



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	
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<p>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.</p>	<p>Para 1.20</p>	<p>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.</p> <p>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.</p> <p>Continuation of ARFID Awareness Cards</p> <p>for Restaurants, Events and</p> <p>Supermarkets to enable those living</p> <p>with ARFID to have exceptions with</p> <p>regards to food and drink taken into</p> <p>and eaten at various venues as well as the Awareness Card for Schools that enables children to take in</p> <p>school lunchboxes to raise awareness of</p> <p>ARFID and stop unnecessary queries</p> <p>from teachers/lunchtime assistants</p> <p>about the contents of their lunchbox.</p> <p>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.</p> <p>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.</p> <p>Met with David Simmonds MP regarding ARFID Awareness and put questions to parliament regarding their plans for ARFID patient care across the UK.</p> <p>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.</p> <p>Responded for Circa 4000 emails and</p>
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		<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 & 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:

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

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	<p>Appointed for their diverse expertise in the diagnosis and treatment of ARFID.</p> <p>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.</p>

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	<p>Induction Process in place and expected to sign confidentiality agreement and declaration of no conflicts of interest. These are reviewed annually.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>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.</p>

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
Income					
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	-	-	-
Total Income	31,632.84	18,356.94	7,679.22	11,753.33	1,472.85
Cost of Sales					
Course Fees	5,595.00	2,275.00	9,016.44	-	-
Total Cost of Sales	5,595.00	2,275.00	9,016.44	-	-
Expenses					
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	-	-	-	-
Total Expenses	10,368.53	6,179.50	2,104.80	4,379.14	524.50
Surplus / (Deficit)	15,669.31	9,902.44	(3,442.02)	7,374.19	948.35

Balance Sheet

Arfid Awareness UK

As at 30 June 2024

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

Income and Expenditure Summary

Arfid Awareness UK

For the year ended 30 June 2024

Account	2024	2023
Income		
Donations	16,491	8,718
Grants	0	10,000
Course Fees	4,570	7,584
Merchandise	5,177	5,330
Total Income	26,238	31,632
Cost of Sales		
Course Fees & Subcontractors	8,457	5,595
Merchandise	4,437	2,196
Total Cost of Sales	12,895	7,791
Expenses		
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
Total Expenses	12,069	8,172
Surplus / (Deficit)	1,274	15,669



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.

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.