

LIPOEDEMA UK

England & Wales · Charity number 1181312

Details

Other names LIP UK

Status Registered

Legal form CIO

Registered 2018-12-20

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

Contact

Address Foxfield House
Chichester Road
West Wittering
Chichester
PO20 8QB

Phone 07747033757

Email info@lipoedema.co.uk

Website <https://www.lipoedema.co.uk>

Activities

Objects: 1) TO RELIEVE THE NEEDS OF PEOPLE WITH LIPOEDEMA IN PARTICULAR BUT NOT EXCLUSIVELY, BY THE PROVISION OF SERVICES, ADVICE, INFORMATION AND SUPPORT.2) TO ADVANCE THE EDUCATION OF THE PUBLIC, IN PARTICULAR THOSE INVOLVED IN THE DIAGNOSIS, TREATMENT AND CARE OF THOSE SUFFERING LIPOEDEMA.

Activities: Our focus is to educate doctors, health professionals and the public about Lipoedema and its symptoms, so it may be diagnosed and treated earlier. We provide a range of information, support, carry out/facilitate and disseminate research. Our belief is that with earlier diagnosis and treatment women can prevent developing further complications and manage their Lipoedema.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£118,189	£74,963	-	-
2023-12-31	£61,154	£58,663	-	-
2022-12-31	£49,279	£42,717	-	-
2021-12-31	£66,802	£63,539	-	-
2020-12-31	£37,156	£33,600	-	-

Trustees

Name	Role	Appointed
SHARON FETZER	Chair	2019-12-20
Kathryn Jennifer Forster		2019-12-20
Kristina Jones		2021-09-23
SUZANNE ELIZABETH EVANS BA, HONS		2019-12-20
Sara Louise Percival		2022-10-12

LIPOEDEMA UK

England & Wales - Charity number 1181312

Accounts



Trustees Annual Report

01 January 2024 – 31 December 2024



Charity name Lipoedema UK

Other name the charity uses Lip UK

Registered charity number 1181312

Charity's principal address Foxfield House, Chichester Road, West Wittering,
West Sussex PO20 8QB

www.lipoedema.co.uk

info@lipoedema.co.uk

Founding Member of the
Lipedema World Alliance



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Introduction

This report has been compiled by the Trustees to provide an update of activities in 2024 for members & funders, and to comply with the charity's reporting obligations to the Charity Commission. We would like to thank everyone who donated or supported our activities through sponsorship as they made all these activities and achievements possible.

As trustees we understand that public benefit is part of what it means to be a charity. We took account of the Charity Commission guidance on requirements for public benefit in determining our purposes and activities when our charity was set up, and we are aware of the existence of the guidance on running our charity in a compliant manner to deliver public benefit. We refer to this guidance as our charity evolves and grows, to ensure that we remain appropriately focussed and managed.

We have taken account of the Charity Commission guidance on public benefit reporting in the creation of this annual report and in consideration of our other communications to beneficiaries and potential funders.

Purpose of Lipoedema UK

To relieve the needs of people with Lipoedema, in particular, but not exclusively, by the provision of services, advice, information and support; and to advance the education of the public, in particular those involved in the diagnosis, treatment and care of those suffering Lipoedema.

Main Activities of Lipoedema UK

- Provision of services, advice information and support
- Advance the education of the public
- Advance the education of those involved in the diagnosis, treatment and care

This report has been approved by the Board of Trustees, and is signed on their behalf on 18th October 2024 by:



Sharie Fetzter, Chair



Kate Forster, Treasurer & Secretary

Our Team

Trustees

Role	Trustee
Chair	Sharie Fetzer
Secretary & Treasurer	Kate Forster, Chartered FCIPD
Trustee	Suzanne Evans, BA (Hons)
Trustee	Kris Jones, RGN
Trustee	Sara Percival, MSc

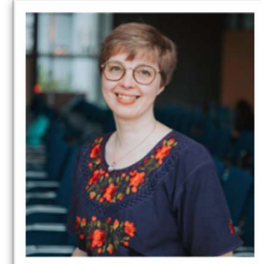
Sharie Fetzer
Chair



Suzanne Evans,
Trustee/Founder



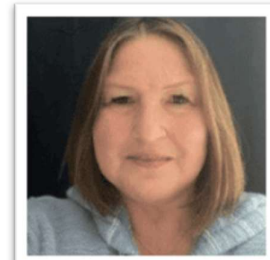
Kate Forster,
Secretary & Treasurer



Kris Jones,
Trustee and Clinical Advisor



Sara Percival,
Trustee and Clinical Advisor



Our trustee recruitment comes from our membership and our advisory teams. All our current trustees have a personal connection to lipoedema.

Patrons, Clinical & Medical Advisory Teams

Role	Name	Contact Address
Patrons	Professor Peter M. Mortimer MD FRCP	Care of Lipoedema UK
	Dr Kristiana Gordon MBBS MRCP MD(Res) CLT	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
Nurse Consultants & Clinical Advisors	Mary Warrilow RGN, BSc(Hons), QN	Care of Lipoedema UK
	Kris Jones RGN, ENB931, ENB N34, Post Graduate Diploma Lymphoedema Practice	Lymphcare UK, The Lodge, Mary Stevens Hospice, 221 Hagley Road, Stourbridge, DY8 2JR
	Rhodri Harris RGN	Care of Lipoedema UK
	Sara Percival MSc	Care of Lipoedema UK
	Clare Anvar BSc(Hons), MSc MLD, Clinical Massage Specialist	Care of Lipoedema UK
Medical Advisors	Dr Vaughan Keeley PhD, FRCP	Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE
	Dr Nicki Mazey, GP	Care of Lipoedema UK

Key Activities In 2024: Delivering Our Aims & Purpose

2024 continued to be challenging and exciting for us.

Lipoedema UK's support and advisory activities continued to experience increased levels of demand. People with lipoedema continued to find it difficult to access primary care services such as appointments with their GPs, and although we increasingly receive anecdotal reports that their GP was aware of lipoedema, this is not yet universal. Even where GPs or other primary care providers were aware of lipoedema there were often constraints in obtaining referrals to secondary care providers such as Lymphoedema clinics. In many areas patients were unable to locate a suitable local service with experience in treating lipoedema.

Whilst we prepare for NICE to carry out their next review on lipoedema reduction surgery (liposuction for lipoedema), we have continued to see some of our members travelling overseas for self-funded surgery. In 2024 we received increased enquiries about the use of GLP-1 Receptor Agonist medication and the role it may play for people with obesity and lipoedema.

NICE are aware that recommendations for the treatment and management of lipoedema are severely lacking and we continued to engage with them in 2024. We were delighted to be described as a trailblazing organisation by them for our level of engagement with their assessment of liposuction for chronic lipoedema, and that we stood out for "following research so avidly".

We received a significant grant in 2024 from the VTCT Foundation and appreciate their support for our work. We look forward to reporting on the activities funded by the grant in our next Annual Report.

We invested significantly in our website in 2024 to reflect the ongoing requirements for comprehensive online information and have received positive feedback on the credibility of our materials from both lay people and healthcare professionals.

Weekly Webinars for Lipoedema UK Members

Our online webinar programme for members went from strength to strength in 2024; we offered our members more online sessions this year than before, with simultaneous live attendance at sessions often at 50 or more people. Our national and international networking (including our part in the Lipedema World Alliance) enabled us to bring in new speakers as well as welcome back long-standing collaborators.

The regular input from our Clinical Advisors (Kris Jones, Sara Percival, Rhodri Harris and Clare Anvar) continues to be highly beneficial both to newly diagnosed members and those

who are not newly diagnosed but are seeking support with self-care issues such as compression garments where they have been unable to optimize them through local NSH support.

Part of our website enhancements include the ability for our members to access recordings of webinars via their online accounts. This enhancement is providing very popular and enables us to provide repeat and secure access to members' sessions whilst also providing some publicly available material which we continue to place on our YouTube channel or those of our presenters/collaborators where appropriate.

Our Clinical Advisors

**Webinar
Highlights**

Sandra Slaughter



Professor Alexandre Amato



LIVE CONVERSATIONS
**Living with
lipoedema**

Dr James Kinross



Professor Peter Mortimer



Professor Manuel Cornely

Awareness Raising and Research

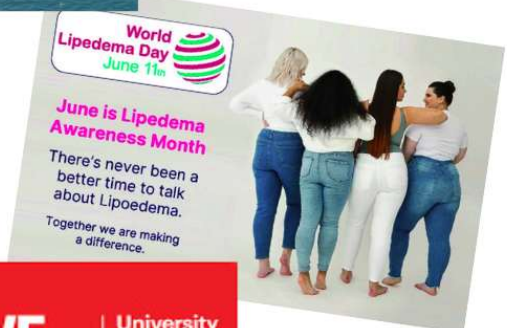
This year we were able to introduce our members to further ground-breaking research projects, from Mental Health and Visible Difference studies, in partnership with Appearance Matters at the University of West of England, to the UK National Pain Survey.

Pain is currently under-researched in lipoedema so we actively seek out opportunities to raise awareness around the experiences of pain and chronic pain amongst people living with lipoedema.

We also participated in mainstream media awareness raising including Lipoedema UK member Vanda Lima who shared her late diagnosis story with the Mirror newspaper, and Dr Lesley Steinitz, Head of Research at Lipoedema UK, who discussed weight loss injections with The Mail on Sunday.



Awareness and Research



International Collaboration

The provision of government provided healthcare services worldwide continues to frustrate patients and healthcare providers alike; most patients experience similar challenges in accessing lipedema diagnosis and treatment, despite different healthcare systems and countries.

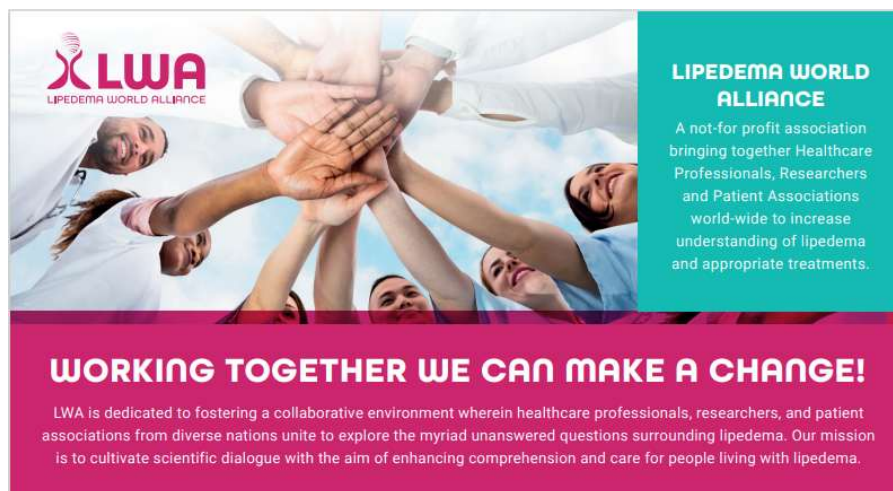
We regard international collaboration as an essential part of our work, to raise awareness of the experience of patients in the UK and to share information within the UK on publications and activities outside the UK that are adding to the knowledge base on lipedema diagnosis and treatments. We seek to continually refresh and strengthen our connections with international patient organizations, healthcare professionals and researchers to facilitate this, primarily through our membership of the Lipedema World Alliance.

We approach all our work with our goal in mind that #TogetherWeCanBeatLipoedema and believe that it is essential to have the voice of UK patients not only heard, but also involved in addressing the challenges of living with lipoedema and determining research priorities in the UK and worldwide.

(When we write about lipoedema for an international audience, without specific references to our organization, we use the more common spelling of lipedema, as in the section that follows on the Lipedema World Alliance).

Membership of Lipedema World Alliance (LWA)

The Lipedema World Alliance, an international not-for profit association, was registered on 22 July 2022. Lipoedema UK is represented on the Board of LWA by two of our trustees, Sharie Fetzer and Kate Forster.



In 2024 as part of the Lipedema World Alliance we helped launch the inaugural Lipedema Manifesto, securing support from 20 different organizations including Lipoedema UK, uniting around 9 distinct calls for action to increase knowledge about lipoedema and improve the quality of life for people living with lipoedema.

In their LWA Board roles, Kate and Sharie provide the patient perspective to a variety of initiatives and organizational activities, including organizing and hosting the LWA webinars as part of Lipedema Awareness Month. Those webinars have had over 2,000 views at the date of this report, and our role in organizing/leading these activities helps keep Lipoedema UK high in the consciousness of current and future collaborators.

Membership of Pain Alliance Europe (PAE) and Pain UK

Many of our members find it hard to explain to others that their fat is painful, as that is not the case for other fatty tissue in obesity for example, and along with lower levels of awareness amongst healthcare professionals this can lead to miss-diagnosis with fibromyalgia or other conditions instead of lipoedema.

We feel it is crucial to increase understanding about the specifics of pain in lipedema both as a diagnostic criteria and in terms of quality of life for those living with lipedema, as well as raising awareness of lipedema within the international community who diagnose and treat patients with chronic pain.

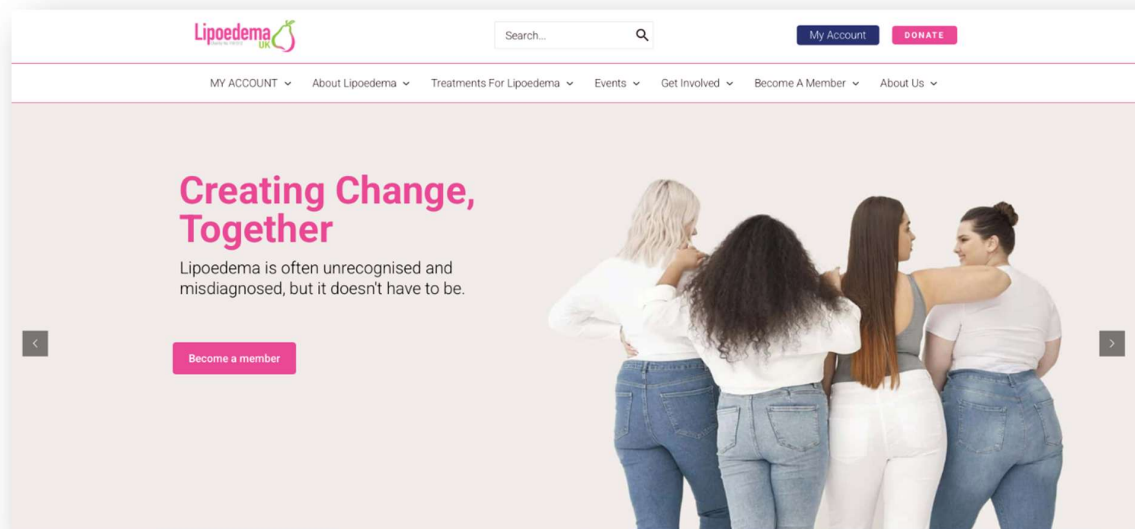
As part of our commitment to raising awareness around the experiences of pain amongst people living with lipoedema and calling for increased research into lipoedema pain, in addition to our ongoing membership of Pain UK, the UK umbrella charity for pain organizations, we joined Pain Alliance Europe in 2024 at the encouragement of Pain UK. At the end of 2024, our Trustee Kate Forster was asked to join the PAE Board to expand the pain conditions represented therein.

Social Media Activities and Website Rebuild

Social media continues to be an effective way to reach new members and raise awareness amongst women who may not be aware that they have undiagnosed lipoedema. Our social media reach continues to grow along with our presence on other organisations' social media as we become more integrated in a wider lipoedema network.

During June, Lipoedema Awareness month we promoted not only our regular Members Webinars and activities but also our international initiatives and shared webinars, including our collaboration in the LWA events.

We also launched and promoted the Lipedema Manifesto in the UK.



We invested significantly in our website in 2024 to provide greater access to resources and information for our members, creating a secure area for self-service account management and access to recordings of members' webinars. We also refreshed the content of our public pages on the site.

Healthcare Professional Events

Raising awareness amongst healthcare professionals is crucial to improving care for people living with lipoedema in the UK. As part of that Lipoedema UK was represented at a number of events in 2024 including the National Lymphoedema Conference, BLS Conference, University of the West of England's Appearance Matters Conference, Journal of Community Nursing Study days around the UK, the 47th Congress of European Society of Lymphology in Istanbul, Turkey and the Primary Care Show in Birmingham among others.



12TH ANNUAL
National Lymphoedema Conference
America Square Conference Centre, London
13th February 2025

Organised by: **NURSING**
LSC
LSN

Supported by: **Healthcare**
Juzo

NEXT WEEK...

Our team will be heading to the **National Lymphoedema Conference** in London and our amazing board member and team member **Kate Forster** will be speaking to a large audience of Healthcare Professionals, discussing what it's like to live with lipoedema, versus living WELL with lipoedema.



 **Keep an eye on our socials next week to see what we get up to!**



The Primary Care show in Birmingham is a significant event for GPs and other Healthcare professionals. We were able to share information with hundreds of them, with our stand in a prime position next to one of the GP Lecture Theatres, giving us high levels of passing traffic throughout the event. We were also surrounded by a great collection of other organisations such as Diabetes UK, enabling cross-pollination of visitors between us all and provoking much interesting debate.

Dr Nicki Mazey, General Practitioner at Brownlow Health Central and Tier 3 Weight Management Lead, gave a really well-attended talk on lipoedema which generated extra visitors to our stand to keep talking to her and the rest of our team.



Primary Care Show NEC



Sharie and our Nurse Consultant Mary Warrilow presented the award for Chronic Edema Nurse of the Year at the British Journal of Nursing Awards in London. We are passionate about the impact that great nursing can have on the lives of people living with chronic conditions and are delighted to continue to be involved in these awards.

We were thrilled to be offered the opportunity to attend Brazil's 1st Lipedema Congress in Sao Paulo. Representing Lipoedema UK, Kate Forster met with Dr Paula Frederichi who lives with lipedema as well as running a specialist lipoedema clinic, along with the Board of ABRALI, our sister association for lipedema in Brazil. The congress was attended by hundreds of healthcare professionals who were keen to learn about lipedema. Kate, along with Manuela Lourenço Marques, Chair of andLINFA the Portuguese Lipoedema Association and a fellow Board Director of Lipedema World Alliance, presented on the LWA's Delphi project and patient representative involvement. ABRALI are a very inspiring and active organization, and it was wonderful to meet so many of their members and see so many of our fellow LWA Board members in attendance to support this groundbreaking Brazilian event.



Legal structure & compliance

We are incorporated as a Foundation Charitable Incorporated Organisation since 20 December 2018, building on our work as an unincorporated charity, Lipoedema UK 1157716, founded in 2012.

Our trustees are recruited from within our wider membership and all currently are people living with lipoedema, and/or providing services to those living with lipoedema. Our structure is a simple one with a small group of trustees and a larger team of volunteers.

Principal risks facing us as a charity

Resources. We remain significantly constrained by volunteer capacity and our finances. As our reputation grows we are asked to speak at more and more events or participate in working groups, all of which involve expenses for us and/or our volunteers.

In order to take full advantage of all the opportunities that are increasingly available to us, we need to increase our income and our pool of suitably skilled people able to participate on our behalf.

Finances

Member Fundraising

We are always profoundly grateful for fundraising from our members and supporters and acknowledge and celebrate their fundraising on our social media and in our news emails to members. Our membership fees and members fundraising has grown along with our activities and support for individuals, although as lipoedema is a chronic condition it frequently impinges on a patient's earning power. Lack of NHS support for treatments continues to leave patients forced to fund their own, often expensive, treatments, which has become more complex since the NICE review. We continue to seek indirect funding through sources such as Give as you Live and other fundraising platforms.

One of the most unusual fundraising activities in 2024 was when our member Lisa swam naked in a leisure centre, raising over £1,000 for us and raising awareness of lipoedema at the same time. We appreciate Lisa's willingness to raise funds in a distinctive way and appreciate all the funds that our members raise to enable us to carry out the activities described in this report.

Membership

By providing our online sessions as closed zoom calls to our members, we maintain the investment of our resources into these sessions for those who join us as members, both making the space safer for them and helping encourage enquirers to become members.

Our members provide us both with important funds for our work and with their stories and experiences, and we appreciate the value of these non-financial and financial contributions.

We were pleased to grow our membership in 2024, showing that people are increasingly becoming aware of lipoedema and are getting diagnosed. Having a growing and vibrant community of people living with lipoedema in our membership helps us share many different perspectives and stories with others, and also in the absence of statistical population data, it helps us indicate levels of lipoedema in the UK and the growing need for better NHS services.

Sponsorship

We are extremely grateful to the loyalty and support shown to Lipoedema UK from our core sponsors. Compression garments companies remain a crucial part of our financing and we value our partnership with them and their willingness to develop new products to alleviate specific symptoms. They also provide links, connections and partnerships for awareness raising with healthcare professionals.

Review of Accounts

Our financial position is outlined in our attached accounts. Activities in historical prior years are captured in the accounts of the unincorporated charity Lipoedema UK, registered charity number 1157716.

Our attendance at this wide range of healthcare professional events enabled us to carry out one of our core activities of raising awareness amongst the medical profession of the symptoms of lipoedema and their role in identifying the condition as early as possible. It has been encouraging to note interest in helping lipoedema patients from increasing numbers of GPs, nurses and others in primary care, and to hear their own frustrations in the lack of care pathways and referral services.

The content on our website has increased in importance as an educational tool and resource for both healthcare professionals and patients researching the symptoms and treatments for lipoedema. The significant expenditure on that this year has attracted positive feedback as described earlier in this report.

We were fortunate to receive a grant in 2024, the majority of which was carried forward for spending in 2025. This grant and the subsequent carry forward of funds is shown as restricted income and expenditure in our accounts. This grant will enable us to carry out some significant work and position us well as we prepare for the next NICE review on lipoedema.

Our aims are to increase our future income in order to increase our resources available to deliver projects to support healthcare professionals and people with lipoedema. Running a national charity from a volunteer base is always challenging and especially as demand for our activities becomes more complex. We are not limited by our ambitions but by our resources, both financial and people.

Investment and Reserves

We monitor our annual income in order to ensure we can meet commitments as they arise. Our funds are managed through our bank account. We do not invest funds elsewhere as our cash reserves are relatively small and we use our income to meet our expenses, rather than investing for the long term.



Receipts and payments accounts
for the year ended 31 December 2024

Receipts and payments

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 £
Receipts				
VTCT Foundation Grant	-	62,400	62,400	-
Sponsorship and Donations	28,179	-	28,179	37,578
Membership	27,610	-	27,610	22,255
Publications	-	-	-	1,321
Total receipts	55,789	62,400	118,189	61,154
Payments				
VTCT Foundation grant expenses	-	7,968	7,968	-
Design and Print	6,543	-	6,543	7,155
Administration Expenses	4,733	-	4,733	4,418
Healthcare Professional	-	-	-	-
Awareness Events	10,563	-	10,563	13,410
Membership and Healthcare Professional Support	24,419	-	24,419	21,668
CRM and IT Systems	3,559	-	3,559	5,809
Website	15,869	-	15,869	4,117
Accountancy, Insurance and other Professional fees	1,309	-	1,309	2,087
Total payments	66,995	7,968	74,963	58,664
Net of receipts/(payments)	(11,206)	54,432	43,226	2,490
Cash funds last year end	25,263	-	25,263	22,773
Cash funds this year end	14,057	54,432	68,489	25,263

Lipoedema UK
Receipts and payments accounts
for the year ended 31 December 2024

Charity Number: 1181312

Statement of assets and liabilities at the end of the period

		Unrestricted funds £	Restricted funds £
Cash funds	Bank and Paypal	14,057	54,432
	Total cash funds	14,057	54,432
			Amount due
Liabilities	Accruals		650

CIO Notes required under the Charitable Incorporated Organisations (General) Regulations 2012:

1. No guarantees were given by the CIO where potential liability under the guarantee is outstanding at the date of the statement
2. There were no debts outstanding at the date of the statement which are owed by the CIO and secured by an express charge on any assets of the CIO

Approved by the trustees and signed on their behalf by:

Signature

Date of

Oliver Fether

18-Aug-25

Independent examiner's report to the trustees of Lipoedema UK

Charity Number 1181312

I report on the accounts of the Trust for the year ended 31st December 2024, which are set out on pages 1 to 2 in the attached financial statements.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

D



Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

20th August 2025

LIPOEDEMA UK

England & Wales - Charity number 1181312

Accounts



Trustees Annual Report

01 January 2023 – 31 December 2023



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Main Activities of Lipoedema UK

- Provision of services, advice information and support
- Advance the education of the public
- Advance the education of those involved in the diagnosis, treatment and care

This report has been approved by the Board of Trustees, and is signed on their behalf on 15th October 2024 by:



Sharie Fetzer, Chair



Kate Forster, Treasurer & Secretary

Our Team

Trustees

Role	Trustee
Chair	Sharie Fetzer
Secretary & Treasurer	Kate Forster, Chartered FCIPD
Trustee	Suzanne Evans, BA (Hons)
Trustee	Kris Jones, RGN
Trustee	Sara Percival, MSc

Our trustee recruitment comes from our membership and our advisory teams. All our current trustees have a personal connection to lipoedema.

Patrons, Clinical & Medical Advisory Teams

Role	Name	Contact Address
Patrons	Professor Peter M. Mortimer MD FRCP Dr Kristiana Gordon MBBS MRCP MD(Res) CLT	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
Nurse Consultants & Clinical Advisors	Mary Warrilow RGN, BSc(Hons), QN Kris Jones RGN, ENB931, ENB N34, Post Graduate Diploma Lymphoedema Practice Rhodri Harris RGN Sara Percival MSc Clare Anvar BSc(Hons), MSc MLD, Clinical Massage Specialist	Care of Lipoedema UK Lymphcare UK, The Lodge, Mary Stevens Hospice, 221 Hagley Road, Stourbridge, DY8 2JR Care of Lipoedema UK Care of Lipoedema UK Care of Lipoedema UK
Medical Advisors	Dr Sarah Pledger FFSRH, MRCGP, MBBS, DRCOG Dr Vaughan Keeley PhD, FRCP	Care of Lipoedema UK Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE

Key Activities In 2023: Delivering Our Aims & Purpose

2023 provided another challenging environment as Lipoedema UK's support and advisory activities continued to experience increased levels of demand. Patients continued to find it frustratingly difficult to access previously traditional primary care services such as appointments with their GPs and referrals to other primary care providers such as Lymphoedema clinics.

We witnessed continuing strains of loneliness and isolation from our UK members, so our team increased our focus on increasing ways of alleviating the lack of face-to-face contact and difficulties in obtaining a diagnosis or professional advice.

Fortunately, 2023 witnessed a slow return to events for healthcare professionals both in the UK and abroad, these became increasingly important to the members of our team as they opened up many opportunities to grow affiliations with new organizations and international medical expertise. The major event of the year was the first World Congress for Lipedema held in Potsdam, Germany which created an optimistic and enlightening experience for both patient organizations and healthcare professionals from all around the globe.

Weekly Webinars for Lipoedema UK Members

Following the 2020 launch of our on-line Health & Wellbeing community, in 2023 we continued to increase the content of medical advice and motivational support, along with the opportunity to 'meet' in a safe and secure environment where patients could obtain expert information and ask questions about their own situation and concerns. Our Nurse Consultant/Clinical Advisor team of Kris Jones, Sara Percival, Rhodri Harris and Mary Warrilow was strengthened by the addition of Clare Anvar, Clinical Therapy Advisor for Lipoedema UK who brings a deep knowledge and experience in post-operative treatments for lipoedema from her private clinical work.

Regular members told us our sessions continued to be a lifeline on how to manage their symptoms and as a support mechanism.

International Collaboration

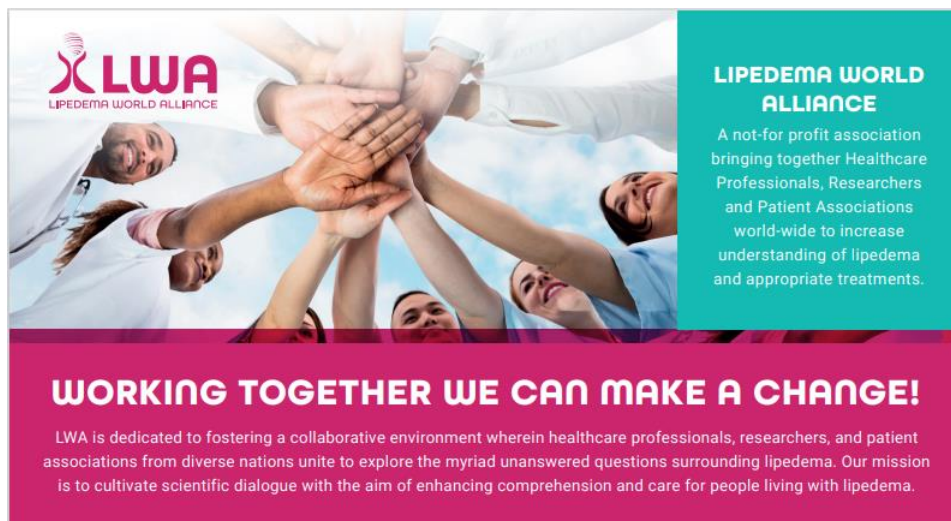
The provision of government provided healthcare services worldwide continues to frustrate patients and healthcare providers alike, most patients experience similar challenges in accessing lipedema diagnosis and treatment, despite different healthcare systems and countries. However, following the 2022 NICE review the UK has experienced a devastating drop in availability for patients to access surgery for lipoedema, at the same time as there is a growing awareness of the potentially transformational benefits of surgical treatments. Consequently, 2023 saw a constant stream of UK patients going abroad and funding their own surgical treatment.

In 2023, Lipoedema UK continued to strengthen its ties with other international patient organizations, surgeons and healthcare experts. We now regard international collaboration as an essential part of our work, to raise awareness of the experience of patients in the UK and to share information within the UK on the activities of international healthcare professionals and researchers.

We approach all our work with our goal in mind that #TogetherWeCanBeatLipoedema and believe that it is essential to have the voice of UK patients not only heard, but also involved in addressing the challenges of living with lipoedema and determining research priorities both in the UK but also worldwide.

Membership of Lipoedema World Alliance (LWA)

The Lipoedema World Alliance, an international not-for profit association, was registered on 22 July 2022. Lipoedema UK is represented by two of our trustees, Sharie Fetzer and Kate Forster on the Board of the LWA.



The Lipoedema World Alliance Board brings us together with several of our sister lipoedema associations and a range of international lipoedema practitioners/researchers:

Sandro Michelini (President), Karen Herbst (Vice-President), Manuel Cornely, Gabriele Faerber, Isabel Forner Cordero, Mojtaba Ghods, Philipp Kruppa, Serena Michelini, José Luis Simarro, Thomas Wright, and then two representatives from each of: LIO Lipoedema Italia, Lipoedema UK and andLINFA.

Working with the LWA was a significant activity for us in 2023, culminating in our participation at the Lipoedema world Congress in October 2023.



2nd Lisbon International Lipedema Meeting

Our Chair was asked to speak about the work and challenges facing Lipoedema UK at a well attended professional event in Lisbon. Many international organizations continue to regard Lipoedema UK as the founder charity and seek our participation and advice on their own activities.



NICE Interventional Procedures Guidance: Liposuction for chronic lipoedema [IPG721]
Published 29 March 2022

The National Institute for Health and Care Excellence (NICE) carried out a rapid review of the evidence into the provision of liposuction for lipoedema in the UK in 2021-2022.

The final recommendations published by NICE were:

1.1 Evidence on the safety of liposuction for chronic lipoedema is inadequate but raises concerns of major adverse events such as fluid imbalance, fat embolism, deep vein thrombosis, and toxicity from local anaesthetic agents. Evidence on the efficacy is also inadequate, based mainly on retrospective studies with methodological limitations. Therefore, this procedure should only be used in the context of research.

1.2 Further research should report:

- patient selection, including age, effects of hormonal changes (which should include effects seen during puberty and menopause) and the severity and site of disease*
- details of the number and duration of procedures, the liposuction technique used (including the type of anaesthesia and fluid balance during the procedure), and any procedure-related complications*
- long-term outcomes, including weight and body mass index changes*

- *patient-reported outcomes, including quality of life.*

1.3 Patient selection should be done by a multidisciplinary team, including clinicians with expertise in managing lipoedema.

1.4 The procedure should only be done in specialist centres by surgeons experienced in this procedure.

This classification of a procedure as only to be used in the context of research is defined by NICE as: NICE consider there to be unresolved uncertainties or that a procedure is still considered experimental, so they recommend clinicians only carry out the procedure in formal research studies which were approved by ethics committees.

NICE's 2022 recommendations above have effectively stopped almost all liposuction operations in the UK creating a void which has forced patients to seek surgery outside the UK. Many of the international surgeons have a wealth of experience and are leading experts in their fields so most patients have extremely good outcomes from their surgery. However, cost is a major obstacle and as the demand grows there is the potential for less experienced and 'cheaper' practitioners to enter the field and we are concerned about the obvious potential dangers for UK patients.

Lipoedema UK continues to campaign and seek more evidence to present to NICE at their next review in March 2025, or earlier, and continues to communicate with NICE and their patient facing activities.

Social Media Activities

Social media continues to be an effective way to reach new members and raise awareness amongst women who may not be aware that they have undiagnosed lipoedema. Our social media reach continues to grow along with our presence on other organisations' social media as we become more integrated in a wider lipoedema network.

During June, Lipoedema Awareness month we spread word of our international initiatives and shared webinars, including live streaming them on Facebook and You Tube. As part of our collaboration with LIO and andLINFA, and thanks to the support of a range of sponsors, we were able to have sessions streamed with live translation so that people could hear the presentations in English, Portuguese or Italian, and we were also able to translate presenters who were not presenting in English, such as Dr Simarro who gave an update in Spanish on his work in Spain.

Using a variety of social media to stream these sessions helped us all reach a range of healthcare professionals and patients, and generated some useful discussions and participation.

Updating our website: www.lipoedema.co.uk

Our website continues to provide a wealth of information for both patients and health care patients seeking information on symptoms and treatments and is referenced by other reputable websites such as that of the NHS.

As our access to newer information increases we feel expenditure on our website is a top priority and our aim is to make it a trustworthy and impartial source of information for anyone searching the internet.

Healthcare Professional Events

Lipoedema UK attended and exhibited at several significant Healthcare Professional events in 2023, including The British Journal of Community Nursing Lymphoedema conferences in London and the British Lymphology (BLS) Conference in October. We also exhibited at the Primary Care Event at the

NEC in October which provided an opportunity to distribute leaflets on lipoedema to over a thousand nurses, doctors and other primary healthcare professionals from our stand outside the diabetes theatre.



Legal structure & compliance

We are incorporated as a Foundation Charitable Incorporated Organisation since 20 December 2018, building on our work as an unincorporated charity, Lipoedema UK 1157716, founded in 2012.

Our trustees are recruited from within our wider membership and all currently are people living with lipoedema, and/or providing services to those living with lipoedema. Our structure is a simple one with a small group of trustees and a larger team of volunteers.

Principal risks facing us as a charity

Resources. We remain significantly constrained by volunteer capacity and our finances. As our reputation grows we are asked to speak at more and more events or participate in working groups, all of which involve expenses for us or our volunteers.

In order to take full advantage of all the opportunities that are increasingly available to us, we need to increase our income and our pool of suitably skilled people able to participate on our behalf.

Finances

Member Fundraising

We are always profoundly grateful for fundraising from our members and supporters and acknowledge and celebrate their fundraising on our social media and in our news emails to members. Our membership fees and members fundraising has grown along with our activities and support for individuals, although as lipoedema is a chronic condition it frequently impinges on a patient's earning power. Lack of NHS support for treatments continues to leave patients forced to fund their own, often expensive, treatments, which has become more complex since the NICE review. We continue to seek indirect funding through sources such as Give as you Live and other fundraising platforms.

Membership

By providing our online sessions as closed zoom calls to our members, we maintain the investment of our resources into these sessions for those who join us as members, both making the space safer for them and helping encourage enquirers to become members.

Our members provide us both with important funds for our work and with their stories and experiences, and we appreciate the value of these non-financial and financial contributions.

Sponsorship

We are extremely grateful to the loyalty and support shown to Lipoedema UK from our core sponsors. Sponsorship and other income was reduced from the previous year due to the fact we did not hold a conference. Compression garments companies remain a crucial part of our financing and we value our partnership with them and their willingness to develop new products to alleviate specific symptoms. They also provide links, connections and partnerships for awareness raising with healthcare professionals.

Review of Accounts

Our financial position is outlined in our attached accounts. Activities in historical prior years are captured in the accounts of the unincorporated charity Lipoedema UK, registered charity number 1157716.

The increasing number of live events for healthcare professional in 2023 enabled us to return to one of our core activities of raising awareness amongst the medical profession of the symptoms of lipoedema and their role in identifying the condition as early as possible. It has been encouraging to note interest in helping lipoedema patients from increasing numbers of GPs and nurses and primary care givers and their own frustrations in the lack of care pathways and referral services.

In this new environment the content on our website has increased in importance as an educational tool and resource for both healthcare professionals and patients researching the symptoms and treatments for lipoedema.

Our aims are to increase our future income in order to increase our resources available to deliver projects to support healthcare professionals and people with lipoedema. Running a national charity from a volunteer base is always challenging and especially as demand for our support activities becomes more complex. We are not limited by our ambitions but by our resources, both financial and people.

Investment and Reserves

We monitor our annual income in order to ensure we can meet commitments as they arise. Our funds are managed through our bank account. We do not invest funds elsewhere as our cash reserves are relatively small and we use our income to meet our expenses, rather than investing for the long term.



Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

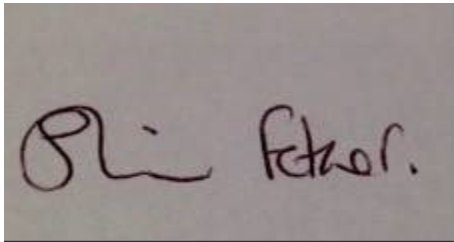
Accounts

31 December 2023

Lipoedema UK

Approval statement

I approve the accounts which comprise of the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the applicable financial reporting framework as set out in note 1, and for providing with all information and explanations necessary for their compilation.

A rectangular box containing a handwritten signature in dark ink. The signature is written in a cursive style and reads "Sharie Fetzer".

Sharie Fetzer
Chair
6 August 2024

Lipoedema UK
Income and Expenditure Account
for the year ended 31 December 2023

	2023	2022
	£	£
Income		
Sponsorship & Donations	37,578	32,032
Membership	22,255	15,472
Publications	1,321	1,775
	<u>61,154</u>	<u>49,279</u>
Expenses		
Design and Print	7,155	5,035
Administration Expenses	4,418	2,150
Conference and AGM	-	3,177
Healthcare Professional Awareness Events	13,409	2,967
Membership and Healthcare Professional Support	21,668	17,227
CRM & IT Systems	5,809	6,888
Website	4,117	3,586
Accountancy, Insurance and other professional fees	2,087	1,688
	<u>58,663</u>	<u>42,718</u>
Surplus	<u>2,491</u>	<u>6,561</u>

Lipoedema UK
Balance Sheet
as at 31 December 2023

	2023	2022
	£	£
Assets		
Bank/building society balances	25,263	22,772
	<u>25,263</u>	<u>22,772</u>
Liabilities		
Other liabilities and accruals	600	600
	<u>600</u>	<u>600</u>
	<u>24,663</u>	<u>22,172</u>
Net business assets represented by		
Capital account:		
Balance at start of period	22,172	15,610
Net Surplus	2,491	6,562
	<u>24,663</u>	<u>22,172</u>

Lipoedema UK
Notes to the Accounts
for the year ended 31 December 2023

1 Accounting basis

The accounts have been compiled on a basis that enables a deficit or surplus to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.

Independent examiner's report to the trustees of Lipoedema UK

Charity Number 1181312

I report on the accounts of the Trust for the year ended 31st December 2023, which are set out on pages 1 to 4 in the attached financial statements.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

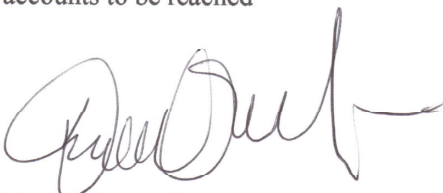
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

6th August 2024

Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

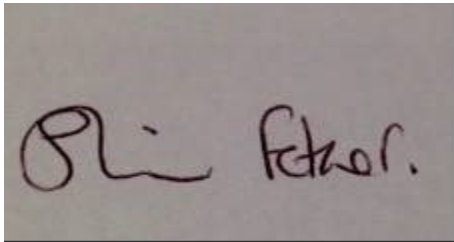
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Lipoedema UK

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Lipoedema UK
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Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

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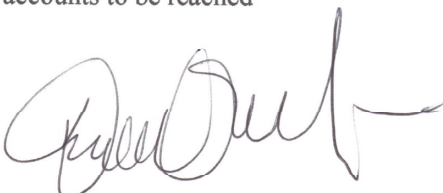
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Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

6th August 2024

LIPOEDEMA UK

England & Wales - Charity number 1181312

Accounts

Trustees Annual Report

01 January 2022 – 31 December 2022



Charity name Lipoedema UK

Other name the charity uses Lip UK

Registered charity number 1181312

Charity's principal address Foxfield House
Chichester Road
West Wittering
West Sussex PO20 8QB

www.lipoedema.co.uk
info@lipoedema.co.uk

Founding Member of the
Lipedema World Alliance



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Introduction

This report has been compiled by the Trustees to provide an update of activities in 2022 for members & funders, and to comply with the charity's reporting obligations to the Charity Commission. We would like to thank everyone who donated or supported our activities though sponsorship as they made all these activities and achievements possible.

As trustees we understand that public benefit is part of what it means to be a charity. We took account of the Charity Commission guidance on requirements for public benefit in determining our purposes and activities when our charity was set up, and we are aware of the existence of the guidance on running our charity in a compliant manner to deliver public benefit. We refer to this guidance as our charity evolves and grows, to ensure that we remain appropriately focussed and managed.

We have taken account of the Charity Commission guidance on public benefit reporting in the creation of this annual report and in consideration of our other communications to beneficiaries and potential funders.

Purpose of Lipoedema UK

To relieve the needs of people with Lipoedema, in particular, but not exclusively, by the provision of services, advice, information and support; and to advance the education of the public, in particular those involved in the diagnosis, treatment and care of those suffering Lipoedema.

Main Activities of Lipoedema UK

- Provision of services, advice information and support
- Advance the education of the public
- Advance the education of those involved in the diagnosis, treatment and care

This report has been approved by the Board of Trustees, and is signed on their behalf on 20 October 2023 by:



Sharie Fetzer, Chair



Kate Forster, Treasurer & Secretary

Our Team

Trustees

Role	Trustee
Chair	Sharie Fetzer
Secretary & Treasurer	Kate Forster, Chartered FCIPD
Trustee	Suzanne Evans, BA (Hons)
Trustee	Kris Jones, RGN
Trustee	Sara Percival, MSc

Our trustee recruitment comes from our membership and our advisory teams. All our current trustees have a personal connection to lipoedema. In 2022, we were delighted to welcome Sara Percival to the Board as a new Trustee. Sara is both one of our long-term members and an especially talented and experienced Lymphoedema and Lipoedema healthcare professional.

Patrons, Clinical & Medical Advisory Teams

Role	Name	Contact Address
Patrons	Professor Peter M. Mortimer MD FRCP Dr Kristiana Gordon MBBS MRCP MD(Res) CLT	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
Nurse Consultants & Clinical Advisors	Mary Warrilow RGN, BSc(Hons), QN	Care of Lipoedema UK
	Kris Jones RGN, ENB931, ENB N34, Post Graduate Diploma Lymphoedema Practice	Lymphcare UK, The Lodge, Mary Stevens Hospice, 221 Hagley Road, Stourbridge, DY8 2JR
	Rhodri Harris RGN	Care of Lipoedema UK
	Sara Percival MSc	Care of Lipoedema UK
Medical Advisors	Dr Dirk Pilat FRCGP, PgDipGP (Otago)	Care of Royal College of General Practitioners 30 Euston Square, London
	Dr Sarah Pledger FFSRH, MRCGP, MBBS, DRCOG	Fitzallen Medical Group, Fitzalan Road, Littlehampton, West Sussex, BN17 5JR
	Dr Vaughan Keeley PhD, FRCP	Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE

Key Activities In 2022: Delivering Our Aims & Purpose

2022 proved to be a continuing challenging year to resume many of our usual activities prior to covid and lockdowns. Our support and advisory activities continued to experience new levels of demand as patients found it difficult to resume and access previously traditional primary care services. In this environment we decided to continue increasing our online



support for patients who reported difficulties in obtaining appointments with either their GPs or other primary care providers.

Numbers of planned healthcare professional events remained low and our team also found it difficult to combine their return to normal working conditions with attending events as volunteers.

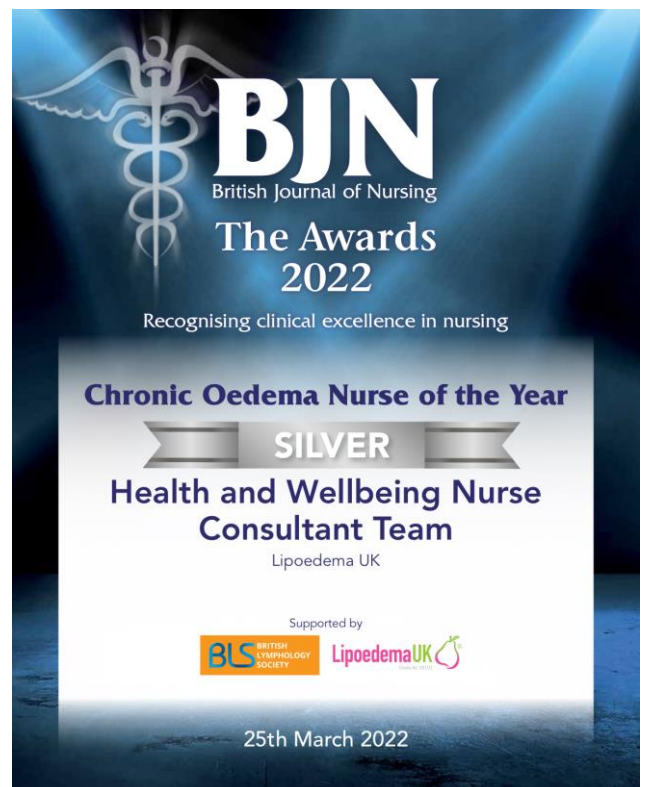
We witnessed continuing strains of loneliness and isolation from our members, so the team adapted our activities and focus to find new ways of alleviating the lack of face to face contact and continuing stressful conditions following reduced services throughout lockdown. Our email help line enquiries reflected the lack of medical attention experienced by our members. To meet this increased demand we spent more time and resources on one to one advice through our helpline and also by increasing the range of topics in our online webinars.

In addition to all our usual activities we also devoted considerable internal resources to the aftermath of the NICE review, including a feature on the BBC Radio 4 programme Woman's Hour.

Weekly Webinars for Lipoedema UK Members

Following the 2020 launch of our on-line Health & Wellbeing community in 2022 we evolved the format to increase the content of medical advice and motivational support, along with the opportunity to 'meet' in a safe and secure environment. Our Nurse Consultant/Clinical Advisor team of Kris Jones, Sara Percival, Rhodri Harris and Mary Warrilow provided a regular feature of presentations and advice to approximately 50 members and the weekly session went from strength to strength during 2022.

Many of our members told us our sessions continued to be a lifeline for them since lockdown, especially if they experienced worsening of their pre-existing medical conditions. We were delighted when the team's success was acknowledged by a Silver Award at the British Journal of Nursing's Chronic Oedema Nurse of the Year awards 2022.



International Collaboration

Lipoedema Awareness Month

SAVE THE DATE

19:00h CET (Roma)
18:00h GMT (London & Lisboa)

THU, 23RD JUNE

Impact of diagnosis on teenage years: careers and treatments

Patients: Georgina (UK), Margarida (Portugal)

organizing team:

Lipoedema UK

ANDLINFA
Associação Nacional de Doentes Linfáticos
National Association of Sufferers of Lymphatic Disorders

Monica Smith (UK)

The situation for patients regarding the provision of healthcare services is almost identical both in the UK and internationally, with many people experiencing similar challenges in accessing lipoedema diagnosis and treatment, despite their different healthcare systems and countries.

In 2022, Lipoedema UK strengthened its ties with other international patient organisations and healthcare experts. In June 2022, as part of Lipoedema Awareness

Month, we took part in a series of international webinars featuring experts from around the world and also hosted our own webinar which we shared with the international community featuring the impact of lipoedema on younger patients. These webinars were organized by a triumvirate of lipedema charities: Lipoedema UK, LIO Lipedema Italia (based in Italy) and andLINFA (based in Portugal).

We regard international collaboration as an essential part of our work, to raise awareness of the experience of patients in the UK and to also bring information into the UK on the activities of non-UK healthcare professionals and researchers.

We approach this work always with our goal in mind that #TogetherWeCanBeatLipoedema and believe that it is essential to have the voice of patients not only heard, but also involved in addressing the challenges of living with lipoedema and determining research priorities.

Founding of the Lipedema World Alliance (LWA)

Building on the success of our international collaboration, we were delighted to formalise our relationships with over 100 respected international clinicians, healthcare professionals, scientific associations and other patient associations by helping to found the Lipedema World Alliance, an international not-for profit association. LWA was registered on 22 July 2022.

SAVE THE DATE
8TH JUNE
 19:00h CET
 18:00 London & Lisbon

What's going on in lipedema?
Research update

Karen Herbst, PhD, MD
 Thomas Wright, MD

organization:
 LIO Lipedema Italia, Lipoedema UK, andLINFA

LWA
 LIPEDEMA WORLD ALLIANCE

LIPEDEMA WORLD ALLIANCE
 A not-for profit association bringing together Healthcare Professionals, Researchers and Patient Associations world-wide to increase understanding of lipoedema and appropriate treatments.

WORKING TOGETHER WE CAN MAKE A CHANGE!
 LWA is dedicated to fostering a collaborative environment wherein healthcare professionals, researchers, and patient associations from diverse nations unite to explore the myriad unanswered questions surrounding lipoedema. Our mission is to cultivate scientific dialogue with the aim of enhancing comprehension and care for people living with lipoedema.


The Lipedema World Alliance Board brings us together with several of our sister lipoedema associations and a range of international lipoedema practitioners/researchers:

Sandro Michelini (President), Karen Herbst (Vice-President), Manuel Cornely, Gabriele Faerber, Isabel Forner Cordero, Mojtaba Ghods, Philipp Kruppa, Serena Michelini, José Luis Simarro, Thomas Wright, and then two representatives from each of: LIO Lipedema Italia, Lipoedema UK and andLINFA.

As there are multiple different spellings of lipoedema, it was decided to use Lipedema, without the o, in the title of the LWA and so when we issue or author LWA publications we will use lipoedema; but continue to use the UK spelling of lipoedema in our own domestic activities.

Founding the LWA was a significant activity for us in 2022, and we are very pleased to collaborate with over 100 other passionate people and organisations. We feel that this collaboration amplifies all our own individual efforts and will be transformative for people living with lipoedema.

MISSION
Lipedema World Alliance




LWA is dedicated to fostering a collaborative environment wherein healthcare professionals, researchers, and patient associations from diverse nations unite to explore the myriad unanswered questions surrounding lipoedema. Our mission is to cultivate scientific dialogue with the aim of enhancing comprehension and care for people living with lipoedema.

WORKING TOGETHER WE CAN MAKE A CHANGE

Lipedema has long been a *Cinderella disease*, ignored and neglected. Recent interest and research have often been driven by patients' desperation and passion to find answers. Our shared goal is to propel further research into lipoedema, and we're resolute in pursuing this endeavor collectively.

VISION
What We Will Achieve Together



LWA envisions a future where the intricacies of lipoedema's pathology and optimal management strategies are comprehensively understood. We believe fervently that the most effective means of attaining this understanding lies in fostering a spirit of collaboration, uniting patient advocates and professionals. This collaborative approach serves to:

- Cultivate open dialogues among patients, clinicians, and researchers regarding priorities and concerns.
- Identify and prioritize areas for sustained research in lipoedema without artificial limitations.
- Develop unbiased educational resources backed by scientific rigor.
- Facilitate access to a diverse array of research participants spanning the globe.

About us

Welcome to Lipedema World Alliance, a non-profit organization founded in 2022 by a board composed of dedicated healthcare professionals, researchers, and passionate representatives from patient associations across various countries.

Led by President Dr. Sandro Michelini and Vice President Dr. Karen Herbst, the board proudly includes representation from patient associations, including Lipedema Italia Onlus (LIO), Lipoedema UK, and andLINFA.

NICE Interventional Procedures Guidance: Liposuction for chronic lipoedema [IPG721]
Published 29 March 2022

The National Institute for Health and Care Excellence (NICE) carried out a rapid review of the evidence into the provision of liposuction for lipoedema in the UK in 2021-2022.

Lipoedema UK were actively engaged in all stages of NICE's review process and submitted detailed evidence of the effects of lipoedema on patients' long term health and their experiences of liposuction, including the feedback of over 900 respondents to our 2021 survey.

The final recommendations published by NICE were:

1.1 Evidence on the safety of liposuction for chronic lipoedema is inadequate but raises concerns of major adverse events such as fluid imbalance, fat embolism, deep vein thrombosis, and toxicity from local anaesthetic agents. Evidence on the efficacy is also inadequate, based mainly on retrospective studies with methodological limitations. Therefore, this procedure should only be used in the context of research.

1.2 Further research should report:

- patient selection, including age, effects of hormonal changes (which should include effects seen during puberty and menopause) and the severity and site of disease*
- details of the number and duration of procedures, the liposuction technique used (including the type of anaesthesia and fluid balance during the procedure), and any procedure-related complications*
- long-term outcomes, including weight and body mass index changes*
- patient-reported outcomes, including quality of life.*

1.3 Patient selection should be done by a multidisciplinary team, including clinicians with expertise in managing lipoedema.

1.4 The procedure should only be done in specialist centres by surgeons experienced in this procedure.

This classification of a procedure as only to be used in the content of research is defined by NICE as: NICE consider there to be unresolved uncertainties or that a procedure is still considered experimental, so they recommend clinicians only carry out the procedure in formal research studies which were approved by ethics committees.

NICE's recommendations effectively stopped almost all liposuction operations in the UK leaving patients either half-way through treatments or having to seek surgery outside the UK.

Whilst Lipoedema UK is disappointed that NICE are not yet in a position to fully recommend the provision of liposuction for lipoedema by the NHS, there was clear recognition given by the review committee to the impact that lipoedema has on peoples' quality of life. Our thanks go to all our members and those who responded to our survey with their stories, which enabled us to help the NICE committee understand the need for better treatment options than the current highly limited provision. Those personal stories led them to conclude that lipoedema is still under-recognised and can be *"extremely debilitating"*.

Furthermore, NICE make several references to lipoedema being distinct from obesity and lymphoedema; and acknowledge the limited range of treatment options for lipoedema at this time. These are both important conclusions and we know NICE support our desire for better care for those living with lipoedema, and understand how hard it can be as they also state: *"The size and shape of legs and the resultant mobility issues and pain, can have a profoundly negative effect on quality of life and physical and mental health"*.

Our survey and our report to NICE can be downloaded from the liposuction area on our website.

We all recognise that there is currently limited long-term research data into liposuction for lipoedema and that NICE have rigorous expectations for the design of research that they consider to be the “gold standard”. NICE acknowledge the research currently published and that underway, and have committed to reviewing their guidance after a randomised control trial in Germany is completed and published. Lipoedema UK continues to campaign and seek more evidence to present to NICE at their next review in March 2025, or earlier, and continues to communicate with NICE.

Diet and Lifestyle Research De Montfort University and Lipoedema UK

Work continued with Dr Jessica Jin, Senior Lecturer in Nutrition, on our joint research project to investigate the effect of diet and lifestyle on Lipoedema. The project is still seeking direct funding to enable it to continue and recruit a PhD student to assist with the project. Dr Jinn and Lipoedema UK continue to be committed to the project but other commitments and priorities for both parties have made it difficult to devote time to the project in 2022.

Social Media Activities

Social media, continues to be an effective way to reach new members and raise awareness amongst women who may not be aware that they have undiagnosed lipoedema. Our social media reach continues to grow along with our presence on other organisations’ social media as we become more integrated in a wider lipoedema network.

These webinars are offered by our charities thanks to the generosity of our donors:

Date	Topic	Presenter
Wed, 8th June	What's going on in Lipedema Research Update	Dr. Karen L. Herbst MD, PhD Dr. Thomas F. Wright MD, FACP (USA)
Mon, 20th June	Lipedema signs, symptoms, severity and treatment	Dr. med. Maximal E. Conradi (Germany)
Thu, 23rd June	Impact of Lipedema on marriage, pain, careers and relationships	Marisa Smith (UK) Patricia Gonzalez (UK) Margaret Pernauff
Fri, 2nd July	Diseases associated with Lipedema	Dr. José Luis Serrano (Spain)
Wed, 6th July	Lipedema surgery in earlier stages	Dr. med. (Dr. Heide) Wolz (Germany)
Tues, 12th July	Lipedema surgery in intermediate/advanced stages	Dr. Enrique Burgos de la Ostra (Spain)
Wed, 20th July	Management of Lipedema: Primary, Associated and Secondary forms in Lipedema	Patients' Associations with Dr. Socorro Meléndez (Spain)

During June, Lipoedema Awareness month we spread word of our international initiatives and shared webinars, including live streaming them on Facebook and You Tube. As part of our collaboration with LIO and andLINFA, and thanks to the support of a range of sponsors, we were able to have sessions streamed with live translation so that people could hear the presentations in English, Portuguese or Italian, and we were also able to translate presenters who were not presenting in English, such as Dr Simarro who gave an update in Spanish on his work in Spain.

Using a variety of social media to stream these sessions helped us all reach a range of healthcare professionals and patients, and generated some useful discussions and participation.

Updating our website: www.lipoedema.co.uk

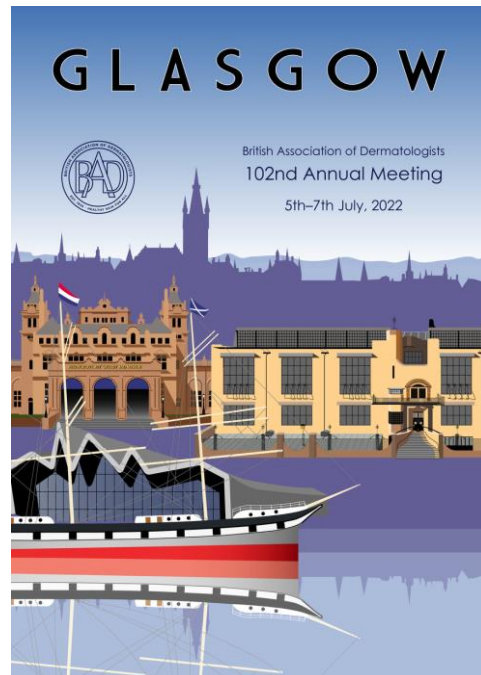
Our website continues to provide a wealth of information for both patients and health care patients seeking information on symptoms and treatments and is referenced by other reputable websites such as that of the NHS.

As always, we spent time and resources adding content to ensure we keep our website up to date.

Healthcare Professional Events



Lipoedema UK attended and exhibited at several significant Healthcare Professional events in 2022, including The British Journal of Community Nursing Lymphoedema conferences in London and Manchester which were both chaired by our own Chair, Sharie Fetzer. Others we attended included The British Association of Dermatologists (BAD) Conference in Glasgow in July and the British Lymphology (BLS) Conference in Staffordshire in October.



Legal structure & compliance

We are incorporated as a Foundation Charitable Incorporated Organisation since 20 December 2018, building on our work as an unincorporated charity, Lipoedema UK 1157716, founded in 2012.

Our trustees are recruited from within our wider membership and all currently are people living with Lipoedema. Our structure is a simple one with a small group of trustees and a larger team of volunteers.

Principal risks facing us as a charity

Resources. We remain significantly constrained by volunteer capacity and our finances. As our reputation grows we are asked to speak at more and more events or participate in working groups, all of which involve expenses for us or our volunteers.

In order to take full advantage of all the opportunities that are increasingly available to us, we need to increase our income and our pool of suitably skilled people able to participate on our behalf.

Finances

Member Fundraising

We are always profoundly grateful for fundraising from our members and supporters and acknowledge and celebrate their fundraising on our social media and in our news emails to members. Our membership fees and members fundraising has grown along with our activities and support for individuals, although as lipoedema is a chronic condition it frequently impinges on a patient's earning power. Lack of NHS support for treatments continues to leave patients forced to fund their own, often expensive, treatments, which has become more complex since the NICE review. We continue to seek indirect funding through sources such as Give as you Live and other fundraising platforms.

Membership

By providing our online sessions as closed zoom calls to our members, we maintain the investment of our resources into these sessions for those who join us as members, both making the space safer for them and helping encourage enquirers to become members.

Our members provide us both with important funds for our work and with their stories and experiences, and we appreciate the value of these non-financial and financial contributions.

Sponsorship

We are extremely grateful to the loyalty and support shown to Lipoedema UK from our core sponsors. Sponsorship and other income was reduced from the previous year due to the fact we did not hold a conference. Compression garments companies remain a crucial part of our financing and we value our partnership with them and their willingness to develop new products to alleviate specific symptoms. They also provide links, connections and partnerships for awareness raising with healthcare professionals.

Review of Accounts

Our financial position is outlined in our attached accounts. Activities in historical prior years are captured in the accounts of the unincorporated charity Lipoedema UK, registered charity number 1157716.

The lack of physical events for healthcare professional in 2022 enabled us to dedicate our time and resources to providing increased patient support for members and also dealing with many general enquiries, providing a lifeline for patients who were increasingly distressed and demoralised by the lack of support from their local primary care services.

As so much contact was remote, it remained important to maintain and enhance our website so that it continued to provide an educational tool and resource for both healthcare professionals and patients researching the symptoms and treatments for lipoedema.

We wish to further increase our income in the future, in order to increase our resources available to deliver projects to support healthcare professionals and people with lipoedema. Running a national charity from a volunteer base is always challenging and especially as demand for our support activities becomes more complex and we need to collaborate internationally. We are not limited by our ambitions but by our resources, both financial and people.

Investment and Reserves

We monitor our annual income in order to ensure we can meet commitments as they arise. Our funds are managed through our bank account. We do not invest funds elsewhere as our cash reserves are relatively small and we use our income to meet our expenses, rather than investing for the long term.



Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

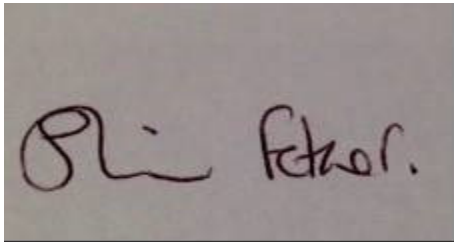
Accounts

31 December 2022

Lipoedema UK

Approval statement

I approve the accounts which comprise of the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the applicable financial reporting framework as set out in note 1, and for providing with all information and explanations necessary for their compilation.

A rectangular box containing a handwritten signature in dark ink. The signature is written in a cursive style and reads "Sharie Fetzer".

Sharie Fetzer
Chair
12th May 2023

Lipoedema UK
Income and Expenditure Account
for the year ended 31 December 2022

	2022	2021
	£	£
Income		
Sponsorship & Donations	32,032	40,891
Conference and Exhibitor payment	-	10,587
Membership	15,472	14,221
Publications	1,775	1,103
	<u>49,279</u>	<u>66,802</u>
 Expenses		
Design and Print	5,035	3,876
Administration Expenses	2,150	1,002
Conference and AGM	3,177	13,505
Healthcare Professional Awareness Events	2,966	2,682
Membership and Healthcare Professional Support	17,227	26,838
CRM & IT Systems	6,888	6,019
Website	3,586	8,165
Accountancy, Insurance and other professional fees	1,688	1,453
	<u>42,717</u>	<u>63,540</u>
 Surplus	<u>6,562</u>	<u>3,262</u>

Lipoedema UK
Balance Sheet
as at 31 December 2022

	2022	2021
	£	£
Assets		
Bank/building society balances	22,772	16,210
	<u>22,772</u>	<u>16,210</u>
Liabilities		
Other liabilities and accruals	600	600
	<u>600</u>	<u>600</u>
	<u>22,172</u>	<u>15,610</u>
Net business assets represented by		
Capital account:		
Balance at start of period	15,610	12,347
Net Surplus	6,562	3,263
	<u>22,172</u>	<u>15,610</u>

Lipoedema UK
Notes to the Accounts
for the year ended 31 December 2022

1 Accounting basis

The accounts have been compiled on a basis that enables a deficit or surplus to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.

Independent examiner's report to the trustees of Lipoedema UK

Charity Number 1181312

I report on the accounts of the Trust for the year ended 31st December 2022, which are set out on pages 1 to 4 in the attached financial statements.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

12th May 2023

Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

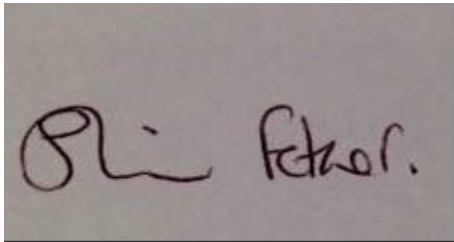
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Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

12th May 2023

LIPOEDEMA UK

England & Wales - Charity number 1181312

Accounts

Lipoedema UK

Trustees Annual Report

01 January 2021 – 31 December 2021



Charity name **Lipoedema UK**

Other name the charity uses **Lip UK**

Registered charity number **1181312**

Charity's principal address **Foxfield House
Chichester Road
West Wittering
West Sussex PO20 8QB**

info@lipoedema.co.uk

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Introduction

This report has been compiled by the Trustees to provide an update of activities in 2021 for members and funders, and to comply with the charity's reporting obligations to the Charity Commission.

We would like to thank everyone who donated to us, gave us sponsorship or donated their time and/or resources. This support made all these activities and achievements possible.

As trustees we understand that creating public benefit is integral to being a charity. We took account of the Charity Commission guidance on requirements for public benefit in determining our purposes and activities when our charity was set up, and we are aware of the existence of the guidance on running our charity in a compliant manner to deliver public benefit. We refer to this guidance as our charity evolves and grows to ensure that we remain appropriately focussed and managed.

We have taken account of the Charity Commission guidance on public benefit reporting in the creation of this annual report and in consideration of our other communications to beneficiaries, stakeholders and potential and existing funders.

Purpose of Lipoedema UK

To relieve the needs of people with Lipoedema, in particular, but not exclusively, by the provision of services, advice, information and support; and to advance the education of the public and medical community, in particular those involved in the diagnosis, treatment and care of those suffering Lipoedema.

Main activities of Lipoedema UK

- Provision of services, advice information and support in relation to lipoedema
- Advance the education of healthcare professionals and the public
- Advance the education of those involved in the diagnosis, treatment and care of Lipoedema patients

This report has been approved by the Board of Trustees, and is signed on their behalf on 12 October 2022 by:



Sharie Fetzer, Chair



Kate Forster, Treasurer & Secretary

Our team



Volunteer Nicola Kenworthy, Chair Sharie Fetzer, Nurse Consultants Mary Warrilow and Kris Jones

Our team comprises of our trustees, members, volunteers and our medical advisors. Together this team supports our member activities, deals with enquiries and provides input to our materials and website.

Members of our team also advocate for us, present at our conferences, deal with the press and work tirelessly to raise awareness of lipoedema amongst the general public and the medical profession.

Recruiting additional volunteers to respond to the opportunities and demands placed on us, and to deliver our charitable purposes, is a key activity and constraint, due to the debilitating effect that lipoedema has on many of our members.

Trustees

Role	Trustee
Chair	Sharie Fetzer
Secretary & Treasurer	Kate Forster, Chartered FCIPD
Trustee	Suzanne Evans, BA (Hons)
Trustee	Kris Jones (appointed 23 September 2021)

Our trustee recruitment comes from our membership and medical advisors. All our current trustees have a personal connection to lipoedema. Two of our long-standing trustees, Lucinda Evans and Carmen Ziqoras resigned in September 2021 as they were no longer able to devote sufficient time to charitable activities and we thank them for their long-term support during the crucial first few years. In September 2021 we were delighted to welcome Kris Jones as a Trustee, one of our long-term members and an especially talented and experienced Lymphoedema Nurse who we are fortunate to have as a nurse consultant.

Patrons and medical advisory team

Role	Name	Contact address
Patrons	Professor Peter M. Mortimer MD FRCP	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
	Dr Kristiana Gordon MBBS MRCP MD(Res) CLT	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
Nurse Consultants	Mary Warrilow RGN, BSc (Hons), QN	Care of Lipoedema UK
	Kris Jones RGN, ENB931, ENB N34, Post Graduate Diploma Lymphoedema Practice	Lymphcare UK, The Lodge, Mary Stevens Hospice, 221 Hagley Road, Stourbridge, DY8 2JR
	Sara Percival MSc	East Suffolk and North East Essex NHS Trust Mill Road Therapy Centre, Mill Road, Colchester. Essex CO4 5LJ
	Rhodri Harris RN, BSc (Hons)	Accelerate CIC St Joseph's Hospice, MareStreet, London, E8 4SA
Medical Advisors	Dr Dirk Pilat FRCGP, PgDipGP (Otago)	Care of Royal College of General Practitioners, 30 Euston Square, London
	Dr Sarah Pledger FFSRH, MRCGP, MBBS, DRCOG	Fitzalan Medical Group, Fitzalan Road, Littlehampton, West Sussex, BN17 5JR
	Dr Vaughan Keeley PhD, FRCP	Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE

Key activities in 2021 – delivering our aims and purpose in times of Covid-19 and lockdown



Our long-awaited members conference – finally held in after lockdowns lifted in 2021

2021 proved to be a challenging year with continued restrictions on our activities due to covid-19 and lockdowns. There was also increased pressure on our support and advisory activities as patients found it increasingly difficult to access support from traditional primary care channels. Our conference was particularly stressful to plan with confidence with numbers, speakers and exhibitors difficult to predict.

Many plans to attend and present at healthcare professional events remained on hold and we continued to delay the introduction of our Ambassador programme designed to increase our trained team of volunteers. In addition to all our usual activities, we also devoted considerable resources to representing patient interests in the NICE review (see section: Nice Interventional Procedures Guidance).

As we witnessed continuing stress and strains on our members, the team adapted our activities and focus to find new ways of alleviating the isolation and lack of medical attention experienced by our members. One key new way of doing this was through the continuation of our weekly online health and wellbeing sessions – see below.

CLINIC

Thursday 9th December
LIVING WITH LIPOEDEMA
Drop In Clinic with
Healthcare Professional Panel
Kris, Rhodri & Sara
Nurse Consultants

HEALTHCARE PROFESSIONALS SESSION
6.30 - 7.15 pm

Join our experienced nurses for a special Drop In Clinic Session and the chance to put forward questions around your Lipoedema health concerns.

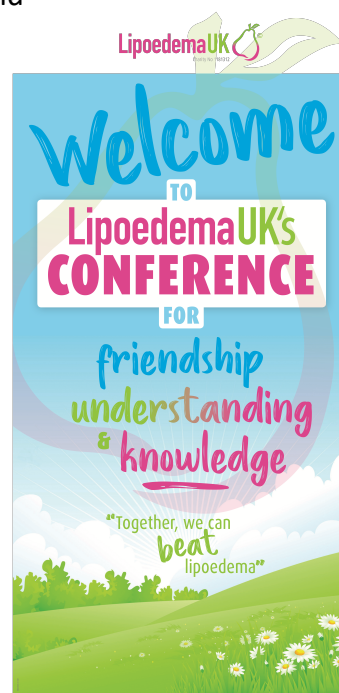
Lipoedema UK
Charity No 1181312

Weekly sessions of Lipoedema UK's virtual Health and Wellbeing Community

Following the 2020 launch of our on-line Health and Wellbeing community, in 2021 we evolved the format to increase content focussed on medical advice and motivational support, along with the opportunity for people to 'meet' in a safe and secure environment. Our Nurse Consultant team of Kris Jones, Sara Percival, Rhodri Harris and Mary Warrilow provided a regular feature of presentations and advice to approximately 50 members and the weekly session went from strength to strength during 2021. Many of our members told us that the sessions were a lifeline for them during lockdown and beyond.

Members conference

Originally, we had planned to hold our biggest ever conference in June 2020 for 200 people. We hoped this would substantially increase our income and lead to relationships with new sponsors. Due to covid-19, we attempted to reschedule to October 2020, but had to cancel this date due to the second lockdown. However, we were heartened by the way that members chose to wait for the rescheduled dates rather than cancel their places. The two-day conference eventually took place in October 2021 and was highly successful and well supported by both members, expert presenters on lipoedema and exhibitors.



NICE Interventional Procedures Guidance: Non-cosmetic liposuction in the treatment of chronic lipoedema IP1843

In 2020 NICE issued an invitation to Lipoedema UK to:

1. Provide an organisational submission to share views on the procedure by 01 May 2021
2. Publicise the [patient questionnaire](#) with our network to encourage people that have had the procedure to share their individual views and experiences
3. Comment on the draft guidance
4. Publicise the public consultation

Despite the restrictions of lockdown, the NICE review into liposuction was potentially the most significant initiative for UK Lipoedema patient care to date as it provided a great opportunity to present the wider case for provision of services for Lipoedema on the NHS. Out of necessity, it became the focus of a great deal of time and effort to respond in the most effective and appropriate way for significant part 2021. In order to gather the most wide-ranging evidence, Lipoedema UK devised an online patient survey. This had an overwhelming response with 902 responses received in just two weeks. The depth of this

Non-cosmetic liposuction in the treatment of chronic lipoedema

INTERVENTIONAL PROCEDURES GUIDANCE

By Mary Warrilow - Nurse Consultant, Lipoedema UK
& Sharie Fetzer - Chair, Lipoedema UK

*This document is based on Lipoedema UK's response to the National Institute for Health and Care Excellence (NICE) 2021 invitation to Lipoedema UK to contribute to the development of a piece of Interventional Procedures Guidance: non-cosmetic liposuction in the treatment of chronic lipoedema IP1843 (see page 12).

INTRODUCTION & SUMMARY

Lipoedema UK welcomed our involvement with NICE and the opportunity to comment on non-cosmetic liposuction (NCL) as a proposed interventional procedure for chronic lipoedema. In response, we have been proactive in capturing the views and experiences of individuals in the UK living with lipoedema and from those who have undergone non-cosmetic liposuction.

In May 2021 Lipoedema UK launched our survey *Living with Lipoedema - Non-cosmetic liposuction and other treatments*. The response from members and non-members was overwhelming, with 933 responses in total, from the UK and overseas in just two weeks. All respondents were female.

The findings highlight how lipoedema can have a negative impact on the well-being and quality of life of individuals and their families, both physically, psychologically, and from a socio-economic standpoint. It highlights the day-to-day issues and impact facing those living with this long-term condition and the views and

NICE WERE INTERESTED TO HEAR ABOUT

- the experience of having the condition or caring for someone with the condition
- the experience of receiving NHS care for the condition
- the experience of having specific treatments for the condition
- the outcomes of treatment that are important to patients or carers (which might differ from those measured in clinical studies, and including health-related quality of life)
- the acceptability of different treatments and how they are given
- expectations about the risks and benefits of the treatment

experiences of those who are considering or waiting for non-cosmetic liposuction and the outcomes to quality of life (QoL) for those who have undergone NCL surgery. Any advantages and disadvantages of non-cosmetic liposuction have been explored and also the risks associated with the procedure.

Our survey has also given a powerful insight into the massive lack of NHS service provision for this group of patients, the lack of clear Clinical Pathways and treatment options including non-cosmetic liposuction for lipoedema. The report brings attention to the impact of late diagnosis and intervention and the long-term negative cost implications to not just the health economy and NHS, but to the quality of life of individuals and their families living with this long-term condition. We await the outcome of NICE's Interventional Procedure Committee and their recommendations.

lipoedema.co.uk

information enabled us to compile a detailed report not only of patients experiences of liposuction but also the wide ranging and often devastating effects that lipoedema has on a patient's quality of life. The survey data was analysed with specific reference to the format of the NICE review documentation. Lipoedema UK's Chair Sharie Fetzer and Dr Kristiana Gordon were called as the two 'expert witnesses' interviewed by the NICE Committee during the first public review.

Following the submission to NICE and the Committee meetings Sharie Fetzer and Mary Warrilow published a detailed review covering the data submitted to NICE. This is available as a download on our website: <https://www.lipoedema.co.uk/wp-content/uploads/2021/11/LUK-NCL-Bklt-Sept21-WEBv9.pdf>

Diet and lifestyle research between De Montfort University and Lipoedema UK

Work continued with Dr Jessica Jin, Senior Lecturer in Nutrition, and Lipoedema UK on our joint research project to investigate the effect of diet and lifestyle on Lipoedema and to seek an optimal diet for Lipoedema. It is envisaged that this project will continue for several years and lead to publishing various papers on the methods and findings. We are in the process of recruiting a PhD student to assist with the project.

Social media

Social media, especially our Facebook page, continues to be an effective to way to reach new members and raise awareness amongst women who have developed lipoedema and may not be aware that it is a medical condition. Led by our Social Media Ambassador Tessa Sanderson, our social media figures are constantly growing and enable us to share up to date information and receive feedback on the most relevant issues.

PHD STUDY IN LIPOEDEMA DIET & LIFESTYLE



A unique opportunity for an ambitious and enthusiastic self-motivated student. Despite anecdotal evidence on benefits of certain diets in improving lipoedema, scientific studies are lacking. Currently there are no dietary guideline in the UK for lipoedema management.

PHD ENTRY REQUIREMENTS

- a Masters of Science degree in Nutrition specialising in the clinical aspects or related, e.g. medicine, clinical medicine, medical science or pharmacy - awarded at minimum a Merit level
- knowledgeable in areas of anatomy and physiology, fat metabolism and metabolic disease
- competent in collecting and analysing dietary, biochemical and clinical data using relevant techniques, such as dietary assessment and analytical biochemistry techniques

STUDY AIM

- research how dietary practice affects lipoedema management
- design dietary intervention and test its efficacy
- develop UK-based dietary guidelines for lipoedema management

PHD STUDY OVERVIEW

- full-time/3-4 years
- suited to those pursuing a career in weight management, research in clinical nutrition, obesity, endocrinology, immunity, metabolic diseases and eating disorders/behaviour, public health nutrition
- a multi-disciplinary supervisory team comprising nutritionist academic, medical practitioners in lipoedema and endocrinology

www.findaphd.com/phds/project/dietary-intervention-and-efficacy-in-improving-lipoedema-symptoms-among-patients-in-the-uk/7p133563



lipoedema.co.uk [Facebook](https://www.facebook.com/lipoedema.uk) [Instagram](https://www.instagram.com/lipoedema.uk) jessica.jin@dmu.ac.uk

Website: www.lipoedema.co.uk

Despite the lockdowns, our website continued to refresh content. We also created a new section where members could tell their own stories about the impact of lipoedema on their lives in their own words. We are aware that our website content is frequently accessed by people seeking a diagnosis who download information and take it to a wide range of appointments particularly patients seeking a diagnosis or denied access to medical services in their area.



Nurse consultant Mary Warrilow (left) manning the stand to help educate health professionals

Healthcare professional events

Lipoedema UK did manage to attend a few significant Healthcare Professional events in 2021.

The first Lymphoedema/Lipoedema live and online event after lockdown was the British Journal of Community Nursing Lymphoedema conference on 10th June. Sharie Fetzer Lipoedema UK chaired the hybrid programme and gave a presentation on Lipoedema UK's latest patient survey on diet and Lifestyle. There was a noticeable sense of joy amongst the participants to be meet and attend an event in person after so long being restricted to video-conferencing or being in isolation.

On July 9th Sharie was back in London to speak on Hormonal Changes: Contraception, Pregnancy, Childbirth and Menopause, to the Margaret Pike Trust at the Royal College of Physicians.

In September, we had a stand at the British Dermatological Nursing Group conference in Harrogate.

In October, Lipoedema UK were featured in an online presentation to patients and healthcare professions in Stockholm.

The final event we were able to attend was the International Lymphoedema Foundation conference in Denmark in November. This is an important international event and we were able to meet representatives of many other patient groups and significant international experts on lipoedema.

Legal structure and compliance

We have been incorporated as a Foundation Charitable Incorporated Organisation since 20 December 2018. This builds on our work as an unincorporated charity, Lipoedema UK 1157716, founded in 2012.

Our current trustees are people living with or treating Lipoedema who are all elected/ re-elected at our AGM by our Members. Our structure is a simple one with a small group of trustees and a larger team of volunteers.

Principal risks facing us as a charity

Resources. We remain significantly constrained by volunteer capacity and our finances. As our reputation grows we are asked to speak at more and more events or participate in working groups, all of which involve expenses for us or our volunteers.

In order to take full advantage of all the opportunities that are increasingly available to us, we need to increase our income and our pool of suitably skilled people able to participate on our behalf.

Finances

Member fundraising

We are always profoundly grateful for fundraising from our members and supporters. We celebrate their fundraising on our social media and in our news emails to members. We hope to see this source of income grow further as more people become aware of lipoedema and the devastating effect it has on both patients and their families. As lipoedema is a chronic condition it frequently impinges on a patient's finances. This occurs in two major ways. First, issues related to the condition, such as pain or mobility issues, limit earning potential. Second, patients are forced to fund their own, expensive treatments, such as conservative therapies or non-cosmetic liposuction. This situation creates financial hardship for many of our members and means many have insufficient funds to provide much direct financial support. However, many choose Lipoedema UK as their charity of for indirect funding sources such as Give as You Live.

Sponsorship

We are extremely grateful for the loyalty and support shown to Lipoedema UK from our core sponsors during the pandemic and very pleased to acquire new sponsors in 2021.

Compression garments companies remain a crucial part of our financing and we value our partnerships with them and their willingness to develop new products that will alleviate specific symptoms. They also provide links, connections and partnerships for awareness raising with the Healthcare profession.

Review of accounts

Our financial position is outlined in our attached accounts. Activities in prior years are captured in the accounts of the unincorporated charity Lipoedema UK, registered charity number 1157716.

Covid-19 and its related lockdowns meant we were unable to offer many physical events for healthcare professional in 2021. Instead, we increased patient support for members and

general enquiries to provide a lifeline for patients who were increasingly distressed and demoralised by the lack of support from their local primary care services.

Our spend on technology and website increased significant to provide an educational tool and support for both healthcare professionals and patients researching the symptoms and treatments for lipoedema.

We wish to further increase our income in the future, in order to increase the resources we have available to deliver projects to support healthcare professionals and people with lipoedema. Running a national charity from a volunteer base is a struggle as the opportunities for our participation challenge the resources we have available. It is also challenging to continue to staff an organisation when so many key roles – such as chairperson, treasurer and secretary – have been done voluntarily for so many years, and volunteers may find it challenging to continue providing such a high level of financial and practical support into the future.

We are not limited by our ambitions, but by our resources, both financial and people.

Investment and reserves

We monitor our annual income in order to ensure we can meet commitments as they arise. Our funds are managed through our bank account. We do not invest funds elsewhere as our cash reserves are relatively small and we use our income to meet our expenses, rather than investing for the long term.



Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

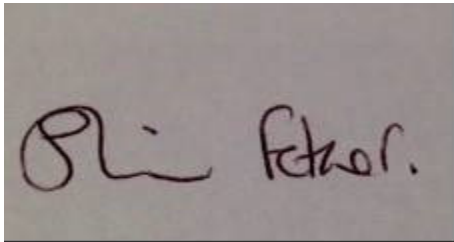
Accounts

31 December 2021

Lipoedema UK

Approval statement

I approve the accounts which comprise of the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the applicable financial reporting framework as set out in note 1, and for providing with all information and explanations necessary for their compilation.

A rectangular box containing a handwritten signature in dark ink. The signature is written in a cursive style and reads "Sharie Fetzer".

Sharie Fetzer
Chair
25th July 2022

Lipoedema UK
Income and Expenditure Account
for the year ended 31 December 2021

	2021	2020
	£	£
Income		
Sponsorship & Donations	40,891	26,205
Conference and Exhibitor payment	10,587	-
Membership	14,221	10,951
Publications	1,103	-
	<u>66,802</u>	<u>37,156</u>
 Expenses		
Design and Print	3,876	1,555
Administration Expenses	1,002	533
Conference and AGM	13,505	2,070
Healthcare Professional Awareness Events	2,681	3,878
Membership and Healthcare Professional Support	26,838	12,903
CRM & IT Systems	6,019	5,841
Website	8,165	5,994
Accountancy, Insurance and other professional fees	1,453	827
	<u>63,539</u>	<u>33,601</u>
 Surplus	<u>3,263</u>	<u>3,555</u>

Lipoedema UK
Balance Sheet
as at 31 December 2021

	2021	2020
	£	£
Assets		
Bank/building society balances	16,210	17,582
	<u>16,210</u>	<u>17,582</u>
Liabilities		
Other liabilities and accruals	600	5,235
	<u>600</u>	<u>5,235</u>
	<u>15,610</u>	<u>12,347</u>
Net business assets represented by		
Capital account:		
Balance at start of period	12,347	8,791
Net Surplus	3,263	3,556
	<u>15,610</u>	<u>12,347</u>

Lipoedema UK
Notes to the Accounts
for the year ended 31 December 2021

1 Accounting basis

The accounts have been compiled on a basis that enables a deficit or surplus to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.

Independent examiner's report to the trustees of Lipoedema UK

Charity Number 1157718

I report on the accounts of the Trust for the year ended 31st December 2021, which are set out on pages 1 to 4 in the attached financial statements.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

31st August 2022

Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

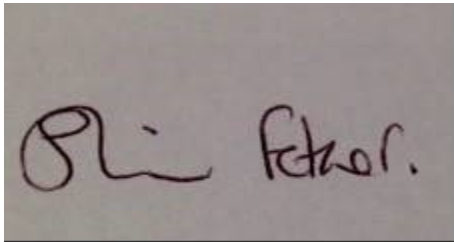
Accounts

31 December 2021

Lipoedema UK

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Sharie Fetzer
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Lipoedema UK
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for the year ended 31 December 2021

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Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

31st August 2022

LIPOEDEMA UK

England & Wales - Charity number 1181312

Accounts



Trustees Annual Report
01 January 2020 - 31 December 2020



Charity name **Lipoedema UK**

Other name the charity uses **Lip UK**

Registered charity number **1181312**

Charity's principal address **Foxfield House
Chichester Road
West Wittering
West Sussex PO20 8QB**

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The Royal College of GPs updated the learning course that Lipoedema UK had originally sponsored in 2014 and also updated the logo for the course with Lipoedema UK's latest colours. The course is still a flagship for Lipoedema and continues to provide a credible source of information for GPs and all healthcare professionals.....	6
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Introduction

This report has been compiled by the Trustees to provide an update of activities in 2020 for members & funders, and to comply with the charity's reporting obligations to the Charity Commission. We hope you will enjoy reading about our year as much as we enjoyed experiencing it. We would like to thank everyone who donated to us or gave us sponsorship as it made all these activities and achievements possible.

The start date for this report reflects our incorporation as a Foundation CIO which took effect in December 2018. In this report any references to activities prior to our incorporation as a CIO in December 2018 refer to activities undertaken by our team in previous years, as part of the unincorporated charity Lipoedema UK, registered charity number 1157716.

As trustees we understand that public benefit is part of what it means to be a charity. We took account of the Charity Commission guidance on requirements for public benefit in determining our purposes and activities when our charity was set up, and we are aware of the existence of the guidance on running our charity in a compliant manner to deliver public benefit. We refer to this guidance as our charity evolves and grows, to ensure that we remain appropriately focussed and managed.

We have taken account of the Charity Commission guidance on public benefit reporting in the creation of this annual report and in consideration of our other communications to beneficiaries and potential funders.

Purpose of Lipoedema UK

To relieve the needs of people with Lipoedema, in particular, but not exclusively, by the provision of services, advice, information and support; and to advance the education of the public, in particular those involved in the diagnosis, treatment and care of those suffering Lipoedema.

Main Activities of Lipoedema UK

- Provision of services, advice information and support
- Advance the education of the public
- Advance the education of those involved in the diagnosis, treatment and care

This report has been approved by the Board of Trustees, and is signed on their behalf on 24 September 2021 by:

Sharie Fetzer

Sharie Fetzer, Chair

Kate Forster

Kate Forster, Treasurer & Secretary

Our Team



Chair Sharie Fetzer, Trustee Suzanne Evans & volunteer Nicola Kenworthy

We rely on volunteers. From our Trustees to our Medical Advisors to the many people who help us support our member enquiries, provide input to our materials, advocate for us, present at our conferences and events or on our behalf and give their time in so many other ways.

Without volunteers we would not be able to operate. In this report we list many (but not all) of the events we have presented or exhibited at. That is only possible thanks to our network of volunteers, giving their time so generously.

Recruiting additional volunteers to respond to opportunities and demands placed on us, and to deliver our charitable purposes, is a key activity and constraint.

Trustees

All our initial trustees from our incorporation served for the whole of 2020.

Role	Trustee
Chair	Sharie Fetzer
Secretary & Treasurer	Kate Forster, Chartered MCIPD
Trustee	Suzanne Evans, BA (Hons)
Trustee	Lucinda Evans, BSc (Hons)
Trustee	Carmen Zgouras

Our trustee recruitment comes mainly from our membership. We encourage potential trustees to volunteer with us first, to get to know more about us. All our current trustees have a personal connection to

lipoedema. All new trustees meet with the Chair for face to face briefings and support. They are also given access to: the constitution, latest annual report and accounts and recommended to consult the Charity Commission guidance to understand their role and responsibilities.

Patrons & Medical Advisory Team

Role	Name	Contact Address
Patrons	Professor Peter M. Mortimer MD FRCP Dr Kristiana Gordon MBBS MRCP MD(Res) CLT	St George's NHS Trust, Blackshaw Road, Tooting, London, SW17 0QY
Nurse Consultants	Mary Warrilow RGN, BSc (Hons), QN Kris Jones RGN, ENB931, ENB N34, Post Graduate Diploma Lymphoedema Practice	Care of Lipoedema UK Lymphcare UK, The Lodge, Mary Stevens Hospice, 221 Hagley Road, Stourbridge, DY8 2JR
Medical Advisors	Dr Dirk Pilat FRCGP, PgDipGP (Otago) Dr Sarah Pledger FFSRH, MRCP, MBBS, DRCOG Dr Vaughan Keeley PhD, FRCP	Care of Royal College of General Practitioners 30 Euston Square, London Fitzallen Medical Group, Fitzalan Road, Littlehampton, West Sussex, BN17 5JR Royal Derby Hospital, Uttoxeter Road, Derby, DE22 3NE

The Royal College of GPs updated the learning course that Lipoedema UK had originally sponsored in 2014 and also updated the logo for the course with Lipoedema UK's latest colours. The course is still a flagship for Lipoedema and continues to provide a credible source of information for GPs and all healthcare professionals.

NICE Interventional Procedures Guidance: Non-cosmetic liposuction in the treatment of chronic lipoedema IP1843

In October 2020 Lipoedema UK were invited to help NICE in the following ways:

- 1. Provide an organisations submission** to share your views on the procedure, see attached template for completion. Please submit by **01 May 2021**
- 2. Publicise the patient questionnaire** with your network to encourage people that have had the procedure to share their individual views and experiences
<https://nice.researchfeedback.net/IP1843> by **01 May 2021**
- 3. Comment on the draft guidance** - this will be made available on the NICE website following committee meeting one
- 4. Publicise the public consultation**, once open, on your website, social media streams, newsletter etc.

This was seen as a great opportunity to present the case for liposuction on the NHS and so it became the focus of a great deal of time and effort to respond in the most effective and appropriate way which continued into the whole of 2021.

Diet and Lifestyle Research De Montfort University and Lipoedema UK

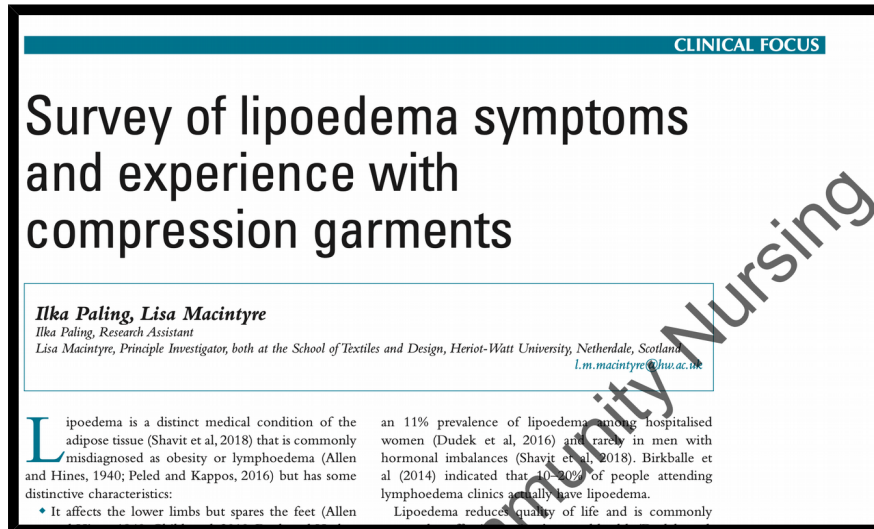
Following meeting Dr Jessica Jin, Senior Lecturer in Nutrition, at the Primary Care Event at the NEC in 2019, Lipoedema UK embarked on a joint research project to investigate the effect of diet and lifestyle on Lipoedema and to seek an optimal diet for Lipoedema. It is envisaged that this project will continue for several years and lead to publishing various papers on the methods and findings.

Social Media

Unsurprisingly in 2020 Social media became a lifeline for many people and our Instagram and Facebook accounts continued to raise awareness amongst women who have developed lipoedema and may not be aware that it is a medical condition. Social Media Ambassador Tess, who leads on our activities and tirelessly answers many questions and has a big following with her positive posts on dealing with life's challenges. Our social media figures are constantly growing and enable us to share up to date information and receive feedback on the most relevant issues.

Compression Garments Research

A report by Ilka Paling of Heriot Watt University on her co-operative piece of research with Professor Lisa Macintyre of Heriot Watt University, Jobskin and Lipoedema UK was published in the British British Journal of Community Nursing.



Women in Dire Need Reports

In 2019 we launched our series of four focus group reports; Women in Dire Need, available for download from our website.

The focus group reports, conducted and written by Amy Fetzer MSc, expose the in depth effects of this chronic disability on the lives of patients, by showcasing their collective personal experiences.

In 2020 a combined report on the findings of all the focus groups was published in the British Journal of Community Nursing.

Cancellation of our Members Conference

Originally we had planned to hold our biggest ever conference in June 2020, which would have substantially increased our income and led to relationships with new sponsors. Due to covid we attempted to reschedule it to October 2020, but had to cancel this date due to the second lockdown. However, we were heartened that so many of our members

chose to wait for the rescheduled dates rather than cancel their places. The conference will now take place in October 2021.

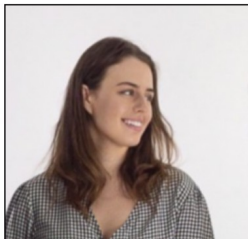
Updating our website

Despite lockdown our website continued to attract a lot of new views and we felt it was time to refresh some of our content and also increase the depth of subjects, so that patients who were denied access to medical services could obtain a wider range of reliable medical information
www.lipoedema.co.uk

Launch of Lipoedema UK's virtual Health & Wellbeing Community

Our major initiative in 2020 was the launch of our Health & Wellbeing

Launched August 2020



Lipoedema UK Health & Wellbeing Community!

Once a week - Zoom meeting for members

**Sandra, Tess, Joella, Georgina
and our Nurse Consultant Team**



community. Created to provide a mix of serious medical advice, motivational support, exercises and an opportunity for people to 'meet' in a safe and secure environment of like minded people. Our Health and Wellbeing community went from strength to strength during 2020.

Structure & Governance

Legal structure & compliance

We are incorporated as a Foundation Charitable Incorporated Organisation since 20 December 2018, building on our work as an unincorporated charity, Lipoedema UK 1157716, founded in 2012.

Our trustees are recruited from within our membership so all currently are people living with Lipoedema who are all elected/re-elected at our AGM by

our Members. Our structure is a simple one with a small group of trustees and a larger team of volunteers.

Principal risks facing us as a charity

Resources. We remain significantly constrained by volunteer capacity and our finances. As our reputation grows we are asked to speak at more and more events or participate in working groups, all of which involve expenses for us or our volunteers.

In order to take full advantage of all the opportunities that are increasingly available to us, we need to increase our income and our pool of suitably skilled people able to participate on our behalf.

Finances

Member Fundraising

We are always profoundly grateful for all fundraising that our members and supporters do. We have celebrated their fundraising on our social media and in our news emails to members. We are always happy to support those who are raising funds for us and awareness of lipoedema. We hope to see this grow further as more people become aware of lipoedema. As lipoedema is a chronic condition that frequently impinges on a patient's earning power, and as there are few NHS resources available, patients are forced to fund their own, often expensive treatments, such as non-cosmetic liposuction. This situation creates financial hardship for many of our members and so many have insufficient funds to donate directly, but many are choosing Lipoedema UK as their charity of preference for indirect funding sources.

Sponsors

Our industry sponsors, who are mainly manufacturers and retailers of compression garments, remain a crucial part of our financing. Their sponsorship is our main source of income and essential to our survival and operation. They also provide links, connections and partnerships on awareness raising and other activities.

Our main sponsors had their own challenges, but maintained the same level of financial support. In addition we have always appreciated their moral support and encouragement when needed.

Review of Accounts

Our financial position is outlined in our attached accounts. 2019 was our first full year following our incorporation as a CIO in December 2018.

Activities in prior years are captured in the accounts of the unincorporated charity Lipoedema UK, registered charity number 1157716.

Following our incorporation, the funds remaining in Lipoedema UK, registered charity number 1157716 were transferred to the control of this CIO, as reflected in the accounts. That one-off transfer accounted for £11,794 of our 2019 income and so the “true” income for that year was closer to £50k than £60k. As such, the comparable decrease in income was around £12k when comparing 2020 to 2019.

The main reason for the decrease in income was the lack of sponsorship and donations, which was around £11k. We did not hold a face to face conference in 2020 and anticipate that doing so would have brought in that additional sponsorship/donations from exhibitors at the conference. Our conferences are not a profit making activity so if we had received that additional income we would have expected an increase in expenditure to run the conference.

Whilst in 2019 we held a very simple conference/AGM, we did attend far more events with healthcare professionals. The lack of these events in 2020 meant that we spent around £11k less by not attending these, not incurring costs to attend and exhibit at events, nor to produce materials to give away to healthcare professionals at these events.

We continued to invest a comparable amount year on year in supporting our members and responding to enquiries from healthcare professionals as these kept coming in.

We held a relatively simple members meeting alongside the AGM of the unincorporated Lipoedema UK. We did not apportion costs between the two charities as the costs were nominal and separate events would have been more costly.

Our spend on technology was significantly reduced from our 2019 website expenditure, whilst remaining an important part of enabling our awareness raising and supporting our members.

We wish to further increase our income in the future, in order to increase our resources available to deliver projects to support healthcare professionals and people with lipoedema. Running a national charity from a volunteer base is challenging as the opportunities for our participation challenge our resources available.

We are not limited by our ambitions, but by our resources, both financial and people.

Investment and Reserves

We monitor our annual income in order to ensure we can meet commitments as they arise. Our funds are managed through our bank account. We do not invest funds elsewhere as our cash reserves are relatively small and we use our income to meet our expenses, rather than investing for the long term.

Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

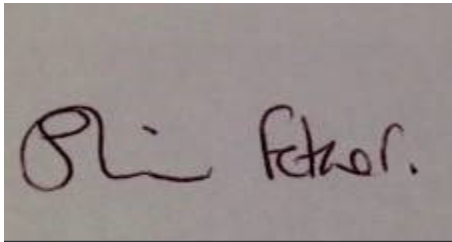
Accounts

31 December 2020

Lipoedema UK

Approval statement

I approve the accounts which comprise of the Income and Expenditure Account, the Balance Sheet and the related notes. I acknowledge my responsibility for the accounts, including the appropriateness of the applicable financial reporting framework as set out in note 1, and for providing with all information and explanations necessary for their compilation.

A rectangular box containing a handwritten signature in dark ink. The signature is written in a cursive style and reads "Sharie Fetzer".

Sharie Fetzer
Chair
26 June 2021

**Lipoedema UK
Income and Expenditure Account
for the year ended 31 December 2020**

	2020	2019
	£	£
Income		
Sponsorship & Donations	26,205	37,656
Conference and Exhibitor payment	-	315
Membership	10,951	9,895
Donations Being transfer from Liloedema UK 1157716	-	11,794
Publications	-	1,302
	<u>37,156</u>	<u>60,962</u>
 Expenses		
Design and Print	1,555	2,400
Administration Expenses	533	3,188
Conference and AGM	2,070	855
Healthcare Professional Awareness Events	3,877	15,573
Membership and Healthcare Professional Support	12,903	11,978
CRM & IT Systems	5,841	4,277
Website	5,994	12,527
Accountancy, Insurance and other professional fees	827	1,374
	<u>33,600</u>	<u>52,172</u>
 Surplus	<u>3,556</u>	<u>8,790</u>

Lipoedema UK
Balance Sheet
as at 31 December 2020

	2020	2019
	£	£
Assets		
Bank/building society balances	17,582	9,191
	<u>17,582</u>	<u>9,191</u>
Liabilities		
Other liabilities and accruals	5,235	400
	<u>5,235</u>	<u>400</u>
	<u>12,347</u>	<u>8,791</u>
Net business assets represented by		
Capital account:		
Balance at start of period	8,791	-
Net Surplus	3,556	8,791
	<u>12,347</u>	<u>8,791</u>

Lipoedema UK
Notes to the Accounts
for the year ended 31 December 2020

1 Accounting basis

The accounts have been compiled on a basis that enables a deficit or surplus to be calculated in accordance with UK Generally Accepted Accounting Practice and that provides sufficient and relevant information to enable the completion of a tax return.

Independent examiner's report to the trustees of Lipoedema UK

Charitable Incorporated Organisation Number 1181312

I report on the accounts of the charity for the year ended 31st December 2020, which are set out on pages 1 to 4 in the attached financial statements.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

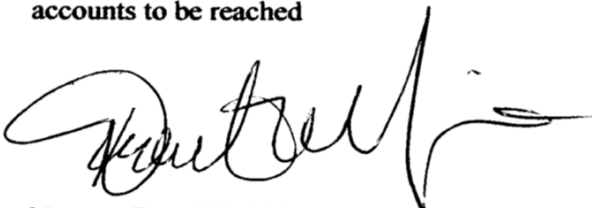
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached



Name: Donald M MacKenzie BSc CA

52 Crown Drive, Inverness, IV2 3QG

28th June 2021

Lipoedema UK

A Charitable Incorporated Organisation Number 1181312

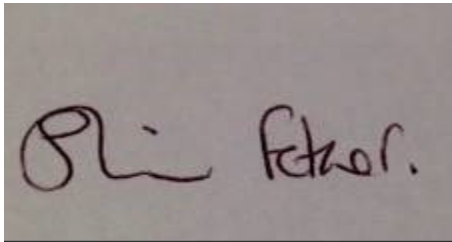
Accounts

31 December 2020

Lipoedema UK

Approval statement

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Chair
26 June 2021

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Lipoedema UK
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Lipoedema UK
Notes to the Accounts
for the year ended 31 December 2020

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Basis of independent examiner's report

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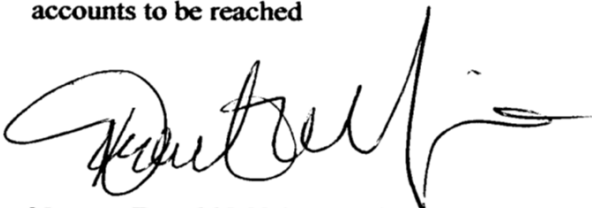
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28th June 2021