



## **The Freya Foundation**

### **Trustee Report and Accounts**

**For the year ended 18 May 2021**

Trustee's Annual Report & Accounts  
For the year ending 18 May 2021

<b>Contents</b>	<b>Page</b>
Charity details	3
Charity Manager's foreword	4
Trustee's Annual Report	5
Independent examiner's report to the Trustees of The Freya Foundation	7
Receipts & Payments accounts for the year ending 18 May 2020	8

## Charity details

Charity Number	1157761
Operational Address	12 Lewis Road Bedminster Down Bristol BS13 7JB
Trustees	Kelly Gilbert Steven Watson David Hayward Michelle Perry (appointed 1 <sup>st</sup> November 2020)
Charity Manager & Founder	Kelly Gilbert
Bankers	Lloyds Bank PLC 25 Gresham Street London EC2V 7HN

### **Charity Manager's foreword**

The Freya Foundation was formed in 2014 by myself and my husband, Dave Gilbert, after our daughter Freya was diagnosed with Pyruvate Dehydrogenase deficiency (PDH) This means that those born with this disorder are unable to convert some of the food into energy. Unfortunately, those born with this condition have severe medical issues often resulting in death in childhood. There is no known cure currently.

We had little knowledge of PDH what it meant and how to look after Freya. We were offered little or no support and we felt completely lost and scared. We wondered how many other parents with children who were diagnosed with PDH managed. After much research and communications, we fast realised there was no support and little reliable information so we decided to create a charity with the main aims being

- Raise awareness of the condition throughout the UK
- Build a support network of families
- Support research into the condition

As we head into our seventh year, it is pleasing to report that the Freya Foundation now supports 28 families across the UK.

We now have 6 strands of activity as we continue to grow and support our many families

1. Family support group
2. Respite support
3. Counselling support
4. Family meet up
5. Research
6. Family grants

2020/2021 was an incredibly difficult year for so many reasons. Covid came and completely changed how we operated as a charity.

We couldn't run our usual family meet up so instead we offered our families a one-off grant so they could access a day out of their choice at a time that suited them. Many of the families had to shield, cutting them off from support and access to help. As a charity our main aim was to try and continue to provide support to our families.

The telephone and email support that we give provides PDH information, advice and support. Callers have access to a fully qualified counsellor should they wish and we call families regularly to ensure they are given as much support as they require.

Finally, I would like to express my thanks on behalf of the trustees for all the support we have received on our journey so far and look forward to your continued support as we continue to grow and support more families in the future.

## **Trustee's Annual Report**

### **Objectives and Activities**

The primary objective of the charity is to promote physical and mental health, and provide relief for children suffering from Pyruvate Dehydrogenase Deficiency (PDH) and their immediate families by;

- Provide support to the families through funding and advice.
- Supporting research into the cure and management of PDH.
- Raising public awareness of PDH and educating the public about the condition.

The charity also works and networks with medical professionals, primarily from Bristol Children's Hospital and Great Ormond Street Hospital, to streamline and improve diagnosis, treatment and research efforts into PDH, and provides a support network for families living with PDH and bereaved families.

In the year for which this report covers the main activities undertaken by the charity are as follows:

- Individual family days out instead of a big meet up, due to Covid-19 restrictions preventing a large meet up
- Offered respite services as extra support to families as most external support services were either stopped or restricted.
- Increased counselling services
- Online Support
- Family Support Group

### **Achievements and Performance**

Research project into PDH continues, we are the first ever charity to support a research project of this kind.

We were awarded £7,200 from the Coronavirus Community Support fund distributed by the National Lottery community fund to enable us to support our families with respite care that had been stopped during the pandemic.

**Future Plans** – In the year ahead we will be:

- 1 – Issuing a grant of £16,000 to fund year 2 of our 5 year research project.
- 2 – Planning our next annual meet for 2022.
- 3 – Continue to support our respite and counselling services.

## Trustee's Annual Report (continued)

### Financial Review

All reserves left over at the end of the financial year are carried over into the following financial year entirely for the use of the charity in the fulfilment of its objectives as set out above.

The charity raised funds through the use of a fundraiser (August – November), and through private donations made by individuals usually from sponsored events/activities.

In previous years expenditure has enabled the formation of an informal support network of families and provided opportunity for families to meet and support one another as well as meet with experts to ask questions and gain information on the latest treatments and research from medical experts and dieticians. During 2020/21 we have continued to support families by giving our families a one-off grant so they could access a day out of their choice at a time that suited them as we were not able to hold our annual meet up in a big group.

Signed:

Name:

Position:

  
David Hayward  
Trustee

### **Independent examiner's report to the Trustees of The Freya Foundation**

I report to the Trustees on my examination of the accounts of The Freya Foundation (the Charity). As set out on page 8 for the period ended 18 May 2021.

#### **Responsibilities and basis of report**

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

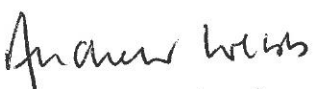
I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

#### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:   
Name: ANDREW WEBB  
Address: 36 PRIORY COURT RD., BS9 4DE  
Date: 20 OCTOBER 2021

Trustee's Annual Report & Accounts  
For the year ending 18 May 2021

**Receipts and payments accounts  
for the year ending 18 May 2021**

	2021 Unrestricted Funds £	2021 Restricted Funds £	2021 Total Funds £	2020 Total Funds £
<b>Receipts</b>				
Donations & Grants	29,441	13,700	<b>43,141</b>	44,032
Fundraising events	-	-	-	33
Other	1,516	-	<b>1,516</b>	1588
<b>Total Receipts</b>	<b>30,957</b>	<b>13,700</b>	<b>44,657</b>	45,653
<b>Payments</b>				
Cost of fundraising and events	3,879		<b>3,879</b>	3,606
Research Grants			-	16,541
Family Gatherings		3,112	<b>3,112</b>	13,109
Wages/Salaries	1,936		<b>1,936</b>	2,860
Printing, Postage, Stationery	1,082		<b>1,082</b>	692
Telephone	407		<b>407</b>	523
Sundry	510		<b>510</b>	437
<b>Total Payments</b>	<b>7,814</b>	<b>3,112</b>	<b>10,926</b>	37,768
<b>Net of receipts/(payments)</b>	<b>23,143</b>	<b>10,588</b>	<b>33,731</b>	7,885
Cash Funds B/fwd from 2020	20,840	8,945	29,785	
<b>Cash Funds at year-end</b>	<b>43,983</b>	<b>19,533</b>	<b>63,516</b>	29,785