the same as last year.

We have seen a rise in our membership this year, which is reflected in an increase in membership income (and associated membership costs – see below).

Test commissions have risen this year, possibly due to the easing, and then end, of Covid-19 restrictions. We have seen a decrease in Other Commissions, particularly from the supplement provider Revital.

General donations have seen a decrease this year, possibly because of the cost of energy for our beneficiaries.

We have seen an increase in our sponsorship income this year, this was to be expected with many fundraising events back up and running.

Our Gift Aid income has increased this year but our merchandise sales have only increased slightly.

We received a grant of £1,500 to employ an apprentice as part of the Government's Kick Start scheme and received our wages costs back. However, after one month the candidate resigned from the position. We were not required to pay back this money. The grant was unrestricted.

Expenditure

Our overall expenditure has increased by £15,674 this year.

In conjunction with the increased sponsorship income, there has been an increase in our Raising Funds expenditure. This is primarily payment for t-shirts for events and the event places themselves.

There has been an increase in membership costs due to an increase in membership income and the majority of members still receiving our Harmony magazine in the post.

Staff wages have increased again this year due to staff changes, but are still below the national average for comparable roles.

Board meeting costs have reduced again this year as we continued to hold these remotely via Zoom.

We have seen a slight increase in our Support Costs this year due to some computer and telephone/internet technical issues along with a slight increase in rent.

Bank accounts

Thyroid UK has four bank accounts as follows:

- Barclays Bank Account - for the day to day running of the organisation
- Barclays Bank Savings Account - for restricted and designated funds
- Petty Cash
- PayPal

All bank accounts are reconciled daily. A financial summary is provided at Board Meetings. The Barclays Bank Accounts are Community Accounts that offer free banking and support for small charities.

Tangible fixed assets and depreciation

All tangible fixed assets costing more than £500 are capitalised and depreciated. Depreciation of fixed assets is calculated to write off the cost of each asset over the term of its estimated useful life (buildings 5 years, equipment 3 years). Assets are written off on a straight-line basis. All of our Fixed Assets are currently written off.

Subscriptions and donations

These are credited to the Statement of Financial Activities as received.

Publication sales

Sales of books and publications are credited to the Statement of Financial Activities in respect of sales for the year. No value is placed on book stocks.

Reserves policy

In accordance with our reserves policy, Thyroid UK aims to have reserves of three months of current running costs plus costs of closure.

The reserves are required for Thyroid UK to meet contractual liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under leases; meeting unexpected costs that the charity may incur; replacing equipment as it wears out and ensuring that the charity can continue to provide a stable and quality service to those who need them.

Thyroid UK currently has sufficient reserves set aside as set out in the policy. In the event of reserves dipping below the target Thyroid UK will aim to restore the reserves to the minimum level within 12 months. This could be achieved by increased fundraising, increasing earned income or reducing expenditure.

If reserves exceed our target Thyroid UK will consider the likely expenditure over the next year and aim for reserves to return to our target level by the end of two years. This could be achieved in multiple ways aimed at improving the services that the charity provides to our beneficiaries.

The trustees consider current costs of closure and examine the level of reserves each year when setting the following years' budget. The reserves policy is reviewed every year.

Related Party Transactions

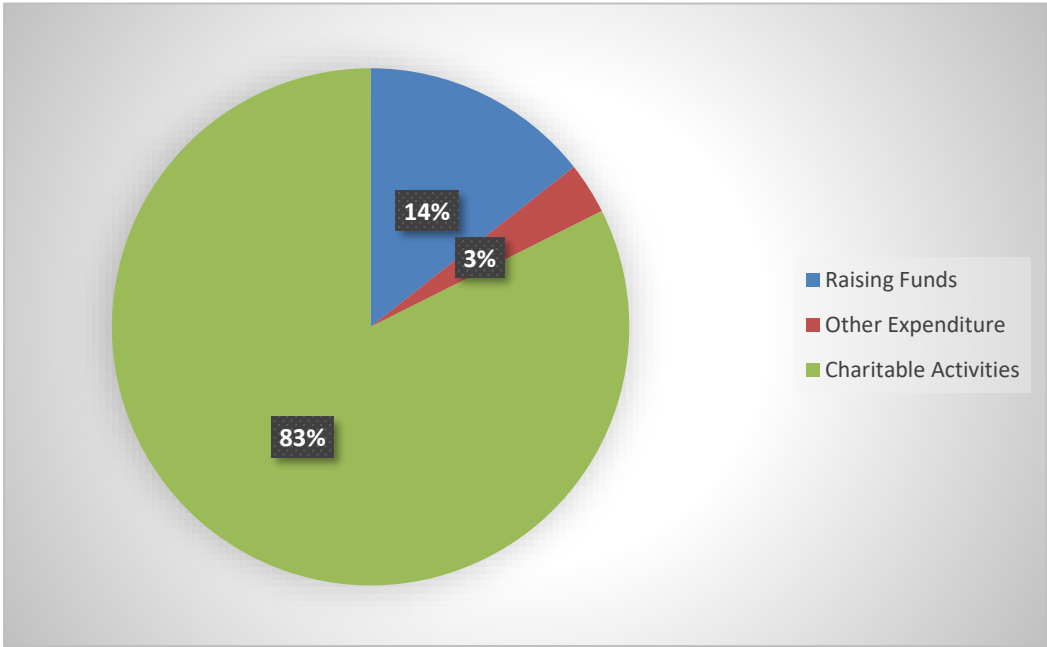
Thyroid UK is a registered charity and company limited by guarantee and does not have a share capital. The trustees have no financial interest in the charity's results or assets and received no remuneration for acting in that capacity.

There were no trustee expenses paid in this financial year.

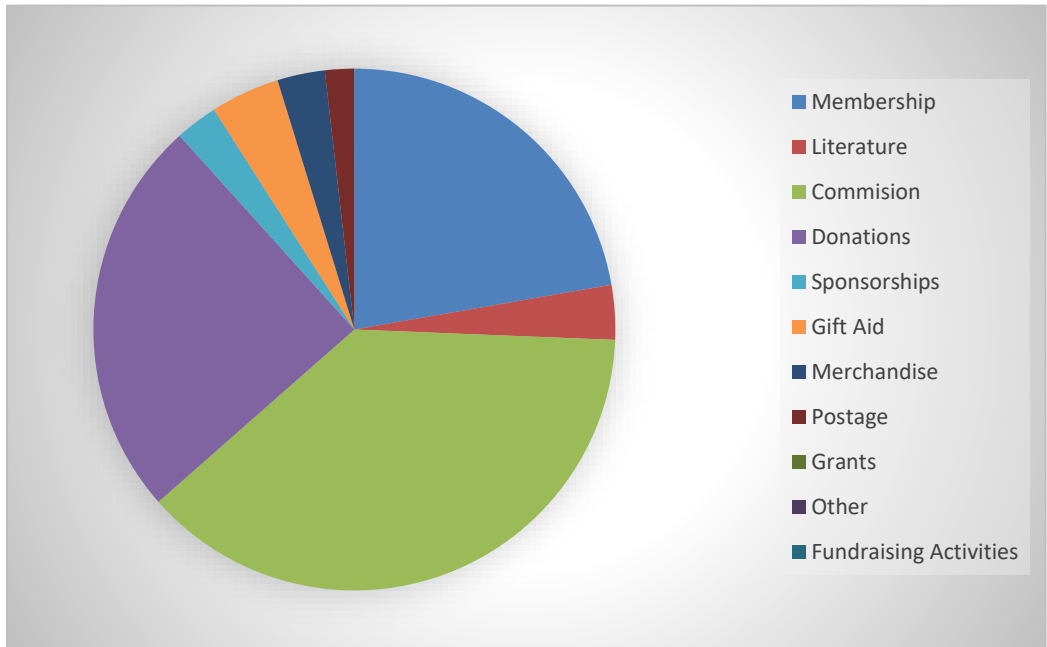
The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £201. The indemnity is limited to £100,000.

Statement of Financial Activity (SoFA)

2021

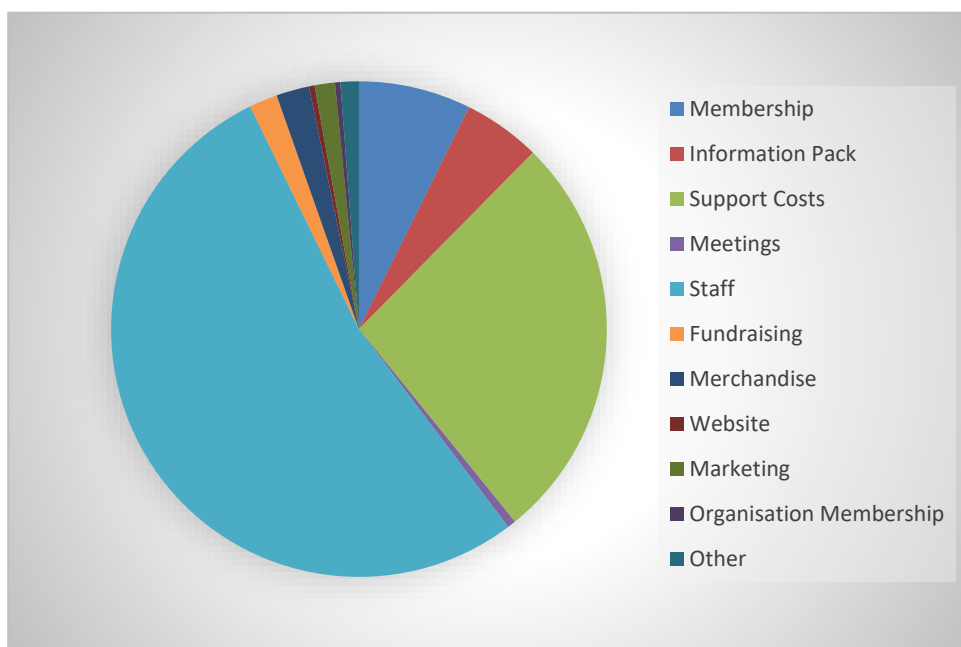


2022

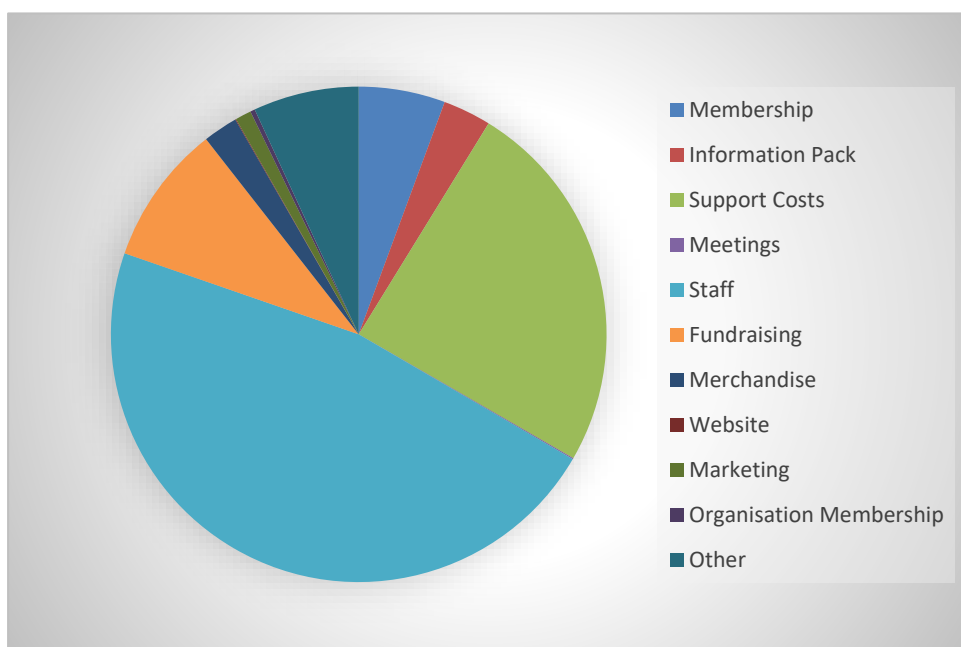


Where the Money Came From

2021

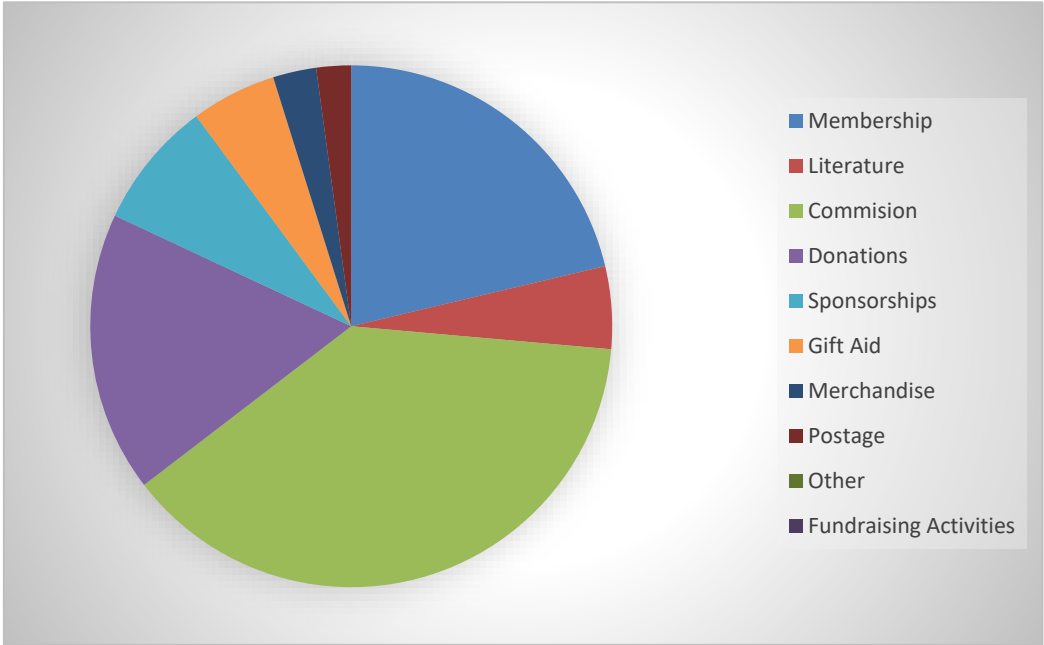


2022

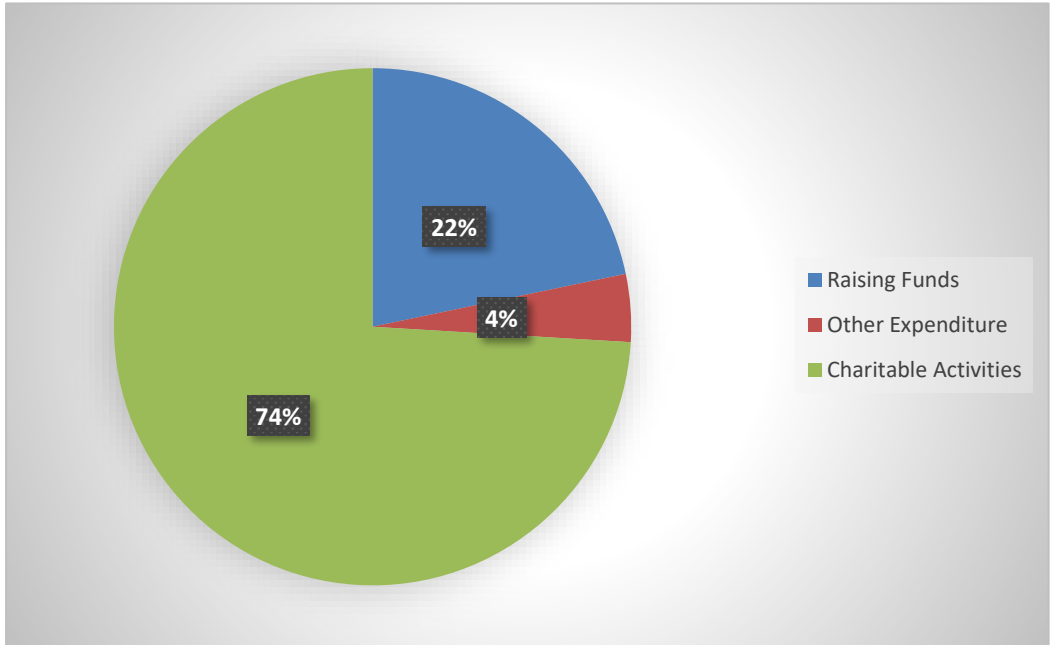


Where the Money was Spent

2021



2022



Statement of Financial Activities

Year Ended 31st May 2022

	Unrestricted Funds £	Restricted Funds £	Total Funds £	<i>Prior Year Total Funds £</i>
Income and Endowments from				
Donations and Legacies	30,568.13	0	30,568.13	24,422.98
Income from Charitable Activities	26,274.53	0	26,274.53	21,116.58
Other Trading Activities	37,604.57	0	37,604.57	31,436.19
Other Income	(3.05)	0	(3.05)	14.64
Income and Endowments Total	94,444.18	0	94,444.18	76,990.39
 Expenditure on				
Raising Funds	19,846.43	0	19,846.43	10,890.27
Expenditure on Charitable Activities	67,662.95	0	67,662.95	62,368.49
Other Expenditure	3,867.59	0	3,867.59	2,443.05
Expenditure Total	91,376.97	0	91,376.97	75,701.81
Net Incoming/Expenditure Resources Before Transfer	3,067.21	0	3,067.21	1,288.58
 Transfers				
Gross Transfers Between Funds - in	0	0	0	0
Gross Transfers Between Funds - out	0	0	0	0
 Other Recognised Gains/Losses				
Gains/Losses on Investment Assets	0	0	0	0
Gains on Revaluation, Fixed Assets, Charity's Own Use	0	0	0	0
Net Movement in Funds	3,067.21	0	3,607.21	1,288.58
 Reconciliation of Funds				
Total Funds Brought Forward	56,263.81	0	56,263.81	54,975.23
Total Funds Carried Forward	59,331.02	0	59,331.02	56,263.81

Thyroid UK Company No 6254073

Balance Sheet as at 31st May 2022

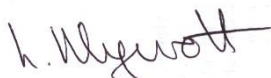
		As at 31/05/2022	As at 31/05/2021	
Fixed Assets	Building	0	0	
	Building Depreciation	0	0	
	Office Equipment	0	0	
	Office Equipment Depreciation	0	0	
	Total Fixed Assets	0	0	
Current Assets	Prepayments	0	0	
	Barclays Current Account 137	27,644.84	21,930.51	
	Holding Account 935	29,610.60	29,607.64	
	Petty Cash	74.40	138.15	
	PayPal	1,701.18	1,222.15	
	Accounts Receivable	0	3,607.60	
	Total Current Assets	59,031.02	56,506.05	
Liabilities	Accruals	0	0	
	Wages Control Account	0	173.54	
	People Per Hour	(300.00)	(56.10)	
	Accounts Payable	0.00	124.80	
	Total Liabilities	(300.00)	242.24	
Net Asset surplus (deficit)		59,331.02	56,263.81	
Reserves		Total Reserves	59,331.02	56,263.81
Represented by Funds	Unrestricted	59,331.02	56,263.81	
	Designated	0	0	
	Restricted	0	0	
	Total	59,331.02	56,263.81	


For the year ending 31/05/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the Board of Trustees:


Lyn Mynott, Chief Executive


Joanne Coulson, Treasurer

Income & Expenditure Report

Year Ended 31st May 2022

	Unrestricted £	Restricted £	Total This Year £	Last Year £
Income and Endowments from				
Donations and Legacies				
Donations	15,983	0	15,983	19,091
Grants	2,441	0	2,441	0
Sponsorship	7,287	0	7,287	2,031
Gift Aid	4,856	0	4,856	3,300
Donations and Legacies Totals	30,568	0	30,568	24,422
Income from Charitable Activities				
Information Pack Sales	4,666	0	4,666	2,492
Back Issue Sales	38	0	38	108
Sales Postage	1,976	0	1,976	1,380
Fundraising Activities	0	0	0	0
Membership	19,593	0	19,593	17,135
Income from Charitable Activities Totals	26,274	0	26,274	21,116
Other Trading Activities				
Test Commission	32,525	0	32,525	26,057
Other Commissions	2,610	0	2,610	3,110
Merchandise Sales	2,469	0	2,469	2,267
Other Trading Activities Totals	37,604	0	37,604	31,436
Other Income				
Bank Interest	2	0	2	14
Miscellaneous	10	0	10	0
Refunds	(17)	0	(17)	0
Other Income Totals	(3)	0	(3)	14
Income and Endowments Totals	94,444	0	94,444	76,990

	Unrestricted	Restricted	Total	
	£	£	This Year	Last Year
			£	£
Expenditure on				
Raising Funds				
Raising Funds	8,737	0	8,737	1,406
Merchandise Costs	2,166	0	2,166	1,639
Staff Wages - Raising Funds	2,898	0	2,898	2,365
CEO Wages - Raising Funds	1,266	0	1,266	1,181
Support Costs - Raising Funds	4,778	0	4,778	4,297
Raising Funds Totals	19,846	0	19,846	10,890
Expenditure on Charitable Activities				
Information Pack Costs	3,008	0	3,008	3,845
Sundries	392	0	392	115
Magazine and Membership Costs	5,398	0	5,398	5,581
Staff Wages - Charitable Activities	23,847	0	23,847	21,178
CEO Wages - Charitable Activities	16,457	0	16,457	15,361
Support Costs - Charitable Activities	17,212	0	17,212	14,738
Charitable Activities Sundries	17,212	0	17,212	14,738
Website Costs	52	0	52	275
Organisation Membership	292	0	292	262
Advertising and Marketing	1,000	0	1,000	1,009
Expenditure on Charitable Activities Totals	67,662	0	67,662	62,368
Other Expenditure				
Staff Wages - Other Costs	232	0	232	123
CEO Wages - Other Costs	180	0	180	168
Support Costs - Other Costs	1,501	0	1,501	1,350
Office Sundries	226	0	226	280
Kick Start Expenses	462	0	462	0
Bank Charges	247	0	247	185
PayPal Charges	472	0	472	334
eBay Fees	1	0	1	0
Miscellaneous Expenses	77	0	77	0
Staff Wages Overview	1	0	1	0
Other Expenditure Totals	3,867	0	3,867	2,443
Expenditure Totals	91,376	0	91,376	75,701
Net Income/Deficit	3,068	0	3,068	1,289

Notes to the Accounts

Note 1 – Staff Wages Costs Admin #1 Split Based on Time Allocation

		0% Governance	10% Charitable Activities	10% Raising Funds	0% Other Costs
Wages	£9,611.52*	£0	£961.15	£961.15	£0
Total	£9,611.52*	£0	£961.15	£961.15	£0

*Includes £7,689.22 shown under Bookkeeping in Support Costs

Note 2 – Staff Wages Costs Admin #2 Split Based on Time Allocation

		0% Governance	100% Charitable Activities	0% Raising Funds	0% Other Costs
Wages	£632.61	£0	£632.61	£0	£0
Total	£632.61	£0	£632.61	£0	£0

*June 2021 to October 2021

Note 3 – Staff Wages Costs Admin #3 Split Based on Time Allocation

		0% Governance	100% Charitable Activities	0% Raising Funds	0% Other Costs
Wages	£259.16	£0	£259.16	£0	£0
Total	£259.16	£0	£259.16	£0	£0

*Temp October 2021

Note 4 – Staff Wages Costs Admin #4 Split Based on Time Allocation

		0% Governance	10% Charitable Activities	10% Raising Funds	0% Other Costs
Wages	£3,124.00*	£0	£312.43	£312.43	£0
Total	£3,124.00*	£0	£312.43	£312.43	£0

*Includes £2,499.47 shown under Bookkeeping in Support Costs

Note 5 – CEO Wages Costs

Split Based on Time Allocation

		1%*	91%	7%	1%
		Governance	Charitable Activities	Raising Funds	Other Costs
Wages	£18,085.51	£181.16*	£16,457.77	£1,265.99	£180.86
Total	£18,085.51	£181.16*	£16,457.77	£1,265.99	£180.86

*Shown in Support Costs

Note 6 – PA to CEO Wages Costs

Split Based on Time Allocation

		1%*	91%	7%	1%
		Governance	Charitable Activities	Raising Funds	Other Costs
Wages	£23,218.80	£232.18*	£21,129.12	£1,625.32	£232.19
Total	£23,218.80	£232.18*	£21,129.12	£1,625.32	£232.19

*Shown in Support Costs

Note 7 - Fixed Assets

Tangible Assets	Buildings	Equipment	Total
Cost	£	£	£
At 1 June 2009	4,570	545	5,115
Additions	0	0	0
At 31 May 2020	4,570	545	5,115
Depreciation			
At 1 June 2019	4,570	545	5,115
Charge for the Year	0	0	0
At 31 May 2020	4,570	545	5,115
Net Book Amount			
At 31 May 2020	0	0	0

All fixed assets are held for use on a continuing basis for the purpose of charity activities.

Note 8 – Support Costs

	Total	Charitable Activities 77%	Raising Funds 17.5%	Other Costs 5.5%
Support Costs				
Rent and Rates	£2,417.64	£1,861.58	£423.09	£132.97
Telephone and Internet	£623.56	£480.14	£109.12	£34.30
Office Equipment	£639.26	£492.23	£111.87	£35.16
Premises Expenses	£0	£0	£0	£0
Repairs and Renewals	£66.36	£51.10	£11.61	£3.65
Computer Equipment	£5,403.86	£4,160.97	£945.68	£297.21
Health & Safety	£70.80	£54.52	£12.39	£3.89
Postage and Carriage	£2,004.34	£1,543.34	£350.76	£110.24
Stationery	£4,011.25	£3,088.66	£701.97	£220.62
Bookkeeping	£10,218.02	£7,867.88	£1,788.15	£561.99
Volunteers Expenses	£0	£0	£0	£0
Sub Total	£23,613	£18,182	£4,132	£1,299
Governance				
Board Meetings	£525.00	£404.25	£91.88	£28.88
Staff Wages	£232.18	£178.78	£40.63	£12.77
CEO Wages	£180.87	£139.27	£31.65	£9.95
Companies House	£13.00	£10.01	£2.28	£0.72
Training	£86.00	£66.22	£15.05	£4.73
Other Meeting Reimbursable	£14.07	£10.83	£2.46	£0.77
Other Meetings	£53.78	£41.41	£9.41	£2.96
Sub Total	£1,104.90	£850.77	£193.36	£60.77
Includes the Following Costs Shown Separately on the I&E				
Information Pack Stationery	£3,008.43			
Membership and Magazine Stationery	£802.25			
Total	£3,810.68			
Support Costs Total	£24,717.90	£19,032.77	£4,325.36	£1,359.77

The Thyroid UK Trustees have agreed to hold designated funds in reserve for the purposes detailed below.

Note 9 – Funds Designated by the Trustees

	Opening Balances	Incoming Resources	Outgoing Resources	Closing Balances
Membership	£3,407	£0	£3,407	£0
Insurance	£544	£0	£544	£0
Office Equipment	£494	£6	£500	£0
Survey Monkey	£0	£0	£0	£0
Reserves (as per Reserves Policy)	£29,562	£45	£0	£29,607
Total	£34,007	£51	£4451	£29,607

The trustees resolved to close the designated funds and all balances were transferred to the general fund in June 2020 to make the financial reports clearer.



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