

# ARFID AWARENESS UK

England & Wales · Charity number 1185468

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2019-09-24

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

## Contact

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**Address** The Gateway  
85-101 Sankey Street  
Warrington  
Cheshire  
WA1 1SR

**Phone** 07944842408

**Email** [Info@ARFIDAwarenessuk.org](mailto:Info@ARFIDAwarenessuk.org)

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

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT WITHIN THE UK, THE PROMOTION AND PROTECTION OF GOOD HEALTH, AND THE RELIEF OF FINANCIAL NEED ARISING FROM ILL HEALTH, AMONG THOSE SUFFERING FROM ARFID (AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER) (“THE CONDITION”) IN PARTICULAR BY: A) RAISING AWARENESS ABOUT THE CONDITION WITHIN THE MEDICAL AND ASSOCIATED PROFESSIONS AND THE GENERAL PUBLIC IN SUCH WAYS AS THE TRUSTEES SHALL DETERMINE; B) PROVIDING ADVICE AND INFORMATION IN SUCH WAYS AS THE TRUSTEES SHALL DETERMINE TO ENABLE AND EMPOWER PARENTS AND CARERS TO ADVOCATE FOR THE CHILDREN IN THEIR CARE WHO ARE SUFFERING FROM THE CONDITION; C) FUNDING RESEARCH INTO THE CONDITION, THE USEFUL RESULTS OF WHICH WILL BE PUBLISHED FOR THE PUBLIC BENEFIT; D) PROVIDING GRANTS OF FINANCIAL ASSISTANCE TO ENABLE ECONOMICALLY DISADVANTAGED FAMILIES OF SUFFERERS OF THE CONDITION TO OBTAIN NECESSARY TREATMENT AND MEDICATION UNAVAILABLE VIA THE NHS.

**Activities:** ARFID Awareness UKs key objectives will be to raise awareness and educate. We will aim to do this by raising awareness about ARFID (Avoidant Restrictive Food Intake Disorder) within the medical profession and wider population. We will aim to do this through poster campaigns, seeking a presence at relevant conferences, organising fundraising events and via social media.

## Classification

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

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£48,541	£40,957	-	-
2024-06-30	£26,238	£12,069	-	-
2023-06-30	£31,633	£10,369	-	-
2022-06-30	£18,356	£6,179	-	-
2021-06-30	£20,905	£9,016	-	-

## Trustees

Name	Role	Appointed
<b>James Raymond</b>	Chair	2022-09-01
Ailish Harrison		2024-06-19
Alleya James		2026-01-01
Annemarie Sims		2024-01-02
Dr Clare Fenton		2021-06-28
Dr Danielle Lambert		2026-01-01
Joanne Cryer		2024-01-02
Nicole Kirkland		2026-04-01
Rebecca Frost		2026-01-01
Stacey Lambert		2026-04-01

**ARFID AWARENESS UK**

England & Wales - Charity number 1185468

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# Accounts

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**ARFID AWARENESS UK**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2025**

**Charity number: 1185468**

**ARFID AWARENESS UK**

**FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025**

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**ARFID AWARENESS UK**

**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2025**

---

The trustees are pleased to present their report, together with the financial statements for the year ended 30 June 2025.

**Reference and administration details**

Charity name: ARFID Awareness UK

Charity registration number: 1185468

Address of charity: 61 Bridge Street  
Herefordshire  
HR5 3DJ

Trustees: James Raymond (Chair)  
Rebecca Frost (Treasurer, appointed 1 January 2026)  
Nicole Kirkland (Co-founder, appointed 1 April 2026)  
Stacey Lambert (Co-founder, appointed 1 April 2026)  
Dr Danielle Lambert (appointed 1 January 2026)  
Alleya James (appointed 1 January 2026)  
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Dr Rosan Meyer (resigned 31 March 2026)  
Annemarie Sims

Chief Executive Andrew Harrington (from 1 April 2026)

Independent Examiner: Inna Baldwin ACCA  
Motion Accountancy  
85 High Street  
Tunbridge Wells  
TN1 1XP

## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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#### **Objectives and activities**

The objectives of the charity are, for the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) (“the condition”).

The charity does this by -

- a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;
- b) providing advice and information in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition;
- c) funding research into the condition, the useful results of which will be published for the public benefit;
- d) providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS.
- e) advancing the education of the public in the subject of ARFID.

#### **Public benefit**

The Trustees have considered the Charity Commission’s guidance on public benefit. They confirm that in planning and carrying out the charity’s activities they have had regard to this guidance.

#### **Achievements and performance**

During 2025, ARFID Awareness UK continued to strengthen its position as the leading UK charity dedicated solely to Avoidant/Restrictive Food Intake Disorder (ARFID). The charity delivered significant progress across awareness, advocacy, research collaboration, and community support, while continuing to operate with limited resource.

The charity also advanced its commitments under the National Lottery Community Fund grant, including the development of a Direct Mailing Campaign to schools in Greater Manchester. Data cleansing and preparation were completed, with 2,000 information packs scheduled for distribution.

Research partnerships continued to expand. Phase 1 of the ARFID-Specific Toolkits project with De Montfort University was completed, involving focus groups with parents, adults, and interviews with multidisciplinary clinicians. Phase 2 commenced in early 2025, gathering survey data on lived experiences of adding foods to the diet. This work represents a significant step toward producing the first evidence-informed sensory and behavioural toolkit for families.

AAUK strengthened its governance and community voice by recruiting and launching two new committees: the ARFID Parents & Carers Committee and the ARFID Adults Committee. Each committee comprises 12 members serving a two-year term, ensuring lived experience remains central to organisational decision-making. AAUK also formally joined the National Eating Disorders Taskforce in 2025, working alongside Hope Virgo, BEAT, and other national organisations to strengthen unified advocacy across the sector. This involvement ensured that ARFID was represented in cross-charity strategy discussions, shared messaging for Eating Disorders Awareness Week, and parliamentary engagement through the APPG for Eating Disorders.

## ARFID AWARENESS UK

### REPORT OF THE TRUSTEES

#### FOR THE YEAR ENDED 30 JUNE 2025

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#### Achievements and performance (continued)

The charity continued to collaborate closely with BEAT, including joint work during Eating Disorders Awareness Week 2025 and ongoing quarterly meetings to align ARFID-related activity. AAUK also contributed to national policy discussions ensuring ARFID representation in parliamentary-level advocacy. AAUK's Executive Director also sat on the NEAD Steering Group, contributing directly to the national service-mapping process and ensuring that ARFID was included in discussions on adult, community, and inpatient pathways.

Operationally, AAUK maintained delivery of resources, awareness cards, and community support, with over 900 awareness cards distributed during EDAW alone. The charity also continued to invest in digital infrastructure, communications, and financial management systems to support sustainable growth.

Overall, 2025 marked a year of consolidation, partnership-building, and delivery of key commitments, positioning the charity for further expansion in 2026.

#### Financial review

Total receipts for the year ended 30 June 2025 amounted to £48,541 (2024: £26,238). Total payments amounted to £40,958 (2024: £24,492).

These accounts are prepared using receipts and payments accounting. The accounts for the year ended 30 June 2024 were prepared on an accruals basis. The following adjustments have therefore been made to the comparative figures.

	2024 £
2024 surplus for the year as reported in 2024 accounts	1,274
Adjustments to 2024 expenditure to adjust to receipts and payments basis	<u>472</u>
2024 surplus for the year as reported in 2025 accounts	<u>1,746</u>

#### Reserves policy

The Trustees are committed to ensuring that the amount held in reserve is enough to cover 6 months of running costs which at present amounts to approximately £21,000. Free reserves held by the charity at 30 June 2025 totalled £39,322 (2024: £31,738).

The Trustees consider the level of reserves held at 30 June 2025 to be appropriate. In early 2026 the Trustees appointed a CEO, and the excess reserves will be used to fund the initial projects and initiatives that will inevitably result from this appointment.

## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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#### **Plans for future periods**

Looking ahead to 2026, ARFID Awareness UK will continue to focus on strengthening its organisational capacity, expanding its reach, and delivering on strategic priorities outlined in its multi-year development plan.

A key area of focus will be the continuation of the ARFID Roadshows, with events scheduled in Birmingham, Edinburgh, Bristol, and an online webinar. These events will support the dissemination of findings from the ARFID Incidence Study Roadshow and provide opportunities for engagement with families, clinicians, and policymakers.

The charity will also progress the Direct Mailing Campaign to schools, fulfilling a major National Lottery deliverable and increasing awareness of ARFID across educational settings. Alongside this, AAUK will prepare for the 2025–26 annual community survey, ensuring that service development continues to be informed by lived experience.

Research and clinical collaboration will deepen through AAUK's involvement in the ARFID Intervention Research Forum linked to King's College London, as well as continued partnership with DeMontfort University on the ARFID Toolkit project. The charity will also participate in national research and policy events, including the Medical Research Foundation's Eating Disorders Showcase.

Governance development remains a priority for 2026. Following the appointment of the Charities first CEO, Andrew Harrington, in April 2026, recruitment to expand the lived experience of the Board will continue. AAUK will also maintain and strengthen its newly established lived experience committees to include clinical advisory groups to retain knowledge and clinical input from previous trustees and multi-disciplinary clinical partners.

The charity will continue its strategic partnership with REDCAN, contributing to sector-wide planning and joint fundraising initiatives. Monthly meetings with REDCAN's Business Development Manager will support identification of new grant opportunities and collaborative bids.

AAUK will also prepare for ARFID Awareness Day 2026, delivered in partnership with BEAT, with a thematic focus on communities, cultural inclusion, and access to services. This will include the launch of translated resources developed by volunteers across the ARFID community.

Building on its strengthened national role, AAUK will continue its active participation in the National Eating Disorders Taskforce throughout 2026, ensuring ARFID remains visible in cross-sector policy development. The Executive Director will also continue contributing to the NEAD Steering Group as it moves into the staffing-map and implementation phases, ensuring ARFID-specific needs are represented in national service-design discussions.

Operationally, the charity will continue to review its staffing structure, volunteer engagement, and use of digital tools to improve efficiency and sustainability. Work will continue to explore future income diversification, including training expansion, membership models, and additional grant applications.

Overall, 2026 will be a year of strategic growth, strengthened partnerships, and continued delivery of high-impact support for individuals and families affected by ARFID.

## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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## **Structure, governance and management**

### **Governing document**

ARFID Awareness UK is a Charitable Incorporated Organisation, its constitution was registered with the Charity Commission (registration number 1185468) on 24 September 2019.

### **Appointment and recruitment of Trustees**

The charity aims to appoint a combination of Trustees with diverse expertise in the diagnosis and treatment of ARFID, and individuals with backgrounds other than healthcare including finance, charity management and those from the ARFID community. During the year we have appointed five new Trustees including a Treasurer with a charity accounting background.

### **Trustees' induction and training**

An induction process is in place. All Trustees are expected to sign a confidentiality agreement and declaration of potential conflicts of interest, which are reviewed annually.

### **Organisational structure**

The Board of Trustees meet twice a year to run the charity. There is also a Remuneration Committee ("REMCO")

During the year the day to day running of the charity was carried out by the two Co-Founders in executive roles. A social media officer was also employed.

After the Co-Founders stepped into executive roles, a search for a new Chair of the Board of Trustees was launched, with the existing Chair of REMCO acting as Chair for the interim. A new Treasurer was appointed on 1 January 2026, taking over as Chair of REMCO.

With ambitions for growth and greater impact within the ARFID community, it became clear the charity needed a dedicated chief executive officer (CEO) and the search for a new Chair pivoted to a CEO.

Since the year end, a CEO has been appointed with the two Co-Founders returning to the Board of Trustees, and the interim Chair of the Board of Trustees becoming permanent.

Finally, the Board agreed to add more transparency around the members of the Board by categorising the Trustees into one of three sub-groups –

*Lived Experience Trustee* – A Trustee who either is a person who has ARFID, or has direct experience of a person who has ARFID (eg parent, sibling, guardian.)

*Subject Matter Expert ("SME") Trustee* – A Trustee with experience in ARFID, usually a clinician of some kind.

*Lay Trustee* – A Trustee with neither lived experience nor existing SME knowledge of ARFID, but bringing alternative experience and viewpoints to the Board.

The categories and approach were approved by the Board, with the groupings of the existing Trustees within the categories due to happen in the first half of 2026.

**ARFID AWARENESS UK**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 JUNE 2025**

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Signed on behalf of the trustees

Rebecca Frost  
Treasurer

21 April 2026

**ARFID AWARENESS UK**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 30 JUNE 2025**

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	<b>Unrestricted Funds</b>	<b>Total 2025</b>	<b>Total 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Receipts</b>			
Donations and grants	36,240	36,240	21,668
Course fees	7,341	7,341	4,570
Merchandise sales	<u>4,960</u>	<u>4,960</u>	<u>-</u>
<b>Total receipts</b>	<b><u>48,541</u></b>	<b><u>48,541</u></b>	<b><u>26,238</u></b>
<b>Payments</b>			
Merchandise	2,934	2,934	4,437
Toolkit	5,525	5,525	-
Advertising and marketing	6,016	6,016	1,470
Accountancy fees	1,325	1,325	-
Bank charges	1	1	1
Charitable donations	-	-	228
General office costs	2,201	2,201	5,728
Insurance	590	590	534
IT software and consumables	1,183	1,183	626
Salaries	6,750	6,750	3,400
Course fees and subcontractors	13,299	13,299	7,015
Travel and subsistence	87	87	213
Website expenses	<u>1,046</u>	<u>1,046</u>	<u>840</u>
<b>Total payments</b>	<b><u>40,957</u></b>	<b><u>40,957</u></b>	<b><u>24,492</u></b>
<b>Net receipts</b>	<b>7,584</b>	<b>7,584</b>	<b>1,746</b>
Cash and bank balances at 1 July 2024	<u>31,738</u>	<u>31,738</u>	<u>29,992</u>
Cash and bank balances at 30 June 2025	<b><u>39,322</u></b>	<b><u>39,322</u></b>	<b><u>31,738</u></b>

**ARFID AWARENESS UK**

**STATEMENT OF ASSETS AND LIABILITIES**

**AS AT 30 JUNE 2025**

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	<b>Unrestricted Funds</b>	
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Cash funds</b>		
Bank current accounts	<u>39,322</u>	<u>31,738</u>
	<u>39,322</u>	<u>31,738</u>
<b>Other assets</b>		
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Stock	<u>1,467</u>	<u>2,480</u>
	<u>1,467</u>	<u>2,480</u>
<b>Liabilities</b>		
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Accruals	442	-
Other creditors	<u>800</u>	<u>12</u>
	<u>1,242</u>	<u>12</u>

These financial statements were approved by the trustees on 21 April 2026 and are signed on their behalf by:

Rebecca Frost  
Treasurer



**ARFID AWARENESS UK**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2025**

**Charity number: 1185468**

**ARFID AWARENESS UK**

**FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE 2025**

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**ARFID AWARENESS UK**

**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2025**

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85 High Street  
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TN1 1XP

## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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#### **Objectives and activities**

The objectives of the charity are, for the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) (“the condition”).

The charity does this by -

- a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;
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- d) providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS.
- e) advancing the education of the public in the subject of ARFID.

#### **Public benefit**

The Trustees have considered the Charity Commission’s guidance on public benefit. They confirm that in planning and carrying out the charity’s activities they have had regard to this guidance.

#### **Achievements and performance**

During 2025, ARFID Awareness UK continued to strengthen its position as the leading UK charity dedicated solely to Avoidant/Restrictive Food Intake Disorder (ARFID). The charity delivered significant progress across awareness, advocacy, research collaboration, and community support, while continuing to operate with limited resource.

The charity also advanced its commitments under the National Lottery Community Fund grant, including the development of a Direct Mailing Campaign to schools in Greater Manchester. Data cleansing and preparation were completed, with 2,000 information packs scheduled for distribution.

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## ARFID AWARENESS UK

### REPORT OF THE TRUSTEES

#### FOR THE YEAR ENDED 30 JUNE 2025

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#### Achievements and performance (continued)

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## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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#### **Plans for future periods**

Looking ahead to 2026, ARFID Awareness UK will continue to focus on strengthening its organisational capacity, expanding its reach, and delivering on strategic priorities outlined in its multi-year development plan.

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## **ARFID AWARENESS UK**

### **REPORT OF THE TRUSTEES**

#### **FOR THE YEAR ENDED 30 JUNE 2025**

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## **Structure, governance and management**

### **Governing document**

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### **Trustees' induction and training**

An induction process is in place. All Trustees are expected to sign a confidentiality agreement and declaration of potential conflicts of interest, which are reviewed annually.

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**ARFID AWARENESS UK**  
**REPORT OF THE TRUSTEES**  
**FOR THE YEAR ENDED 30 JUNE 2025**

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Signed on behalf of the trustees

Rebecca Frost  
Treasurer

21 April 2026

**ARFID AWARENESS UK**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE YEAR ENDED 30 JUNE 2025**

---

	<b>Unrestricted Funds</b>	<b>Total 2025</b>	<b>Total 2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>
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Merchandise sales	<u>4,960</u>	<u>4,960</u>	<u>-</u>
<b>Total receipts</b>	<b><u>48,541</u></b>	<b><u>48,541</u></b>	<b><u>26,238</u></b>
<b>Payments</b>			
Merchandise	2,934	2,934	4,437
Toolkit	5,525	5,525	-
Advertising and marketing	6,016	6,016	1,470
Accountancy fees	1,325	1,325	-
Bank charges	1	1	1
Charitable donations	-	-	228
General office costs	2,201	2,201	5,728
Insurance	590	590	534
IT software and consumables	1,183	1,183	626
Salaries	6,750	6,750	3,400
Course fees and subcontractors	13,299	13,299	7,015
Travel and subsistence	87	87	213
Website expenses	<u>1,046</u>	<u>1,046</u>	<u>840</u>
<b>Total payments</b>	<b><u>40,957</u></b>	<b><u>40,957</u></b>	<b><u>24,492</u></b>
<b>Net receipts</b>	<b>7,584</b>	<b>7,584</b>	<b>1,746</b>
Cash and bank balances at 1 July 2024	<u>31,738</u>	<u>31,738</u>	<u>29,992</u>
Cash and bank balances at 30 June 2025	<b><u>39,322</u></b>	<b><u>39,322</u></b>	<b><u>31,738</u></b>

**ARFID AWARENESS UK**

**STATEMENT OF ASSETS AND LIABILITIES**

**AS AT 30 JUNE 2025**

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	<b>Unrestricted Funds</b>	
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Cash funds</b>		
Bank current accounts	<u>39,322</u>	<u>31,738</u>
	<u>39,322</u>	<u>31,738</u>
<b>Other assets</b>		
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Stock	<u>1,467</u>	<u>2,480</u>
	<u>1,467</u>	<u>2,480</u>
<b>Liabilities</b>		
	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Accruals	442	-
Other creditors	<u>800</u>	<u>12</u>
	<u>1,242</u>	<u>12</u>

These financial statements were approved by the trustees on 21 April 2026 and are signed on their behalf by:

Rebecca Frost  
Treasurer



**Section A Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name ARFID AWARENESS UK

**On accounts for the year  
ended**

30 June 2025 Charity no (if any) 1185468

**Set out on pages**

1 to 8 (remember to include the page numbers of additional sheets)

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").

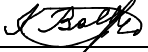
I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention 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:** 21/04/2026

**Name:** Inna Baldwin

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

ACCA

**Address:**

85 High Street  
Tunbridge Wells  
TN1 1XP

**ARFID AWARENESS UK**

England & Wales - Charity number 1185468

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# Accounts

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## Trustees' Annual Report for the period

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

Charity name: ARFID Awareness UK

Charity registration number: 1185468

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) ("the condition").
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;</p> <p>b) providing advice and information in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition;</p> <p>c) funding research into the condition, the useful results of which will be published for the public benefit;</p> <p>d) providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS.</p> <p>e) advancing the education of the public in the subject of ARFID.</p>
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	We confirm that all trustees have been issued with the Charity Commission

issued by the Charity Commission on public benefit		Guidelines on Public Benefit via email.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A
Other		N/A

**Achievements and Performance**

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

With the assistance of a new Social Media administrator in March 2024 we have been able to post across all social media 3x's a week increasing engagement and starting a new account in Tic Toc. This is in addition to Facebook, Instagram and our website.

Sept 22 – Continued to employ our first Administrative Assistant for 1 year until Sep 23 following a National Lottery Grant of £10,000 in Sept 22. This role was then undertaken on a voluntary basis.

Continuation of ARFID Awareness Cards

for Restaurants, Events and

Supermarkets to enable those living

with ARFID to have exceptions with

regards to food and drink taken into

and eaten at various venues as well as the Awareness Card for Schools that enables children to take in

school lunchboxes to raise awareness of

ARFID and stop unnecessary queries

from teachers/lunchtime assistants

about the contents of their lunchbox.

During Eating Disorders Awareness Week Feb 2024 we added a card for Hospitals to enable those with ARFID to advocate for themselves to request medication via an alternative to the oral route which may be difficult for some. We gave away over 2000 cards during that week to everyone that requested one.

Ran our first live webinar for free to over 150 parents and carers in March 2024 allowing questions to be put to our multidisciplinary team of experts from our Board of Trustees.

Met with David Simmonds MP regarding ARFID Awareness and put questions to parliament regarding their plans for ARFID patient care across the UK.

Entered discussions with Helen Coulthard about developing a Sensory Toolkit exclusively for ARFID to enable parents and carers to access immediate support while on waiting lists for ARFID diagnosis.

Responded for Circa 4000 emails and

	<p>posts from families and those living with ARFID to provide first line advice and reference in order to support them obtaining medical advice and/or supporting the ARFID person at home.</p> <p>Continued facilitation of best practice between NHS Trusts and providing connections for them to discuss the implementation of ARFID services for both adults and children.</p> <p>Continued presence at conferences and learning days to raise awareness in the medical community.</p> <p>Continued our partnership with the University of Winchester running the UK's only ARFID course for health care professionals.</p> <p>Participated in Autistica's webinar about ARFID which has raised awareness among the community due to the comorbidity between ARFID and Autism.</p> <p>Continued to distribute 'Luka &amp; The Food Cloud' - a children's picture book about ARFID commissioned by Helen Coultard at De Montfort University. The book is available on the ARFID Awareness Shop and is intended to be used to help facilitate discussions about ARFID with children in order to help them feel less isolated and confused about why they are the way that they are.</p> <p>Continue to give away for free ARFID Booklets for educational settings - "For Early Years" and "For Schools" commissioned by the Lancashire and South Cumbria Integrated Care Board (LSCIC). LSCIC are allowing us to distribute the booklets to schools nationally to assist teachers, school staff and pupils as well as their families.</p> <p>Accepted the resignation of one of our Board of Trustees Sarah Mason who retired and recruited Ailish Harrison, Specialist Speech and Language Therapist</p>
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		to the Board.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;</p> <p>b) providing information and education in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition.</p>
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Continued use of the National Lottery Grant for first paid employee for 1 year - £10,000.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Other</p>		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Accounts reviewed and agreed at Trustee Meetings on 28.09.23, 01.02.24 and 05.09.24 as well as ongoing review from the Treasurer, James Raymond.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity is committed to ensuring that the amount held in reserve is enough to cover 6 months of overhead running costs which at present amounts to a total of £1,500.
Amount of reserves held	Para 1.22	£1,500
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Social funding through runs, public donations, University of Winchester  Course which covers admin costs, redevelopment costs and reinvestment into the charity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	

		None
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed for their diverse expertise in the diagnosis and treatment of ARFID.  Our newest Trustee replaced previous trustee who retired ensuring continuity of input from Speech and Language Specialist in ARFID. This was after a rigorous recruitment process and consideration of several excellent applications. As we look ahead to our next financial year, further diversification of our Board to include more individuals with backgrounds other than healthcare, is of interest including Finance, charity management and those from the ARFID Community.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction Process in place and expected to sign confidentiality agreement and declaration of no conflicts of interest. These are reviewed annually.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Nicole Kirkland; Chair and Co-Founder and Stacey Lambert Secretary and Co-Founder both have unpaid Director roles. All other trustees are Board Members only without Director responsibilities. We have an accountant, Administrative Assistant and Social Media Officer in place.

Relationship with any related parties	Para 1.51	None.
Other		

### Reference and Administrative details

Charity name	ARFID Awareness UK
Other name the charity uses	N/A
Registered charity number	1185468
Charity's principal address	33 Long Lane Ickenham, Middlesex UB10 8QU

**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	Nicole Kirkland	N/A		
2	Stacey Lambert	N/A		

**Corporate trustees – names of the directors at the date the report was approved**

Director name		
N/A		

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	
N/A		

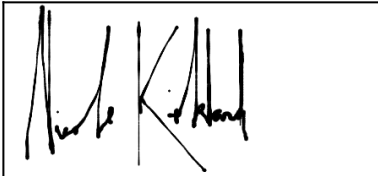
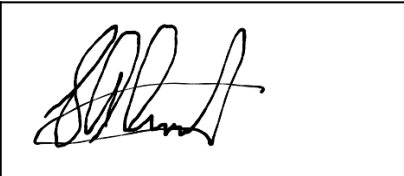
## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

## Declarations

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

Signed on behalf of the charity's trustees

		Signature(s)		
		Full name(s)	Nicole Kirkland	Stacey Lambert
	Position (eg Secretary, Chair, etc)	Chair	Secretary	
	Date	30 March 2025		

# Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2023

	2023	2022	2021	2020	2019
<b>Income</b>					
Donations	8,667.57	7,120.19	4,442.62	7,868.80	1,472.80
Fundraiser	50.22	288.19	59.42	3,141.51	-
Interest Income	-	-	-	0.44	0.05
Grants	10,000.00	-	-	-	-
Course Fee Income	7,583.70	7,391.00	-	-	-
Merchandise Sales	-	-	447.37	742.58	-
Facebook Sales	1,752.87	2,188.00	2,671.29	-	-
Amazon Sales	454.76	172.24	58.52	-	-
Adyen	3,123.72	1,197.32	-	-	-
<b>Total Income</b>	<b>31,632.84</b>	<b>18,356.94</b>	<b>7,679.22</b>	<b>11,753.33</b>	<b>1,472.85</b>
<b>Cost of Sales</b>					
Course Fees	5,595.00	2,275.00	9,016.44	-	-
<b>Total Cost of Sales</b>	<b>5,595.00</b>	<b>2,275.00</b>	<b>9,016.44</b>	<b>-</b>	<b>-</b>
<b>Expenses</b>					
Advertising & Marketing	51.05	76.83	222.20	800.42	87.60
Bank Fees	0.72	0.62	-	-	-
Charitable and Political Donations	30.00	-	-	-	-
Legal & Professional	750.00	-	-	498.00	-
General Office	528.12	-	-	-	-
GSuite	360.97	276.00	274.89	181.14	52.11
Hotels	-	-	-	316.00	115.00
Insurance	441.91	462.21	508.53	296.14	-
IT Software and Consumables	283.31	753.26	201.98	-	-
Just Giving Processing & Bank Fees	-	-	1.95	125.98	-
Merchandise	2,196.04	4,001.00	173.61	815.65	-
Postage, Freight & Courier	5.85	184.35	99.36	169.50	62.39
Salaries	4,995.46	-	-	-	-
Subscriptions	231.00	129.60	96.00	6.00	-
Subsistence	-	-	-	116.00	40.40
Travel - National	95.20	-	-	823.91	79.40
Website	298.90	295.63	526.28	230.40	87.60
Fines	100.00	-	-	-	-
<b>Total Expenses</b>	<b>10,368.53</b>	<b>6,179.50</b>	<b>2,104.80</b>	<b>4,379.14</b>	<b>524.50</b>
<b>Surplus / (Deficit)</b>	<b>15,669.31</b>	<b>9,902.44</b>	<b>(3,442.02)</b>	<b>7,374.19</b>	<b>948.35</b>



## Balance Sheet

Arfid Awareness UK

As at 30 June 2024

<b>Account</b>	<b>30 Jun 2024</b>	<b>30 Jun 2023</b>
<b>Current Assets</b>		
Cash at bank and in hand	31,738	29,992
Other debtors	0	670
<b>Total Current Assets</b>	<b>31,738</b>	<b>30,662</b>
<b>Creditors: amounts falling due within one year</b>		
Other Creditors	12	210
<b>Total Creditors: amounts falling due with</b>	<b>12</b>	<b>210</b>
<b>Net Current Assets (Liabilities)</b>	<b>31,726</b>	<b>30,452</b>
<b>Total Assets less Current Liabilities</b>	<b>31,726</b>	<b>30,452</b>
<b>Net Assets</b>	<b>31,726</b>	<b>30,452</b>
<b>Capital and Reserves</b>		
Current Year Earnings	1,274	15,669
Retained Earnings	30,452	14,783
<b>Total Capital and Reserves</b>	<b>31,726</b>	<b>30,452</b>

## Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2024

<b>Account</b>	<b>2024</b>	<b>2023</b>
<b>Income</b>		
Donations	16,491	8,718
Grants	0	10,000
Course Fees	4,570	7,584
Merchandise	5,177	5,330
<b>Total Income</b>	<b>26,238</b>	<b>31,632</b>
<b>Cost of Sales</b>		
Course Fees & Subcontractors	8,457	5,595
Merchandise	4,437	2,196
<b>Total Cost of Sales</b>	<b>12,895</b>	<b>7,791</b>
<b>Expenses</b>		
Advertising & Marketing	1,410	350
General Office	6,207	1,509
Salaries	3,431	4,995
Insurance	534	442
Legal & Professional	45	750
Travel	213	95
Donations	228	30
Bank Fees	1	1
<b>Total Expenses</b>	<b>12,069</b>	<b>8,172</b>
<b>Surplus / (Deficit)</b>	<b>1,274</b>	<b>15,669</b>



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name ARFID AWARENESS UK

**On accounts for the year  
ended**

30 June 2024

**Charity no  
(if any)**

1185468

**Set out on pages**

(remember to include the page numbers of additional sheets)

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

**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 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:**

*Inna Baldwin*

**Date:**

01/04/2025

**Name:**

Inna Baldwin

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

ACCA

**Address:**

85 High Street

Tunbridge Wells

TN1 1XP

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.**

**ARFID AWARENESS UK**

England & Wales - Charity number 1185468

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# Accounts

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## Trustees' Annual Report for the period

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

Charity name: ARFID Awareness UK

Charity registration number: 1185468

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) ("the condition").
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;</p> <p>b) providing advice and information in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition;</p> <p>c) funding research into the condition, the useful results of which will be published for the public benefit;</p> <p>d) providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS.</p> <p>e) advancing the education of the public in the subject of ARFID.</p>
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	We confirm that all trustees have been issued with the Charity Commission

issued by the Charity Commission on public benefit		Guidelines on Public Benefit via email on 30 April 2023.
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A
Other		N/A

**Achievements and Performance**

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

Sept 22 - Awarded £10,000 grant from the National Lottery for first salaried position for Administrative Assistance for 1 year.

Continuation of ARFID Awareness Cards for Restaurants, Events and SuperMarkets to enable those living with ARFID to have exceptions with regards to food and drink taken into and eaten at various venues as well as the Awareness Card for Schools that enables children to take in their school lunchboxes to raise awareness of ARFID and stop unnecessary queries from teachers/lunchtime assistants about the contents of their lunchbox.

Responded for Circa 2000 emails and posts from families and those living with ARFID to provide first line advice and reference in order to support them obtaining medical advice and/or supporting the ARFID person at home.

Continued facilitation of best practice between NHS Trusts and providing connections for them to discuss the implementation of ARFID services for both adults and children.

Continued presence at conferences and learning days to raise awareness in the medical community.

Updated our online CPD accredited training course

		<p>'Introduction to ARFID' for healthcare professionals in partnership with the University of Winchester with the most up-to-date research.</p> <p>Continued involvement in the British Dietetics' Association's publication of a Position on ARFID raising awareness among the medical community and enhancing the experience of those seeking support via dieticians within the UK for ARFID.</p> <p>Helped with the editing and finalisation, as well as launch of 'Luka &amp; The Food Cloud' - a children's picture book about ARFID commissioned by Helen Coultard at DeMontfort University. The book is available on Amazon and is intended to be used to help facilitate discussions about ARFID with children in order to help them feel less isolated and confused about why they are the way that they are.</p> <p>Finalised and launched two ARFID Booklets for educational settings - "For Early Years" and "For Schools" commissioned by the Lancashire and South Cumbria Integrated Care Board (LSCIC). LSCIC are allowing us to distribute the booklets to schools nationally to assist teachers, school staff and pupils as well as their families.</p> <p>Accepted the resignation of one of our Board of Trustees and welcomed another who also took on the responsibility of Treasurer.</p>
--	--	---

**Additional information (optional)**

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	<p>a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;</p> <p>b) providing information and education in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition.</p>

<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>Continued use of the National Lottery Grant for first paid employee for 1 year - £10,000.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	<p>N/A</p>
<p>Other</p>		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Reviewed at Trustee Meeting on 07.09.22 and 12.01.23 as well as ongoing review from the Treasurer.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity is committed to ensuring that the amount held in reserve is enough to cover 6 months of overhead running costs which at present amounts to a total of £1,000.
Amount of reserves held	Para 1.22	£1,000
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Social funding through runs, public donations, University of Winchester Course which covers admin costs, redevelopment costs and reinvestment into the charity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	

		None
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed for their diverse expertise in the diagnosis and treatment of ARFID.  Our newest Trustee and Treasurer has a financial background. He was appointed via recommendation and agreement of the rest of the board. As we look ahead to our next financial year, further diversification of our Board to include more individuals with backgrounds other than healthcare, is of interest.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction Process in place and expected to sign confidentiality agreement and declaration of no conflicts of interest.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Nicole Kirkland; Chair and Co-Founder and Stacey Lambert Secretary and Co-Founder both have Director roles. All other trustees are Board Members only without Director responsibilities.

Relationship with any related parties	Para 1.51	None.
Other		

### Reference and Administrative details

Charity name	ARFID Awareness UK
Other name the charity uses	N/A
Registered charity number	1185468
Charity's principal address	33 Long Lane Ickenham, Middlesex UB10 8QU

**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	Nicole Kirkland	N/A		
2	Stacey Lambert	N/A		

**Corporate trustees – names of the directors at the date the report was approved**

Director name		
N/A		

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	
N/A		


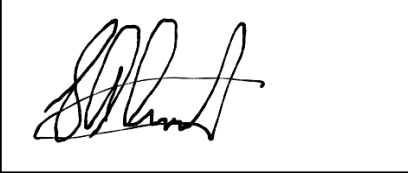
## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)			
Full name(s)		Nicole Kirkland	Stacey Lambert
Position (eg Secretary, Chair, etc)		Chair	Secretary
Date		27.04.24	

# Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2023

	2023	2022	2021	2020	2019
<b>Income</b>					
Donations	8,667.57	7,120.19	4,442.62	7,868.80	1,472.80
Fundraiser	50.22	288.19	59.42	3,141.51	-
Interest Income	-	-	-	0.44	0.05
Grants	10,000.00	-	-	-	-
Course Fee Income	7,583.70	7,391.00	-	-	-
Merchandise Sales	-	-	447.37	742.58	-
Facebook Sales	1,752.87	2,188.00	2,671.29	-	-
Amazon Sales	454.76	172.24	58.52	-	-
Adyen	3,123.72	1,197.32	-	-	-
<b>Total Income</b>	<b>31,632.84</b>	<b>18,356.94</b>	<b>7,679.22</b>	<b>11,753.33</b>	<b>1,472.85</b>
<b>Cost of Sales</b>					
Course Fees	5,595.00	2,275.00	9,016.44	-	-
<b>Total Cost of Sales</b>	<b>5,595.00</b>	<b>2,275.00</b>	<b>9,016.44</b>	<b>-</b>	<b>-</b>
<b>Expenses</b>					
Advertising & Marketing	51.05	76.83	222.20	800.42	87.60
Bank Fees	0.72	0.62	-	-	-
Charitable and Political Donations	30.00	-	-	-	-
Legal & Professional	750.00	-	-	498.00	-
General Office	528.12	-	-	-	-
GSuite	360.97	276.00	274.89	181.14	52.11
Hotels	-	-	-	316.00	115.00
Insurance	441.91	462.21	508.53	296.14	-
IT Software and Consumables	283.31	753.26	201.98	-	-
Just Giving Processing & Bank Fees	-	-	1.95	125.98	-
Merchandise	2,196.04	4,001.00	173.61	815.65	-
Postage, Freight & Courier	5.85	184.35	99.36	169.50	62.39
Salaries	4,995.46	-	-	-	-
Subscriptions	231.00	129.60	96.00	6.00	-
Subsistence	-	-	-	116.00	40.40
Travel - National	95.20	-	-	823.91	79.40
Website	298.90	295.63	526.28	230.40	87.60
Fines	100.00	-	-	-	-
<b>Total Expenses</b>	<b>10,368.53</b>	<b>6,179.50</b>	<b>2,104.80</b>	<b>4,379.14</b>	<b>524.50</b>
<b>Surplus / (Deficit)</b>	<b>15,669.31</b>	<b>9,902.44</b>	<b>(3,442.02)</b>	<b>7,374.19</b>	<b>948.35</b>



# Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2023

	2023	2022	2021	2020	2019
<b>Income</b>					
Donations	8,667.57	7,120.19	4,442.62	7,868.80	1,472.80
Fundraiser	50.22	288.19	59.42	3,141.51	-
Interest Income	-	-	-	0.44	0.05
Grants	10,000.00	-	-	-	-
Course Fee Income	7,583.70	7,391.00	-	-	-
Merchandise Sales	-	-	447.37	742.58	-
Facebook Sales	1,752.87	2,188.00	2,671.29	-	-
Amazon Sales	454.76	172.24	58.52	-	-
Adyen	3,123.72	1,197.32	-	-	-
<b>Total Income</b>	<b>31,632.84</b>	<b>18,356.94</b>	<b>7,679.22</b>	<b>11,753.33</b>	<b>1,472.85</b>
<b>Cost of Sales</b>					
Course Fees	5,595.00	2,275.00	9,016.44	-	-
<b>Total Cost of Sales</b>	<b>5,595.00</b>	<b>2,275.00</b>	<b>9,016.44</b>	<b>-</b>	<b>-</b>
<b>Expenses</b>					
Advertising & Marketing	51.05	76.83	222.20	800.42	87.60
Bank Fees	0.72	0.62	-	-	-
Charitable and Political Donations	30.00	-	-	-	-
Legal & Professional	750.00	-	-	498.00	-
General Office	528.12	-	-	-	-
GSuite	360.97	276.00	274.89	181.14	52.11
Hotels	-	-	-	316.00	115.00
Insurance	441.91	462.21	508.53	296.14	-
IT Software and Consumables	283.31	753.26	201.98	-	-
Just Giving Processing & Bank Fees	-	-	1.95	125.98	-
Merchandise	2,196.04	4,001.00	173.61	815.65	-
Postage, Freight & Courier	5.85	184.35	99.36	169.50	62.39
Salaries	4,995.46	-	-	-	-
Subscriptions	231.00	129.60	96.00	6.00	-
Subsistence	-	-	-	116.00	40.40
Travel - National	95.20	-	-	823.91	79.40
Website	298.90	295.63	526.28	230.40	87.60
Fines	100.00	-	-	-	-
<b>Total Expenses</b>	<b>10,368.53</b>	<b>6,179.50</b>	<b>2,104.80</b>	<b>4,379.14</b>	<b>524.50</b>
<b>Surplus / (Deficit)</b>	<b>15,669.31</b>	<b>9,902.44</b>	<b>(3,442.02)</b>	<b>7,374.19</b>	<b>948.35</b>



Section A

Independent Examiner's Report

Report to the trustees

Charity Name  
ARFID AWARENESS UK

On accounts for the year  
ended

30 JUNE 2023

Charity no  
(if any)

1185468

Set out on pages

(remember to include the page numbers of additional sheets)

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

[The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of ACCA

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:

*Violet Karamagi*

Date:

29/04/2024

Name:

Violet Karamagi

Relevant professional  
qualification(s) or body

ACCA

(if any):

Address:

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material 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.**

**ARFID AWARENESS UK**

England & Wales - Charity number 1185468

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# Accounts

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# Trustees' annual report

Period start date Period end date

01/07/2021 -

30/06/2022

Charity name Charity No (if any) :  
1185468

ARFID AWARENESS UK

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) ("the condition").
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<ul style="list-style-type: none"> <li>a) Raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine;</li> <li>b) providing advice an information in such ways as the trustees shall determine to enable an empower parents an carers to advocate for the children in their care who are suffering with the condition</li> <li>c) funding research into the condition, the useful results of which will be published for the public benefit</li> <li>d) Providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS.</li> <li>e) advancing the education of the public in the subject of A F I R D.</li> </ul>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm that all trustees have been issued with the Charity Commission Guidelines on Public Benefit via email on 30 April 2023.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	N/A
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	N/A
Other		N/A

Charity Accounts templates – Trustees’ annual report for the period October 2016

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	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity’s work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Sept 22 - Awarded £10,000 grant from the National Lottery for first salaried position for Administrative Assistance for 1 year.</p> <p>Introduction of ARFID Awareness Cards for Schools for children to take in their school lunchboxes to raise awareness of ARFID and stop unnecessary queries from teachers/lunchtime assistants about the contents of their lunchbox.</p> <p>Continuation of ARFID Awareness Cards for Restaurants, Events and SuperMarkets to enable those living with ARFID to have exceptions with regards to food and drink taken into and eaten at various venues.</p> <p>Responded for Circa 500 emails and posts from families and those living with ARFID to provide first line advice and reference in order to support them obtaining medical advice and/or supporting the ARFID person at home.</p>

		<p>Facilitating best practice between NHS Trusts and providing connections for them to discuss the implementation of ARFID services for both adults and children.</p> <p>Continued presence at conferences and learning days to raise awareness in the medical community.</p> <p>Continued success with our online CPD accredited training course 'Introduction to ARFID' for healthcare professionals in partnership with the University of Winchester</p> <p>Involvement in the British Dietetics' Association's publication of a Position on ARFID raising awareness among the medical community and enhancing the experience of those seeking support via dietitians within the UK for ARFID.</p> <p>Working with Helen Coultard at DE Montfort University to have a children's picture book on ARFID written. This will be published for children to feel less isolated and in order to open discussions within the nursery and school settings. There is nothing like this currently within the UK and it is essential children have a reference point for their experiences.</p> <p>Signing an agreement with 'RunforCharity' to enable us to secure places in some of the UK's most sought-after fundraising runs.</p> <p>Creation of an ARFID For Schools pamphlet with accreditation from ARFID Awareness UK which will be available to schools nationally to assist teachers, school staff and pupils as well as their families.</p> <p>Partnership with Danone/Nutricia to create an informational leaflet on ARFID for Specialist Dietitians</p>
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		Opening up conversation with local MP's to further the research and awareness of ARFID. Building network connections and discussions around implementing a working group in parliament.
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### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Achievements against objectives set	Para 1.41	<ul style="list-style-type: none"> <li>A) Raising awareness within the medical community and public achieved through the book publications and Winchester University Course</li> <li>B) Supporting families with the ARFID Awareness Cards and online/email assistance.</li> </ul>
Performance of fundraising activities against objectives set	Para 1.41	National Lottery Grant for first paid employee for 1 year - £10,000.
Investment performance against objectives	Para 1.41	N/A
Other		

	SORP	
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	reference	
Review of the charity's financial position at the end of the period	Para 1.21	Reviewed at Trustee Meeting on 07.09.22 and 12.01.23 as well as ongoing review from the Treasurer.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity is committed to ensuring that the amount held in reserve is enough to cover 6 months of running costs which at present amounts to a total of £777, 50. This total also includes the grant for salary of Administrative Assistant for 1 year. New 3 year strategy to be developed on the basis that we now have clear funds for implementing the UK's first ARFID Conference and also the possibility of subsidizing ARFID families during the cost of living crisis.
Amount of reserves held	Para 1.22	14,782.96
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
The charity's principal sources of funds (including any fundraising)	Para 1.47	Social funding through runs, public donations, University of Winchester Course which covers admin costs, redevelopment costs and reinvestment into the charity.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A

A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Charity Accounts templates – Trustees’ annual report for the period October 2016

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Description of charity’s trusts:	SORP reference	
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed for their diverse expertise in the diagnosis and treatment of ARFID. New Trustees with financial background and NHS ARFID experience have recently been appointed. All appointed via recommendation and agreement of the rest of the board.

### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction Process in place and expected to sign confidentiality agreement and declaration of no conflicts of interest.
The charity’s organisational structure and any wider network with which the charity works	Para 1.51	Nicole Kirkland and Stacey Lambert are co-founders and Trustees, all other Trustees are board members only. One paid employee for 1 year - Administrative Assistant




Corporate trustees - names of the directors at the date the report was approved

Director name		

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser Name Address

Type of adviser	Name	Address

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

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

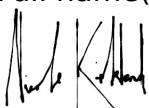
Other optional information

N/A

The trustees declare that they have approved the trustees' report above. Signed on behalf of the charity's trustees

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

Signed on behalf of the charity's trustees Signature(s) Full name(s) Nicole Kirkland



Secretary, Chair, etc) Chair Secretary



Stacey Lambert Position (eg

# Balance Sheet

Arfid Awareness UK

As at 30 June 2022

<u>Account</u>	<u>30 Jun 2022</u>	<u>30 Jun 2021</u>
<b>Current Assets</b>		
<b>Cash at bank and in hand</b>		
Arfid Awareness UK	14,240.05	4,052.31
Mrs Nicole M Kirkland c/o AAUK	0.79	0.79
<b>Total Cash at bank and in hand</b>	<b>14,240.84</b>	<b>4,053.10</b>
Other debtors	542.12	827.42
<b>Total Current Assets</b>	<b>14,782.96</b>	<b>4,880.52</b>
<b>Creditors: amounts falling due within one year</b>		
Other creditors	0.00	0.00
<b>Total Creditors: amounts falling due within one year</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Current Assets (Liabilities)</b>	<b>14,782.96</b>	<b>4,880.52</b>
<b>Total Assets less Current Liabilities</b>	<b>14,782.96</b>	<b>4,880.52</b>
<b>Net Assets</b>	<b>14,782.96</b>	<b>4,880.52</b>
<b>Capital and Reserves</b>		
Retained Earnings	14,782.96	4,880.52
<b>Total Capital and Reserves</b>	<b>14,782.96</b>	<b>4,880.52</b>

**ARFID AWARENESS UK**

England & Wales - Charity number 1185468

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# Accounts

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## Trustees' Annual Report for the period

From **30/06/2020** Period start date To **30/06/2021**  
Period end date

**Charity name: ARFID Awareness UK**

**Charity registration number: 1185468**

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	For the public benefit within the UK, the promotion and protection of good health, and the relief of financial need arising from ill health, among those suffering from ARFID (Avoidant Restrictive Food Intake Disorder) ("the condition").
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	a) raising awareness about the condition within the medical and associated professions and the general public in such ways as the trustees shall determine; b) providing advice and information in such ways as the trustees shall determine to enable and empower parents and carers to advocate for the children in their care who are suffering from the condition; c) funding research into the condition, the useful results of which will be published for the public benefit; d) providing grants of financial assistance to enable economically disadvantaged families of sufferers of the condition to obtain necessary treatment and medication unavailable via the NHS. e) advancing the education of the public in the subject of ARFID.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm that all trustees have been issued with the Charity Commission Guidelines on Public Benefit. They were re-issued on the 26/04/2022.

#### Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
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Policy on grant making	Para 1.38	NA
Policy on social investment including program related investment	Para 1.38	NA
Contribution made by volunteers	Para 1.38	NA
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The covid-19 pandemic forced us to abandon our plans to engage Health Care Professionals (HCPs) via face-to-face meetings and conferences; and to instead, pursue an online training programme by way of a CPD accredited course on the diagnosis and management of ARFID.</p> <p>The last half of 2020 was therefore spent focusing on creating and delivering our 'Introduction to ARFID' course in partnership with the University of Winchester.</p> <p>Despite being aimed at medical professionals, the course has also proven to be very popular with parents, teachers and those working various childcare settings. In terms of reach course participants have been based predominantly from the UK, but also from Europe, North America, Africa and the Middle East.</p> <p>Most heartening is the number of bulk bookings that we continue to receive from NHS trusts across the country. These trusts have heard about the course via our charity website, word of mouth and social media, and are</p>

		seeking training for staff members as part of their ambition to get a local ARFID service up and running.
--	--	---

**Additional information (optional)**

You may choose to include further statements where relevant about:

**Financial Review**

Review of the charity's financial position at the end of the period	Para 1.21	Reviewed during the trustee meetings held and captured in meeting minutes on 28th June 2021; August 12th 2021 and 11th March 2022.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The charity is committed to ensuring that the amount held in reserve is enough to cover 6 months of running costs which at present amounts to a total of £777.50.
Amount of reserves held	Para 1.22	£4880.52
Reasons for holding zero reserves	Para 1.22	NA
Details of fund materially in deficit	Para 1.24	NA
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	NA

### **Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<ol style="list-style-type: none"> <li>1. Independent fundraising events by friends, family and social media community members.</li> <li>2. Income generated by the CPD online training course for medical professionals that partnered with the University of Winchester on and which is hosted on the university's website.</li> </ol>
Investment policy and objectives including any social investment policy adopted	Para 1.46	NA
A description of the principal risks facing the charity	Para 1.46	None
Other		

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## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust deed
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed for their diverse expertise in the diagnosis and treatment of ARFID. We aimed to include all relevant healthcare professions that make up the multidisciplinary team required to assess and manage ARFID. We also had a trustee that works in Business Development for another charity.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Induction meeting held for all trustees and documents issued from The Charity Excellence Framework - Trustee Responsibilities and the Law. All trustees completed the Trustee Eligibility Declaration.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Nicole Kirkland; Chair and Co-Founder and Stacey Lambert Secretary and Co-Founder both have Director roles. All other trustees are Board Members only without Director responsibilities.
Relationship with any related parties	Para 1.51	Motion accountancy is responsible for filing the annual tax returns for Nicole Kirkland Limited.
Other		The charity has an ongoing relationship with the University of Winchester as it relates to the co-production and continued delivery of a CPD accredited online training course for medical professionals.

### Reference and Administrative details

Charity name	ARFID Awareness UK
Other name the charity uses	ARFID Awareness
Registered charity	1185468

number	
Charity's principal address	33 Long Lane Ickenham, Middlesex UB10 8QU

**Names of the charity trustees who manage the charity**

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

**Corporate trustees - names of the directors at the date the report was approved**

Director name		
NA		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	
NA		


## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	NA
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	NA
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	NA

### Additional information (optional)

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

Type of adviser	Name	Address
-----------------	------	---------

NA		

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

NA
----

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

NA
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### Other optional information

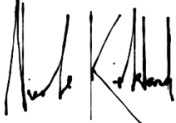

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## Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Nicole Kirkland	Stacey Lambert
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Position (eg  
Secretary, Chair, etc)

Chair	Secretary
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Date

29/04/2022
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## Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2021

	2021	2020
<b>Income</b>		
Donations	4,442.62	9,341.60
Fundraiser	59.42	3,141.51
Interest Income	0.00	0.49
Merchandise Sales	447.37	742.58
Facebook Sales	2,671.29	0.00
Amazon Sales	58.52	0.00
<b>Total Income</b>	<b>7,679.22</b>	<b>13,226.18</b>
<b>Cost of Sales</b>		
Course Fees	9,016.44	0.00
<b>Total Cost of Sales</b>	<b>9,016.44</b>	<b>0.00</b>
<b>Expenses</b>		
Advertising & Marketing	222.20	888.02
Legal & Professional	0.00	498.00
GSuite	274.89	233.25
Hotels	0.00	431.00
Insurance	508.53	296.14
IT Software and Consumables	201.98	0.00
Just Giving Processing & Bank Fees	1.95	125.98
Merchandise	173.61	815.65
Postage, Freight & Courier	99.36	231.89
Subscriptions	96.00	6.00
Subsistence	0.00	156.40
Travel - National	0.00	903.31
Website	526.28	318.00
<b>Total Expenses</b>	<b>2,104.80</b>	<b>4,903.64</b>
<b>Surplus / (Deficit)</b>	<b>(3,442.02)</b>	<b>8,322.54</b>