

# THE THYROID TRUST

England & Wales · Charity number 1183292

## Details

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Other names	THYROID FRIENDS NETWORK, TTT
Status	Registered
Legal form	CIO
Registered	2019-05-07
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	15 Great College Street London SW1P 3RX
Phone	07752060112
Email	<a href="mailto:connect@thyroidtrust.org">connect@thyroidtrust.org</a>
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

## Activities

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**Objects:** TO WORK FOR THE BENEFIT OF PEOPLE IN THE UK WHO ARE AFFECTED BY THYROID CONDITIONS AND RELATED CONDITIONS OR DISEASES, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING EMPATHETIC PEER SUPPORT AND RELIABLE INFORMATION FROM CREDIBLE SOURCES, HOLDING REGULAR MEETINGS AND RAISING AWARENESS OF THYROID HEALTH-RELATED ISSUES. WE WILL DO THIS IN ORDER TO RELIEVE UNNECESSARY SUFFERING AND ISOLATION IN THYROID PATIENTS AND THEIR FAMILIES, PROMOTE THEIR WELL-BEING, INCREASE THE LIKELIHOOD OF EARLY DIAGNOSIS AND ACCESS TO APPROPRIATE CARE, AS WELL AS CREATE OPPORTUNITIES FOR HEALTHCARE PROFESSIONALS TO BUILD THEIR UNDERSTANDING OF PATIENTSÆ PERSPECTIVES.

**Activities:** The Thyroid Trust provides access to reliable information and quality peer support for people affected by thyroid disorders and undertakes awareness raising and advocacy work to address the issues of most importance to patients.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Economic/community Development/employment, Human Rights/religious Or Racial Harmony/equality Or Diversity, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£11,453	£9,081	-	-
2024-06-30	£13,467	£23,971	-	-
2023-06-30	£16,485	£27,132	-	-
2022-06-30	£41,833	£16,600	-	-
2021-06-30	£32,121	£34,557	-	-

## Trustees

Name	Role	Appointed
Anthony R Salandy		2024-11-18
Dr Paul Jenkins		2019-05-20
Fatma Gizem Koksall		2025-03-31
Ramesh Maruthai		2023-05-19
Shireen Khan		2022-10-11
Steven Mitchell Henry		2025-09-15
Valerie Dennis		2024-01-30

**THE THYROID TRUST**

England & Wales - Charity number 1183292

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# Accounts

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The Thyroid Trust  
Annual Report  
30 June 2025



Registered Charity number 1183292

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Dr Paul Jenkins Shireen Khan Ramesh Maruthai Valerie Dennis Anthony Salandy Gizem Koksai (appointed on 31 March 2025) Steven Mitchell Henry (appointed on 15 September 2025) Karen George (resigned on 3 February 2025) Judith Taylor (resigned on 28 April 2025)
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at <https://www.thyroidtrust.org/trustees.html>

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2025.

### Objectives and activities

The Thyroid Trust aims to improve the lives of people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The Trustees’ priorities for the year have included delivering regular support and information events, expanding advocacy and awareness-raising efforts, ensuring organisational sustainability, and developing the Trustee team.

The Trustees have adhered to the Charity Commission’s guidance on public benefit.

### Organisation

The Thyroid Trust has experienced several significant personnel changes in 2025. Despite these transitions, our commitment to providing trustworthy information, peer support, and representation remains resolute as a patient-led organisation.

#### Personnel Changes in 2025

- 31 January: Discontinuation of freelance administrative support due to financial constraints; Transition Plan initiated.
- 3 February: Karen George stepped down as Co-Chair and Trustee.
- 31 March: Gizem Koksal appointed as Trustee.
- 28 April: Judith Taylor stepped down as Chair and Trustee following a planned handover.
- 31 April: Trustees decided to operate without a Chair, with a review scheduled for the Strategic Planning meeting in November 2025.
- July: Louise Sellar, Freelance Director, resigned effective September 2025 to take up full-time employment.
- 15 September: Steven Henry appointed as Trustee.

We continue to strive to improve the quality of life for individuals affected by thyroid conditions.

## **Achievements and performance**

Throughout the year, the charity hosted a range of online and in-person events to support and inform thyroid patients. Notable expert talks were delivered by Professor Antonio Bianco, Dr Georgina Conway, Dr Leo Chang, and Nicole Goode. Monica Mcgee shared her personal experiences, and Louise Sellar contributed through awareness-raising, fundraising, and support for the Thyroid Eye Disease Patient Day in September 2025.

Zoom events were recorded and uploaded to our YouTube channel. In-person peer support groups met in Covent Garden and at the Wellcome Café in Euston, fostering inspiration, reassurance, and opportunities for volunteers. Online journaling sessions offered support for patients' well-being, and online peer support sessions enabled patient networking and advice-sharing for specific thyroid conditions.

The charity published a regular "Talk Thyroid" column in UK Health Triangle Magazine, and shared feedback and research opportunities to ensure patient voices were represented in ongoing NHS consultations.

### **Collaboration and Campaigns**

In 2025, the charity continued its collaboration with NICE (National Institute for Health and Care Excellence) on the NHS 10-year plan, T3 testing access, Liothyronine prescriptions, the Menopause Guidelines, and surveys for Thyroid Eye Disease patients. These partnerships are vital for shaping national policies affecting thyroid patients.

Ongoing campaigns with other organisations focused on improving access to T3 testing and Liothyronine, ensuring better treatment for NHS and private patients alike.

These initiatives reflect our commitment to support, awareness-raising, and healthcare improvements for those affected by thyroid conditions in the UK.

### **Thyroid Workplace Toolbox (2025)**

In partnership with the University of Aberdeen Business School and a Local Authority, the charity has developed a "Toolbox" to support thyroid patients and employers/educational institutions. This resource offers guidance to help individuals after diagnosis, ensuring continued education or employment. The Toolbox is now being shared across various workplaces, with funding sought for app development. Access through our website [www.thyroidtrust.org](http://www.thyroidtrust.org)

### **Women's Health Strategy Proposal (2025)**

Working with the University of Aberdeen Business School, The MESSAGE Project at Imperial College London, and leading endocrinologists, the charity has engaged with the UK Government to integrate thyroid conditions into the Women's Health Strategy. A detailed implementation plan has been created to address women's specific needs and improve healthcare outcomes.

### **Advocacy**

The Thyroid Trust continues campaigning for access to T3 testing and Liothyronine prescriptions where needed by patients, in collaboration with other charities, patient groups and medical practitioners. Our Ambassador, author Michael Rosen, remains a steadfast supporter. The Trust is now a member of the new NICE Voluntary and Community Sector Forum, remaining active throughout 2024 and 2025.

Media coverage has increased thanks to an expanded social media presence and a relaunched Substack newsletter, resulting in a steady rise in subscribers and followers. Online events are regularly recorded and uploaded to YouTube.

### **Volunteer Activity**

We are grateful for our volunteers who contribute to advocacy, event delivery, research, fundraising, and the development of the charity. Volunteering opportunities are open to patients, friends, relatives, and interested professionals, helping us address key issues and advance our objectives.

Activities include:

- Research for the website
- Event support
- Fundraising and awareness
- Participation in awareness months (International Thyroid Awareness Week, Thyroid Awareness Month, Thyroid Cancer Awareness Month)
- Contributions to future plans, guidance, and feedback

We currently have four active volunteers and a growing online presence: 2,780 Facebook followers, 1,800 Instagram followers, 5,600 Twitter/X followers, BlueSky 10 and 437 LinkedIn followers. The Substack newsletter subscriber count is 2,083 and also increasing.

We receive a modest income via EasyFundraising and donations from event attendees.

### **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO), adopting its Constitution on 27 April 2018 and registering with the Charity Commission on 7 May 2019. Trustees are members of the CIO with no personal liability for debts. The Board brings professional and medical experience, meeting at least four times a year.

### **Fundraising**

The Charity continues to review running costs and funding opportunities to support and expand its work. The Trustees confirm that there is no ultimate controlling party.

## Financial review

In the year to 30 June 2025 the Charity's income was £11,453 (2024: £13,467). We continued to receive generous support from the Federated Foundation who granted £6,500 this year and received contributions from The Hospital Saturday Fund for £2,000. Further contributions of £ 2,953 was raised from Community fundraising and individual donations.

Expenditure amounted to £9,081 (2024: £23,971), being primarily the cost of the Director and Operations Manager.

## Reserves

At the end of June 2025, the charity held reserves of £7,868. We have no employees or other significant fixed costs and therefore we can operate with limited reserves; however, it is the intention of the Trustees to build our reserves to secure an increased level of activities in future.

## Approval of the report

The report was approved and authorised for issue by the Trustees on 10 April 2026 and is signed on behalf of the Trustees by:



Trustee  
(RAMESH MARUTHAI)



Trustee

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2025.

### Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

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

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

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

Signed: 

Date: 10/04/2026

Name: Bandhu Raj Poudel FCCA

Relevant professional qualification(s) or body: ACCA

Address: 53 Tidford Road, Welling, Kent. DA16 3JX

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2025**  
**Registered charity number 1183292**

		2025	2024
		Total	Total
		£	£
	<b>Notes</b>		
<b>Total income from donations</b>	2	11,453	13,467
<b>Expenditure on:</b>			
Raising funds		216	966
Charitable activities			
Support for people affected by thyroid disease		8,865	23,005
<b>Total expenditure</b>	3	9,081	23,971
<b>Net income for the year</b>		2,372	(10,504)
Reconciliation of funds:			
Total funds brought forward		5,496	16,000
<b>Total funds carried forward</b>		7,868	5,496

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

## Balance sheet

**Balance sheet**  
**As at 30 June 2025**  
**Registered charity number 1183292**

	Notes	2025 £	2024 £
<b>Current assets</b>			
Cash at bank and in hand		8,117	8,313
		<u>8,117</u>	<u>8,313</u>
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	4	(249)	(2,818)
		<u>7,868</u>	<u>5,496</u>
<b>Net assets</b>			
<b>The funds of the charity</b>			
Unrestricted income funds	6	7,868	16,000
Restricted income funds			
		<u>7,868</u>	<u>16,000</u>
<b>Total funds carried forward</b>			

Approved by the Trustees on 10 April 2026 and signed on their behalf by:-

  
Trustee  
(RAMESH MARUTHAI)

  
Trustee

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

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. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	<b>2025</b>	<b>2024</b>
	£	£
<b>2</b>		
<b>Income</b>		
Federated Foundation	6,500	-
The Hospital Saturday Fund	2,000	-
National Lottery Community Fund	-	9,900
Donations and Community Fundraising	2,953	3,567
	<u>11,453</u>	<u>13,467</u>
<b>3</b>		
<b>Expenditure</b>		
Freelance staff costs	7,683	21,683
Office, travel and other costs	1,181	1,322
Fundraising costs	216	966
	<u>9,081</u>	<u>23,971</u>
The Charity has no employees and no employee costs (2024 - none).		
<b>4</b>		
<b>Creditors</b>		
Amounts due to freelance staff	0	2,818
Amounts due to others	249	-
	<u>249</u>	<u>2,818</u>

## 5 Trustees

No Trustee received remuneration during the year (2024: nil) and no reimbursements were also made during the year (2024: Renewal of Zoom subscription £ 144 was reimbursed to the Treasurer).

## 6 Funds

	At 1 July 2024	Income	Expenditure	At 30 June 2025
	£	£	£	£
Restricted funds				
National Lottery Community Fund, Awards for All				
Unrestricted funds	5,496	11,453	(9,081)	7,868
	<u>5,496</u>	<u>11,453</u>	<u>(9,081)</u>	<u>7,868</u>

There are no restricted funds received during the year. The National community fund received in October 2023 to promote the trust activities was completed in the year ending 30 June 2024

  
(RAMESH MARUTHAI)



**THE THYROID TRUST**

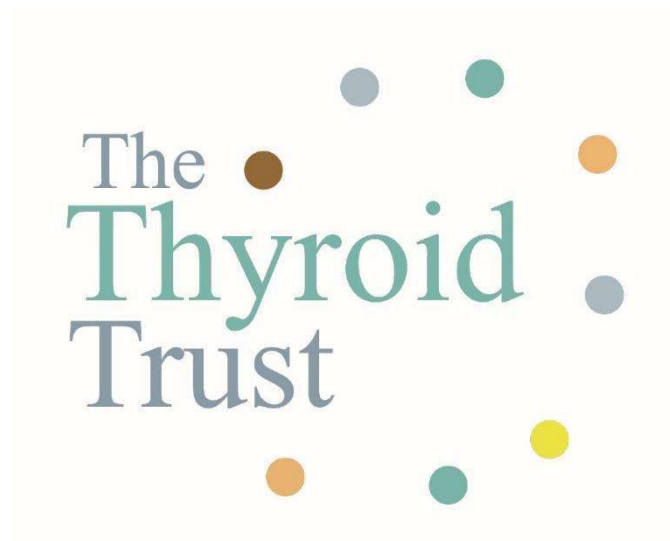
England & Wales - Charity number 1183292

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# Accounts

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The Thyroid Trust  
Annual Report  
30 June 2024



Registered Charity number 1183292

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Judith Taylor (Chair) Karen George (resigned 03 Feb 2025) Dr Paul Jenkins Shireen Khan Ramesh Maruthai Valerie Dennis Anthony Salandy (appointed 18 November 2024)
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at <https://www.thyroidtrust.org/trustees.html>

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2024.

### Objectives and activities

The Thyroid Trust seeks to make life better for people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The priorities of the Trustees for the current financial year have been to continue to deliver regular support and information events, to expand our awareness raising and advocacy work, to put the organisation on a more sustainable footing for the future and to develop our volunteer team and fundraising efforts, while working with the challenges and constraints of the pandemic.

The Trustees have had regard to the Charity Commission’s guidance on public benefit.

### Achievements and performance

#### Events

Throughout the year, the charity hosted a variety of online and in-person events aimed at providing support and information to thyroid patients. Notable expert talks were given by Professor Margaret Rayman, Newson Health, Nicole Goode, Professor Simon Pearce, and Dr. Leo Cheng, offering valuable insights into the full spectrum of different areas affecting thyroid health.

Where these events have taken place via Zoom, we have recorded the events and uploaded them to our YouTube channel.

- In-person peer support groups were held in Covent Garden, featuring special guest speakers Mr. Michael Rosen and Monica McGhee, who shared their own personal experiences and provided inspiration and an opportunity for patients to feel less isolated.
- Additionally, online yoga sessions were offered to help patients manage stress and improve overall well-being. The charity also organised five online patient-to-patient peer support sessions, addressing specific thyroid conditions such as thyroid cancer, Graves' disease, and hypothyroidism, enabling patients to connect and share advice.
- Our four face to face events during this year have been moderated peer support events that allow participants the opportunity to chat informally and share their experiences.
- The charity ran a monthly column, Talk Thyroid, in the UK Health Triangle Magazine, offering readers expert advice and insights. To further empower patients, a series of online workshops were provided, focusing on literacy skills to help individuals advocate for themselves and effectively journal their experiences.
- Additionally, a Q&A session with personal trainer and life coach Emma Law was organized to help patients improve their physical health while managing thyroid conditions.

- The charity also shared various research opportunities for patients to get involved in ongoing projects through the UK, allowing them to contribute to advancing thyroid research.

### **Collaboration with NICE and Ongoing Campaigns (2024):**

- The charity continued its collaboration with NICE (National Institute for Health and Care Excellence) to contribute to the re-issue of the Menopause Guidelines and is working closely with them on thyroid eye disease drug guidance. This partnership plays a critical role in shaping national healthcare policies that affect thyroid patients.
- Additionally, the charity maintained its ongoing campaign work with other thyroid-related charities to improve access to T3 and Liothyronine for patients in need, ensuring that patients have better access to the treatments necessary for their health and well-being.

This collection of initiatives reflects the charity's commitment to providing support, raising awareness, and driving important healthcare changes for Thyroid patients across the UK.

### **Thyroid Support Toolbox (2024):**

In partnership with the University of Aberdeen Business School and Kirklees Council, the charity has been developing a "Toolbox" designed to assist both thyroid patients and employers/educational institutions. This resource aims to provide practical guidance and strategies to support individuals' post-diagnosis, ensuring that patients receive the appropriate support to continue their studies and work duties. The toolbox will help both employees and employers navigate challenges and create a more inclusive environment for those affected by thyroid conditions.

### **Women's Health Strategy Proposal (2024):**

In collaboration with the University of Aberdeen Business School, The MESSAGE Project at Imperial College London, and leading endocrinologists, the charity has been actively working with the UK Government, proposal to integrate thyroid conditions into the Women's Health Strategy (WHS). We have created a detailed implementation plan to address the specific needs of women with thyroid conditions, aiming for broader recognition and better healthcare outcomes as 1 in 8 women will develop a thyroid problem in her lifetime.

### **Advocacy**

- The Thyroid Trust continues to support campaigning on issues relating to the prescribing of T3, collaborating with other thyroid patient groups and medical practitioners.
- Our Ambassador, the author Michael Rosen, continues to support the charity and he has spoken at one of the charity's events about his new book which details his experiences of living with hypothyroidism.
- The Trust were invited to become members of the new NICE Voluntary and Community Sector Forum and attended the inaugural meeting on 26 January 2023. We have continued to be active members of the Forum.

### **Media coverage has included: -**

- Contributing to the "Talk Thyroid" Column, published in Health triangle magazine for UK Health Radio covering a wide range of subjects relating to Thyroid Health.

## **Volunteer activity**

We are grateful for our team of volunteers who have continued to work alongside our Director, Operations Manager and Trustees, both to participate in our advocacy work and to help in the administration of our charity. We are committed to offering volunteering opportunities to patients, friends, family and interested professionals to empower them to help address the issues of most importance to them and advance our charitable objectives. Our volunteer pool have generously supported us in a variety of ways including:

- social media posts;
- a variety of blog posts on our website;
- development of our videos on the website and YouTube channel.
- supporting us to deliver our event programme
- helping produce and disseminate reports
- fundraising
- participating in International Thyroid Awareness Week and Thyroid Cancer Awareness Month
- assisting with strategy development and providing expert guidance and advice

For the past year we have held regular online sessions with our volunteers to improve engagement.

We continue to recruit new volunteers to augment our volunteer pool; at present there are 60 existing volunteers on the Trust's volunteer database of whom about 50% involved regularly. The charity now has 2,594 followers on Facebook, 1,504 followers on Instagram, 5,954 followers on Twitter / X and 360 followers on LinkedIn all continuing to rise.

The mailing list of 2594 subscribers will be transferred to Substack.

We are beneficiaries from a scheme which provide us with a modest commission whenever one of our supporters buys on their platforms; EasyFundraising and we receive further donations from people attending our events.

## **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO). It adopted its Constitution on 27 April 2018 and was registered with the Charities Commission on 7 May 2019. Each of the Trustees is a member of the CIO. The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The Trustee Board has a breadth of professional and medical experience and includes members with first-hand experience of thyroid conditions. The Trustees meet at least four times a year.

Day-to-day operations of the Charity are carried out by a freelance Director and an Operations Manager who report to the Trustees.

Valerie Dennis joined as a Trustee in February 2024. As an Education Consultant and retired headteacher with prior experience as a community trustee and experience of living with hypothyroidism, diagnosed 2006, Valerie brings a range of organisational experience to the Trust.

Anthony Salandy joined as a Trustee in November 2024. A published author, poet with lived experience of Thyroid disease, Anthony brings a strong understanding of Social Media and the impact of auto-immune conditions on younger generations.

## Fundraising

The Charity is evaluating running costs and opportunities for funding to ensure that the work achieved this year can be sustained and enhanced going forward.

In the opinion of the Trustees there is no ultimate controlling party of the Charity.

## Financial review

In the year to 30 June 2024 the Charity's income was £13,467 (2023: £16,485). We continued to receive generous support from the National Lottery Community Fund who granted £9,900 this year. Further contributions of £ 3,567 was raised from Community fundraising and individual donations.

Expenditure amounted to £23,971 (2023: £27,132), being primarily the cost of the Director and Operations Manager.

## Reserves

At the end of June 2024, the charity held reserves of £5,496. We have no employees or other significant fixed costs and therefore we can operate with limited reserves; however, it is the intention of the Trustees to build our reserves to secure an increased level of activities in future.

## Preparation of the report

The report was approved and authorised for issue by the Trustees on 31 March 2025 and is signed on behalf of the Trustees by:



Trustee  
(AMERICAN IN RE. WITH IN)

*V K Dennis*

Trustee

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2024.

### Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

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

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

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

Signed: *Bandhu Raj*

Date:  
11/04/2025

Name: Bandhu Raj Poudel FCCA

Relevant professional qualification(s) or body: ACCA

Address: 53 Tidford Road, Welling, Kent. DA16 3JX

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2024**  
**Registered charity number 1183292**

	Notes	2024			2023
		Unrestricted £	Restricted £	Total £	£
<b>Total income from donations</b>	2	3,567	9,900	13,467	16,485
<b>Expenditure on:</b>					
Raising funds		966		966	216
Charitable activities					
Support for people affected by thyroid disease		13,105	9,900	23,005	26,916
<b>Total expenditure</b>	3	14,071	9,900	23,971	27,132
<b>Net income for the year</b>		(10,504)	-	(10,504)	(10,648)
Reconciliation of funds:					
Total funds brought forward		16,000	-	16,000	26,648
<b>Total funds carried forward</b>		5,496	-	5,496	16,000

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

## Balance sheet

**Balance sheet**  
**As at 30 June 2024**  
Registered charity number 1183292

	Notes	2024 £	2023 £
<b>Current assets</b>			
Cash at bank and in hand		8,313	19,036
		8,313	19,036
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	4	(2,818)	(3,036)
		5,496	16,000
<b>Net assets</b>			
<b>The funds of the charity</b>			
Unrestricted income funds	6	5,496	16,000
Restricted income funds		-	-
		5,496	16,000
<b>Total funds carried forward</b>			
		5,496	16,000

Approved by the Trustees on 31 March 2025 and signed on their behalf by:-



Trustee  
(PAMELA M. RE. 07/11/25)

*V K Dennis*

Trustee

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

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. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	<b>2024</b>	<b>2023</b>
	£	£
<b>2</b>		
<b>Income</b>		
The Federated Foundation	-	10,000
National Lottery Community Fund Awards for All	9,900	-
Legacy received	-	-
The Garfield Weston Foundation	-	-
National Lottery Reaching Communities	-	-
Albert Hunt Trust	-	-
St. James's Place Charitable Foundation	-	1,000
Other donors and community fundraising	3,567	5,485
	<u>13,467</u>	<u>16,485</u>
<b>3</b>		
<b>Expenditure</b>		
Freelance staff costs	21,682	25,496
Office, travel and other costs	1,323	1,420
Fundraising costs	966	216
	<u>23,971</u>	<u>27,132</u>
The Charity has no employees and no employee costs (2023 - none).		
<b>4</b>		
<b>Creditors</b>		
Amounts due to freelance staff	<u>2,818</u>	<u>3,036</u>

## 5 Trustees

No Trustee received remuneration during the year (2023: nil). The Treasurer Ramesh Maruthai was reimbursed for expenses incurred on the Charity's behalf in the year for renewal of Zoom subscription £ 144 (2023: none).

## 6 Funds

	At 1 July 2023 £	Income £	Expenditure £	At 30 June 2024 £
Restricted funds				
National Lottery Community Fund	-	9,900	(9,900)	-
Unrestricted funds	16,000	3,567	(14,071)	5,496
	<u>16,000</u>	<u>13,467</u>	<u>(23,971)</u>	<u>5,496</u>

The restricted fund during the year represents amount received from The National Lottery Community Fund in October 2023 to promote our activities for the year ahead. This programme was completed in the current financial year.

**THE THYROID TRUST**

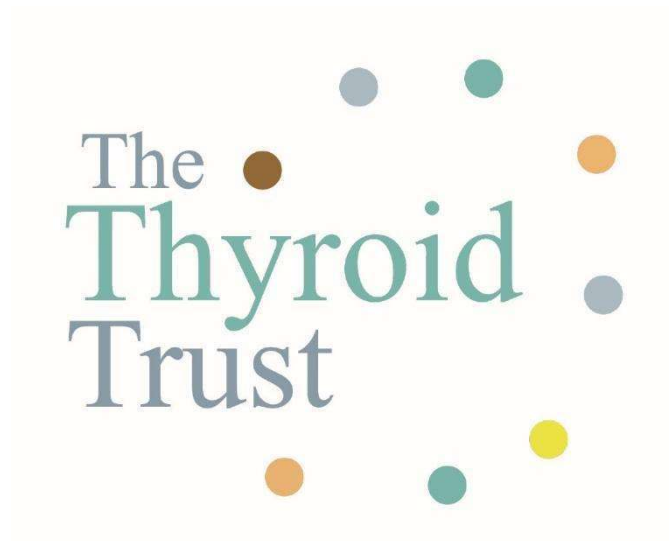
England & Wales - Charity number 1183292

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# Accounts

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The Thyroid Trust  
Annual Report  
30 June 2023



Registered Charity number 1183292

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Judith Taylor (Chair) Karen George Dr Paul Jenkins Shireen Khan (appointed 11 October 2022) Ramesh Maruthai (Treasurer, appointed 19 May 2023) Valerie Dennis (appointed 30 January 2024)  Theresa Baker (deceased 02 March 2023) Stephen Hey (Treasurer, resigned 19 May 2023) Wendy Patricia Sharpe (resigned 29 January 2024)
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at <https://www.thyroidtrust.org/trustees.html>

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2023.

### Objectives and activities

The Thyroid Trust seeks to make life better for people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The priorities of the Trustees for the current financial year have been to continue to deliver regular support and information events, to expand our awareness raising and advocacy work, to put the organisation on a more sustainable footing for the future and to develop our volunteer team and fundraising efforts, while working with the challenges and constraints of the pandemic.

The Trustees have had regard to the Charity Commission’s guidance on public benefit.

### Achievements and performance

#### *Events*

- In July 2022 Thyroid Champions Round Table was conducted picking up on the T3 campaign and a follow up was held in October 2022.
- Thyroid Poetry Cafés were organised throughout this year where the participants joined A.R. Arthur on an online literary skills session to help them manage their thyroid journey.
- Patient Voices face-to-face events were conducted at Covent Garden, Central London; these events provided an opportunity to discuss various aspects of the Thyroid disease as well as ending up as social events for a catch-up with thyroid friends.
- Various talks and articles were organised on subjects of interest linked to the disease
  - Prof. Margaret Rayman talked about Iron and selenium's role in thyroid function in March 2023
  - Dr Wendy Jones MBE, Pharmacist submitted tips and articles on thyroid patients and breastfeeding, Thyroid patients and HRT and the contraceptive Pill for us to be able to use and share on all platforms
  - Talking Graves, Hyperthyroidism and RAI Treatment - Peer support meeting with writer Helen Chambers was organised in April 2023

- Hosted a Charity hour special on Hyperthyroidism and Graves Disease with CBBC presenter Ricky Boleto for UK Health Radio
- Rethinking hypothyroidism, book talk by Prof. Antonio Bianco in June 2023
- The Key to getting the best care: Making the system work for you' book talk by Professor Karol Sikora in June 2023
- Ginny - Hypothyroid Chef (American) shared her Easter recipe
- Submitted monthly Talk thyroid Column for online Health Triangle Publication
- Co-produced a Thyroid and Autoimmune special issue of the Fahmidam Journal in May 2023.
- Collaborated with Sleep Charity UK to share sleeping tips and healthy habits for thyroid patients.
- Talk on HG and the Thyroid link held at Crown Court in Feb 2023
- Set up a new monthly Q&A wellbeing feature on our website with Emma Law Qualified PT and fellow thyroid patient.

Most of these events have taken place via Zoom. Where possible we have recorded the events and uploaded them to our YouTube channel. Our online Thyroid Café events are moderated peer support events that allow participants the opportunity to chat informally and share their experiences.

The Trust continued to hold monthly volunteer sessions over Zoom. get-together events were organised over Zoom with varying levels of attendance. There has been ongoing challenge to build our volunteer team and maintain them in such areas as communications and events. However, volunteering has diminished nationally, and it is an overall sectoral concern. We continue to recruit new volunteers to augment our volunteer pool; at present there are 76 potential/existing volunteers on the Trust's volunteer database of whom about 20% to 25% have been involved with the Trust this year.

Further, the Trustees and the Director attended various events throughout the year to further the objectives of the Trust

- Inaugural meeting of the NICE Voluntary and Community Sector Forum in October 2022, and now attend on a quarterly basis
- Zoom event hosted by the European Society of Endocrinology in February 2023
- European Hormone Day 15<sup>th</sup> May – Meeting of other patient advocacy groups
- National Voices - Meeting NHS @ 75 years to make suggestions and raise questions as well as Future of Primary Care events
- BTA conference in June 2023

Author and poet Michael Rosen has continued his support with the Trust helping us to reach a wider audience on social media. Dr. Anthony Toft, who had been a source of wise counsel to the Trust from our early days, has now retired.

The charity now has 2,359 followers on Facebook, 1,197 followers on Instagram, 5,833 followers on Twitter and 251 followers on LinkedIn all continuing to rise.

## Advocacy

The charity's advocacy work and relationship management were on hold for some of this reporting period due to the absence of a Director for several months.

- The Thyroid Trust continued to lead campaigning on issues relating to the prescribing of T3, collaborating with other thyroid patient groups and medical practitioners. In July 2022, the charity hosted a Thyroid Champions Round-table attended by Lord Hunt and Lord Borwick.
- Our Ambassador, the author Michael Rosen, continues to support the charity and talks are under way for him to speak at one of the charity's events about his new book which details his experiences of living with hypothyroidism.
- The Director attended both the National Voices NHS@75 Insights Conference and the Future of Primary Care events, representing both The Thyroid Trust and thyroid patients generally. Findings from the National Voices conference were subsequently reflected in the NHS at 75 Insights Report.
- In carrying out its advocacy work, the Trust has continued to engage with a number of organisations and individuals involved in campaigning for better awareness and treatment of thyroid disease including: Wellbeing of Women; Parathyroid UK; The Wren Project; Newson Health and campaigner Rachel Hill.
- The charity was approached by a journalist from a national online newspaper who was producing an article about rising rates of thyroid cancer in young women. The Chair provided detailed information which was used in the article.
- In February 2023 the Director was invited to attend a meeting hosted by the European Society of Endocrinology which was focussed on exploring opportunities available for patient advocacy groups at the ECE 2023 conference.
- The Trust were invited to become members of the new NICE Voluntary and Community Sector Forum and attended the inaugural meeting on 26 January 2023. We have continued to be active members of the Forum.
- The Charity's Director was invited to attend the ESE's European Hormone Day on 15th May with other patient advocacy groups.

Media coverage has included: -

- The 12-month "Talk Thyroid" Column is being published in Health triangle magazine for UK Health Radio covering a wide range of subjects relating to Thyroid Health. This included breast feeding and medication, impact of thyroid disorders on health care workers, invisible hypothyroidism, Graves Story etc.

- A charity hour ITAW special with Ricky Boleto (Newsround presenter & Graves Disease patient)
- A publication in The Fahmidan Journal – May issue on “Thyroid and Autoimmune Warriors”;
- A submission of charity Bio and ITAW activity to Thyroid Federation International 45th Annual meeting – ThyroWorld Newsletter
- Judith provided excellent information regarding Thyroid Cancer for an article being produced by journalist Rachel Ellis who writes for the MailOnline about rising rates of thyroid cancer in young women
- Continued conversations with Catia Montagna and team from the University of Aberdeen business school who want to get thyroid conditions on the women’s health strategy. They are also hoping to do a further study on the economic impacts of thyroid disease

### *Volunteer activity*

We are grateful for our team of volunteers who have continued to work alongside our Director, Operations Manager and Trustees, both to participate in our advocacy work and to help in the administration of our charity. We are committed to offering volunteering opportunities to patients, friends, family and interested professionals to empower them to help address the issues of most importance to them and advance our charitable objectives. We have increased our volunteer pool who have generously supported us in a variety of ways including:

- social media posts;
- a variety of blog posts on our website;
- development of our videos on the website and YouTube channel.
- supporting us to deliver our event programme
- taking part in interviews with the media
- helping produce and disseminate reports
- sending out badges and T-shirts to our growing supporter base
- fundraising
- participating in International Thyroid Awareness Week and Thyroid Cancer Awareness Month
- assisting with strategy development and providing expert guidance and advice

For the past year we have held monthly online sessions with our volunteers to improve engagement. Based on feedback received, we developed volunteer role descriptions and these have now been published on a new area of our website dedicated to providing resources and support to our volunteers.

We are beneficiaries from two schemes which provide us with a modest commission whenever one of our supporters buys on their platforms; Amazon Smile and EasyFundraising and we receive further donations from Paypal Money Giving from supporters who choose to fundraise for us on Facebook or Ebay.

## **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO). It adopted its Constitution on 27 April 2018 and was registered with the Charities Commission on 7 May 2019. Each of the Trustees is a member of the CIO. The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The Trustee Board has a breadth of professional and medical experience and includes members with first-hand experience of thyroid conditions. The Trustees meet at least four times a year. Day-to-day operations of the Charity are carried out by a freelance Director and an Operations Manager who report to the Trustees.

Shireen Khan joined as Trustee in October 2022. Shireen is a non-practicing barrister with experience in clinical negligence, financial regulation, healthcare regulation, professional discipline, and employment law. Shireen is a mum to a pre-schooler who experienced pregnancy related hypothyroidism temporarily along with Hyperemesis Gravidarum and has family members with thyroid disease.

Ramesh Maruthai joined in May 2023 as the Treasurer. He is a member of the Institute of Chartered Accountants of England and Wales (ICAEW) and is working as a Finance Manager with an independent oil and gas company listed in LSE. He is closely associated with the cause of the trust as his wife is also living with thyroid disease.

Lorraine Williams stood down as Director of the charity at the end of June 2022. She was replaced by Louise Sellar as the Director (Communications & Development). Louise has worked in the UK construction industry for over 17 years. Currently, she is the Sales and Marketing Director of a manufacturing company. Louise found out about the Trust in 2020 following a diagnosis of Graves' Disease. The following year, she received radioactive iodine treatment. As a result of this experience, she is passionate about raising awareness, assisting in the education of, and supporting other thyroid patients and their families. Louise started with the Trust in December 2022.

Lee Mathers, who joined us as Operations Manager in the summer of 2021 continues to support the charity with administrative and operational support, including management of our events, and coordinates a growing team of volunteers.

We were shocked and saddened to learn that our dear friend and Trustee, Theresa Baker, died suddenly and unexpectedly on 2 March 2023 at her home in London. Theresa first became involved in the London thyroid group back in 2012 and was one of the founding Trustees of the Thyroid Trust.

During the year Stephen Hey resigned as the Treasurer. We thank him for all his contributions particularly for his involvement in raising funds for supporting the activities of the Trust.

In the opinion of the Trustees there is no ultimate controlling party of the Charity.

### Financial review

In the year to 30 June 2023 the Charity's income was £16,485 (2022: £41,833). We continued to receive generous support from the Federated Foundation who granted £10,000 this year like the earlier years. We received contributions of £ 1,000 from St. James's Place Charitable Foundation and the balance £ 5,485 was raised from Community fundraising and individual donations.

Expenditure amounted to £27,132 (2022: £16,600), being primarily the cost of the Director and Operations Manager.

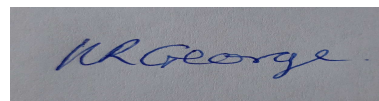
### Reserves

At the end of June 2023, the charity held reserves of £16,000. We have no employees or other significant fixed costs and therefore we can operate with limited reserves; however, it is the intention of the Trustees to build our reserves to secure an increased level of activities in future.

### Preparation of the report

The report was approved and authorised for issue by the Trustees on 22<sup>nd</sup> April 2024 and is signed on behalf of the Trustees by:

  
Trustee  
(RAMESH MARIMUTHU)



Trustee

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2023.

### Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

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

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

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

Signed: *Bandhu Raj*

Date: 24/04/2024

Name: Bandhu Raj Poudel FCCA

Relevant professional qualification(s) or body: ACCA

Address: 53 Tidford Road, Welling, Kent. DA16 3JX

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2023**  
**Registered charity number 1183292**

		2023	2022
		Total	
		£	£
	Notes		
<b>Total income from donations</b>	2	<u>16,485</u>	<u>41,833</u>
<b>Expenditure on:</b>			
Raising funds		216	128
Charitable activities			
Support for people affected by thyroid disease		26,916	16,472
<b>Total expenditure</b>	3	<u>27,132</u>	<u>16,600</u>
<b>Net income for the year</b>		(10,648)	25,233
Reconciliation of funds:			
Total funds brought forward		26,648	1,415
<b>Total funds carried forward</b>		<u>16,000</u>	<u>26,648</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

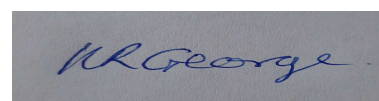
## Balance sheet

**Balance sheet**  
**As at 30 June 2023**  
**Registered charity number 1183292**

	Notes	2023 £	2022 £
<b>Current assets</b>			
Cash at bank and in hand		19,036	29,311
		19,036	29,311
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	4	(3,036)	(2,663)
		(3,036)	(2,663)
<b>Net assets</b>		<b>16,000</b>	<b>26,648</b>
 <b>The funds of the charity</b>			
Unrestricted income funds	6	16,000	17,848
Restricted income funds			8,800
		16,000	26,648
<b>Total funds carried forward</b>		<b>16,000</b>	<b>26,648</b>

Approved by the Trustees on 22nd April 2024 and signed on their behalf by:-

  
Trustee  
(RAMESH MARIMUTH)



Trustee

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

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. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	<b>2023</b>	<b>2022</b>
	£	£
<b>2 Income</b>		
The Federated Foundation	10,000	10,000
National Lottery Community Fund Awards for All	-	9,900
Legacy received	-	8,800
The Garfield Weston Foundation	-	5,000
National Lottery Reaching Communities	-	-
Albert Hunt Trust	-	-
St. James's Place Charitable Foundation	1,000	
Other donors and community fundraising	5,485	8,133
	<u>16,485</u>	<u>41,833</u>
<b>3 Expenditure</b>		
Freelance staff costs	25,496	15,639
Office, travel and other costs	1,420	833
Fundraising costs	216	128
	<u>27,132</u>	<u>16,600</u>
The Charity has no employees and no employee costs (2022 - none).		
<b>4 Creditors</b>		
Amounts due to freelance staff	<u>3,036</u>	<u>2,663</u>
<b>5 Trustees</b>		
No Trustee received remuneration during the year (2022: nil). No Trustee was reimbursed for expenses incurred on the Charity's behalf in the year (2022: none).		

**6 Funds**

	At 1 July 2022 £	Income £	Expenditure £	At 30 June 2023 £
Restricted funds				
National Lottery Community Fund, Awards for All	8,800	-	(8,800)	-
Unrestricted funds	17,848	16,485	(18,332)	16,000
	<u>26,648</u>	<u>16,485</u>	<u>(27,132)</u>	<u>16,000</u>

The restricted fund at 1 July 2022 represents part of the amount received from the National Lottery Awards for All scheme to promote our activities in 2022.

This programme was completed in the current financial year.

**THE THYROID TRUST**

England & Wales - Charity number 1183292

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# Accounts

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The Thyroid Trust  
Annual Report  
30 June 2022



Registered Charity number 1183292

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Judith Taylor (Chair) Theresa Baker Karen George Stephen Hey (Treasurer) Dr Paul Jenkins Wendy Sharpe (appointed 6 July 2022)  Deepa Gadhvana (resigned 14 May 2022) Professor Fausto Palazzo (resigned 18 June 2022)
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at <https://www.thyroidtrust.org/trustees>

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2022.

### Objectives and activities

The Thyroid Trust seeks to make life better for people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The priorities of the Trustees for the current financial year have been to continue to deliver regular support and information events, to expand our awareness raising and advocacy work, to put the organisation on a more sustainable footing for the future and to develop our volunteer team and fundraising efforts, while working with the challenges and constraints of the pandemic.

The Trustees have had regard to the Charity Commission’s guidance on public benefit.

### Achievements and performance

#### *Events*

We have been able to continue our programme of events despite the restrictions necessitated by the COVID-19 pandemic: -

- In July and September 2021 Simon Pearce gave a two-part talk, ‘Getting the best treatment for hypothyroidism’. Simon is Professor of Endocrinology at the Translational & Clinical Research Institute, Faculty of Medical Sciences at Newcastle University. He is editor of the European Thyroid Association Journal and President of the British Thyroid Association. This talk was his exploration of the complex evidence concerning wellbeing, hypothyroidism and thyroid hormone replacement
- In August our Trustee, Karen George, led a Thyroid Café event, ‘Let the sun shine in’. Karen has lived experience of Graves disease
- In September we held a Thyroid Cancer Café event facilitated by our Trustee, Judith Taylor, a two-time thyroid cancer survivor
- In February 2022 we held our first post-lockdown meeting in person, held in central London; a Patient Voices event and an opportunity to catch-up with thyroid friends

- In March we joined Billy Kenber for a discussion of his new book, 'Sick Money: The Truth About the Global Pharmaceutical Industry'. Billy is an award-winning investigative journalist who, in 2016, broke the story in The Times that the specialist thyroid treatment, liothyronine, an old generic medicine, had increased in price by 6000% in the preceding ten-year period. In his book Sick Money: The Truth About the Global Pharmaceutical Industry, Billy explores the idea that medicines have become financial assets for drug companies and says that the way drugs are priced and who gets access to them can be driven by the returns for shareholders. The discussion was chaired by leading endocrinologist, Dr Mark Vanderpump
- In May we held a Patient Voices support meeting with guest speaker, Kamal Mandalia. Kamal had been diagnosed with Papillary Thyroid Cancer; he spoke about his own experience and the important role patients can play in helping educate healthcare providers, by sharing their stories, so that clinicians and policy decision makers may better understand patient needs and accurately incorporate the patient voice into their services
- In May Karen George led a Thyroid Café discussion on hyperthyroidism and Graves disease
- To mark World Thyroid Day in May, a group of supporters joined our Director, Lorraine Williams, for an afternoon at the seaside with a walk and picnic on the beach in the Kent coastal town of Broadstairs
- In May, Anthony R Salandy, editor of Fahmidan Journal, led a Thyroid Café event to talk about poetry inspired by our thyroid conditions.

Most of these events have taken place via Zoom. Where possible we have recorded the events and uploaded them to our YouTube channel. The YouTube channel includes a series of films including a talk by Dr Paul Jenkins, a high-profile expert and one of our Trustees, and three talks on aspects of the use of evidence for patient advocacy from our event with Sense About Science and the MS Society.

Our online Thyroid Café events are moderated peer support events that allow participants the opportunity to chat informally and share their experiences.

Since our financial year-end we have arranged events including a round-table discussion of thyroid champions, facilitated by Lord Hunt of Kings Heath; further Thyroid Poetry Café events and a Patient Voices event at Crown Court church in central London.

### *Advocacy*

In July 2021 NHS England wrote to the Thyroid Trust to confirm that they expect local health authorities to allow prescribing of liothyronine (T3) in line with the national guidance, including cases where levothyroxine alone has failed to resolve symptoms of hypothyroidism. They reassured us that they are now writing to all local Clinical Commissioning Groups (CCGs) to reinforce this expectation.

However, in June 2022, with our partners in other patient groups and the thyroid specialists' body, The British Thyroid Association, we issued a new T3 Prescribing Report. The report revealed that 58% of CCGs in England are not following national guidance for liothyronine and that patients in these areas are frequently being denied treatment with this specialist thyroid hormone, which some require in order to be well. The report called on NHS England and the Department of Health to ensure that this inequitable situation is brought to a close and consistency is applied across the NHS.

Our Thyroid Champions, Lord Hunt and Lord Borwick, led a series of questions in the House of Lords in July 2022 on the subject of prescription practice, backed up by Baroness Wheeler, Lord McFall, Baroness Brinton and Baroness Masham. The Minister, Baron Kamall, answered sympathetically, having previously been briefed by representatives from The Thyroid Trust and Thyroid UK.

In July 2021 the original sole UK licence holder of liothyronine, Advanz Pharma, and their backers were fined by the Competition and Markets Authority for excessive pricing of the drug to the NHS.

Author and poet Michael Rosen has continued his support with us. In 2020 he was hospitalised and spent 47 days in intensive care with Covid19, the basis of his best-selling book, 'Many Different Kinds of Love, a story of life and death and the NHS'. Michael has hypothyroidism and his book, 'This is Not My Nose', describes his experiences.

Our website had 14,790 unique visits in the year. The charity now has 1,984 followers on Facebook, 755 followers on Instagram and 5,641 followers on Twitter, all continuing to rise. According to Brand24, the #TalkThyroid hashtag got a Twitter reach of 11.9k during International Thyroid Awareness Week 2022.

Media coverage has included: -

- Extensive coverage of the fine issued by the Competition and Markets Authority, particularly including the BBC, The Times and the Daily Telegraph for which we were asked for input and quotes
- UK Health Radio Triangle Magazine reporting by Billy Kenber
- Triangle Magazine covered the appointment of Michael Rosen as Thyroid Champion and referenced his 24 Questions on YouTube
- BBC Radio Kent covered International Thyroid Awareness Week. Presenter Pat Marsh spoke with our Director Lorraine on the show for 13 minutes including her Seaside Butterfly Trek in Thanet
- The Times and Daily Express coverage of the issue of our T3 Prescribing Report.

#### *Volunteer activity*

We are grateful for our team of volunteers who have continued to work alongside our Director and Trustees, both to participate in our advocacy work and to help in the administration of our charity. We are committed to offering volunteering opportunities to patients, friends, family and interested professionals to empower them to help address the issues of most importance to them and advance our charitable objectives. We have increased our volunteer pool to over 40 people, who have generously supported us in a variety of ways including:

- social media posts;

- a variety of blog posts on our website;
- development of our videos on the website and YouTube channel
- supporting us to deliver our event programme
- taking part in interviews with the media
- helping produce and disseminate reports
- sending out badges and T-shirts to our growing supporter base
- fundraising
- participating in International Thyroid Awareness Week
- assisting with strategy development and providing expert guidance and advice

For the past year we have held monthly online sessions with our volunteers to improve engagement and, based on feedback received, are in the process of developing volunteer role descriptions. We are also planning to develop an area of our website with resources to support our volunteers.

We have successfully migrated to JustGiving as a platform for online donations.

We are beneficiaries from two schemes which provide us with a modest commission whenever one of our supporters buys on their platforms; Amazon Smile and EasyFundraising and we receive further donations from Paypal Money Giving from supporters who choose to fundraise for us on Facebook or Ebay.

### **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO). It adopted its Constitution on 27 April 2018 and was registered with the Charities Commission on 7 May 2019. Each of the Trustees is a member of the CIO. The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The Trustee Board has a breadth of professional and medical experience and includes members with first-hand experience of thyroid conditions. The Trustees meet at least four times a year. Day-to-day operations of the Charity have been carried out by a freelance Director who has lived experience of thyroid disease and reported to the Trustees and.

Wendy Sharpe joined as Trustee in July 2022. Wendy is a former scientific editor who has worked at The Lancet, The Lancet Global Health, Medical Journal of Australia and for the World Health Organization. She is currently undertaking an MSc at the London School of Hygiene and Tropical Medicine. She first encountered the work of The Thyroid Trust as a patient with Graves' disease. Wendy joined the Board of Trustees in July 2022.

Deepa Gadhvana, known as Deepa Verma, resigned as Trustee on 14 May 2022. Professor Fausto Palazzo resigned as Trustee on 18 June 2022. We thank Deepa and Fausto for their valuable contributions to the work of the Charity.

Lee Mathers joined us as Operations Manager in summer 2021. Lee provides the charity with administrative and operational support, including management of our events, and co-ordinates a growing team of volunteers.

Lorraine Williams stood down as Director of the charity at the end of June 2022. Having previously set up a support group of thyroid patients in London, she accepted the position as our first Director in 2017. Lorraine has been the driving force in building the charity to become a leading, credible voice for people affected by thyroid disease. She remains committed to the objectives of the charity and is still a warm supporter of our work.

We are currently recruiting for the vacant position of Director.

In the opinion of the Trustees there is no ultimate controlling party of the Charity.

### **Financial review**

In the year to 30 June 2022 the Charity's income was £41,833 (2021: £32,121). We continued to receive generous support from the Federated Foundation who granted £10,000 this year. We received £9,900 from National Lottery's Awards for All scheme in May to support our activities for the year ahead, including our events programme. One of our former supporters has left us a generous legacy of £8,800. Garfield Weston Foundation has provided £5,000. Community fundraising and individual donations amounted to £8,133 with some very generous gifts despite restrictions on our activities.

Expenditure amounted to £16,600 (2021: £34,557), being primarily the cost of the Director and freelance staff.

### **Reserves**

At the end of June 2022, the charity held reserves of £26,648. This includes £8,800 classed as a restricted reserve, being part of the grant from National Lottery's Awards of All scheme which will be released in the year ahead. We have no employees or other significant fixed costs and have operated in the past with limited reserves. It is the intention of the Trustees to hold some reserves in order to secure an increased level of activities in future.

### **Preparation of the report**

The report was approved and authorised for issue by the Trustees on 15 September 2022 and is signed on behalf of the Trustees by:



Trustee



Trustee

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2022.

### Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.


### Independent examiner's statement

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

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

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

Signed:

DocuSigned by:  
  
8D2CF6DAD27149E...

Date: 23/12/2022

Name: Priscilla Asirifi ACMA

Relevant professional qualification(s) or body: CIMA

Address: 8 Sandown Street, Gorton, Manchester.

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2022**  
**Registered charity number 1183292**

	Notes	2022			2021
		Unrestricted £	Restricted £	Total £	£
<b>Total income from donations</b>	2	<u>31,933</u>	<u>9,900</u>	<u>41,833</u>	<u>32,121</u>
<b>Expenditure on:</b>					
Raising funds		128	-	128	29
Charitable activities					
Support for people affected by thyroid disease		15,372	1,100	16,472	34,528
<b>Total expenditure</b>	3	<u>15,500</u>	<u>1,100</u>	<u>16,600</u>	<u>34,557</u>
<b>Net income for the year</b>		16,433	8,800	25,233	(2,436)
Reconciliation of funds:					
Total funds brought forward		<u>1,415</u>	-	<u>1,415</u>	<u>3,851</u>
<b>Total funds carried forward</b>		<u><b>17,848</b></u>	<u><b>8,800</b></u>	<u><b>26,648</b></u>	<u>1,415</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

## Balance sheet

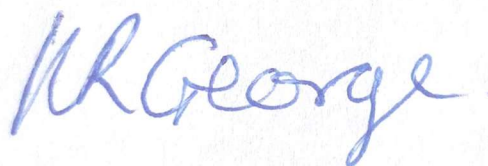
**Balance sheet**  
**As at 30 June 2022**  
**Registered charity number 1183292**

	Notes	2022 £	2021 £
<b>Current assets</b>			
Debtors	4	-	347
Cash at bank and in hand		29,311	9,164
		<hr/>	<hr/>
		29,311	9,511
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	5	(2,663)	(8,096)
		<hr/>	<hr/>
<b>Net assets</b>		<b>26,648</b>	<b>1,415</b>
		<hr/> <hr/>	<hr/> <hr/>
<b>The funds of the charity</b>			
Unrestricted income funds	6	17,848	1,415
Restricted income funds		8,800	-
		<hr/>	<hr/>
<b>Total funds carried forward</b>		<b>26,648</b>	<b>1,415</b>
		<hr/> <hr/>	<hr/> <hr/>

Approved by the Trustees on 15 September 2022 and signed on their behalf by:-



Trustee



Trustee

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

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. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	<b>2022</b>	2021
	£	£
<b>2</b>		
<b>Income</b>		
The Federated Foundation	10,000	10,000
National Lottery Community Fund Awards for All	9,900	-
Legacy received	8,800	-
The Garfield Weston Foundation	5,000	-
National Lottery Reaching Communities	-	15,000
Albert Hunt Trust	-	1,000
Other donors and community fundraising	8,133	6,121
	<u>41,833</u>	<u>32,121</u>
<b>3</b>		
<b>Expenditure</b>		
Freelance staff costs	15,639	33,515
Office, travel and other costs	833	1,013
Fundraising costs	128	29
	<u>16,600</u>	<u>34,557</u>

The Charity has no employees and no employee costs (2021 - none).

		<b>2022</b>	2021
		£	£
<b>4</b>	<b>Debtors</b>		
	Balances due from fundraising platforms	-	347
		<u>          </u>	<u>          </u>
<b>5</b>	<b>Creditors</b>		
	Amounts due to freelance staff	2,663	8,096
		<u>          </u>	<u>          </u>
<b>6</b>	<b>Funds</b>		
		At 1 July 2021	Income
		£	£
		Expenditure	At 30 June 2022
		£	£
	Restricted funds		
	National Lottery Community Fund, Awards for All	-	9,900
		(1,100)	8,800
	Unrestricted funds	1,415	31,933
		<u>          </u>	<u>          </u>
		1,415	41,833
		<u>          </u>	<u>          </u>
		(16,600)	26,648
		<u>          </u>	<u>          </u>

The restricted fund at 30 June 2022 represents part of the amount received from the National Lottery Awards for All scheme in May to promote our activities for the year ahead.

## **7 Trustees**

No Trustee received remuneration during the year (2021: nil). No Trustee was reimbursed for expenses incurred on the Charity's behalf in the year (2021: none).

**THE THYROID TRUST**

England & Wales - Charity number 1183292

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# Accounts

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The Thyroid Trust  
Annual Report  
30 June 2021



Registered Charity number 1183292

## Contents

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Judith Taylor (Chair) Theresa Baker Deepa Gadhvana (appointed 16 July 2020) Karen George Stephen Hey (Treasurer) Dr Paul Jenkins Professor Fausto Palazzo
Director	Lorraine Williams
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at [www.thyroidtrust.org/leadership-team.html](http://www.thyroidtrust.org/leadership-team.html)

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2021.

### Objectives and activities

The Thyroid Trust seeks to make life better for people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The priorities of the Trustees for the current financial year have been to continue to deliver regular support and information events, to expand our awareness raising and advocacy work, to put the organisation on a more sustainable footing for the future and to develop our volunteer team and fundraising efforts, while working with the challenges and constraints of the pandemic.

The Trustees have had regard to the Charity Commission’s guidance on public benefit.

### Achievements and performance

#### *Events*

We have continued our programme of events despite the restrictions necessitated by the COVID-19 pandemic: -

- the Special Patients Voice event in August 2020 with Jenny Allen in August 2020. Jenny shared her experience of postpartum thyroiditis and her management of its symptoms;
- Lessons Learned from a Patient with Professor Atul Kalhan FRCP MD in September 2020. Professor Kalhan discussed treatment a patient with a polyglandular autoimmune syndrome over ten years;
- Thyroid Patients' Quality of Life Measurement with Torquil Watt PhD DMSc in November 2020. Torquil explained his development of the widely-used international scientific instrument for measuring impact of thyroid disorders on quality of life, the ThyPRO;
- New Therapeutic Horizons for Graves' Hyperthyroidism with Professor Simon Pearce in December 2020. Simon told us about the latest research into possible new treatments for Graves and explained new therapeutic approaches;
- In February 2021, New Research into Thyroid Hormone Function in Covid19 Patients with Dr Bernard Khoo, whose specialist interests are in treatment of neuroendocrine tumours and in genetic endocrine disorders;
- Levothyroxine Treatment and Cholesterol in Hypothyroidism with Dr Pete Taylor FRCP MSc PhD in May 2021. Pete answered questions on the new study he had recently completed with AC Bianco.

These events have taken place via Zoom. Where possible we have recorded the events and uploaded them to our YouTube channel. The YouTube channel includes a series of films including a talk by Dr Paul Jenkins, a high-profile expert and one of our Trustees, and three talks on aspects of the use of evidence for patient advocacy from our event with Sense About Science and the MS Society.

We have also arranged online Thyroid Café events, which are moderated peer support events that allow participants the opportunity to chat informally and share their experiences.

### *Advocacy*

We have followed up our leadership on the delivery of the Liothyronine Dossier, a major report for the Department of Health and Social Care, and have continued the positive working relationships with other patient organisations and with the thyroid specialists' body, The British Thyroid Association. Liothyronine (T3) can be life transforming for some patients; however, some who might benefit from this treatment are not able to access it due to some NHS trusts still not following national guidance and citing cost reasons. This issue is a key focus of our work. We are continuing to receive frequent distressing reports of patients being denied NHS treatment, despite expressions of support from clinicians. Finding a way to influence local healthcare providers is proving challenging for us and our partners, all of whom are significantly lacking in resources. In July 2021 the original sole UK licence holder of liothyronine, Advanz Pharma, and their backers have been fined by the Competition and Markets Authority for excessive pricing of the drug to the NHS.

We were active stakeholders in the development of the new NICE (National Institute for Health & Care Excellence) guideline, 'Thyroid disease: assessment and management', and we are now also stakeholders in the development of the new guideline for thyroid cancer. We are listed on the guideline NG145 as approved public information providers

Author and poet Michael Rosen has continued his support with us, helping us to reach a wider audience on social media. Michael has hypothyroidism and has written a book about his experiences, 'This is Not My Nose', now featured on our website.

We launched #TTT24Q, a series of 24 questions in interviews with supporters and volunteers to share our experiences of thyroid disease.

We provided patient advocate speakers and participated in the University of Birmingham Centre for Systems Modelling and Quantitative Biomedicine, Institute of Metabolism & Systems Research's festival, Power of the Patient Voice, to share experiences in securing public and political support for biomedical research.

As part of our participation in International Thyroid Awareness Week, May 2021, Elaine Smith MSP put down a motion in the Scottish Parliament including a call for evidence for the Women's Health Strategy.

We piloted and helped to promote the questionnaire introduced by Thyroid Federation International to understand the needs and experiences of those living with hypothyroidism.

Media coverage has included: -

- discussions on Channel Four's Steph's Packed Lunch with Chris Kamara and Olivia Bowen;
- Jeremy Vine talking about Graves' Disease on BBC Radio 2;
- our Director's appearances on Radio Jackie, BBC Radio Kent and UK Health Radio Magazine;
- articles in the Eastern Daily Press and Health Triangle.

### *Volunteer activity*

We are grateful for our Volunteer Team which has continued to work alongside our Director and Trustees, both to participate in our advocacy work and to help in the administration of our charity. We are committed to offering volunteering opportunities to patients, friends, family and interested professionals to empower them to help address the issues of most importance to them and advance our charitable objectives. We have increased our volunteer pool to over 40 people, who have generously supported us in a variety of ways including:

- social media posts;
- a variety of blog posts on our website;
- development of our videos on the website and YouTube channel.
- supporting us to deliver our event programme
- taking part in interviews with the media
- helping produce and disseminate reports
- sending out badges and T-shirts to our growing supporter base
- fundraising
- participating in International Thyroid Awareness Week and World Thyroid Day in May 2020 and Thyroid Cancer Awareness Month in September 2020
- assisting with strategy development and providing expert guidance and advice

Since the year-end we have migrated to JustGiving following the closure of Virgin Money Giving as a platform for online donations.

We are beneficiaries from two schemes which provide us with a modest commission whenever one of our supporters buys on their platforms; Amazon Smile and EasyFundraising and we receive further donations from Paypal Money Giving from supporters who choose to fundraise for us on Facebook or Ebay.

### **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO). It adopted its Constitution on 27 April 2018 and was registered with the Charities Commission on 7 May 2019. Each of the Trustees is a member of the CIO. The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The Trustee Board has a breadth of professional and medical experience and includes members with first-hand experience of thyroid conditions. The Trustees meet at least four times a year. Day-to-day operations of the Charity are carried out by a freelance Director who reports to the Trustees and has lived experience of thyroid disease. The Director co-ordinates a growing team of volunteers.

Deepa Gadhvana, known as Deepa Verma, joined the Trustees in July 2020.

In March 2021, the Trust appointed a part-time Development Officer to provide administrative support to the Director and Trustees and help with development activity.

In the opinion of the Trustees there is no ultimate controlling party of the Charity.

### **Financial review**

In the year to 30 June 2021 the Charity's income was £32,121 (2020: £38,432). We continued to receive generous support from the Federated Foundation, who granted £10,000 in the financial year and have provided further funding since the year-end. We received £15,000 from National Lottery's Reaching Communities programme of COVID-19 support and £1,000 from Albert Hunt Trust. Community fundraising and individual donations amounted to £6,121, although the restrictions on meetings and large-scale fundraising events during the pandemic have limited our activities.

Expenditure amounted to £34,557 (2020: £35,178), being primarily the cost of the Director and other freelance staff.

### **Reserves**

At the end of June 2021, the charity held reserves of £1,415 held entirely in an unrestricted reserve. We have no employees or other significant fixed costs and therefore we can operate with limited reserves; however, it is the intention of the Trustees to build our reserves in order to secure an increased level of activities in future.

### **Preparation of the report**

The report was approved and authorised for issue by the Trustees on 8 March 2022 and is signed on behalf of the Trustees by:



Trustee

Trustee 

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the charity") for the year ended 30/06/2021.

### Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

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

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

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

Signed:



Date: 29/03/2022

Name: Priscilla Asirifi ACMA

Relevant professional qualification(s) or body: CIMA

Address: 8 Sandown Street, Gorton, Manchester.

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2021**  
**Registered charity number 1183292**

	Notes	2021			2020
		Unrestricted £	Restricted £	Total £	£
<b>Total income from donations</b>	2	<u>32,121</u>	<u>-</u>	<u>32,121</u>	<u>38,432</u>
<b>Expenditure on:</b>					
Raising funds		29	-	29	204
Charitable activities					
Support for people affected by thyroid disease		31,201	3,327	34,528	34,974
<b>Total expenditure</b>	3	<u>31,230</u>	<u>3,327</u>	<u>34,557</u>	<u>35,178</u>
<b>Net income for the year</b>		891	(3,327)	(2,436)	3,254
Reconciliation of funds:					
Total funds brought forward		524	3,327	3,851	597
<b>Total funds carried forward</b>		<u><u>1,415</u></u>	<u><u>-</u></u>	<u><u>1,415</u></u>	<u><u>3,851</u></u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

## Balance sheet

**Balance sheet**  
**As at 30 June 2021**  
**Registered charity number 1183292**

	Notes	2021 £	2020 £
<b>Current assets</b>			
Debtors	4	347	566
Cash at bank and in hand		9,164	17,492
		<hr/>	<hr/>
		9,511	18,058
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	5	(8,096)	(14,207)
		<hr/>	<hr/>
<b>Net assets</b>		<b>1,415</b>	<b>3,851</b>
		<hr/> <hr/>	<hr/> <hr/>
<b>The funds of the charity</b>			
Unrestricted income funds	6	1,415	524
Restricted income funds		-	3,327
		<hr/>	<hr/>
<b>Total funds carried forward</b>		<b>1,415</b>	<b>3,851</b>
		<hr/> <hr/>	<hr/> <hr/>

Approved by the Trustees on 8 March 2022 and signed on their behalf by:-



Trustee

Trustee *Therese F...*

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

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. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	2021	2020
	£	£
<b>2 Income</b>		
The Federated Foundation	10,000	20,000
National Lottery Reaching Communities	15,000	-
National Lottery Community Fund Awards for All	-	9,980
Albert Hunt Trust	1,000	-
St James' Place Charitable Foundation	-	1,000
Other donors and community fundraising	6,121	7,452
	<u>32,121</u>	<u>38,432</u>
<b>3 Expenditure</b>		
Freelance staff costs	33,515	32,141
Office, travel and other costs	1,013	2,833
Fundraising costs	29	204
	<u>34,557</u>	<u>35,178</u>
The Charity has no employees and no employee costs (2020 - none).		
	2021	2020
	£	£
<b>4 Debtors</b>		
Balances due from fundraising platforms	<u>347</u>	<u>566</u>
<b>5 Creditors</b>		
Amounts due to freelance staff	<u>8,096</u>	<u>14,207</u>

**6 Funds**

	At 1 July 2020 £	Income £	Expenditure £	At 30 June 2021 £
Restricted funds				
National Lottery Community Fund, Awards for All	3,327	-	(3,327)	-
Unrestricted funds	524	32,121	(31,230)	1,415
	<u>3,851</u>	<u>32,121</u>	<u>(34,557)</u>	<u>1,415</u>

The restricted fund at 1 July 2020 represented part of the amount received from the National Lottery Awards for All scheme to promote our public event programme in 2020. This programme was completed in the current financial year.

**7 Trustees**

No Trustee received remuneration during the year (2020: nil). No Trustee was reimbursed for expenses incurred on the Charity's behalf in the year (2020: none).