

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

**For the period ended 1 April 2024
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	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 to 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

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

	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