



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **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.
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### **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

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
3				
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## 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

Trustee name	Dates acted if not for whole year	
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
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NA		

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

NA
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## 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>