




Thyroid  
UK

# Annual Report and Accounts 2023 - 2024

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 2024.

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



Thyroid UK has had another very busy year and we have had our ups and downs just like other charities in this financial climate. The cost of living crisis has affected us as well as the people we support.

We did manage some great achievements though, this year. One big project was our new website, which we launched in October. We are so pleased that we finally managed to get this work done and it has made things so much easier for people to find the information they need.

We have attended various meetings to discuss thyroid diagnosis and treatment which we hope will bring change. We have held meetings with two possible new partners. Working with them will help our beneficiaries so we are looking forward to starting working with them.

We have had a social media audit which has informed us of better ways to use our social media so that we can not only help people but also to spread awareness.

A significant achievement is the increase in the number of people we have helped this year by providing support in a way that suits each person's needs whether it be by answering their queries; sending them information; pointing them to other organisations or making suggestions for ways to better improve their thyroid health.

I was guest speaker for a Kirklees Council webinar held for their employees which we hope will lead to more of this kind of project as we plan to spread the word further afield.

I have organised some Thyroid UK webinars this year which were extremely well attended and also placed onto our YouTube channel so that members of the public can find them too.

We continue to fight for better treatment for thyroid patients especially treatment with liothyronine (T3) and we aim to work even harder next year.

I have helped several researchers in their quest to find out the issues for thyroid patients which I hope will mean that things will change sooner rather than later.

We do need more funds to enable us to continue all of this work so do please help us if you can.

I would like to say thank you to all those that support us. We wouldn't be here if it weren't for this support. We are always very grateful to those that help us.

We will continue to work in order to make things better for thyroid patients. Let's hope that things improve soon.

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

Lyn Mynott  
Chief Executive



# Statement from the Chair of Trustees



2023/2024 has been another year of important progress for Thyroid UK.

Against the background of a tough economic climate, we have continued our work to strengthen the sense of community and the support we provide for people affected by thyroid conditions. Expanding and improving our provision for our beneficiaries remains a key focus for us. We offer resources in a range of styles – from paper and ink, to digital, to in-person meetings – to best provide for the diverse community seeking the support of Thyroid UK. Our new website was launched in October 2023 which makes our information and support much more accessible and Lyn has

continued to run a very successful series of webinars to reach more people.

The number of people requesting information from Thyroid UK continues to increase and it is wonderful to hear the messages from people who have benefitted from our resources and to know that we are making a difference.

We have continued our major campaign to improve access to T3 given the challenges so many of you have to access this vital treatment. Our efforts to ensure appropriate treatment guidelines continues and we have maintained our dialogue with NHS England to support patients' reliable access to individualised treatment plans and therapies.

Of course, every year has its challenges and this past year has been no different. The economic climate has been difficult and we have seen the impact in our funding, as have many charities. But we remain extremely grateful for the generosity and support of so many of you who fundraise for us and donate. We know times are not easy for you all either and we appreciate it deeply.

We are working hard to diversify our funding sources to ensure we can continue our important work. This year we continued to work with professional fundraising support which is starting to bear fruit as we secure grant funding. This has allowed us to complete our move into purpose-built office premises, strengthen the charity's structure and operations to ensure we are fit for the future.

On a more personal note, this is my last annual report as Chair of Thyroid UK. It has been a privilege to serve as Chair over the past two years. I have been inspired by the commitment and teamwork evident daily amongst the dedicated team at Thyroid UK - the staff, the trustees and the volunteers. I am delighted that one of my fellow trustees, Jo Coulson, will be taking on the Chair from next year and I will remain as her Deputy to continue to support our important work.

On behalf of the Board and the team, I would like to extend my sincere gratitude to all those who have dedicated their time and energy to Thyroid UK over the past year. The passion and commitment of our staff and the generosity of our volunteers and donors are the keys to the success of Thyroid UK and our ability to meaningfully impact on the lives of those affected by thyroid disease. Thank you all.

*S. Parker*

Sara Parker  
Chair  
Thyroid UK

# Our Objectives

We use our objectives to focus on what people need and the work that we do. We ensure that this is discussed at every board meeting and incorporated in our Strategic Plan.

**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**



# Our Achievements in 2023-2024

Despite a difficult year, similar to many charities, Thyroid UK continued to support individuals with thyroid disease and related disorders.

We have worked with a fundraiser to raise money, ensuring continued support for its initiatives. Talks have started with two new partners – Quincy, an electronic prescription service for private prescriptions and Newfoundland Diagnostics Ltd, a testing company offering simple tests for diagnosing conditions, available at Tesco and some pharmacies. Thyroid UK is excited about the potential of these partnerships for the upcoming year.

We have attended various meetings including the Thyroid Federation Online Conference and the National Voices Round Table meeting about The Future of Primary Care. Lyn Mynott was interviewed for a podcast on the work that she does and answered questions about hypothyroidism.

A significant achievement is the increase in the number of people we have helped this year by providing support in a way that suits each person's needs.

## Improve Information and Education and Reach a Wider Audience

We have provided information and support whenever they need it and we have promoted public awareness in respect of thyroid disorders in various ways:

### Email Queries

Our first job of the day is to answer beneficiaries questions. The questions vary from questions about diagnosis to questions about how to take their medication and whether they can receive their prescriptions free of charge. We are very happy to help by answering these questions and, if relevant, signpost them to other organisations or send them requested information.

### Membership

Our membership has increased and now numbers around 1,200 members. This year, we introduced a digital version of our member magazine, *Harmony*, and approximately 50% of members have opted for this format, contributing to environmental sustainability by reducing paper usage.

Members receive three issues of the magazine annually, which feature a variety of articles on thyroid health, as well as the latest updates on our #T3Campaign and our webinars. The membership fees we receive play a crucial role in supporting and sustaining our work.

### E-news

We regularly send out our E-News to those that have opted in to receive them. Our E-News contains up to date information on all aspects of thyroid disease plus articles of how to achieve wellbeing, how to sleep better, how to take thyroid medication and lots more.



## Website

We launched our new website in October 2023 with a much easier way to find information about thyroid disease and other conditions that impact on the thyroid.

People can contact us much more easily via our Contact Us page and we have made it easier for people to use links to other relevant websites.

**“I am so pleased to see all the new info on the website and I wanted to thank you for this excellent resource.”**

## Information Pack

We continue to publish our Information Pack and feedback received informs us that people find it really helpful as it has added information in an easy format to the information on our website.

We update the leaflets in the pack when necessary.

## Support Network

Our Support Networkers continue to support people who contact them either to ask queries or just to talk to someone who was in a similar situation to them. It really helps people to know that they are not alone in their situation and that they can gain further information that will enable them to improve not only their thyroid health but also their confidence and self esteem.

We have received some interest from people wishing to become a Support Networker.

## Our Online Community – HealthUnlocked.com

Our online community continues to grow and we can see that people gain a lot of knowledge about thyroid health which then enables them to make changes that will help them feel better. These changes can be as simple as making sure that they don't take other medications that can interfere with their levothyroxine, at the same time as their thyroid medication.

People find the help from our online community invaluable and this is an excellent achievement for us.



## Social Media

We organised an audit of our social media which was extremely helpful.

We have joined an organisation that supports small charities with social media training and participated in several training sessions.

The number of followers on our social media platforms have increased again this year as has the number of members on our online community, HealthUnlocked.

After posting, we interact with people on these platforms when they ask questions or make comments so that they know we are listening to their concerns and we help by giving them further information or by signposting them to the relevant pages on our website or to other organisations.

We also share important news from other organisations including the British Thyroid Association and other support organisations.

## Telephone Helpline

We have had communications with a funder who has helped us understand what we need to do to gain funding for a telephone helpline.

## Webinars and Patient Videos

We have held webinars for both our members and the public entitled, “Having Foresight through Genetic Testing” since research has now shown that genetics are involved in the non conversion of hormones in some people.

We also held a webinar entitled, “The Impact of Stress on Thyroid Function & Treatment” with Dr Nigel Abraham, PhD, FIBMS as speaker. Stress has been shown to be involved in autoimmune thyroid disease and the attendees were really interested in what they heard.

For World Thyroid Day this year Lyn Mynott hosted a webinar entitled, “Contributors to Thyroid Disease” which had several speakers on various topics. The attendance for this webinar was very high.

The webinars were recorded, edited and placed onto our YouTube channel for the public to watch.

## Conference

We have been discussing the best time to hold a conference and as soon as we have managed to access funding, we will start planning for this.

## The Wren Project

We have continued to signpost people to the Wren Project, a listening service for people affected by autoimmune thyroid disease.

## Quiz Night

We held a quiz night at Frinton Golf Club where Lyn Mynott gave a short talk about thyroid issues and we handed out magazines and leaflets to all attendees.

## Acting as a resource centre and disseminating information

### Talks

Lyn Mynott has given talks raising awareness of thyroid disease, particularly hypothyroidism and what causes it, what medication options there are, how to take the medication and where things can go wrong if you don't take the medication correctly.

One of these talks was a thyroid group within Kirklees Council, held for their employees. The talk was well attended and the attendees were really grateful for the information.

Lyn regularly receives queries from pharmacists, doctors and practitioners in regard to various thyroid related topics and is very happy to answer any questions they may have.

We continue to update our research database.

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

We have helped several researchers by finding participants for research or respondents for surveys into various aspects of thyroid disease including hypothyroidism and thyroid eye disease.

We have had meetings with endocrinologists about a piece of research that they are trying to start. We helped with the protocol to ensure that it included patient participation

We are still raising funds towards organising a James Lind Alliance Priority Setting Partnership. We are happy to say that we have already raised around half of the funding needed.

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

### **#T3Campaign**

We have continued to campaign for better access to liothyronine for those patients that need it, by corresponding with NHS England.

NHS England published an updated version of their guidance in August 2023 in two parts:

- Items which should not be routinely prescribed in primary care – policy guidance – which states:
  - Do not initiate.
  - Deprescribe in patients currently prescribed this medicine.

And

- Liothyronine – advice for prescribers – which states:
  - Liothyronine should only be initiated by an NHS consultant endocrinologist when being prescribed for the treatment of hypothyroidism.
  - Liothyronine should be prescribed only if no alternative intervention or medicine is clinically appropriate or available for the patient.
  - Patients taking liothyronine for the treatment of hypothyroidism who have not already been reviewed, should be reviewed by an NHS consultant endocrinologist.

These two documents, Thyroid UK feels, along with other thyroid organisations, are contradictory. Unfortunately, NHS England are refusing to make any changes to their policy on which items should not be routinely prescribed in primary care despite several communications from us.

We have attended meetings with NHS England, The British Thyroid Foundation, The British Thyroid Association; Lord Hunt of Kings Heath in respect of trying to make change for people who wish for a trial of liothyronine. We will continue to campaign for patients who do not feel well currently on levothyroxine.

# Impact of our Work

We see the impact of our work every day when people contact us to say thank you for your help and support we have given.

The support we give comes in various ways from our Online Community, our social media platforms, emails sent to us and our Support Network and the numbers keep rising because people are finding it very difficult now to get doctors appointments and to get their questions answered elsewhere.

We can see from our website analytics that people from all over the world are reading our information.

It is not always the patient themselves that contact us. Often, because the patient is so poorly, it is their spouse, brother, sister, child or parent that contacts us.

People are always very grateful to us for answering their questions such as:

## ***Can I get free prescriptions?***

If they have been diagnosed with hypothyroidism (unfortunately, not hyperthyroidism) they are entitled to free prescriptions for all of their medications. We signpost them to their doctor or pharmacist to access the relevant form.

“Thank you for the information. I’ve now received my medical exemption card.”

## ***How do I take my medication?***

It needs to be taken first thing in the morning with water and food should not be taken for at least 30 minutes.

## ***How long will it be until I feel the benefit of the medication?***

It can take many months and people do not realise this.

## ***Why has my doctor not diagnosed me yet?***

If they have subclinical hypothyroidism, it is usual to get retested months later and even then they may not be given medication.

“Thank you so much for this, I feel hopeful for the first time in 3 years!”

## ***Why have I started to become ill again/have strange symptoms?***

They may have been given a different brand that has different ingredients in it and they may be intolerant to one of the ingredients. The people don’t think anything of it at the time but then start to get side effects and they come to us for help.

We send them our document that includes the ingredients of most of the thyroid medications for them to compare against their usual brand. This then helps them to find out if they have a side effect against a particular ingredient.

“Many thanks indeed! What a great list of different meds and their ingredients!”



***My pharmacist has told me that they can't get hold of my usual brand of medication.***

One of the questions we often receive is about stock of the brand of medication that suits them the most. They are often told by pharmacies that their particular brand is not in stock and/or has been discontinued. We point them in the direction of the pharmaceutical company to check this and in every single case, it has not been true. When people are told their brand is being discontinued, it really worries them and they become very anxious until we have helped them.

***"Thank you so very much for your clear and instructive email! I feel very relieved! With my gratitude!"***

***Why am I still ill – I have been on levothyroxine for a long time now?*** They may need either an increase in their levothyroxine or they may need a trial of liothyronine or they may now have another issue e.g. low vitamin B12.

***I am so ill, can I receive state benefits for hypothyroidism?***

Some people have to have time off work while they recover from hypothyroidism or hyperthyroidism. In some cases, they do not get paid for this time off and contact us asking if they are entitled to state benefits and we signpost them to an organisation that can help them.

When answering these questions, we encourage people to take control of their thyroid health now that they have all the information they need. We explain that, unfortunately, NHS doctors cannot always do the tests they believe should be done but that they are available privately, if they want to take that path.

These questions do not only come from the UK. We get questions from all over the world and they are really pleased that we have helped them. We have answers for all of these queries and people are so pleased that they have received our support.

## **Pharmacists and clinician's queries**

Pharmacists and clinicians contact us to ask us questions about various things and they are very pleased that we have been able to help.

## **Medical Guidance**

There are a few different guidance documents that cover various aspects of thyroid disease such as hypothyroidism, thyroid eye disease, subclinical hypothyroidism, conception, fertility and pregnancy.

When people ask us questions, we often send them the relevant guidance e.g. NICE, NHS England and the British Thyroid Association depending on their question with particular sections highlighted so that they can read it and organise an appointment to visit their doctor to discuss their issue.

It is so sad, sometimes, listening to their stories and their helplessness as they feel they are not being listened to. We are so happy to help them take control of their thyroid health and lead them to better wellness, both physically and mentally.

We see the numbers of followers on our social media platforms rising all the time. One that is concerning is the number of people seeking medical help from private practitioners. We fear that this is due to the fact that NHS clinicians are restricted and their autonomy has been taken away from them in respect of what they can prescribe to patients. People are also finding it difficult to get an appointment with their GP.

***"Thank you so much for taking the time to respond, it's not always easy to access advice from my own GP."***

*“Thyroid UK saved me. Along with their forum HealthUnlocked. I don't think I'd be here without them.”*



### **Social Media**

**HealthUnlocked members – 138,485**

**Facebook Followers – 35,150**

**Twitter Followers – 8301**

**Instagram Followers - 4,079**

### **Downloads**

**Private Doctors and Practitioners List – 2782**

**Support Network List – 129**

**List of Medications for Hypothyroidism – 254**

**List of Medications for Hyperthyroidism – 41**

### **Other**

**Information Packs - 129 this year**

# Our Aims for 2023-24

Our plans for this year are to continue to implement our new strategy to ensure that which includes:

## Campaign for Policy Change

- Continue to engage with policymakers, healthcare professionals, and patient communities to advocate for improved access to liothyronine and thyroid medications that are personalised in order that side effects are reduced.
- Support research and gather evidence to support the campaign's objectives.
- Initiate communication and collaboration with relevant stakeholders to build alliances and support for the campaign.

## Improve Information and Education

- Expand patient video resources.
- Continue to apply for grants to fund a telephone helpline.
- Implement a Q&A section on the new website. Assess the effectiveness of the new website and make necessary updates and improvements based on user feedback.
- Explore additional grant opportunities to further enhance information and education initiatives.
- Apply for grants to hold a conference to bring together patients, healthcare professionals and experts in the field of thyroid disease management and treatment.

## Enhance Research and Collaboration

Foster collaborative relationships with endocrinologists and other researchers to contribute to the evidence base for improved thyroid disease management. In particular this will mean:

- Continue to support ongoing research when requested, for example, through helping to source volunteers to participate in studies, publicising ongoing work and providing comments on research
- Secure remaining funding to enable TUK to begin the James Lind Alliance Priority Setting Partnership
- Identify and support third-party research initiatives and actively contribute to the evidence base for improved thyroid disease management.

## Reach a Wider Audience:

- Sustain support for the Wren Project and evaluate its impact on individuals affected by thyroid disease.
- Continue to support joint projects that have become apparent funded by grants to expand Thyroid UK's reach and support more beneficiaries.
- Continuously improve communication efforts based on feedback and lessons learned.
- Prepare and conduct a survey to gather feedback from members and non-members. Analyse the survey findings to better understand needs and expectations and improve membership engagement and retention

## People Plan and CEO Succession:

- Continue to assess and update the CEO Succession Plan to accommodate the CEO's transition to part-time work.
- Review the existing People Plan to ensure that the correct issues on staffing, training, and development needs are identified and addressed within the organisation as it grows and evolves.

## Support and Inform

We will continue to support people in order to help them get diagnosed more quickly, understand their condition and how to improve their health and wellbeing.

We will do this by updating our literature, continuing to run our Support Network and aiming to recruit new support networkers and new admins for our online community.

We will continue to send out information requested by members of the public, pharmacists and medical professionals and continue to update our research database.

We will continue to post updates of research, information about thyroid disease and any news that would support members of the public onto all of our social media platforms.

We will continue to hold webinars on relevant topics relating to thyroid disease and related conditions as well as talk at webinars when invited by other organisations.



# Please Help us to Help You

Thyroid UK relies on donations to keep us running. We do not receive any Government funding and rely on donations from our beneficiaries and grants to continue the work we do to help people with thyroid disease. The current financial climate is making it more and more difficult to gain funding from grant making trusts as more and more charities are applying for the same pot of funds.

It is extremely important that we push for change in, especially, treatment with liothyronine. Remember, thyroid disease can affect anyone - your family, friends or work colleagues - so it is vitally 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 magazine, Harmony, three times a year, 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.

The cost is £22 per annum for full membership and £17 per year concessionary fee. This breaks down to £1.83 per month for full membership and £1.42 per month for the concessionary fee.

## You can donate to us

**Via our website:** just [click this link](#) or go to our website and click the donate button at the top of the page.

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



THYUK TO  
70085

## Give in Memory

Some families very 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](mailto:enquiries@thyroiduk.org) or by calling us on **07305 568010**.

## Give in Celebration

Many people now realise that requesting donations instead of gifts can significantly benefit a charity that has supported them or their loved ones. It also simplifies the process for friends and family who may be unsure of what to give and prefer to contribute to a charitable cause. This approach is ideal for occasions such as birthdays, weddings, and anniversaries.

Setting up a donation page is straightforward, and you can easily share the link with your friends and family so they can join in celebrating your special occasion. Please remember to inform us of the total amount raised, as we like to extend our gratitude to our generous donors.

<https://thyroiduk.org/support-us/make-a-donation/give-in-celebration/>

## 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:

## Shop and Donate

There are several ways you can shop and support us at the same time such as Easyfundraising and recycling your books, stamps and jewellery - <https://thyroiduk.org/support-us/>

## Collection boxes

We offer two types of collection boxes: one designed for home use and another for display in retail environments. If you frequent a local shop, they might be open to placing a collection box on their counter - <https://thyroiduk.org/support-us/make-a-donation/host-a-collection-box/>

## Recycling

You can support us by recycling a wide range of items, including jewellery (both fine and costume), postage stamps (especially during Christmas, birthdays, and anniversaries), old currency, and even your car - <https://thyroiduk.org/support-us/make-a-donation/recycle/>

## Challenges

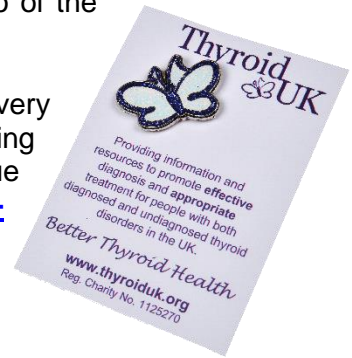
If our support has contributed to you taking control of your thyroid health or has aided your recovery, you might consider taking on a challenge to support us. There are numerous activities to choose from, including walks, runs, and even jogging with your dog. If you are not well enough to participate, perhaps a family member, friend, or colleague might be interested in taking on a challenge - <https://thyroiduk.org/support-us/fundraising/take-part-in-an-event/>

## Wedding Favours

When planning your wedding, selecting the perfect favours for your guests is a thoughtful way to express your gratitude.

We offer lovely butterfly pin badges that attach to special personalised cards for your guests' tables. These make a wonderful gift that your guests can keep as a memento of the occasion.

Remember to order your favours well in advance to ensure timely delivery and to allow for any personalisation. By carefully selecting your wedding favours, you can create lasting memories for your guests and add a unique element to your special day - <https://thyroiduk.org/support-us/make-a-donation/order-wedding-favour-cards/>



## Organise your Own Event

Organising a fundraising event is a fantastic way to support our cause and make a meaningful impact. There are a few ideas on organising your own fundraising event for us – some simple, some more challenging like the sponsored silence - <https://thyroiduk.org/support-us/fundraising/organise-your-own-event/>

## Thyroid UK Lottery

We have teamed up with [Unity](#) to give you the chance of scooping a fantastic £25,000 weekly jackpot. It's simple to play and the odds of winning are much better than the National Lottery - <https://thyroiduk.org/support-us/make-a-donation/shop-donate/thyroid-uk-lottery/>

## Become a corporate partner

Partnering with Thyroid UK as a corporate sponsor can significantly impact the diagnosis and treatment of thyroid disease. We are always open to exploring new opportunities with companies interested in supporting our mission. If you work with a business that is willing to help individuals with thyroid disease, please connect them with us.

## Where can I find more information on supporting you?

You can find out about all the ways to support us by simply clicking this link: <https://thyroiduk.org/support-us/>

If you or someone you know would like to support us please do contact us on [enquiries@thyroiduk.org](mailto:enquiries@thyroiduk.org) or telephone us on **07305 568010**.

# Thank You!

## Donations

We have been so lucky to have received support from our beneficiaries and others who want to help us. Some people have raised money for us by doing challenges or by placing collection boxes either in their homes or in local shops.

All of these donations help to keep us running which includes paying for being members of some organisations such as the Fundraising Regulator and National Voices where we can be a part of writing to the Government and other public organisations to make change. They also help us with the necessary training such as GDPR and Safeguarding, which we now are obliged to do.

The donations also pay for us to hold meetings with clinicians and other thyroid groups as well as meetings with beneficiaries to support them.

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

People also donate via shopping, which is very easy to do at no cost to them. We would like to say a big thank you to all who donate to us. We are very grateful to you all.

## Corporate Partners

We would like to thank all of our partners who support us and our beneficiaries in various ways:

### Testing Companies:

Medichecks Ltd, Monitor My Health, Genova Diagnostics, Blue Horizon Medicals, Regenerus Laboratories Ltd, Thriva Ltd., Phoenix Pathology, Omega Diagnostics Ltd (CNSLabs), Smartblood and the London Private Ultrasound Clinic.

### Vitamin Companies:

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

### Online companies:

Amazon, Easyfundraising, [easysearch.org.uk](http://easysearch.org.uk), the Greetings Card Company, Ebay, Recycling for Good Causes, Medipal, Unity Lottery and Bequeathed.

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

We would also like to thank Frinton Golf Club for hosting our Quiz Night which raised funds for us.



## Volunteers



We would like to extend our heartfelt thanks to all our volunteers for their hard work and dedication to Thyroid UK and our beneficiaries. Without your invaluable contributions, Thyroid UK would not be the organisation it is today, and many individuals would lack the support they need. Our support networkers and HealthUnlocked Admins are lifelines for countless people, and we are truly grateful for your continued commitment.

Our Book Review Panel does an outstanding job of writing reviews for our member magazine, Harmony, helping our members

decide whether a particular book would be beneficial for them.

Jane, our Research Papers Coordinator, continues to diligently enter data from new research papers into our database. This task is highly repetitive, yet she excels at it.

Our volunteers work tirelessly, even on weekends when the office is closed, and we don't say "Thank you" enough. So, here is a big thank you to all of you.

## Staff

We would like to extend our gratitude to the Thyroid UK staff for their exceptional work. While their job descriptions outline their primary responsibilities, they consistently go above and beyond to support Lyn Mynott in her role as Chief Executive Officer. The list of tasks continues to grow, and we recognise the need to increase their hours of employment, which, of course, requires additional funding.

## Trustees

A huge thank you goes to our trustees for all the hard work they do in governing Thyroid UK and moving us forward. Our trustees support Lyn Mynott in ensuring that Thyroid UK is governed properly but they also help in other ways, for example, dealing with risk, strategy planning etc.



## Thyroid Groups

Thyroid UK has continued to work a lot over the past year with the other UK thyroid organisations – The British Thyroid Foundation, The Thyroid Trust, Improve Thyroid Treatment (ITT) and Thyroid Support Group Norfolk. We have worked many hours with them writing letters on liothyronine policy and guidance and joining meetings to discuss the next steps.

We enjoy working with the people involved in these organisations and will continue to work to try to make things better for thyroid patients.

## Lord Hunt and Lord Borwick

Special thanks goes again to Lord Philip Hunt of Kings Heath and Lord Borwick who have continued to spend their precious time working with us to try to help us change liothyronine guidance.

## Dr John Midgley deceased

We would like to say a posthumous thank you to Dr John Midgley who died in January 2023. He did so much work with his colleagues to help Thyroid UK and thyroid patients. He is sorely missed by us all.



# Legal and Administrative

Thyroid UK is a Registered Charity and Company Limited by Guarantee

## Registered Charity Number:

1125270

## Registered Company Number:

6254073

## Registered Office:

Unit 8, Lufkins Farm  
Great Bentley Road  
Frating  
Colchester  
Essex  
CO7 7HN

## Directors of the Company:

Mrs Lyn Mynott  
Ms Lydia Bailey  
Mrs Sara Parker  
Mrs Joanne Coulson  
Dr Carlo Castellana (resigned 3.2.24)  
Ania Swirski  
Light Onyekachi  
Jodahan Haye (resigned 8.9.23))  
Gaurika Kapoor (resigned 28.4.24)  
Aleksandr Holota (appointed 17.5.24)

## Board of Trustees:

Mrs Lyn Mynott  
Ms Lydia Bailey  
Mrs Sara Parker  
Mrs Joanne Coulson  
Dr Carlo Castellana (resigned 3.2.24)  
Ania Swirski  
Light Onyekachi  
Jodahan Haye (resigned 8.9.23))  
Gaurika Kapoor (resigned 28.4.24)  
Aleksandr Holota (appointed 17.5.24)

**Chair:** 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  
(resigned 5.10.23)

**Financial Administrator/Bookkeeper:**  
Mrs Heidi Griggs

## Medical Advisers:

Dr Sarah Myhill  
Dr John Midgley B.Sc (Leeds) D Phil (Oxford)  
(deceased 9.12.23)  
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 2024 incorporating the Annual Report and Accounts is also available online.  
Please visit [www.thyroiduk.org](http://www.thyroiduk.org)

# Structure, Governance and Management

## Board of Trustees

The Board of Trustees, as defined by Charity law and the Company's Articles, are the governing members of the charity. Since the charity is also a Company Limited by Guarantee, the trustees serve as directors of the company. The Board convenes quarterly to provide strategic direction and oversee ongoing projects, with an additional annual meeting dedicated to strategic planning.

The Board is composed of up to ten members. An Annual General Meeting (AGM) is held each year, during which trustees are elected by the directors for a two-year term, with the possibility of re-election. Annually, a non-executive Chair, Deputy Chair, and Treasurer are also elected.

The Board is responsible for fiscal oversight, appointing the CEO, and leading strategic risk management.

New trustees are recruited through professional processes, aiming to bring diverse experiences and perspectives to the charity. Upon joining, new trustees receive an Induction Pack, sign a Code of Conduct, and complete a Declaration of Interest form.

The trustees ensure compliance with the charity's governing document, GDPR, and Safeguarding regulations. Our privacy policy is available on our website, and we are registered with the Commissioner's Office and the Fundraising Regulator.

Many of the Thyroid UK trustees have personal or familial experience with thyroid disease, which helps them empathize with patients and guide the charity's strategic direction.

## Staff

The Board of Trustees entrusts the day-to-day operations of the charity to the Chief Executive Officer (CEO), Lyn Mynott. As the founder of Thyroid UK, Lyn is the driving force behind the charity, passionately advocating for improved thyroid health and striving to enhance the lives of those affected by thyroid disease. Lyn works full-time, with some of her hours being voluntary.

The CEO is supported by a part-time bookkeeper and fundraiser, Heidi Griggs, and a part-time administrative assistant, Carol Brown.

We are also grateful to our accountant, who voluntarily examines our accounts.

## 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 fortunate to have a dedicated team of volunteers who help run the charity and support our beneficiaries.



Our support networkers organise groups for in-person or remote meetings, operate a telephone helpline, and are available via email. Our Support Network includes both Thyroid UK support groups and independent thyroid support groups.

We are advised by two medical professionals: an endocrinologist and a private naturopathic physician. Our book review panel reviews relevant books for our magazine, and we have a volunteer who maintains our research database.

Our Online Community is hosted on HealthUnlocked and monitored by our diligent admin team. They work hard to ensure members adhere to our strict guidelines and are skilled at answering questions and resolving issues.

## 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 such as 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 dedicated to effective risk management. We have processes in place to ensure that significant risks associated with our work and services are identified, assessed, planned for, and managed appropriately.

The Board of Trustees holds ultimate responsibility for the charity's risk management. They delegate the day-to-day management of risks to the Chief Executive Officer (CEO). The CEO is tasked with implementing the risk management framework, monitoring risks and controls, and reporting back to the Board on the effectiveness of these controls. The CEO also ensures that significant risks and "near misses," including data breaches, are escalated to the Board.

As part of the risk framework, the CEO maintains the Risk Policy and Risk Register. Any material changes to the Risk Policy require Board approval. The Risk Register is reviewed at every board meeting.

Thyroid UK adheres to the Charity Commission's "Governance Code for Smaller Charities" and regularly reviews its work to ensure compliance with the code.

During 2023-24, the trustees were satisfied with the risk management processes and responded to challenges by monitoring income and expenditure monthly to ensure sufficient reserves in case of closure due to the cost of living 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.

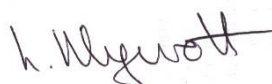
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

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

## Independent Examination

Mr David Wiggins has expressed his desire to retire as Independent Examiner and the board will seek to appoint a new Independent Examiner.

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  
Dated: 8<sup>th</sup> February 2025

# Report of Independent Examiner Year ended 31st May 2024

I report on the accounts for the year ended 31st May 2024.

## 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.

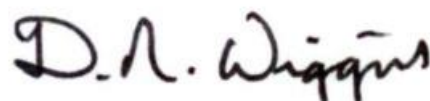
## Independent Examiner's Statement

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 2024 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: 4<sup>th</sup> February 2025

# 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 2023/24 of £111,541.28 and an expenditure of £110,959.48, resulting in a surplus of £581.80.

## Income

Our overall income has increased by £14,640.74 this year.

We received a restricted donation of £15,000 from a beneficiary towards the James Lind Alliance Project (a research project that Thyroid UK would like to undertake). £10,750 of unrestricted grants and a £5,000 legacy which has been the main increase to our income during 2023/24.

We have seen a slight increase in our membership donations and more members eligible for gift aid.

Overall, our other income streams have reduced.

## Expenditure

Our overall expenditure has increased by £12,162.71 this year.

This is because of the restricted grants received in previous years being spent accordingly and general increases in costs due to the Cost of Living Crisis.

Staff wages have increased again this year, due to increases in the National Living Wage (NLW). All staff are on, or just above, NLW and are below national average for comparable roles.

## 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.

## **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.

## **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, and meeting unexpected costs that the charity may incur.

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 receive no remuneration for acting in that capacity.

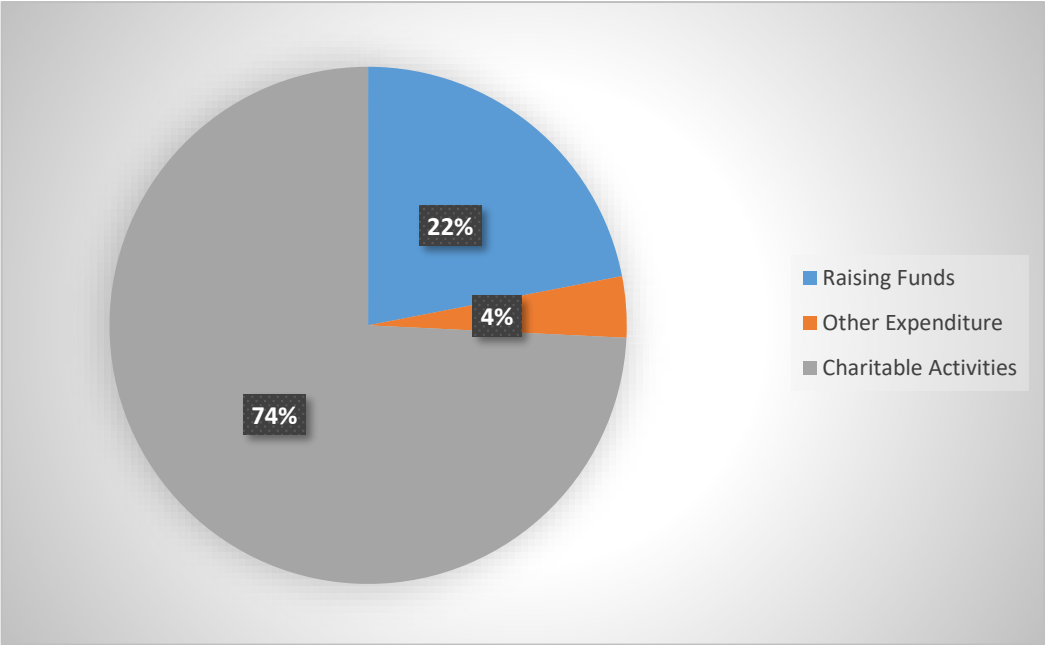
There were no trustee expenses paid in this financial year.

The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £604. The indemnity is limited to £100,000.

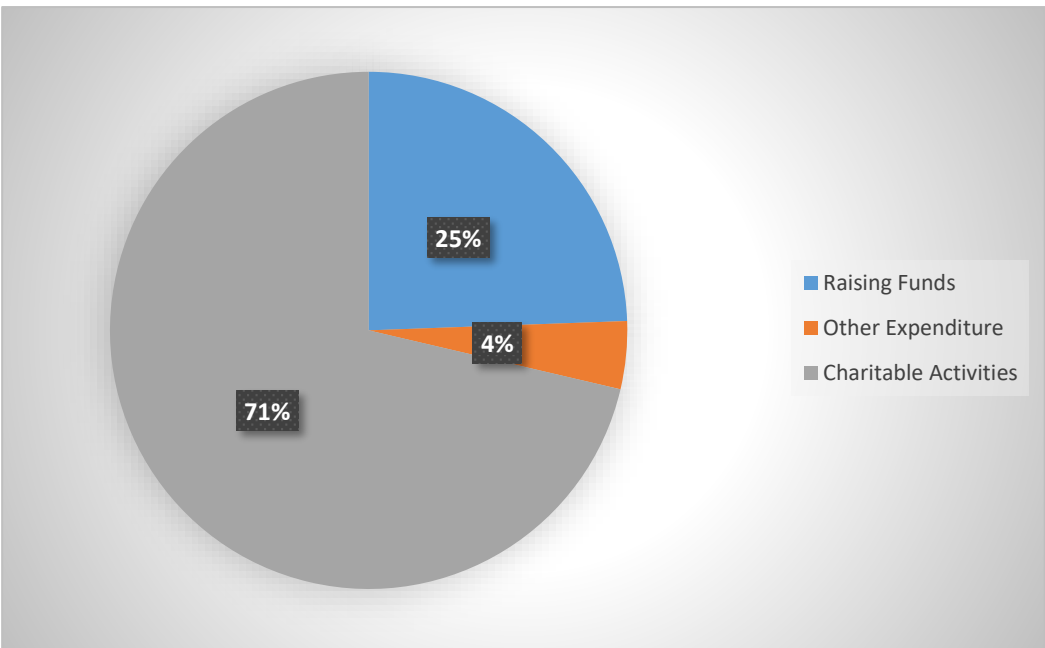
# Statement of Financial Activity (SOFA)

## Expenditure

2023



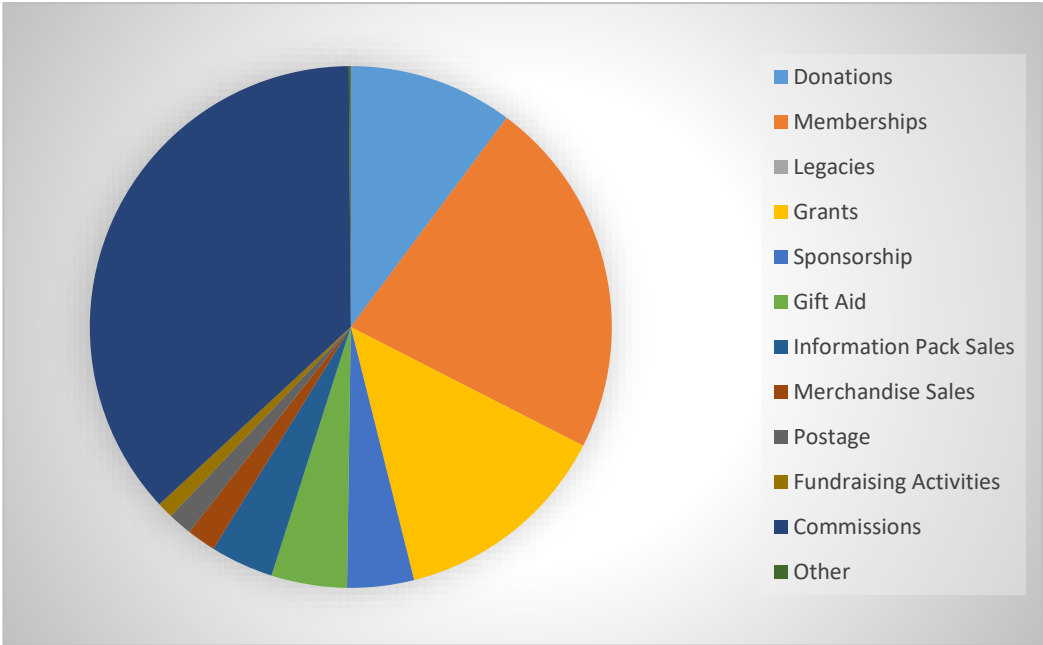
2024



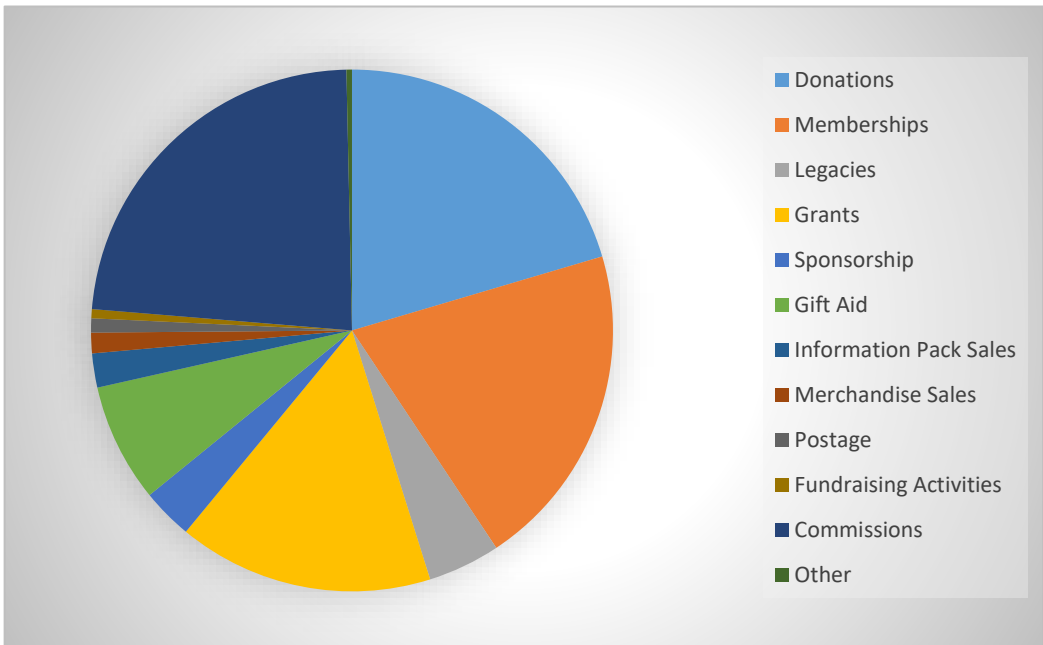


# Where the Money Came From

2023

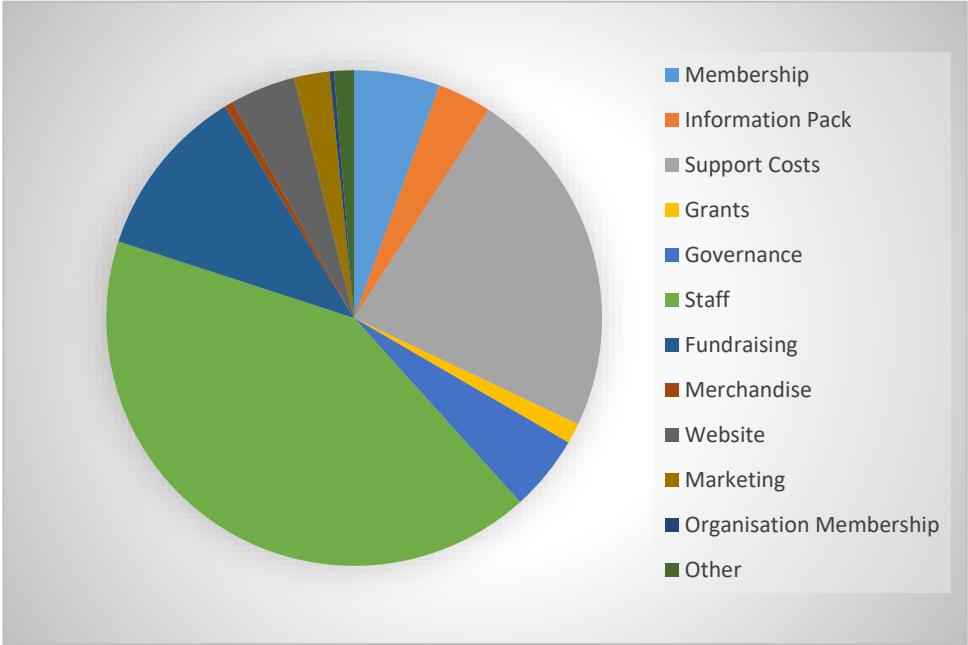


2024

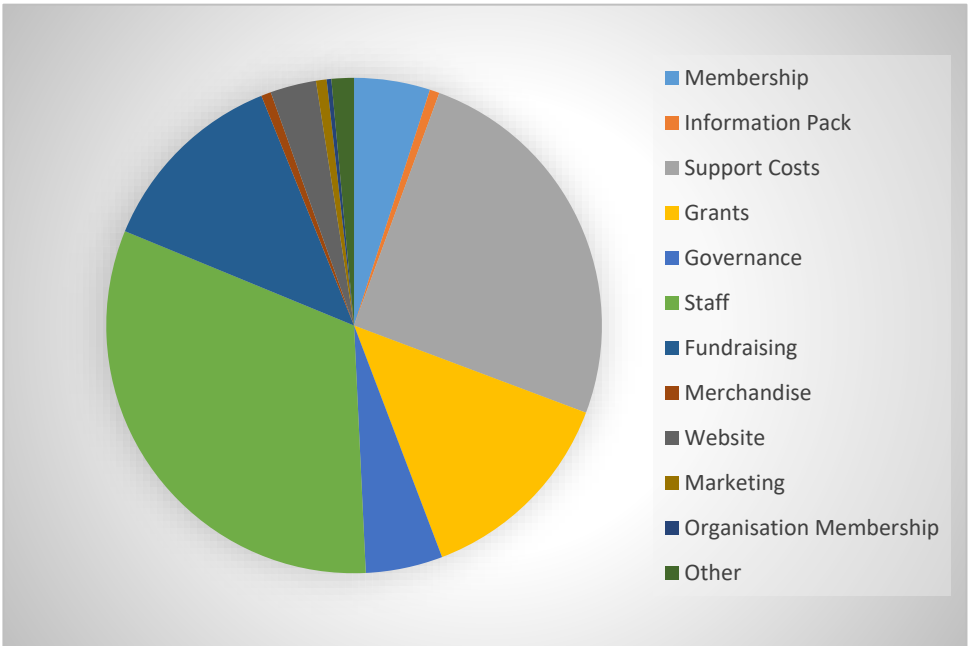


# Where the Money was Spent

2023



2024



# Statement of Financial Activities

## Year Ended 31st May 2024

	Unrestricted funds	Restricted Funds	Endowment Funds	Total Funds	Prior Year Total Funds
<b>Income and endowments from:</b>					
Donations and Legacies	£ 57,833.38	£ 15,000.00	£ -	£ 72,833.38	£ 41,566.37
Income from charitable activities	£ 2,398.69	£ 6,900.00	£ -	£ 9,298.69	£ 13,718.96
Other trading activities	£ 29,028.67	£ -	£ -	£ 29,028.67	£ 41,500.55
Other income	£ 380.54	£ -	£ -	£ 380.54	£ 114.66
<b>Total Income</b>	<b>£ 89,641.28</b>	<b>£ 21,900.00</b>	<b>£ -</b>	<b>£ 111,541.28</b>	<b>£ 96,900.54</b>
<b>Expenditure on:</b>					
Raising funds	£ 23,395.51	£ -	£ -	£ 23,395.51	£ 21,686.08
Expenditure on charitable activities	£ 68,333.82	£ 15,172.22	£ -	£ 83,506.04	£ 73,339.28
Other expenditure	£ 4,057.93	£ -	£ -	£ 4,057.93	£ 3,771.41
<b>Total Expenditure</b>	<b>£ 95,787.26</b>	<b>£ 15,172.22</b>	<b>£ -</b>	<b>£ 110,959.48</b>	<b>£ 98,796.77</b>
Gains/losses on investment assets	£ -	£ -	£ -	£ -	£ -
<b>Net Income/ (Expenditure) resources before transfer</b>	<b>-£ 6,145.98</b>	<b>£ 6,727.78</b>	<b>£ -</b>	<b>£ 581.80</b>	<b>-£ 1,896.23</b>
<b>Transfers</b>					
Gross transfers between funds - in	£ -	£ -	£ -	£ -	£ -
Gross transfers between funds - out	£ -	£ -	£ -	£ -	£ -
<b>Other recognised gains/losses</b>					
Gains on revaluation, fixed assets, charity's own use	£ -	£ -	£ -	£ -	£ -
<b>Net movement in funds</b>	<b>-£ 6,145.98</b>	<b>£ 6,727.78</b>	<b>£ -</b>	<b>£ 581.80</b>	<b>-£ 1,896.23</b>
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>	<b>£ 48,632.71</b>	<b>£ 8,802.08</b>	<b>£ -</b>	<b>£ 57,434.79</b>	<b>£ 59,331.02</b>
<b>Total funds carried forward</b>	<b>£ 42,486.73</b>	<b>£ 15,529.86</b>	<b>£ -</b>	<b>£ 58,016.59</b>	<b>£ 57,434.79</b>

# Thyroid UK Company No 6254073

## Balance Sheet as at 31st May 2024

Account	31 May 2024	31 May 2023
<b>Current Assets</b>		
<b>Cash at bank and in hand</b>		
Barclays 137	23,083.29	25,005.00
Holding Account	30,055.80	29,675.26
PayPal	733.94	143.96
Petty Cash	80.65	113.77
<b>Total Cash at bank and in hand</b>	<b>53,953.68</b>	<b>54,937.99</b>
Accounts Receivable	1,485.35	2,496.80
Stock	2,765.98	0.00
<b>Total Current Assets</b>	<b>58,205.01</b>	<b>57,434.79</b>
<b>Creditors: amounts falling due within one year</b>		
Employee Pension Contribution	107.92	0.00
Employer Pension Contributions	80.94	0.00
<b>Total Creditors: amounts falling due within one year</b>	<b>188.86</b>	<b>0.00</b>
<b>Net Current minus Liabilities</b>	<b>58,016.15</b>	<b>57,434.79</b>
<b>Net Assets</b>	<b>58,016.15</b>	<b>57,434.79</b>
<b>Capital and Reserves</b>		
Current Year Earnings*	581.80	(1,896.23)
Retained Earnings	(1,896.23)	0.00
Starting Balance	59,331.02	59,331.02
<b>Total Capital and Reserves</b>	<b>58,016.59</b>	<b>57,434.79</b>
<b>Represented by Funds</b>		
Unrestricted	42,486.73	48,632.71
Restricted	15,529.86	8,802.08
<b>Total</b>	<b>58,016.59</b>	<b>57,434.79</b>

\* In previous years, stock was always expenses in the Income and Expenditure report at the time of purchase. However, for the year ending 31 May 2024, the methodology for handling stock has been updated to align the treatment with the accounting requirements. As a result, the previously expensed stock still held by the Company as of 31 May 2024, with a value equivalent to £1,906.37, has been reinstated on the Balance Sheet. This adjustment has created an income entry in the current year's Income and Expenditure Report for the same amount of £1,906.37.

For the year ending 31/05/2024 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, Trustee/Director

Date: 8<sup>th</sup> February 2025



Joanne Coulson, Treasurer/Director

Date: 8<sup>th</sup> February 2025

# Income & Expenditure Report

## Year Ended 31st May 2024

Account Name	Unrestricted	Restricted	Total	
	£	£	This Year £	Last Year £
INCOME				
Donations & Legacies				
Donations	7,778.87	0.00	7,778.87	9,570.34
Membership	22,590.91	0.00	22,590.91	20,964.00
Legacies	5,000.00	0.00	5,000.00	0.00
Donations (Restricted)	0.00	15,000.00	15,000.00	0.00
Grants (Unrestricted)	10,750.00	0.00	10,750.00	2,750.00
Sponsorship	3,514.07	0.00	3,514.07	3,881.21
Gift Aid	8,199.53	0.00	8,199.53	4,400.82
Total Donations & Legacies	57,833.38	15,000.00	72,833.38	41,566.37
Income from Charitable Activities				
Information Pack Sales	2,356.69	0.00	2,356.69	3,669.96
Back Issue Sales	42.00	0.00	42.00	49.00
Grants (Restricted)	0.00	6,900.00	6,900.00	10,000.00
Total Income from Charitable Activities	2,398.69	6,900.00	9,298.69	13,718.96
Other Trading Activities				
Sales Postage	974.04	0.00	974.04	1,392.48
Merchandise Sales	1,379.35	0.00	1,379.35	1,641.69
Fundraising Activities	630.00	0.00	630.00	936.10
Test Commissions	24,652.21	0.00	24,652.21	35,026.30
Other Commissions	1,393.07	0.00	1,393.07	2,503.98
Total Other Trading Activities	29,028.67	0.00	29,028.57	41,500.55
Other Income				
Miscellaneous	0.00	0.00	0.00	50.00
Bank Interest	380.54	0.00	380.54	64.66
Total Other Income	380.54	0.00	380.54	114.66
TOTAL INCOME	89,641.28	21,900.00	111,541.28	96,900.54
EXPENDITURE				
Raising Funds				
Raising Funds	1,182.82	0.00	1,182.82	477.05
Event Sundries	17.72	0.00	17.72	20.72
Fundraising Consultants	13,049.00	0.00	13,049.00	10,626.00
Staff Wages Raising Funds	2,411.57	0.00	2,411.57	3,116.47
CEO Wages Raising Funds	865.11	0.00	865.11	967.80
Support Costs Raising Funds	4,936.16	0.00	4,936.16	3,935.85
Advertising & Marketing	782.49	0.00	782.49	2,276.36
eBay Fees	1.63	0.00	1.63	3.75
JustGiving Fees	149.01	0.00	149.01	146.35
Grant Spend (Unrestricted)	0.00	0.00	0.00	115.73
Total Raising Funds	23,395.51	0.00	23,395.51	21,686.08



## Expenditure on Charitable Activities

Information Pack Costs	714.39	0.00	714.39	3,488.37
Merchandise Costs	1,181.66	0.00	1,181.66	557.55
Merchandise Costs (Prior Year Adjustment)*	-1,906.37	0.00	-1,906.37	0.00
Magazine and Membership Costs	5,571.98	0.00	5,571.98	5,523.08
Staff Wages Charitable Activities	12,604.77	0.00	12,604.77	19,996.81
CEO Wages Charitable Activities	18,694.00	0.00	18,694.00	15,350.58
Support Costs Charitable Activities	21,761.07	0.00	21,761.07	17,477.57
CEO Wages Governance	1,760.87	0.00	1,760.87	1,098.99
Staff Wages Governance	3,144.71	0.00	3,144.71	3,706.51
PayPal Fees	273.83	0.00	273.83	405.38
GoCardless Fees	219.90	0.00	219.90	226.30
Square Up Fees	34.28	0.00	34.28	1.24
Stripe Fees	168.93	0.00	168.93	0.00
Website Costs	1,067.25	0.00	1,067.25	224.90
Grants Spend (Restricted)	0.00	15,172.22	15,172.22	1,197.92
Website Development	2,300.00	0.00	2,300.00	4,000.00
Governance Support Costs	742.55	0.00	742.55	84.08
<b>Total Expenditure from Charitable Activities</b>	<b>68,333.82</b>	<b>15,172.22</b>	<b>83,506.04</b>	<b>73,339.28</b>
<b>Other Expenses</b>				
Organisation Membership	338.00	0.00	338.00	288.00
Office Sundries	622.90	0.00	622.90	69.82
Staff Wages Other Costs	160.82	0.00	160.82	244.32
CEO Wages Other Costs	220.11	0.00	220.11	175.91
Support Costs Other Costs	1,551.37	0.00	1,551.37	1,237.00
Employer NI Contributions	0.00	0.00	0.00	259.46
Employer Pension Expense	988.75	0.00	988.75	1,066.50
Miscellaneous Expenses	96.00	0.00	96.00	140.45
Miscellaneous Fees	16.48	0.00	16.48	45.72
Health and Safety	0.00	0.00	0.00	222.60
Companies House	34.00	0.00	34.00	13.00
Clearing Account	29.50	0.00	29.50	8.63
<b>Total Other Expenses</b>	<b>4,057.93</b>	<b>0.00</b>	<b>4,057.93</b>	<b>3,771.41</b>
<b>TOTAL EXPENDITURE</b>	<b>95,787.26</b>	<b>15,172.22</b>	<b>110,959.48</b>	<b>98,796.77</b>

## SURPLUS / (DEFICIT)

Income	89,641.28	21,900.00	111,541.28	96,900.54
Expenditure	95,787.26	15,172.22	110,959.48	98,796.77
<b>TOTAL SURPLUS / (DEFICIT)</b>	<b>-6,145.98</b>	<b>6,727.78</b>	<b>581.80</b>	<b>-1,896.23</b>

\* In previous years, stock was always expenses in the Income and Expenditure report at the time of purchase. However, for the year ending 31 May 2024, the methodology for handling stock has been updated to align the treatment with the accounting requirements. As a result, the previously expensed stock still held by the Company as of 31 May 2024, with a value equivalent to £1,906.37, has been reinstated on the Balance Sheet. This adjustment has created an income entry in the current year's Income and Expenditure Report for the same amount of £1,906.37.

## Notes to the Accounts

### Note 1 – CEO Wages Costs

Split Based on Time Allocation		8% Governance	86% Charitable Activities	5% Raising Funds	1% Other Costs
Wages	£21,540.14	£1,723.21	£18,412.74	£81.60	£215.40
Total	£21,540.14	£1,723.21	£18,412.74	£81.60	£215.40

### Note 2 – Operations Manager Wages Costs

Split Based on Time Allocation		70% Governance	20% Charitable Activities	5% Raising Funds	5% Other Costs
Wages	£769.23	£538.46	£153.85	£38.46	£38.46
Total	£769.23	£538.46	£153.85	£38.46	£38.46

### Note 3 – Staff Wages Costs Admin #1

Split Based on Time Allocation		2% Governance	10% Charitable Activities	10% Raising Funds	78% Bookkeeping
Wages	£14,055.76*	£281.12	£1,299.07	£1,405.58	£10,963.49
Total	£14,055.76*	£281.12	£1,299.07	£1,405.58	£10,963.49

\*Note bookkeeping cost of £10,963.49 goes to support costs

### Note 4 – Staff Wages Costs Admin #2

Split Based on Time Allocation		0% Governance	100% Charitable Activities	0% Raising Funds	0% Other Costs
Wages	£6,476.34**	£0	£6,476.34	£0	£0
Total	£6,476.34**	£0	£6,476.34	£0	£0

\*\*During June 23 to February 24 these wages were paid using The National Lottery Grant

### Note 5 – PA to CEO Wages Costs

Split Based on Time Allocation		19% Governance	72% Charitable Activities	8% Raising Funds	1% Other Costs
Wages	£12,237.41	£2,325.11	£8,810.92	£978.99	£122.37
Total	£12,237.41	£2,325.11	£8,810.92	£978.99	£122.37

### Note 6 – Temp Wages Costs

Split Based on Time Allocation		0% Governance	100% Charitable Activities	0% Raising Funds	0% Other Costs
Wages	£98.99	£0	£98.99	£0	£0
Total	£98.99	£0	£98.99	£0	£0

## Note 7 – Fixed Assets

<b>Tangible Assets Cost</b>	<b>Buildings £</b>	<b>Equipment £</b>	<b>Total £</b>
As at 1 June 2023	0	0	0
Additions	0	2,527.20	2,527.20
<b>As at 31 May 2024</b>	<b>0</b>	<b>2,527.20</b>	<b>2,527.20</b>
 Depreciation			
As at 1 June 2024	0	2,527.20	2,527.20
Change for the year	0	0	0
<b>As at 31 May 2024</b>	<b>0</b>	<b>2,527.20</b>	<b>2,527.20</b>
 <b>Net Book Amount</b>			
<b>At 31 May 2024</b>	<b>0</b>	<b>0</b>	<b>0</b>

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

## Note 8 – Support Costs

	<b>Total</b>	<b>77% Charitable Activities</b>	<b>17.5% Raising Funds</b>	<b>5.5% Other Costs</b>
Rent and Rates	£6,267.02	£4,825.61	£1,096.73	£344.69
Electricity	£1,982.25	£1,526.33	£346.89	£109.02
Business Rates	£650.81	£501.12	£113.89	£35.79
Telephone and Internet	£516.47	£397.68	£90.38	£28.41
Office Equipment	£593.93	£457.33	£103.94	£32.67
Insurance	£1,147.36	£883.47	£200.79	£63.10
Repairs and Renewals	£148.43	£114.29	£25.98	£8.16
Computer Expenses	£5,257.50	£4,048.28	£920.06	£289.16
Postage and Carriage	-£90.16	-£69.42	-£15.78	-£4.96
Bookkeeping	£11,359.07	£8,746.48	£1,987.84	£624.75
Volunteer Expenses	-£54.00	-£41.58	-£9.45	-£2.97
Training	£188.38	£145.05	£32.9	£10.36
Other Meetings				
Reimbursable	£0	£0	£0	£0
Other Meetings	£239.59	£184.48	£41.93	£13.18
<b>Total</b>	<b>£28,206.65</b>	<b>£21,719.12</b>	<b>£4,936.16</b>	<b>£1,551.37</b>
 <b>Governance</b>	<b>£742.55</b>			
 <b>Total</b>	<b>£742.55</b>			
 <b>Stationery</b>		<b>75 % Total Information Pack</b>	<b>20% Magazine &amp; Memberships</b>	<b>5% Support Costs</b>
		£838.61	£628.96	£167.72
<b>Total</b>		<b>£838.61</b>	<b>£628.96</b>	<b>£167.72</b>
				<b>£41.93</b>



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