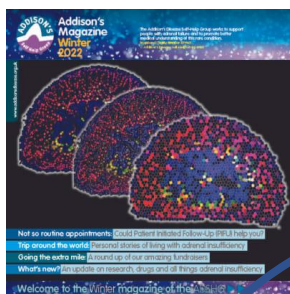




Addison's Disease Self Help Group Annual Report and Accounts 2022



**ADDISON'S
DISEASE DAY**



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About the ADSHG

Registration and structure

The Addison's Disease Self Help Group is a Charitable Incorporated Organization (CIO) registered with the Charity Commission for England and Wales ("the commission") in September 2018 as charity number 1179825 and CIO number CE015063. It took over the activities of the previous charity of the same name (registration number 1106791) in January 2019. Deana Kenward MBE founded the Addison's Disease Self-Help Group in 1984 and is still a dedicated volunteer.

Registered Office (ADSHG runs on a virtual office operations basis)

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

The objects of the charity, as stated in our constitution are:

"To promote the relief of persons with Addison's Disease, in particular by the provision of support, information and communication for such persons, their families and carers and by such charitable means as the trustees determine."

Constitution

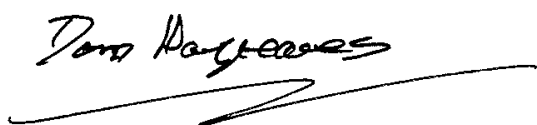
The charity is controlled by its governing document (our constitution) available on our website:

<https://www.addisonsdisease.org.uk/adshg-annual-reports>

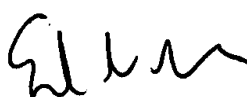
The current constitution was adopted on 30 August 2018 and subsequently revised on 16 July 2022.



Report and accounts approved on behalf of the ADSHG board of trustees by:



Dom Hargreaves - Chair



Stuart Pinkerton - Treasurer

Introduction

The trustees present their ADSHG Annual Report and Accounts 2022

This document is the ADSHG trustees' report and financial statements of the charity for the year ended 31 December 2022.

The trustees have followed best practise and relevant regulations when compiling this report:

The trustees have adopted the provisions of 'Accounting and Reporting by Charities: Statement of Recommended Practice' and 'Charities (Protection and Social Investment) Act 2016 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).

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. 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.

Public Benefit

Our trustees have regard to the Charity Commission's guidance on public benefit. In this annual report we've recorded, under pages dedicated to each strategic strand, the public benefit we've delivered in 2022.

ADSHG CHARITY OBJECTS – The work we are here to do

To promote the relief of persons with Addison's disease, in particular by the provision of support, information and communication for such persons, their families and carers and by such charitable means as the trustees determine.



3 STRATEGIC STRANDS (Support, Connect, Advance) – How we divide up the work

To deliver our objects we provide an immediate-term service to people with Addison's Disease by providing **support**. We also improve the care they receive through representation and **connection** with the healthcare profession. We then look to the future to **advance** the medical and healthcare innovations that would relieve the difficulties of life with Addison's in the future.

SUPPORT

Aim: Provide resources and build a community to help people self-manage their Addison's and improve their quality of life

- **ADSHG Membership** – Online Forum, regular magazines and newsletters, member events and webinars
- **Publicly available resources** about self-management of Addison's including emergencies, sickness and more – educational website, printed leaflets, social media feeds and chats, signposting related support organisations.
- **Raising awareness publicly** to help improve diagnosis rates, empathy and attract funding.
- **News alerts** about medication, the healthcare system, pandemic guidelines and vaccines, new developments in research and more
- **Online Enquiries service** by email, answerphone, website form, social media direct message and by post
- **Online shop** to stock up on Addison's essentials like emergency kits
- **Addison's Disease Day** run by ADSHG to raise awareness

CONNECT

Aim: Make it possible for the voice of people with Addison's to influence, inform and improve the way the healthcare system delivers their care

- **Affiliation** with relevant learned medical societies
- **Medical conference attendance** with stands
- **Webinars** for healthcare professionals
- **Healthcare profession committee participation**
- **Research participant recruitment** support
- **Collaborating** on improvements to clinical and patient resources used and issued by the healthcare profession
- **Inviting healthcare professionals to attend** and speak at our events
- **Adding our signature and support** to open letters / other campaigns asking for change

ADVANCE

Aim: Fund, contribute to and promote the development of new innovations that will improve the quality of life of people with Addison's.

- Funding research projects that:**
- **Advance good clinical practice** (Alfred Potter Memorial Award)
 - **Encourage early career researchers** (Sue Chambers Memorial Award)
 - **Stimulate innovations and best practice in emergency medicine** (Professor John Wass Emergency Medical Award)
 - **Advance steroid awareness and patient safety** (Annette Seal Memorial Award for nurse led projects).
 - **Speed up Addison's Disease diagnosis**
 - **Develop technologies that make life easier for people with Addison's**

Tactical approaches – how our small charity achieves big things:

- Membership of rare disease umbrella organisations helps us get behind national initiatives, often at government level that help all people with rare diseases.
- Collaboration with related health charities for economies of scale on shared projects and gives us a bigger voice than working alone.
- ADSHG Clinical Panel and medic trustees connect us to important contacts and help us better understand how the healthcare system works.
- Continuous work to make our operation more resilient in difficult times



Support: The ADSHG's progress in providing support in 2022

Achievements: What we did

As well as providing our daily support services we also:

- Refreshed our Surgical Guidelines and set copies to all members
- Made good progress on our project to provide an endocrine nurse enquiries service
- Sold 950 emergency kits through our online shop
- Added 15 personal stories on our website sharing living experiences of Addison's
- Welcomed 440,000 unique visits to our website and 3,860 new social media followers
- Ran our first two in-person members events (in London and Dublin) since the pandemic
- Ensured our members and followers were advised about flu and covid vaccines, new slow release tablets, medication shortages and more.

Treasurer comments about the charity monies used to pay for our support services work

The costs related to our support services we offer have increased due to unprecedented demand. We have a new member of paid staff now to allow us to support 600 extra members and around 2200 extra people in our wider Addison's community. We also invested in up-to-date IT equipment. Lots of things cost more after Brexit and due to the cost of living crisis - from postage to the amount our various suppliers charge us. See more from page 20 onwards. We've received a £4000 grant from the Society of Endocrinology towards updating our support resources.

Success measures - How we checked our progress and impact

We asked 460 people with AI how the AD SHG impacted their lives this year. Each numerical figure shows how many of our respondents experienced each positive impact.

**"Sharing ADShG resources
with healthcare professionals
helped me to ..."**



Secure the right treatment for adrenal crisis (129)

Improve the overall care I received this year (125)

Successfully
inject
emergency
hydrocortisone
(92)

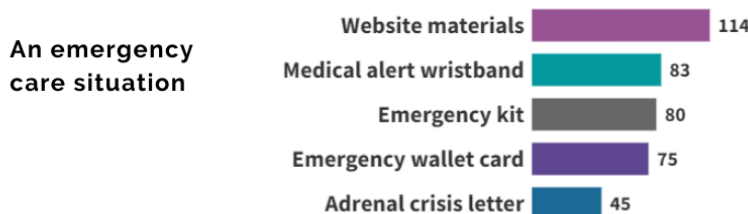
Public benefit of our support activities: Advancement of health and saving lives

Direct recipients (People with AI and those who care for them) – Improved quality of life

Wider public – Reduction in demand on under-pressure health services between appointments and prevention of avoidable hospital admissions

- Providing access to equipment and resources to manage emergencies and daily life with AI
- Medical research into diagnosis, better care and prevention of adrenal crisis
- Promoting and supporting development of proper standards of medical practise
- Promoting participation in wellness activities such as exercise, volunteering and joining groups
- Providing training in life-saving emergency injection delivery

"Using the below ADSHG products helped me to manage my adrenal insufficiency during..."



Words they used to sum up our overall impact on their lives in the last 12 months.



Connect: Ensuring patient voices influence healthcare quality in 2022

Achievements -

What we did

Over the last 12 months we enriched the below healthcare professional resources with lived experiences of life with AI:

We worked closely with healthcare professionals in the UK, ROI and abroad

- NICE 'Draft AI Guidelines Scope' for improving outcomes for people using the NHS and UK social care from 2024
- 5 NHS Website Addison's Disease pages
- JRCALC Guidelines for ambulance technicians
- BSPED draft paediatric guidelines for endocrinologists
- SIMBA simulation training for medical students
- Medics 4 Rare Disease platform for medics
- RCGP training module for GPs



Treasurer comments about the charity monies used to pay for our support services work

We've spent £900 on our medical conference attendances including travel, accommodation and our stand full of resources. A proportion of operational costs (including staff time and costs associated with producing and transporting resources) go towards our costs in this 'connect' strand of our work. Travel costs are up and are supported by a £500 Society of Endocrinology grant. We spent £3000 on sponsoring medical student attendances at medical conferences. See more from page 20 onwards.

Success measures - How we checked our progress and impact

We're continuing to find ways to represent our impact with figures we can compare year on year. The below make results will be a great initial benchmark for future years. We introduced a **new impact survey** of people with AI. Next year we will expand it to include healthcare professionals and set goals for improvement

- Increased NHS referrals to the ADSHG website by **35%** by updating 5 AI related pages on the NHS Website
- Educated **7** classes of paramedics in emergency AI care
- Funded a group of student medics to attend the European Society of Endocrinology annual conference
- Talked to hundreds of medics attending **3** UK and International medical conferences

79

The number of our 2022 impact survey respondents **whose healthcare professionals recommended the ADSHG or its services** by healthcare professionals

who had heard about us through the healthcare liaison work our donors fund support.



Public benefit of our 'connect' activities: Advancement of education and promotion of the efficiency of ambulance services and healthcare professionals

Direct recipients (People with AI and those who care for them) – Improved quality of life through better healthcare

Wider public – Reduction in demand on under-pressure health services between appointments and prevention of avoidable hospital admissions. Efficiencies in emergency care.

- Providing Vocational training for healthcare professionals
- Publishing guidance on self management of AI
- Collaboration with JRCALC to improve their guidance
- Provision of paramedic training

Advance: Funding and supporting the development of new innovations in Addison's care

Grant making policy

Our focus has been on emergency injection solutions and GP training in 2022. Our research working group review all applications and opportunities for grants in these areas. Our current strategy combines a yearly medical research grants programme and welcoming approaches from researchers working in our above focus areas. For significant grants, due diligence is completed and checkpoints put in place where segments of the grants will be issued on completion of agreed actions.

Achievements - What we did:

2022 Grant-making:

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

- £20,000 to fund development of emergency injection technologies via Solution Medical
- £500 issued in our annual Research Awards



Other grants:

- £3000 funding of endocrine medical student attendance at conferences
- £23,000 issued to GP education projects with the RCGP

2022 ADSHG Project:

- We've continued to progress our Endocrine Nurse project to provide a helpline .



Public benefit of our 'Advance' activities: Advancement of science, health and saving lives

Direct recipients (People with AI and those who care for them) – Improved quality of life

Wider public – Efficiencies in healthcare systems. Reduction in demand on under-pressure health services between appointments and prevention of avoidable hospital admissions

- Medical research into diagnosis, better care and prevention of adrenal crisis
- Promoting and supporting development of proper standards of medical practice
- Funding and participation in medical research
- Collaboration with learned societies eg RCGP, Society for Endocrinology, BSPED, JRCALC

ADSHG progress in 2022: Our Reach in numbers

3,860

new followers on our
social media accounts

18,000

unique visitors to
our emergency
page

13

new blog pages
published

197,000

new users on our
website this year

**Reaching the
public**

440,000

unique ADSHG
website page views

34,000

unique visitors to our
Sick Day Rules page

3,600

ADSHG Christmas
cards sold to refer
medics and loved ones
to ADSHG resources

4

medical conferences
attended meeting
hundreds of
endocrinology
professionals

595

New members
welcomed this year
who all received an
online or digital
welcome pack of
ADSHG resources

200,000

visits to our
member forum

90

welcome messages
posted by forum buddies
to new members

**Reaching our
members**

80

Members joined our
online meetings for
families of young people,
Women's health and our
London AGM

84

pages of member
magazine and
newsletter content
published

90

members attended our
in-person events

22

Member News Alert emails issued

ADSHG progress in 2022: Thankyou - We couldn't do it without you

Our Donors and Fundraisers

Sports fundraisers
Fundraising event organisers
Individual fundraisers
Corporate donors
Grant issuing bodies
Lifestyle giving organisations
Gifts in wills and in memoriam

Our Partners

Related charities including: Pituitary Foundation, Alex TLC, Living with CAH, Wren Project.

Consultants and suppliers including: Mercer Lewin, VJH Accountancy, Bioscientifica, Bryc Solutions, 421 Typing, CITOC, Leave a Trail, Giftease, MSBouloux Ltd, Sitemorse, Zoho, The Workshop, Quorum Print, Microsoft, Typeform, Invision Community, 123Reg, Jurassic Embroidery, Handy Labels, GandN Medical, MUJI, Really Useful Boxes, Priory Direct, Amazon, Zazzle, Charity Learning Consortium, CCT Venues, CAF Bank, Canva

Umbrella organisations including: Beacon and Genetic Alliance, NCVO, Getting on Board, Directory of social change. Fundraising platforms e.g. Enthuse.

Our state

The Charity Commission

Regulators

The Fundraising Regulator

Our Volunteers

Healthcare professional awareness
Advising our whole team
Meeting hosts and helpers
Content contributors
Enquiries desk
Donor and fundraiser thankyou's
Christmas cards to friends of ADSHG
Trustees and Clinical Advisory Panel

Our community

Members
Shop customers
Families of people with AI
Followers on our social media accounts
Website visitors
Healthcare professionals
Employers, carers, friends

Our healthcare sector partners

The NHS, HSE, NICE
JRCALC, Society for Endocrinology, European Society for Endocrinology, BSPED, RCGP, Association of Ambulance, Medics4Rare
Solution Medical, Diurnal
Our research grantees

Our Employees

Digital Communications and Engagement Manager
Ops Support Assistant
Executive Director

Our Volunteers: We're dependent on and grateful for their support

Volunteers play a crucial role in our work to support people with Addison's. They provide support, time, and resources. Here are some examples of what volunteers do for the ADSHG:

<p>Support services:</p> <p>Volunteers provide support to individuals and families affected by Addison's by offering emotional support, companionship, and practical assistance. Our Enquiries email account is ably managed by a dedicated volunteer who has supported the ADSHG for many years and we are so fortunate to have their support. Our Clinical Panel review and verify our guidance and deliver valued talks on managing Addison's at our events.</p>	<p>Advocacy:</p> <p>Volunteers help raise awareness of the issues our community experiences and advocate for changes that will benefit those affected by the Addison's. Our medical conference volunteer team travel the country to attend endocrine conferences and talk to healthcare professionals about life with Addison's Disease</p>	<p>Fundraising:</p> <p>Volunteers help with organising and running fundraising activities such as charity walks, runs, and community events. We have valued volunteers who help us show our gratitude to fundraisers by organising a note of thanks in the post.</p>
<p>Governance:</p> <p>Our trustees are all volunteers giving their own time to meet the responsibilities outlined in the 'Statement of trustees' responsibilities in this report. In addition to these legal and fiduciary responsibilities, trustees also bring a wealth of experience, expertise, and connections to the ADSHG. We are grateful to our volunteer GDPR advisor who has a wealth of experience consulting on Data Protection professionally.</p>	<p>Community outreach:</p> <p>Volunteers help the ADSHG reach out to the community by providing information and resources, organising awareness days, and participating in educational programs.</p>	<p>Research:</p> <p>Volunteers assist with clinical trials and research studies. They share their own experiences and opinions so that new developments suit the needs of people with AI.</p>

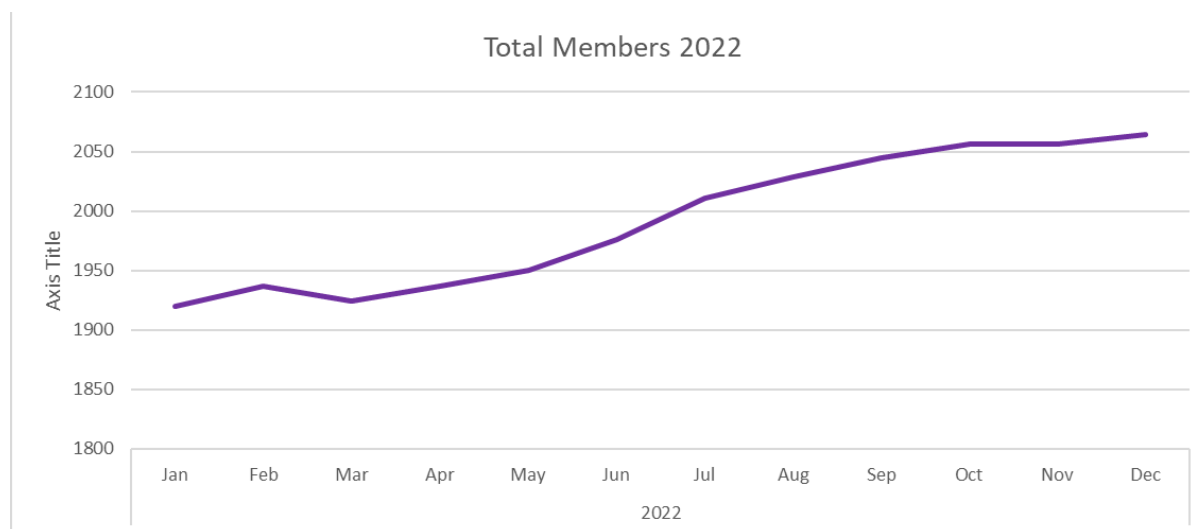
"I feel it is really important to continually raise awareness of Addison's and adrenal insufficiency which is why I volunteered. The added bonus is the lovely people I have met along the way" **Jackie R**



Our volunteers are critical to the success of the ADSHG as they provide support, raise awareness, and help to make a positive impact on the lives of those affected by Addison's.



ADSHG Memberships



Membership trends in 2022:

We welcomed nearly 600 new members this year. We also saw the impacts of the cost of living crisis as our hardship programme reached the limit of people we were able to accept as hardship members. We also heard from so many people keen to renew but weighing up if it would be affordable for them in the current climate. Membership rates have slowed towards the end of the year as people adjust to more challenging times financially. We are grateful to those able to renew their memberships. We offer many of our support resources free of charge on our website so hope that people without memberships can still benefit from our guidance and advice.

A note of thanks to our members:

The ADSHG has always benefitted from the enthusiasm, ideas, donations, and efforts of members to build a friendly community to support people with Addison's. We know for many of you it's been a challenging few years and we appreciate you staying connected with us in this way and contributing to the maintenance of our services to our whole membership.

Membership inclusion:

We help our members to engage with us in a range of ways depending on their preferences and needs - paper, digital, hybrid, large print, face-to-face, answerphone, SMS and more. We run a hardship scheme so that we can include a limited number of people facing economic difficulties in ADSHG membership.



ADSHG Aims for 2023

As a newly reformed team, with new trustees, volunteers and staff joining our existing colleagues, we've been able to gauge over the year what constitutes a realistic, manageable pace and workload. An ambitious strategy was developed in late 2021 to early 2022 and we've decided to select just three items from it and give them dedicated focus in the next twelve months. We have heard from our community at our events, via our enquiries helpdesk and our communications channels that improving care and providing ways people can get support between medical appointments are high priorities. This makes the implementation of an endocrine nurse helpline and investment in medical research important deliverables for us as a charity.

In addition to **putting in place measures to keep our Operation resilient and compliant**, we hope to:

Fund further medical research and projects with our medical research reserves that have been boosted significantly by the generous support of dedicated fundraisers and donors this year. We are fortunate to have organisations receiving ADSHG grants and delivering innovative projects in 2023 and welcome applications from others wishing to help us meet our charity objects through improved care for our community.



Establish an endocrine nurse helpline by creating or outsourcing the required expertise of a qualified endocrine nurse, telephony, operational processes and compliance. Funds from our unrestricted donations will fund the initial implementation of this project.



Plan how we'll mark the fortieth anniversary of the founding of the Addison's Disease Self-Help Group by Deana Kenward in 1984. We're very grateful to our founder and all involved in growing such an important source of support and information for people with Addison's. We will be inviting our members and wider community to celebrate and fundraise for the future support of people with this condition. Unrestricted funds will be dedicated to ensuring this celebration raises awareness to reach those who've yet to receive our support, and gathers support from donors towards our planned projects.



Longer term strategy

Our ADSHG trustees published a strategy document in 2022 that provides a view of longer-term goals. It can be accessed on our website: <https://www.addisonsdisease.org.uk/adshg-annual-reports>.

Fundraising

Thank You!



We are extremely grateful to everyone who donated or fundraised to help support our work:

- Members paying their annual fees
- The public responding to our social media campaigns
- Sports enthusiasts taking up event places we purchased as a charity
- Individuals organising fundraising activities and collections
- Individuals gaining support for us via their employer
- Individuals leaving a gift to us in their will
- Donors indicating their eligibility for Gift Aid in relation to donation

Streams of fundraising income in 2022 were made up of payments made to us via:

- Our websites, by card or Paypal
- Directly to our bank via cheque or online banking payments
- Fundraising platforms such as Just Giving, Enthuse, Paypal giving including GoFundMe.
- Lifestyle giving platforms such as Amazon Smile (closed in Feb 2023), Give As You Live, EasyFundraising

**Total 2022 donations and fundraising:
£196,821 exc. GiftAid**

Corporate Fundraising

In 2023 we will begin to use the services of Work for Good to enable compliant commercial agreements to allow sales fundraising by businesses and sole traders. We will also use the services of Giftease to process back-dated and future Gift Aid claims to increase our income from donations. We do not use any third-party professional fundraisers.

Compliance in Fundraising

We are registered with the Fundraising Regulator. We follow the Code of Fundraising Practice. We ask all fundraisers to make contact with us so we can advise them on responsible fundraising and how to make the most of their activities to raise monies. From 2023 fundraising agreement will be put in place for any fundraising activities where the fundraiser(s):

- Want to use the ADSHG or ADSHG logo or merchandise during their activity (excludes those purely raising online donations from individuals using a recognised fundraising platform).
- Are raising money through a business or selling something
- Will be running a raffle or auction
- Will be selling event tickets
- Are receiving a reward for fundraising for us
- Are deducting any amount from donations to cover costs, or
- Are splitting the money raised between the ADSHG and another charity/charities.

Our fundraising agreement sets out acceptable conduct for those fundraising for us so that we can discourage unreasonable intrusion on a person's privacy, unreasonably persistent approaches or placing undue pressures on a person to give money or other property.

The ADSHG Trustee Board

The ADSHGs 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. Meeting in person or virtually, with additional subgroup or single-item agenda meetings convened where needed, the Trustees provide governance and direction to the charity's Executive Director, staff team, engaged consultants and our volunteers.

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, 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.

Diversity, equity and inclusion:

Our trustee board continues to grow in diversity welcoming new voices and perspectives in recent times.

We need to improve our board representation of people:	We welcome people to help us represent more of our membership and wider community – whether you can provide a voice for an under-represented group or have skills and experiences that could help us govern the charity.
From a wider range of ethnic groups Of a non-binary gender Who have caring responsibilities (other than as parents) Who come from a wider range social-economic backgrounds Aged 65+	Our Future Trustees programme aims to demystify trusteeship and dispel myths that it's for C-suite, late-career individuals of a specific background.

We are rolling out training and reporting on Diversity Equity and Inclusion across our teams. We've been improving the diversity and accessibility of the imagery and content we publish.

Trustees as at 31 December 2022

The following individuals acted as Trustees throughout the year except where otherwise stated

Dominic S Hargreaves (Chair) Stuart A Pinkerton (Treasurer) Lisa Shepherd Robert S McClements Philip J Kaye Dr Stephen W Kell Dr Alessandro Prete (elected July 2022) Tilly Rose (co-opted June 2022)	Thanooshan Selvarajah (co-opted September 2022) Christine Walters (co-opted September 2022) Andrew Glass (resigned September 2022, Chair until May 2022) Chloe Mezzetti elected July 2022 (resigned August 2022) Rachel E Bracken (resigned July 2022) Mary (Tag) McEntegart (resigned April 2022) Dr Helen Simpson (resigned January 2022)
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Delegations

Trustees delegate to or take advice from:

Executive Director – Mrs Vick Smith - day-to-day management
Financial Steering Group – Three ADSHG trustees monitoring and preparing proposals around charity finances
Operations Steering Group - Three ADSHG trustees making decisions around charity operations
ADSHG Clinical Panel – A team of volunteer healthcare professionals who oversee our clinical guidance
Principle bankers - CAF Bank Ltd
Independent Examiner - Mr Andrew Churchill Stone FCA DChA, Mercer Lewin Ltd Chartered Accountants

A view from our Chair

This is my first annual report as Chairman of the Trustees. 2022 has been a better year for the charity, we started the year signing off and approving our strategy, which takes us to 2025 and setting a number of key goals for the Charity.



Before I go into the detail I must thank everyone involved in the charity for their efforts in supporting this small patient support group. The Charity offers support, connection and advancement to the people of the UK and ROI's with Addison's Disease and members of the wider Adrenal Insufficiency community. Most people's initial contact with the charity is at the point of diagnosis, which for everyone with this rare disease is always a challenge. At diagnosis people reach into the charity, with a thirst for knowledge, which ADSHG provides. People are often immediately grateful, for the work of the charity. To enable us to continue this work I must thank our membership and all our fundraisers. The fundraisers allow the Charity to continue the work that we do, and have enabled the charity to expand our efforts on behalf of the AI community. I wish to thank our staff, volunteers and trustees for their time and efforts over the past year, and look forward to taking the charity into its 40th Anniversary year in 2024. In this update I'll follow the three key strands of the work that we do as a charity:

"Support, Connect and Advance the lives of people with Addison's Disease"

SUPPORT

The key area of work that we do as a charity is to support to our membership and wider AI community. I read everyday on social media how hard some people find day-to-day living with Addison's Disease. The fundamental purpose of the charity is to provide information and support so that our membership and the wider Adrenal insufficiency (AI) community can lead their best lives.

The charity membership has continued to grow throughout the year. A challenge we have as a charity is to then retain that membership. We have found that the hardship fund has been well received by the membership and at times fully subscribed.

Key elements of support strand of our work is our meetings, not only our main medical lectures in London and Dublin, but also the gatherings out in the regions. This year's meetings in London and Dublin, were very well attended, not only by people with Addison's Disease, but the professionals who help us treat and manage this rare illness. The meetings were run as hybrid events. In-person presence accounted for over a third of the attendance at each event, with the remainder joining us virtually. Combined, the events were attended by over 150 people, equating to around 15% of our total membership. Certainly, I find the gatherings of the charities membership emotional – in my routine life – I never knowingly encounter anyone else with Addison's Disease. The opportunity to share experiences is key for newly diagnosed people, but also rewarding for those of us that have had Addison's disease for a few years.

My big takeaway from the meeting in Dublin, was the young people, many either at University or starting their professional careers, seated around a table, exchanging thoughts and ideas – and signing up to various social media forums.

Our magazine, newsletter and our multiple social media forms go from strength to strength thanks to the work of our dedicated editorial and operations teams. We're grateful for the messages of thanks, and the submissions we receive from our followers and readers. Sharing stories and improving our communications are very important in improving the quality of life of people with AI.

A view from our Chair (cont..)

Our member-only forum continues, despite competition from various groups on Facebook and other social media channels. I learned in Dublin that there is an active WhatsApp group for the younger crowd with 75 members (organised independently of the ADSHG). The plan for 2023 is to relaunch the social meetings after a break during the pandemic, as they are so important to our members. An effective way to learn how to manage your Addison's Disease is to learn from the experiences of people with the illness.



CONNECT

The meetings we hold in London and Dublin are important because they bring our membership into contact with professionals who are interested in Addison's Disease. Uniting people with AI and healthcare professionals brings mutual benefits. Our membership understand more about their rare disease and how to manage it, and the professionals' takeaway insights from the patient's perspective. Those healthcare professionals can then better represent the patient voice if they are invited to work with the NHS, NICE or other influential bodies to inform health policy that impacts all of our lives.

Charity volunteers managed a stand at the Society for Endocrinology BES Conference and offer online learning for paramedics. In 2021 we provided input to the NHS Steroid card and continue to support its implementation. This year we have had significant input into the NHS website pages on Addison's Disease.

ADVANCE

The Charity has funded two key projects, to advance the care needs of people with Addison's Disease.

The first was a package of learning at the Royal College of General Practitioners (RCGP). This was a new venture for the Charity – RCGP has 64,000 members across the UK. The idea was to fund an e-learning module, dedicated to Addison's Disease that GPs would undertake as part of their continuing professional development, or be able to access as required when dealing with a potential patient or patient with adrenal insufficiency. Our module is one of 138 modules hosted by the RCGP. The module was launched in October and so far just under 500 GPs have undertaken 15 minutes of training in Addison's Disease. We wait to see whether this represents good value for money, but every GP trained in Addison's Disease is a step in the right direction.

In the second project we have provided our last round of funding this year to Solution Medical, in their quest to develop an auto-injector for adrenal insufficiency. As a business, over two years they have been operating, they have developed a prototype auto-injector and have formulated the solution to inject from it. That said, Solution Medical have a lot to do, to get the auto-injector through accreditation and to the market – a business journey which is potentially another four years of effort and another \$10 million. As part of our due diligence process we interviewed the new CEO of Solution Medical, who is a specialist in bringing innovative medical solutions to market. His experience combined with the founder's passion convinced the trustees that granting funding would be prudent. A number of trustees and staff have handled the prototype and the attendees in Dublin completed feedback forms on the device. Our contributions as regards funding are now ending with quite a level of funding still required to help bring this device to market. We can however help support the building of a business case of an auto-injector to be available through the NHS and HSE. While Solution Medical have made great progress and could be the first to get their product to market, we are open to approaches by other companies to assist with their development of similar technologies.

A view from our Chair (cont..)

We been approached for funding by Manchester University, who are undertaking a data analysis of NHS records to establish amongst other things the number of people in the UK with adrenal insufficiency, both primary and secondary. As a condition of our funding we have asked them to establish the number of hospital admissions and fatalities for Primary and Secondary AI for adrenal crisis. At this point of time, our offer is in the acceptance phase and we await the release of the data set later in 2023.



A healthy uptake on the surveys we have advertised to our membership linked to patient education, adrenal crisis management and quality of life with adrenal insufficiency has been very encouraging.

GOVERNANCE

We have increased our number of operations staff and resilience by bringing Chloe Mezzetti into the team. Chloe brings another young face to the charity. She has attended events across the country for us and is part of the team working with NICE on new medical guidelines for Adrenal Insufficiency due out in 2024. Vick Smith and Philippa Sharman, both continue in their respective roles, with Vick becoming Executive Director and stepping into a wider governance role across the charity.

As far as the Trustee body goes, we have continued to diversify the board, bringing some younger people to the team. This includes Thanooshan Selvarajah who is currently working through qualifications to become a lawyer. Tilly Rose, who has a significant social media following, applied to become a trustee and has attended a meeting as a co-opted Trustee. Alessandro Prete has joined as the endocrine specialist trustee, delivering an excellent lecture at the Annual Meeting in London. Christine Walters has joined the team and is keen to build an events programme for the charity.

We continue to improve our compliance position and we routinely review our risk register as a charity to monitor data protection, safeguarding and other charity legal requirements.

FINANCES

Our finances are positive, and Stuart, our charity treasurer provides, in this report, a summary of our 2022 accounts to introduce our annual accounts pages compiled by our accountants Mercer Lewin.

A LOOK AHEAD

An objectives for 2023 is to set up a endocrine nurse helpline for our membership. Our aim is to work with other endocrine charities to make this possible for our membership and other people with AI across the UK and ROI. As an endocrine patient I had never met a endocrine nurse previously (I am told they are very rare), but as a member of the charity I now meet them regularly and recognise that they are very valuable in terms of patient education.

We are looking forward to the 40th Anniversary of the Charity in 2024 – now's the time to think about how you'll celebrate and join us in marking this important milestone.

You can read more about our future plans elsewhere in this report.

We are always looking for volunteers, either to fund raise or help out – all support is very much appreciated.

Our Executive/Operations Team of Permanent Staff

Permanent Staff Members as at 31 December 2022

The following individuals acted as Permanent Staff Members (part-time) throughout the year except where otherwise stated.

Executive Director – Vick Smith

Digital Communications and Engagement Manager – Philippa Sharman

Operations Support Assistant – Chloe Mezzetti



ADSHG
Operations

Growing our permanent staff made the ADSHG more resilient and able to support a growing community

In 2022 we hired Chloe to a new role as Operations Support Assistant. She's been able to help us support our growing crowd of fundraisers and shop customers. This has given Philippa space to handle an increasing amount of queries and contacts from our popular social media accounts. Vick is now has capacity to support the trustees in their governance work. Our amazing enquiries volunteer Alison can focus on providing supportive responses to increasing numbers people reaching out to us for information.

Diversity, equity and inclusion in our working practices:

We work with our employees to check for, improve and monitor working practises to ensure we provide safe and healthy working conditions. We continue to improve our personnel practices so that we can actively avoid discrimination. All our team are entitled to work flexibly and remotely so that they can share their work schedule around family, disability-related, faith-based or other commitments. All workers are treated equally regardless of role or level within the charity organisation - and are encouraged to voice any ideas, feedback or concerns to any member of the charity executive or trustee board without fear of reprisals. We do not utilise support or condone unethical personnel practices such as forced or compulsory, or child labour. We expect the same principles to be upheld by our suppliers and partners.

While do not officially recognise any individual trade and workers unions, we respect the right of our staff to join such organisations without fear of intimidation or reprisal in accordance with national law. We respect the role these organisations can usefully play in collective bargaining and problem solving.

To make working for and volunteering at the ADSHG economically inclusive we operate according to staff and volunteer expenses policies and encourage claiming of reasonable expenses.

Arrangements for setting pay and remuneration of key management personnel – benchmarks, parameters, or criteria used

The treasurer of the board of trustees determines salary and other benefit changes for the Executive Director and wider executive team. The treasurer makes these decisions in consultation with the Finance Steering Group and Board of Trustees. When we set our salaries, we consider:

- the prevailing wages and benefits for comparable positions in the non-profit sector
- the charity's financial health
- any legal requirements or guidelines governing staff remuneration
- the level of responsibility associated with each staff member's role

By taking these factors into consideration, we can ensure that we are providing staff with appropriate levels of compensation while protecting the funds the charity requires to achieve its objects.

Risk management and internal controls

Major risks which the charity faces on a regular basis are reviewed regularly by trustees. We have internal controls, policies and procedures to provide reasonable assurances against material misstatement or loss.

Financial risk and controls

Financial risks we need to monitor, manage or mitigate against include funding shortfalls, inadequate reserves, investment losses, and fraud. The Treasurer, Financial Steering Group or Executive Director approve all spending according to our Scheme of Delegation that also outlines which decisions need full trustee board approval. Payments via 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.

Governance risk and controls to monitor, manage or mitigate against are

- **Reputation risks:** The risk of our actions are perceived as inappropriate or if our leadership is called into question.
- **Regulatory risks:** The risk of failing to comply with a range of charity regulations, including accounting and financial reporting requirements, fundraising regulations, and data protection laws.
- **Operational risks:** These can include risks related to governance, health and safety, and the delivery of services.
- **Cybersecurity risks:** We store data about our members and customers and must be conscious that these types of data attractive targets for cyber attacks.
- **Human resources risks:** We regularly review our processes to reduce the likelihood of risks related to employee safety, discrimination, harassment, and other employment-related issues.

Governance assessments, training and controls

A new compliance learning management system has been rolled out to Operations staff (and will soon be available to trustees and volunteers in 2023) to ensure training in core compliance for charity operations is completed and refreshed regularly. The programme includes GDPR, Safeguarding, Diversity and Inclusion, Workstation Assessments. In 2023 our trustees will complete The Governance App assessment for Board excellence and act on the findings. The Operations Team complete Quarterly controls to ensure regular compliance actions are completed. Partnerships are subject to due-diligence to deter corrupt practices. We aim to have an anti-corruption policy in place by the end of 2023.

Clinical Compliance and Quality

The ADSHG is 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.

Environmental sustainability:

We continue to adopt new practises to protect the environment. Recent examples include:

- More compact magazines (to use less paper and manage shipping costs) printed on carbon-captured paper verified by The Woodland Trust.
- Hybrid face-to-face annual events
- Venues within easy reach of public transport.
- Cashless donation displays instead of plastic buckets Newsletters page lengths reduced.
- Sending international membership communications digitally to save on the shipping carbon footprint.

Factors affecting the achievement of current and future objectives

We've benefitted from a refreshed more diverse board to bring new perspectives and voices to our charity. Investments in staff and the expertise of charity consultants have helped us to build the resilience and capacity of our Operation again this year. The NHS, HSE, NICE and the learned societies continue to approach us enthusiastically to collaborate meaning that in many cases we are able to directly influence systemic change in the quality of care for people with Addison's at a quicker pace than was previously possible.

Several external challenges impacting our work have been:

- **Cost of living crisis** – with potential to increase our community's need for support and ability to fund our work through donations.
- **Pandemic recovery** – slow return to face to face fundraising and departure of some existing social meeting hosts. Staff and volunteers who are still shielding due to vulnerabilities are less able to travel. Healthcare delays are driving higher demand for our small team. This trend has been recorded across the majority of the non-profit sector this year.
- **Brexit** – An existing supplier stopped services to us owing to customs complexity. We also experienced additional fees in sending items to European locations. Medical research projects run between the European Union and the UK healthcare researchers continue to be impacted by funding being withdrawn or not available for co-located projects.
- **Industrial action** – We've managed to maintain our shop services by setting expectations with customers and members about likely delays and the importance of ordering early.
- **Insurance limitations** – We introduced a policy not to sell our products to the US for insurance reasons.

As we grow, we drive more demand for our services. We're keen to ensure we strike the right balance between growth, resilience, compliance and ensuring we keep adequate reserves for the financial stability of the charity.

Finance update from our treasurer

“Once again, I am delighted to report on a financially successful year for The Addison’s Self-Help Group. Last year we were seeing the end of the effects of the pandemic, and as a charity, were looking positively to the future. Unfortunately, the cost-of-living crisis is now starting to have a big effect on public finances. As a Charity, we have proved to be resilient in respect of indirect and direct pressures. This is helped by our amazing team of staff, volunteers, and Trustees.



Income

Income from all sources does add up. No donation is too small. Any project approved by Trustees has been fully funded without adversely affecting the Charities' underlying financial support.

Total income in 2022 was £281,973, an increase of about £70,000 on 2021. This was due to a large legacy. Elsewhere, other channels of income have stayed constant. Our net income was £25,509 in 2022, this was an increase of about £17,000 from 2021. I am pleased to see an increase in our underlying profits.

Expenditure

Total expenditure in 2022 was £256,464, an increase of about £52,000. We were able to dispense more grants, and these were offset by our reduction in Advocacy costs. Our operation costs have increased, reflected in our investment in our staff team, external resources to support them, and increased spending on the Endocrine Nurse viability.

Our costs versus income in relation to the shop showed a deficit in the past year. The shop is an important part of our services that we offer to our members. With this in mind, we have increased our fees minimally to cover this.

Financial position

We carry forward total charitable funds of £195,981 of which £162,912 is unrestricted. This does allow the Charity to be flexible in its funding. As we mentioned last year, we reviewed our budgeting, bookkeeping and financial reporting systems, and we are now able to access up to date information and project this forward. I believe we are in a strong financial position however we need to be proactive in raising money. Membership fees, donations, fundraising, and legacies allow the Charity to fulfill our investment in current and new projects while keeping the Operation running

Our membership has increased in 2022 compared to 2021. Since the start of 2023, we have noticed a small drop off in membership. We accept that this is due to the current cost of living crisis. However, the membership is still in an extremely healthy position. Our Hardship fund has been paused due to reaching capacity. We will review that monthly and consider resuming the fund as soon as we can.

Fundraising in relation to virtual sporting events has been disappointing. However, as we get back to non-virtual events, I feel that this will once again be profitable. Low-cost fundraising continues to be profitable for the Charity..

Our reserves are adequate, and we can do all our activities without putting the Charity at risk. Our projects are fully funded, and we can contribute to medical advancements, which help all people who suffer Adrenal Insufficiency. As the Treasurer, it is my responsibility to financially sustain the Charity for the long term. We are in an exceptionally outstanding position to fulfill that aim. ”

Finance (cont.)

Reserves policy

Total Restricted funds held: £246,603	Amount of funds held	Restricted funds held owing to donor wishes: £35,370	Designated funds: £143,094	Total remaining reserves excluding restricted and designated funds: £68,139
	Purpose and schedule for use	Medical research (2023/24) Emergency Injection Research (2023/24) Gwent only (2023/24) Newly diagnosed and Young people (2023/24) Publications content review (July 2023) Addison's Ireland Fund (2023/2024)	- 8 Months of contingency Operations costs and salaries - Endocrine Nurse project 2023/24	

Difference in the reserves figure shown above with the reserves policy: **None**

Amount of total fund that can only be realised by disposing of tangible assets or programme-related investments: **None**

Primary purpose trading

Our trading activities help us deliver against our objects as a charity by providing resources to promote the support of persons with Addison's Disease and those who care for them.

- Our online shop focusses on sales of items that can be used by people with AI to manage their medication, emergency situations, educating their loved ones and handling interactions with the medical profession.
- Our book, 'Living with Addison's' provides vital advice for people with Addison's to help them improve their quality of life.

What our community told us about the items we supplied

"Emergency injection kit and hospital info folder. The folder was very useful when at casualty with a near crisis and needed to make receptionist aware. I was able to wave it at him."

Christopher E

"I use the big and small injection kit, small one goes in my bag that goes everywhere with me when I'm out the house. I use the big injection kit at home and put it with all my medications in a big box. I use the wrist band alert when out the house so I know if something happens when I'm alone with strangers and unable to communicate that someone might call an ambulance if I take ill and that paramedics should be able to see that I have adrenal insufficiency. **Laura B**"



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 2022.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

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
ICAEW
Mercer Lewin Ltd
Chartered Accountants
6-7 Citibase
New Barclay House
234 Botley Road
Oxford
OX2 0HP

Date: 27 April 2022

ADDISON'S DISEASE SELF HELP GROUP
REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

Mercer Lewin Ltd
Chartered Accountants
6-7 Citibase
New Barclay House
234 Botley Road
Oxford
OX2 0HP

ADDISON'S DISEASE SELF HELP GROUP

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted funds £	Endowment fund £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM						
Donations and legacies		161,451	35,370	-	196,821	114,077
Charitable activities						
Shop sales		30,672	-	-	30,672	37,944
Other trading activities	2	54,319	-	-	54,319	59,916
Investment income	3	<u>161</u>	<u>-</u>	<u>-</u>	<u>161</u>	<u>631</u>
Total		<u>246,603</u>	<u>35,370</u>	<u>-</u>	<u>281,973</u>	<u>212,568</u>
EXPENDITURE ON						
Charitable activities						
Advocacy advice		12,073	-	-	12,073	42,816
Raising funds		18,216	29,196	-	47,412	48,831
Shop stock purchases		36,057	-	-	36,057	27,049
Operation costs		109,616	-	-	109,616	70,844
Grants and projects		<u>51,306</u>	<u>-</u>	<u>-</u>	<u>51,306</u>	<u>14,756</u>
Total		<u>227,268</u>	<u>29,196</u>	<u>-</u>	<u>256,464</u>	<u>204,296</u>
NET INCOME		19,335	6,174	-	25,509	8,272
RECONCILIATION OF FUNDS						
Total funds brought forward		<u>143,577</u>	<u>13,156</u>	<u>13,739</u>	<u>170,472</u>	<u>162,200</u>
TOTAL FUNDS CARRIED FORWARD		<u>162,912</u>	<u>19,330</u>	<u>13,739</u>	<u>195,981</u>	<u>170,472</u>

The notes form part of these financial statements

ADDISON'S DISEASE SELF HELP GROUP

BALANCE SHEET 31 DECEMBER 2022

	Notes	Unrestricted fund £	Restricted funds £	Endowment fund £	2022 Total funds £	2021 Total funds £
FIXED ASSETS						
Tangible assets	6	3,886	-	-	3,886	-
CURRENT ASSETS						
Stocks	7	10,100	-	-	10,100	12,334
Debtors	8	8,373	-	-	8,373	2,338
Cash at bank and in hand		<u>183,406</u>	<u>19,330</u>	<u>13,739</u>	<u>216,475</u>	<u>195,038</u>
		201,879	19,330	13,739	234,948	209,710
CREDITORS						
Amounts falling due within one year	9	(42,853)	-	-	(42,853)	(39,238)
NET CURRENT ASSETS		<u>159,026</u>	<u>19,330</u>	<u>13,739</u>	<u>192,095</u>	<u>170,472</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>162,912</u>	<u>19,330</u>	<u>13,739</u>	<u>195,981</u>	<u>170,472</u>
NET ASSETS		<u>162,912</u>	<u>19,330</u>	<u>13,739</u>	<u>195,981</u>	<u>170,472</u>
FUNDS	10					
Unrestricted funds					162,912	143,577
Restricted funds					19,330	13,156
Endowment funds					<u>13,739</u>	<u>13,739</u>
TOTAL FUNDS					<u>195,981</u>	<u>170,472</u>

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

.....
Trustee

The notes form part of these financial statements

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

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.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

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.

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

2. OTHER TRADING ACTIVITIES

	2022 £	2021 £
Membership fees	53,489	57,248
Royalties	830	2,668
	<u>54,319</u>	<u>59,916</u>

3. INVESTMENT INCOME

	2022 £	2021 £
Deposit account interest	<u>161</u>	<u>631</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

TRUSTEES' EXPENSES

Reimbursements totalling £1,114 were paid to trustees' to cover expenses paid by trustees' for the year ended 31 December 2022 no reimbursements took place for the year ended 31 December 2021.

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Endowment fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	112,944	1,133	-	114,077
Charitable activities				
Shop sales	37,944	-	-	37,944
Other trading activities	59,916	-	-	59,916
Investment income	<u>631</u>	<u>-</u>	<u>-</u>	<u>631</u>
Total	<u>211,435</u>	<u>1,133</u>	<u>-</u>	<u>212,568</u>
EXPENDITURE ON				
Charitable activities				
Advocacy advice	42,816	-	-	42,816
Raising funds	48,831	-	-	48,831
Shop stock purchases	27,049	-	-	27,049
Operation costs	70,844	-	-	70,844
Grants and projects	<u>14,756</u>	<u>-</u>	<u>-</u>	<u>14,756</u>
Total	<u>204,296</u>	<u>-</u>	<u>-</u>	<u>204,296</u>
NET INCOME	7,139	1,133	-	8,272
RECONCILIATION OF FUNDS				
Total funds brought forward	136,438	12,023	13,739	162,200

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Endowment fund £	Total funds £
TOTAL FUNDS CARRIED FORWARD	<u>143,577</u>	<u>13,156</u>	<u>13,739</u>	<u>170,472</u>

6. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
Additions	<u>859</u>	<u>3,507</u>	<u>4,366</u>
DEPRECIATION			
Charge for year	<u>100</u>	<u>380</u>	<u>480</u>
NET BOOK VALUE			
At 31 December 2022	<u>759</u>	<u>3,127</u>	<u>3,886</u>
At 31 December 2021	<u>-</u>	<u>-</u>	<u>-</u>

7. STOCKS

	2022 £	2021 £
Stocks	<u>10,100</u>	<u>12,334</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	162	-
Other debtors	1,476	-
Prepayments and accrued income	<u>6,735</u>	<u>2,338</u>
	<u>8,373</u>	<u>2,338</u>

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	10,697	5,149
Taxation and social security	2,354	66
Other creditors	<u>29,802</u>	<u>34,023</u>
	<u>42,853</u>	<u>39,238</u>

10. MOVEMENT IN FUNDS

	At 1/1/22 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General fund	143,577	19,335	162,912
Restricted funds			
ADSHG Medical Research Fund	11,690	(500)	11,190
Addison's Ireland Fund	333	-	333
Endocrinology Travel Fund	500	(436)	64
Ronald Rogers - Gwent	633	-	633
RCGP module	-	5,000	5,000
Publications Review Reserve	-	1,900	1,900
Young and Newly Diagnosed Medical Research Reserve	-	210	210
	13,156	6,174	19,330
Endowment funds			
Medical Research Fund	13,739	-	13,739
TOTAL FUNDS	<u>170,472</u>	<u>25,509</u>	<u>195,981</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	246,603	(227,268)	19,335
Restricted funds			
ADSHG Medical Research Fund	-	(500)	(500)
Endocrinology Travel Fund	500	(936)	(436)
RCGP module	5,000	-	5,000
Emergency Injection research reserve	13,460	(13,460)	-
Publications Review Reserve	4,000	(2,100)	1,900
Young and Newly Diagnosed Medical Research Reserve	210	-	210
GP Education	12,200	(12,200)	-
	35,370	(29,196)	6,174
TOTAL FUNDS	<u>281,973</u>	<u>(256,464)</u>	<u>25,509</u>

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

10. MOVEMENT IN FUNDS - continued

Comparatives for 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>

Comparative 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>

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

10. MOVEMENT IN FUNDS - continued

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

	At 1/1/21 £	Net movement in funds £	At 31/12/22 £
Unrestricted funds			
General fund	136,438	26,474	162,912
Restricted funds			
ADSHG Medical Research Fund	11,690	(500)	11,190
Addison's Ireland Fund	333	-	333
Endocrinology Travel Fund	-	64	64
Ronald Rogers - Gwent	-	633	633
RCGP module	-	5,000	5,000
Publications Review Reserve	-	1,900	1,900
Young and Newly Diagnosed Medical Research Reserve	-	210	210
	12,023	7,307	19,330
Endowment funds			
Medical Research Fund	13,739	-	13,739
TOTAL FUNDS	<u>162,200</u>	<u>33,781</u>	<u>195,981</u>

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	458,038	(431,564)	26,474
Restricted funds			
ADSHG Medical Research Fund	-	(500)	(500)
Endocrinology Travel Fund	1,000	(936)	64
Ronald Rogers - Gwent	633	-	633
RCGP module	5,000	-	5,000
Emergency Injection research reserve	13,460	(13,460)	-
Publications Review Reserve	4,000	(2,100)	1,900
Young and Newly Diagnosed Medical Research Reserve	210	-	210
GP Education	12,200	(12,200)	-
	<u>36,503</u>	<u>(29,196)</u>	<u>7,307</u>
TOTAL FUNDS	<u>494,541</u>	<u>(460,760)</u>	<u>33,781</u>

ADDISON'S DISEASE SELF HELP GROUP

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 DECEMBER 2022

11. RELATED PARTY DISCLOSURES

The total amount of money donated by the trustees to the charity during the year was £1,050.

ADSHG Contacts

By post: ADSHG, Starling House 1600 Bristol Parkway North Bristol BS34 8YU



ADSHG General Contact Details

Telephone: 0117 214 0473

Email: enquiries@addisons.org.uk

Website: www.addisonsdisease.org.uk



Contact our Trustee Board

<https://www.addisonsdisease.org.uk/our-team>



ADSHG Clinical Panel

<https://www.addisonsdisease.org.uk/our-clinical-advisors>

Professor John Wass, Dr Alessandro Prete, Professor Wiebke Arlt, Professor Will Drake, Dr Steve Kell, Professor Simon Pearce, Stuart Pinkerton, Dr Georgina Russell, Lisa Shepherd RN, Dr Francesca Swords, Sam Westall, Matthew Heppel

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