

Addison's Disease Self Help Group

Annual Report and Accounts 2021



Addison's Disease Self Help Group (ADSHG) is registered charity number 1179825.
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A) Legal and Administrative Information

The trustees present their report and financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Governing document

The charity is controlled by its governing document and constitutes a Charitable Incorporated Organisation (CIO) registered with The Charity Commission for England and Wales ("the commission").

Registration

Registered charity number 1179825 Registered CIO number CE015063

Registered Office

ADSHG, Starling House 1600 Bristol Parkway North Bristol BS34 8YU

Contact Details

Telephone: 0117 214 0473

Email: enquiries@addisons.org.uk

Website: www.addisonsdisease.org.uk

Trustees as at 31 December 2021

Mr Andrew R Glass (Chair)

Mr Dominic S Hargreaves (Vice-Chair)

Mr Stuart A Pinkerton (Treasurer)

Ms Lisa Shepherd

Mr Robert S McClements

Dr Helen Simpson (resigned January 2022)

Ms Rachel E Bracken (resigned effective from 2022 AGM)

Ms Mary (Tag) McEntegart (resigned April 2022)

Mr Philip J Kaye

Dr Stephen W Kell

Principle bankers

CAF Bank Ltd, West Malling, Kent ME19 4JQ

Independent Examiner

Mr Andrew Churchill Stone FCA DChA

Mercer Lewin Ltd Chartered Accountants, 41 Cornmarket Street, Oxford OX1 3HA

B) A view from the chair

From previous Chair of Trustees, Andrew Glass

2021 was another very active and successful year for the Addison's charity, as you will read in our report. I decided in February 2022 to stand down as Chairman after three and a half years as I felt it right to hand over to new leadership one we had agreed the three-year strategy, and in Dom we have the right person to take us forward.

On a personal level the challenges of a new job, new country and culture, particularly in a part of the world bordering Ukraine, meant I would not be able to give the attention the role needs. It has been a privilege to work with the trustees, present and past, since 2018, as well as everyone associated with the charity.

A significant amount of trustee and staff effort in 2021 was committed to developing and writing our strategic plans. The Charity remains committed to three core strands of effort, under the headings SUPPORT – CONNECT – ADVANCE.

Fundamentally the charity is a patient support group, it's what we do. We support and connect our members, carers, medics and the wider adrenal insufficiency community from pre-diagnosis to expert patient.

We use our advance strand to advance knowledge in Addison's Disease and adrenal insufficiency within the wider medical and pharmaceutical community and create a wider support network for our community. Our advance strand, led so strongly by Dom, is taking our impact to a whole new level.

The detailed strategy has been agreed internally and a simplified document will be prepared shortly for release on the website.

40th Anniversary

In 1984 Deana Kenwood MBE founded the Addison's Disease Self Help Group, and as I write this the trustees are very aware that we are rapidly approaching our 40th anniversary. We would welcome thoughts from our membership on how

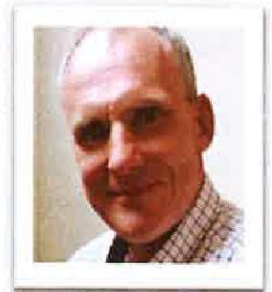
we can best celebrate this amazing milestone. We recognise that the Charity has changed significantly from the self-help group that started around Deana's kitchen table. We have staff, a web site, multiple social media channels, processes and procedures and an international membership. We feel that as a Charitable Incorporated Organisation, the 40th anniversary presents an opportunity not only to celebrate our past but to embrace the future, by updating aspects of our brand identity.

Operations

Vick and Pippa, as the operations team, have been very busy over the past year. The Charity is very well served by the two of them working hard in all our interests.

From the new Chair of Trustees, Dom Hargreaves

I have been a trustee with the Charity since 2019, and have enjoyed my time with the organisation.



I look forward to taking on the mantle from Andrew, who has run a tight ship in some very challenging times – navigating us through staff changes and the pandemic.

Andrew has agreed to stay on as a trustee until 2023, which provides me with the benefit of his advice and wisdom.

I would like to welcome two new Trustees to the team Alessandro Prete and Chloe Mezzetti. Alessandro in his role as Endocrine Consultant will bring that medical insider knowledge that we need on the board and Chloe brings youth and a fresh outlook to the Trustee body, and also influence as a volunteer on the NICE Guidelines Consultation on Adrenal Insufficiency.

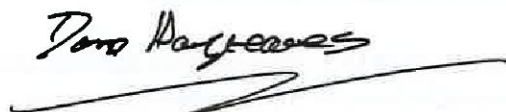
Cont. overleaf...

B) A view from the chair (cont.)

From the new Chair of Trustees, Dom Hargreaves (cont.)

It is with sadness that I must report the untimely death of Katherine White. Katherine held the role of Chair of ADSHG for a number of years, standing down from the Charity in 2018. The Charity posted a tribute to her on our website, and have had a very appreciative response back from her husband and children. We will pay tribute to her during the Annual meeting.

I look forward to meeting more of our members face-to-face in London, Dublin or at events around and about, as well as in the virtual setting which has typified a lot of our meetings in the past two years.

A handwritten signature in black ink, reading 'Dom Hargreaves', with a long horizontal flourish underneath.

Dom Hargreaves
Chair of Trustees

C) Trustee's Report

Our aims and achievements in 2021

The charity's primary objective is to provide support to people with Addison's Disease, their families, and other connected people. Addison's disease is a rare endocrine condition where the adrenal glands cease to function, so that the body no longer produces enough of certain essential hormones, known as steroid hormones. This leads to a wide range of distressing symptoms, and indeed Addison's Disease can be fatal. However, in the vast majority of cases patients will live normal lives by carefully managing their condition themselves.

We work to provide for people affected through a programme of activities under three broad headings that reflect our ambitions to SUPPORT – CONNECT – ADVANCE.

Support

Over 2021 we have continued to offer a number of benefits to its members including magazines containing medical updates and first person experiences of living with Addison's Disease, information about day-to-day management of the condition, and an online members' discussion forum supervised by experienced volunteer moderators. These are all particularly valued by newly diagnosed patients who are finding their feet in day-to-day self-management of their essential steroid therapy.

Despite the disruption wrought by COVID-19, we have also continued to:

- organise public 'question and answer' events using social media
- deliver a mini-conference and AGM online attended by some 70 members
- produce our usual two newsletters and two magazines of the year
- send timely member emails and website articles to keep members up to date with important news such as drug shortages, vaccines or other guidance related to the pandemic
- issue welcome packs that contain an ADSHG emergency wallet card, hospital steroid awareness stickers and a selection of our publications

- offer emergency injection kits and other essentials for purchase from our online shop
- provide educational videos explaining steroid injection methods free-to-view for members and the public
- develop a programme of review and update of our publications
- support a number of local social meetings throughout the UK and Ireland as well as online, albeit limited during the pandemic
- operate a mutually supportive subscription membership programme, including providing funds to enable people to join who might otherwise struggle to pay the fees

Unfortunately, due to some technical considerations, we were unable to start the planned Endocrine nurse project alluded to in last year's report. However, at the end of 2021 these problems, around liability insurance, appear to have been resolved and the project will be revitalised in 2022.

Connect

During 2021 we are also very pleased to have been able to maintain and build on our links with other support groups and medical professionals, including with other endocrine support groups across the UK and Ireland. We especially like to work with organisations representing associated autoimmune, congenital or genetic adrenal conditions. The ADSHG is a member of National Voices, an umbrella group representing health and social care charities, and of the National Council for Voluntary Organisations, which offers guidance on charitable best practice.

We are also members of or affiliated with Rare Diseases UK, Rare Diseases Ireland, Eurodis, The European Society for Endocrinology and the UK based Society for Endocrinology.

We take part in the Society for Endocrinology Patient Support Groups Collective and the European Adrenal Network. We also collaborate with the British Society for Paediatric Endocrinology and Diabetes.

We run the Adrenal Causes Together (ACT) initiative with global patient support groups for related adrenal conditions.

C) Trustee's Report (cont.)

As we go forward into 2022 we are strengthening our connections with GPs through the development of a training project alongside the Royal College of General Practitioners.

This, we believe, will enhance GPs knowledge and understanding of Addison's Disease which in turn will lead to earlier diagnoses and better informed management of the condition.

Advance

Medical Research During the year we were pleased to approve and issue two new grants for medical research:

- Sherwin Criseno - The 4Es (Engage, Educate, Equip and Empower): A framework for supporting the approach in the prevention, early recognition and effective management of adrenal crisis in adults. Endocrine Abstracts (2021) 77 P17 | DOI: 10.1530/endoabs.77.P17
- Lisa Shepherd - Development of interventions to prevent adrenal crisis – How can application of behaviour change theory and intervention frameworks inform practice? Endocrine Abstracts (2021) 77 P133 | DOI: 10.1530/endoabs.77.P133

The Ireland Healthcare Pathway

Our Ireland Co-Ordinator and Trustee Rachel Bracken, joined by ADSHG volunteer participants, lead our involvement with this important HSE healthcare pathways that patients should, in future be lead through by healthcare professionals to improve their quality of life.

Addison's Disease during Ramadan

We were delighted to work with Dr Shazia Hussain alongside fellow patient support charities The Pituitary Foundation and CAH Support Group, to create a Society of Endocrinology endorsed patient leaflet on this subject based on her recent research into the effects of fasting on Addison's Disease patients.

<https://onlinelibrary.wiley.com/doi/full/10.1111/cen.14250>

Other projects to advance healthcare quality

We collaborated with the NHS's website content team to amend their published guidance and content on Addison's Disease. These changes have now been implemented

We are registered stakeholders in the consultation being run by NICE (The National Institute for Health and Care Excellence) on new guidelines for adrenal insufficiency that are expected to be published in 2024.

We collaborated with the Joint Royal Colleges Ambulance Liaison Committee (JRCALC) on improvements to their guidance for paramedics on managing adrenal crisis. These changes have now been published.

We contributed to the Medics for Rare Disease RD101 training module explaining more about how patient advocacy groups can support medical professionals.

Operations

Once again, COVID-19 has impacted significantly. The pandemic led to additional needs for support and information whilst at the same time changed the way our supporters fundraised and donated; like many charities we have had to make changes to the way we operate to align with these new trends.

Our income from membership subscriptions increased from £54,311 to £57,248 in 2021. We also saw a marked increase in people applying to our hardship membership scheme, reflecting new financial pressures brought about by the pandemic and the global political climate.

We value the support of all our members and will continue to ensure they receive a membership service that meets their needs while providing value for money.

Online sales of medical supplies, leaflets and accessories have been a fantastic help to all our members especially with the ongoing pandemic and our bulk buying allows everyone to access emergency kit supplies and essentials at an affordable price.

C) Trustee's Report (cont.)

Operations (cont.)

The income we receive during the year allows us to function to the benefit of all people who have adrenal insufficiency, improving quality of life.

Behind the scenes, the operations team and the trustees have continued to enhance the ways we keep members and customer safe while using our services. From data protection to safeguarding and cyber security, we're committed to operating in a compliant, accountable, transparent and respectful way. Making our processes better, quicker and easier for our members is something we always aspire to and we welcome feedback to help us make the changes that matter.

Fundraising

Despite these challenging times, continued fundraising and donations from our determined and generous supporters and donors (taking part in everything from 24-hour game streaming to spinning classes) has allowed us to award grants to researchers to bring new innovations to healthcare including simpler ways to administer emergency injections.

We're so grateful to everyone who has made a donation or fundraised for us, whatever the amount, they continue to play a vital role in our ongoing work to improve the quality of life of people with Addison's Disease.

Digital Communications

As Vick mentioned earlier in this report, growing our presence on social media has allowed our Digital Communications and Engagement Manager to share our resources with a worldwide audience and to build important relationships with medics who work in endocrinology.

We also find that our followers on social media are often generous with their time and donations. Thank you to all our followers for their contributions this year. Over 2021 we have again grown our digital presence and social media following; for example nearly 40,000 people engaged with us via our

website, Twitter, Facebook, Instagram and YouTube in December alone.

Other notable 2021 statistics include that our YouTube videos were viewed over 92,000 times during the year (with the most popular being our emergency injection videos) and that our website received over 500,000 page views from some 240,000 users.

Volunteers

With a small employed team, our volunteers are essential to keep many important elements of our work going.

Trustees are unpaid guardians of the charity giving much of their spare time to governance work, strategic planning and overseeing the work of the team.

Our Clinical Advisory Panel are unpaid volunteer medics who despite already challenging workloads give time to ensure our medical advice is accurate, connect us with the NHS and deliver the seminars and articles our community values so much.

We have dedicated group of operational volunteers who respond to and support those who make enquiries, work as ambassadors at conferences and member events, train paramedics, provide their expertise, send out thank yous and Christmas cards, moderate our forum, write content for our magazines, newsletters and digital channels, and so much more.

To all of you, thank you very much indeed.

D) Operations Report

A view from Vick Smith, Operations Manager

An important focus for 2021 has been supporting our members and the wider Addison's community through the evolving challenges of Covid-19 and the lifting of restrictions in the UK.

For our enquiries, digital and membership teams, helping people with Addison's everyday has remained our most important and most rewarding work. Whether it's Alison answering a question for someone who has just been diagnosed, Thea talking through membership options or Pippa sharing tips on managing medication while travelling, enabling our community to live well is where our founder and patron Deana Kenward MBE started back in 1984; we continue that legacy proudly.

Increased sales of emergency kits through our shop team at AlexTLC and increased member numbers recorded by our partners at Bioscientifica, reflect how valued the ADSHG's offerings are, especially to those aspiring to a better quality of life with Addison's disease, and in the context of the pandemic.

Behind the scenes, operations and our trustees continue to further enhance the ways we keep you and your data safe while using our services. We're committed to operating in a compliant, accountable, transparent and respectful way. Making processes better, quicker and easier for our members is something we make time for in our plans for the year and we always welcome your feedback.

I hope you have found our magazines and newsletters informative and enjoyable to read. We're grateful to the large team of charity staff, contributors, clinical panel members, volunteers, design and print specialists, medics and trustees who make it happen.

Growing our presence on social media platforms such as Instagram, Facebook and Twitter has allowed our Digital Communications and Engagement Manager Pippa Sharman to share our

resources with a worldwide audience and to build important relationships with medics who work in endocrinology. It's through these connections that we find opportunities to work with rising stars in the profession who are full of enthusiasm and keen to collaborate with us. We're also finding that our followers on social media are generous with their time and donations. Thank you to all our followers for their contributions this year.

Key to improving the care available to our community is partnering with the NHS. Our Clinical Advisory Panel have worked with us to do just that. Building on strong foundations created at the height of the pandemic, 2021 saw our amazing paramedic training team train over 100 emergency workers, our digital team take part in Rare Disease Day and manage Addison's Disease Day, our operations team influence the NHS to update their website content on Addison's, Pippa to work with the Joint Royal Colleges Ambulance Liaison Committee – known to us as JRCALC – to update their guidance for paramedics, and us all to encourage the medics we've met at major medical conferences this year to connect with us to improve the care they offer to their patients.

Continued fundraising and donations from our determined and generous donors (taking part in everything from 24-hour game streaming to spinning classes) has allowed us to award grants to researchers to bring new innovations to healthcare including simpler ways to administer emergency injections.

While 2021 saw us largely operate online, we look forward in 2022 to more face-to-face events, new support options, fundraising fun and further NHS collaboration. Here's to another progressive and supportive year for all who run and rely on our charity.

Vick Smith

Vick Smith
Operations Manager



E) Public benefit statement

In shaping our objectives for the year and planning our activities, the trustees have considered the commission's guidance on public benefit, including the publication Public benefit: running a charity (PD2). As trustees we are confident that the activities described above clearly demonstrate public benefit. Furthermore, the charity makes all of its medical information freely available online as a public benefit and hosts a video hub which is free to view online.

All of our website content, including videos, is accessible on mobile devices, so that (for example) the injection videos showing how to prepare and give a life-saving hydrocortisone injection can be viewed immediately, without prior registration or payment, anywhere that has mobile reception - including in the street if necessary.

All publications authored by the charity's Clinical Advisory Panel are open access and are published in PDF form for download and print, all leaflets are clearly marked that they can be copied for personal use or by medical practitioners for the education of their patients.

Future planning

In late 2021 the board of trustees consulted with others, took advice, and met together specifically to discuss and agree a strategic plan for the coming four years 2022-2025 inclusive.

As with previous strategic plans, the focus has been the three broad headings of SUPPORT – CONNECT – ADVANCE, and our vision of a better quality of life for people with Addison's Disease.

We have been fortunate coming into 2022 to have been in receipt of a substantial legacy which will allow us to:

- confidently press ahead with the GPs education project and the appointment of an Endocrine nurse adviser
- maintain and enhance our support services to members
- invest in our own development, infrastructure and resources
- grow our investment in medical and scientific research
- plan our own patient research enabling us to gather the evidence we need to press for change within the health service
- implement the strategic plan 2022-2025

Obviously, all of our planning is subject still to the prevalence of COVID-19 and any restrictions that may be re-introduced or continue.

F) Governance

Constitution

The Addison's Disease Self Help Group is a Charitable Incorporated Organization (CIO) registered with the Charity Commission in September 2018 as charity number 1179825. It took over the activities of the previous charity of the same name (registration number 1106791) in January 2019.

Recruitment, appointment, induction and training of Trustees

The trustees can appoint any appropriate person to be a trustee. Training for new trustees includes a "Welcome Pack" which includes a copy of the Constitution and background information on the Charity and a copy of the relevant commission publication The Essential Trustee, all alongside a comprehensive introduction to our work and processes.

Organisational structure

The charity is governed by an elected body of trustees consisting of not more than 11 and not less than five members. Each trustee is elected for a three-year term at an Annual General Meeting, or may be co-opted by the trustees between AGMs. The group normally meets either in person or virtually, with additional subgroup or single-item agenda meetings convened where needed. The Trustees provide governance and direction for the charity's Operations Manager, other staff, engaged consultants and our volunteers. ADSHG is run by and for people with Addison's Disease, but is also supported by an independent clinical panel of endocrinologists with an interest in adrenal medicine, known as the Clinical Advisory Panel (CAP). We are indebted to our medical advisers for their pro bono support and advice.

Risk management and internal controls

The trustees actively review the major risks which the charity faces on a regular basis and have internal control policies and procedures in place to provide reasonable assurances against material misstatement or loss.

All spending decisions require prior approval from the trustees, and the savings with CAF Bank require dual authorisation. Reserve funds are retained in fixed term deposit based (no-risk) accounts. The charity's receipts and payments processes, book-keeping and annual statutory accounts are managed by contracted agencies.

Statement of trustees' responsibilities

The charity trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the applicable Charities SORP;
- make judgements and estimates that are reasonable and prudent; state whether applicable accounting standards have been followed, subject to any material departures that must be disclosed and explained in the financial statements; and
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations 2008 and the provisions of the charity's constitution. **(Cont. overleaf)**

F) Governance (cont.)

Statement of Trustees' responsibilities (cont.)

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval

This trustees' report was approved by the board on 30th May 2022 and signed on their behalf, (insert signature) Mr D Hargreaves Trustee and Chair.

A handwritten signature in black ink, appearing to read 'D Hargreaves', with a long horizontal flourish underneath.

Mr D Hargreaves
Trustee and Chair

G) Accounts: Treasurer's Report

A view from Treasurer Stuart Pinkerton

Once again I am delighted to report a financially successful year for The Addison's Disease Self Help Group.

This is especially gratifying after two years of strife for the charity sector as a whole, with fundraising activities hugely curtailed due to the COVID-19 pandemic, and many donors directing funds and fundraising activity, where it has been possible, to supporting our NHS, NHS Charities Together, and many hospital charities. This has been wholly understandable of course.

This charity has proved to be quite robust, partly as a result of dedication and innovation from our members and other supporters, and partly as a result of some substantial legacy income. These factors have meant that we have not had to curtail any of our project work or reign in any of our aspirations.

Total income in 2021 was £212,000, an increase of £84,000 on 2020. General donations and membership income continued, as expected, to form the core of our support.

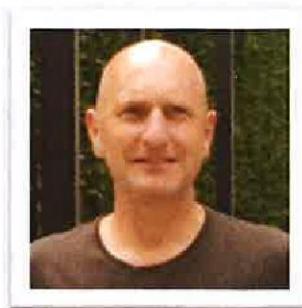
Total expenditure also rose to £209,000 (from £141,000), reflecting investment in our staff team, external resources to support them, and increased spending on the services we provide.

The small surplus generated over the year means of course that we carry forward significant funds into 2022.

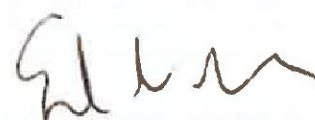
Towards the end of the year our bookkeeper and accountant until now, Mr Frank McKee, chose to retire. We have taken this opportunity to review and improve our budgeting, bookkeeping and financial reporting systems, a necessary step given our growth and strategic plans.

Financial position

We carry forward total charitable funds of some



Stuart Pinkerton
Treasurer and Trustee



£165,000 of which £138,000 is unrestricted, which gives the trustees plenty of discretion as regards future expenditure and investment. As I write this report, in early new year, I have also been advised of another substantial legacy which will, of course, be reflected in our accounts for 2022.

Our membership and donor income is anticipated to continue at similar levels to those in 2021 in the coming year.

All of this means that as treasurer I am confident that the charity is in a strong position financially going forward. I am satisfied that the trustees strategic plans, which include investment in new projects and in further medical research, are affordable. Indeed, as a board, the trustees are conscious that the charity's planned activities could and perhaps should be accelerated in order that our donors' money is put to work doing what they want it to do, as soon as is practical.

Reserves policy

As of 31st December 2020 accounts showed unrestricted reserves of £138,000. These unrestricted funds are not designated or invested in tangible fixed assets. This amounts to approximately 8 months of our average recent spending. The trustees aim to maintain unrestricted reserves of at least 6 months' expenditure on minimum essential operations to ensure that the charity is able to maintain its activities in the event of an unexpected drop in income or, in a worst case scenario, can be wound up in a controlled manner. (Cont. overleaf)

G) Accounts: Independent Examiner's Report to the Trustees of Addison's Disease Self Help Group

Independent examiner's report to the trustees of Addison's Disease Self Help Group

I report to the charity trustees on my examination of the accounts of Addison's Disease Self Help Group (the Trust) for the year ended 31 December 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Mr Andrew Churchill Stone
FCA DChA
Mercer Lewin Ltd
Chartered Accountants
41 Cornmarket Street
Oxford
OX1 3HA

Date: 6 June 2022

H) Accounts: Statement of Financial Activities For the Year Ended 31 December 2021


STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	Endowment fund £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		112,944	1,133	-	114,077	48,327
Charitable activities						
Shop sales		37,944	-	-	37,944	20,514
Other trading activities	2	59,916	-	-	59,916	59,336
Investment income	3	631	-	-	631	146
Total		211,435	1,133	-	212,568	128,323
EXPENDITURE ON						
Charitable activities						
Advocacy advice		135,694	-	-	135,694	95,162
Raising funds		41,552	-	-	41,552	34,696
Shop stock purchases		27,050	-	-	27,050	11,602
Total		204,296	-	-	204,296	141,460
NET INCOME/(EXPENDITURE)		7,139	1,133	-	8,272	(13,137)
RECONCILIATION OF FUNDS						
Total funds brought forward		136,438	12,023	13,739	162,200	175,337
TOTAL FUNDS CARRIED FORWARD		143,577	13,156	13,739	170,472	162,200

H) Accounts: Balance Sheet - 31 December 2021

Unrestricted	Notes	fund £	Restricted funds £	Endowment fund £	Total funds £	Total funds £
CURRENT ASSETS						
Stocks	6	12,334	-	-	12,334	6,986
Debtors	7	2,338	-	-	2,338	880
Cash at bank and in hand		<u>168,143</u>	<u>13,156</u>	<u>13,739</u>	<u>195,038</u>	<u>184,067</u>
		182,815	13,156	13,739	209,710	191,933
CREDITORS						
Amounts falling due within one year	8	(39,238)	-	-	(39,238)	(29,733)
NET CURRENT ASSETS		<u>143,577</u>	<u>13,156</u>	<u>13,739</u>	<u>170,472</u>	<u>162,200</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>143,577</u>	<u>13,156</u>	<u>13,739</u>	<u>170,472</u>	<u>162,200</u>
NET ASSETS		<u>143,577</u>	<u>13,156</u>	<u>13,739</u>	<u>170,472</u>	<u>162,200</u>
FUNDS	9					
Unrestricted funds					143,577	136,438
Restricted funds					13,156	12,023
Endowment funds					<u>13,739</u>	<u>13,739</u>
TOTAL FUNDS					<u>170,472</u>	<u>162,200</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 30th May 2022 and were signed on its behalf by:



Trustee Dom Hargreaves
(Chair)

H) Accounts: Notes to the Financial Statements for the Year Ended December 2021

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

STOCKS

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

TAXATION

The charity is exempt from tax on its charitable activities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Sponsorships	-	2,465
Membership fees	57,248	54,311
Royalties	<u>2,668</u>	<u>2,560</u>
	<u>59,916</u>	<u>59,336</u>

Continued...

H) Accounts: Notes to the Financial Statements for the Year Ended December 2021

3. INVESTMENT INCOME

	2021 £	2020 £
Deposit account interest	<u>631</u>	<u>146</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 December 2021 nor for the year ended 31 December 2020.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Endowment fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	48,327	-	-	48,327
Charitable activities				
Shop sales	20,514	-	-	20,514
Other trading activities	59,336	-	-	59,336
Investment income	<u>146</u>	<u>-</u>	<u>-</u>	<u>146</u>
Total	128,323	-	-	128,323
EXPENDITURE ON				
Charitable activities				
Advocacy advice	95,162	-	-	95,162
Raising funds	34,696	-	-	34,696
Shop stock purchases	<u>11,602</u>	<u>-</u>	<u>-</u>	<u>11,602</u>
Total	141,460	-	-	141,460
NET INCOME/(EXPENDITURE)	(13,137)	-	-	(13,137)
RECONCILIATION OF FUNDS				
Total funds brought forward	<u>149,575</u>	<u>12,023</u>	<u>13,739</u>	<u>175,337</u>
TOTAL FUNDS CARRIED FORWARD	<u>136,438</u>	<u>12,023</u>	<u>13,739</u>	<u>162,200</u>

H) Accounts: Notes to the Financial Statements for the Year Ended December 2021

6. STOCKS

	2021 £	2020 £
Stocks	<u>12,334</u>	<u>6,986</u>

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments and accrued income	<u>2,338</u>	<u>880</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	5,149	5,490
Taxation and social security	66	265
Other creditors	<u>34,023</u>	<u>23,978</u>
	<u>39,238</u>	<u>29,733</u>

9. MOVEMENT IN FUNDS

	At 1/1/21 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General fund	136,438	7,139	143,577
Restricted funds			
ADSHG Medical Research Fund	11,690	-	11,690
Addison's Ireland Fund	333	-	333
Endocrinology Travel Fund	-	500	500
Ronald Rogers - Gwent	-	633	633
	12,023	1,133	13,156
Endowment funds			
Medical Research Fund	13,739	-	13,739
TOTAL FUNDS	<u>162,200</u>	<u>8,272</u>	<u>170,472</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	211,435	(204,296)	7,139
Restricted funds			
Endocrinology Travel Fund	500	-	500
Ronald Rogers - Gwent	633	-	633
	1,133	-	1,133
TOTAL FUNDS	<u>212,568</u>	<u>(204,296)</u>	<u>8,272</u>

Continued...

H) Accounts: Notes to the Financial Statements for the Year Ended December 2021

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/1/20 £	Net movement in funds £	At 31/12/20 £
Unrestricted funds			
General fund	149,575	(13,137)	136,438
Restricted funds			
ADSHG Medical Research Fund	11,690	-	11,690
Addison's Ireland Fund	333	-	333
	12,023	-	12,023
Endowment funds			
Medical Research Fund	13,739	-	13,739
TOTAL FUNDS	<u>175,337</u>	<u>(13,137)</u>	<u>162,200</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	128,323	(141,460)	(13,137)
TOTAL FUNDS	<u>128,323</u>	<u>(141,460)</u>	<u>(13,137)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/1/20 £	Net movement in funds £	At 31/12/21 £
Unrestricted funds			
General fund	149,575	(5,998)	143,577
Restricted funds			
ADSHG Medical Research Fund	11,690	-	11,690
Addison's Ireland Fund	333	-	333
Endocrinology Travel Fund	-	500	500
Ronald Rogers - Gwent	-	633	633
	12,023	1,133	13,156
Endowment funds			
Medical Research Fund	13,739	-	13,739
TOTAL FUNDS	<u>175,337</u>	<u>(4,865)</u>	<u>170,472</u>

Continued...

H) Accounts: Notes to the Financial Statements for the Year Ended December 2021

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	339,758	(345,756)	(5,998)
Restricted funds			
Endocrinology Travel Fund	500	-	500
Ronald Rogers - Gwent	<u>633</u>	<u>-</u>	<u>633</u>
	<u>1,133</u>	<u>-</u>	<u>1,133</u>
TOTAL FUNDS	<u>340,891</u>	<u>(345,756)</u>	<u>(4,865)</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021.

H) Accounts: Detailed Statement of Financial Activities for the Year Ended December 2021

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Corporate donations	-	1,806
Donations	68,568	36,075
Legacies	<u>45,509</u>	<u>10,446</u>
	114,077	48,327
Other trading activities		
Sponsorships	-	2,465
Membership fees	57,248	54,311
Royalties	<u>2,668</u>	<u>2,560</u>
	59,916	59,336
Investment income		
Deposit account interest	631	146
Charitable activities		
No description	<u>37,944</u>	<u>20,514</u>
Total incoming resources	212,568	128,323
EXPENDITURE		
Charitable activities		
Wages	48,835	35,674
Pensions	1,187	703
Fundraising costs	1,358	774
Medical goods	26,953	8,363
Publications	25,298	12,618
Conferences	1,731	2,000
Website costs	3,286	2,289
Membership service costs	22,041	24,237
Volunteer expenses	134	279
Solution Medical donation	4,756	5,034
Mendelian Limited donation	-	10,000
UCL Donation	<u>10,000</u>	<u>-</u>
	145,579	101,971
Support costs		
Management		
Accountancy and bookkeeping	3,631	3,369
Legal and professional fees	24,233	17,002
Insurance	<u>1,771</u>	<u>354</u>
	29,635	20,725
Information technology		
Communication and IT costs	4,211	6,579

H) Accounts: Detailed Statement of Financial Activities for the Year Ended December 2021

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 DECEMBER 2021

	2021 £	2020 £
Information technology		
Human resources		
Travel and subsistence	666	757
Other		
Other costs	10,987	2,592
Governance costs		
Accountancy fees	1,200	1,200
Consultancy fees	11,000	6,911
AGM and trustees meeting costs	<u>1,018</u>	<u>725</u>
	<u>13,218</u>	<u>8,836</u>
Total resources expended	<u>204,296</u>	<u>141,460</u>
Net income/(expenditure)	<u><u>8,272</u></u>	<u><u>(13,137)</u></u>

