

LYME DISEASE UK

England & Wales · Charity number 1182212

Details

Other names	LDUK
Status	Registered
Legal form	CIO
Registered	2019-02-26
Register	View on the Charity Commission register

Contact

Address	Lyme Disease UK (LDUK) Lytchett House 13 Freeland Park Wareham Road Poole Dorset
Phone	01202022437
Email	admin@lymediseaseuk.com
Website	www.lymediseaseuk.com

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PREVENTION OF LYME DISEASE AND THE RELIEF OF PEOPLE WITH LYME DISEASE, IN PARTICULAR BUT NOT EXCLUSIVELY BY: (1) RAISING AWARENESS ABOUT THE CAUSES AND DANGERS OF LYME DISEASE AND WAYS TO PREVENT TICK BITES; (2) PROVIDING AND PUBLISHING INFORMATION ABOUT LYME DISEASE AND WHERE PRACTICAL HELP AND SUPPORT CAN BE FOUND FOR SUFFERERS; (3) MAKING GRANTS TO FUND RESEARCH INTO LYME DISEASE AND THE TREATMENT OF THE DISEASE, PROVIDED THE USEFUL RESULTS OF SUCH RESEARCH ARE PUBLISHED; (4) WORKING WITH OTHERS TO SUPPORT IMPROVEMENTS TO THE DIAGNOSIS AND TREATMENT OF LYME DISEASE, INCLUDING TO THE NATIONAL GUIDELINES FOR DIAGNOSIS, TREATMENT AND CARE; (5) MAKING GRANTS TO PAY FOR PERSONAL CARE AND OTHER CHARITABLE SHORT OR LONG TERM NEEDS OF PEOPLE WITH LYME DISEASE.

Activities: Lyme Disease UK strives to raise awareness of Lyme disease and provide support for those suffering from the illness. We operate online but also attend and host a range of events. Our aim is to raise money to continue spreading awareness but also to help fund research and patient grants in the future. We are very active on social media and we provide a wealth of information on our website.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-25	£61,091	£74,795	-	-
2024-02-25	£43,608	£37,442	-	-
2023-02-25	£34,826	£45,134	-	-
2022-02-25	£45,292	£31,696	-	-
2021-02-25	£23,727	£14,302	-	-

Trustees

Name	Role	Appointed
Natasha Elizabeth Metcalf	Chair	2018-09-08
James Herbert		2022-09-06
Julia Knight		2022-09-03
Sarah Herbert		2022-09-06

LYME DISEASE UK

England & Wales - Charity number 1182212

Accounts

LDUK Trustee Annual Report

2024 - 2025





Charity registration number: 1182212

Charity address:

Lyme Disease UK, Lytchett House,
13 Freeland Park, Wareham Road,
Poole, Dorset, BH16 6FA

Trustees during this financial year:

Natasha Metcalf (Chair), Julia Knight,
Sarah Herbert, James Herbert.

Financial Year 6

26th February 2024 - 25th February 2025

Structure, Governance and Management

Lyme Disease UK is a Charitable Incorporated Organisation governed by a Constitution.

Trustee decisions, including new trustee appointments, are only made following a meeting or electronic correspondence containing a quorum and only if a majority vote is achieved. Along with trustees, Lyme Disease UK's daily running is operated by a core team of freelancers and volunteers.

Objectives and Activities

The purpose of the charity is, for the public benefit, to prevent Lyme disease and support those living with the disease by:

- (1) Raising awareness about the causes and dangers of Lyme disease and ways to prevent tick bites.
- (2) Providing and publishing information about Lyme disease and where practical help and support can be found for sufferers.
- (3) Making grants to fund research into Lyme disease and the treatment of the disease, provided the useful results of such research are published. This was not feasible in this financial year.
- (4) Working with others to support improvements to the diagnosis and treatment of Lyme disease, including to the national guidelines for diagnosis, treatment and care.
- (5) Making grants to pay for personal care and other charitable short or long term needs of people with Lyme disease when possible. This was not feasible in this financial year.

Public Benefit Statement

The trustees continue to have regard for the guidance issued by the Charity Commission on public benefit. We review our charity's aims, objectives, and activities regularly and we feel our activities to date demonstrate public benefit as we strive to prevent Lyme disease and provide support for those living with the condition.

Main Activities and Achievements

Online Support

Our Online Community of nearly 15,000 people continued to receive support on Facebook and we answered over 800 email tickets from people looking for information on tick bites and Lyme disease.

Headline Sponsors for Wake Up to Lyme Campaign 2024



We were very proud and excited to introduce our Headline Sponsor, Team Seasoar. In December 2024, the team rowed in the World's Toughest Row – Atlantic, a 3000 mile row from La Gomera in the Canary Islands to Antigua, in the West Indies. Their target was to raise £100,000 for Lyme disease research and awareness and they achieved an impressive £82,781. Tick Twister also came onboard as a generous sponsor of the campaign and we developed a great working relationship with them!

Wake Up to Lyme Campaign 2024

- Reached over 300,000 people online via our social media platforms (80% non-followers of our platforms!).
- Distributed over 60,000 leaflets, 10,000 tick awareness cards, 5,000 posters and not forgetting, 250 car stickers!
- Enjoyed seeing 25 landmarks across the UK light up for Lyme.
- Welcomed over 80,000 visitors to our website.
- Displayed our awareness literature in over 6,000 GP surgeries.
- Had the opportunity to display our [Be Tick Aware animation](#) on 800 pharmacy screens.



We were delighted to work on a number of **TV, radio and press** features this spring including **Countryfile, BBC Morning Live, Sky News** and **The Mirror**. Thank you to all of the patients who came forward to share their stories and help people to understand the realities of late Lyme disease and why prevention is so important.



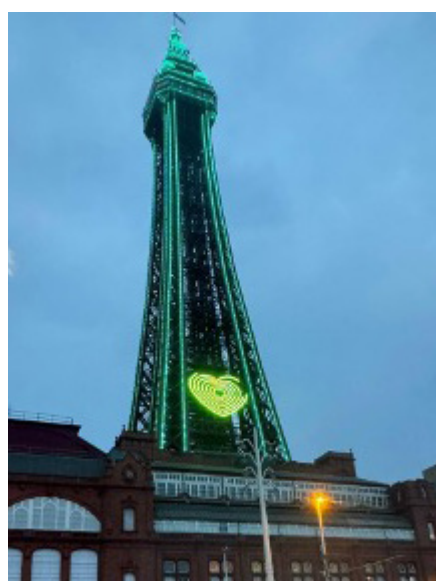
Following the introduction of the **Pharmacy First Service** earlier in the year, a key aim for our campaign was to reach as many pharmacists as possible to improve awareness of the Lyme rash and early symptoms.

We reached out to a number of organisations including **Community Pharmacy England, NHS England, National Pharmacy Association, The Centre for Pharmacy Postgraduate Education (CPPE)** and were delighted with their enthusiasm to promote our resources to their audiences. They included information on recognising, diagnosing, and treating Lyme disease on their websites, and in newsletters including **Primary Care Bulletin** (sent to 25,000+ NHS primary care professionals).

We were keen to share our new **Be Tick Aware animation**, on **over 800 pharmacy screens** throughout the UK thanks to **Healthpoint TV** and **Cegedim Healthcare Solutions**. We were also able to display our awareness posters and leaflets in 6,000 GP surgeries across the UK. So next time you're in a waiting room, do keep an eye out!



Light Up For Lyme returned for another year and it's been amazing to see some of our grandest ever venues lighting up in green to raise awareness of Lyme disease including **The Blackpool Tower, Edinburgh Castle** and **St Edmundsbury Cathedral**. With a combined effort from **Lyme Resource Centre** and patient advocates, an incredible **25 venues** lighting up in support of Lyme disease sufferers, a new charity record! Thank you so much to all of the landmarks and organisers.



Collaborating with charities and organisations

We've been thrilled to build new relationships with fellow charities this year who are keen to support our important message! Key collaborations include a collaboration with [Duke of Edinburgh's Award](#), [Kitsquad](#) and [The School and Public Health Nurses Association \(SAPHNA\)](#).

Thanks also to organisations including [Coombe Abbey Park](#), Hartland Wildlife Management and Training, [Countryside Jobs Service](#), and [BASC Scotland](#) for sharing awareness information from our social media platforms.

Team Seasoar Wine Tasting Evening and Founder's Day at St Mary's Calne

Lyme Disease UK's Chair and Co-Founder, Natasha Metcalf, was so honoured to be invited to a weekend of awareness raising and fundraising as Team Seasoar's John Watling and his wife Azar hosted a wine tasting evening at their home in Wiltshire on 28th June. John and Azar's daughter Yasmin who suffers from Lyme disease was able to attend as well with her sister Ariana. The evening's activities included an auction and a bracing ice bath challenge! Thank you so much to Heather and Alan Shepherd who organised the wine tasting and to the Lacock community for attending in droves!



On 29th June 2024, LDUK Chair Natasha Metcalf and John Watling from Team Seasoar gave a speech at St Mary's Calne school for their Founder's Day and it was wonderful to return to the school whose students and staff raised over £8,500 for Lyme Disease UK during their Charity Week. It is always really special attending charity events in person and to meet so many wonderful people who are keen to learn more about tick bite prevention and Lyme disease. Thank you to everyone who donated at both events too – your support means the world to all of us at Lyme Disease UK!

Team Seasoar's All Aboard Festival

On 8th September, Lyme Disease UK was invited to have a stand at Team Seasoar's 'All Aboard Festival' in the beautiful village of Lacock. It was a very well attended event with a steady footfall of interested people who came to see Team Seasoar's rowing boat, Oardrey. There was a great atmosphere and the weather was kinder to us than anticipated, with only a couple of showers. Visitors sipped on delicious coffee from the very hip coffee van belonging to **Roc and Floss**, enjoyed tasty paella from **Radish** and yummy ice creams from **Lacock Dairy**.

The rosé stand was a big hit too as well as the tea and cakes in the church. We had lots of visitors to our stand where we were able to hand out lots of leaflets and tick tools and it was amazing how many people knew someone suffering badly with Lyme disease. £5,000 was raised in total and we are so grateful to Team Seasoar for throwing such a fun and informative event. A huge thank you to everyone who donated on the day, making this such a successful event.



Great North Run

Huge thanks to our fabulous Great North Run 2024 team for raising a whopping £2,719 for Lyme Disease UK on Sunday 8th September! We are incredibly grateful to everyone that sponsored the team. Thank you also to everyone who travelled to soak up the fantastic atmosphere and cheer everyone on!



Pendle Young Farmers Club Sheep Shear

Pendle Young Farmers Club once again ran their popular annual Charity Speed Shear 2024 at Gisburn Auction Mart on Saturday 31st August. The event was a great success with large numbers flocking to see competitors battle to complete the fastest, cleanest lamb shear.

Having already provided a mountain of support for Lyme Disease UK over the past few years, we are delighted and grateful that the club have again named us as one of three charities to benefit from the proceeds of the event – an amazing £13,309! Dan Duerden, a member of Pendle Young Farmers Club, suffers from Lyme disease likely following a tick bite whilst shearing sheep. Along with the support of family, friends and the local farming community, Dan has raised a phenomenal amount of awareness and funds to support Lyme patients. Dan is also one of our valued patient ambassadors at Lyme Disease UK. Having experienced life changing symptoms, he truly understands only too well the challenges the Lyme community faces.

We are so grateful and inspired by Dan and his family's tireless efforts to raise awareness and funds for us. Your help has been invaluable – we really can't thank you enough!



Team Seasoar's Departure

LDUK Chair and Communications Manager Natasha Metcalf and Joanne Lee flew to La Gomera in the Canary Islands on a self-funded trip to wave off Team Seasoar as they set off across the Atlantic in their rowing boat to raise funds for Lyme Disease UK. We are so grateful to John Watling, Niall Brannigan, Jason Wilder and Sam Weber for taking on this epic challenge. The small town of San Sebastian de La Gomera was overrun with people involved in the race.

The streets and marina were full of rowers, their families and friends, race organisers, past entrants and supporters. It was great to meet up with everyone involved; you could really sense the anticipation and excitement in the air.

Due to bad weather the whole fleet raced to prepare to leave a day early. The day before the race we attended a briefing for family and friends outlining the challenges the men will face, as well as reassuring us about the safety measures in place to support them. It was a particularly poignant moment for those of us directly affected by Lyme disease. After years of battling for recognition and support, seeing the LDUK logo glinting in the sunshine seemed a pivotal moment. Four amazing men taking action to help to create change for all of us affected by the illness. Fundraising on the largest scale we have yet seen, raising huge amounts of awareness in the process. We send the team our deepest thanks for their commitment to our joint cause.

Team Seasoar seemed calm and confident as they waved goodbye and rowed their boat 'Oardrey' out of the marina towards open sea. We watched until they became a distant speck on the horizon before turning back to cheer on the remaining teams. We're so proud of and grateful to John, Niall, Sam and Jason and you can see their race start video [here](#).



Team Seasoar's Arrival

Natasha and Joanne decided to surprise Team Seasoar in Antigua on a self-funded trip. They completed the race in 52 days, 20 hours and 43 minutes, arriving in English Harbour in Antigua on 2nd February 2025. As the team came in at night it was initially hard to see their boat 'Oardrey' approaching from the darkness. Staring out to sea from Fort Berkeley, it was an amazing moment as a faint green light and the shadowy figures of men rowing began to appear cheering from family and friends. It was so emotional for everyone involved as the media boat and drone circled the team and flares lit up the night sky. After racing back down the rocky path into the harbour laughter sang out as family, friends and the race organisers congratulated the team. Natasha caught up with John and Niall a few days later to listen to them [reflect on their time at sea](#). Their stories really give a sense of the challenges they faced.

We are truly so grateful to Team Seasoar who took on the challenge of a lifetime in support of Lyme Disease UK. The media coverage generated by this fundraiser has raised a lot of awareness of Lyme disease and the struggles that patients face.

These men had a particularly difficult crossing and had to persistently dig deep, battling horrendous conditions to achieve their goal. It was one of the toughest things they have ever done and we do not underestimate the mental and physical toll it took to reach Antigua. Team Seasoar you have done us proud and we will never forget what you have done for our community. Thank you from the bottom of our hearts! Watch the official race finish video [here](#).



Other Events

Patient ambassador Morven-May MacCallum attended several events in Scotland to help raise Lyme disease awareness. She had stalls at Belladrum, Moy County Fair, Nairn Highland Games and Glenurquhart Highland Games. Morven-May also did some online awareness talks for the charity including for the Royal Air Force and West Air Cadets, NHS Scotland Community Pharmacists and the Chartered Institute of Environmental Health.



Further Fundraising

Jenni Boocock and her mum Becky, who ran the Yorkshireman half marathon on 8th September and raised a fabulous £834 for Lyme Disease UK. Luke Roberts completed his courageous sky dive in support of his loved one, Emily Pell, who's battling Lyme. A H Warren Trust and Coombe Farm Sporting arranged a Clay Pigeon shooting event. St Mary Calne School ran another terrific fundraiser. In addition to organising three light ups in Milton Keynes, Michaela Smith and family ran an informative, pop up fundraising stall at their local shopping centre. We are so grateful to everyone who raised money for us this year!

A Look Ahead to 2025-2026

The charity goes through some rebranding for its annual awareness campaign in 2025, changing from 'Wake Up to Lyme' to 'Be Tick Aware', in order to keep the campaign content fresh and engaging. Lyme Disease UK launches its regular online support sessions for its community which achieve National Lottery Community Fund funding. The charity is also awarded a £1,000 Movement for Good Award. We assemble a new Great North Run team and there are plenty more fantastic fundraisers.

Financial Review

Lyme Disease UK's total income during the financial year, as reported in our statement of financial activities, was £61,091 in unrestricted funds. Our total expenditure, including charitable activities and governance was £74,795. The year ended with £19,069 in total funds. An independent examination of charity accounts was carried out and the report is to be submitted with the annual return and trustee report. Our current reserves policy is to keep 20% of unrestricted total funds in reserve to cover the charity's IT, software, and website expenditure as well as professional and legal and insurance expenditure. The current reserves held amount to £3,813.80.



Declarations

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

Signed on behalf of the charity's trustees

Natasha Metcalf

Natasha Metcalf
Chair
Lyme Disease UK
23rd November 2025

LYME DISEASE UK

FINANCIAL STATEMENTS

FOR

THE YEAR ENDED 25 FEBRUARY 2025

Charity Registration Number 1182212

Lyme Disease UK

For the Year Ended 25 February 2025

Administrative Details

LDUK (working name)

Trustees

The following served as trustees of the charity during the year:

Natasha Metcalf (chair)
Sarah Herbert
James Herbert
Julia Knight

Charity Number

1182212

Address

Lytchett House
13 Freeland Park
Wareham Road
Poole
Dorset
BH16 6FA

Banker

The Co-Operative Bank
Business Banking
PO Box 250
Delf House
Skelmersdale
WN8 6WT

Structure

Charitable Incorporated Organisation
Registered on 26 February 2019

Independent Examiner's Report

Report to the trustees/ members of

Charity Name Lyme Disease UK

On accounts for the year ended 25-Feb-25

Charity number 1182212

Set out on pages 1 to 7

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 procedure laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and,
- to state whether particular matters have come to my attention.

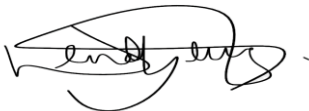
Basis of independent examiner's report

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 statement below.

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 Charities Acthave 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.



Wendy Cheung

FCCA

Date: 26th November 2025

Lyme Disease UK
For the Year Ended 25 February 2025
Statement of Financial Activities

Categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources					
Income:					
Donations	3	45,900	-	45,900	40,355
Charitable activities		12,365	-	12,365	631
Sponsorship		-	-	-	-
Gift Aid		2,826	-	2,826	2,622
Total		61,091	-	61,091	43,608
Resources expended					
Expenditure on:					
Charitable activities	4	74,330	-	74,330	36,542
Goverance	5	465	-	465	450
		-	-	-	-
Total		74,795	-	74,795	36,992
Net income/(expenditure) before investment gains/(losses)		-	-	-	-
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)		- 13,704	-	- 13,704	6,166
Transfers between funds		-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		- 13,704	-	- 13,704	6,166
Fund Balances					
Fund Brought forward		32,308	-	32,308	25,692
Fund Balance at 25.02.2025		18,604	-	18,604	32,308

Lyme Disease UK
For the Year Ended 25 February 2025
Balance Sheet

	Notes	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets		-	-	-	-
Total fixed assets		-	-	-	-
Current assets					
Debtors	9	-	-	-	8,055
Cash at bank and in hand	11	19,069	-	19,069	24,703
Total current assets		19,069		19,069	32,758
Creditors: amounts falling due within one year	10	465		465	450
Net current assets/(liabilities)		18,604	-	18,604	32,308
Total assets less current liabilities		18,604	-	18,604	32,308
Funds of the Charity					
Fund Balances at brought forward		32,308		32,308	25,692
Restricted income funds			-	-	-
Unrestricted funds		- 13,704		- 13,704	6,616
Total funds		18,604	-	18,604	32,308

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 25 February 2025. No member of the company has deposited a notice requiring an audit of these accounts.

This report was approved by the board of Trustees on :

Signed by : *Natasha Metcalf*

Name: Natasha Metcalf

Position: Chair

Date: 25th November 2025

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. There are no key judgements that the charity has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1.3 Accounting policies

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met. It is probable that the income will be received and that the amount can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to specific headings, they have been allocated to activities on a basis consistent with the use of resources.

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

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

The charity is exempt from corporation tax on its charitable activities.

1.4 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these. The estimated and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future

1.5 Material prior year errors

No material prior year errors have been identified in the reporting period (3.47 FRS 102 SORP).

3 Analysis of income

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Analysis					
Donations	Donations and gifts	45,900	-	45,900	40,355
and legacies:	Gift Aid	2,825	-	2,825	2,622
	Legacies	-	-	-	-
	General grants provided by government/other charities	-	-	-	-
	Sponsorships	-	-	-	-
	Donated goods, facilities and services	-	-	-	-
Total		48,725	-	48,725	42,977
Charitable activities:		12,366	-	12,366	631
Total		12,366	-	12,366	631
Total Income		61,091	-	61,091	43,608

4 Analysis of expenditure

		Unrestricted funds	This year Restricted income funds	Total funds £	Unrestricted funds	Last year Restricted income funds	Total funds £
Analysis							
Expenditure on raising funds:							
	Accommodation	-	-	-	-	-	-
	Advertising, marketing, direct mail and publicity	16,709	-	16,709	7,825	-	7,825
	Conference and Events	1,620	-	1,620	-	-	-
	Professional and Consultancy	44,800	-	44,800	22,522	-	22,522
	General expenses	1,924	-	1,924	457	-	457
	Insurance	188	-	188	179	-	179
	IT , software and website	2,290	-	2,290	890	-	890
	Legal Expenses	-	-	-	750	-	750
	Bank charges and transaction fees	706	-	706	672	-	672
	Postage and courier	769	-	769	797	-	797
	Printing and stationery	4,732	-	4,732	2,529	-	2,529
	Subscriptions	494	-	494	339	-	339
	Telephone & Internet	25	-	25	20	-	20
	Travel	73	-	73	12	-	12
		-	-	-	-	-	-
Total expenditure		74,330	-	74,330	36,992	-	36,992

5. Governance cost

	This year £	Last year £
Independent examiner's fees	465	450
Total governance cost	465	450

Lyme Disease UK

For the Year Ended 25 February 2025

6. Staff Costs

There were no employees during the year or in the prior year.

7. Trustee

There were no trustees' remuneration or other benefits during the year or in the prior year.

8. Tangible fixed assets

There were no fixed assets during the year or in the prior year.

9 Debtors and prepayments

Analysis of debtors

	This year £	Last year £
Debtors	0	8,055
Prepayments and accrued income	-	-
Total	0	8,055

10 Creditors and accruals

Analysis of creditors

	This year £	Last year £
Accruals	465	450
Trade creditors	-	-
Accruals and deferred income	-	-
Other creditors	-	-
Total	465	450

11 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	19,069	24,703
Other	-	-
Total	19,069	24,703

LYME DISEASE UK

England & Wales - Charity number 1182212

Accounts

2023 - 2024 LDUK Trustee Annual Report





Charity registration number: 1182212

Charity addresses for this financial year:

Old charity address: Lyme Disease UK, PO Box 9705, Broadstone, BH11 0HZ

Charity address from October 2023:

Lyme Disease UK, Lytchett House, 13 Freeland Park, Wareham Road, Poole, Dorset, BH16 6FA

Trustees during this financial year:

Natasha Metcalf (Chair), Julia Knight, Sarah Herbert, James Herbert.

Financial Year 5:

26th February 2023 - 25th February 2024

Structure, Governance and Management

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Objectives and Activities

The purpose of the charity is, for the public benefit, to prevent Lyme disease and support those living with the disease by:

- (1) Raising awareness about the causes and dangers of Lyme disease and ways to prevent tick bites.
- (2) Providing and publishing information about Lyme disease and where practical help and support can be found for sufferers.
- (3) Making grants to fund research into Lyme disease and the treatment of the disease, provided the useful results of such research are published. This was not feasible in this financial year.
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The trustees continue to have regard for the guidance issued by the Charity Commission on public benefit. We review our charity's aims, objectives, and activities regularly and we feel our activities to date demonstrate public benefit as we strive to prevent Lyme disease and provide support for those living with the condition.

Main Activities and Achievements

Online Support

Our Online Community of over **14,000** people continued to receive support on Facebook and we answered over **500** email tickets from people looking for information on tick bites and Lyme disease.

Lyme Disease UK's 10th Birthday

It was very satisfying to celebrate LDUK's 10th birthday since the support group was first founded in 2013 by patients Louise Dean and current Chair, Natasha Metcalf.



We looked back at some of our highlights over the decade including our first [patient story video](#), which was viewed over **2,600** times and our [Scottish Parliamentary event](#) in 2017. We are proud to have been stakeholders in the 2018 NICE Lyme disease guideline writing process and that some of our criticisms of the draft guideline were taken into consideration. Launching our first ever 'Wake up to Lyme' campaign in 2018 was such a milestone and it has been so gratifying to see how much the campaign has grown over the years. Achieving [charity status](#) in 2019 was such a milestone moment in LDUK's history and we are extremely grateful to have stayed afloat during the Covid-19 pandemic.

Successful 'Wake Up to Lyme' Campaign 2023

LDUK's '[Wake Up to Lyme](#)' campaign returned for another year and the campaign has continued to grow year on year.

Awareness Packs

We dispatched **250** awareness packs during the campaign containing **20** leaflets, **20** tick cards, and **5** posters. So by our calculations, that's **5,000** leaflets, **5,000** tick cards and **1,250** posters that were dispersed in local communities around the UK. We also welcomed orders from organisations for larger quantities of materials, sending out an extra **3,000** leaflets and **3,000** tick cards.



GP Surgeries, Pharmacies and Healthcare Professionals

We were delighted to **display our awareness animation on 650 pharmacy screens** across the UK for the second year running. Thanks to incredible donations, we were also able to pay to display our awareness posters in **3,000** GP surgeries across the UK.

Generating awareness amongst healthcare professionals is of the utmost importance to ensure that Lyme disease is diagnosed promptly and treated correctly. It's crucial that all clinicians know the symptoms of Lyme disease to look out for and how to treat the infection as per the NICE Lyme disease guideline.

We were excited to display the adjacent advert at the Primary Care & Public Health Conference at the NEC in Birmingham. This is the UK's leading event for GPs and trainee GPs, physiotherapists, nurses, dietitians, and other clinicians working in primary and community care, with up to **6,000** healthcare professionals in attendance.

Lyme disease

Did you know?

- Lyme disease is on the rise in the UK*
- Early diagnosis and treatment provides the best chance of cure
- Erythema migrans (EM rash) is diagnostic but maybe atypical in appearance, or absent in 30% of cases
- Dosages for acute Lyme disease are higher than for many other infections
Treat as per the NICE Guideline
- Lyme serology can be unreliable
A negative test does not exclude the infection

* <https://bmjopen.bmj.com/content/57/1/e025916>, Cairns V, Wallenhorst C, Rietbrock S, et al. Incidence of Lyme disease in the UK: a population-based cohort study BMJ Open 2019;9:e025916. doi: 10.1136/bmjopen-2018-025916

For more information:

- RCGP Lyme Disease Toolkit - www.rcgp.org.uk
- 2 minutes to update your practice on www.lymediseaseuk.com/lymeupdate

Media Coverage

Our campaign [press release](#) was picked up by **35** newspapers which was a record for us and some of the coverage can be found below:

The Mirror: ‘Stay safe’ warning about rare disease on the rise in the UK, experts say.

Daily Mail: England’s Lyme Disease Hotspots Revealed.

We were honoured to be invited to write special features for a number of publications including the Royal Forestry Society magazine, Pharmacy In Focus magazine, the Lakeland Walker magazine, and the Professional Mountaineer magazine.



The charity helped to arrange various case studies featuring our Online Community members and we are so grateful to all the patients and loved ones who bravely shared their stories in order to raise awareness. Some of the features can be found below:

The Mirror: ‘Woman left with slurred speech and forced to quit job after being bitten by tick’

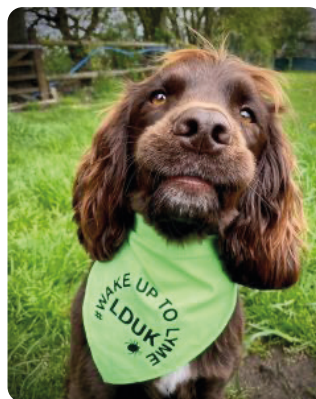
Glasgow Times: ‘Clydebank mum waited 30 years for Lyme disease diagnosis’

BBC: ‘The lives ruined from the bite of a tick’

Herts Live: ‘Abbots Langley man left bedridden for over a year due to unnoticed tick bites’

‘Wear Lime for Lyme’ Day

It was wonderful to see so many people getting involved in the annual **‘Wear Lime for Lyme’** day during awareness month. A big shout out to staff at CMS Group who donned their lime green apparel and to everyone who took part in our Pet Photography Competition and a shout out to our winner, Billy!



Campaign Video

We relaunched our **‘Wake up to Lyme’ campaign video** from 2018, which has received an incredible **50,000** views on social media! Thank you so much to all of the patients who featured in the video and everyone who gave it a like and share this time around!

‘Light Up for Lyme’

Our ‘Light Up for Lyme’ component of our campaign returned for another year and it was amazing to see a total of **20** grand venues illuminated in green in support of Lyme disease sufferers, which is a charity record! Thank you so much to all of the landmarks and organisers who took part.



Waddesdon Manor

Schools

We built a new [schools campaign page](#) on our website and invited **20,000** school leaders to take part in our awareness campaign via the Association of School and College Leaders newsletter. Schools were invited to enter our poster design competition for kids, and revel in the free online resources we offer for schools including an outdoor excursion checklist and ideas for lesson plans.

Support from Politicians

Lyme disease patients urgently need the support of MPs and MSPs; both to promote tick awareness amongst their constituents, and also to bring forward discussion in Parliament around the need for advancements in the study and treatment of Lyme disease. Some key examples of support from politicians this month include:

- Peter Gibson MP brought Lyme disease into debate in the House of Commons for the first time since 2019! Having been contacted by local constituent, Chloe Daly, who suffers from Lyme disease, Peter brought to light that advancements into the study and treatment of Lyme disease are urgently needed.
- We received vocal support on social media from numerous MPs and MSPs including Michelle Thompson who highlighted the importance of checking yourselves and your pets regularly for ticks, and Marie McNair who gave a visual demonstration of how to remove a tick from a dog and took part in 'Wear Lime for Lyme' Day.



- Several other MPs took part in 'Wear Lime for Lyme' Day by sharing our awareness information on their social media including Joe FitzPatrick, Alexander Burnett, Alexander Stewart MSP, Foyso Choudhury, and Alex Cole-Hamilton! Thank you so much to all for responding to the charity's call to action!

Collaborating with other UK Organisations

We were thrilled to build new relationships with fellow charities this year who are keen to support our important message! Key collaborations included a multi-platform campaign with Mountain Rescue England and Wales, and inclusion in the quarterly newsletter sent out by The School and Public Health Nurses Association (SAPHNA).

We were also included in the Mountain Bothies Association newsletter, and Trail Running Association newsletter. Many other charities gave us shout-outs on social media, including Ramblers Scotland and Facial Palsy UK. The charities, New Arc Wildlife Rescue Centre, and Surrey Care Trust, also requested our leaflets to hand out to their volunteers and visitors to keep them safe from ticks.

We were grateful to receive ongoing support from various moorlands groups across the UK, sending out over **600** kids' activities packs for the Estates That Educate education programme.

The Bushcraft Show

We returned to The Bushcraft Show this year with LDUK's Press and Community Outreach Manager, Julia Knight, and her husband John representing LDUK! They were also joined by LDUK member, Julie-Ann Gylaitis who also did a sterling job of raising awareness alongside Julia.



Awareness Talks and Other Events

Some of our awareness talks this year included an in-person talk by Julia Knight to the Fleet U3A Health and Wellbeing Group and another one of our volunteers, Morven-May MacCallum hosting a charity stand at numerous events in Scotland. These included the Belladrum Tartan Heart Festival, the Moy Country Fair and the Nairn Highland Games. Morven-May spoke to thousands of visitors to her stand and educated passers-by on tick bites, prevention tips and the dangers of Lyme disease.



MP Engagement

LDUK Online Community member Chloe Daly, and her mother Helen, met with their local MP, Peter Gibson, to discuss Chloe's battle with Lyme disease and the difficulties she faced with diagnosis and treatment. Peter Gibson MP raised Chloe's case in the House of Commons. This was the first time Lyme disease had been mentioned in Parliament since March 2019. Peter Gibson MP then invited Lyme Disease UK to join him for a Zoom meeting to discuss how the charity can help to push for change in the way Lyme disease is diagnosed and treated in this country. Peter gave us an excellent insight into how to amplify our message and continue to raise awareness of Lyme disease. As a result, we created a website post detailing how people could request a meeting with their MP at one of their surgeries. We helped to prepare a briefing document and slideshow for Community members to take to their MPs.

Coronation Street

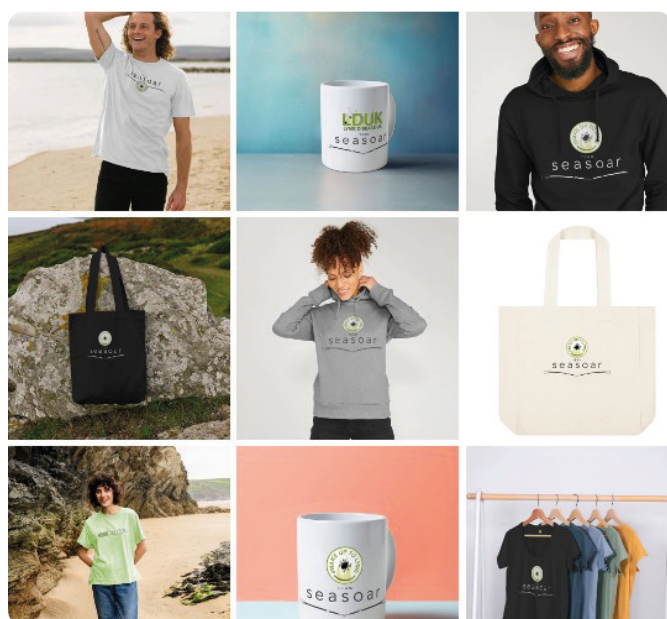
We were so grateful that the Coronation Street script writers reached out to Lyme Disease UK to discuss a **storyline** for a child suffering from Lyme disease. We were grateful they wanted to portray a complex case so as not to portray the illness as hard to catch and easy to cure. Trustee Julia Knight is an ex-paediatric nurse and so she was the perfect person to assist the production team with the storyline.

The charity saw a huge spike in website traffic as the story aired and we saw an uptick in people emailing our email support helpline.



Charity Shop Launch

Following lots of requests for charity merchandise, we launched a print on demand **shop** on the platform, Teemill. The site provides a great customer experience, it is easy to add designs and it enables a high level of customisation. The shop has served us well with co-branded merchandise for Team Seasoar's challenge when they row the Atlantic as part of the World's Toughest Row.



Team Seasoar



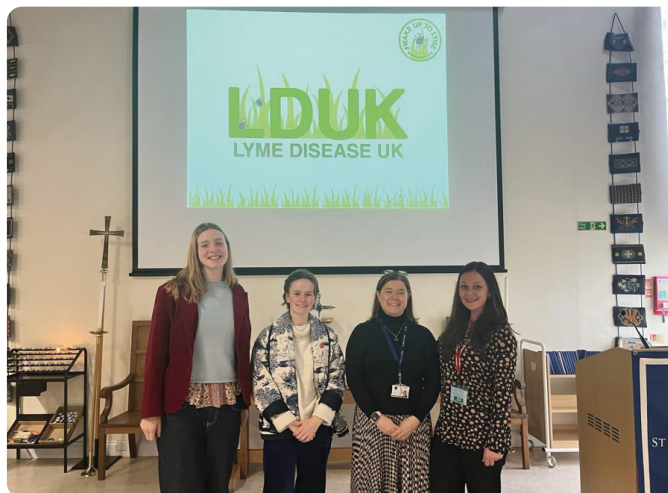
Lyme Disease UK thoroughly enjoyed being a part of **Team Seasoar's campaign** this year as John Watling, Niall Brannigan, Sam Weber and Jason Wilder continued their gruelling training for the World's Toughest Row and avid fundraising for the charity. Lyme Disease UK's Co-Founder and Chair, Natasha Metcalf, joined the team in Weymouth with her parents to see their boat, Oardrey, for the first time.



LDUK and Team Seasoar reunited in Wiltshire so that John Watling and his wife Azar could introduce Natasha to some members of the community in Lacock who were helping with local fundraising. It was also a great opportunity to learn more about the challenges Team Seasoar will face as they row **2** hours on, **2** hours off **24/7** for **6** weeks during the crossing from La Gomera to Antigua, during which they will battle **20** foot waves. Natasha was even shown the packets of dehydrated food the team will need to exist on during their **3,000** mile voyage. John shared more about the dangers of Giant Marlin strikes and the effect the trip can have on the rowers mentally and physically, as they prepare to lose **12kg** in body weight and burn **5,000** calories per day.



The next day, Natasha and John travelled to St Mary's School, Calne, who are one of Team Seasoar's sponsors. The school also selected LDUK as their Charity of the Year. Natasha Metcalf gave a talk in chapel during the school's Charity Week on Lyme disease, her personal story and the work of the charity. She felt so welcomed and embraced by the school and the Lacock community. Thank you to Team Seasoar and the St Mary's staff, students and parents for all the impressive fundraising. In 2024, St Mary's School, Calne raised over **£8,500** for LDUK!

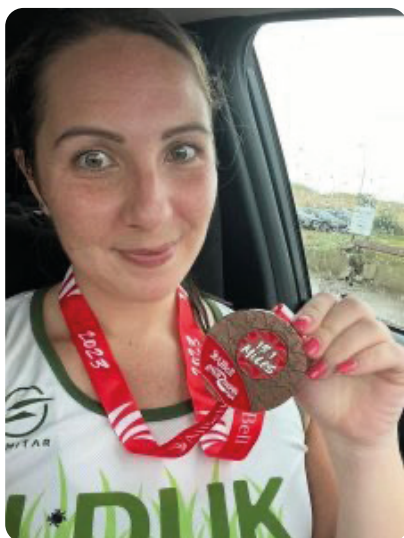


Other Fundraising

Scottish Woodlands raised an incredible **£4,000** with activities including their annual dinner dance, their Run Forester, Run challenge and pole climb at the Royal Highland Show. A huge thank you to all the staff at Scottish Woodlands for this stellar effort.



The charity's 2023 Great North Run team raised an impressive **£3,901** upon completing the race! A huge thank you to this year's runners for taking on the challenge and raising so much!



The Pendle Young Farmers' Club hosted their annual Speed Sheep Shear challenge and raised **£12,743** for the Club's chosen charities – Lyme Disease UK, Sepsis Trust, and Field Nurse. Thank you to Online Community member Dan Duerden for nominating our charity once again and to the Pendle community for embracing us for another year running!



A Look Ahead to 2024-2025

2024 sees the charity's biggest ever 'Wake Up to Lyme' campaign backed by headline sponsor Team Seasoar and tick removal tool company, Tick Twister®. Our representatives attend awareness events in Scotland and Lacock and Natasha returns to St Mary's, Calne as a guest speaker with John Watling from Team Seasoar at the school's Founder's Day. LDUK partners with national charity, Kitsquad, to ensure tick removal tools are included in their packs and that tick bite prevention tips are distributed. We welcome a host of new fundraisers and Natasha Metcalf and Joanne Lee from the charity team head to La Gomera in December 2024 to wave off Team Seasoar as they push off the dock and row across the Atlantic as part of the charity's biggest ever fundraiser.

Financial Review

Lyme Disease UK's total income during the financial year, as reported in our statement of financial activities, was **£43,608** in unrestricted funds. Our total expenditure, including charitable activities and governance was **£37,442**. The year ended with **£32,758** in total funds. An independent examination of charity accounts was carried out and the report is to be submitted with the annual return and trustee report. Our current reserves policy is to keep 20% of unrestricted total funds in reserve to cover the charity's IT, software, and website expenditure as well as professional and legal and insurance expenditure. The current reserves held amount to **£6,557**.



Declarations

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

Signed on behalf of the charity's trustees

Natasha Metcalf

Natasha Metcalf
Chair
Lyme Disease UK
23rd November 2024

LYME DISEASE UK

FINANCIAL STATEMENTS

FOR

THE YEAR ENDED 25 FEBRUARY 2024

Charity Registration Number 1182212

Lyme Disease UK

For the Year Ended 25 February 2024

Administrative Details

LDUK (working name)

Trustees

The following served as trustees of the charity during the year:

Natasha Metcalf (chair)

Sarah Herbert

James Herbert

Julia Knight

Charity Number

1182212

Address

Old address to September 2023

PO Box 9705

Broadstone

BH11 0HZ

New address from October 2023

Lytchett House

13 Freeland Park

Wareham Road

Poole

Dorset

BH16 6FA

Banker

The Co-Operative Bank

Business Banking

PO Box 250

Delf House

Skelmersdale

WN8 6WT

Structure

Charitable Incorporated Organisation

Registered on 26 February 2019

Independent Examiner's Report

Report to the trustees/ members of

Charity Name Lyme Disease UK

On accounts for the year ended 25-Feb-24

Charity number 1182212

Set out on pages 1 to 7

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 procedure laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and,
- to state whether particular matters have come to my attention.

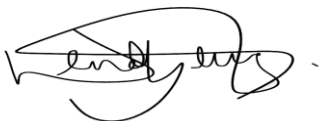
Basis of independent examiner's report

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 statement below.

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 Charities Acthave 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.



Wendy Cheung
FCCA, MBA, BSc(Hon)
Date: 26th November 2024

Lyme Disease UK
For the Year Ended 25 February 2024
Statement of Financial Activities

Categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources					
Income:					
Donations	3	40,355		40,355	32,603
Charitable activities		631	-	631	852
Sponsorship		-	-	-	-
Gift Aid		2,622		2,622	1,371
Total		43,608	-	43,608	34,826
Resources expended					
Expenditure on:					
Charitable activities	4	36,992	-	36,992	44,684
Governance	5	450	-	450	450
		-	-	-	-
Total		37,442	-	37,442	45,134
Net income/(expenditure) before investment gains/(losses)		-	-	-	10,308
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)		6,166	-	6,166	- 10,308
Transfers between funds		-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		6,166	-	6,166	- 10,308
Fund Balances					
Fund Brought forward		25,692	-	25,692	36,000
Fund Balance at 25.02.2024		31,858	-	31,858	25,692

Lyme Disease UK
For the Year Ended 25 February 2024
Balance Sheet

	Notes	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets		-	-	-	-
Total fixed assets		-	-	-	-
Current assets					
Debtors	9	8,055	-	8,055	-
Cash at bank and in hand	11	24,703	-	24,703	26,142
Total current assets		32,758		32,758	26,142
Creditors: amounts falling due within one year	10	450		450	450
Net current assets/(liabilities)		32,308	-	32,308	25,692
Total assets less current liabilities		32,308	-	32,308	25,692
Funds of the Charity					
Fund Balances at brought forward		25,692		25,692	36,000
Restricted income funds			-	-	-
Unrestricted funds		6,616		6,616	10,308
Total funds		32,308	-	32,308	25,692

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 25 February 2023. No member of the company has deposited a notice requiring an audit of these accounts.

This report was approved by the board of Trustees on :

Signed by : *Natasha Metcalf*

Name: Natasha Metcalf

Position: Co-Founder/Chair

Date: 29th November 2024

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. There are no key judgements that the charity has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1.3 Accounting policies

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met. It is probable that the income will be received and that the amount can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to specific headings, they have been allocated to activities on a basis consistent with the use of resources.

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

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

The charity is exempt from corporation tax on its charitable activities.

1.4 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these. The estimated and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future

1.5 Material prior year errors

No material prior year errors have been identified in the reporting period (3.47 FRS 102 SORP).

3 Analysis of income

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Analysis					
Donations and legacies:	Donations and gifts	40,355	-	40,355	32,603
	Gift Aid	2,622	-	2,622	1,371
	Legacies	-	-	-	-
	General grants provided by government/other charities	-	-	-	-
	Sponsorships	-	-	-	-
	Donated goods, facilities and services	-	-	-	-
Total		42,977		42,977	33,974
Charitable activities:		631		631	852
Total		631	-	631	852
Total Income		43,608	-	43,608	34,826

4 Analysis of expenditure

		This year			Last year		
		Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
Analysis				£			£
Expenditure on raising funds:							
	Accommodation	-	-	-	275	-	275
	Advertising, marketing, direct mail and publicity	7,825	-	7,825	11,122	-	11,122
	Conference and Events	-	-	-	1,928	-	1,928
	Professional and Consultancy	22,522	-	22,522	19,915	-	19,915
	General expenses	457	-	457	255	-	255
	Insurance	179	-	179	179	-	179
	IT , software and website	890	-	890	668	-	668
	Legal Expenses	750	-	750	-	-	-
	Bank charges and transaction fees	672	-	672	64	-	64
	Postage and courier	797	-	797	1,178	-	1,178
	Printing and stationery	2,529	-	2,529	8,882	-	8,882
	Subscriptions	339	-	339	668	-	668
	Telephone & Internet	20	-	20	-	-	-
	Travel	12	-	12	-	-	-
		-	-	-	-	-	-
Total expenditure		36,992	-	36,992	45,134	-	45,134

5. Governance cost

	This year £	Last year £
Independent examiner's fees	450	450
Total governance cost	450	450

Lyme Disease UK

For the Year Ended 25 February 2024

6. Staff Costs

There were no employees during the year or in the prior year.

7. Trustee

There were no trustees' remuneration or other benefits during the year or in the prior year.

8. Tangible fixed assets

There were no fixed assets during the year or in the prior year.

9 Debtors and prepayments

Analysis of debtors

	This year £	Last year £
	-	-
Debtors	8,055	-
Prepayments and accrued income	-	-
Total	8,055	-

10 Creditors and accruals

Analysis of creditors

	This year £	Last year £
Accruals	450	450
Trade creditors	-	-
Accruals and deferred income	-	-
Other creditors	-	-
Total	450	450

11 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	24,703	26,143
Other	-	-
Total	24,703	26,143

LYME DISEASE UK

England & Wales - Charity number 1182212

Accounts

2022 - 2023 LDUK Trustee Annual Report





Charity registration number: 1182212

Charity addresses for this financial year:

Lyme Disease UK, PO Box 177, West Wickham, BR4 4BN

Lyme Disease UK, PO Box 9705, Broadstone, BH11 0HZ

New charity address from October 2023:

Lyme Disease UK, Lytchett House, 13 Freeland Park, Wareham Road, Poole, Dorset, BH16 6FA

We welcomed 3 new trustees during this financial year; Julia Knight on 3rd September 2022, and James and Sarah Herbert on 6th September 2022.

Current trustees: Natasha Metcalf (Chair), Julia Knight, Sarah Herbert, James Herbert.

Financial Year 4:

26th February 2022 - 25th February 2023

Structure, Governance and Management

Lyme Disease UK is a Charitable Incorporated Organisation governed by a Constitution. Two trustees who were serving during this financial year stepped down towards the end of 2022. Justin Brandon left on 3rd September 2022 and Ann Gregson stepped down as trustee on 2nd November. We welcomed our 3 new trustees; Julia Knight on 3rd September 2022, and James and Sarah Herbert on 6th September 2022.

Trustee decisions, including new trustee appointments, are only made following a meeting or electronic correspondence containing a quorum and only if a majority vote is achieved. Along with trustees, Lyme Disease UK's daily running is operated by a core team of freelancers and volunteers.

Objectives and Activities

The purpose of the charity is, for the public benefit, to prevent Lyme disease and support those living with the disease by:

- (1) Raising awareness about the causes and dangers of Lyme disease and ways to prevent tick bites.
- (2) Providing and publishing information about Lyme disease and where practical help and support can be found for sufferers.
- (3) Making grants to fund research into Lyme disease and the treatment of the disease, provided the useful results of such research are published. This was not feasible in this financial year.
- (4) Working with others to support improvements to the diagnosis and treatment of Lyme disease, including to the national guidelines for diagnosis, treatment and care.
- (5) Making grants to pay for personal care and other charitable short or long term needs of people with Lyme disease when possible. This was not feasible in this financial year.

Public Benefit Statement

The trustees continue to have regard for the guidance issued by the Charity Commission on public benefit. We review our charity's aims, objectives, and activities regularly and we feel our activities to date demonstrate public benefit as we strive to prevent Lyme disease and provide support for those living with the condition.

Main Activities and Achievements

Online Support

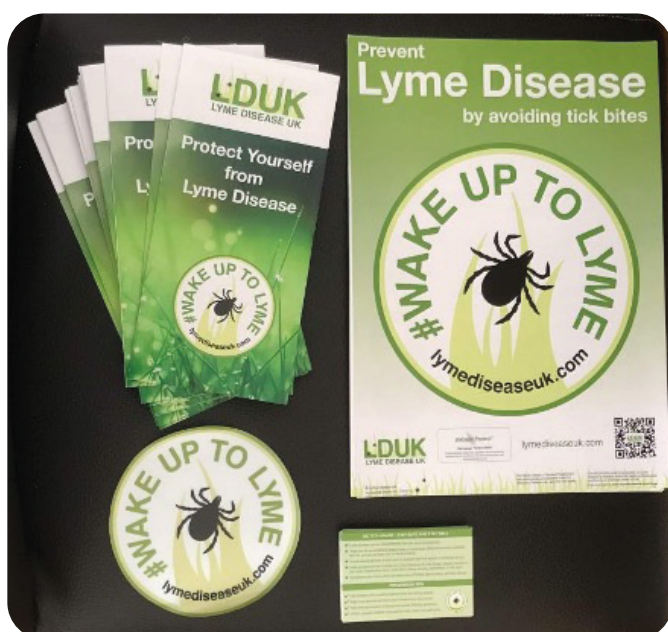
Our Online Community of over **13,000** people continued to receive support on Facebook and we answered over **200** email tickets from people looking for information on tick bites and Lyme disease.

Successful 'Wake Up to Lyme' Campaign 2022

Awareness Packs:

LDUK's 'Wake Up to Lyme' 2022 campaign superseded previous years in terms of engagement and reach. After a two year hiatus due to the pandemic, we were able to bring back our printed awareness packs for members of our Community to hand out in their local areas. Initially, we weren't sure how popular they would be. After Covid, would people still want to get out into the community to distribute them? What a pleasant surprise it was to be inundated with orders like old times!

A total of **750** awareness packs were sent out and many members of the public were desperate to get their hands on them! It was extremely rewarding to know that our posters, leaflets, tick awareness cards, and window stickers were displayed across many sites in the UK, helping members of the public to **#WakeUpToLyme**.



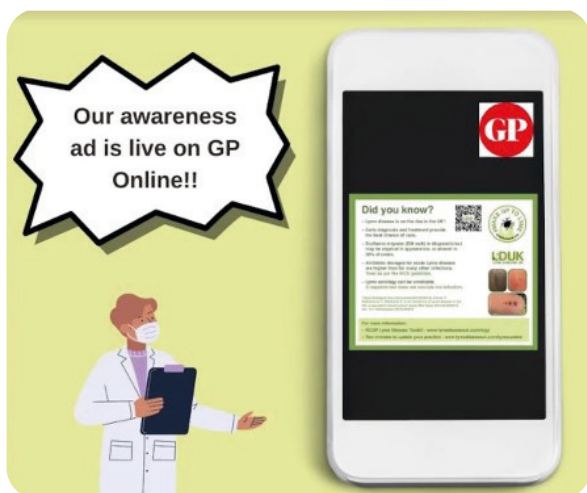
GP Surgery Posters:

Thanks to generous donations, we were able to include some new elements to the campaign including sending our posters to **3,000** GP surgeries across the country. We were then sent footage of our posters displayed on waiting room notice boards; an ideal place to raise awareness as people wait for their appointments.



GP Online Advert:

Secondly, we paid for an awareness advertisement to run on a leading website for clinicians; GPOnline.com. In total, it received **45,000** views! There is variability in knowledge of Lyme amongst GPs, so both projects were created with the intention of raising awareness of early symptoms and the importance of early treatment. We were also keen to provide GPs with a refresher on the complexities of diagnosis, testing and treatment.



Light Up for Lyme:

It was a real pleasure to reignite **#LightUpForLyme** during this year's campaign! Seeing world-class landmarks light up green in recognition of Lyme disease means so much to our Community and always leads to fantastic awareness raising as well in surrounding press coverage.

A long list of landmarks took part: the Spinnaker Tower, the Kelpies, Waddesdon Manor, Ness Bridge, Sandbach Town Hall, the Titan Crane, the Wallace Monument, Royal College of Physicians of Edinburgh, the Falkirk Wheel, the Rock of Cashel, and the Cosey Club in Cheshire.

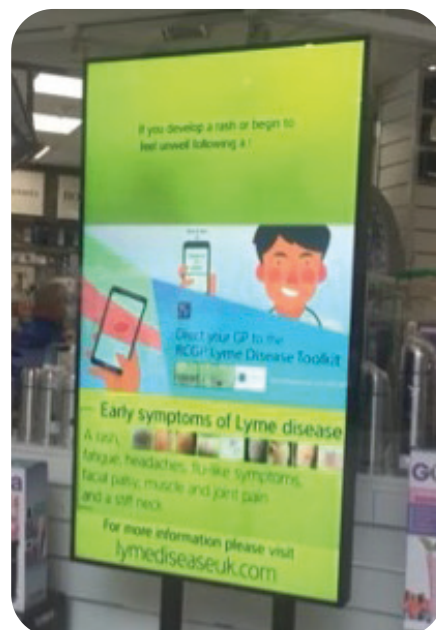


Schools:

As children are at risk of contracting Lyme disease, we place a lot of importance on tick education at an early age. As part of 2022's campaign, we emailed **9,000** headteachers across the UK to help kick-start tick awareness in schools. As a result, schools were equipped with our free training webinar, a school trip checklist, downloadable posters and leaflets, and our awareness animation. Many schools responded by showing their support and lots of students took part in our annual poster competition.

Pharmacies:

Looking to raise awareness amongst pharmacists, as well as members of the public, we paid for our awareness animation to be displayed on 650 pharmacy screens across the UK! Pharmacies like the one featured in the photo at Stratford Shopping Centre, get a massive footfall, and we were thrilled to gain so much exposure. In total, our animation was played a whopping **600,000** times! We also collaborated with Community Pharmacy Scotland to ensure that pharmacists are aware of Lyme disease during peak tick bite season. They included details of our campaign in their E-newsletter, which was sent to over **2,500** pharmacists across Scotland. They also shared our information on their website and via their social media channels, which we are hugely grateful for.



Press, Awareness Talks, and Social Media:

There was a lot of press surrounding our awareness campaign in 2022 and our Press and Community Outreach Manager, Julia Knight, contributed to articles for the following outlets: ITV News, BBC News, NI Healthcare, Nursing In Practice, Scottish Healthcare, BBC Radio 3 Counties and Manx Radio. Julia has also led free awareness talks throughout the month of May, for various outdoors groups such as Walx Club, UK Climbing and UK Hillwalking.

Social media is more powerful than ever and it has been a key component in our campaign once again this year. During awareness month, our posts reached **500,000** people, with 'likes' and 'shares' across multiple platforms! Special thanks to celebrity and outdoors enthusiast, Ray Mears, who shared our awareness animation on his social media accounts!

Politicians:

We received more support from politicians during our 2022 campaign than previous years and it was great to see so many sharing our posts and searching out links to our website to share with their constituents.

Marie McNair MSP even went a step further: she raised her own parliamentary motion on Lyme disease which was supported by **40** other MPs!

MPs are well-positioned to play a key role in the fight against Lyme disease, and we always encourage as many as possible to help us raise awareness. Other noteworthy social media supporters have included: Alexander Burnett MSP for Aberdeenshire West, Sarah Green MP for Chesham and Amersham, Councillor Alan Tormey, Councillor Sarah Fanet and East Dunbartonshire Council.

Motion: S6M-04097

Lyme Disease Awareness Month 2022

That the Parliament recognises May as Lyme Disease Awareness Month 2022; notes that many people in Scotland are affected by Lyme disease, which, it understands is a severe multi-systemic illness caused by infection transmitted by the bite of a tick; understands that the aim of the month is to spread information about how to prevent tick bites, how to safely remove ticks and the importance of early treatment for those people who become unwell following a bite, and supports the vital efforts to increase wider understanding and awareness of Lyme disease.

MARIE MCNAIR
MSP for Clydebank and Milngavie



Bushcraft Show 2022

Lyme Disease UK was thrilled to be invited back to the annual Bushcraft Show; an amazing three day outdoors event, which this year took place in the grounds of Stanford Hall, Lutterworth in Leicestershire. LDUK's Julia Knight was invited to give a presentation about ticks and Lyme disease on the main stage. The presentation was very popular and many people who listened then sought out the LDUK stand to pick up awareness leaflets, as well as other information about repellents and tick tools. Many children took part in our little quizzes, in particular where they could win a "jelly insect" if they could tell Julia how many legs a tick has!



BPNA Conference

In 2022, the British Paediatric Neurology Association offered charities the opportunity to submit research to be considered for presentation at their annual conference in January 2023, which is taking place in Edinburgh.

LDUK's Press and Community Outreach Manager, Julia Knight, decided to take up this challenge and submitted an abstract relating to children with facial palsy caused by Lyme disease and the experiences of children and their families with this condition. Excitingly, Julia's abstract was chosen to be shown as a poster presentation at the conference!

The team at LDUK is proud that Julia's work will be seen by very experienced health professionals, and we hope Julia's work will produce insights and knowledge that can ensure optimum treatment for children who develop facial palsy caused by Lyme disease.

Experiences of Children with Facial Nerve Paralysis caused by Lyme Disease: Diagnosis, Treatment and Ongoing Support

Julia Knight, RN Child (Retired) BSc, BMedSci (Specialist Community Nursing & Healthcare Practice)
Press and Community Outreach Manager and Trustee, Lyme Disease UK

Introduction

Lyme disease is the most common cause of facial nerve paralysis in children and is caused by the tick-borne spirochete of the *Borrelia* species. It can be misdiagnosed as Bell's Palsy, which risks not identifying the infectious cause of the condition and antibiotic treatment being delayed possibly resulting in a worse outcome for the child. Infected ticks have now been found throughout the U.K. and considering this, should Lyme disease be considered the working diagnosis when a child presents with facial palsy until proven otherwise?



Objective

The charity Lyme Disease UK conducted a small study of children's experiences of facial palsy caused by Lyme disease after receiving anecdotal reports of difficulty of diagnosis from parents who were seeking support. The objective was to see if the child and families reported similar or differing experiences.



Methodology

The method used for the study consisted of an anonymous survey consisting of ten open ended questions that enabled the respondents to describe their child's care in their own words and to express themselves freely. The survey was shared in a variety of places including LDUK's public social media channels and various online support forums in the UK to try to capture as many responses as possible. All children included in the study had a confirmed diagnosis of Lyme disease, either by serology, lumbar puncture or by identification of Erythema Migrans rash.

Results

Although a small study, it was evident that the families' experiences had recurring themes. All but one respondent stated that Lyme disease was not considered initially as the differential diagnosis.

Two respondents reported that when Lyme disease was subsequently diagnosed, their child was not prescribed an adequate dosage of antibiotic as recommended by the NICE guideline (2018).

One parent reported she was only aware about the inadequate dosage when she sought support from LDUK. All reported that no follow up support was offered, and in one case this led to a 5-year-old boy being ostracised and bullied by his peers. The family had to self-refer to CAMHS (Child & Adolescent Mental Health Services) such was the distress of their child.

Q. Did the medical team treating your child consider a diagnosis of Lyme disease as soon as the facial paralysis developed?

A. "No, the registrar googled it, said probably viral and sent us home refusing to do any testing"

A. "Because of the initial test being negative they were dismissive of my concern".

A. "I was told it was nothing to worry about on the phone".

Survey respondents



Image: By kind permission of LDUK member, Katy Howard

Conclusion

The findings of this study seem to indicate that Lyme disease as the cause of facial palsy in children can be overlooked in the first instance when presenting to urgent care. However, limitations of this study are the small sample of case studies collected up to date, although as previously stated, the study is ongoing.

The researcher's inability to share the survey to wider health care settings has limited the number of responses received but it is hoped the research can be updated later. It would be interesting to see if these results would be replicated by a much larger study of children with Lyme disease associated facial palsy in the UK and add to the knowledge base of treating these children so that children with this condition always receive quick diagnosis and optimum care.

Find out more about this study

Please visit www.lymediseaseuk.com/facial-palsy-resources



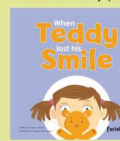
"Facial palsy in children is debilitating not only physically but socially."

Treatable causes need to be identified quickly and managed to reduce the risk of long-term sequelae in children."

Adel Fattah,
Facial Palsy UK Medical Advisory Board

Resource for families

Facial Palsy UK launched their first children's book, 'When Teddy Lost His Smile' by Karen Johnson & Andrew Hennessey (Illustrator).



The book aims to improve self-esteem in children with facial palsy by normalising the condition, reduce feelings of isolation in children so they don't feel they are 'the only one' and increase awareness of facial palsy in schools and the wider community.

Thanks to Facial Palsy UK for allowing permission to share this resource.

FacialPalsy
INFORM • SUPPORT • RESEARCH

www.facialpalsy.org.uk

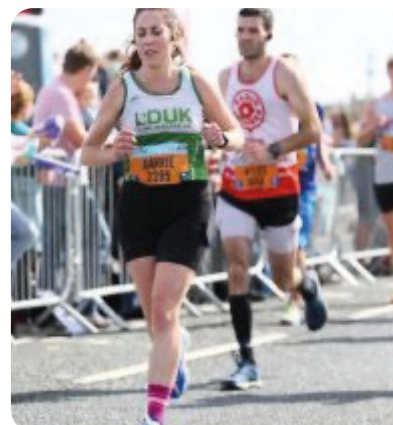


Fundraising

Despite the UK's cost of living crisis, we were blown away by generous donations to LDUK throughout the financial year. A huge thank you to everyone who supported us by taking part in fundraising events and donating!

Great North Run 2022

We would like to give a massive shout out to the LDUK team, Karrie, James, Alex and Paul, who completed the Great North Run in September! The team raised over **£3,000!**



The Pendle YFC Speed Shear

LDUK Community member Daniel Duerden and his family, combined with Pendle YFC, raised an incredible **£10,000** for Lyme Disease UK. The speed shear is a competition held amongst farmers to shear sheep in the quickest time. Around 400 young farmers from all counties attended the event held in Lancashire, and a whale of a time was had by all! A heartfelt thank you to everyone who generously donated to LDUK and of course to Daniel and the Pendle YFC.



Young Fundraiser - Henry Mellin

We are very proud to announce a record sum raised by a young fundraiser! Over the course of December, 12-year-old Henry Mellin raised **£625** from the sale of his hand-made eco Christmas trees! Such a special achievement for a young lad, and one that we will always remember. Henry's decision to support us came about through his friend, Dan Duerden, who's one of our patient members. Both lads are young farmers and part of a tight-knit agricultural community that has organised multiple fundraisers for us. They're a really inspiring group of people.

Throughout the month of December, Henry and his friends, Spencer and Daz, transformed recycled pallets into beautiful eco Christmas trees! Chainsaws at the ready, they ensured that many customers enjoyed the festive period the environmentally-friendly way.



Clio Raises £3,000 Running the Marathon

Last April, trainee doctor, Clio, ran the marathon for LDUK in support of her friend, Ellie, who's a Lyme disease patient. We are thrilled to announce that Clio raised over **£3,000**! Thank you to Clio for raising this incredible sum of money and helping to spread awareness of the illness.

Scottish Woodlands



We are excited to announce that Lyme Disease UK has been selected as the charity partner of Scottish Woodlands Ltd for 2023!

Scottish Woodlands Ltd is a company that provides a comprehensive range of forest, estate and land-related services, and has an annual turnover of over **£100 million**. We were selected as their chosen charity, as Lyme disease poses a real threat to their staff.

Ralland Browne, Managing Director of Scottish Woodlands Ltd, said: "We are very pleased to be supporting Lyme Disease UK throughout 2023 and look forward to seeing all the activities that our staff take part in to help raise awareness of this awful disease and raise funds for the charity to help them continue their great work.

Team Seasoar



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We are delighted to announce that the CMS Group has chosen LDUK as their charity for 2023 and 2024! This means that they will be fundraising for us over the course of two years! The CMS Group is an award-winning organisation of Architects, Interior Designers, Landscape Architects, Project Managers and Quantity Surveyors based in Wiltshire. CMS' decision to support us came about following a meeting set up by John Watling who is a member of Team Seasoar (the incredible team of men who are rowing **3,000** miles across the Atlantic in 2024 to raise funds for us). Chair of LDUK, Natasha Metcalf, was invited to present to the CMS team, alongside John who spoke about his daughter.



A Look Ahead to 2023-2024

The next financial year is an exciting one for Lyme Disease UK as we continue to support Team Seasoar as they prepare for their epic race across the Atlantic and meet LDUK's Co-Founder/Chair, Natasha Metcalf, in Weymouth on one of their training days. Our free awareness talks continue for a wide variety of organisations and we are invited to speak on the main stage at the Bushcraft Show which is a real honour. 2023 sees the planning of our biggest awareness campaign to date and as always, we have incredible support with fundraising as we cheer on our Great North Run team for 2023, see another charity speed sheep sheer take place and lots of incredible fundraisers held by corporate sponsor Scottish Woodlands. We celebrate our 10th birthday since starting as a Facebook support group before becoming a charity in 2019.

Thank you to everyone who has made 2022-2023 such a success!

Financial Review

Lyme Disease UK's total income during the financial year, as reported in our statement of financial activities, was £34,826 in unrestricted funds. Our total expenditure, including charitable activities and governance was £45,134. The year ended with £26,142 in total funds. An independent examination of charity accounts was carried out and the report is to be submitted with the annual return and trustee report. Our current reserves policy is to keep 20% of unrestricted total funds in reserve to cover the charity's IT, software, and website expenditure as well as professional and legal and insurance expenditure. The current reserves held amount to £5,229.



Declarations

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

Signed on behalf of the charity's trustees

Natasha Metcalf

Natasha Metcalf
Chair
Lyme Disease UK
14th November 2023

LYME DISEASE UK

FINANCIAL STATEMENTS

FOR

THE YEAR ENDED 25 FEBRUARY 2023

Charity Registration Number 1182212

Lyme Disease UK

For the Year Ended 25 February 2023

Administrative Details

LDUK (working name)

Trustees

The following served as trustees of the charity during the year:

Natasha Metcalf (chair)

Sarah Herbert appointed September 2022

James Herbert appointed September 2022

Julia Knight appointed September 2022

Ann Gregson resigned November 2022

Justin Brandon resigned November 2022

Charity Number

1182212

Address

PO Box 177
West Wickham
BR4 4BN

Banker

The Co-Operative Bank
Business Banking
PO Box 250
Delf House
Skelmersdale
WN8 6WT

Structure

Charitable Incorporated Organisation
Registered on 26 February 2019

Independent Examiner's Report

Report to the trustees/ members of

Charity Name Lyme Disease UK

On accounts for the year ended 25-Feb-23

Charity number 1182212

Set out on pages 1 to 7

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 procedure laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and,
- 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 statement below.

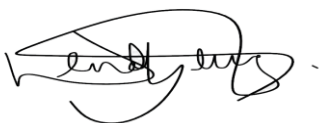
Independent examiner's statement

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 Charities 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.



Wendy Cheung

FCCA, MBA, BSc(Hon)

Fellow member of the Association of Chartered Certified Accountants

Date: 21st November 2023

Lyme Disease UK
For the Year Ended 25 February 2023
Statement of Financial Activities

Categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources					
Income:					
Donations	3	32,603		32,603	42,374
Charitable activities		852	-	852	2,918
Sponsorship		-	-	-	-
Gift Aid		1,371		1,371	-
Total		34,826	-	34,826	45,292
Resources expended					
Expenditure on:					
Charitable activities	4	44,684	-	44,684	31,176
Governance	5	450	-	450	520
		-	-	-	-
Total		45,134	-	45,134	31,696
Net income/(expenditure) before investment gains/(losses)	-	10,308	-	- 10,308	13,596
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)	-	10,308	-	- 10,308	13,596
Transfers between funds		-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds	-	10,308	-	- 10,308	13,596
Fund Balances					
Fund Brought forward		36,000	-	36,000	22,404
Fund Balance at 25.02.2022		25,692	-	25,692	36,000

Lyme Disease UK
For the Year Ended 25 February 2023
Balance Sheet

	Notes	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets		-	-	-	-
Total fixed assets		-	-	-	-
Current assets					
Debtors	9	-	-	-	-
Cash at bank and in hand	11	26,142	-	26,142	36,400
Total current assets		26,142		26,142	36,400
Creditors: amounts falling due within one year	10	450		450	400
Net current assets/(liabilities)		25,692	-	25,692	36,000
Total assets less current liabilities		25,692	-	25,692	36,000
Funds of the Charity					
Fund Balances at brought forward		36,000		36,000	22,404
Restricted income funds			-	-	-
Unrestricted funds		- 10,308		- 10,308	13,596
Total funds		25,692	-	25,692	36,000

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 25 February 2023. No member of the company has deposited a notice requiring an audit of these accounts.

This report was approved by the board of Trustees on :

Signed by : *Natasha Metcalf*

Name: Natasha Metcalf

Position: Chair

Date: 21st November 2023

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. There are no key judgements that the charity has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1.3 Accounting policies

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met. It is probable that the income will be received and that the amount can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to specific headings, they have been allocated to activities on a basis consistent with the use of resources.

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

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

The charity is exempt from corporation tax on its charitable activities.

1.4 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these. The estimated and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future

1.5 Material prior year errors

No material prior year errors have been identified in the reporting period (3.47 FRS 102 SORP).

Lyme Disease UK

For the Year Ended 25 February 2023

3 Analysis of income

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Analysis					
Donations and legacies:	Donations and gifts	32,603	-	32,603	10,729
	Gift Aid	1,371	-	1,371	3,894
	Legacies	-	-	-	-
	General grants provided by government/other charities	-	-	-	-
	Sponsorships	-	-	-	6,000
	Donated goods, facilities and services	-	-	-	-
Total		33,974	-	33,974	20,623
Charitable activities:		852	-	852	3,104
Total		852	-	852	3,104
Total Income		34,826	-	34,826	23,727

4 Analysis of expenditure

		This year			Last year		
		Unrestricted funds	Restricted income funds	Total funds	Unrestricted funds	Restricted income funds	Total funds
Analysis				£			£
Expenditure on raising funds:							
	Accommodation	275	-	275	-	-	-
	Advertising, marketing, direct mail and publicity	11,122	-	11,122	11,860	-	11,860
	Conference and Events	1,928	-	1,928	867	-	867
	Professional and Consultancy	19,915	-	19,915	15,261	-	15,261
	General expenses	255	-	255	63	-	63
	Insurance	179	-	179	358	-	358
	IT , software and website	668	-	668	1,416	-	1,416
	Bank charges and transaction fees	64	-	64	73	-	73
	Postage and courier	1,178	-	1,178	646	-	646
	Printing and stationery	8,882	-	8,882	935	-	935
	Subscriptions	668	-	668	187	-	187
	Travel	-	-	-	30	-	30
		-	-	-	-	-	-
Total expenditure		45,134	-	45,134	31,696	-	31,696

5. Governance cost

	This year £	Last year £
Independent examiner's fees	450	400
Others	-	120
	-	-
Total governance cost	450	520

Lyme Disease UK

For the Year Ended 25 February 2023

6. Staff Costs

There were no employees during the year or in the prior year.

7. Trustee

There were no trustees' remuneration or other benefits during the year or in the prior year.

8. Tangible fixed assets

There were no fixed assets during the year or in the prior year.

9 Debtors and prepayments

Analysis of debtors

	This year £	Last year £
	-	-
Debtors	-	-
Prepayments and accrued income	-	-
Total	-	-

10 Creditors and accruals

Analysis of creditors

	Amounts falling due after	
	This year £	Last year £
Accruals	450	400
Trade creditors	-	-
Accruals and deferred income	-	-
Other creditors	-	-
Total	450	400

11 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	26,142	36,400
Other	-	-
Total	26,142	36,400

LYME DISEASE UK

England & Wales - Charity number 1182212

Accounts



2021 - 2022 LDDUK Trustee Annual Report



Charity registration number: 1182212

Charity address during this financial year:

Lyme Disease UK, PO Box 177, West Wickham, BR4 4BN

New charity address from October 2022:

LDUK, PO Box 9705, Broadstone, BH11 0HZ, UK

Trustees during this financial year: Natasha Metcalf (Chair), Ann Gregson, Justin Brandon

Current trustees: Natasha Metcalf (Chair), Julia Knight (Trustee), Sarah Herbert (Trustee), James Herbert (Trustee).

Financial Year 3:

26th February 2021 - 25th February 2022

Structure, Governance and Management

Lyme Disease UK is a Charitable Incorporated Organisation governed by a Constitution. Two trustees who were serving during this financial year retired in 2022. Trustees Justin Brandon and Ann Gregson stepped down from their positions on 3rd September 2022 and 2nd November retrospectively after many years of dedicated service. Natasha Metcalf (Chair) welcomed three new trustees to the board in the latter part of 2022; Julia Knight, on 3rd September 2022 and James and Sarah Herbert on 6th September 2022.

Trustee decisions, including new trustee appointments, are only made following a meeting or electronic correspondence containing a quorum and only if a majority vote is achieved. Along with trustees, Lyme Disease UK's daily running is operated by a core team of freelancers and volunteers.

Objectives and Activities

The purpose of the charity is, for the public benefit, to prevent Lyme disease and support those living with the disease by:

- (1) **raising awareness** about the **causes and dangers of Lyme disease** and ways to prevent tick bites.
- (2) providing and publishing information about Lyme disease and where **practical help and support** can be found for sufferers.
- (3) making grants to pay for personal care and other charitable short or long-term needs of people with Lyme disease (when financially feasible). This has not been possible in the charity's third financial year.
- (4) working with others to **support improvements** to the diagnosis and treatment of Lyme disease, including to the national guidelines for diagnosis, treatment, and care.
- (5) making grants to pay for personal care and other charitable short or long-term needs of people with Lyme disease (when financially feasible). This has not been possible in the charity's third financial year.

Public Benefit Statement

The trustees continue to have regard for the guidance issued by the Charity Commission on public benefit. We review our charity's aims, objectives, and activities regularly and we feel our activities to date demonstrate public benefit as we strive to prevent Lyme disease and provide support for those living with the condition.

Main Activities and Achievements

Online Support

Our Online Community on Facebook, with over 12,600 members, continued to receive support, information and friendship. In addition, we answered over 200 email tickets from people looking for information on tick bites and Lyme disease as well as numerous messages via our Facebook page and Instagram accounts.

Charity Rebrand and Website Update

Lyme Disease UK opted for a new look this year with a large-scale charity rebrand and website update, including a logo change. We are really pleased with the more modern branding and with the website's fresh new look and improved user experience.




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[RESOURCES](#)
[GET INVOLVED](#)
[NEWS](#)
[BLOG](#)
[CLINICIANS](#)
[CONTACT](#)



Welcome to Lyme Disease UK, a registered charity founded by patients. We are healthcare advocates campaigning for increased knowledge and awareness of Lyme disease and providing support for those suffering with the illness and its associated conditions.

Animation Work

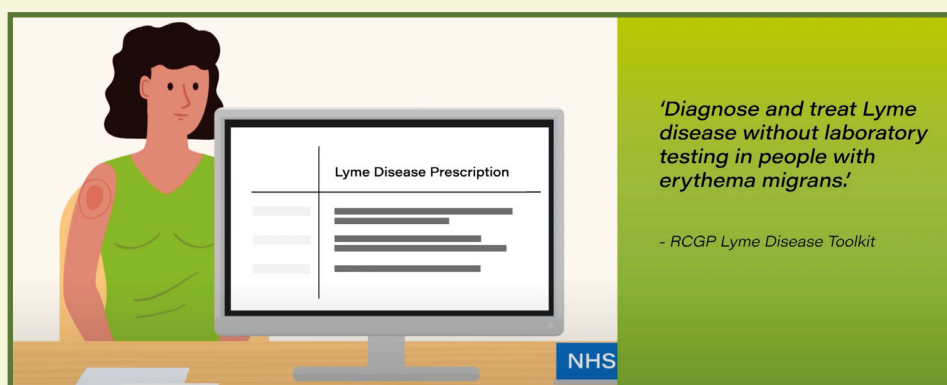
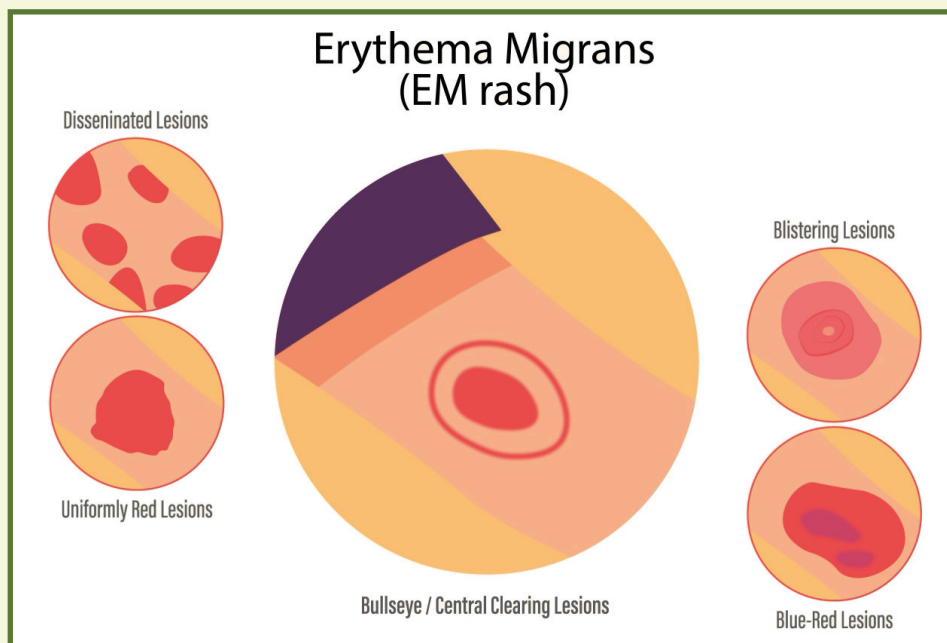
Due to the success of our animation in our previous year's 'Wake Up to Lyme' campaign, we wanted to expand our range of animations for specific audiences, including healthcare workers and those suffering with late-stage Lyme disease. Our aim was to provide bite-sized information for doctors and other frontline medical staff as well as to create a resource which could be shared by those suffering from late-stage Lyme disease, in order to help them explain the challenges of daily life.



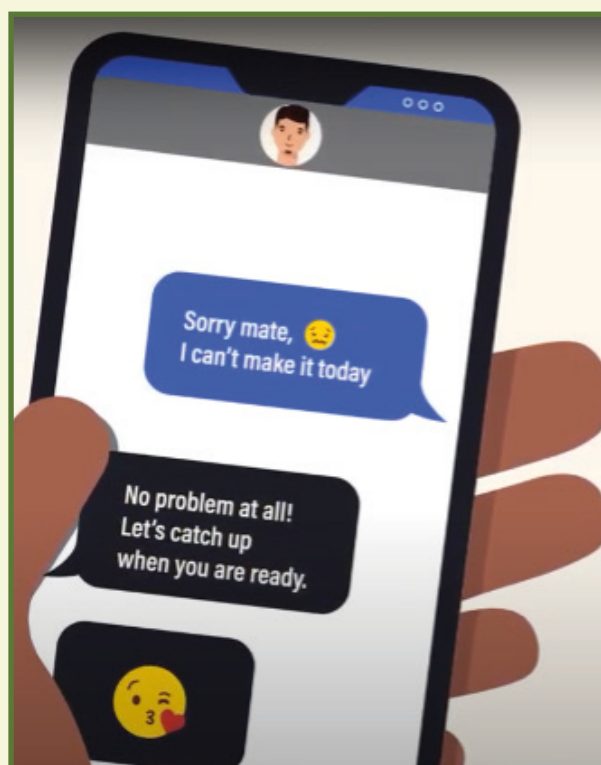
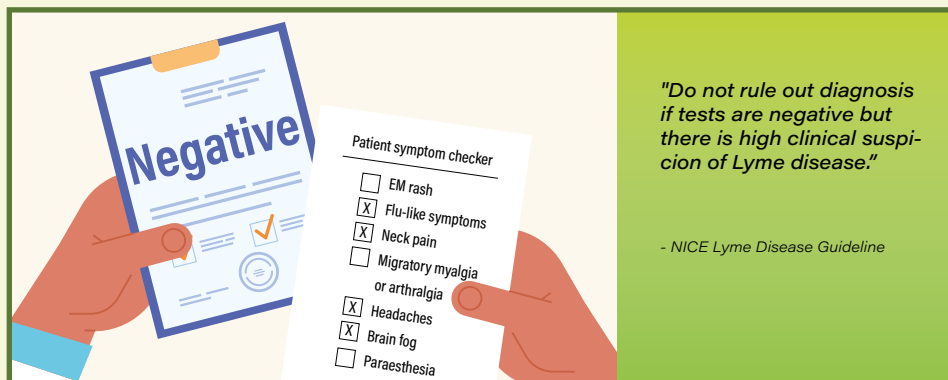
Please scan the QR code to watch our video

Stills from the Animations





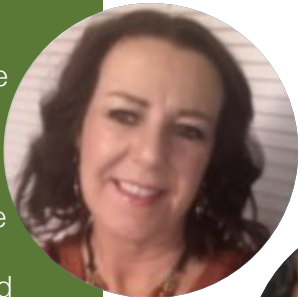
Symptoms
Flu-like symptoms 'out of season' (with or without an EM rash)
Fever and Sweats
Lymphadenopathy
Malaise
Fatigue
Neck pain
Migratory Myalgia or Arthralgia
Brain fog
Headaches paraesthesia
- RCGP Lyme Disease Toolkit



Patient Perspectives on Living with Lyme Disease

As well as our animation work, we wanted to create a powerful photo montage involving members of our Online Community who were happy to send in a photo and a quote describing how Lyme disease has impacted their life.

“
Lyme disease is such a hidden, invisible illness. My life has changed massively and I struggle every single day. Would you realise that from this picture? ”



“
Lyme disease is a struggle for the survival of my soul. ”



“
Lyme disease has had a devastating impact on my mental health. ”



Those who participated in the project shared their motivations:

“I participated to raise much-needed awareness of this poorly-understood, multi-system, debilitating disease which leaves patients to live with intolerable symptoms without medical support.” – **Lyn**

“I joined the project as I wanted to give back to LDUK, having found support and friendships via their Online Community during my illness.” – **Adam**

“I wanted to take part to show the sadness this misunderstood disease brings about, it strips you of every normal part of life. Some days I can look well and behave well, but it’s definitely not how I’m feeling on the inside.” – **Natalie**

“I want to help others gain access to better information than I had. If I can help increase knowledge and understanding about Lyme disease (even in the smallest of ways) that for me, can only be a positive!” – **Tracy**

“I agreed to participate in the ‘Wake Up to Lyme’ campaign to raise awareness, to help people understand how Lyme disease can affect people directly as well as their friends and family, and to reduce any stigma surrounding visible/invisible conditions and disabilities. I also wanted to show that positives can come from such seemingly negative situations.” – **Jeff**

Online Seminar Series



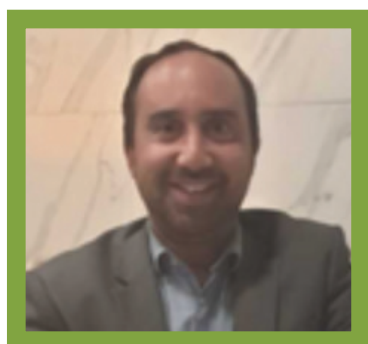
Online Seminar: The Future of Lyme, TBDs and Global Health Challenges in the 21st Century

This online seminar took place on 17th March 2022. Dr. Richard Horowitz shared his extensive knowledge on Lyme disease and tick-borne diseases. Richard Horowitz is a board certified internist and medical director of the Hudson Valley Healing Arts Center.



Online Seminar: An overview of PoTS with Sanjay Gupta

This online seminar took place on 17th November 2021. Dr Sanjay Gupta shared his extensive knowledge of Postural Orthostatic Tachycardia (PoTS). An Overview of PoTs with Sanjay Gupta. Dr Gupta qualified in 1995 from Charing Cross Hospital in London and relocated to Manchester.



Online Seminar: The Psychological of Lyme Disease with Daniel Segal

This event took place on 19th October 2021. Daniel Segal, B.A. Psych, MSc Mental Health Counselling, COP, AMAP (New York only) Daniel's experience covers many things, including the brain's neuroplasticity, processes, functions, and chemical makeup as well as our behaviours.

Lyme Disease UK continued to expand the charity's free online seminar series, welcoming new and fascinating guests who spoke to our community about a wide range of topics relating to Lyme disease and its associated conditions.

Wake Up to Lyme Campaign 2021

Due to the ongoing Covid-19 restrictions, 2021's 'Wake Up to Lyme' campaign was held largely online again, and it was centred around our latest animation work which reached 60,000 people at the height of our campaign!

We shared our awareness materials prolifically on social media, using a budget for sponsored, and boosted posts on our various platforms to maximise reach and target specific audiences. Our Facebook posts reached 130,000 people in May 2021 and 250,000 people in June 2021. Our Facebook page, with 11,400 followers at the time, had 1,500 visits in May.

During awareness month, we welcomed 7,936 new users to our website and received 17,272 page views. On Twitter, we gained 160,000 impressions during May. We held a light-hearted photo competition involving lime green bow ties for pets as part of the #WearLimeforLyme initiative, and this proved to be a fun and engaging activity for our Online Community!



Bones and his winning yawn!

Walk or Wheel (WoW) Challenge

Lyme Disease UK launched its own fundraising challenge inviting supporters to walk 20km or wheel 100km, with a view to making this a year-round challenge for people to take on! This year, the challenge's participants, including some team members and their families, raised over £2,200 for LDUK and we hope to grow this each year!



Bushcraft Show 2021

Lyme Disease UK's Press and Community Outreach Manager, Julia Knight, headed to the Bushcraft Show at the Chillington Hall Estate, in the West Midlands where she hosted an LDUK stand. Julia helped to raise awareness amongst the bushcraft community and other members of the public, and collected generous donation from people who were keen to learn more about Lyme disease or who knew of people who had suffered from it.



Awareness Talks

What is Lyme Disease?



- Lyme disease is caused by a corkscrew shaped bacteria called Borrelia
- Lyme disease can be transmitted via a tick bite
- Ticks can carry other infections such as Anaplasma, Babesia and Tick-borne encephalitis
- Ticks are arachnids and can be as small as a poppy seed



We continued to market Julia's informative webinar and awareness talks, realising that there is still a significant need for tick bite prevention knowledge and Lyme disease recognition. A wide range of organisations were very receptive to our work and booked in awareness talks for their staff and members. Julia Knight gave virtual talks to groups such as the Anton Rotary Club, who kindly donated to our organisation, and the Institute of Chartered Foresters which resulted in LDUK's collaboration with medical statistician and researcher, Victoria Cairns. Victoria jointly presented with Julia and discussed her research on the prevalence of Lyme disease in the UK. Off the back of this presentation, organisations like Exmoor National Park, the Forestry Commission and Natural England approached LDUK for awareness talks for their employees who are at high risk of tick bites and Lyme disease. Julia also presented to a company focusing on a low carbon future for Scotland called Changeworks. The staff at Changeworks carried out a huge fundraising initiative for LDUK.

Raising Awareness Amongst Medical Professionals

Lyme Disease UK landed two exceptional opportunities this financial year to engage with medical professionals. The first was displaying a holding slide in two conference rooms which formed part of the Best Practice Show 2021, held over two days in October. This event is a big hit for the UK's primary care and General Practice community and welcomes around 4,000 senior decision makers. The below slide was displayed during each speaker break (16 times in total).



Lyme disease

Did you know?

- Lyme disease is on the rise in the UK*
- Early diagnosis and treatment provides the best chance of cure
- Erythema migrans (EM rash) is diagnostic but maybe atypical in appearance, or absent in 30% of cases
- Dosages for acute Lyme disease are higher than for many other infections
Treat as per the NICE Guideline
- Lyme serology can be unreliable
A negative test does not exclude the infection

* <https://bmjopen.bmj.com/content/9/7/e025916>, Cairns V, Walker-Barst C, Rietbrock S, et al
Incidence of Lyme disease in the UK: a population-based cohort study BMJ Open 2019;9:e025916.
doi: 10.1136/bmjopen-2018-025916

For more information:

- RCGP Lyme Disease Toolkit - www.rcgp.org.uk
- 2 minutes to update your practice on www.lymediseaseuk.com/lymeupdate

LDUK
LYME DISEASE UK

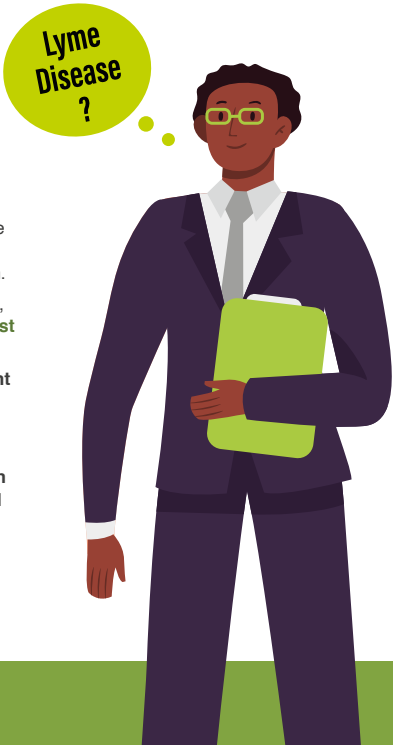
The second opportunity involved including awareness materials in the virtual delegate pack for the RCGP Annual Conference. We created a 26 page PDF document, including key points from our animations:



At A Glance... Ten Facts About Lyme Disease

- Lyme disease is the **most common tick-borne disease in the northern hemisphere** and **increasing in incidence**.
- Ticks can be found throughout the UK and Ireland - in **urban parks and gardens** as well as **rural areas**.
- Tick bites are usually **painless** and **may go unnoticed**.
- There is **no proven minimum time of attachment needed for transmission of infection**.
- An **erythema migrans (EM) or bull's eye rash** is diagnostic. It may be atypical and may be absent in **at least 30% of cases**.
TREAT as per NICE guideline.

- **Early symptoms may be flu-like** and non-specific (with or without an EM rash).
- **Diagnosis can be difficult** and should be based on a **detailed clinical history** (including travel history) and **examination**.
- **Lyme serology tests may be unreliable**, especially in early disease. **A negative test does not exclude the diagnosis**.
- **Early diagnosis and adequate treatment provide the best chance of cure**. Late diagnosis and inadequate treatment may result in continuing health problems.
- **Genuine scientific uncertainties remain** around many aspects of diagnosis and treatment.



LDUK
LYME DISEASE UK

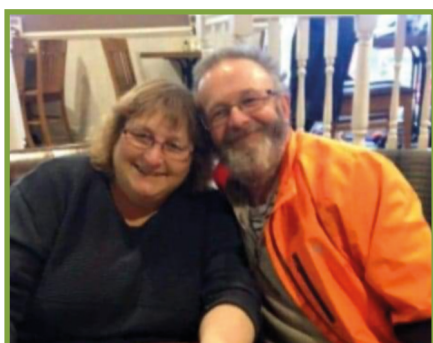


Fundraising

Despite the pandemic, we were so touched to receive so much support during this financial year and here is just a snapshot of what our amazing fundraisers managed to achieve! A huge thank you to everyone who donated to Lyme Disease UK!

Changeworks

This Scottish based company raised an amazing £6,734 for LDUK! We were so thankful to be chosen as the recipient of their annual charity fundraiser as one of their colleagues was struggling with Lyme disease and they wanted to do something to help.



Geocaching in Memory of Jas Matthews - A huge, heartfelt thanks to Jim Salter who completed a 30-day geocaching challenge and an extensive bike ride covering 651 km across East Anglia, in memory of his late wife, Jas Matthews. Jas was a much-loved member of our Online Community who very sadly passed away from Lyme disease in 2017. Jim raised **£1,700** for LDUK.

Nick Clarke's Half Iron Man - Congratulations and thank you to Nick Clarke whose wife suffers from Lyme disease and who completed his Half Iron Man in 9 hours and 5 minutes, raising **£700** for Lyme Disease UK!



Rothley Park Golf Club Breaks a World Record! - Congratulations and thank you to Rothley Park Golf Club who set a new World Record by completing 18 holes in the fastest time! The challenge was held as a fundraiser set up by Ladies Captain Jenny Piecha. Her team raised an impressive **£2,600** for the club's chosen charities, The Meniere's Society and Lyme Disease UK. In addition to the Guinness World Record attempt, there was a cycle ride in 2020 and various raffle events. These events helped raise a total of **£14,515** for LDUK which is the highest donation we've ever had from one source!

Great North Run 2021 - We were excited to have a team in the Great North Run this year and we couldn't have been happier with their impressive fundraising total of more than **£2,707!** Our runners, Gareth Hill, Tom and Jim Squires, and Jeff and Louis McCarthy, all said it was an amazing experience and well worth the wait after last year's run was cancelled due to Covid-19.

Facebook Fundraisers - Facebook birthday fundraisers raised **£2,793** during this financial year for LDUK which we're so grateful for!

A Look Ahead to 2022-2023

The next financial year is an exciting one for Lyme Disease UK, involving a new campaign partnership with insect repellent company Botanic Protect, and the planning for a larger scale awareness campaign. The awareness campaign sees a return of printed materials and building light-ups for the first time in a couple of years due to the pandemic. Additionally, we reveal our new campaign logo and start up a dedicated email support helpline.

We start bid writing for funding grants and welcome some amazing fundraising efforts. These include 2022's wonderful LDUK Great North Run team, inspiring international marathon runners and awesome sheep shearers who set up one of our highest grossing fundraisers with their speed shearing competition. Additionally we have an incredible team of guys who will be rowing thousands of miles and battling 20ft high waves from the Canary Islands to Antigua in the Talisker Whisky Atlantic Rowing Challenge to raise money for Lyme Disease UK.

We plan to grow our awareness talks even more as lots of organisations have shown an interest, including Walx, a nationwide walking club, the Scouts, the Wildfowl and Wetlands Trust, the Forest School Association, and RAF Coningsby bushcraft instructors. To our retiring trustees, thank you for everything you have done for Lyme Disease UK and for all your hard work and dedication over the years, without which, we wouldn't have come this far as a charity. A warm welcome aboard to our new trustees who are kicking off LDUK's next chapter with us.

Financial Review

Lyme Disease UK's total income during the financial year, as reported in our statement of financial activities, was £45,292 in unrestricted funds. Our total expenditure, including charitable activities and governance was £31,696. The year ended with £36,000 in total funds.

An independent examination of charity accounts was carried out and the report is to be submitted with the annual return and trustee report. Our current reserves policy is to keep 20% of unrestricted total funds in reserve to cover the charity's IT, software, and website expenditure as well as professional and legal and insurance expenditure. The current reserves held amount to £7,200.



Declarations

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

Signed on behalf of the charity's trustees

Natasha Metcalf

Natasha Metcalf
Chair
Lyme Disease UK
14th November 2022

LYME DISEASE UK

FINANCIAL STATEMENTS

FOR

THE YEAR ENDED 25 FEBRUARY 2022

Charity Registration Number 1182212

Lyme Disease UK

For the Year Ended 25 February 2022

Administrative Details

LDUK (working name)

Trustees

The following served as trustees of the charity during the year:

Natasha Metcalf (chair)

Ann Gregson

Justin Brandon

Charity Number

1182212

Address

PO Box 177
West Wickham
BR4 4BN

Banker

The Co-Operative Bank
Business Banking
PO Box 250
Delf House
Skelmersdale
WN8 6WT

Structure

Charitable Incorporated Organisation
Registered on 26 February 2019

Independent Examiner's Report

Report to the trustees/ members of

Charity Name Lyme Disease UK

On accounts for the year ended 25-Feb-22

Charity number 1182212

Set out on pages 1 to 7

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 procedure laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and,
- to state whether particular matters have come to my attention.

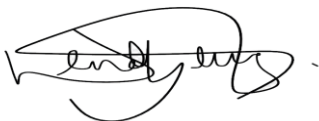
Basis of independent examiner's report

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 statement below.

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 Charities Acthave 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.



Wendy Cheung

FCCA, MBA, BSc(Hon)

Fellow member of the Association of Chartered Certified Accountants

Date: 21st November 2022

Lyme Disease UK
For the Year Ended 25 February 2022
Statement of Financial Activities

Categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources					
Income:					
Donations	3	42,374	-	42,374	14,623
Charitable activities		2,918	-	2,918	3,104
Sponsorship		-	-	-	6,000
Total		45,292	-	45,292	23,727
Resources expended					
Expenditure on:					
Charitable activities	4	31,176	-	31,176	13,952
Governance	5	520	-	520	350
		-	-	-	-
Total		31,696	-	31,696	14,302
Net income/(expenditure) before investment gains/(losses)		13,596	-	13,596	9,425
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)		13,596	-	13,596	9,425
Transfers between funds		-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		13,596	-	13,596	9,425
Fund Balances					
Fund Brought forward		22,404	-	22,404	12,979
Fund Balance at 25.02.2022		36,000	-	36,000	22,404

Lyme Disease UK
For the Year Ended 25 February 2022
Balance Sheet

	Notes	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets		-	-	-	-
Total fixed assets		-	-	-	-
Current assets					
Debtors	9	-	-	-	-
Cash at bank and in hand	11	36,400	-	36,400	22,754
Total current assets		36,400		36,400	22,754
Creditors: amounts falling due within one year	10	400		400	350
Net current assets/(liabilities)		36,000	-	36,000	22,404
Total assets less current liabilities		36,000	-	36,000	22,404
Funds of the Charity					
Fund Balances at brought forward		22,404		22,404	12,979
Restricted income funds			-	-	-
Unrestricted funds		13,596		13,596	9,425
Total funds		36,000	-	36,000	22,404

This report was approved by the board of Trustees on :

Signed by : *Natasha Metcalf*

Name: Natasha Metcalf

Position: Chair

Date: 21st November 2022

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. There are no key judgements that the charity has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1.3 Accounting policies

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met. It is probable that the income will be received and that the amount can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to specific headings, they have been allocated to activities on a basis consistent with the use of resources.

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

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

The charity is exempt from corporation tax on its charitable activities.

1.4 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these. The estimated and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

3 Analysis of income

Analysis		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	42,374	-	42,374	10,729
	Gift Aid	-	-	-	3,894
	Legacies	-	-	-	-
	General grants provided by government/other charities	-	-	-	-
	Sponsorships	-	-	-	6,000
	Donated goods, facilities and services	-	-	-	-
Total		42,374	-	42,374	20,623
Charitable activities:		2,918	-	2,918	3,104
Total		2,918	-	2,918	3,104
Total Income		45,292	-	45,292	23,727

4 Analysis of expenditure

Analysis		This year			Last year		
		Unrestricted funds	Restricted income funds	Total funds £	Unrestricted funds	Restricted income funds	Total funds £
Expenditure on raising funds:							
	Accommodation	-	-	-	-	-	-
	Advertising, marketing, direct mail and publicity	11,860	-	11,860	4,588	-	4,588
	Conference and Events	867	-	867	832	-	832
	Professional and Consultancy	15,261	-	15,261	1,493	-	1,493
	General expenses	63	-	63	50	-	50
	Insurance	358	-	358	279	-	279
	IT , software and website	1,416	-	1,416	193	-	193
	Bank charges and transaction fees	73	-	73	122	-	122
	Postage and courier	646	-	646	456	-	456
	Printing and stationery	935	-	935	6,342	-	6,342
	Subscriptions	187	-	187	-	-	-
	Travel	30	-	30	53	-	53
Total expenditure		31,696	-	31,696	14,302	-	14,302

5. Governance cost

	This year £	Last year £
Independent examiner's fees	400	350
Others	120	-
	-	-
Total governance cost	470	350

Lyme Disease UK

For the Year Ended 25 February 2022

6. Staff Costs

There were no employees during the year or in the prior year.

7. Trustee

There were no trustees' remuneration or other benefits during the year or in the prior year.

8. Tangible fixed assets

There were no fixed assets during the year or in the prior year.

9 Debtors and prepayments

Analysis of debtors

	This year £	Last year £
	-	-
Debtors	-	-
Prepayments and accrued income	-	-
Total	-	-

10 Creditors and accruals

Analysis of creditors

	This year £	Amounts falling due after Last year £
	400	350
Accruals	-	-
Trade creditors	-	-
Accruals and deferred income	-	-
Other creditors	-	-
Total	400	350

11 Cash at bank and in hand

	This year £	Last year £
	-	-
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	36,400	22,754
Other	-	-
Total	36,400	13,356

LYME DISEASE UK

England & Wales - Charity number 1182212

Accounts

2020 - 2021 LDDUK Trustee Annual Report





Charity registration number: 1182212

Charity Address: Lyme Disease UK, PO Box 177, West Wickham, BR4 4BN

Trustees: Natasha Metcalf (Chair), Ann Gregson, Justin Brandon

Financial Year 2:

26th February 2020 - 25th February 2021

Structure, Governance and Management

Lyme Disease UK is a Charitable Incorporated Organisation governed by a Constitution. Current trustees are the original trustees involved in the charity's set-up. Trustee decisions, including new trustee appointments, are only made following a meeting or electronic correspondence containing a quorum and only if a majority vote is achieved. Along with trustees, Lyme Disease UK's daily running is operated by a core team of freelancers and volunteers.

Objectives and Activities

The purpose of the charity is, for the public benefit, to prevent Lyme disease and support those living with the disease by:

- (1) raising awareness** about the **causes and dangers of Lyme disease** and ways to prevent tick bites.
- (2)** providing and publishing information about Lyme disease and where **practical help and support** can be found for sufferers.
- (3)** making grants to pay for personal care and other charitable short or long-term needs of people with Lyme disease (when financially feasible). This has not been possible in the charity's second financial year.
- (4)** working with others to **support improvements** to the diagnosis and treatment of Lyme disease, including to the national guidelines for diagnosis, treatment, and care.
- (5)** making grants to pay for personal care and other charitable short or long-term needs of people with Lyme disease (when financially feasible). This has not been possible in the charity's second financial year.

Public Benefit Statement

The trustees continue to have regard for the guidance issued by the Charity Commission on public benefit. We review our charity's aims, objectives, and activities regularly and we feel our activities to date demonstrate public benefit as we strive to prevent Lyme disease and provide support for those living with the condition.

Main Activities and Achievements

Wake up to Lyme Campaign 2020

For our annual awareness campaign during Lyme disease awareness month in May 2020, it was necessary to adapt our campaign due to Covid-19 lockdowns and restrictions. The trustees felt it was inappropriate and irresponsible to ask members of our Online Community to hand out awareness packs in their local areas as this would involve breaching social distancing measures.

With more people enjoying the outdoors than ever due to the furlough scheme and permitted exercise, LDUK wanted to take pressure off the NHS by making as many people aware of the dangers of tick bites as possible, in order to avoid contracting Lyme disease.

We adapted our campaign materials to be better suited to sharing online and this included modifying posters which could then be used on social media posts.



We shared interactive social media posts involving FAQs, which we answered in the body of each post, as well as informative infographics:



FAQ 1:
What is Lyme disease?



FAQ 5: Are ticks that carry Lyme disease found in local parks?



FAQ 7:
How can I protect myself?



‘Enjoy the Outdoors Safely’ Animation

Please scan the QR code below to watch.



Lyme Disease UK teamed up with animator RoPu Chen, and created our **first awareness animation** which we shared widely across our social media platforms and on our website. **Our aim was to create a general awareness animation reminding people to be aware of ticks in gardens, parks and woodland.** We wanted to make people aware of the early symptoms of Lyme disease, encourage them to contact their GP if they feel unwell following a tick bite and direct people to the Royal College of GPs' Lyme Disease Toolkit. **We also wanted to stress that early treatment provides the best possible outcome and to ensure that people not only know how to check for ticks but how to remove one safely, if found.** **Our animation reached over 12,700 people on social media and since then, it has had a highest single reach of 9000 people.**

As part of our campaign, our animation was shared on TV screens in the windows of 650 pharmacies across the country, which people watched as they queued. Our awareness materials were also displayed inside the pharmacies for people to pick up and browse.

Stills from the animation:



Be aware of ticks in gardens, parks and woodland

Early symptoms of Lyme disease

A rash,
fatigue, headaches, flu-like symptoms,
facial palsy, muscle and joint pain
and a stiff neck





Online Support

We responded to over 300 email inquiries during the second year and common themes included people being told Lyme disease does not exist in the UK by healthcare professionals, the NICE guideline for Lyme disease not being followed correctly and people being given shorter than recommended courses of antibiotics. **There was also a lot of uncertainty around EM rashes, a lack of support from family and friends, as well as queries about Lyme disease experts and local support groups.**

Our Online Community on Facebook grew by approximately 120 members per month and we had nearly 12,000 members at the end of our second financial year.

Guide on Covid-19 vs Lyme disease

As there are similarities and differences between Covid-19 and Lyme disease, we wanted to highlight these points so that people with Lyme disease did not dismiss their symptoms as being caused by Covid-19 and risk delaying treatment following a tick bite. The charity, Lyme Disease Action, kindly gave us permission to use a table they had created in our website article aimed at making people aware of the similarities and differences between the two conditions:



Summer flu symptoms

- Coronavirus or Lyme disease?

Coronavirus is likely to be at the forefront of our minds over the coming months. Any new flu-like symptoms may make us consider whether we have been infected with the virus.

Lyme disease can be contracted by the **bite of an infected tick** and symptoms of acute Lyme disease may overlap with coronavirus symptoms. Ticks are active at this time of year and **infected ticks have been found in every county in the UK, in parks and urban gardens.**

If you are suffering with flu-like symptoms:

- Check the coronavirus [NHS Symptoms checker](#) and follow the advice from the [NHS website](#) to self-isolate if you have coronavirus symptoms

If you are still feeling unwell following NHS advice for coronavirus, it may be worth considering whether you have unknowingly been **bitten by an infected tick** and contracted Lyme disease. Tick bites are usually painless and may go unnoticed. **Symptoms of Lyme disease can occur weeks or months after a tick bite** and require treatment with **antibiotics**.

Contact your GP (rather than calling 111 services) if you are concerned about the possibility of Lyme disease.

The table below shows commonly reported symptoms of COVID 19 and Lyme disease. 'Yes' means fairly common but not in everyone.

	In COVID - 19	In Lyme Disease
Fever	Often high	Rarely high
Dry cough	Yes	
Breathing difficulties	Yes	Unusual
Sore throat	Yes	Unusual
Fatigue	Yes	Yes
General aching	Yes	Yes
Joint pain	Yes	Yes
Headache	Mild	Can be severe
Stiff neck		Yes
Sharp shooting pains		Yes
Facial palsy		Especially small children
Light sensitivity		Yes
Sound sensitivity		Yes
Pins and needles		Yes
Nausea	Unusual	Yes
Rash	Rare; spotty	Large red circle

Table included with permission from Lyme Disease Action

Check for rashes - an erythema migrans (EM) is the rash associated with Lyme disease. The rash does not occur in every case of Lyme disease but if a patient does present with EM rash then no blood test is required and treatment should be prescribed immediately.

– **If you find a rash**, take a photo of it to show your GP.

If you find a tick attached to your skin, remove it carefully using one of the correct techniques.

Lyme disease is a **bacterial infection** and early treatment with antibiotics is recommended to avoid long term symptoms. You can refer your GP to the **Royal College of General Practitioners Lyme disease toolkit** for current advice on **dosages and treatment guidelines**.



For further information read the LDUK guide to tick bites and acute Lyme disease.

Awareness talks

During Covid-19 lockdowns, LDUK's Press and Community Manager, Julia Knight, delivered free awareness talks to organisations interested in learning about Lyme disease via Zoom. **Julia delivered awareness talks to organisations including, the Fleet U3A Health and Wellbeing Group, St John's Ambulance Duke of Edinburgh's Award and The Fire Fighter's Charity.**

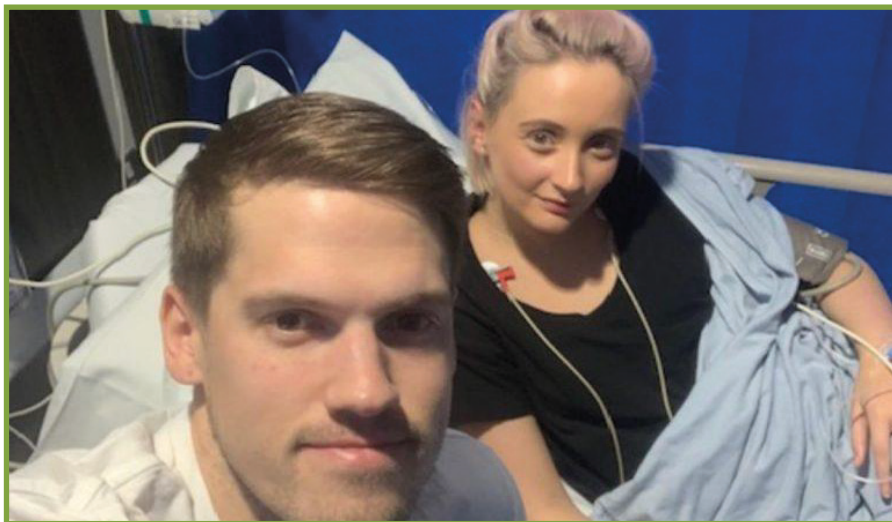


Fundraising

There were some fantastic fundraisers during our second financial year and as always, we are so grateful for all the support shown to the charity. A few highlights include:



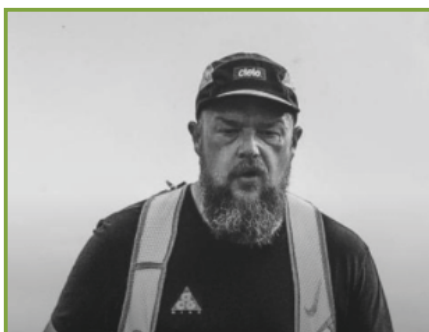
Coast2Coast - Diane and Dawn from Rothley Park Golf Club cycled 150 miles from Whitehaven in Cumbria to Tynemouth in Tyne and Wear and raised **£2070**.



Forty-Five F45 Gym Classes - Mark struggled to come to terms with his girlfriend Hannah's Lyme disease diagnosis and wanted to do something positive to raise money for charity and aid his own mental health. Mark and his friend Harry set themselves the challenge of completing forty-five F45 gym classes and raised **£1040**.



Tour De Kaims - Since 2018, Rob and Sheila Tweddell have organised a charity cycle ride around Kaims Country Park in aid of various causes. In 2020, Lyme Disease UK was their chosen charity and they raised **£1,256.95**.



William Williams' Solo Half Marathon - William is a Lyme disease sufferer himself and he chose to run a half marathon in aid of the charity after he had found support in our Online Community. He raised **£958**.



Victoria's Christmas Day Marathon - Victoria Turrell chose to run a marathon on Christmas Day across rocky terrain in Lanzarote to support the charity because her mother has been left housebound by Lyme disease for almost a decade. Victoria raised **£825**.

Facebook Fundraisers - Facebook birthday fundraisers during the year raised over **£2000** for Lyme Disease UK! Thank you to all our followers on Facebook who chose us for their birthday fundraiser charity.

A Look Ahead to 2021-2022

The next financial year for Lyme Disease UK features an **exciting charity rebrand**, an **overhaul and update of the website**, **free online talks** with Lyme disease experts for our Online Community and more animation work aimed at a wide range of audiences to increase knowledge and understanding about Lyme disease. **Our awareness materials also feature at key medical events.**

Financial Review

Lyme Disease UK's total income during the financial year, as reported in our statement of financial activities, was **£23,727** in unrestricted funds. Our total expenditure, including charitable activities and governance was **£14,302**. The year ended with **£22,404** in total funds.

An independent examination of charity accounts was carried out and the report is to be submitted with the annual return and trustee report.

Our current reserves policy is to keep 20% of unrestricted total funds in reserve to cover the charity's IT, software, and website expenditure as well as professional and legal and insurance expenditure. The current reserves held amount to **£4,481**.



Declarations

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

Signed on behalf of the charity's trustees

Natasha Metcalf

Natasha Metcalf
Chair
Lyme Disease UK
14th November 2021

LYME DISEASE UK

FINANCIAL STATEMENTS

FOR

THE YEAR ENDED 25 FEBRUARY 2021

Charity Registration Number 1182212

Lyme Disease UK

For the Year Ended 25 February 2021

Administrative Details

LDUK (working name)

Trustees

The following served as trustees of the charity during the year:

Natasha Metcalf (chair)

Ann Gregson

Justin Brandon

Charity Number

1182212

Address

PO Box 177
West Wickham
BR4 4BN

Banker

The Co-Operative Bank
Business Banking
PO Box 250
Delf House
Skelmersdale
WN8 6WT

Structure

Charitable Incorporated Organisation
Registered on 26 February 2019

Independent Examiner's Report

Report to the trustees/ members of

Charity Name Lyme Disease UK

On accounts for the year ended 25-Feb-21

Charity number 1182212

Set out on pages 1 to 7

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 procedure laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and,
- 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 statement below.

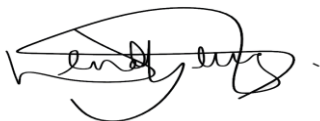
Independent examiner's statement

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 Charities 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.



Wendy Cheung

FCCA, MBA, BSc(Hon)

Fellow member of the Association of Chartered Certified Accountants

Date: 14th November 2021

Lyme Disease UK
For the Year Ended 25 February 2021
Statement of Financial Activities

Categories by activity	Notes	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources					
Income:					
Donations	3	14,623		14,623	30,662
Charitable activities		3,104	-	3,104	2,219
Sponsorship		6,000	-	6,000	4,500
Total		23,727	-	23,727	37,381
Resources expended					
Expenditure on:					
Charitable activities	4	13,952	-	13,952	23,752
Governance	5	350	-	350	650
		-	-	-	-
Total		14,302	-	14,302	24,402
Net income/(expenditure) before investment gains/(losses)		9,425	-	9,425	12,979
Net gains/(losses) on investments		-	-	-	-
Net income/(expenditure)		9,425	-	9,425	12,979
Transfers between funds		-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Other gains/(losses)		-	-	-	-
Net movement in funds		9,425	-	9,425	12,979
Fund Balances					
Fund Brought forward		12,979	-	12,979	-
Fund Balance at 25.02.2021		22,404	-	22,404	12,979

Lyme Disease UK
For the Year Ended 25 February 2021
Balance Sheet

	Notes	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets					
Tangible assets		-	-	-	-
Total fixed assets		-	-	-	-
Current assets					
Debtors	9		-	-	5
Cash at bank and in hand	11	22,754	-	22,754	13,356
Total current assets		22,754		22,754	13,361
Creditors: amounts falling due within one year	10	350		350	382
Net current assets/(liabilities)		22,404	-	22,404	12,979
Total assets less current liabilities		22,404	-	22,404	12,979
Funds of the Charity					
Fund Balances at brought forward		12,979		12,979	
Restricted income funds			-	-	-
Unrestricted funds		9,425		9,425	12,979
Total funds		22,404	-	22,404	12,979

This report was approved by the board of Trustees on :

Signed by : *Natasha Metcalf*

Name: Natasha Metcalf

Position: Chair, Lyme Disease UK

Date: 14th November 2021

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. There are no key judgements that the charity has made which have a significant effect on the accounts. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

1.3 Accounting policies

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met. It is probable that the income will be received and that the amount can be measured reliably.

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to specific headings, they have been allocated to activities on a basis consistent with the use of resources.

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

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

The charity is exempt from corporation tax on its charitable activities.

1.4 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these. The estimated and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

3 Analysis of income

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Analysis					
Donations and legacies:	Donations and gifts	10,729	-	10,729	25,017
	Gift Aid	3,894	-	3,894	587
	Legacies	-	-	-	-
	General grants provided by government/other charities	-	-	-	-
	Sponsorships	6,000	-	6,000	4,500
	Donated goods, facilities and services	-	-	-	-
	Other donation before commencement	-	-	-	5,058
Total		20,623	-	20,623	35,162
Charitable activities:		3,104	-	3,104	2,219
Total		3,104	-	3,104	2,219
Total Income		23,727	-	23,727	37,381

4 Analysis of expenditure

		Unrestricted funds	This year Restricted income funds	Total funds £	Unrestricted funds	Last year Restricted income funds	Total funds £
Analysis							
Expenditure on raising funds:							
	Accommodation	-	-	-	393	-	393
	Advertising, marketing, direct mail and publicity	4,588	-	4,588	7,786	-	7,786
	Conference and Events	832	-	832	5,138	-	5,138
	Professional and legal	1,493	-	1,493	650	-	650
	General expenses	50	-	50	288	-	288
	Insurance	279	-	279	279	-	279
	IT , software and website	193	-	193	1,033	-	1,033
	Bank charges and transaction fees	122	-	122	544	-	544
	Postage and courier	456	-	456	2,831	-	2,831
	Printing and stationery	6,342	-	6,342	4,180	-	4,180
	Travel	- 53	- -	53	1,280	-	1,280
		-	-	-	-	-	-
Total expenditure		14,302	-	14,302	24,402	-	24,402

5. Governance cost

	This year £	Last year £
Independent examiner's fees	350	350
Charity registration Legal cost	-	300
	-	-
Total governance cost	350	650

Lyme Disease UK

For the Year Ended 25 February 2021

6. Staff Costs

There were no employees during the year or in the prior year.

7. Trustee

There were no trustees' remuneration or other benefits during the year or in the prior year.

8. Tangible fixed assets

There were no fixed assets during the year or in the prior year.

9 Debtors and prepayments

Analysis of debtors

	This year £	Last year £
	-	-
Debtors	-	-
Prepayments and accrued income	-	5.0
Total	-	5.0

10 Creditors and accruals

Analysis of creditors

	This year £	Last year £
Accruals	350	350
Trade creditors	-	32
Payments received on account for contracts or performance-related grants	-	-
Accruals and deferred income	-	-
Other creditors	-	-
Total	350	382

11 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	22,754	13,356
Other	-	-
Total	22,754	13,356