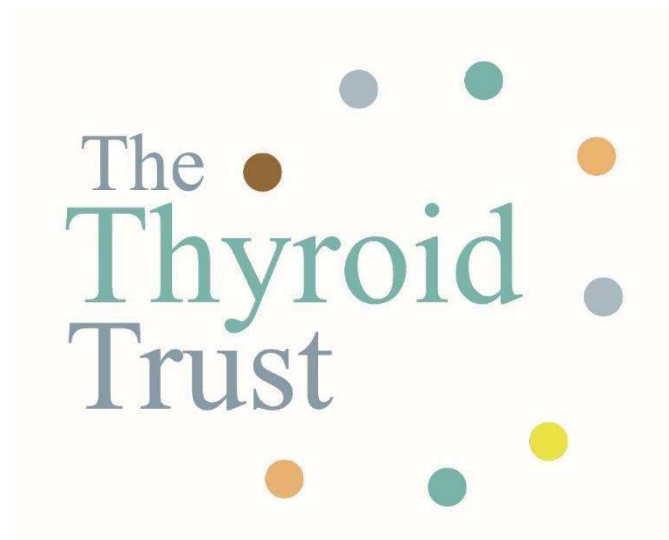


The Thyroid Trust  
Annual Report  
30 June 2024



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  
(RAMESH MEEUTHAN)

*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: 

Date: 

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**

		<b>2024</b>			<b>2023</b>
		Unrestricted	Restricted	Total	
		£	£	£	£
	<b>Notes</b>				
<b>Total income from donations</b>	<b>2</b>	<b>3,567</b>	<b>9,900</b>	<b>13,467</b>	<b>16,485</b>
<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>	<b>3</b>	<b>14,071</b>	<b>9,900</b>	<b>23,971</b>	<b>27,132</b>
<b>Net income for the year</b>		<b>(10,504)</b>	<b>-</b>	<b>(10,504)</b>	<b>(10,648)</b>
Reconciliation of funds:					
Total funds brought forward		16,000	-	16,000	26,648
<b>Total funds carried forward</b>		<b>5,496</b>	<b>-</b>	<b>5,496</b>	<b>16,000</b>

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
		<u>8,313</u>	<u>19,036</u>
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	4	(2,818)	(3,036)
		<u>5,496</u>	<u>16,000</u>
<b>Net assets</b>			
<b>The funds of the charity</b>			
Unrestricted income funds	6	5,496	16,000
Restricted income funds		-	-
		<u>5,496</u>	<u>16,000</u>
<b>Total funds carried forward</b>			

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

Trustee  
(RAMESH MARETHAN)

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.

	2024	2023
	£	£
<b>2 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 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 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.