

Trustee Annual Report for Obesity UK For the Year Ended 31 December 2024

Charity Name: Obesity UK

Registered Charity Number: 1150683

Charity Address: 6 Pear Tree Close, Lightcliffe, Halifax, HS3 8RY

Website: www.obesityuk.org.uk

1. Objectives and Activities

Charitable Objectives:

Obesity UK is dedicated to supporting individuals living with obesity and promoting better understanding and treatment of obesity as a complex, chronic condition. Our key charitable purposes include:

- Providing peer and professional support to people living with obesity.
- Advocating for evidence-based approaches to obesity prevention and management.
- Educating the public and professionals on the lived experience of obesity.
- Influencing health policy and reducing stigma.

Public Benefit Statement:

In planning and delivering our activities, the trustees have complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit. Our services are open to all individuals in the UK affected by obesity, regardless of background.

2. Achievements and Performance

Support Services:

- **Peer Support Groups:** Delivered 40 online support sessions attended by over 600 participants across the UK. New regional groups were piloted in Manchester and Glasgow.
- **Helpline:** Responded to over 1,200 helpline contacts offering support, advice, and signposting.

Advocacy & Awareness:

- Continued our “End the Stigma” campaign, reaching an estimated 150,000 people online.
- Participated in consultations with NICE and NHS England on new weight management pathways.
- Provided training to 5 NHS Trusts on inclusive, person-centred care for people with obesity.

Research & Policy Engagement:

- Partnered with two universities to support research into the psychological impact of obesity stigma.
- Submitted evidence to the Health and Social Care Committee on obesity and health inequalities.

Education & Outreach:

- Delivered webinars for healthcare professionals.
 - Launched an online resource hub with downloadable guides and lived experience stories.
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3. Financial Review

Income:

Total income for the year was £87,500, made up of:

- Project: £64,760
- Donations £6345
- Events and Merchandise: £16395

Expenditure:

Total expenditure for the year was £51322, spent on:

- Staff: £22156
 - PPIE: £9096
 - Project support suppliers: £9596
 - Admin and Governance: £10343
 - Fundraising Costs: £131
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4. Structure, Governance, and Management

Governing Document:

Obesity UK is a registered charity governed by its constitution adopted on [insert date], as amended.

Trustee Board:

The Board met quarterly during the year and maintained oversight through subcommittees on Finance, Strategy, and Services. Trustees are appointed through an open recruitment process and serve renewable three-year terms.

Trustees during the year:

- Paul Gately
- Lizzie Brown
- Colin Ord
- Richard Casofsky
- Jessica Lewis

Management:

Day-to-day management is delegated to the Chief Executive, supported by a small team of staff and volunteers.

5. Plans for the Future

- Expand peer support programme to include in-person sessions in three additional UK regions through partnerships
 - Grow our income to invest in our administrative functions to support our volunteers
 - Greater government stakeholder engagement
 - Continue policy work and media engagement to challenge weight stigma.
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6. Risk Management

Key risks identified include financial sustainability, reputational risks from public campaigns, and safeguarding. Mitigation measures include:

- Diversifying income through a new corporate partnerships strategy.
 - Implementing a new safeguarding policy and trustee training
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Approved by the Board of Trustees and signed on their behalf by:

Signature: _____

Name: Paul Gately

Position: Chair of Trustees

Date: 10/4/25



REGISTERED COMPANY NUMBER: 08099201 (England and Wales)
REGISTERED CHARITY NUMBER: 1150683

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024
FOR
OBESITY UK LTD
(A COMPANY LIMITED BY GUARANTEE)

OBESITY UK LTD
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FOR THE YEAR ENDED 30 JUNE 2024

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OBESITY UK LTD (REGISTERED NUMBER: 08099201)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charitable company's objectives are to promote health through the provision of information, advice and support in relation to diet, nutrition, lifestyle, fitness and physical exercise.

ACHIEVEMENT AND PERFORMANCE

Charitable activities, achievements and future plans

The charity continues to face financial and operational challenges due to confused policy action by national and local government. Whilst government has committed resources to the health system, it's unclear how these resources will be allocated and so we remain limited in our ability to plan ahead.

We, as a charity, have completed a transitional phase with our leadership reviewing our board and operational leadership. We have continued to grow our partnerships, which has lead to some increase in revenue but we need to continue to establish a stronger operational team and continue to build reserves.

FINANCIAL REVIEW

Reserves policy

The charitable company aims to hold sufficient reserves to continue its activities. At 30 June 2024 readily available income reserves amounted to £45,018.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08099201 (England and Wales)

Registered Charity number

1150683

Registered office

6 Pear Tree Close, Lightcliffe, Halifax, HX3 8RY

Trustees

P J Gately

E. Woods

PUBLIC BENEFIT

The trustees have had due regard to the guidance published by the Charity Commission on public benefit.

OBESITY UK LTD (REGISTERED NUMBER: 08099201)
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2024

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

Approved by order of the board of trustees on 15th March 2025 and signed on its behalf by:

P J Gately - Trustee

A handwritten signature in black ink, appearing to be 'PJG', followed by a horizontal line and a vertical line, likely a formal signature line.

OBESITY UK LTD (REGISTERED NUMBER: 08099201)
BALANCE SHEET
30 JUNE 2024

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2023 in accordance with Section 476 of the Companies Act 2006.

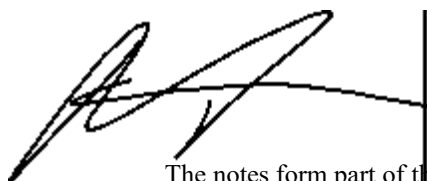
The trustees acknowledge their responsibilities for

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

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

The financial statements were approved by the Board of Trustees and authorised for issue on 15th March 2025 and were signed on its behalf by:

P J Gately - Trustee



The notes form part of these financial statements

OBESITY UK LTD
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2024

1. STATUTORY INFORMATION

Obesity UK Ltd is a private charitable company registered in England and Wales. The company's registered office address can be found in the Report of The Trustees.

The charitable company is a company limited by guarantee. In the event of the charitable company being wound up any property remaining would be given to another charity with similar objects and if no property remained, the liability of the members would be limited to £10.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

Income

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

Expenditure

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

Tangible fixed assets

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

Computer equipment - 20% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees. Designated funds are unrestricted funds that the trustees have set aside for a particular purpose.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Donated services

Volunteers time is not valued or included in the financial statements.

Independent Examiner's Report to the Trustees of Obesity UK

I report to the trustees on my examination of the accounts of **Obesity UK** for the year ended 30th June 2024

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Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination, I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable accounting requirements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Examiner's name: Neil Bertram ACMA

Examiner's relevant professional qualification(s) (if any): ACMA

Examiner's address: 40 Leigh Road, Hale, Altrincham, WA15 9BD

Date: 25th April 2025.