

ANYBODY UK

England & Wales · Charity number 1156627

Details

Other names	ENDANGERED BODIES
Status	Registered
Legal form	CIO
Registered	2014-04-10
Register	View on the Charity Commission register

Contact

Address The Foresters
Upper Road
Pillowell
Lydney
Gloucestershire
GL15 4RD

Phone 020 7636 3702

Email info@any-body.org

Website <https://anybodyuk.org/>

Activities

Objects: TO ADVANCE EDUCATION OF BODY IMAGE ISSUES AMONGST THE GOVERNMENT, EDUCATION AND YOUTH SECTOR BODIES, THE MEDIA AND THE PUBLIC IN GENERAL BY THE RAISING OF AWARENESS, PROVISION OF TRAINING, ADVICE AND SUPPORT.

Activities: To advance education of body image issues amongst the government, education and youth sector bodies, the media and the public in general by the raising of awareness, provision of training, advice and support.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training
- **Who:** Children/young People, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£150	£6,379	-	-
2024-04-01	£69	£372	-	-
2023-04-01	£5	£1,185	-	-
2022-04-01	£224	£1,350	-	-
2021-04-01	£706	£3,098	-	-

Trustees

Name	Role	Appointed
Dinah Gibbons		2019-11-25
Joanna Harrison		2014-03-24
PROFESSOR SUSIE ORBACH		2014-03-24
Sharon Haywood		2019-11-25
Victoria Chetley		2014-03-24

ANYBODY UK

England & Wales - Charity number 1156627

Accounts

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

**For the period ended 1 April 2025
ANYBODY UK / ENDANGERED BODIES**

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ANYBODY UK / ENDANGERED BODIES

CHARITY INFORMATION

Trustees

Susie Orbach
Victoria Chetley
Joanna Harrison
Sharon Haywood
Dinah Gibbons

Charity Number

1156627

Principal Address

The Foresters, Upper Road,
Pillowell
Gloucestershire GL15 4RD

Bankers

The Co-operative Bank
1 Balloon Street,
Manchester, M4 4BE

ANYBODY UK / ENDANGERED BODIES

TRUSTEES' REPORT FOR THE PERIOD ENDED 1 APRIL 2025

The Trustees present their report and the financial statements for the period ended 1 April 2025.

Objectives and activities

AnyBody UK was established as a Charitable Incorporated Organisation on 10 April 2014 and is a registered charity (number 1156627). It is governed by the Charities Act 2011.

The main objects of the charity are as follows:

To advance education of body image issues amongst the government, education and youth sector bodies, the media and the public in general by the raising of awareness, provision of training, advice and support.

Our work benefits society by raising awareness of the damaging effects of poor body image on mental and physical health and wellbeing, tackling the roots of poor body image by working with the government and challenging the industries that contribute to the problem. We advance the education of these issues by raising awareness and running campaigns, giving advice and support, advising on training, running events and workshops, and working in schools and universities.

Our main focus in 2024/25 has been following through on the proposal submitted and approved by the Trustees last year for the creation of a Midwives for Body Confidence course, using the remaining funds provided by The Burdett Trust. Our aim is to have this course complete and ready to deliver by the end of 2025. We also placed importance this year on streamlining our running costs which included things like migrating our website to a better hosting option and finding a new bank account provider that aligned with our ethos.

Achievements & Performance

Events & Campaigns

Midwives for Body Confidence

The proposal that was approved by Trustees last year agreed on the creation of an online course providing training for midwives, health visitors and NCT trainers. It has been decided this will be called 'Midwives for Body Confidence' and the initial outline, course format and the majority of content has been created and reviewed by our internal volunteer team. The project is currently in its second stage, where feedback has been given and additional resources are being created to populate the course pages. Our aim is to have the course complete and ready to begin delivering in late 2025.

Funds from the Burdett Trust have been used this year to pay for the time spent writing and creating the initial iteration of the course.

NCMP

We continued to offer our advice pack for parents, caregivers and schools for free from our website at: <https://anybodyuk.org/play-not-weigh>. This year AnyBody UK took sole ownership of the hosting of this resource, which was originally created in collaboration with Body Happy Org CIC and was previously available on their website as well as our own.

The advice pack was talked about on Laura Thomas' Podcast in September 2024 where she was in conversation with Molly Forbes from BHO.

Compassionate Approach Practice Group

This year we joined the Compassionate Approach Practice Group, a group of organisations, councils & healthcare providers who meet quarterly to discuss plans and guidelines on delivering an approach to weight and health rooted in the principles of social justice and community. This group is part of Doncaster Council's Compassionate Approach program and includes groups from across the UK. More information about their process can be found here:

<https://www.doncaster.gov.uk/services/health-wellbeing/doncaster-s-compassionate-approach>

Workshops

A core focus this year was getting volunteers back into the public eye, delivering workshops as this was a fundamental part of our work in the past. Some of our volunteers were part of the Woman Up! Carlisle event in June, and the workshop was received very well. The presentation created for this workshop is in the process of being converted to an online format in hopes we can offer it regularly.

Social Media

In 2023 we decided as a charity to take a step back from social media and focus our resources on in-person workshops. We have only posted once on Instagram this year but still receive some interaction although no growth this year. This semi-regular interaction is due to collaborative posts and other accounts pointing users in

our direction.

Instagram Followers: 988 / Facebook Followers: 6.3k / X Followers: 5,506 / LinkedIn Followers: 25

Press and Media Coverage:

In June 2024 our volunteer Ruby was interviewed on Voices radio for their The Voice Box program “EP2 #SummerBodyShame”.

https://soundcloud.com/voicesradio_idn/the-voice-box-w-shahlaa-tahira-170624-voices-radio

In September 2024 we were mentioned on Laura Thomas’s podcast “39: Should We Be Weighing Kids in School?” in relation to our work on the National Child Measurement Program. The full transcript can be found here: <https://www.canihaveanothersnack.com/should-we-be-weighing-kids-in-school-with-molly-forbes-2/>

Structure, Governance & Management

The Trustees who served during the year were:

Victoria Chetley, Dinah Gibbons, Joanna Harrison, Sharon Haywood and Susie Orbach.

The power of appointing new or additional Trustees is vested in the Trustees.

The charity's day-to-day activities are administered by its Trustees as it employs no staff. The Trustees received no remuneration during the year for that purpose.

Financial review

AnyBody UK recognises the importance of setting a reserve policy to ensure that we can keep running should we face financial hardship. Critical to this is to ensure there are sufficient reserves to tide the organisation over while fundraising is done.

AnyBody UK operating costs are relatively low as we do not have rent commitments or have any paid and pay-rolled staff. The majority of our work is focused on delivering workshops which are billed and then paid for by the commissioning party. AnyBody UK applies for specific fundraising on a spot basis dependent on our calendar of activity.

It has been decided to set a reserve of £2,000. This reserve would be to service the running costs such as website hosting, travel and ad hoc expenses.

The AnyBody UK board has agreed to keep a certain level of financial reserve to ensure that main operations can continue for a period of 24 months. The main concerns of the board are to ensure that we can continue working, primarily to secure new funding to propagate more campaigns to cover running costs. The reserves are built up from the unrestricted (earned) income. The level of reserves are calculated and monitored every 12 months by AnyBody UK (board members). This policy will be reviewed yearly and whenever there are significant changes in income.

Plans for the future

The charity's future plan is to work in the most efficient and effective way towards achieving its objectives, with a core focus on delivering courses and workshops.

This report was approved by the Trustees on 12th January 2026 and signed on behalf of the Trustees by:



V Chetley
Trustee for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 1 APRIL 2025

	Notes	2024	2025
		£	£
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		<u>69</u>	<u>150</u>
TOTAL INCOMING RESOURCES		<u>69</u>	<u>150</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	<u>372</u>	<u>6,379</u>
TOTAL RESOURCES EXPENDED		<u>372</u>	<u>372</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		(303)	(6,229)
<u>RECONCILIATION OF FUNDS</u>			
Total funds brought forward		<u>9,344</u>	<u>9,041</u>
TOTAL FUNDS CARRIED FORWARD		<u>9,041</u>	<u>2,812</u>

ANYBODY UK / ENDANGERED BODIES
BALANCE SHEET AS AT 1 APRIL 2025

	Notes	2024	2025
		£	£
Current assets			
Cash at bank		9,041	2,812
Other debtor		-	-
<u>Total current assets</u>		9,041	2,812
 <u>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</u>			
Other creditors		-	-
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		9,041	2,812
Capital fund		-	-
Restricted income fund		7,415	1,415
Unrestricted income fund		1,626	1,397
		9,041	2,812

The notes on page 9 form an integral part of these financial statements.

Approved and agreed by the Trustees on 12th January 2026 and signed on their behalf by:



V Chetley
Trustee for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 1 APRIL 2025

1. Accounting policies

1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts on a receipts and payments basis.

1.2 Fund accounting

The unrestricted income fund consists of funds to be used for the purpose of meeting the charity's operating expenses and towards meeting the charity's objectives.

The charity's capital fund is attributable to the original amount settled on the charity and, under the terms of the charity, is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives.

2. Taxation

No liability arises as the Trust is a registered charity and is therefore exempt from taxation on the income arising from its normal activities.

3. Particulars of any outstanding guarantee given by the CIO

In December 2015 the Burdett Trust provided a grant of £43,000 in respect of the training of antenatal workers to deepen their understanding of the susceptibility of eating and body problems that expectant mothers may have. This funding has now been fully allocated and spent.

4. Particulars of any outstanding debt

None.

5. Charitable activities, management and administration

	2024	2025
	£	£
Workshops and travel expenditure	0	0
Other expenditure	0	6,200
Website and computer costs	372	17

Accountancy

0

162

372

6,379

ANYBODY UK

England & Wales - Charity number 1156627

Accounts

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
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ANYBODY UK / ENDANGERED BODIES**CHARITY INFORMATION**

Trustees	Susie Orbach Victoria Chetley Joanna Harrison Sharon Haywood Dinah Gibbons
Charity Number	1156627
Principal Address	The Foresters, Upper Road, Pillowell Gloucestershire GL15 4RD
Bankers	Barclays 1 Churchill Place London E14 5HP

ANYBODY UK / ENDANGERED BODIES**TRUSTEES' REPORT FOR THE PERIOD ENDED 1 APRIL 2024**

The Trustees present their report and the financial statements for the period ended 1 April 2024.

Objectives and activities

AnyBody UK was established as a Charitable Incorporated Organisation on 10 April 2014 and is a registered charity (number 1156627). It is governed by the Charities Act 2011.

The main objects of the charity are as follows:

To advance education of body image issues amongst the government, education and youth sector bodies, the media and the public in general by the raising of awareness, provision of training, advice and support.

Our work benefits society by raising awareness of the damaging effects of poor body image on mental and physical health and wellbeing, tackling the roots of poor body image by working with the government and challenging the industries that contribute to the problem. We advance the education of these issues by raising awareness and running campaigns, giving advice and support, advising on training, running events and workshops, and working in schools and universities.

Our focus in 2023/24 has been updating and streamlining our web presence, planning new ways to connect with midwives and use our online community to raise awareness, create change and empower others to make change.

Achievements & Performance

Events & Campaigns

NCMP

We continued this project to raise awareness of the harmful impacts of the National Child Measurement Project including engaging key influencers such as Body Happy Org to spread the resource pack.

The pack is broken down into accessible, bitesize sections, with easy-to-digest information, practical advice and useful tools and approaches for both parents, caregivers and schools. The pack is downloadable free from our website: <https://anybodyuk.org/play-not-weigh/>

We consolidated the original resource into a one page summary to be easily shared.

So far over 1000 people have downloaded this resource.

Training for midwives, health visitors and NCT trainers

A project to help expectant mothers address troubling body and eating issues, so that they pass on a more positive embodiment to their children which was previously delivered to trainee midwives as in person workshops.

We agreed to create a new online resource to share with student midwives using the in-person training as a template.

A proposal was written and shared with key members of the original team and trustees for approval. The project was agreed and will be created in the next year.

Trustees have agreed that the remaining funds from the Burdett Trust will be used to facilitate this.

Social Media

We've decided as an organisation, to step back from social media and spend our time trying to engage with the public in more meaningful ways. We published 9 core tiles to our Instagram account outlining our goals and signposting people to our website for further actions and information. Our following does continue to grow slowly, in part due to being collaborative posts and being tagged by other accounts.

Instagram followers: 1,007 / Facebook followers: 6,498 / Twitter followers: 5,800 / LinkedIn Followers: 24

Press and Media Coverage:

We had no press & media coverage this year.

Structure, Governance & Management

The Trustees who served during the year were:

Victoria Chetley, Rebecca Gardiner, Dinah Gibbons, Joanna Harrison, Sharon Haywood and Susie Orbach.

Rebecca Gardiner resigned as a trustee on the 28th March 2024.

The power of appointing new or additional Trustees is vested in the Trustees.

The charity's day-to-day activities are administered by its Trustees as it employs no staff. The Trustees received no remuneration during the year for that purpose.

Financial review

AnyBody UK recognises the importance of setting a reserve policy to ensure that we can keep running should we face financial hardship. Critical to this is to ensure there are sufficient reserves to tide the organisation over while fundraising is done.

AnyBody UK operating costs are relatively low as we do not have rent commitments or have any paid and pay-rolled staff. The majority of our work is focused on delivering workshops which are billed and then paid for by the commissioning party. AnyBody UK applies for specific fundraising on a spot basis dependent on our calendar of activity.

It has been decided to set a reserve of £2,000. This reserve would be to service the running costs such as website hosting, travel and ad hoc expenses.

The AnyBody UK board has agreed to keep a certain level of financial reserve to ensure that main operations can continue for a period of 24 months. The main concerns of the board are to ensure that we can continue working, primarily to secure new funding to propagate more campaigns to cover running costs. The reserves are built up from the unrestricted (earned) income. The level of reserves are calculated and monitored every 12 months by AnyBody UK (board members). This policy will be reviewed yearly and whenever there are significant changes in income.

Plans for the future

The charity's future plan is to work in the most efficient and effective way towards achieving its objectives.

This report was approved by the Trustees on 30th November 2024 and signed on behalf of the Trustees by:



V Chetley
Trustee for AnyBody UK

ANYBODY UK / ENDANGERED BODIES
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 1 APRIL 2024

	Notes	2023 £	2024 £
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		<u>5</u>	<u>69</u>
TOTAL INCOMING RESOURCES		<u>5</u>	<u>69</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	<u>1,185</u>	<u>372</u>
TOTAL RESOURCES EXPENDED		<u>1,185</u>	<u>372</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		(1,180)	(303)
<u>RECONCILIATION OF FUNDS</u>			
Total funds brought forward		<u>10,524</u>	<u>9,344</u>
TOTAL FUNDS CARRIED FORWARD		<u>9,344</u>	<u>9,041</u>

**ANYBODY UK / ENDANGERED BODIES
BALANCE SHEET AS AT 1 APRIL 2024**

	Notes	2023	2024
		£	£
Current assets			
Cash at bank		9,344	9,041
Other debtor		-	-
<u>Total current assets</u>		9,344	9,041
 <u>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</u>			
Other creditors		-	-
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		9,344	9,041
Capital fund		-	-
Restricted income fund		7,415	7,415
Unrestricted income fund		1,929	1,626
		9,344	9,041

The notes on page 9 form an integral part of these financial statements.

Approved and agreed by the Trustees on 30th November 2024 and signed on their behalf by:



V Chetley
Trustee for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 1 APRIL 2024

1. Accounting policies

1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts on a receipts and payments basis.

1.2 Fund accounting

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The charity's capital fund is attributable to the original amount settled on the charity and, under the terms of the charity, is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives.

2. Taxation

No liability arises as the Trust is a registered charity and is therefore exempt from taxation on the income arising from its normal activities.

3. Particulars of any outstanding guarantee given by the CIO

In December 2015 the Burdett Trust provided a grant of £43,000 in respect of the training of antenatal workers to deepen their understanding of the susceptibility of eating and body problems that expectant mothers may have..

4. Particulars of any outstanding debt

None.

5. Charitable activities, management and administration

	2023	2024
	£	£
Workshops and travel expenditure	490	0
Other expenditure	0	0
Website and computer costs	455	372
Accountancy	240	0
	<hr/>	
	1,185	372

ANYBODY UK

England & Wales - Charity number 1156627

Accounts

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

**For the period ended 1 April 2023
ANYBODY UK / ENDANGERED BODIES**

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ANYBODY UK / ENDANGERED BODIES**CHARITY INFORMATION****Trustees**

Susie Orbach
Rebecca Gardiner
Victoria Chetley
Joanna Harrison
Sharon Haywood
Dinah Gibbons

Charity Number

1156627

Principal Address

27 Selworthy Road, London,
SE6 4DP.

Bankers

Barclays
1 Churchill Place
London E14 5HP

ANYBODY UK / ENDANGERED BODIES**TRUSTEES' REPORT FOR THE PERIOD ENDED 1 APRIL 2023**

The Trustees present their report and the financial statements for the period ended 1 April 2023.

Objectives and activities

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The main objects of the charity are as follows:

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Our focus in 2022/23 has continued to be working with schools, midwives and our online community to raise awareness, create change and empower others to make change.

Achievements & Performance

Events & Campaigns

NCMP

In collaboration with Body Happy Org, on September 12th, 2022, we launched a fully resourced information pack, so that you have all the information that you need to make an informed decision about whether to consent to your child participating in the National Child Measurement Programme.

The pack is broken down into accessible, bitesize sections, with easy-to-digest information, practical advice and useful tools and approaches for both parents, caregivers and schools. The pack is downloadable free from our website: <https://anybodyuk.org/play-not-weigh/>

Additionally, we created a one-page summary sheet for schools to distribute amongst parents & the community.

Training for midwives, health visitors and NCT trainers

Project to help expectant mothers address troubling body and eating issues, so that they pass on a more positive embodiment to their children.

This project, supported by the Burdett Trust, has enabled members of AnyBody UK to work with a variety of groups since Autumn 2016, and the project continues to run. AnyBody is deeply grateful to the Burdett Trust for making this work possible.

Social Media

We've decided as an organisation, to step back from social media and spend our time trying to engage with the public in more meaningful ways.

Instagram followers: 960 / Facebook followers: 6,633 / Twitter followers: 6,100

Press and Media Coverage:

Here's why you might want to pass on getting your kid weighed in school, Laura Thomas, Substack, 30 August 2022

https://laurathomas.substack.com/p/heres-why-you-might-want-to-pass?utm_source=profile&utm_medium=reader2

AnyBody member Sharon Haywood was quoted in Laura Thomas' article on her Substack about the dangers of the National Child Measurement Program:

'The evidence against this practice is far stronger than what the Government has cited in support of the NCMP' says Sharon Haywood, a body image researcher at the Centre for Appearance Research at the UWE in Bristol, and an activist with the charity AnyBody UK. I asked her for her thoughts on the government's claim that the NCMP is harmless: 'The studies which have employed the most robust research designs and have been conducted over the last two years have shown that weighing children is not a benign practice, that [it] can actually cause harm. Most concerning is the evidence strongly suggests that this practice can increase weight dissatisfaction in children, which is an established risk factor for disordered eating and eating disorders.'

Structure, Governance & Management

The Trustees who served during the year were:

Victoria Chetley, Rebecca Gardiner, Dinah Gibbons, Joanna Harrison, Sharon Haywood and Susie Orbach.

The power of appointing new or additional Trustees is vested in the Trustees.

The charity's day-to-day activities are administered by its Trustees as it employs no staff. The Trustees received no remuneration during the year for that purpose.

Financial review

AnyBody UK recognises the importance of setting a reserve policy to ensure that we can keep running should we face financial hardship. Critical to this is to ensure there are sufficient reserves to tide the organisation over while fundraising is done.

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It has been decided to set a reserve of £2,000. This reserve would be to service the running costs such as website hosting, travel and ad hoc expenses.

The AnyBody UK board has agreed to keep a certain level of financial reserve to ensure that main operations can continue for a period of 24 months. The main concerns of the board are to ensure that we can continue working, primarily to secure new funding to propagate more campaigns to cover running costs. The reserves are built up from the unrestricted (earned) income. The level of reserves are calculated and monitored every 12 months by AnyBody UK (board members). This policy will be reviewed yearly and whenever there are significant changes in income.

Plans for the future

The charity's future plan is to work in the most efficient and effective way towards achieving its objectives.

This report was approved by the Trustees on 21st December 2023 and signed on behalf of the Trustees by:



R Gardiner

ANYBODY UK / ENDANGERED BODIES
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 1 APRIL 2023

	Notes	2022 £	2023 £
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		<u>224</u>	<u>5</u>
TOTAL INCOMING RESOURCES		<u>224</u>	<u>5</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	<u>1,350</u>	<u>1,185</u>
TOTAL RESOURCES EXPENDED		<u>1,350</u>	<u>1,185</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		(1,126)	(1,180)
<u>RECONCILIATION OF FUNDS</u>			
Total funds brought forward		<u>11,649</u>	<u>10,524</u>
TOTAL FUNDS CARRIED FORWARD		<u>10,524</u>	<u>9,344</u>

**ANYBODY UK / ENDANGERED BODIES
BALANCE SHEET AS AT 1 APRIL 2022**

	Notes	2022	2023
		£	£
Current assets			
Cash at bank		10,524	9,344
Other debtor		-	-
<u>Total current assets</u>		10,524	9,344
 <u>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</u>			
Other creditors		-	-
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		10,524	9,344
Capital fund		-	-
Restricted income fund		7,415	7,415
Unrestricted income fund		3,109	1,929
		10,524	9,344

The notes on page 9 form an integral part of these financial statements.

Approved and agreed by the Trustees on 21st December 2023 and signed on their behalf by:



.....
R Gardiner

Trustee and Treasurer for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 1 APRIL 2023

1. Accounting policies

1.1 Basis of preparation

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1.2 Fund accounting

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The charity's capital fund is attributable to the original amount settled on the charity and, under the terms of the charity, is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives.

2. Taxation

No liability arises as the Trust is a registered charity and is therefore exempt from taxation on the income arising from its normal activities.

3. Particulars of any outstanding guarantee given by the CIO

In December 2015 the Burdett Trust provided a grant of £43,000 in respect of the training of antenatal workers to deepen their understanding of the susceptibility of eating and body problems that expectant mothers may have..

4. Particulars of any outstanding debt

None.

5. Charitable activities, management and administration

	2022	2023
	£	£
Workshops and travel expenditure	312	490
Other expenditure	30	0
Website and computer costs	408	455
Accountancy	600	240
	<hr/>	
	1,350	1,185

ANYBODY UK

England & Wales - Charity number 1156627

Accounts

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

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ANYBODY UK / ENDANGERED BODIES

CHARITY INFORMATION

Trustees	Susie Orbach Rebecca Gardiner Victoria Chetley Joanna Harrison Sharon Haywood Dinah Gibbons
Charity Number	1156627
Principal Address	145 Crofton Park Road, London, SE4 1AJ
Bankers	Barclays 1 Churchill Place London E14 5HP

ANYBODY UK / ENDANGERED BODIES

TRUSTEES' REPORT FOR THE PERIOD ENDED 1 APRIL 2022

The Trustees present their report and the financial statements for the period ended 1 April 2022.

Objectives and activities

AnyBody UK was established as a Charitable Incorporated Organisation on 10 April 2014 and is a registered charity (number 1156627). It is governed by the Charities Act 2011.

The main objects of the charity are as follows:

To advance education of body image issues amongst the government, education and youth sector bodies, the media and the public in general by the raising of awareness, provision of training, advice and support.

Our work benefits society by raising awareness of the damaging effects of poor body image on mental and physical health and wellbeing, tackling the roots of poor body image by working with the government and challenging the industries that contribute to the problem. We advance the education of these issues by raising awareness and running campaigns, giving advice and support, advising on training, running events and workshops, and working in schools and universities.

Our focus in 2021/22 has continued to be working with schools, midwives and our online community to raise awareness, create change and empower others to make change.

Achievements & Performance

Events & Campaigns

AnyBody member Nicola Salmon ran a Workshop on Evidence-based fertility for Fat Folks.

The charity ran a social media campaign about the findings and recommendations from the Women and Equalities Committee enquiry “Changing the Picture Perfect: An Enquiry into Body Image”.

AnyBody member and Trustee, and Research Associate at The Centre for Appearance Research, Sharon Haywood joined Nadia Cradock, Research Fellow at the Centre for Appearance Research and Becky Young, Founder of Anti Riot Diet Club, to discuss the government’s response to the Women and Equalities Committee’s inquiry, “Changing the perfect picture: an inquiry into body image”, via Instagram live. Full recording here: <https://www.instagram.com/p/CN-q4HOorn3/>

We published “The National Childhood Measurement Programme: Opt out of the shame-and-blame game” on Medium, October 2021: <https://anybodyuk.medium.com/the-national-child-measurement-programme-opt-out-of-the-shame-and-blame-game-9739183ddc2c>

We published “Navigating Diet Talk during the Festive Season” on Medium, 23rd December 2021: <https://anybodyuk.medium.com/navigating-diet-talk-during-the-festive-season-c0f30b3d60bc>

Training for midwives, health visitors and NCT trainers

Project to help expectant mothers address troubling body and eating issues, so that they pass on a more positive embodiment to their children.

This project, supported by the Burdett Trust, has enabled members of AnyBody UK to work with a variety of groups since Autumn 2016, and the project continues to run. AnyBody is deeply grateful to the Burdett Trust for making this work possible.

Social Media Traffic

a) @AnyBodyOrg Twitter Stats

Impressions: 20,369

New followers: -162

Mentions: 86

Profile Visits: 7,895

b) @anybody_uk Instagram Stats

Reach: 1,847

New followers: -22

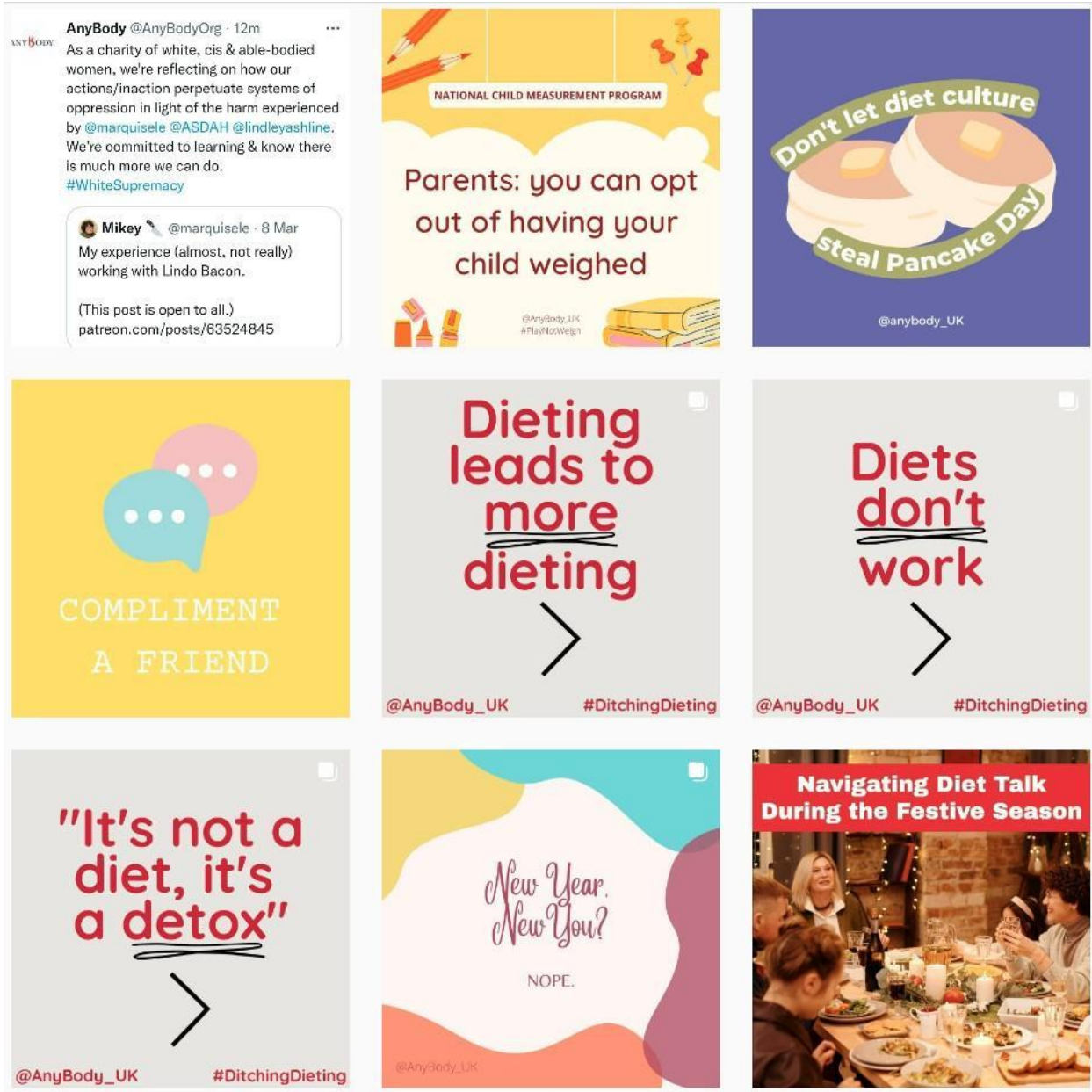
Profile Visits: 740

c) @AnyBody UK Facebook Stats

Reach: 1,112

Page new likes: 33

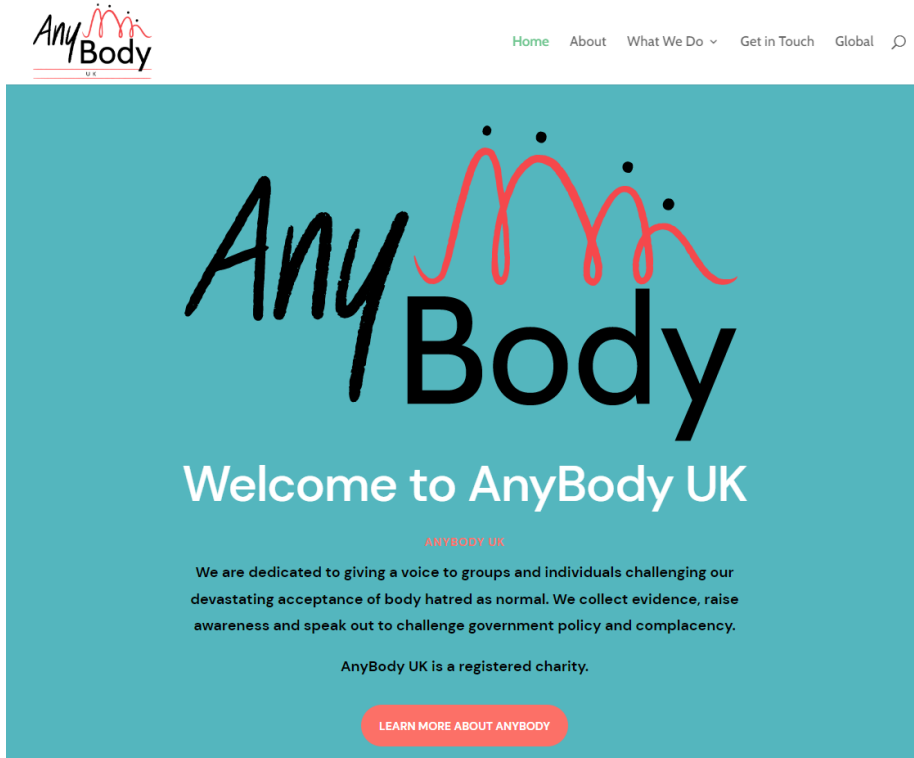
Profile Visits: 269



Website

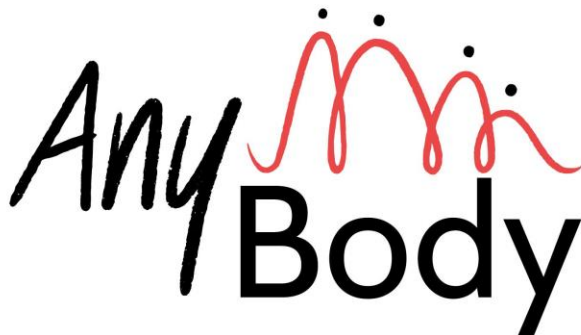
In 2022 we launched our new website. We are especially grateful to AnyBody UK member Nicola Salmon, who designed and created our new website for us.

www.anybodyuk.org



New Logo

In 2022 we launched our new logo, which embraces all of our values and demonstrates our passionate stance on being an intersectional feminist charity. We are especially grateful to AnyBody UK trustee, Jo Harrison, who designed and created our logo for us.



Structure, Governance & Management

The Trustees who served during the year were:

Victoria Chetley, Rebecca Gardiner, Dinah Gibbons, Joanna Harrison, Sharon Haywood and Susie Orbach.

The power of appointing new or additional Trustees is vested in the Trustees.

The charity's day-to-day activities are administered by its Trustees as it employs no staff. The Trustees received no remuneration during the year for that purpose.

Financial review

AnyBody UK recognises the importance of setting a reserve policy to ensure that we can keep running should we face financial hardship. Critical to this is to ensure there are sufficient reserves to tide the organisation over while fundraising is done.

AnyBody UK operating costs are relatively low as we do not have rent commitments or have any paid and pay-rolled staff. The majority of our work is focused on delivering workshops which are billed and then paid for by the commissioning party. AnyBody UK applies for specific fundraising on a spot basis dependent on our calendar of activity.

It has been decided to set a reserve of £2,000. This reserve would be to service the running costs such as website hosting, travel and ad hoc expenses.

The AnyBody UK board has agreed to keep a certain level of financial reserve to ensure that main operations can continue for a period of 24 months. The main concerns of the board are to ensure that we can continue working, primarily to secure new funding to propagate more campaigns to cover running costs. The reserves are built up from the unrestricted (earned) income. The level of reserves are calculated and monitored every 12 months by AnyBody UK (board members). This policy will be reviewed yearly and whenever there are significant changes in income.

Plans for the future

The charity's future plan is to work in the most efficient and effective way towards achieving its objectives.

This report was approved by the Trustees on 24th November 2022 and signed on behalf of the Trustees by:

DocuSigned by:

B0B2FB201D4D450...

November 24, 2022 | 08:13 PST

R
Gardiner
Trustee

ANYBODY UK / ENDANGERED BODIES
STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 1 APRIL 2022

	Notes	2021 £	2022 £
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		<u>706</u>	<u>224</u>
TOTAL INCOMING RESOURCES		<u>706</u>	<u>224</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	<u>3,098</u>	<u>1,350</u>
TOTAL RESOURCES EXPENDED		<u>3,098</u>	<u>1,350</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		(2,392)	(1,126)
<u>RECONCILIATION OF FUNDS</u>			
Total funds brought forward		<u>14,041</u>	<u>11,649</u>
TOTAL FUNDS CARRIED FORWARD		<u>11,649</u>	<u>10,524</u>

**ANYBODY UK / ENDANGERED BODIES
BALANCE SHEET AS AT 1 APRIL 2022**

	Notes	2021 £	2022 £
Current assets			
Cash at bank		11,649	10,524
Other debtor		-	-
<u>Total current assets</u>		11,649	10,524
 <u>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</u>			
Other creditors		-	-
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>		11,649	10,524
Capital fund		-	-
Restricted income fund		7,415	7,415
Unrestricted income fund		4,234	3,109
		11,649	10,524

The notes on page 9 form an integral part of these financial statements.

Approved and agreed by the Trustees on 24th November 2022 and signed on their behalf by:

DocuSigned by:

Rebecca Gardiner

November 24, 2022 | 08:13 PST

.....B0B2FB201D4D450.....

R Gardiner

Trustee and Treasurer for AnyBody UK

ANYBODY UK / ENDANGERED BODIES**NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 1 APRIL 2022****1. Accounting policies****1.1 Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts on a receipts and payments basis.

1.2 Fund accounting

The unrestricted income fund consists of funds to be used for the purpose of meeting the charity's operating expenses and towards meeting the charity's objectives.

The charity's capital fund is attributable to the original amount settled on the charity and, under the terms of the charity, is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives.

2. Taxation

No liability arises as the Trust is a registered charity and is therefore exempt from taxation on the income arising from its normal activities.

3. Particulars of any outstanding guarantee given by the CIO

In December 2015 the Burdett Trust provided a grant of £43,000 in respect of the training of antenatal workers to deepen their understanding of the susceptibility of eating and body problems that expectant mothers may have. As at the year end the charity had spent a total of £35,585 towards the delivery of this project which is ongoing.

4. Particulars of any outstanding debt

None.

5. Charitable activities, management and administration

	2021	2022
	£	£
Workshops and travel expenditure	1,169	312
Other expenditure	967	30
Website and computer costs	362	408
Accountancy	600	600

	3,098	1,350

ANYBODY UK

England & Wales - Charity number 1156627

Accounts

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

For the period ended 1 April 2021

ANYBODY UK / ENDANGERED BODIES

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ANYBODY UK / ENDANGERED BODIES

CHARITY INFORMATION

Trustees

Susie Orbach

Rebecca Gardiner

Victoria Chetley

Joanna Harrison

Sharon Haywood

Dinah Gibbons

Charity Number

1156627

Principal Address

145 Crofton Park Road

London SE4 1AJ

Bankers

Barclays

1 Churchill Place London E14 5HP

ANYBODY UK / ENDANGERED BODIES
TRUSTEES' REPORT FOR THE PERIOD ENDED 1 APRIL 2021

The Trustees present their report and the financial statements for the period ended 1 April 2021.

Objectives and activities

AnyBody UK was established as a Charitable Incorporated Organisation on 10 April 2014 and is a registered charity (number 1156627). It is governed by the Charities Act 2011.

The main objects of the charity are as follows:

To advance education of body image issues amongst the government, education and youth sector bodies, the media and the public in general by the raising of awareness, provision of training, advice and support.

Our work benefits society by raising awareness of the damaging effects of poor body image on mental and physical health and wellbeing and tackling the roots of poor body image by working with government and challenging the industries that contribute to the problem. We advance the education of these issues by raising awareness and running campaigns, giving advice and support, advising on training, running events and workshops, and working in schools and universities.

As with many organisations, COVID-19 prevented much of our “in person” activities during 2020/21, which resulted in us focusing our work with The Women and Equalities committee “Changing the perfect picture” body image inquiry, and working with our online community to raise awareness, create change and empower others to make change.

Achievements and Events

Campaigns

July 2020

AnyBody submitted written evidence and recommendations to the Women and Equalities Committee's inquiry, "Changing the perfect picture: an inquiry into body image". Our report included four key areas for change; Diversity in the Media, Healthcare and Weight Stigma, National Child Measurement Programme and Food labelling in Schools.

The Women and Equalities Committee included our evidence in their final report, which was published in April 2021:

"AnyBody told us that weight stigma is endemic within health-care settings. A 'routine' procedure such as being asked to stand on scales within the GP surgery can have unseen consequences for those already struggling with marginalisation. Health professionals are not equipped to take a nuanced patient-centred approach to wellness, which can lead to serious medical issues being disregarded as simply the patient being "overweight".⁷⁹ Respondents to our survey, particularly people with disabilities, agreed with AnyBody's view and told us they are anxious about visiting the doctor and feel 'shamed' into trying to lose weight which is often a result of a medical condition."
P.18

"Anybody places emphasis on the 'Health At Every Size' (HAES) approach as a more effective means to prevent weight based discrimination and an overreliance on BMI.⁸⁴ The Health at Every Size approach involves treating patients whilst honouring differences in size, age, race, ethnicity, gender, dis/ability, sexual orientation, religion, class, and other human attributes." P.19

"AnyBody informed us that a further way to encourage positive body image for young people in schools would be to increase the diversity of marginalised populations in children's literature and media including 'fat bodies, Black and Brown bodies, queer bodies, non-binary and trans bodies'."
P.24

"AnyBody told us as part of their #PlayNotWeigh campaign, they alerted parents that they could opt out of the scheme as 77% of parents responded that they felt the current system of weighing and measuring children in school had not been helpful to them or their child. 26% of parents felt that the NCMP had a negative impact on them or their child. AnyBody also wrote to the Committee that children in a higher-weight category are 63% more likely to experience bullying and that:

"Black children are more likely to be placed in the "very overweight" and "obese" weight categories due to the racially-biased method of calculating BMI. Adjustments for Black children are not used, despite the research available, which not only invalidates child-weight data in areas that are ethnically diverse but increases the risk of weight stigma, bullying, and negative body image for Black children." P.24

<https://committees.parliament.uk/publications/5357/documents/53751/default/>

October 2020

AnyBody collaborated with Anti Diet Riot Club, Laura Thomas, PhD and Nadia Craddock, Research Fellow at Centre for Appearance Research, to publish an open letter to the UK Government, calling for them to re-think their 'New Ob*sity Strategy' and 'Better Health' campaign (following COVID-19), because we were concerned these campaigns would cause more harm than good.

In the open letter (linked below), we outlined the extensive evidence that showed weight-focused approaches such as those promoted by the UK Government were ineffective and had the potential to cause significant harm by increasing weight stigma and encouraging disordered eating behaviours. The letter garnered the official support of senior academics, researchers, doctors, registered nutritionists and dieticians, therapists and charities specialising in public health, weight bias, eating disorders, body image and health equity.

Read the letter here:

<https://anybodyuk.medium.com/open-letter-calling-to-change-ob-sity-strategy-better-health-campaign-cbfe5708cb9f>

WE HAVE SOME DEEP CONCERNS WITH THE NEW STRATEGY AND INVITE YOU TO CONSIDER IMPORTANT EVIDENCE THAT MAY HAVE BEEN OVERLOOKED CONCERNING:

1. Weight stigma
2. The problem with weight-loss diets for health promotion
3. The role of social inequality
4. The harmful effects of an increased focus on calorie counting

WE CALL FOR THE UK GOV TO:

1. Reduce weight stigma by removing the conflation of weight loss with automatic 'better health'
2. Make healthy eating & daily activity easy, affordable and accessible for people of all weights by investing in communities
3. Address socioeconomic disparities in education, income, job opportunities & housing as a sustainable avenue of improving public health.
4. Commit to reducing advertisement of diet products that promote quick unsustainable weight loss and poor long term physical and mental health outcomes.

FOLLOW THE LINK IN OUR BIO TO READ

April 2021

AnyBody member and fat-positive fertility expert Nicola Salmon and Elizabeth Armstrong LPC, PCOS Therapist, ran the 10 week group programme, Fat and Fertile. Over the course of 10 weeks, the group explored themes around what it mean to be fat and fertile, using Nicola's book "Fat and Fertile" as a foundation for discussion.

Training for midwives, health visitors and NCT trainers

Project to help expectant mothers address troubling body and eating issues, so that they pass on a more positive embodiment to their children.

This project, supported by the Burdett Trust, has enabled members of AnyBody UK to work with a variety of groups since Autumn 2016, and the project continues to run. AnyBody is deeply grateful to the Burdett Trust for making this work possible.

Due to COVID-19, it has not been possible to run in person workshops this year. We are looking forward to resuming workshops, once the situation has settled down.

Media Appearances



In April 2021, AnyBody member and Trustee and Body Image Researcher at The Centre for Appearance Research, Sharon Haywood joined Nadia Cradock, Research Fellow at the Centre for Appearance Research and Becky Young, Founder of Anti Riot Diet Club, to discuss the government's response to the Women and Equalities Committee's inquiry, "Changing the perfect picture: an inquiry into body image", via Instagram live.

Sharon, Nadia and Becky discussed the recommendations put forward in the report in regards to scrapping BMI, weight stigma, public health policy, eating disorders and body image

AnyBody member and fat-positive fertility expert Nicola Salmon appeared on various podcasts throughout the year, discussing body image and fat-positive fertility:

Real Health Radio

Dietitians Unplugged

The Yours Chewly Podcast

HAESY Podcast

The Mindful Dietitian

Embrace Fertility

Diet Culture Dropout

Break the Diet Cycle Podcast

Social Media Traffic

a) @AnyBodyOrg Twitter Stats

Impressions: 22,691

New followers: -196

Mentions: 107

Profile Visits: 3714

b) AnyBody UK Facebook Stats:

Total page likes at the end of April 2021: 6,645

Highest post reach was in October: 823 (organic/unpaid reach)

Total page followers at the end of April 2020: 6,360

Website Statistics

a) Primary website: Endangered Bodies UK (<https://london.endangeredbodies.org/>)

97 page views in total; 85 unique page views

Average time on page: 2 minute 25 seconds

Page with the highest traffic outside of the home page was "Ditching Dieting"

https://london.endangeredbodies.org/ditching_dieting

We had a total of 29 users

14.7% of our visitors were new; and the remaining were returning visitors

Top ten users by country:

- United Kingdom (68.97%)
- Argentina (6.90%)
- United States (6.90%)
- Australia (3.45%)
- Canada (3.45%)
- Germany (3.45%)
- Spain (3.45%)
- Romania (3.45%)

Top sources of users:

- Direct (82.76%)
- Organic (13.79%)
- Referral (3.45%)

b) AnyBody Blog (<http://www.any-body.org>)

Page Views / Month (Avg) 474/month (6165 in total / 13 months)

Visits / Month (Avg) 358/month (4649 in total /13 months)

Audience Size / Month (Avg) 330/month (4289 in total / 13 months)

Structure, Governance and Management

The Trustees who served during the year were:

Victoria Chetley, Rebecca Gardiner, Dinah Gibbons, Joanna Harrison, Sharon Haywood and Susie Orbach.

The power of appointing new or additional Trustees is vested in the Trustees.

The charity's day-to-day activities are administered by its Trustees as it employs no staff. The Trustees received no remuneration during the year for that purpose.

Financial review

AnyBody UK recognises the importance of setting a reserve policy to ensure that we can keep running should we face financial hardship. Critical to this is to ensure there are sufficient reserves to tide the organisation over while fundraising is done.

AnyBody UK operating costs are relatively low as we do not have rent commitments or have any paid and payrolled staff. The majority of our work is focused on delivering workshops which are billed and then paid for by the commissioning party. AnyBody UK applies for specific fundraising on a spot basis dependent on our calendar of activity.

It has been decided to set a reserve of £2,000. This reserve would be to service the running costs such as website hosting, travel and ad hoc expenses.

The AnyBody UK board has agreed to keep a certain level of financial reserve to ensure that main operations can continue for a period of 24 months. The main concerns of the board are to ensure that we can continue working, primarily to secure new funding to propagate more campaigns cover running costs.

The reserves are built up from the unrestricted (earned) income.

The level of reserves are calculated and monitored every 12 months by AnyBody UK (Trustees).

This policy will be reviewed yearly and whenever there are significant changes in income.

Plans for the future

This year we plan to develop and run, regular in person workshops in London, Manchester and Bristol. We also plan to apply for funding to help us achieve this goal. AnyBody UK will be re-branding, along with its global sister organisation, Endangered Bodies, hopefully by the beginning of 2022 and we will re-launch our website. We are also looking at ways of gaining more interaction and visibility on social media platforms.

This report was approved the 12 January 2022 and signed on behalf of the Trustees by:

.....

R Gardiner

Trustee and Treasurer for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 1 APRIL 2021

	Notes	2021	2020
		£	£
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		706	1,625
TOTAL INCOMING RESOURCES		<u>706</u>	<u>1,625</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	3,098	3,331
TOTAL RESOURCES EXPENDED		<u>3,098</u>	<u>3,331</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		(2,392)	(1,706)
<u>RECONCILIATION OF FUNDS</u>			
Total funds brought forward		14,041	15,747
TOTAL FUNDS CARRIED FORWARD		<u>11,649</u>	<u>14,041</u>

ANYBODY UK / ENDANGERED BODIES
BALANCE SHEET AS AT 1 APRIL 2021

	2021	2020
	£	£
Current assets		
Cash at bank	11,649	14,041
Other debtor	-	-
TOTAL CURRENT ASSETS	11,649	14,041
 <u>CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</u>		
Other creditors	-	-
	11,649	14,041
<u>TOTAL ASSETS LESS CURRENT LIABILITIES</u>	11,649	14,041
Capital fund	-	-
Restricted income fund	7,415	11,004
Unrestricted income fund	4,234	3,037
	11,649	14,041

The notes on page 9 form an integral part of these financial statements.

Approved and agreed by the Trustees on 12 January 2022 and signed on their behalf by:

.....

R Gardiner

Trustee and Treasurer for AnyBody UK

ANYBODY UK / ENDANGERED BODIES

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 1 APRIL 2021

1. Accounting policies

1.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts on a receipts and payments basis.

1.2 Fund accounting

The unrestricted income fund consists of funds to be used for the purpose of meeting the charity's operating expenses and towards meeting the charity's objectives.

The charity's capital fund is attributable to the original amount settled on the charity and, under the terms of the charity, is expendable at the discretion of the Trustees on expenditure which meets the charitable objectives.

2. Taxation

No liability arises as the Trust is a registered charity and is therefore exempt from taxation on the income arising from its normal activities.

3. Particulars of any outstanding guarantee given by the CIO

In December 2015 the Burdett Trust provided a grant of £43,000 in respect of the training of antenatal workers to deepen their understanding of the susceptibility of eating and body problems that expectant mothers may have. As at the year end the charity had spent a total of £35,585 towards the delivery of this project which is ongoing.

4. Particulars of any outstanding debt

None.

5. Charitable activities, management and administration

	2021	2020
	£	£
Workshops and travel expenditure	1,169	1,731
Other expenditure	967	476
Website and computer costs	362	524
Accountancy	600	600
	<hr/>	<hr/>
	3,098	3,331