

Annual Report and Accounts 2024 - 2025

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 2025.

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://thyroiduk.org/if-you-are-undiagnosed/>)

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



It has been a challenging year for Thyroid UK, as it has been for many charities. Many grant making trusts have been overwhelmed with applications meaning some have paused operations due to this. Some trusts have even closed.

This has meant that Thyroid UK has had to tighten its belt and make some changes but I am pleased to say, we are still here!

We have been approached by various companies wanting to partner with us. We always look into these very carefully before deciding on whether to move forward with a partnership. One we decided to move forward with was Quincy, an electronic

prescription service for private prescriptions which has helped our beneficiaries to find the brand of medication that works best for them or find a cheaper price for their medication.

We have added a 'Volunteer for Us' page to our website and managed to find some brilliant volunteers this way and we are confident that we can use their skills to enhance things such as our Social Media Strategy and content.

We are also in the process of creating a 'Frequently Asked Questions about Hypothyroidism' page and a 'Liothyronine' page as we are often asked questions around these topics.

Our usual International Thyroid Awareness Week webinar was received really well. Michael Rosen was our key speaker who made everyone laugh so much as he told his own hypothyroid story. He truly is a fantastic storyteller!

The webinars I organised for members also were received well and our beneficiaries really appreciate that we record those with speakers so that if they can't attend, they can watch it at a later date.

The number members of our online community, HealthUnlocked has risen, as has our followers on Facebook and Twitter. This means that information about thyroid diagnosis and treatment is finding its way to more and more people who need it.

Obviously, we have continued our fight for better treatment, specifically access to liothyronine. We have sent letters to NHS England but they are, at the moment, steadfast in not changing their guidance. Thyroid UK, along with other thyroid organisations will continue to work on this.

A big Thank You goes out to all those that support us whether it be by working for us, volunteering for us, partnering with us, funding us or spreading the word for us. We are truly grateful to you all.

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

Lyn Mynott
Chief Executive Officer

Statement from the Chair of Trustees



Despite 2024 - 2025 being a difficult year, with the Thyroid UK's finances having been stretched to their limits, it has still been a year of continued dedication to our charitable purpose: supporting people affected by thyroid disease while advocating for improved understanding, diagnosis, and treatment within the UK healthcare system.

Demand for our services remained significant throughout the year, reflecting the ongoing challenges faced by many people living with thyroid conditions. The CEO and her team continued to provide reliable, evidence-based information and compassionate support, helping individuals to better understand their condition and to navigate their

healthcare journey.

During 2024 - 2025, Thyroid UK delivered information and support through our established channels including the website, newsletters, webinars, and support services. These resources play a vital role in empowering our beneficiaries and in reducing feelings of isolation commonly experienced by those affected by thyroid problems. The team also raised awareness of thyroid conditions among the wider public and healthcare professionals. By sharing patient experiences and highlighting gaps in care, Thyroid UK contributed constructively to discussions around best practice and patient-centered care.

The Board of Trustees continued to oversee the charity's activities, ensuring that Thyroid UK operates in accordance with its governing document, charitable objectives, and relevant regulatory requirements. The Trustees met regularly to review performance, risk and strategy, and to ensure that appropriate policies and controls remained in place. The Trustees are committed to evidence-based advocacy and collaboration (particularly with research groups and other thyroid charities) in pursuit of meaningful improvements in care.

Financial stewardship remains a priority for the Board. We have monitored the charity's financial position throughout the year to ensure sustainability and responsible use of funds. By the end of the financial year, we were in a much stronger position, thanks to the focus from the finance team and the Treasurer. We are grateful to our donors and supporters whose generosity enables Thyroid UK to continue its vital work.

Thyroid UK's work would not be possible without the dedication of its volunteers. Their time, knowledge and commitment are fundamental to the delivery of our services. I would also like to thank our supporters and members for their continued trust and engagement with the charity.

Looking ahead, Thyroid UK will continue to focus on strengthening its services, maintaining high standards of governance and advocating for improved outcomes for people living with thyroid disease. The Trustees remain committed to ensuring the charity is well positioned to respond to future challenges and opportunities.

On behalf of the Board of Trustees, I would like to thank everyone who has contributed to Thyroid UK during 2024 - 2025. Your support enables us to continue working towards a future in which all individuals affected by thyroid disease receive a timely diagnosis, understanding and appropriate care.

A handwritten signature in black ink, appearing to read 'J. Coulson', written in a cursive style.

Joanne Coulson
Chair
Thyroid UK

Our Objectives

Our objectives guide our focus on people's needs and the work we do. They are reviewed at every board meeting and embedded 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 2024-2025

Despite another challenging year, in common with many charities, Thyroid UK continued to provide vital support to individuals affected by thyroid disease and related disorders.

We have worked to raise funds, helping to ensure the continuation of our initiatives. We have worked with our new partner, Quincy, an electronic prescription service for private prescriptions, which has helped many people to obtain the brands of thyroid medication that they feel best on.

Lyn Mynott has signed various letters and documents created by National Voices, an umbrella organisation for charities including the NHS Constitution - Vision for Improving Patient Experience of Diagnosis; Letter to Wes Streeting, Secretary of State for Health and Social Care, following the Labour Party's successful election into Government about various health topics and a joint letter to Rt Hon Rachel Reeves ahead of the autumn budget regarding the charity sector.

We continued to gain more members as well as support more people, some of whom were not aware previously, that we are here for them.

This enabled them to get diagnosed more quickly, understand their condition and how to improve their health and wellbeing.

Campaign for Policy Change

#T3Campaign

We continued to campaign for improved access to liothyronine for patients who require it, including ongoing correspondence with NHS England to ask them to make changes to their guidance and working with Lord Hunt.

We have sent further letters informing NHS England again that their two documents do not align in the hope that they will finally make the changes.

We keep our beneficiaries informed of information pertaining to liothyronine, such as the difference between the different brands, informing them of the latest guidance from the British Thyroid Association and NHS England and advising them to revisit their doctors to keep them abreast of the latest guidance.

We also inform them of which endocrinologists have already prescribed liothyronine for patients:

"Thank you for your reply, kind words and advice I really appreciate them. I had a tough morning but am feeling a little more positive now. I've printed off the list of endocrinologists and am pleased to see that there are doctors who will consider prescribing T3."

Improve Information and Education and Reach a Wider Audience

We have continued to provide information and support whenever required and have actively promoted public awareness of thyroid disorders through a range of channels.

We were contacted by the Medical Unit office at Royal Hampshire County Hospital in Winchester who asked if we could send them some leaflets for their patients, which we were very pleased to do.

We supported Genomics England who ran a ground-breaking piece of research called the Generation Study, which was run in co-operation with the NHS. This research intended to explore the possibilities of genome sequencing in newborn babies, including identifying a wider range of rare genetic conditions.

We supported them by reviewing and making changes to some of their new patient information leaflets – Congenital Hypothyroidism; Resistance to Thyroid Hormone Alpha; Bamforth-Lazarus Syndrome and Thyroid Hormone Resistance.

Email Queries

Responding to beneficiary enquiries is a key part of our daily work. Questions range from diagnosis and medication management to prescription charges and entitlement. We are pleased to offer guidance, provide relevant information, and signpost individuals to other appropriate organisations where necessary.

Membership

The introduction of a digital version of our members' magazine, *Harmony*, continues to be popular, particularly with younger people. However, we continued to publish a paper form of *Harmony* for our members who prefer this format.

Members receive three issues of *Harmony* each year, featuring a wide range of articles on thyroid health, nutritional health, thyroid research, book reviews, updates on our #T3Campaign and information about our webinars. Membership fees remain a vital source of income, supporting the continuation of our work.

“Thank you for letting me know my membership will automatically renew. I will always try and donate when I can. I will be forever grateful to everyone at Thyroid UK and the endless fight you do for thyroid patients.”

E-News

We regularly distribute E-News to subscribers who have opted in to receive them. These newsletters provide up-to-date information on all aspects of thyroid disease, alongside the latest news from various organisations.

Website

In 2024, we set up a system where people can download various documents that they need such as doctor lists and pharmacy lists. This has shown us that this is very important to our beneficiaries and it saves us the time it takes to send people these documents by email, therefore allowing us to work on other important matters.

We are receiving more emails from our beneficiaries via our Contact Us page that we introduced in 2024.

Information Pack

We continue to publish our Information Pack, which complements the information available on our website. Feedback indicates that users find the pack clear, accessible, and extremely helpful. Leaflets are reviewed and updated as required.

Support Network

Our Support Networkers continue to provide one-to-one support to individuals seeking information or simply someone to talk to who has shared similar experiences. This support helps people feel less isolated and more confident, while also improving understanding of their condition and self-esteem.

We have recruited more Support Networkers in different areas of the UK so our beneficiaries can access them more easily.

Online Community – HealthUnlocked

Our HealthUnlocked online community continues to grow and remains a valuable source of peer support and shared knowledge. Members gain practical insights into thyroid health, enabling them to make informed changes that improve their wellbeing, such as understanding medication interactions and possible ingredient intolerances.

The feedback we received from members shows that it is of significant importance and value to them.

“I dread to think about the quality of life I’d have had for the past few years without the support, experience and expertise of the members of this forum.”



Social Media

We have recruited volunteers to help us organise our social media posts better by writing a Social Media Strategy and help us plan our social media so that it reaches the right people at the right time.

Our social media following has continued to increase, alongside growth in our HealthUnlocked community. We actively engage with users by responding to questions and comments, ensuring concerns are acknowledged and addressed. Where appropriate, we provide additional information or direct individuals to relevant resources on our website or to other organisations.

We also share important updates from partner organisations, including the British Thyroid Association and other support groups.

Webinars and Patient Videos

We delivered several webinars for members and the wider public. Also, spoke at a webinar for the Metropolitan Police in October 2024 about hypothyroidism which was received very well.

Our own webinars included a webinar for International Thyroid Awareness Week webinar in May 2025 with our key speaker being the author Michael Rosen and a talk by Dr Gibran Timothy Yusuf, Consultant Interventional Radiologist at King's College Hospital, who introduced microwave thyroid ablation for thyroid nodules in the UK.

We also held some "Get Togethers" for our members where they could have a cuppa and a chat between themselves. Some of these had speakers. Our Chief Executive discussed any news and also answered members' questions.

Some of the webinars were recorded, edited, and uploaded to our YouTube channel for public access.

The Wren Project

We continued to signpost individuals to The Wren Project, a listening service for people affected by autoimmune thyroid disease and during the past year 22 people have been accepted via our web page.

Encouraging Scientific Research

We supported several research projects by assisting researchers in recruiting participants and survey respondents for studies on various aspects of hypothyroidism such as the research entitled, "INSPIRE-Flare: Investigating flare triggers, preventers and prodromes in autoimmune disease patients" and "Investigating the views and experiences of people with autoimmune diseases on care, inequalities, mental health, hormones and patient-clinician relationships" among others.

We continued to maintain and update our research database.

Acting as a resource centre and disseminating information

Enquiries from medical professionals

Lyn regularly responds to enquiries from pharmacists, doctors, and other practitioners on a wide range of thyroid-related topics. Beneficiaries contact her everyday for help and answers to questions for which they are always very grateful.

People Plan and CEO Succession

We continued to review and update the CEO Succession Plan and the People Plan.

Impact of our Work

We witness the impact of our work on a daily basis through messages of thanks from individuals who have received our help and support and explaining how they have changed things or taken the steps we have suggested.

We provide support through a range of channels, including our online community, social media platforms, email correspondence, and our wider support network. Demand for our services continues to increase, reflecting the growing difficulties many people face in accessing timely medical appointments and reliable information elsewhere.

Our website analytics demonstrate that our resources are being accessed by individuals across the world, highlighting the extensive reach of our information and services.

Thyroid disease primarily affects women but we also help men who contact us:

“Thank you for your reply. It’s a minefield trying to navigate information online, especially what seems to be for men. There is clearly a real lack of support in this area.”

People are so grateful to us after our communications as they then had hope that they would improve their symptoms:

“I’m so glad I came across Thyroid UK, hopefully I can start to feel better soon and not feel so tired and cold all the time.”

“It was lovely to talk to you this morning and thank you for giving me so much time.”

“I am in the process of reading the attachments that you sent me. I am so grateful that you are in our corner telling us the real facts behind some of these drugs.”

Most people are not aware that there is guidance in respect of the diagnosis and treatment of hypothyroidism and we regularly inform them of this so that they can not only understand their condition better but be able to discuss their thyroid health with their doctors.

Our information has helped people to know how to approach their doctors in order to ask for changes in dosages or a change of brand in accordance with current guidelines.

This, in turn, has improved their symptoms or resolved their symptoms:

“Thank you, Lynn. I’m so pleased I contacted you because when I visit the GP, I shall ask her about this. You never know, it might work.”

“I took your advice and brought my annual blood test forward. As you predicted the result was ‘abnormal’ and after a telephone consultation the doctor increased my Thyroxine from 75mg to 100mg and I feel much better for it.”

“Really appreciate the attached lists/ documents and for your advice. Yes, it sounds like it’s worth exploring a levothyroxine increase. I’ll speak to my gp.”

“My understanding of hypothyroidism is now much greater as a result of this and your previous answer.”

“Thanks for your response and guidance. I have spoken to my doctor and raised my concerns. They have arranged for me to have an ECG and will review everything after that.”

Unfortunately, because doctors are so busy and because it is so difficult to get a face to face appointment with a doctor now and because doctors are restricted by budgets, many people turn to private healthcare which gives them much more time for discussion and they feel listened to.

People are often not aware that the specialist for thyroid disease is called an endocrinologist and that many consultants are specialists in diabetes rather than thyroid disease. We support people who are looking for consultants who understand the wider aspect of thyroid disease:

“Thank you for your help. I have a lot to discuss when I speak to the specialist. It’s been really helpful thank you.”

“Thank you for your reply, kind words and advice I really appreciate them. I had a tough morning but am feeling a little more positive now. I’ve printed off the list of endocrinologists and am pleased to see that there are doctors who will consider prescribing T3.”

“Thank you for sending that over so quickly. That’s super helpful, as my wife is considering switching her Endocrinologist, as we’ve just moved to a different area.”

We can see from our analytics that our social media followers have increased this year as well as the members of our online community.

The page views on our website have also increased along with the downloading of information from our website. This shows that the number of people we are supporting is increasing:

“I will definitely utilise your website again and join, thank you so very much, you really have helped me more than you can ever know.”

“Thyroid UK are fantastic, and all the extra information on their website is really useful. Thank you, Lyn for all your care, keep being brilliant!”

Our Support

Website Page
Views

100,009

HealthUnlocked
Members

149,063

Facebook
Followers

36,697

Instagram
Followers

4,678

Private Doctor's
List

1,822

Support Network
List

79

Medication
Lists

379

facebook

Instagram

HealthUnlocked

Our Aims for 2025-26

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

Campaign for Policy Change

Over the year ahead, we will continue to engage closely with policymakers, healthcare professionals and patient communities to advocate for improved access to liothyronine and personalised thyroid treatments, aiming to reduce side effects and enhance the quality of life for those affected.

We will support and promote vital research, gathering robust evidence to inform and strengthen our advocacy efforts.

Through building lasting partnerships with key stakeholders, we will foster collaboration and broaden support for our campaign, ensuring that the voices of patients remain at the heart of our work.

Improve Information and Education

We are committed to expanding our patient resources, including developing a library of video content.

We are planning to add a 'Frequently Asked Question' page and a new page on Liothyronine to our website as they cover very pertinent questions that are often asked by people.

We will also explore additional grants to enhance our education and information initiatives and aim to work on hosting a conference that brings together patients, healthcare professionals, and experts to foster collaboration, share knowledge, and advance thyroid disease management.

Through these initiatives, we aim to ensure that patients' voices are heard, support is accessible, and the latest research and treatments are shared widely to improve outcomes for everyone affected by thyroid conditions.

Enhance Research and Collaboration

We will continue to foster collaborative relationships with endocrinologists and other researchers to strengthen the evidence base for improved thyroid disease management. This will include supporting ongoing research by helping to source volunteers, publicising studies, and providing expert feedback.

We will continue to look for the remaining funding needed to launch the James Lind Alliance Priority Setting Partnership, ensuring that patients' priorities help shape future research.

In addition, we will identify and support third-party research initiatives, actively contributing to the growing body of evidence that informs better treatment and care for people living with thyroid conditions.

Reach a Wider Audience

We will continue to sustain support for the Wren Project, evaluating its impact on individuals affected by thyroid disease to ensure it meets the needs of the community.

We will also support joint initiatives funded through grants, helping to expand Thyroid UK's reach and provide assistance to more beneficiaries.

Our communication efforts will be continuously improved, drawing on feedback and lessons learned to ensure clear, engaging, and effective outreach.

Additionally, we will prepare and conduct a survey of members and non-members, analysing the results to better understand their needs and expectations, and to enhance membership engagement and retention.

People Plan and CEO Succession

We will continue to assess and update the CEO Succession Plan to ensure a smooth transition as the CEO moves to part-time work.

We will also review the existing People Plan to identify and address key staffing, training, and development needs, supporting the organisation's growth and evolving priorities.

Help us to Help You

Every day, people with thyroid disease face challenges that many others don't see. Delays in diagnosis, limited access to treatment, and a lack of reliable information can leave patients feeling isolated and unsupported. Thyroid UK is here to change that but we can't do it alone. With your help, we can provide vital resources, campaign for better treatment, and give people the support they need to live healthier, fuller lives. Every donation, every act of support, and every membership helps us make a real difference.

Thyroid UK relies entirely on the generosity of supporters like you. We do **not receive Government funding**, so every donation, membership, and act of support helps us continue our vital work: advocating for better treatment, providing reliable information, and supporting people living with thyroid disease.

We are registered with the Fundraising Regulator and are committed to the Fundraising Promise and adherence to the Code of fundraising Practice.

Here are a few ways you can support us:

Become a Member - Join our community and receive **Harmony**, our magazine full of practical advice and inspiring stories, three times a year. Members also get early access to conferences and access to "Get Together" webinars. Membership costs just **£22 per year** (£1.83/month) or **£17 per year** (£1.42/month for concession).

Donate - You can donate via our website by clicking the donate button at the top of the page or by texting **THYUK** to **70085**.

Give in Memory or Celebration - Ask friends and family to donate to Thyroid UK instead of sending flowers or gifts. It's a meaningful way to remember a loved one or mark a special occasion, while supporting people with thyroid disease.

Fundraise or Take on a Challenge - From walks, runs and sponsored activities, to hosting your own event, there are countless ways to get involved. You can also support us while shopping, recycling items, or even through our **Thyroid UK Lottery** with a weekly **£25,000 jackpot**.

Corporate Partnerships - Businesses can make a huge difference by supporting our mission through sponsorship or partnerships.

Your support helps us advocate for better treatment, provide resources, and reach more people living with thyroid disease. Every action, big or small, makes a difference.

For more information on how to support us visit www.thyroiduk.org or contact us at enquiries@thyroiduk.org or call us on 07305 568010.

Our Thanks and Appreciation

Donations

We have been incredibly fortunate to receive such generous support from our beneficiaries and from many others who believe in our work. From personal fundraising challenges to collection boxes placed in homes and local shops, every contribution - large or small - has helped us continue supporting people affected by thyroid conditions.

These donations enable us to keep Thyroid UK running and developing. They help cover essential costs such as our membership of organisations including the Fundraising Regulator and National Voices, allowing us to contribute to discussions with Government and public bodies and to be part of driving meaningful change. Donations also fund vital training, including GDPR and Safeguarding, ensuring we meet our obligations and operate responsibly.

Supporters' generosity also allows us to hold meetings with clinicians, other thyroid organisations, and our beneficiaries - creating opportunities to share knowledge, listen, and provide much-needed support.

Additional income is raised through the sale of small items such as Christmas cards and pin badges. These not only help fund our work but also bring pleasure to those who receive them.

Many people also choose to support us through shopping-based donations, which are simple to use and cost nothing extra. To everyone who donates in any way: thank you. We are truly grateful for your kindness and continued support.

Corporate Partners

We would like to warmly thank all of our corporate partners who support Thyroid UK and our beneficiaries in so many different ways. Your involvement plays a vital role in enabling us to continue our work.

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 and Platforms

Amazon, Easyfundraising, easysearch.org.uk, eBay, Recycling for Good Causes, Unity Lottery, and Bequeathed.

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

We would also like to extend our thanks to The Firs Caravan Park for hosting a Quiz Night in aid of Thyroid UK and for raising valuable funds for our work.

Volunteers

Our heartfelt thanks go to all of our volunteers for their dedication, commitment, and generosity of time. Without you, Thyroid UK simply could not exist in its current form, and many people would be without the support they rely on.

Our Support Networkers and HealthUnlocked Admins are lifelines for countless individuals, offering reassurance, guidance, and understanding when it is needed most. We are deeply grateful for your continued care and compassion.

The Book Review Panel provides an invaluable service by writing thoughtful reviews for Harmony, our member magazine, helping readers decide which books may be most helpful to them.

Jane, our Research Papers Coordinator, continues to do exceptional work entering data from new research papers into our database. This highly repetitive task requires great focus and commitment, and we are very thankful for her diligence.

So many of our volunteers work tirelessly behind the scenes, often at weekends when the office is closed. We do not say thank you often enough - so please accept this as a very big and heartfelt thank you to each and every one of you.

Staff

We would like to express our sincere gratitude to the Thyroid UK staff, Carol and Heidi, for their outstanding work throughout the year. While each role has defined responsibilities, our staff consistently go above and beyond, providing vital support to Lyn Mynott in her role as Chief Executive Officer.

As Thyroid UK continues to grow, so too does the range and volume of tasks required to support our beneficiaries and develop the organisation. We recognise the need to increase staff hours in the future, which will require additional funding, and we are deeply appreciative of the dedication and flexibility shown by our team.

Trustees

A huge thank you goes to our trustees for their commitment, expertise, and hard work in governing Thyroid UK and guiding us forward. The trustees provide invaluable support to Lyn Mynott in ensuring that the charity is well governed, transparent, and accountable.

Beyond governance, trustees also contribute in many other ways, including risk management, strategic planning, and long-term development. Their guidance helps ensure that Thyroid UK remains strong, resilient, and focused on improving the lives of people affected by thyroid conditions.

Working with Other Thyroid Groups

Over the past year, Thyroid UK has continued to work collaboratively with other UK thyroid organisations, including The British Thyroid Foundation, The Thyroid Trust, Improve Thyroid Treatment (ITT), and Thyroid Support Group Norfolk.

Together, we have supported each other with letters regarding liothyronine policy and guidance. We are pleased to say that working together is making change.

We enjoy working with these organisations and remain committed to continuing this collaboration in order to bring about positive change for everyone affected by thyroid conditions.

Special Thanks: Lord Hunt

We would like to extend our special thanks once again to Lord Philip Hunt of Kings Heath who, although he has been really busy, has continued to support us.

We are extremely grateful for his ongoing support.



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
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Directors of the Company:

Mrs Lyn Mynott
Mrs Sara Parker
Mrs Joanne Coulson
Ania Swirski
Light Onyekachi
Aleksandr Holota (appointed 17.5.24)
Giancarlo Notarianni (appointed 3.9.24)
Catherine McEvilly (appointed 3.9.24)

Board of Trustees:

Mrs Lyn Mynott
Mrs Sara Parker
Mrs Joanne Coulson
Ania Swirski
Light Onyekachi
Lydia Bailey (resigned 8.2.25)
Aleksandr Holota (appointed 17.5.24)
Giancarlo Notarianni (appointed 3.9.24)
Catherine McEvilly (appointed 3.9.24)

Chair: Mrs Joanne Coulson (since 8.2.25)

Treasurer: Mr Aleksandr Holota (since 17.5.24)

Patrons:

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

Chief Executive: Mrs Lyn Mynott

Admin Assistant: Carol Brown

Financial Administrator/Bookkeeper:
Mrs Heidi Griggs

Medical Advisers:

Dr Sarah Myhill
Dr Johannes W Dietrich M.D.

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The Annual Report 2025 incorporating the Annual Report and Accounts is also available online.
Please visit 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 three times a year 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 requires 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 2024-25, 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.

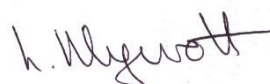
Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examination

After the resignation of our previous Independent Examiner (IE), the board approved a new IE who carried out the inspection on 11th July 2025.

A resolution to appoint a new Independent Examiner will be proposed at the Annual General Meeting on 9th February 2026.

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
11th February 2025

Report of Independent Examiner Year ended 31st May 2025

I report on the accounts for the year ended 31st May 2025.

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 2025 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.



Alvina Matanat
Flat 19, Hobart Court
51 The Bourne
London
N14 6EX

Dated: 11th 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 2024/25 of £103,400.19 and an expenditure of £95,430.67 resulting in a surplus of £7,969.52.

Income

Our overall income has decreased by £8,141.09 this year.

Donations and sponsorship increased this year. This has also seen an increase in gift aid.

Test commissions have decreased but our other commissions have increased.

Expenditure

Our overall expenditure has decreased by £15,528.81 this year.

We have streamlined as much as possible to ensure that we are able to continue to support our beneficiaries.

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 two 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 for 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.

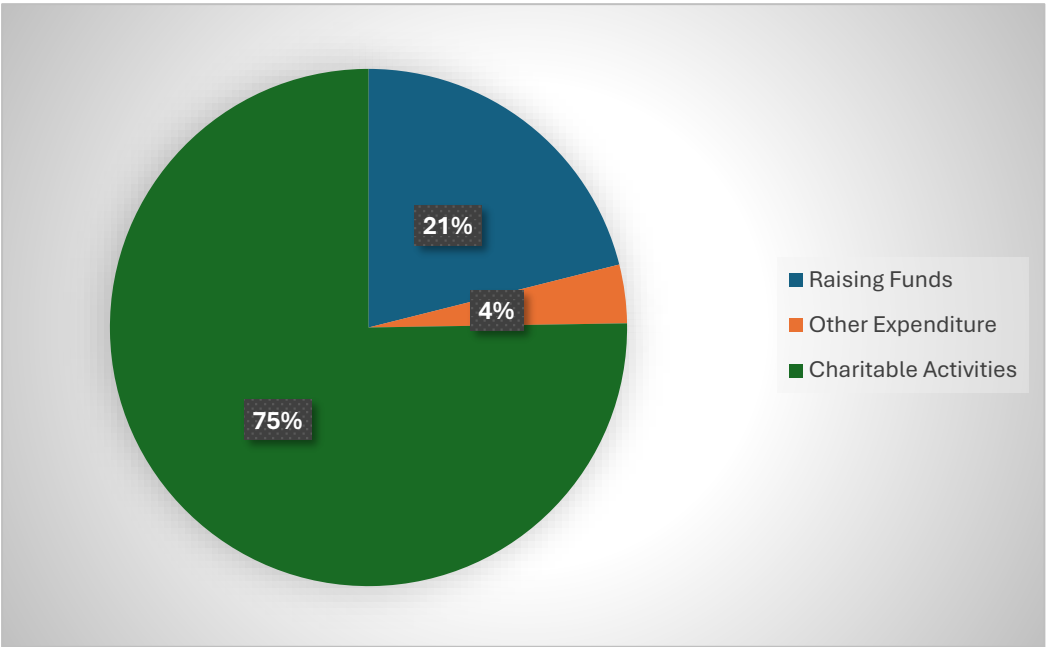
There were no trustee expenses paid in this financial year.

The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £630. The indemnity is limited to £100,000.

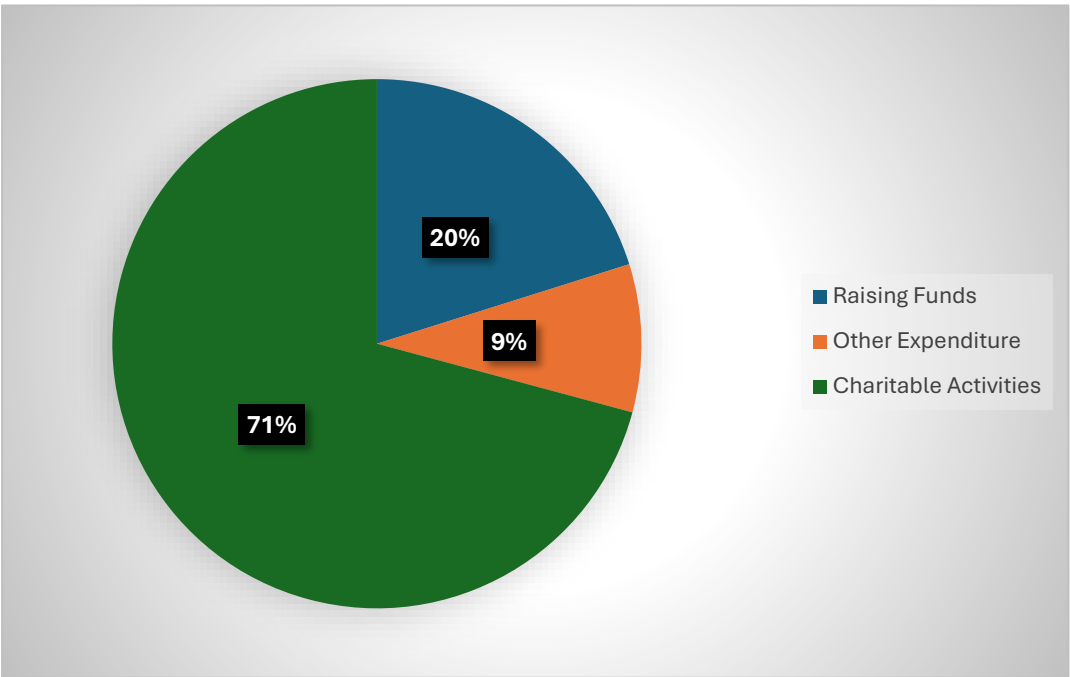
Statement of Financial Activity (SOFA)

Expenditure

2024

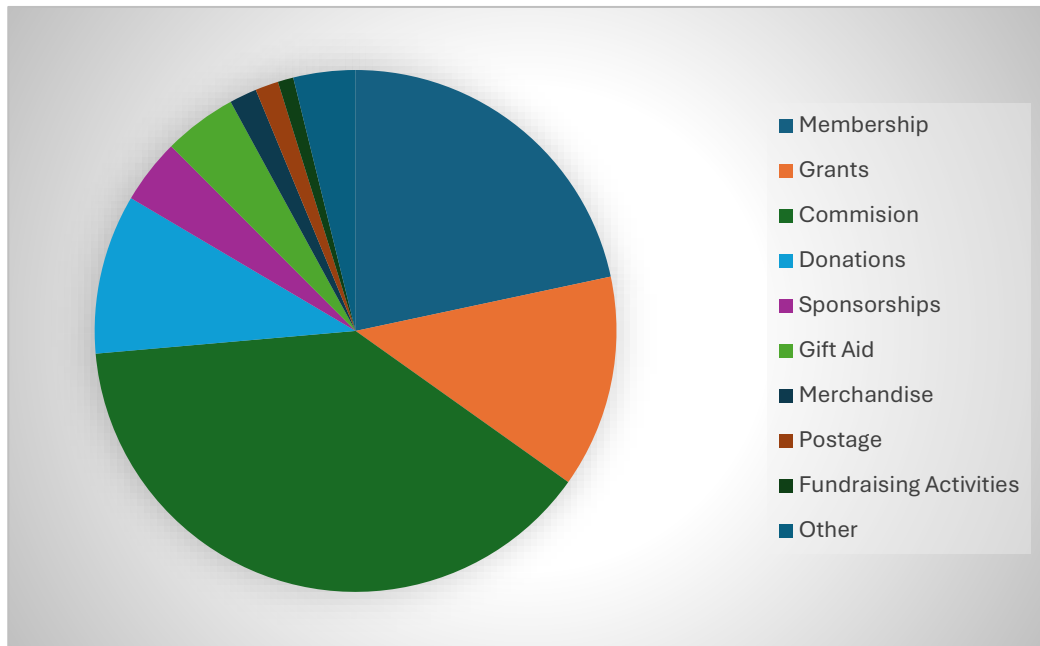


2025

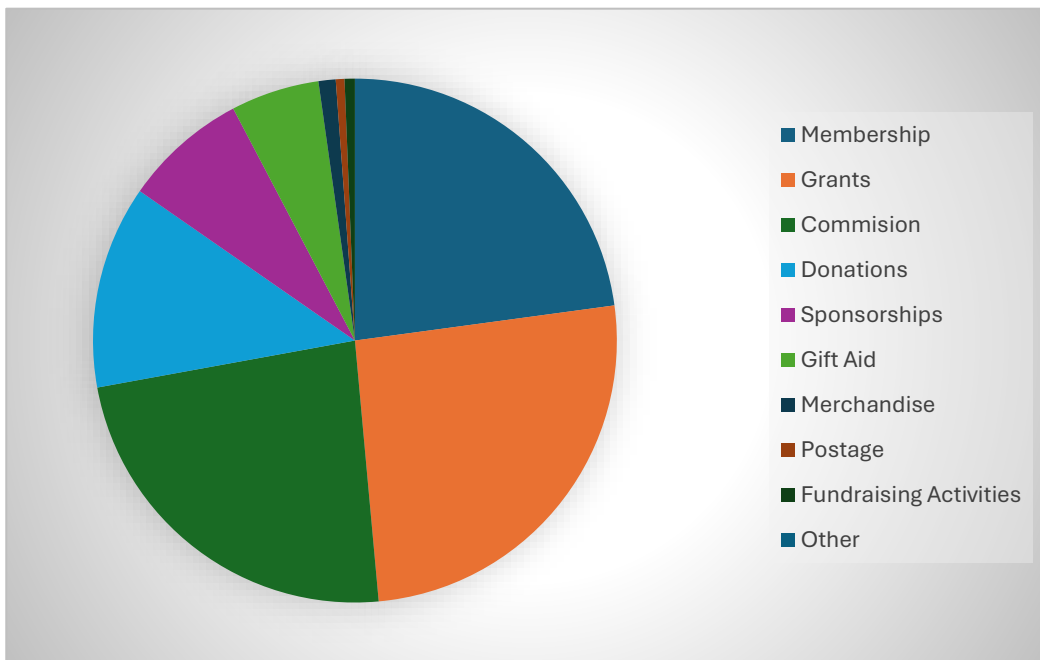


Where the Money Came From

2024

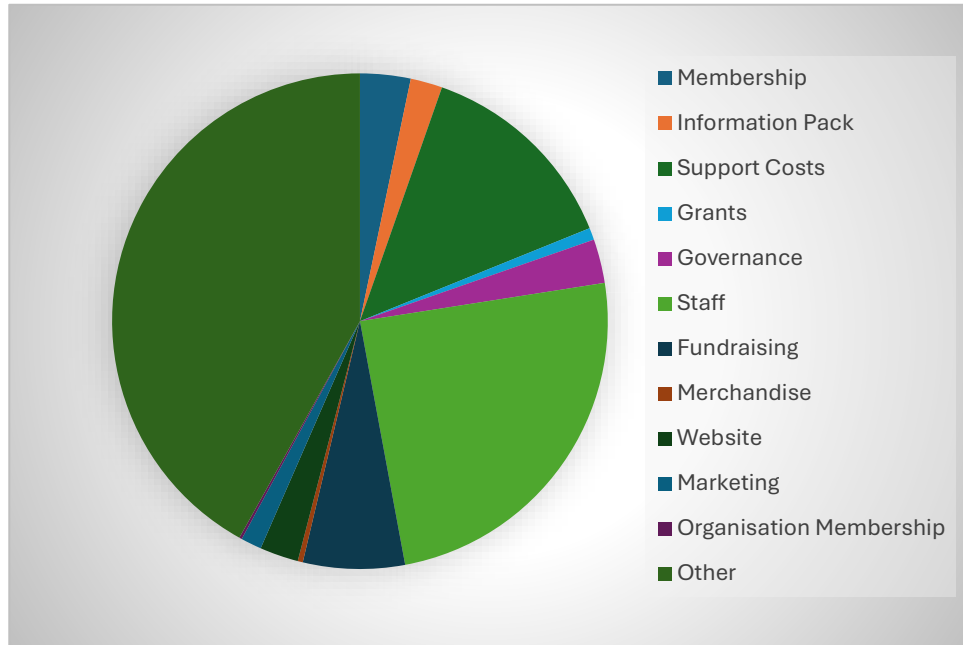


2025

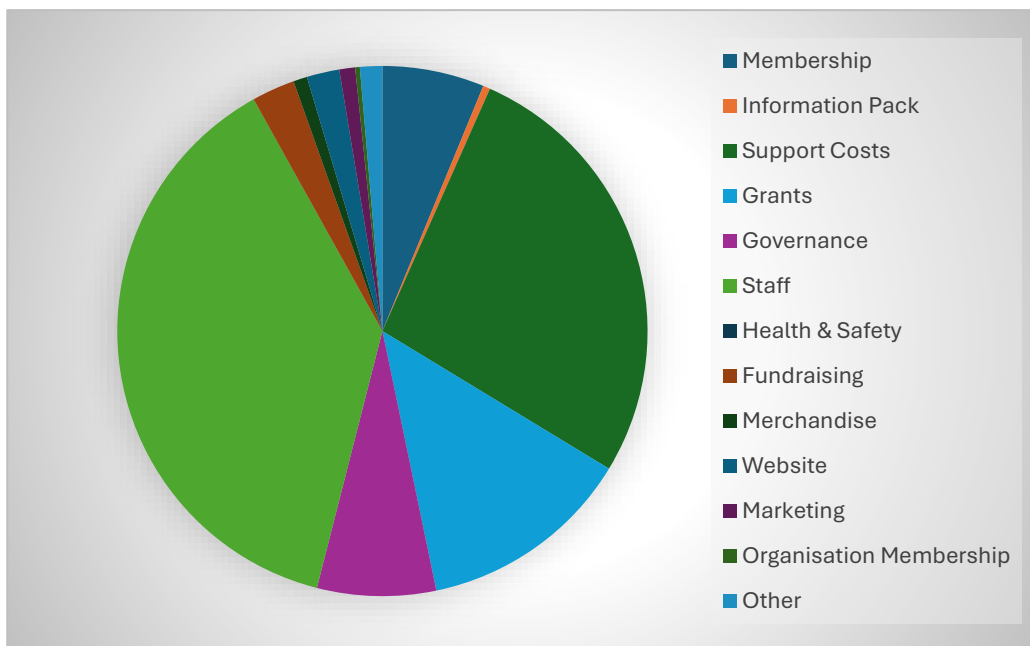


Where the Money was Spent

2024



2025



Statement of Financial Activities

Year Ended 31st May 2025

Thyroid UK						
Statement of Financial Activities						
For the period 01 June 2024 to 31 May 2025						
*as of 31.05.25						
	Unrestricted Funds	Restricted Funds	Endowment Funds	Total Funds	Prior Yr Total Funds	
Income and endowments from:						
Donations and Legacies	£ 52,236.10	£ -	£ -	£ 52,236.10	£ 72,833.38	
Income from charitable activities	£ 6,401.26	£ 20,000.00	£ -	£ 26,401.26	£ 9,298.69	
Other trading activities	£ 24,157.22	£ -	£ -	£ 24,157.22	£ 29,028.67	
Investment income	£ 605.61	£ -	£ -	£ 605.61	£ 380.54	
Total Income	£ 83,400.19	£ 20,000.00	£ -	£103,400.19	£111,541.28	
Expenditure on:						
Raising Funds	£ 7,219.62	£ 12,001.03	£ -	£ 19,220.65	£ 23,395.51	
Charitable Activities	£ 67,583.86	£ -	£ -	£ 67,583.86	£ 83,506.04	
Support Costs	£ 8,626.16	£ -	£ -	£ 8,626.16	£ 4,057.93	
Total Expenditure	£ 83,429.64	£ 12,001.03	£ -	£ 95,430.67	£110,959.48	
Gain/Losses on Investment	£ -	£ -	£ -	£ -	£ -	
Net Income/(Expenditure) before transfer	£ (29.45)	£ 7,998.97	£ -	£ 7,969.52	£ 581.80	
Transfers						
Gross transfer between funds - in	£ -	£ -	£ -	£ -	£ -	
Gross transfer between funds - out	£ -	£ -	£ -	£ -	£ -	
Other recognised gains/losses						
Gains on revaluation, fixed assets, charity's own use	£ -	£ -	£ -	£ -	£ -	
Net movement in funds	£ -	£ -	£ -	£ -	£ -	
Reconciliation of funds						
Total funds brought forward	£ 42,486.00	£ 15,529.00	£ -	£ 58,015.00	£ 57,434.79	
Total funds carried forward	£ 42,456.55	£ 23,527.97	£ -	£ 65,984.52	£ 58,016.59	

Thyroid UK Company No 6254073

Balance Sheet as at 31st May 2025

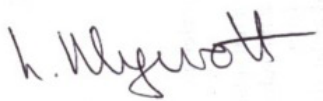
Account	As at 31 May 2025	As at 31 May 2024
Current Assets		
Cash at bank and in hand		
Barclays 137	15,752.00	23,083.29
Holding Account	45,661.41	30,055.80
PayPal	805.29	733.94
Petty Cash	58.56	80.65
Total Cash at bank and in hand	62,277.26	53,953.68
Accounts Receivable	2,149.55	1,485.35
Stock	2,243.89	2,765.98
VAT Refund	39.96	-
Total Current Assets	66,710.66	58,205.01
Current Liabilities		
Employee Pension Contribution	82.85	107.92
Employer Pension Contribution	84.15	80.94
Accounts Payable	544.80	0.00
TUK Wages Payable	14.67	0.00
Total Liabilities	726.47	188.86
Net Current Assets minus Current Liabilities	65,984.19	58,016.15
Capital and Reserves		
Current Year Earnings	7,969.52	581.80
Retained Earnings	(3,222.29)	(1,896.23)
Starting Balance	61,237.39	59,331.02
Total Capital and Reserves	65,984.62	58,016.59
Represented by Funds		
Unrestricted	42,456.55	42,486.73
Restricted	23,527.97	15,529.86
Total	65,984.52	58,016.59

For the year ending 31/05/2025 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

Date: 11th February 2026



Aleksandr Holota
Treasurer

Date: 11th February 2026

Income & Expenditure Report

Year Ended 31st May 2025

Account Name	Total			
	Unrestricted £	Restricted £	This Year £	Last Year £
Income				
Donations and Legacies				
Donations	12,200.11	0.00	12,200.11	22,778.87
Gift Aid	5,314.24	0.00	5,314.24	8,199.53
Membership	22,237.70	0.00	22,237.70	22,590.91
Sponsorship	7,438.10	0.00	7,438.10	3,514.07
Legacies	3,000.00	0.00	3,000.00	5,000.00
Total Donations and Legacies	50,190.15	0.00	50,190.15	62,083.38
Charitable Activities				
Information Pack Sales	1,331.26	0.00	1,331.26	2,356.69
Back Issue Sales	70.00	0.00	70.00	42.00
Grants (Restricted)	5000.00	20,000.00	25,000.00	17,650.00
Total Charitable Activities	6,401.26	20,000.00	26,401.26	20,048.69
Other Trading Activities				
Sales Postage	523.16	0.00	523.16	974.04
Fundraising Consultant Refunds	1,100.00	0.00	1,100.00	0.00
Merchandise Sales	1,028.93	0.00	1,028.93	1,379.35
Fundraising Activities	614.96	0.00	614.96	630.00
Test Commissions	20,890.17	0.00	20,890.17	24,652.21
Other Commissions	2,045.95	0.00	2,045.95	1,393.07
Total Other Trading Activities	26,203.17	0.00	26,203.17	29,028.57
Other Income				
Bank Interest	605.61	0.00	605.61	380.54
Total Other Income	605.61	0.00	605.61	380.54
Total Income	83,400.19	20,000.00	103,400.19	111,541.18

Expenditure**Raising Funds**

Raising Funds	3,351.20	0.00	3,351.20	1,182.82
Events Sundries	0.00	0.00	0.00	17.72
Fundraising Consultants	630.00	0.00	630.00	13,049.00
Staff Wages Raising Funds	730.16	0.00	730.16	2,411.57
CEO Wages Raising Funds	1,299.98	0.00	1,299.98	865.11
Support Costs Raising Funds	4,348.80	0.00	4,348.80	4,936.16
Advertising & Marketing	897.62	0.00	884.58	782.49
eBay Fees	1.24	0.00	1.24	1.63
JustGiving Fees	309.42	0.00	309.42	149.01
Total Raising Funds	11,568.42	0.00	11,568.42	23,395.51

Charitable Activities

Square Up Fees	19.77	0.00	19.77	34.28
Information Pack Costs	401.04	0.00	401.04	714.39
Merchandise Costs	796.51	0.00	796.51	1,181.66
Merchandise Costs (Prior Year Adjustments)	0.00	0.00	0.00	-1,906.37
Magazine and Membership Costs	5,716.50	0.00	5,716.50	5,571.98
Staff Wages Charitable Activities	9,993.70	0.00	9,993.70	12,604.77
CEO Wages Charitable Activities	22,360.32	0.00	22,360.32	18,694.00
Support Costs Charitable Activities	19,147.92	0.00	19,147.92	21,7641.07
CEO Wages Governance	2,080.00	0.00	2,080.00	1,760.87
Staff Wages - Governance	3,763.92	0.00	3,763.92	3,144.71
PayPal Fees	192.89	0.00	192.89	273.83
GoCardless Fees	239.55	0.00	239.55	219.90
Stripe Fees	223.89	0.00	223.89	168.93
Website Costs	1,834.85	0.00	1,834.85	1,067.25
Grant (Restricted)	0.00	12,001.03	12,001.03	15,172.22
Website Development	0.00	0.00	0.00	2,300.00
Governance Support Costs	813.00	0.00	813.00	742.55
Total Charitable Activities	67,583.86	12,001.03	79,584.89	83,506.04

Other Expenses

Employer Pension Expense	994.58	0.00	0.00	988.75
Organisation Membership	259.47	0.00	259.47	338.00
Office Sundries	80.00	0.00	80.00	622.90
Staff Wages Other Costs	262.16	0.00	262.16	160.82
CEO Wages Other Costs	260.04	0.00	260.04	220.11
Support Costs Other Costs	1,366.76	0.00	1,366.76	1,551.37
Miscellaneous Expenses	233.47	0.00	233.47	96.00
Miscellaneous Fees	97.58	0.00	97.58	16.48
Support Costs	537.30	0.00	537.30	0.00
Clearing Account	2.00	0.00	2.00	29.50
Legal Fees	150.00	0.00	150.00	0.00
Companies House	34.00	0.00	34.00	34.00
Total Other Expenses	4,277.06	0.00	4,277.06	4,057.93

Total Expenditure	83,429.34	12,001.03	95,430.37	110,959.48
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Surplus / (Deficit)

Income	83,400.19	20,000.00	103,400.19	111,541.28
Expenditure	83,429.34	12,001.03	95,430.37	110,959.48

Total Surplus / (Deficit)	- 29.45	7,998.97	7,969.82	581.80
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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	£26,000.33	2,080.03	22,360.28	1,300.02	260.00
Total	£26,000.33				

Note 2 – Operations Manager Wages Costs Split Based on Time Allocation

		70% Governance	20% Charitable Activities	5% Raising Funds	5% Other Costs
Wages	£5,243.31	3,670.32	1,048.66	262.17	262.17
Total	£5,243.31				

Note 3 – Staff Wages Costs Admin #1 Split Based on Time Allocation

		2% Governance	10% Charitable Activities	10% Raising Funds	0% Other Costs
Wages	£15,578.32	311.57	1,557.83	1,557.83	0.00

Total £15,578.32

*Note bookkeeping cost of £12,151.09 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	£9,483.76	0.00	9,483.76	0.00	0.00
Total	£9,483.76				

Note 5 - Fixed Assets

Tangible Assets	Buildings	Equipment	Total
Cost	£	£	£
At 1 June 2024			
Additions			
At 31 May 2025			
Depreciation			
At 1 June 2025			
Charge for the Year			
At 31 May 2025			
Net Book Amount			
At 31 May 2025			

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

Note 6 – Support Costs

	Total	Charitable Activities	Raising Funds	Other Costs
Support Costs		77%	17.5%	5.5%
Rent and Rates	9,000.00	6,930.00	1,575.00	495.00
Electricity	2,436.39	1,876.02	426.37	134.00
Business Rates	638.52	491.66	111.74	35.12
Telephone and Internet	873.79	672.82	152.91	48.06
Office Equipment	292.85	225.49	51.25	16.11
Insurance	878.35	676.33	153.71	48.31
Repairs and Renewals	301.49	232.15	52.76	16.58
Computer Expenses	4,767.43	3,670.92	834.30	262.21
Postage and Carriage	1,366.00	1,051.82	239.05	75.13
Bookkeeping	12,550.69	9,664.03	2,196.37	690.29
Training	180.05	138.64	31.51	9.90
Other Meeting Reimbursable	0.00	0.00	0.00	0.00
Other Meetings	52.52	40.19	9.14	2.87
Volunteers Expenses	13.14	10.12	2.30	0.70
Total	33,350.90	25,680.19	5,836.41	1,834.30
Governance	813.00			
Total	813.00			

		Information Pack	Magazine & Memberships	Support Costs
		75%	20%	5%
Stationery	265.90	199.43	53.18	13.30
Total	265.90	199.43	53.18	13.30



Thyroid UK

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