

ANYBODY UK / ENDANGERED BODIES

(Charity No: 1156627)

**TRUSTEES' REPORT AND
FINANCIAL STATEMENTS**

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

CONTENTS

	Page
Charity Information	3
Report of the Trustees	4
Statement of Financial Activities	9
Balance Sheet	10
Notes to the Financial Statements	11

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>
<u>TOTAL RESOURCES EXPENDED</u>		<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