

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales · Charity number 1178951

Details

Other names CAH SUPPORT GROUP, LIVING WITH CAH

Status Registered

Legal form CIO

Registered 2018-06-27

Register [View on the Charity Commission register](#)

Contact

Address 27 Fircroft
Kingsbury
Tamworth
B78 2JU

Phone 01827872970

Email sue@cah.org.uk

Website livingwithcah.com

Activities

Objects: THE OBJECTS OF THE CIO ARE FOR PUBLIC BENEFIT, TO PRESERVE AND PROTECT THE HEALTH OF PATIENTS WITH CONGENITAL ADRENAL HYPERPLASIA (CAH) BY PROVIDING SUPPORT AND INFORMATION TO INDIVIDUALS WITH CAH, THEIR FAMILIES AND CARERS, RAISING AWARENESS AMONG THE PUBLIC AND THE MEDICAL PROFESSION AND ADVANCING CARE/TREATMENT OF CAH BY FUNDING RESEARCH INTO CAH, THE USEFUL RESULTS OF WHICH WILL BE DISSEMINATED FOR THE PUBLIC BENEFIT.

Activities: For public benefit, to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH) by providing support and information to individuals with CAH, their families and carers, raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Ireland
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £10,527 | £22,080 | - | - |
| 2024-03-31 | £22,692 | £6,464 | - | - |
| 2023-03-31 | £8,953 | £3,544 | - | - |
| 2022-03-31 | £14,845 | £5,082 | - | - |
| 2021-03-31 | £16,869 | £14,158 | - | - |

Trustees

| Name | Role | Appointed |
|--------------------|-------|------------|
| SUE ELFORD | Chair | 2017-05-06 |
| MISS JESS LOVELESS | | 2017-05-06 |
| SALLYANN BLACKETT | | 2017-05-06 |

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales - Charity number 1178951

Accounts

Trustees' Annual Report for the period

| | | | | | | | |
|-------------------|---|-------|-----------------|-----------|----|-------|------|
| Period start date | | | Period end date | | | | |
| From | 1 | April | 2024 | To | 31 | March | 2025 |

Section A Reference and administration details

Charity name CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

Other names charity is known by CAH SUPPORT GROUP & LIVING WITH CAH GROUP

Registered charity number (if any) 1178951 & SCO48814

Charity's principal address 27 FIRCREFT,
KINGSBURY,
TAMWORTH
STAFFS
Postcode B78 2JU

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|-------------------|-------------------|-----------------------------------|---|
| 1 | Sue Elford | Chair | | |
| 2 | Sallyann Blackett | Treasurer | | |
| 3 | Jess Loveless | Secretary | | |
| 4 | Kaz Williams | Adult Coordinator | | |
| | | | | |

Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |

Names and addresses of advisers

| Type of adviser | Name | Address |
|---------------------------|-------------------|------------------------------------|
| Medical (children) | Prof Faisal Ahmed | C/O Glasgow Children's Hospital |
| Medical (Adults) | Dr Helena Gleeson | C/O QE Hospital, Birmingham |
| Medical (Genetics) | Dr Trevor Cole | C/O Women's Hospital, Birmingham |
| Medical (Surgery) | Mr Liam McCarthy | C/O Birmingham Children's Hospital |

Section B Structure, governance and management

Description of the charity's trusts

| | |
|--|--|
| Type of governing document <small>(eg. trust deed, constitution)</small> | The Congenital Adrenal Hyperplasia support group is covered by a constitution |
| How the charity is constituted <small>(eg. trust, association, company)</small> | We are a Charitable Incorporated Organisation |
| Trustee selection methods <small>(eg. appointed by, elected by)</small> | Trustees are elected by the membership usually during an Annual General Meeting but there is also provision for a direct election by post or online. The constitution allows for current trustees to appoint directly for a period of under a year |

Additional governance issues

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

| |
|---|
| <p>The support group has developed policies to support the efficient operation of the group.</p> <p>From an administration basis we have an expenses policy for trustee claims, a reserves policy to safeguard our funds and funding assessment criteria for interactions with research grant proposals. To safeguard those we interact with there is a safeguarding policy and a trustee code of conduct.</p> <p>The current structure is based on a core team with the ability to request support from members where needed, such as logistics for local meetings.</p> <p>To keep operations effective and least cost we are using a cloud based online platform for file storage and communication.</p> <p>The charity interacts with other charities in a similar rare condition space on a goodwill basis without any formal interaction or legal commitment.</p> <p>Risk assessment has been targeted towards financial requirements and public events such as the conference. We have ensured that our insurance covers these areas.</p> |
|---|

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

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|--|
| <p>The objects of the CIO are:</p> <p>For public benefit,</p> <p>to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH)</p> <p>by providing support and information to individuals with CAH, their families and carers,</p> <p>raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH,</p> <p>the useful results of which will be disseminated for the public benefit.</p> |
|--|

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The support group main activities are publication of information and support for those with CAH and their families.

So that members of the public who may be suffering from Congenital Adrenal Hyperplasia or may have children/relatives/friends who may suffer from the condition, be made aware of Congenital Adrenal Hyperplasia Support Group and how it can help them we have a website that is publicly available.

We also work closely with all endocrine centres who have information leaflets for the support group available. We regularly refresh these by mailshot.

We also have stands at endocrine conferences so that we can raise awareness of the group and our services.

One/more trustees attend events and conferences which are run by other organisations set-up with the purpose of bringing families where there is a child with CAH and adults with CAH together as well as those with other conditions which come under the DSD (differences of sexual development) definition, together. We extend our networks and highlight the work we do at these events as well as giving talks/ attending specialist medical events to raise awareness further of our organisation to pass the information to families/ adults they may be working with.

The support group currently holds a bi-ennial formal conference. This is advertised widely through hospitals, medical professionals, our membership and the website. This is open access and we have medical professionals who kindly give up their time to support through talks and questions.

We hold informal meetings in local areas once or twice a year that are also freely available, supported by one or two medical professionals and those with CAH or families managing the condition who can talk about their experiences.

We also provide adult only meetings for those with CAH to speak more freely about how they manage their condition. This is facilitated by our adult support advisor.

In all cases we advertise to our membership, through the medical centres and on our website.

We also provide individual support through phone calls, emails and social media if needed and as appropriate.

Additional details of objectives and activities

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The support group has an assessment policy that Trustees can use to assess any grant requests. This is aimed at ensuring the use of funds is targeted at areas that support the in-year business plan and deliver maximum benefit to our members and those with CAH in general.

We do not have a current policy for investment, however policies are reviewed annually at the Trustee meeting following the AGM.

Volunteers are very much at the heart of our operation, and the support group would not function without their help. Contributions for local meeting administration, newsletter articles and editing are all essential support. In essence the Trustees are also volunteers as there are no paid roles.

Summary of the main achievements of the charity during the year

We have had another quite busy and productive year.

Sue attended BES2025 in Harrogate in March (along with Kaz) where we had a presentation table and displayed our literature and spoke to numerous doctors/nurses/other support group reps and pharmaceutical company reps, exchanging information and developing relationships. As always this proved very useful and helped promote the support group in a positive light.

Sue remains involved with the CaHASE2 (Insights into the health status of adults with CAH in the UK and Ireland) steering group and has attended meetings throughout the year. Initial findings from this study were presented at various endocrine conferences throughout the year, including BES2025 AND ENDO2025 in San Francisco.

The group agreed last year to fund a Quality-of-Life study, to run alongside CaHASE2 which showed very interesting results and was presented at a meeting we held in London in June 2025. These results were also presented at other endocrine meetings including BSE2025 and ECE2025 (European Congress of Endocrinology) and as a result, a pharmaceutical company recognised the importance of the information that came out of this research and plan to do a further more in depth study on this subject, with more participants involved, which will give even more significance to the findings. Hopefully these studies will help with understanding and availability of psychological counselling (which has always been hard to access).

Our London meeting was very well intended, with excellent speakers and a variety of subjects. The notes from this meeting have been written up by Chris and put into a booklet which is currently with the printers but will be available soon for distributing to our members (possibly also going on our website)

We are currently working with all the other Patient Support Groups who are associated with the Society for Endocrinology to produce a rippable pad with QR codes, featuring all our Groups, which we plan to supply to all major hospitals/endocrine departments, in order that they can provide their patients with the relevant websites for support of their condition. A grant was applied for from the Society for Endocrinology for the printing of these but unfortunately, we were unsuccessful on this occasion, but as all Groups were keen to go ahead with this, we have agreed to fund this between us.

We were also asked to help with a Paediatric Adrenal Insufficiency Education survey. Sallyann sent out invites to all our relevant members and Jess also put it on our website requesting participants. The aim of this was to ensure parents and young people are confident about what they need to do if they/their child are unwell and the importance of acting immediately to prevent serious illness/a crisis or even death. A young persons focus group was also recruited following this. Information from this showed it was clear that there are gaps and inconsistencies in information on adrenal insufficiency and adrenal crisis available and the creation of a resource that is designed specifically for young people to help them understand and manage their condition and used nationwide would be very valuable. Funding for this resource was applied for through BSPED but unfortunately was not successful either. However, the Addisons Disease Self Help Group, the Pituitary Foundation and ourselves (CAH Group) recognising the value of this resource and agreed to split the

cost between the 3 of us, making all the hard work put into producing this resource (mainly by members of the endocrine team in Glasgow) worthwhile.

The campaign for an autoinjector for hydrocortisone for adrenal insufficiency continues. We are working together with the Addison's Disease Self Help Group, the Pituitary Foundation and with SOLUTION Medical (the company invested in designing this). It is still several years away from becoming available but progress is being made. For more information, check out the link below:

[Meet the Researcher - SOLUtion Medical | Addison's Disease Self-Help Group](#)

The CAH International Group – Kaz and Sallyann attend these online meetings which was set up to include CAH support groups throughout the World. It is interesting to learn how other Countries are treating CAH (including the medications available and the thoughts and regulations regarding genital surgery, which is controversial). We can also find out what other groups are doing to help patients/families and see how we might be able to help each other. It seems the UK is one of the few Countries that does not include CAH in newborn screening, which always surprises people!

Committee meetings have generally remained online, due to convenience and are held at regular intervals. We have decided that we should hold at least one meeting a year in person though, with the AGM being the first one here in Oxford. This also gives members the opportunity to come along too and hopefully see how we operate and should they wish to, to join the committee.

Although we continue to be invited to attend various official meetings run by the Society for Endocrinology (SfE), European Society for Endocrinology (ESPE), and the British Society for Paediatric Endocrinology and Diabetes (BSPED) due to work commitments and cost, it is unfortunately not viable for us to attend them all. We tend to prioritise BES and BSPED, as we feel these are the most relevant. Sue will therefore be attending BSPED2025 in Sheffield this November.

Sallyann was able to attend the Society for Endocrinology women's health summit meeting in June this year, held in Birmingham (so costs were minimal!). This was obviously of interest and Sallyann did a great job promoting the support group there, with a tabletop stand. She also continues to do an excellent job as our Treasurer and looks after our database, both of which are no mean feats!

Jess continues to provide us with great support as our secretary and IT specialist. As well as our computers, she also updates our website and as a youngster (compared to me) is always on the ball with new ideas and thoughts on how to develop the Group, for which I am very grateful.

Although Chris is based in Sweden, he also remains committed to the Group, producing our newsletter and helping with the updating of our information booklets, which is so important.

Kaz continues to support our adult population and arranges meetings specifically for them, which I know are much appreciated.

Liz continues to support parents of newborn children with CAH who contact us. I know she is able to help them by providing empathy and

understanding and the reassurance they crave at this difficult time. I know she also continues to provide that help as the years go on, by sharing experience and advice.

We continue to be very grateful for the support of our members, who through their membership fees, sponsored events and donations have kept our funds topped up, in order that we can help new families/those affected by CAH by providing an information pack at diagnosis (which is when support is vital) to help them understand the condition and realise they are not alone. These funds also mean we are able to continue with providing newsletters, developing our resources (2 of which are mentioned above) and funding meetings and conferences.

Brief statement of the charity's policy on reserves

The support group aims to hold a reserve of two years operational requirements. These funds are held in a cash interest account.

Details of any funds materially in deficit

There are no funds in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The support group finishes the year with an operating deficit of £12k for 2024/25.

Our overall balance is held as £1k in the current account and £79k in the cash interest account.

The charities principle source of funding is from our membership. Income through the year has been £2.8k in membership fees, this is up on the previous year. Donations from member fundraising has been £6k, less than the previous financial year.

Other income has come from conference payments or income from Gift Aid but we did have a small amount of interest payments.

Expenditure was £22k over the financial year, higher than the previous year, which was not surprising as we have contributed to a couple of research projects.

On a more detailed level, expenditure on administration was £0.2k, lower than the previous year due to less in person meetings.

Our key objectives are to provide resources and support for members and the public. This is evident in the larger expense items during the year.

Conference and local meetings £4.2k for the 2024 conference, newsletter and information packs £2.8k continuing the refresh of literature.

As has been the case for other years our expenses are concentrated on provision of information in person at meetings, online through our website or in print through the newsletters and information booklets.

During this year we have concentrated on maintaining income, minimising expenditure where sensible and ensuring the group has sufficient operating reserves. We are working on how we invest reserves while we are waiting to continue the support of medical research

Section F Other optional information

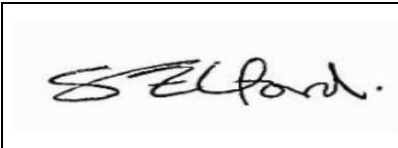
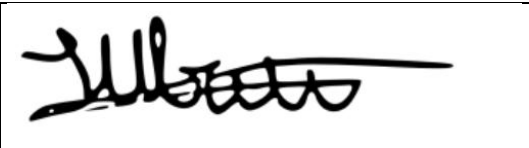
The aims for the upcoming year include:

- Run a full conference
- Support the medical research project into quality of life with CAH
- Improve our virtual presence
- Support BSPED funded AI education research (ref Jarod Wong)
- Update our resources

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|---|--|
| Signature(s) |  |  |
| Full name(s) | Sue Elford | Jess Loveless |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
| Date | 02/11/25 | |

CAH Support Group Accounts

| INCOME | £ 2023/24 | £ 2024/25 |
|-----------------|----------------------------|----------------------------|
| Subscriptions | £1,810.50 | £2,814.50 |
| Donations | £20,100.92 | £5,915.35 |
| Conference | £0.00 | £849.06 |
| Local Meetings | £93.00 | £0.00 |
| Resources | £0.00 | £0.00 |
| Savings Account | £687.80 | £948.52 |
| Grants | £0.00 | £0.00 |
| TOTALS | £22,692.22 | £10,527.43 |

Accounts checked & signed off
30/09/2024

Simone Thomson
ACMA, CGMA

1/4/24-31/3/25

| EXPENDITURE | £ 2023/24 | £ 2024/25 |
|-----------------------------|------------------|--------------------|
| Admin | £758.04 | £180.04 |
| Meetings | £871.50 | £623.13 |
| Conference | £970.00 | £3,643.89 |
| Newsletter | £2,725.85 | £2,116.69 |
| Information Packs | £732.00 | £704.18 |
| Research | £40.78 | £14,445.96 |
| AGM | £0.00 | £0.00 |
| Insurance | £96.00 | £96.00 |
| Audit | £270.00 | £270.00 |
| Savings Account | £0.00 | £0.00 |
| | £6,464.17 | £22,079.89 |
| Income over Expenses | | -£11,552.46 |

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales - Charity number 1178951

Accounts

Trustees' Annual Report for the period

| | | | | | | | |
|-------------------|---|-------|-----------------|-----------|----|-------|------|
| Period start date | | | Period end date | | | | |
| From | 1 | April | 2023 | To | 31 | March | 2024 |

Section A Reference and administration details

Charity name CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

Other names charity is known by CAH SUPPORT GROUP & LIVING WITH CAH GROUP

Registered charity number (if any) 1178951 & SCO48814

Charity's principal address

| | |
|--|---------|
| 27 FIRCREFT, KINGSBURY, TAMWORTH STAFFS | |
| Postcode | B78 2JU |

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|-------------------|-------------------|-----------------------------------|---|
| 1 | Sue Elford | Chair | | |
| 2 | Sallyann Blackett | Treasurer | | |
| 3 | Jess Loveless | Secretary | | |
| 4 | Kaz Williams | Adult Coordinator | | |
| | | | | |

Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |

Names and addresses of advisers

| Type of adviser | Name | Address |
|---------------------------|-------------------|------------------------------------|
| Medical (children) | Prof Faisal Ahmed | C/O Glasgow Children's Hospital |
| Medical (Adults) | Dr Helena Gleeson | C/O QE Hospital, Birmingham |
| Medical (Genetics) | Dr Trevor Cole | C/O Women's Hospital, Birmingham |
| Medical (Surgery) | Mr Liam McCarthy | C/O Birmingham Children's Hospital |

Section B Structure, governance and management

Description of the charity's trusts

| | |
|---|--|
| Type of governing document (eg. trust deed, constitution) | The Congenital Adrenal Hyperplasia support group is covered by a constitution |
| How the charity is constituted (eg. trust, association, company) | We are a Charitable Incorporated Organisation |
| Trustee selection methods (eg. appointed by, elected by) | Trustees are elected by the membership usually during an Annual General Meeting but there is also provision for a direct election by post or online. The constitution allows for current trustees to appoint directly for a period of under a year |

Additional governance issues

| | |
|--|---|
| <p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. | <p>The support group has developed policies to support the efficient operation of the group.</p> <p>From an administration basis we have an expenses policy for trustee claims, a reserves policy to safeguard our funds and funding assessment criteria for interactions with research grant proposals. To safeguard those we interact with there is a safeguarding policy and a trustee code of conduct.</p> <p>The current structure is based on a core team with the ability to request support from members where needed, such as logistics for local meetings.</p> <p>To keep operations effective and least cost we are using a cloud based online platform for file storage and communication.</p> <p>The charity interacts with other charities in a similar rare condition space on a goodwill basis without any formal interaction or legal commitment.</p> <p>Risk assessment has been targeted towards financial requirements and public events such as the conference. We have ensured that our insurance covers these areas.</p> |
|--|---|

Section C Objectives and activities

| | |
|---|--|
| <p>Summary of the objects of the charity set out in its governing document</p> | <p>The objects of the CIO are:</p> <p>For public benefit,</p> <p>to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH)</p> <p>by providing support and information to individuals with CAH, their families and carers,</p> <p>raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH,</p> <p>the useful results of which will be disseminated for the public benefit.</p> |
|---|--|

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The support group main activities are publication of information and support for those with CAH and their families.

So that members of the public who may be suffering from Congenital Adrenal Hyperplasia or may have children/relatives/friends who may suffer from the condition, be made aware of Congenital Adrenal Hyperplasia Support Group and how it can help them we have a website that is publicly available.

We also work closely with all endocrine centres who have information leaflets for the support group available. We regularly refresh these by mailshot.

We also have stands at endocrine conferences so that we can raise awareness of the group and our services.

One/more trustees attend events and conferences which are run by other organisations set-up with the purpose of bringing families where there is a child with CAH and adults with CAH together as well as those with other conditions which come under the DSD (differences of sexual development) definition, together. We extend our networks and highlight the work we do at these events as well as giving talks/ attending specialist medical events to raise awareness further of our organisation to pass the information to families/ adults they may be working with.

The support group currently holds a bi-ennial formal conference. This is advertised widely through hospitals, medical professionals, our membership and the website. This is open access and we have medical professionals who kindly give up their time to support through talks and questions.

We hold informal meetings in local areas once or twice a year that are also freely available, supported by one or two medical professionals and those with CAH or families managing the condition who can talk about their experiences.

We also provide adult only meetings for those with CAH to speak more freely about how they manage their condition. This is facilitated by our adult support advisor.

In all cases we advertise to our membership, through the medical centres and on our website.

We also provide individual support through phone calls, emails and social media if needed and as appropriate.

Additional details of objectives and activities

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The support group has an assessment policy that Trustees can use to assess any grant requests. This is aimed at ensuring the use of funds is targeted at areas that support the in-year business plan and deliver maximum benefit to our members and those with CAH in general.

We do not have a current policy for investment, however policies are reviewed annually at the Trustee meeting following the AGM.

Volunteers are very much at the heart of our operation, and the support group would not function without their help. Contributions for local meeting administration, newsletter articles and editing are all essential support. In essence the Trustees are also volunteers as there are no paid roles.

Summary of the main achievements of the charity during the year

We had a conference in June this year at Drayton Manor. This was well attended and printed notes from this conference have been sent to all members and medical contacts. As part of our ambition to increase our virtual presence and make use of digital technology to be more efficient, the 2024 conference was the first of our events to be bookable using the online ticketing system ticketsource.co.uk. This made it much simpler for attendees to book tickets, as well as made it easier for the Group to manage bookings and payments. We will look to use this system for future events

Committee meetings have remained online, due to convenience and are held at regular intervals. We all continue to be involved on various steering committees and advisory boards for both CAH and DSD and we are regularly consulted to comment on new research projects/papers/guidelines being written relating to the condition and also attend meetings regarding these too.

We continue to be invited to attend official meetings run by the European Society for Endocrinology (ESPE), the Society for Endocrinology (SfE) and the British Society for Paediatric Endocrinology and Diabetes (BSPED) which we attend (either in person or online) when able. We also attend hospital patient days where possible including one in June this year at Kings Hospital, London.

We continue to be very grateful for the support of our members, who through their membership fees, sponsored events and donations have kept our funds topped up, in order that we can help new families/those affected by CAH by providing an information pack at diagnosis (which is when support is vital) to help them understand the condition and realise they are not alone. These funds also mean we are able to continue with providing newsletters, developing our resources and funding meetings/conferences. We have agreed to fund a Quality of Life study which is being run alongside an adult study (CaHASE 2) on treatment/monitoring throughout the UK.

We held a successful adult support group meeting on-line in the Spring with the best attendance to date. We had a presentation from a Doctor involved with new research looking at a potential new treatment for CAH which could potentially reduce the amount of steroids patients would need to take.

The adult support coordinator continued to contribute as a Lay Member to the NICE Guidelines Committee and the Guidelines of Management of Adrenal Insufficiency were published in August this year.

Brief statement of the charity's policy on reserves

The support group aims to hold a reserve of two years operational requirements. These funds are held in a cash interest account.

Details of any funds materially in deficit

There are no funds in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The support group finishes the year with an operating surplus of £16k for 2023/24.

Our overall balance is held as £10k in the current account and £80k in the cash interest account.

The charities principle source of funding is from our membership. Income through the year has been £1.8k in membership fees, this is less than the previous year. Donations from member fundraising has been £20k, more than the previous financial year.

No other income has come from local meeting payments or income from Gift Aid but we did have a small amount of interest payments.

Expenditure was £6.5k over the financial year, higher than the previous year, which was not surprising as we ran a full in person conference.

On a more detailed level, expenditure on administration was £1.5k, higher than the previous year due to more in person meetings.

Our key objectives are to provide resources and support for members and the public. This is evident in the larger expense items during the year.

Conference and local meetings £1.7k for the 2024 conference, newsletter and information packs £3.4k continuing the refresh of literature.

As has been the case for other years our expenses are concentrated on provision of information in person at meetings, online through our website or in print through the newsletters and information booklets.

During this year we have concentrated on maintaining income, minimising expenditure where sensible and ensuring the group has sufficient operating reserves. We are working on how we invest reserves while we are waiting to support medical research

Section F Other optional information

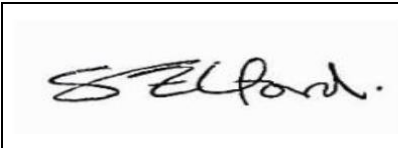
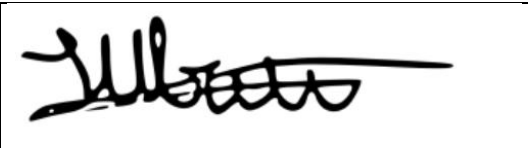
The aims for the upcoming year include:

- Run another online meeting
- Support the medical research project into quality of life with CAH
- Improve our virtual presence
- Support BSPED funded AI education research (ref Jarod Wong)
- Update the Ambulance guidelines

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|---|--|
| Signature(s) |  |  |
| Full name(s) | Sue Elford | Jess Loveless |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
| Date | 07/12/24 | |

| | | CAH Support Group Accounts : | | 1/4/23-31/3/24 | | | | | |
|---|--|---|-------------------|-----------------------------|--|------------------|-------------------|--|--|
| INCOME | | £ | £ | EXPENDITURE | | £ | £ | | |
| | | 2022/23 | 2023/24 | | | 2022/23 | 2023/24 | | |
| Subscriptions | | £2,640.50 | £1,810.50 | Admin | | £769.71 | £758.04 | | |
| Donations | | £12,198.77 | £20,100.92 | Meetings | | £349.74 | £871.50 | | |
| Conference | | £0.00 | £0.00 | Conference | | £1,724.00 | £970.00 | | |
| Local Meetings | | £0.00 | £93.00 | Newsletter | | £715.66 | £2,725.85 | | |
| Resources | | £0.00 | £0.00 | Information Packs | | £812.08 | £732.00 | | |
| Savings Account | | £5.50 | £687.80 | Website | | £364.76 | £40.78 | | |
| Grants | | £0.00 | £0.00 | AGM | | £0.00 | £0.00 | | |
| | | | | Insurance | | £96.00 | £96.00 | | |
| | | | | Audit | | £250.00 | £270.00 | | |
| | | | | Savings Account | | £0.00 | £0.00 | | |
| TOTALS | | £14,844.77 | £22,692.22 | | | £5,081.95 | £6,464.17 | | |
| | | | | Income over Expenses | | | £16,228.05 | | |
| Accounts checked & signed off with a note see below | | | | | | | | | |
| 30/09/2024 | | | | | | | | | |
| Simone Thomson | | | | | | | | | |
| ACMA, CGMA | | There is a difference of £9.97 between the opening and closing cash figures. Sallyann has confirmed that £9.97 got paid into the bank | | | | | | | |

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales - Charity number 1178951

Accounts

Trustees' Annual Report for the period

| | | | | | | | |
|-------------------|---|-------|-----------------|-----------|----|-------|------|
| Period start date | | | Period end date | | | | |
| From | 1 | April | 2022 | To | 31 | March | 2023 |

Section A Reference and administration details

Charity name CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

Other names charity is known by CAH SUPPORT GROUP & LIVING WITH CAH GROUP

Registered charity number (if any) 1178951 & SCO48814

Charity's principal address

27 FIRCREFT,
KINGSBURY,

TAMWORTH

STAFFS

Postcode

B78 2JU

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|-------------------|-------------------|-----------------------------------|---|
| 1 | Sue Elford | Chair | | |
| 2 | Sallyann Blackett | Treasurer | | |
| 3 | Jess Loveless | Secretary | | |
| 4 | Kaz Williams | Adult Coordinator | | |
| | | | | |

Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |

Names and addresses of advisers

| Type of adviser | Name | Address |
|---------------------------|-------------------|------------------------------------|
| Medical (children) | Prof Faisal Ahmed | C/O Glasgow Children's Hospital |
| Medical (Adults) | Dr Helena Gleeson | C/O QE Hospital, Birmingham |
| Medical (Genetics) | Dr Trevor Cole | C/O Women's Hospital, Birmingham |
| Medical (Surgery) | Mr Liam McCarthy | C/O Birmingham Children's Hospital |

Section B Structure, governance and management

Description of the charity's trusts

| | |
|--|--|
| Type of governing document <small>(eg. trust deed, constitution)</small> | The Congenital Adrenal Hyperplasia support group is covered by a constitution |
| How the charity is constituted <small>(eg. trust, association, company)</small> | We are a Charitable Incorporated Organisation |
| Trustee selection methods <small>(eg. appointed by, elected by)</small> | Trustees are elected by the membership usually during an Annual General Meeting but there is also provision for a direct election by post or online. The constitution allows for current trustees to appoint directly for a period of under a year |

Additional governance issues

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

| |
|---|
| <p>The support group has developed policies to support the efficient operation of the group.</p> <p>From an administration basis we have an expenses policy for trustee claims, a reserves policy to safeguard our funds and funding assessment criteria for interactions with research grant proposals. To safeguard those we interact with there is a safeguarding policy and a trustee code of conduct.</p> <p>The current structure is based on a core team with the ability to request support from members where needed, such as logistics for local meetings.</p> <p>To keep operations effective and least cost we are using a cloud based online platform for file storage and communication.</p> <p>The charity interacts with other charities in a similar rare condition space on a goodwill basis without any formal interaction or legal commitment.</p> <p>Risk assessment has been targeted towards financial requirements and public events such as the conference. We have ensured that our insurance covers these areas.</p> |
|---|

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

| |
|--|
| <p>The objects of the CIO are:</p> <p>For public benefit,</p> <p>to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH)</p> <p>by providing support and information to individuals with CAH, their families and carers,</p> <p>raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH,</p> <p>the useful results of which will be disseminated for the public benefit.</p> |
|--|

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The support group main activities are publication of information and support for those with CAH and their families.

So that members of the public who may be suffering from Congenital Adrenal Hyperplasia or may have children/relatives/friends who may suffer from the condition, be made aware of Congenital Adrenal Hyperplasia Support Group and how it can help them we have a website that is publicly available.

We also work closely with all endocrine centres who have information leaflets for the support group available. We regularly refresh these by mailshot.

We also have stands at endocrine conferences so that we can raise awareness of the group and our services.

One/more trustees attend events and conferences which are run by other organisations set-up with the purpose of bringing families where there is a child with CAH and adults with CAH together as well as those with other conditions which come under the DSD (differences of sexual development) definition, together. We extend our networks and highlight the work we do at these events as well as giving talks/ attending specialist medical events to raise awareness further of our organisation to pass the information to families/ adults they may be working with.

The support group currently holds a bi-ennial formal conference. This is advertised widely through hospitals, medical professionals, our membership and the website. This is open access and we have medical professionals who kindly give up their time to support through talks and questions.

We hold informal meetings in local areas once or twice a year that are also freely available, supported by one or two medical professionals and those with CAH or families managing the condition who can talk about their experiences.

We also provide adult only meetings for those with CAH to speak more freely about how they manage their condition. This is facilitated by our adult support advisor.

In all cases we advertise to our membership, through the medical centres and on our website.

We also provide individual support through phone calls, emails and social media if needed and as appropriate.

Additional details of objectives and activities

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The support group has an assessment policy that Trustees can use to assess any grant requests. This is aimed at ensuring the use of funds is targeted at areas that support the in-year business plan and deliver maximum benefit to our members and those with CAH in general.

We do not have a current policy for investment, however policies are reviewed annually at the Trustee meeting following the AGM.

Volunteers are very much at the heart of our operation, and the support group would not function without their help. Contributions for local meeting administration, newsletter articles and editing are all essential support. In essence the Trustees are also volunteers as there are no paid roles.

Summary of the main achievements of the charity during the year

As we had a conference last year, we are not due to have another until next year (although we have already started making plans for this). We did hold a small family meeting in Coventry this year though, which went very well and we plan to continue with these between conferences. I know Kaz has been liaising with our adult members and plans to continue holding online and face to face meetings with our older membership too, when possible.

Committee meetings have remained online, due to convenience and are held at regular intervals. We all continue to be involved on various steering committees and advisory boards for both CAH and DSD and we are regularly consulted to comment on new research projects/papers/guidelines being written relating to the condition and also attend meetings regarding these too.

We continue to be invited to attend official meetings run by the European Society for Endocrinology (ESPE), the Society for Endocrinology (SfE) and the British Society for Paediatric Endocrinology and Diabetes (BSPED) which we attend (either in person or online) when able. I attended the SfE clinical update meeting in April this year and the BSPED meeting in Manchester in November. Both were well worth attending, as they raise our profile amongst the medical profession and I met new specialists and learnt a lot about changes in practice too, which is important! I was delighted that patient support groups also got a special mention at the latter event as working well with the specialist teams and being a very important part of patient care (which resulted in a round of applause from all those present!)

We continue to be very grateful for the support of our members, who through their membership fees, sponsored events and donations have kept our funds topped up, in order that we can help new families/those affected by CAH by providing an information pack at diagnosis (which is when support is vital) to help them understand the condition and realise they are not alone. These funds also mean we are able to continue with providing newsletters, developing our resources and funding meetings/conferences.

Brief statement of the charity's policy on reserves

The support group aims to hold a reserve of two years operational requirements. These funds are held in a cash interest account.

Details of any funds materially in deficit

There are no funds in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The support group finishes the year with an operating surplus of £5k for 2022/23.

Our overall balance is held as £14k in the current account and £55k in the cash interest account.

The charities principle source of funding is from our membership. Income through the year has been £2.4k in membership fees, this is more than the previous year. Donations from member fundraising has been £4k, less than the previous financial year.

No other income has come from local meeting payments or income from Gift Aid but we did have a small amount of interest payments and a grant from the Society of Endocrinology.

Expenditure was £3.5k over the financial year, lower than the previous year, despite running a full in person conference.

On a more detailed level, expenditure on administration was £1.1k, higher than the previous year due to more in person meetings.

Our key objectives are to provide resources and support for members and the public. This is evident in the larger expense items during the year.

Conference and local meetings £700 for the 2022 conference, newsletter and information packs £1.2k as part of the refresh of literature.

As has been the case for other years our expenses are concentrated on provision of information in person at meetings, online through our website or in print through the newsletters and information booklets.

During this year we have concentrated on maintaining income, minimising expenditure where sensible and ensuring the group has sufficient operating reserves. We are working on how we invest reserves while we are waiting to support medical research

Section F

Other optional information

The aims for the upcoming year include:



- Run another online meeting
- Run the 2024 conference
- Look for additional committee members
- Support BSPED funded AI education research (ref Jarod Wong)

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|---|--|
| Signature(s) |  |  |
| Full name(s) | Sue Elford | Jess Loveless |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
| Date | 26/11/23 | |

CAH Support Group Accounts

| | | 1/4/22-31/3/23 | 1/4/21-31/3/22 |
|--|----------|-------------------|-------------------|
| | | This Year | Last Year |
| Receipts [In] | | | |
| Subscriptions | | £2,390.50 | £2,640.50 |
| Donations | | £4,018.55 | £12,198.77 |
| Conference | | £542.00 | £0.00 |
| Local | | | |
| Meetings | | £0.00 | £0.00 |
| Resources | | £0.00 | £0.00 |
| Grants | | £1,400.00 | £0.00 |
| Gift Aid | | £488.94 | £0.00 |
| Details 8 | | £0.00 | £0.00 |
| Details 9 | | £0.00 | £0.00 |
| Details 10 | | £0.00 | £0.00 |
| Savings Account | | £113.31 | £5.50 |
| Totals | | £8,953.30 | £14,844.77 |
| Payments [Out] | | | |
| Admin | | £1,157.61 | £769.71 |
| Meetings | | £248.28 | £349.74 |
| Conference | | £554.21 | £1,724.00 |
| Newsletter | | £1,084.53 | £715.66 |
| Information Packs | | £154.06 | £812.08 |
| Website | | £0.00 | £364.76 |
| AGM | | £0.00 | £0.00 |
| Insurance | | £96.00 | £96.00 |
| Audit | | £250.00 | £250.00 |
| Savings Account | | £0.00 | £0.00 |
| | | £0.00 | £0.00 |
| Totals | | £3,544.69 | £5,081.95 |
| Surplus or (deficit) for the year | | £5,408.61 | £9,762.82 |
| Balances brought forward | Bank - 1 | £14,315.45 | £4,469.75 |
| | Bank - 2 | £54,791.02 | £54,785.52 |
| | Cash | £0.00 | £0.00 |
| | | £69,106.47 | £59,255.27 |
| Balances in hand at year-end | Bank - 1 | £14,426.19 | £14,320.45 |
| | Bank - 2 | £59,904.33 | £54,791.02 |
| | Cash | £184.56 | -£5.00 |
| | | £74,515.08 | £69,106.47 |

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales - Charity number 1178951

Accounts

Trustees' Annual Report for the period

| | | | | | | | |
|-------------------|---|-------|-----------------|-----------|----|-------|------|
| Period start date | | | Period end date | | | | |
| From | 1 | April | 2021 | To | 31 | March | 2022 |

Section A Reference and administration details

Charity name CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

Other names charity is known by CAH SUPPORT GROUP & LIVING WITH CAH GROUP

Registered charity number (if any) 1178951 & SCO48814

Charity's principal address

27 FIRCREFT,
KINGSBURY,

TAMWORTH

STAFFS

Postcode

B78 2JU

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|-------------------|-------------------|-----------------------------------|---|
| 1 | Sue Elford | Chair | | |
| 2 | Sallyann Blackett | Treasurer | | |
| 3 | Jess Loveless | Secretary | | |
| 4 | Kaz Williams | Adult Coordinator | | |
| | | | | |

Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |

Names and addresses of advisers

| Type of adviser | Name | Address |
|---------------------------|-------------------|------------------------------------|
| Medical (children) | Prof Faisal Ahmed | C/O Glasgow Children's Hospital |
| Medical (Adults) | Dr Helena Gleeson | C/O QE Hospital, Birmingham |
| Medical (Genetics) | Dr Trevor Cole | C/O Women's Hospital, Birmingham |
| Medical (Surgery) | Mr Liam McCarthy | C/O Birmingham Children's Hospital |

Section B Structure, governance and management

Description of the charity's trusts

| | |
|--|--|
| Type of governing document <small>(eg. trust deed, constitution)</small> | The Congenital Adrenal Hyperplasia support group is covered by a constitution |
| How the charity is constituted <small>(eg. trust, association, company)</small> | We are a Charitable Incorporated Organisation |
| Trustee selection methods <small>(eg. appointed by, elected by)</small> | Trustees are elected by the membership usually during an Annual General Meeting but there is also provision for a direct election by post or online. The constitution allows for current trustees to appoint directly for a period of under a year |

Additional governance issues

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

| |
|---|
| <p>The support group has developed policies to support the efficient operation of the group.</p> <p>From an administration basis we have an expenses policy for trustee claims, a reserves policy to safeguard our funds and funding assessment criteria for interactions with research grant proposals. To safeguard those we interact with there is a safeguarding policy and a trustee code of conduct.</p> <p>The current structure is based on a core team with the ability to request support from members where needed, such as logistics for local meetings.</p> <p>To keep operations effective and least cost we are using a cloud based online platform for file storage and communication.</p> <p>The charity interacts with other charities in a similar rare condition space on a goodwill basis without any formal interaction or legal commitment.</p> <p>Risk assessment has been targeted towards financial requirements and public events such as the conference. We have ensured that our insurance covers these areas.</p> |
|---|

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

| |
|--|
| <p>The objects of the CIO are:</p> <p>For public benefit,</p> <p>to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH)</p> <p>by providing support and information to individuals with CAH, their families and carers,</p> <p>raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH,</p> <p>the useful results of which will be disseminated for the public benefit.</p> |
|--|

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The support group main activities are publication of information and support for those with CAH and their families.

So that members of the public who may be suffering from Congenital Adrenal Hyperplasia or may have children/relatives/friends who may suffer from the condition, be made aware of Congenital Adrenal Hyperplasia Support Group and how it can help them we have a website that is publicly available.

We also work closely with all endocrine centres who have information leaflets for the support group available. We regularly refresh these by mailshot.

We also have stands at endocrine conferences so that we can raise awareness of the group and our services.

One/more trustees attend events and conferences which are run by other organisations set-up with the purpose of bringing families where there is a child with CAH and adults with CAH together as well as those with other conditions which come under the DSD (differences of sexual development) definition, together. We extend our networks and highlight the work we do at these events as well as giving talks/ attending specialist medical events to raise awareness further of our organisation to pass the information to families/ adults they may be working with.

The support group currently holds a bi-ennial formal conference. This is advertised widely through hospitals, medical professionals, our membership and the website. This is open access and we have medical professionals who kindly give up their time to support through talks and questions.

We hold informal meetings in local areas once or twice a year that are also freely available, supported by one or two medical professionals and those with CAH or families managing the condition who can talk about their experiences.

We also provide adult only meetings for those with CAH to speak more freely about how they manage their condition. This is facilitated by our adult support advisor.

In all cases we advertise to our membership, through the medical centres and on our website.

We also provide individual support through phone calls, emails and social media if needed and as appropriate.

Additional details of objectives and activities

You **may choose** to include further statements, where relevant, about:

- policy on grant making;
- policy programme related investment;
- contribution made by volunteers.

The support group has an assessment policy that Trustees can use to assess any grant requests. This is aimed at ensuring the use of funds is targeted at areas that support the in-year business plan and deliver maximum benefit to our members and those with CAH in general.

We do not have a current policy for investment, however policies are reviewed annually at the Trustee meeting following the AGM.

Volunteers are very much at the heart of our operation, and the support group would not function without their help. Contributions for local meeting administration, newsletter articles and editing are all essential support. In essence the Trustees are also volunteers as there are no paid roles.

Summary of the main achievements of the charity during the year

The committee has moved to online committee meetings, and we also held a successful adult meeting online too but managed to hold our first face to face conference for 3 years, in Bristol June 2022. Although the number of attendees was slightly lower than previously, this was to be expected, as people tend to be a bit cautious, due to Covid-19 still being a concern. Those who attended really appreciated meeting up again though and we had an excellent range of speakers and it was a successful conference. We plan to try and organise more face to face meetings over the next year as well as continuing with some on-line as some members find this from of meeting more accessible.

Our new posters and leaflets (with 2 designs, one for adults with CAH and the other aimed at families of children) have been printed and sent out to the major teaching hospitals in the UK, for display in endocrine clinics. We hope these will prove useful to both the clinicians and the families and patients who attend the clinics.

We all continue to be involved on various steering committees and advisory boards for both CAH and DSD and we are regularly consulted to comment on new research projects/papers/guidelines being written relating to the condition.

We are also invited to attend official meetings run by the European Society for Endocrinology, the Society for Endocrinology and the British Society for Paediatric Endocrinology and Diabetes which we attend (either in person or online) when able. We were also invited to submit an application for affiliation with the Society for Endocrinology and were successful.

Kaz has been working with the ACT group also gave a live talk at the European Endocrine Conference as part of Adrenal insufficiency group with PSG and Medics. She is also working with NICE on Guidelines for Management of Adrenal Insufficiency.

We continue to be very grateful for the support of our members, who through their membership fees, sponsored events and donations have kept our funds topped up, in order that we can help new families/those affected by CAH by providing an information pack at diagnosis (which is when support is vital) to help them understand the condition and realise they are not alone. These funds also mean we are able to continue with providing newsletters, developing our resources and funding meetings/conferences as well as giving support for vital research.

Brief statement of the charity's policy on reserves

The support group aims to hold a reserve of two years operational requirements. These funds are held in a cash interest account.

Details of any funds materially in deficit

There are no funds in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The support group finishes the year with an operating surplus of £10k for 2021/22.

Our overall balance is held as £14k in the current account and £55k in the cash interest account.

The charities principle source of funding is from our membership. Income through the year has been £2.7k in membership fees, this is more than the previous year. Donations from member fundraising has been £12.2k, more than the previous financial year.

No other income has come from local meeting payments or income from Gift Aid but we did have a small amount of interest payments.

Expenditure was £5.1k over the financial year, lower than the £25.4k of the previous year, not least due to the inability to hold in person meetings that resulted in the cancelation of our main conference.

On a more detailed level, expenditure on administration was £700, lower than the previous year.

Our key objectives are to provide resources and support for members and the public. This is evident in the larger expense items during the year.

Conference and local meetings £2k in preparation for the 2022 conference, newsletter and information packs £1.5k.

As has been the case for other years our expenses are concentrated on provision of information in person at meetings, online through our website or in print through the newsletters and information booklets.

During this year we have concentrated on maintaining income, minimising expenditure where sensible and ensuring the group has sufficient operating reserves. During the next financial year the Trustees will be looking to develop an investment policy that allows growth of assets while minimising risks.

Section F Other optional information

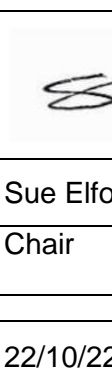

The aims for the upcoming year include:

- Provision of increased online meetings
- Updated literature
- Assessment of investment opportunities to improve financial stability

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|--|---|
| Signature(s) |  |  |
| Full name(s) | Sue Elford | Jess Loveless |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |
| Date | 22/10/22 | |

**Opening
Balances**

| | |
|-----------------------|-------------------|
| Cash | £0.00 |
| Bank Current → | £4,469.75 |
| Bank Savings → | £54,785.52 |
| Total | £59,255.27 |

| | |
|------------------------------|-----------|
| Lloyds Balance at 30/3/21 | £4,254.35 |
| Barclay's Balance at 30/3/21 | £215.40 |
| | £4,469.75 |

Bank Account Details

| Name | Sort Code | Account No | |
|---------------|-----------------|-----------------|-------------|
| Lloyds | 30-90-89 | 38829260 | Barc |
| Lloyds | 30-90-89 | 39262768 | Barc |

Statement £4,311.85 @1st April
excl 1st April transactions included here
£57.50

| | | |
|-------|----------|----------|
| lay's | 20-24-09 | 10822574 |
| lay's | 20-24-09 | 50388270 |

Receipts

| Current Balances ~ | |
|--------------------|-------------------|
| Cash | £0.00 |
| Bank Current | £14,315.45 |
| Bank Savings | £54,791.02 |
| Total | £69,106.47 |

| | |
|---|---------|
| 1 | Subscri |
| 2 | Donatio |
| 3 | Confere |
| 4 | Local M |
| 5 | Resourc |

| 2021/2 | | | | |
|------------|------------------------------------|----------|-------------------|------|
| Date | Details | Ref | Total | Code |
| | | | £14,839.27 | |
| 04/01/2021 | Standing Order Hopewell | Lloyds | £17.50 | 1 |
| 04/01/2021 | Standing Order Jacques | Lloyds | £17.50 | 1 |
| 04/01/2021 | Standing Order Jacques | Lloyds | £17.50 | 1 |
| 04/01/2021 | Frost Donation | Lloyds | £5.00 | 2 |
| 04/05/2021 | Frost Donation | | £10.00 | 2 |
| 04/01/2021 | Standing Order Atkinson | Barclays | £17.50 | 1 |
| 04/12/2021 | Standing Order Carden | Barclays | £17.50 | 1 |
| 04/12/2021 | Standing Order Jacques (two member | Barclays | £35.00 | 1 |
| 04/12/2021 | Standing Order Jacques (two member | Barclays | £5.00 | 2 |
| 04/06/2021 | Standing Order Livingstone | Lloyds | £17.50 | 1 |
| 04/08/2021 | CAF | Lloyds | £5.00 | 2 |
| 04/08/2021 | Standing Order Sahajwala | Lloyds | £17.50 | 1 |
| 04/12/2021 | Standing Order Corrigan | Lloyds | £17.50 | 1 |
| 04/12/2021 | Standing Order Corrigan | Lloyds | £2.50 | 2 |
| 04/15/2021 | Donation Ravat | Lloyds | £20.00 | 2 |
| 04/20/2021 | Just Giving | Lloyds | £190.76 | 2 |
| 04/27/2021 | CAF | Lloyds | £25.00 | 2 |
| 04/29/2021 | Standing Order Brogan | Lloyds | £17.50 | 1 |
| 04/30/2021 | Charities Trust | Lloyds | £10.00 | 2 |
| 05/04/2021 | Standing Order Hayward | Lloyds | £17.50 | 1 |
| 05/04/2021 | Standing Order Hayward | Lloyds | £2.50 | 2 |
| 05/04/2021 | Standing Order Huisson | Lloyds | £17.50 | 1 |
| 05/04/2021 | Donation Frost | Lloyds | £5.00 | 2 |
| 05/04/2021 | Standing Order Cheung | Lloyds | £17.50 | 1 |
| 05/04/2021 | Standing Order Spring | Lloyds | £17.50 | 1 |
| 05/05/2021 | Just Giving | Lloyds | £29.23 | 2 |
| 05/06/2021 | Standing Order Brockington | Lloyds | £17.50 | 1 |
| 05/06/2021 | Standing Order Brockington | Lloyds | £12.50 | 2 |
| 05/07/2021 | CAF | Lloyds | £5.00 | 2 |
| 05/14/2021 | Standing Order Milton | Lloyds | £17.50 | 1 |
| 05/17/2021 | Donation Ravat | Lloyds | £20.00 | 2 |
| 05/18/2021 | Giving.com | Lloyds | £57.46 | 2 |
| 05/20/2021 | Standing Order Watts | Lloyds | £17.50 | 1 |
| 05/24/2021 | Amazon Smile | Lloyds | £12.86 | 2 |

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|------------|--------------------------------|----------|---------|---|
| 05/24/2021 | Paypal Transfer | Lloyds | £382.72 | 2 |
| 05/27/2021 | CAF | Lloyds | £25.00 | 2 |
| 05/28/2021 | Charities Trust | Lloyds | £10.00 | 2 |
| 05/28/2021 | Standing Order Leftly | Lloyds | £17.50 | 1 |
| 05/28/2021 | Standing Order Tomlinson | Lloyds | £17.50 | 1 |
| 05/28/2021 | Standing Order Wallace | Lloyds | £17.50 | 1 |
| 06/01/2021 | Standing Order Ansell | Lloyds | £17.50 | 1 |
| 06/01/2021 | Standing Order Tippen | Lloyds | £17.50 | 1 |
| 06/01/2021 | Standing Order Monaghan | Lloyds | £17.50 | 1 |
| 06/01/2021 | Standing Order Sharp and Jones | Lloyds | £17.50 | 1 |
| 06/01/2021 | Standing Order Sharp and Jones | Lloyds | £0.50 | 2 |
| 06/01/2021 | Standing Order Shaw-Johnson | Lloyds | £17.50 | 1 |
| 06/01/2021 | Donation Frost | Lloyds | £5.00 | 2 |
| 05/17/2021 | Standing Order Hodgson | Barclays | £17.50 | 1 |
| 05/24/2021 | Standing Order Liles | Barclays | £17.50 | 1 |
| 06/16/2021 | J Obi-Keller | | £17.50 | 1 |
| 06/09/2021 | Standing Order Gielgud | Barclays | £17.50 | 1 |
| 06/14/2021 | Standing Order Merryweather | Barclays | £17.50 | 1 |
| 06/15/2021 | Standing Order Huth | Barclays | £17.50 | 1 |
| 06/03/2021 | Standing Order Lobb | Lloyds | £17.50 | 1 |
| 06/03/2021 | Standing Order Lobb | Lloyds | £2.50 | 2 |
| 06/04/2021 | CAF | Lloyds | £5.00 | 2 |
| 06/08/2021 | Standing Order Bosanko Green | Lloyds | £17.50 | 1 |
| 06/14/2021 | Just Giving | Lloyds | £377.37 | 2 |
| 06/15/2021 | Ravat | Lloyds | £20.00 | 2 |
| 06/22/2021 | Professor Ross Donation | Lloyds | £467.00 | 2 |
| 06/25/2021 | CAF | Lloyds | £25.00 | 2 |
| 06/28/2021 | Just Giving | Lloyds | £283.49 | 2 |
| 06/30/2021 | Charities Trust | Lloyds | £10.00 | 2 |
| 07/01/2021 | Standing order Taylor | Lloyds | £17.50 | 1 |
| 07/01/2021 | Standing Order Gettingby | Lloyds | £17.50 | 1 |
| 07/01/2021 | Standing Order Keeling | Lloyds | £17.50 | 1 |
| 07/01/2021 | Frost Donation | Lloyds | £5.00 | 2 |
| 07/01/2021 | Standing Order Woodward | Lloyds | £17.50 | 1 |
| 07/01/2021 | Standing Order Woodward | Lloyds | £2.50 | 2 |
| 07/05/2021 | Standing Order Moss | Lloyds | £17.50 | 1 |
| 07/06/2021 | CAF | Lloyds | £5.00 | 2 |
| 07/08/2021 | Standing Order Sarwar | Lloyds | £17.50 | 1 |
| 07/12/2021 | Just Giving | Lloyds | £241.62 | 2 |
| 07/15/2021 | Ravat | Lloyds | £20.00 | 2 |
| 07/20/2021 | Standing order Regent | Lloyds | £17.50 | 1 |
| 07/26/2021 | Standing Order Caddens | Lloyds | £17.50 | 1 |
| 07/30/2021 | Charities Trust | Lloyds | £10.00 | 2 |
| 08/10/2021 | Ombersley Golf Club | | £177.50 | 2 |
| 08/30/2021 | Northridge | | £17.50 | 1 |
| 08/30/2021 | Northridge | | £2.50 | 2 |
| 08/23/2021 | Standing Order Harper | Barclays | £17.50 | 1 |
| 08/31/2021 | Standing Order Clowes | Barclays | £17.50 | 1 |
| 08/02/2021 | Standing Order Reilly | Lloyds | £17.50 | 1 |
| 08/02/2021 | Standing Order Reilly | Lloyds | £2.50 | 2 |

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|------------|--------------------------|----------|---------|---|
| 08/02/2021 | Standing Order Jones | Lloyds | £17.50 | 1 |
| 08/02/2021 | Standing Order Jones | Lloyds | £2.50 | 2 |
| 08/02/2021 | Frost Donation | Lloyds | £5.00 | 2 |
| 08/02/2021 | Standing Order Richens | Lloyds | £17.50 | 1 |
| 08/02/2021 | Standing Order Richens | Lloyds | £2.50 | 2 |
| 08/05/2021 | Standing Order Mulligan | Lloyds | £17.50 | 1 |
| 08/10/2021 | Just Giving | Lloyds | £650.91 | 2 |
| 08/16/2021 | Standing Order Mehmood | Lloyds | £17.50 | 1 |
| 08/16/2021 | Ravat | Lloyds | £20.00 | 2 |
| 08/16/2021 | Just Giving | Lloyds | £293.39 | 2 |
| 08/17/2021 | Amazon Smile | Lloyds | £17.18 | 2 |
| 08/17/2021 | Standing Order Sims | Lloyds | £17.50 | 1 |
| 08/26/2021 | CAF | Lloyds | £50.00 | 2 |
| 08/31/2021 | Charities Trust | Lloyds | £10.00 | 2 |
| 08/31/2021 | Just Giving | Lloyds | £19.42 | 2 |
| 09/01/2021 | Frost Donation | Lloyds | £5.00 | 2 |
| 09/01/2021 | Standing Order Bliben | Lloyds | £17.50 | 1 |
| 10/09/2021 | Dickson | | £17.50 | 1 |
| 10/10/2021 | Evans | | £17.50 | 1 |
| 10/10/2021 | Evans | | £2.50 | 2 |
| 10/10/2021 | Osborn | | £17.50 | 1 |
| 10/10/2021 | Svoboda | | £17.50 | 1 |
| 10/10/2021 | Howes | | £17.50 | 1 |
| 10/10/2021 | Fuller | | £17.50 | 1 |
| 10/10/2021 | Wilkes | | £17.50 | 1 |
| 10/10/2021 | Hyland | | £17.50 | 1 |
| 10/10/2021 | Jordan | | £17.50 | 1 |
| 10/10/2021 | Jordan | | £2.50 | 2 |
| 10/10/2021 | Ritchie | | £17.50 | 1 |
| 10/10/2021 | Ritchie | | £2.50 | 2 |
| 10/10/2021 | Loveless | | £17.50 | 1 |
| 10/10/2021 | Marsh | | £17.50 | 1 |
| 10/10/2021 | Hurst | | £17.50 | 1 |
| 10/10/2021 | O'Neill | | £17.50 | 1 |
| 10/10/2021 | Johnson | | £17.50 | 1 |
| 10/10/2021 | Morgan | | £17.50 | 1 |
| 10/10/2021 | Mills | | £17.50 | 1 |
| 10/10/2021 | Mills | | £2.50 | 2 |
| 10/10/2021 | Leslie-Smith | | £300.00 | 2 |
| 11/09/2021 | Hopewell | | £17.50 | 1 |
| 09/08/2021 | Standing Order Hutton | Barclays | £17.50 | 1 |
| 09/16/2021 | Standing Order Hemmings | Barclays | £17.50 | 1 |
| 09/22/2021 | Standing Order Farrar | Barclays | £17.50 | 1 |
| 09/06/2021 | Standing Order Sue Clark | Lloyds | £17.50 | 1 |
| 09/06/2021 | Standing Order Bates | Lloyds | £17.50 | 1 |
| 09/07/2021 | Standing Order Evans | Lloyds | £17.50 | 1 |
| 09/07/2021 | Standing Order Myga | Lloyds | £17.50 | 1 |
| 09/07/2021 | Standing Order Mitchell | Lloyds | £17.50 | 1 |
| 09/07/2021 | Standing Order Mitchell | Lloyds | £2.50 | 2 |
| 09/09/2021 | Standing Order Knight | Lloyds | £17.50 | 1 |

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| 09/13/2021 Standing Order Reeves | Lloyds | £17.50 | 1 |
| 09/13/2021 Standing Order Earrey | Lloyds | £17.50 | 1 |
| 09/13/2021 Standing Order Earrey | Lloyds | £42.50 | 2 |
| 09/14/2021 Just Giving | Lloyds | £60.70 | 2 |
| 09/15/2021 Ravat | Lloyds | £20.00 | 2 |
| 09/21/2021 Just Giving | Lloyds | £205.00 | 2 |
| 09/24/2021 Standing Order Newton | Lloyds | £17.50 | 1 |
| 09/27/2021 CAF | Lloyds | £25.00 | 2 |
| 09/27/2021 Standing Order Lynch | Lloyds | £17.50 | 1 |
| 09/27/2021 Standing Order Olayiwola | Lloyds | £17.50 | 1 |
| 09/29/2021 Standing Order Whiskerd | Lloyds | £17.50 | 1 |
| 09/30/2021 Charities Trust | Lloyds | £10.00 | 2 |
| 09/30/2021 Standing Order Baldwin | Lloyds | £17.50 | 1 |
| 09/30/2021 Standing Order Baldwin | Lloyds | £12.50 | 2 |
| 10/01/2021 Standing Order Bell | Lloyds | £17.50 | 1 |
| 10/01/2021 Standing Order Bell | Lloyds | £2.50 | 2 |
| 10/01/2021 Standing Order Warren | Lloyds | £17.50 | 1 |
| 10/01/2021 Frost Donation | Lloyds | £5.00 | 2 |
| 10/01/2021 Standing Order Page | Lloyds | £17.50 | 1 |
| 11/27/2021 TK Maxx and Homesense | | £500.00 | 2 |
| 11/27/2021 Ombersley Golf Club | | £116.00 | 2 |
| 10/04/2021 Just Giving | Lloyds | £8.80 | 2 |
| 10/12/2021 Booth | Lloyds | £20.00 | 2 |
| 10/14/2021 Carver Standing Order | Lloyds | £17.50 | 1 |
| 10/15/2021 Carver Standing Order | Lloyds | £17.50 | 1 |
| 10/15/2021 Ravat | Lloyds | £20.00 | 2 |
| 10/25/2021 Paypal Transfer | Lloyds | £100.00 | 2 |
| 10/27/2021 CAF Donation | Lloyds | £25.00 | 2 |
| 10/29/2021 Charities Trust | Lloyds | £10.00 | 2 |
| 11/01/2021 Partington Standing Order | Lloyds | £17.50 | 1 |
| 11/01/2021 Partington Standing Order | Lloyds | £0.50 | 2 |
| 11/01/2021 Dixey Standing Order | Lloyds | £17.50 | 1 |
| 11/01/2021 Dixey Standing Order | Lloyds | £22.50 | 2 |
| 11/01/2021 Scott Standing Order | Lloyds | £17.50 | 1 |
| 11/01/2021 Frost Donation | Lloyds | £5.00 | 2 |
| 11/01/2021 Leftly Standing Order | Lloyds | £17.50 | 1 |
| 11/01/2021 Just Giving | Lloyds | £24.40 | 2 |
| 11/28/2021 McKie | | £17.50 | 1 |
| 11/28/2021 Henry | | £17.50 | 1 |
| 11/04/2021 Wilkins standing order | Lloyds | £17.50 | 1 |
| 11/11/2021 Turkington standing order | Lloyds | £17.50 | 1 |
| 11/12/2021 Booth Donation | Lloyds | £20.00 | 2 |
| 11/15/2021 Ravat Donation | Lloyds | £20.00 | 2 |
| 11/15/2021 Just Giving | Lloyds | £338.51 | 2 |
| 11/22/2021 Black Standing Order | Lloyds | £17.50 | 1 |
| 11/23/2021 Just Giving | Lloyds | £358.56 | 2 |
| 11/25/2021 CAF Donation | Lloyds | £25.00 | 2 |
| 11/26/2021 Feroz Standing order | Lloyds | £17.50 | 1 |
| 11/29/2021 Stuart standing order | Lloyds | £17.50 | 1 |
| 11/29/2021 Scales standing order | Lloyds | £2.50 | 1 |

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| 11/30/2021 Charities Trust | Lloyds | £10.00 | 2 |
| 11/30/2021 Ross-Joannou standing order | Lloyds | £17.50 | 1 |
| 11/30/2021 Just Giving | Lloyds | £1,057.12 | 2 |
| 12/01/2021 Frost Donation | Lloyds | £5.00 | 2 |
| 12/23/2021 Savage | | £17.50 | 1 |
| 12/06/2021 Just Giving | Lloyds | £79.23 | 2 |
| 12/07/2021 Cloney Standing Order | Lloyds | £17.50 | 1 |
| 12/07/2021 Aston Walker Devel donation | Lloyds | £3,402.01 | 2 |
| 12/09/2021 Beddy Standing Order | Lloyds | £17.50 | 1 |
| 12/09/2021 Beddy Standing Order | Lloyds | £42.50 | 2 |
| 12/13/2021 Amazon Smile | Lloyds | £13.04 | 2 |
| 12/13/2021 Booth Donation | Lloyds | £2.50 | 2 |
| 12/13/2021 Booth Standing Order | Lloyds | £17.50 | 1 |
| 12/14/2021 Fearn Standing Order | Lloyds | £17.50 | 1 |
| 12/14/2021 Ainley Standing Order | Lloyds | £17.50 | 1 |
| 12/14/2021 Guppy standing order | Lloyds | £17.50 | 1 |
| 12/14/2021 Just Giving | Lloyds | £351.15 | 2 |
| 12/15/2021 Ravat | Lloyds | £20.00 | 2 |
| 12/20/2021 Just Giving | Lloyds | £119.98 | 2 |
| 12/24/2021 Just Giving | Lloyds | £45.88 | 2 |
| 12/29/2021 CAF | Lloyds | £25.00 | 2 |
| 12/29/2021 Scales standing order | Lloyds | £2.50 | 1 |
| 12/31/2021 Charities Trust | Lloyds | £10.00 | 2 |
| 12/31/2021 Morrison standing order | Lloyds | £17.50 | 1 |
| 02/24/2022 Strutt | | £17.50 | 1 |
| 02/24/2022 Strutt | | £12.50 | 2 |
| 02/24/2022 Buist | | £35.00 | 1 |
| 02/24/2022 Buist | | £40.00 | 2 |
| 01/04/2022 Burgess Standing Order | Barclays | £17.50 | 1 |
| 01/31/2022 Devani standing order | Barclays | £17.50 | 1 |
| 01/31/2022 Devani standing order | Barclays | £0.40 | 2 |
| 01/04/2022 Golledge standing order | Lloyds | £17.50 | 1 |
| 01/04/2022 Golledge standing order | Lloyds | £2.50 | 2 |
| 01/04/2022 Day standing order | Lloyds | £17.50 | 1 |
| 01/04/2022 Bacon standing order | Lloyds | £17.50 | 1 |
| 01/04/2022 Blakett standing order | Lloyds | £17.50 | 1 |
| 01/04/2022 Frost Donation | Lloyds | £5.00 | 2 |
| 01/04/2022 Sharp standing order | Lloyds | £17.50 | 1 |
| 01/04/2022 Sharp standing order | Lloyds | £2.50 | 2 |
| 01/10/2022 Bruce standing order | Lloyds | £17.50 | 1 |
| 01/12/2022 Booth Donation (with gift aid) | Lloyds | £20.00 | 2 |
| 01/17/2022 Abel standing order | Lloyds | £17.50 | 1 |
| 01/17/2022 Ravat Donation | Lloyds | £20.00 | 2 |
| 01/18/2022 Just Giving | Lloyds | £103.09 | 2 |
| 01/27/2022 CAF Donation | Lloyds | £25.00 | 2 |
| 01/27/2022 Scales standing order | Lloyds | £2.50 | 1 |
| 01/28/2022 Kean standing order | Lloyds | £17.50 | 1 |
| 01/28/2022 Kean standing order | Lloyds | £2.50 | 2 |
| 01/31/2022 Van Den Oever standing order | Lloyds | £17.50 | 1 |
| 01/31/2022 Charities Trust | Lloyds | £10.00 | 2 |

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| 02/01/2022 Frost Donation | Lloyds | £5.00 | 2 |
| 02/01/2022 Blake standing order | Lloyds | £17.50 | 1 |
| 02/01/2022 Kerr standing order | Lloyds | £17.50 | 1 |
| 02/01/2022 Williams standing order | Lloyds | £17.50 | 1 |
| 03/04/2022 Marathon Man Donation | | £600.00 | 2 |
| 02/28/2022 Bowlt standing order | Barclays | £17.50 | 1 |
| 02/02/2022 Grimes Standing Order | Lloyds | £17.50 | 1 |
| 02/02/2022 Grimes Standing Order | Lloyds | £2.50 | 2 |
| 02/07/2022 Hatton Standing order | Lloyds | £17.50 | 1 |
| 02/07/2022 Hatton Standing order | Lloyds | £52.50 | 2 |
| 02/08/2022 Carpenter Standing Order | Lloyds | £17.50 | 1 |
| 02/14/2022 Walley Standing Order | Lloyds | £17.50 | 1 |
| 02/14/2022 Booth Donation | Lloyds | £20.00 | 2 |
| 02/15/2022 Ravat Donation | Lloyds | £20.00 | 2 |
| 02/16/2022 scucces Standing Order | Lloyds | £17.50 | 1 |
| 02/17/2022 Smith Standing Order | Lloyds | £17.50 | 1 |
| 02/21/2022 Cornish Monthly Payment | Lloyds | £1.50 | 1 |
| 02/22/2022 Mackey Standing Order | Lloyds | £17.50 | 1 |
| 02/23/2022 Amazon Smile | Lloyds | £17.29 | 2 |
| 02/23/2022 Cheetham Standing Order | Lloyds | £17.50 | 1 |
| 02/24/2022 Frost Standing Order | Lloyds | £17.50 | 1 |
| 02/24/2022 Frost Standing Order | Lloyds | £12.50 | 2 |
| 02/28/2022 Charities Trust | Lloyds | £10.00 | 2 |
| 02/28/2022 Randall Standing Order | Lloyds | £17.50 | 1 |
| 02/28/2022 Scales standing order | Lloyds | £2.50 | 1 |
| 02/28/2022 Just Giving | Lloyds | £10.70 | 2 |
| 03/01/2022 Baird Standing Order | Lloyds | £17.50 | 1 |
| 03/01/2022 Gordon Standing Order | Lloyds | £17.50 | 1 |
| 03/01/2022 Frost Donation | Lloyds | £5.00 | 2 |
| 03/01/2022 Sexton Standing Order | Barclays | £17.50 | 1 |
| 03/01/2022 Sutton Standing Order | Barclays | £17.50 | 1 |
| 03/02/2022 Cook Standing Order | Barclays | £17.50 | 1 |
| 03/02/2022 Cook Standing Order | Barclays | £2.50 | 2 |
| 03/15/2022 Sherrington Standing Order | Barclays | £17.50 | 1 |
| 03/17/2022 Edginton Standing Order | Barclays | £17.50 | 1 |
| 03/02/2022 De Mounteney Standing Order | Lloyds | £17.50 | 1 |
| 03/11/2022 Thomas Standing Order | Lloyds | £17.50 | 1 |
| 03/14/2022 Booth Donation | Lloyds | £20.00 | 2 |
| 03/15/2022 Ravat Donation | Lloyds | £20.00 | 2 |
| 03/21/2022 Cornish Monthly Payment | Lloyds | £1.50 | 1 |
| 03/25/2022 CAF | Lloyds | £50.00 | 2 |
| 03/25/2022 Pennells Standing Order | Lloyds | £17.50 | 1 |
| 03/25/2022 Pennells Standing Order | Lloyds | £12.50 | 2 |
| 03/25/2022 Wainwright Standing Order | Lloyds | £17.50 | 1 |
| 03/28/2022 Pugsley Standing Order | Lloyds | £17.50 | 1 |
| 03/31/2022 Charities Trust | Lloyds | £10.00 | 2 |
| 03/28/2022 Scales standing order | Lloyds | £2.50 | 1 |
| 04/09/2021 Interest to savings | Lloyds | £0.47 | 11 |
| 05/10/2021 Interest to savings | Lloyds | £0.47 | 11 |
| 06/09/2021 Interest to savings | Lloyds | £0.45 | 11 |

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|--------------------------------|--------|-------|----|
| 07/09/2021 Interest to savings | Lloyds | £0.45 | 11 |
| 08/09/2021 Interest to savings | Lloyds | £0.47 | 11 |
| 09/09/2021 Interest to savings | Lloyds | £0.47 | 11 |
| 10/11/2021 Interest to savings | Lloyds | £0.48 | 11 |
| 11/09/2021 Interest to savings | Lloyds | £0.44 | 11 |
| 12/09/2021 Interest to savings | Lloyds | £0.45 | 11 |
| 01/10/2022 Interest to savings | Lloyds | £0.48 | 11 |
| 02/09/2022 Interest to savings | Lloyds | £0.45 | 11 |
| 03/09/2022 Interest to savings | Lloyds | £0.42 | 11 |

Analysis Codes

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|----------|----|------------------|
| ptions | 6 | Grants |
| ons | 7 | Gift Aid |
| nce | 8 | Details 8 |
| meetings | 9 | Details 9 |
| ces | 10 | Details 10 |
| | 11 | Savings interest |

| 1 | 2 | 3 | 4 | 5 | 6 |
|----------------------|-------------------|-------------------|-----------------------|------------------|---------------|
| Subscriptions | Donations | Conference | Local Meetings | Resources | Grants |
| £2,658.00 | £12,181.27 | £0.00 | £0.00 | £0.00 | £0.00 |

£17.50

£17.50

£17.50

£5.00

£10.00

£17.50

£17.50

£35.00

£5.00

£17.50

£5.00

£17.50

£17.50

£2.50

£20.00

£190.76

£25.00

£17.50

£10.00

£17.50

£2.50

£17.50

£5.00

£17.50

£17.50

£29.23

£17.50

£12.50

£5.00

£17.50

£20.00

£57.46

£17.50

£12.86

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| | £382.72 |
| | £25.00 |
| | £10.00 |
| £17.50 | |
| £17.50 | |
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| | £377.37 |
| | £20.00 |
| | £467.00 |
| | £25.00 |
| | £283.49 |
| | £10.00 |
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| | £241.62 |
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| £17.50 | |
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| | £5.00 |
| £17.50 | |
| | £2.50 |
| £17.50 | |
| | £650.91 |
| £17.50 | |
| | £20.00 |
| | £293.39 |
| | £17.18 |
| £17.50 | |
| | £50.00 |
| | £10.00 |
| | £19.42 |
| | £5.00 |
| £17.50 | |
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| £17.50 | |
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| | £100.00 |
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| | £10.00 |
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| | £1,057.12 |
| | £5.00 |
| £17.50 | |
| | 79.23 |
| £17.50 | |
| | £3,402.01 |
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| | £42.50 |
| | £13.04 |
| | £2.50 |
| £17.50 | |
| £17.50 | |
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| | £351.15 |
| | £20.00 |
| | £119.98 |
| | £45.88 |
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| £2.50 | |

| | |
|-------|---|
| £0.45 | 1 |
| £0.47 | 1 |
| £0.47 | 1 |
| £0.48 | 1 |
| £0.44 | 1 |
| £0.45 | 1 |
| £0.48 | 1 |
| £0.45 | 1 |
| £0.42 | 1 |

| |
|---|
| |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |

| 2021/2 | | | |
|------------|--------------------------------|-----|---------------|
| Date | Details | Ref | Cash |
| | | | £10.00 |
| 05/09/2021 | Genetic Alliance Membership | 1 | |
| 05/09/2021 | Jess - Domain Renewal | 2 | |
| 05/09/2021 | Sallyann Expenses | 3 | |
| 05/09/2021 | Sallyann Expenses | 3 | £10.00 |
| 04/12/2021 | Dr Hussain (Leaflet printing) | 4 | |
| 04/12/2021 | Jess - Domain Renewal | 5 | |
| 08/03/2021 | Zurich Insurance | 6 | |
| 08/31/2021 | Sallyann Expenses | 7 | |
| 08/31/2021 | Sallyann Expenses | 7 | |
| 09/24/2021 | Simone Thomson (Audit) | 8 | |
| 10/25/2021 | Jess - Domain Renewal | 9 | |
| 10/26/2021 | Sallyann Expenses | 10 | |
| 10/26/2021 | Sallyann Expenses | 10 | |
| 12/14/2021 | Sallyann Expenses | 11 | |
| 02/07/2022 | Future Inns Conference booking | 12 | |
| 03/21/2022 | Jess Microsoft Renewal | 13 | |

| Analysis Codes | | | |
|----------------|-------------------|----|-------------------|
| | Admin | 6 | Website |
| | Meetings | 7 | AGM |
| | Conference | 8 | Insurance |
| | Newsletter | 9 | Audit |
| | Information Packs | 10 | Grant Refund |
| | | 11 | Drawing cash from |

| Cheque | Code | 1 | 2 | 3 | 4 |
|------------------|------|----------------|----------------|------------------|----------------|
| | | Admin | Meetings | Conference | Newsletter |
| £4,983.57 | | £769.71 | £349.74 | £1,724.00 | £715.66 |
| £50.00 | 1 | £50.00 | | | |
| £38.38 | 6 | | | | |
| £211.91 | 5 | | | | |
| | 5 | | | | |
| £78.17 | 5 | | | | |
| £288.00 | 6 | | | | |
| £96.00 | 8 | | | | |
| £367.32 | 1 | £367.32 | | | |
| £715.66 | 4 | | | | £715.66 |
| £250.00 | 9 | | | | |
| £14.39 | 1 | £14.39 | | | |
| £446.00 | 5 | | | | |
| £349.74 | 2 | | £349.74 | | |
| £66.00 | 5 | | | | |
| £1,724.00 | 3 | | | £1,724.00 | |
| £288.00 | 1 | £288.00 | | | |

£50.00

£38.38

1
1

CAH Support Gro

1/4/21-31/3/22

This Year

Receipts [In]

| | |
|-----------------|------------|
| Subscriptions | £2,658.00 |
| Donations | £12,181.27 |
| Conference | £0.00 |
| Local Meetings | £0.00 |
| Resources | £0.00 |
| Grants | £0.00 |
| Gift Aid | £0.00 |
| Details 8 | £0.00 |
| Details 9 | £0.00 |
| Details 10 | £0.00 |
| Savings Account | £5.50 |

Totals

£14,844.77

Payments [Out]

| | |
|-------------------|-----------|
| Admin | £769.71 |
| Meetings | £349.74 |
| Conference | £1,724.00 |
| Newsletter | £715.66 |
| Information Packs | £812.08 |
| Website | £364.76 |
| AGM | £0.00 |
| Insurance | £96.00 |
| Audit | £250.00 |
| Savings Account | £0.00 |
| | £0.00 |

Totals

£5,081.95

Surplus or (deficit) for the year

£9,762.82

| | | |
|--------------------------|----------|------------|
| Balances brought forward | Bank - 1 | £4,469.75 |
| | Bank - 2 | £54,785.52 |
| | Cash | £0.00 |

£59,255.27

| | | |
|---------------------|----------|------------|
| Balances in hand at | Bank - 1 | £14,315.45 |
| year-end | Bank - 2 | £54,791.02 |
| | Cash | £0.00 |

£69,106.47

Group Accounts

1/4/20-31/3/21

Last Year

£3,115.00

£6,330.22

£705.09

£65.00

£101.00

£17,445.00

£231.18

£0.00

£0.00

£0.00

£19.32

£28,011.81

£10,724.24

£1,067.39

£3,056.76

£710.79

£670.58

£893.98

£317.26

£196.19

£295.00

£7,445.00

£0.00

£25,377.19

£2,634.62

£4,490.83

£37,754.07

£0.27

£42,245.17

£5,051.40

£39,773.39

£55.00

£44,879.79

CAH Support Group Account

| INCOME | £ 2020/21 | £ 2021/22 |
|-----------------|----------------------|----------------------|
| Subscriptions | £3,115.00 | £2,658.00 |
| Donations | £6,330.22 | £12,181.27 |
| Conference | £705.09 | £0.00 |
| Local Meetings | £65.00 | £0.00 |
| Resources | £101.00 | £0.00 |
| Savings Account | £19.32 | £5.50 |
| Grants | £17,445.00 | £0.00 |
| TOTALS | £27,780.63 | £14,844.77 |

Accounts checked & signed off

Simone Thomson
ACMA, CGMA

its :

1/4/21-31/3/22

| EXPENDITURE | £ 2020/21 |
|-----------------------------|----------------------|
| Admin | £10,724.24 |
| Meetings | £1,067.39 |
| Conference | £3,056.76 |
| Newsletter | £710.79 |
| Information Packs | £670.58 |
| Website | £893.98 |
| AGM | £317.26 |
| Insurance | £196.19 |
| Audit | £295.00 |
| Savings Account | £7,445.00 |
| | £25,377.19 |
| Income over Expenses | |

£
2021/22

£769.71

£349.74

£1,724.00

£715.66

£812.08

£364.76

£0.00

£96.00

£250.00

£0.00

£5,081.95

£9,762.82

CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

England & Wales - Charity number 1178951

Accounts

Trustees' Annual Report for the period

| | | | | | | | |
|-------------------|---|-------|-----------------|----|----|-------|------|
| Period start date | | | Period end date | | | | |
| From | 1 | April | 2020 | To | 31 | March | 2021 |

Section A Reference and administration details

Charity name CONGENITAL ADRENAL HYPERPLASIA SUPPORT GROUP

Other names charity is known by CAH SUPPORT GROUP & LIVING WITH CAH GROUP

Registered charity number (if any) 1178951 & SCO48814

Charity's principal address

| | |
|-----------------|---------|
| 27 FIRCREFT, | |
| KINGSBURY, | |
| TAMWORTH | |
| STAFFS | |
| Postcode | B78 2JU |

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|---|-------------------|-------------------|-----------------------------------|---|
| 1 | Sue Elford | Chair | | |
| 2 | Sallyann Blackett | Treasurer | | |
| 3 | Jess Loveless | Secretary | | |
| 4 | Kaz Williams | Adult Coordinator | | |
| | | | | |

Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |

Names and addresses of advisers

| Type of adviser | Name | Address |
|---------------------------|-------------------|------------------------------------|
| Medical (children) | Prof Faisal Ahmed | C/O Glasgow Children's Hospital |
| Medical (Adults) | Dr Helena Gleeson | C/O QE Hospital, Birmingham |
| Medical (Genetics) | Dr Trevor Cole | C/O Women's Hospital, Birmingham |
| Medical (Surgery) | Mr Liam McCarthy | C/O Birmingham Children's Hospital |

Section B Structure, governance and management

Description of the charity's trusts

| | |
|---|--|
| Type of governing document (eg. trust deed, constitution) | The Congenital Adrenal Hyperplasia support group is covered by a constitution |
| How the charity is constituted (eg. trust, association, company) | We are a Charitable Incorporated Organisation |
| Trustee selection methods (eg. appointed by, elected by) | Trustees are elected by the membership usually during an Annual General Meeting but there is also provision for a direct election by post or online. The constitution allows for current trustees to appoint directly for a period of under a year |

Additional governance issues

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

| |
|---|
| <p>The support group has developed policies to support the efficient operation of the group.</p> <p>From an administration basis we have an expenses policy for trustee claims, a reserves policy to safeguard our funds and funding assessment criteria for interactions with research grant proposals. To safeguard those we interact with there is a safeguarding policy and a trustee code of conduct.</p> <p>The current structure is based on a core team with the ability to request support from members where needed, such as logistics for local meetings.</p> <p>To keep operations effective and least cost we are using a cloud based online platform for file storage and communication.</p> <p>The charity interacts with other charities in a similar rare condition space on a goodwill basis without any formal interaction or legal commitment.</p> <p>Risk assessment has been targeted towards financial requirements and public events such as the conference. We have ensured that our insurance covers these areas.</p> |
|---|

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

| |
|--|
| <p>The objects of the CIO are:</p> <p>For public benefit,</p> <p>to preserve and protect the health of patients with Congenital Adrenal Hyperplasia (CAH)</p> <p>by providing support and information to individuals with CAH, their families and carers,</p> <p>raising awareness among the public and the medical profession and advancing care/treatment of CAH by funding research into CAH,</p> <p>the useful results of which will be disseminated for the public benefit.</p> |
|--|

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The support group main activities are publication of information and support for those with CAH and their families.

So that members of the public who may be suffering from Congenital Adrenal Hyperplasia or may have children/relatives/friends who may suffer from the condition, be made aware of Congenital Adrenal Hyperplasia Support Group and how it can help them we have a website that is publicly available.

We also work closely with all endocrine centres who have information leaflets for the support group available. We regularly refresh these by mailshot.

We also have stands at endocrine conferences so that we can raise awareness of the group and our services.

One/more trustees attend events and conferences which are run by other organisations set-up with the purpose of bringing families where there is a child with CAH and adults with CAH together as well as those with other conditions which come under the DSD (differences of sexual development) definition, together. We extend our networks and highlight the work we do at these events as well as giving talks/ attending specialist medical events to raise awareness further of our organisation to pass the information to families/ adults they may be working with.

The support group currently holds a bi-ennial formal conference. This is advertised widely through hospitals, medical professionals, our membership and the website. This is open access and we have medical professionals who kindly give up their time to support through talks and questions.

We hold informal meetings in local areas once or twice a year that are also freely available, supported by one or two medical professionals and those with CAH or families managing the condition who can talk about their experiences.

We also provide adult only meetings for those with CAH to speak more freely about how they manage their condition. This is facilitated by our adult support advisor.

In all cases we advertise to our membership, through the medical centres and on our website.

We also provide individual support through phone calls, emails and social media if needed and as appropriate.

Additional details of objectives and activities

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The support group has an assessment policy that Trustees can use to assess any grant requests. This is aimed at ensuring the use of funds is targeted at areas that support the in-year business plan and deliver maximum benefit to our members and those with CAH in general.

We do not have a current policy for investment, however policies are reviewed annually at the Trustee meeting following the AGM.

Volunteers are very much at the heart of our operation, and the support group would not function without their help. Contributions for local meeting administration, newsletter articles and editing are all essential support. In essence the Trustees are also volunteers as there are no paid roles.

Summary of the main achievements of the charity during the year

Meetings have been difficult over the past year with lockdown forcing the cancellation of our conference. We have moved onto online meetings and have held two family and general meetings, and two adult meetings. These have been appreciated by our membership and well attended. We have also kept in touch by sending out e-mail news shots and posted up to date information on our website (particularly important in regard to relevant advice for those with CAH during the pandemic – some of whom will have had to shield)

We have continued to rebrand and update our literature and continued to make our booklets more uniform, so they appear more professional. The re-design has been supported by our newsletter editor who has a masters in UX Design. As part of this masters degree we have supported research into improving online support and facilities for those with CAH who need to interface with the medical profession in various places.

Sue continue to sit on various steering committees and advisory boards for CAH and DSD. Jo (our Irish Coordinator) has personal experience of the DSD side of CAH and took on some of those duties for the CAH Group at various European DSD meetings. Kaz (our adult support lead) has been working with the ACT group also gave live talk at European Endocrine Conference as part of Adrenal insufficiency group with PSG and Medics.

We continue to be very grateful for the support of our members, who through their membership fees, sponsored events and donations have kept our funds topped up, in order that we can help new families/those affected by CAH by providing an information pack at diagnosis (which is when support is vital) to help them understand the condition and realise they are not alone. These funds also mean we are able to continue with providing newsletters, developing our resources and funding meetings/conferences.

Brief statement of the charity's policy on reserves

The support group aims to hold a reserve of two years operational requirements. These funds are held in a cash interest account.

Details of any funds materially in deficit

There are no funds in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The support group finishes the year with an operating surplus of £14k for 2020/21.

Our overall balance is held as £4.5k in the current account and £54.8k in the cash interest account.

The charities principle source of funding is from our membership. Income through the year has been £2.3k in membership fees, this is less than the previous year. Donations from member fundraising has been £14.1k, more than the previous financial year.

Other income has come from local meeting payments prior to lockdown (£145), income from Gift Aid (£235) and interest payments.

Expenditure was £2.7k over the financial year, lower than the £25.4k of the previous year, not least due to the inability to hold in person meetings that resulted in the cancelation of our main conference.

On a more detailed level, expenditure on administration was £906, lower than the previous year.

Our key objectives are to provide resources and support for members and the public. This is evident in the larger expense items during the year.

Conference and local meetings £529, newsletter and information packs £938.

As has been the case for other years our expenses are concentrated on provision of information in person at meetings, online through our website or in print through the newsletters and information booklets.

During this year we have concentrated on maintaining income, minimising expenditure where sensible and ensuring the group has sufficient operating reserves. During the next financial year the Trustees will be looking to develop an investment policy that allows growth of assets while minimising risks.

Section F Other optional information

The aims for the upcoming year include:

- Provision of increased online meetings
- Updated literature
- Assessment of investment opportunities to improve financial stability

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|------------|---------------|
| Signature(s) | | |
| Full name(s) | Sue Elford | Jess Loveless |
| Position (eg Secretary, Chair, etc) | Chair | Secretary |

Date 12/10/21

CAH Support Group Accounts :

1/4/20-31/3/21

| INCOME | £ | £ | EXPENDITURE |
|-----------------|----------|----------|-------------------|
| | 2019/20 | 2020/21 | |
| Subscriptions | 3115 | 2362.5 | Admin |
| Donations | 6330.22 | 14103 | Meetings |
| Conference | 705.09 | 0 | Conference |
| Local Meetings | 65 | 145.44 | Newsletter |
| Resources | 101 | 10.05 | Information Packs |
| Savings Account | 19.32 | 12.13 | Website |
| Grants | 17445 | 0 | AGM |
| Gift Aid | 231.18 | 235.52 | Insurance |
| | | | Audit |
| | | | Savings Account |
| TOTALS | 28011.81 | 16868.64 | |

Checked & approved

Income over Expense

Simone Thomson
ACMA, CGMA

| £ | £ |
|----------|----------|
| 2019/20 | 2020/21 |
| 10724.24 | 905.67 |
| 1067.39 | 528.67 |
| 3056.76 | 0 |
| 710.79 | 731.63 |
| 670.58 | 206.13 |
| 893.98 | 0 |
| 317.26 | 0 |
| 196.19 | 89 |
| 295 | 250 |
| 7445 | 0 |
| 25377.19 | 2711.1 |
| s | 14157.54 |