



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)
Joanne Cryer
Ailish Harrison
Dr Clare Fenton
Dr Gillian Harris (resigned 2 April 2026)
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

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

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

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

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

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

	Unrestricted Funds	Total 2025	Total 2024
	£	£	£
Receipts			
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>
Total receipts	<u>48,541</u>	<u>48,541</u>	<u>26,238</u>
Payments			
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>
Total payments	<u>40,957</u>	<u>40,957</u>	<u>24,492</u>
Net receipts	7,584	7,584	1,746
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	<u>39,322</u>	<u>39,322</u>	<u>31,738</u>

ARFID AWARENESS UK

STATEMENT OF ASSETS AND LIABILITIES

AS AT 30 JUNE 2025

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

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Public benefit

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Achievements and performance

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ARFID AWARENESS UK

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 JUNE 2025

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ARFID AWARENESS UK

REPORT OF THE TRUSTEES

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ARFID AWARENESS UK

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 30 JUNE 2025

Structure, governance and management

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

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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	£	£	£
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ARFID AWARENESS UK

STATEMENT OF ASSETS AND LIABILITIES

AS AT 30 JUNE 2025

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	<u><u>1,242</u></u>	<u><u>12</u></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