

# Hereditary Fructose Intolerance (HFI) UK

England & Wales · Charity number 1184023

## Details

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**Other names** EAT SAFE

**Status** Registered

**Legal form** CIO

**Registered** 2019-06-21

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

## Contact

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**Address** 67 Churchill Way  
Stafford  
ST17 9PB

**Phone** 07973 491339

**Email** [help@hfisupport.org.uk](mailto:help@hfisupport.org.uk)

**Website** [www.hfisupport.org.uk](http://www.hfisupport.org.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT AND THE ADVANCEMENT OF THE HEALTH OF THOSE WHO SUFFER FROM HEREDITARY FRUCTOSE INTOLERANCE (ALSO KNOWN AS FRUCTOSEMIA) AND THEIR FAMILIES, THROUGH THE PROVISION OF ADVICE, SUPPORT AND GUIDANCE ABOUT THE CONDITION AND HOW TO MANAGE THE SYMPTOMS OF IT

**Activities:** Our main activity is providing information to people with HFI, their carers and medical practitioners

## Classification

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- **How:** Provides Advocacy/advice/information, Other Charitable Activities
- **What:** The Advancement Of Health Or Saving Of Lives

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees	
2025-06-30		£274	£274	-	-
2024-06-30		£158	£158	-	-
2023-06-30		£0	£0	-	-
2022-06-30		£0	£0	-	-
2021-06-30		£0	£0	-	-
2020-06-30		£0	£0	-	-

## Trustees

Name	Role	Appointed
<b>William Denis Armstrong</b>	Chair	2018-09-01
CAROLYN MARY WESTWOOD		2022-07-01
GERARD WESTWOOD		2022-07-01

**Hereditary Fructose Intolerance (HFI) UK**

England & Wales - Charity number 1184023

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# Accounts

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# Trustees' Annual Report for the period

Period start date		Period end date		
From	01 07 2024	To	30 06 2025	

## Section A Reference and administration details

Charity name **Hereditary Fructose Intolerance (HFI) UK**

Other names charity is known by

Registered charity number (if any) **1184203**

Charity's principal address **67 Churchill Way**

**Stafford**

**ST17 9PB**

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	William Armstrong	Chair		
2	Carolyn Westwood			
3	Gerard Westwood			
4				
5				
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18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by existing Trustees

**Additional governance issues (Optional information)**

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

For the public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.
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The Charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

The charity has three trustees and one regular volunteer.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

As in previous years, no formal fundraising activity has taken place which has directly impacted our training for Trustees and Volunteers, therefore no formal training has taken place this year. The Trustees continue their research into the condition and the management of its symptoms.

Demand for help and support continues to increase worldwide, particularly with newly diagnosed children and babies.

Plans are in place to start fundraising, to attend more training and rare metabolic disease networking events, to attend events such as Aspire, where we meet up with researchers and drugs companies, and to organise the first UK HFI in person meeting as part of the Metabolic Support UK annual community conference.

We have started a charity website. Professor Timothy Cox has agreed to be our charity medical lead.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

No fundraising has taken place this year, therefore no reserves have been built up. Once fundraising activity commences, a compliant policy will be fully developed.

**Details of any funds materially in deficit**

The Charity does not have any deficits.

### Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

There have been no financial changes in the accounting year to end June 2025 as the charity had not actively started working. However, July 2025 is the point at which the trustees and volunteer will start to actively work to further the charity interests.

There has been some outlay on behalf of the charity, which was paid to end date June 2025, and has been self-funded as donation to the charity from the trustees. The accounts reflect this.

## Section F

## Other optional information

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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Westwood</i>	
Full name(s)	Carolyn Westwood	
Position (eg Secretary, Chair, etc)	Trustee	
Date	30/04/2026	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Hereditary Fructose Intolerance (HFI) UK 1184023

CC16a

## Receipts and payments accounts

For the period from 01/07/2024 To 30/06/2025

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	274	-	-	274	158
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>274</b>	<b>-</b>	<b>-</b>	<b>274</b>	<b>158</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>274</b>	<b>-</b>	<b>-</b>	<b>274</b>	<b>158</b>
<b>A3 Payments</b>					
Postage and Stationery	30	-	-	30	25
Travel	75	-	-	75	39
Accountancy	80	-	-	80	80
Advertising	37	-	-	37	14
Subscriptions	52	-	-	52	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>274</b>	<b>-</b>	<b>-</b>	<b>274</b>	<b>158</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>274</b>	<b>-</b>	<b>-</b>	<b>274</b>	<b>158</b>
<b>Net of receipts/(payments)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash	-	-	-
	Bank Account	-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-

(agree balances with receipts and payments account(s))

OK

OK

OK

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Carolyn Westwood</i>	Carolyn Westwood	30/04/2026



**Section A Independent Examiner's Report**

**Report to the trustees/  
members of**

**Hereditary Fructose Intolerance (HFI) UK**

**On accounts for the year  
ended**

**30/06/2025**

**Charity no  
(if any)**

**1184023**

**Set out on pages**

**1 and 2**

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

**Independent  
examiner's statement**

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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

**Signed:** 

**Date:** **30/04/2026**

**Name:** **Paul Rowlands, Principal, Minerva Accounting Solutions Ltd**

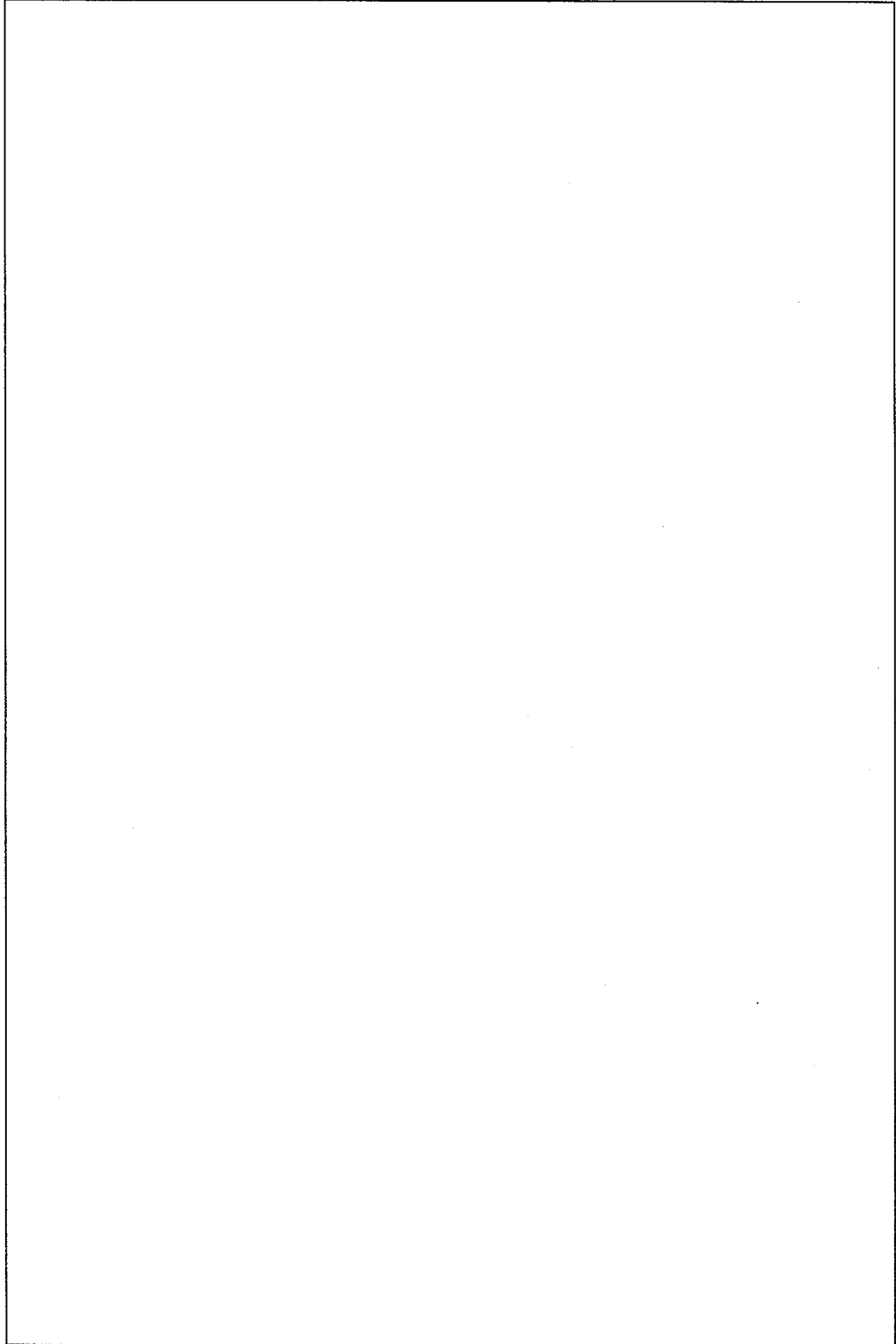
**Relevant professional  
qualification(s) or body  
(if any):**

**Address:**

**20 Haccombe Path  
Newton Abbot  
Devon TQ12 4JB**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**



**Hereditary Fructose Intolerance (HFI) UK**

England & Wales - Charity number 1184023

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# Accounts

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# Trustees' Annual Report for the period

Period start date		Period end date					
From	01	07	2023	To	30	06	2024

## Section A Reference and administration details

Charity name **Hereditary Fructose Intolerance (HFI) UK**

Other names charity is known by

Registered charity number (if any) **1184203**

Charity's principal address **67 Churchill Way**

**Stafford**

**ST17 9PB**

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	William Armstrong	Chair		
2	Carolyn Westwood			
3	Gerard Westwood			
4				
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20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document <small>(eg. trust deed or trust instrument)</small>	Constitution
How the charity is constituted <small>(eg. under the Charitable Companies Act 2008)</small>	Charitable Incorporated Organisation
Trustee selection methods <small>(eg. appointed by existing trustees)</small>	Appointed by existing Trustees

**Additional governance issues (Optional information)**

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

For the public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.

The Charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

The Trustees have provided support to HFI sufferers during this year. The support ranges from direct telephone support to publishing articles on social media, offering advice and guidance that has not been readily available elsewhere.

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

As in previous years, no formal fundraising activity has taken place which has directly impacted our training for Trustees and Volunteers, therefore no formal training has taken place this year. The Trustees continue their research into the condition and the management of its symptoms.

Demand for help and support continues to increase worldwide, particularly with newly diagnosed children and babies.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

No fundraising has taken place this year, therefore no reserves have been built up. Once fundraising activity commences, a compliant policy will be fully developed.

**Details of any funds materially in deficit**

The Charity does not have any deficits.

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

This year the Charity has been self-funding its operations through the personal income of the Trustees.

## Section F

## Other optional information

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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

*Carolyn Westwood*

Full name(s)

Carolyn Westwood

Position (eg Secretary, Chair, etc)

Trustee

Date

30/04/2025



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Hereditary Fructose Intolerance (HFI) UK

1184023

## Receipts and payments accounts

CC16a

For the period  
from

01/07/2023

To

30/06/2024

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	158	-	-	158	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>158</b>	<b>-</b>	<b>-</b>	<b>158</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>158</b>	<b>-</b>	<b>-</b>	<b>158</b>	<b>-</b>
<b>A3 Payments</b>					
Postage and Stationery	25	-	-	25	-
Travel	39	-	-	39	-
Accountancy	80	-	-	80	-
Advertising	14	-	-	14	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>158</b>	<b>-</b>	<b>-</b>	<b>158</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>158</b>	<b>-</b>	<b>-</b>	<b>158</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash	-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Carolyn Westwood</i>	Carolyn Westwood	30/04/2025



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

**Hereditary Fructose Intolerance (HFI) UK**

**On accounts for the year  
ended**

30/06/2024

**Charity no  
(if any)**

1184023

**Set out on pages**

1 and 2

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 trustees of the Trust, 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 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 ~~(other than that disclosed below)~~ in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

*\* Please delete the words in the brackets if they do not apply.*

**Signed:**

**Date:**

30/04/2025

**Name:**

Paul Rowlands, Principal, Minerva Accounting Solutions Ltd

**Relevant professional  
qualification(s) or body  
(if any):**

**Address:**

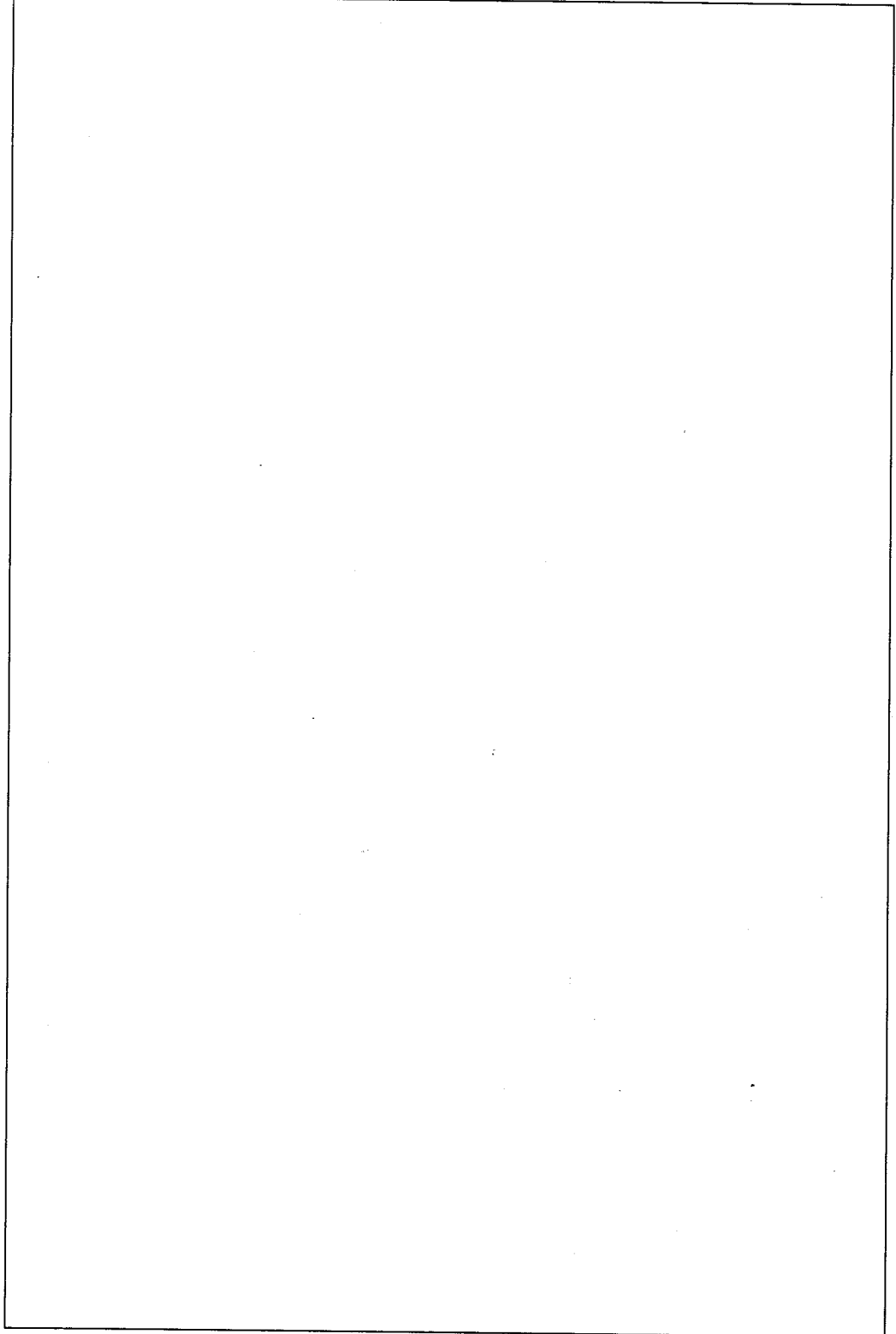
20 Hacombe Path

Newton Abbot

Devon TQ12 4JB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**



**Hereditary Fructose Intolerance (HFI) UK**

England & Wales - Charity number 1184023

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# Accounts

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# Trustees' Annual Report for the period

Period start date: 01 07 2022  
 Period end date: 30 06 2023  
 From To

## Section A Reference and administration details

Charity name

Eat Safe

Other names charity is known by

Registered charity number (if any)

1184023

Charity's principal address

67 Churchill Way  
 Stafford  
 ST17 9PB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	William Armstrong	Chair		
2	Karen Peterkin			
3	Paul Williamson			
4				
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18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document	Constitution
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Appointed by existing Trustees

**Additional governance issues (Optional information)**

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

For the Public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.

The Charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

William Armstrong, one of our trustees, has provided support to HFI sufferers along with Carolyn Westwood (a volunteer) during this year. They spend many hours each week on the telephone and social media, offering support and guidance that has not been readily available elsewhere.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

As in previous years, no fundraising activity has taken place which has directly impacted our training for Trustees and Volunteers. No training has taken place this year.

Demand for help and support has increased worldwide, particularly with newly diagnosed children and babies.

**Section E Financial review**

**Brief statement of the charity's policy on reserves**

No fundraising has taken place this year, therefore no reserves have been built up. Once fundraising activity commences, a compliant policy will be fully developed.

**Details of any funds materially in deficit**

We do not have any deficits.

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During this year we have been self-funding the operations of the charity through William Armstrong's personal income.

**Section F Other optional information**

[Empty box for optional information]

**Section G Declaration**

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

Signed on behalf of the charity's trustees

Signature(s)	<i>Cherwood</i>	
Full name(s)	Carolyn Westwood	

Position (eg Secretary, Chair, etc)	Trustee (from 16/07/2023)	
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Date	<i>29.07.2024</i>
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CHARITY COMMISSION  
FOR ENGLAND AND WALES

Eat Safe	1184023
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CC16a

Receipts and payments accounts	
For the period from	01/07/2022
To	30/06/2023

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Income	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	-
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	-
<b>A3 Payments</b>					
Expenses	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	-	-	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	-	-	-	-	-

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash in hand	-	-	-
		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Christwood</i>	Carolyn Westwood	29.07.2024

**Hereditary Fructose Intolerance (HFI) UK**

England & Wales - Charity number 1184023

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 01	Month 07	Year 2021		Day 30	Month 06	Year 2022

## Section A Reference and administration details

**Charity name** EAT SAFE

**Other names charity is known by**

**Registered charity number (if any)** 1184023

**Charity's principal address** 67 CHURCHILL WAY  
STAFFORD

**Postcode** ST17 9PB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	WILLIAM ARMSTRONG			
2	KAREN PETERKIN			
3	PAUL WILLIAMSON			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

--

## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

CONSTITUTION

How the charity is constituted  
(eg trust, association, company)

CHARITABLE INCORPORATED ORGANISATION

Trustee selection methods  
(eg appointed by, elected by)

APPOINTED BY EXISTING TRUSTEES

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

With the Covid 19 situation this year, none of these governance issues have arisen in this our second year of operation.

## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

For the Public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.

The charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

William Armstrong, one of our trustees, has been the sole volunteer during this year. He has spent many hours, each week, on the telephone and social media, offering support and guidance - not readily available elsewhere.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

In this difficult year fund raising has been impossible. All planned training for trustees and volunteers was cancelled.

However, demand for help and support has been increasing worldwide, particularly with newly diagnosed children and babies.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

We have not been able to do any fundraising this year, so we have not built up any reserves. Once we are able to fundraise we will fully develop a compliant policy.

**Details of any funds materially in deficit**

We do not have any deficits

**Further financial review details (Optional information)**

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During this year we have been self funding the operations of the charity through William Armstrong's personal income.

## Section F

## Other optional information

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## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

WILLIAM DENIS ARMSTRONG

Position (eg Secretary, Chair, etc)

CHAIR

Date

16/07/23

**Hereditary Fructose Intolerance (HFI) UK**

England & Wales - Charity number 1184023

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 21	Month 06	Year 2019		Day 30	Month 06	Year 2020

## Section A Reference and administration details

<b>Charity name</b>	EAT SAFE
<b>Other names charity is known by</b>	
<b>Registered charity number (if any)</b>	1184023
<b>Charity's principal address</b>	67 CHURCHILL WAY STAFFORD
<b>Postcode</b>	ST17 9PB

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	WILLIAM ARMSTRONG			
2	KAREN PETERKIN			
3	PAUL WILLIAMSON			
4				
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19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

### Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document  
(eg. trust deed, constitution)

CONSTITUTION

How the charity is constituted  
(eg. trust, association, company)

CHARITABLE INCORPORATED ORGANISATION

Trustee selection methods  
(eg. appointed by, elected by)

APPOINTED BY EXISTING TRUSTEES

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

With the Covid 19 situation this year, none of these governance issues have arisen in this our first year of operation.

## Section C Objectives and activities

**Summary of the objects of the charity set out in its governing document**

For the Public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

**Additional details of objectives and activities (Optional information)**

William Armstrong, one of our trustees, has been the sole volunteer during this year. He has spent many hours, each week, on the telephone and social media, offering support and guidance - not readily available elsewhere.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

In this difficult year fund raising has been impossible. All planned training for trustees and volunteers was cancelled.

However, demand for help and support has been increasing worldwide, particularly with newly diagnosed children and babies.

We have been able to offer in the words of one father 'Very informative, thought-provoking, encouraging and heart-warming' support for his newly diagnosed two and a half year old son.

**Brief statement of the charity's policy on reserves**

We have not been able to do any fundraising this year, so we have not built up any reserves. Once we are able to fundraise we will fully develop a compliant policy.

**Details of any funds materially in deficit**

We do not have any deficits

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During this year we have been self funding the operations of the charity through William Armstrong's personal income.

**Section F Other optional information**

**Section G Declaration**

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

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	WILLIAM DENIS ARMSTRONG	
<b>Position (eg Secretary, Chair, etc)</b>	CHAIR	
<b>Date</b>		