

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	<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 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</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 A F I R D.</p>
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

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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	<p>A) Raising awareness within the medical community and public achieved through the book publications and Winchester University Course</p> <p>B) Supporting families with the ARFID Awareness Cards and online/email assistance.</p>
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		

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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

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

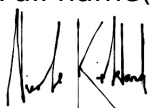
Other optional information

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

Account	30 Jun 2022	30 Jun 2021
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Current Assets

Cash at bank and in hand		
Arfid Awareness UK	14,240.05	4,052.31
Mrs Nicole M Kirkland c/o AAUK	0.79	0.79
Total Cash at bank and in hand	14,240.84	4,053.10
Other debtors	542.12	827.42
Total Current Assets	14,782.96	4,880.52

Creditors: amounts falling due within one year

Other creditors	0.00	0.00
Total Creditors: amounts falling due within one year	0.00	0.00

Net Current Assets (Liabilities)	14,782.96	4,880.52
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Total Assets less Current Liabilities	14,782.96	4,880.52
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Net Assets	14,782.96	4,880.52
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Capital and Reserves

Retained Earnings	14,782.96	4,880.52
Total Capital and Reserves	14,782.96	4,880.52