

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

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 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.

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 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

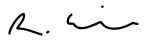
	Notes	2022 £	2023 £
<u>UNRESTRICTED INCOME FUND</u>			
<u>INCOMING RESOURCES</u>			
Grants and other income		<u>224</u>	<u>5</u>
TOTAL INCOMING RESOURCES		<u>224</u>	<u>5</u>
<u>LESS: RESOURCES EXPENDED</u>			
Charitable activities, management and administration	5	<u>1,350</u>	<u>1,185</u>
TOTAL RESOURCES 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

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..

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