

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

**For the period ended 1 April 2022
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 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

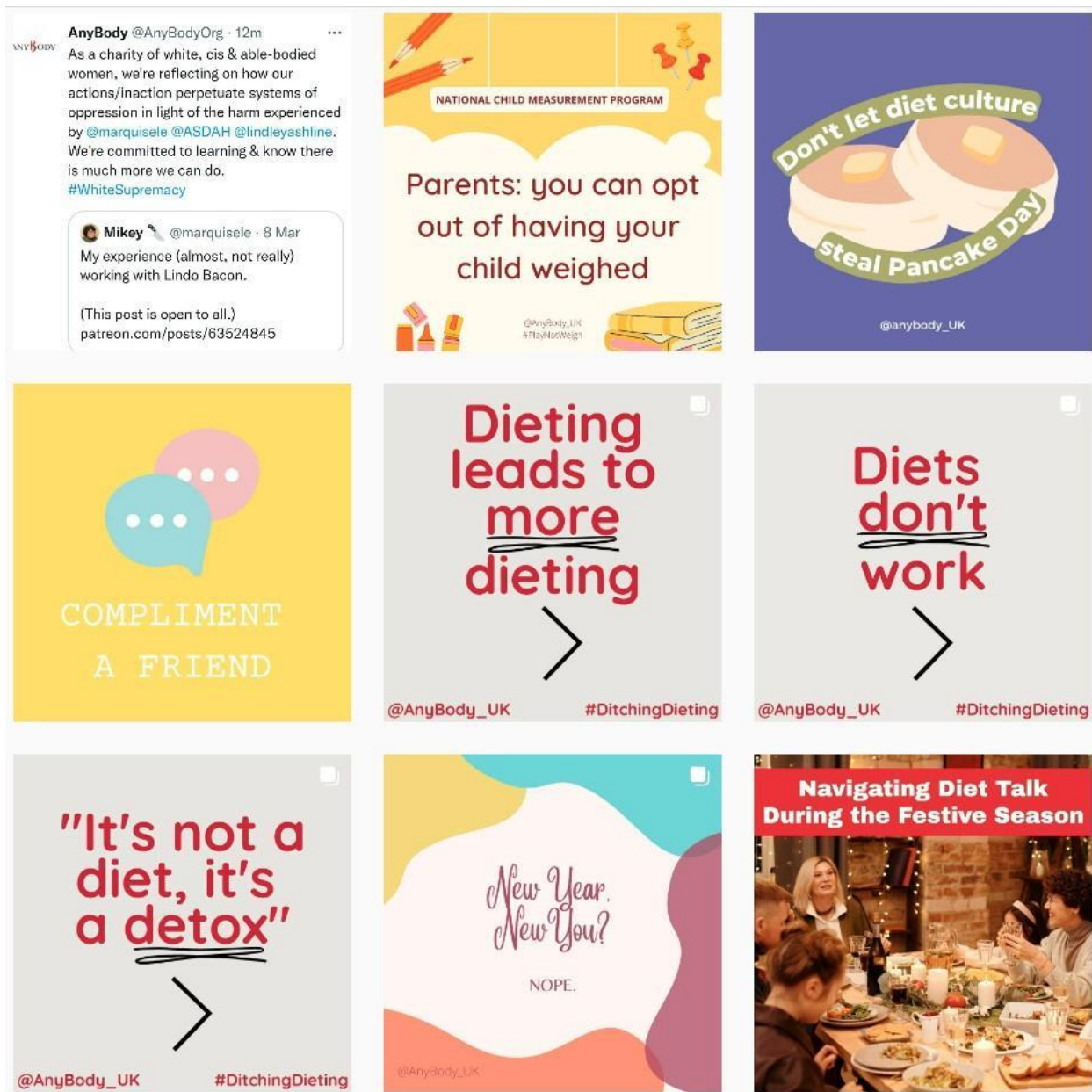
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c) @AnyBody UK Facebook Stats

Reach: 1,112

Page new likes: 33

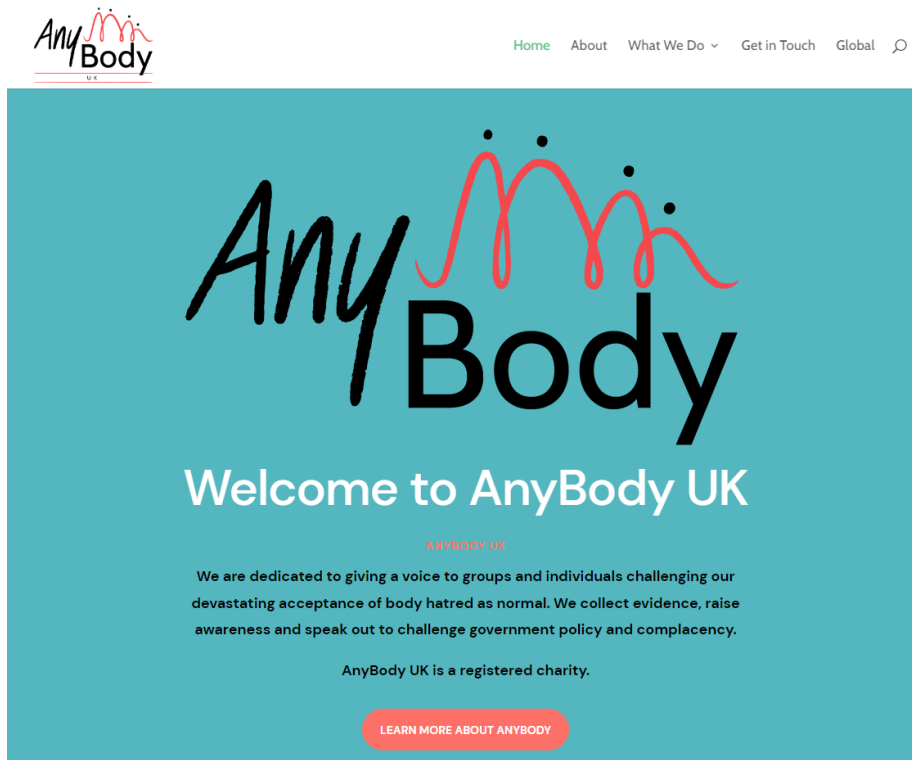
Profile Visits: 269



Website

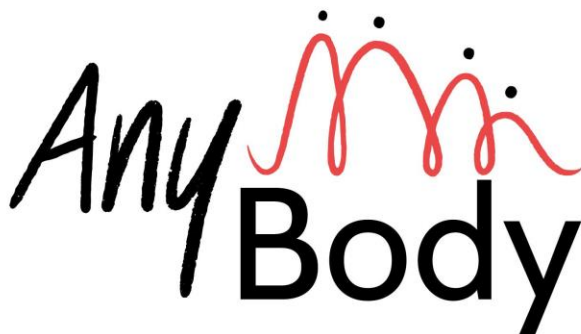
In 2022 we launched our new website. We are especially grateful to AnyBody UK member Nicola Salmon, who designed and created our new website for us.

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:

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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>
<u>TOTAL RESOURCES EXPENDED</u>		<u>3,098</u>	<u>1,350</u>
<u>NET INCOMING RESOURCES FOR THE PERIOD</u>		<u>(2,392)</u>	<u>(1,126)</u>
<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

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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