

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	www.thyroidtrust.org

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 Koksall 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

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
		£	£
	Notes		
Total income from donations	2	11,453	13,467
Expenditure on:			
Raising funds		216	966
Charitable activities			
Support for people affected by thyroid disease		8,865	23,005
Total expenditure	3	9,081	23,971
Net income for the year		2,372	(10,504)
Reconciliation of funds:			
Total funds brought forward		5,496	16,000
Total funds carried forward		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 £
Current assets			
Cash at bank and in hand		8,117	8,313
		<hr/> 8,117	<hr/> 8,313
Liabilities:			
Creditors: amounts falling due within one year	4	(249)	(2,818)
		<hr/> (249)	<hr/> (2,818)
Net assets		7,868	5,496
		<hr/> <hr/>	<hr/> <hr/>
The funds of the charity			
Unrestricted income funds	6	7,868	16,000
Restricted income funds			
		<hr/>	<hr/>
Total funds carried forward		7,868	16,000
		<hr/> <hr/>	<hr/> <hr/>

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.

	2025	2024
	£	£
2 Income		
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>
3 Expenditure		
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).		
4 Creditors		
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)

