

EMETOPHOBIA ACTION

England & Wales - Charity number 1191104

Details

Status Registered

Legal form CIO

Registered 2020-09-01

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

Contact

Address 99 Denmark Hill
Denmark Hill
London
SE5 8AZ

Phone 07759395328

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Website <https://emetaction.org/>

Activities

Objects: THE OBJECTS OF THE CIO ARE:THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF GOOD HEALTH OF PERSONS SUFFERING FROM EMETOPHOBIA AND THEIR FAMILIES BY:A) THE PROVISION OF INFORMATION AND ADVICE ABOUT THE TREATMENT AND CARE OF EMETOPHOBIA TO SUFFERERS AND TO THEIR FAMILIES;B) ADVANCING EDUCATION IN, AND RAISING AWARENESS OF, EMETOPHOBIA AMONG THE GENERAL PUBLIC;C) PROMOTING RESEARCH INTO ALL ASPECTS OF EMETOPHOBIA, THE USEFUL RESULTS OF WHICH WILL BE PUBLISHED FOR THE PUBLIC BENEFIT.

Activities: The relief of sickness & the preservation & protection of good health of persons suffering from emetophobia & their families by:a) the provision of information & advice about the treatment and care of emetophobia to sufferers & to their families;b) advancing education in, & raising awareness of, emetophobia among the general public;c) promoting research into all aspects of emetophobia

Classification

- **How:** Provides Other Finance, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** People With Disabilities

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-17		£200	£0	-
2024-03-17		£221	£1	-
2023-03-17		£227	£1	-
2022-03-17		£446	£1	-
2021-03-17		£2,885	£2,070	-

Trustees

Name	Role	Appointed
Alexandra Jane Keyes Michaelides	Chair	2021-09-01
Professor David Mikael William Veale		2021-09-01

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Accounts

Chairpersons report

2024-2025

The charity continues to grow and diversify to reach our aims and objectives. Our team of hardworking trustees and volunteers consists of clinicians, researchers and people with lived experience of emetophobia and their loved ones. We have successfully recruited new volunteers with fresh ideas to drive the charity forward. We said goodbye to our administrator and social media manager and have successfully recruited a new volunteer to fill the position of secretary and administrator. We have been regularly posting content to our website and across our social media platforms to raise awareness and effectively signpost towards effective treatment. We are gradually increasing our reach and platform online and we will continue to build our online presence once we have appointed a new Social Media manager who can drive our online strategy forward. We have also welcomed other volunteers with a diverse range of passions and interests, united by lived experience of and passion for supporting others in their recovery from this condition. As a group we work hard on content for our website and in responding to subscribers, mostly in advising how they can access timely intervention for themselves or loved ones with emetophobia. Over the next year, we look to fundraise further to meet our next objective of organising an online conference for emetophobia and to develop our social media strategy to increase our following and reach.

I'd like to thank all trustees and volunteers of Emetophobia Action for their passion, hard work and resilience in overcoming challenges and helping to drive our common goals forward.

Thank you.

Dr Alexandra Keyes
Chair and Trustee of EmetAction

Emet Action 2024-25 Treasurers Report

At the time of writing this report, Emet Action has £1928.34 in the bank.

The accounts for the reporting period of 2024-25 are as follows.

			Opening balance	£1524.94
Sender/ recipient	In	Out		
GIVEY	£200			
Bank charges		£0.40		
			Closing balance	£1724.54

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Chairpersons report

2023-2024

The charity continues to grow and diversify to reach our aims and objectives. Our growing team consists of clinicians, researchers and people with lived experience of emetophobia and their loved ones. We have successfully recruited new volunteers with fresh ideas to drive the charity forward. We said goodbye to our Treasurer and have recruited a new volunteer with extensive experience in the financial sector and a passion for raising awareness of emetophobia to fill this important role. Our Social Media manager regularly posts helpful content on our social media platforms and we are slowly increasing our reach and platform online. We have also welcomed other volunteers with a diverse range of passions and interests, united by lived experience of and passion for supporting others in their recovery from this condition. We have inspired passion projects such as a beautiful cross-stitch and sponsored runs to raise vital funds. As a group we work hard on content for our website and in responding to subscribers, mostly in advising how they can access timely intervention for themselves or loved ones with emetophobia. Over the next year, we look to fundraise further to meet our next objective of organising an online conference for emetophobia and to develop a social media strategy to increase our following and reach.

I'd like to thank all trustees and volunteers of Emetophobia Action for their passion, hard work and resilience in overcoming challenges and helping to drive our common goals forward.

Thank you.

Dr Alexandra Keyes
Chair and Trustee of EmetAction

Emet Action 2023-24 Treasurers Report

At the time of writing this report, Emet Action has £1529.94 in the bank.

The accounts for the reporting period of 2023-24 are as follows.

			Opening balance	£1309.43
Sender/ recipient	In	Out		
Amazon	£5.00			

Europe Core				
Amazon Europe Core	£16.11			
GIVEY	£200			
Bank charges		£0.60		
			Closing balance	£1529.94

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Chairpersons report

2023-2024

The charity continues to grow and diversify to reach our aims and objectives. Our team consists of clinicians, researchers and people with lived experience of emetophobia. We have successfully recruited new volunteers with fresh ideas to drive the charity forward. We say goodbye to our Treasurer and are looking to recruit a new trustee to fill this important role. Our Social Media manager regularly posts helpful content on our social media platforms and we are slowly increasing our reach and platform online. As a group we work hard on content for our website and in responding to subscribers, mostly in advising how they can access timely intervention for themselves or loved ones with emetophobia. Over the next year, we look to fundraise further to meet our next objective of organising an online conference for emetophobia.

I'd like to thank all trustees and volunteers of Emetophobia Action for their passion, hard work and resilience in overcoming challenges and helping to drive our common goals forward.

Thank you.

Alexandra Keyes
Chair

Emet Action 2023-24 Treasurers Report

At the time of writing this report, Emet Action has £1525.94 in the bank.

The accounts for the reporting period of 2023-24 are as follows.

			Opening balance	£1298.78
Sender/recipient	In	Out		
Amazon Europe Core	£5.95			
Amazon Europe Core	£5.00			
Amazon Europe Core	£16.11			
Givey	£200			
Bank charges		£0.90		
			Closing	£1524.94

			balance	
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EmetAction Chairpersons report 2022-23

Over the past year, the charity has continued to evolve in its aims and objectives.

Our dedicated trustees and volunteers are committed to achieving the following:

- To provide information and advice about the treatment and care of emetophobia to sufferers and their loved ones
- To increase awareness and to educate the public into all aspects of emetophobia
- To advance research into all aspects of emetophobia
- To help those treating emetophobia and promote best practice in treating emetophobia

We have worked at developing our website to include helpful resources such as blogs and links to interesting research articles. We continue to have active interest in the charity, with many subscribers and especially those interested in how to access evidence-based treatments. We are providing support to the emetophobic community through email responses via a mailbox, which is continually monitored. We have conducted our own survey of subscribers of the website in order to learn what our target audience wants from the charity. This has helped us to target content more precisely towards supporting the needs of our subscribers. Finally, we are undergoing a recruitment drive of trustees and volunteers to meet our main current objectives of fundraising, social media management and organising a conference.

As a charity, we have faced various challenges over the past year. Two of our trustees have gone on maternity leave, and two others have decided to step down from the charity. As our trustees are all volunteers, we are prioritising our efforts on the recruitment and retention of passionate people to help drive the charity forward in meeting its aims and objectives. We hope to attract people with relevant experience in social media management and fundraising so that we can build our platform, continue to raise awareness, increase helpful content on our website and eventually plan a conference specific to the evidence base and treatment of this condition.

I would like to take this opportunity to thank our hard working trustees and volunteers for their continued efforts in driving this vital charity forward. It has been by pleasure to step into the role of chair and I look forward to working with you all over the coming year to see this charity grow in support of this extremely worthwhile cause.

Alexandra Keyes
Chair of EmetAction

Sender/Recipient	Income	Expenditure	Purpose
Givey Ltd	189.00		Donation
Cheque Pyt	256.84		Donation
Bank Charges		(0.80)	Bank Charges

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Chairpersons Report

It has been 18 months since Emet Action was formed. David Veale was the driving force and as a committee we have nurtured and developed the charity through its first year. Our numbers have grown in size and we have a wonderful mix of clinicians and people with lived experience of emetophobia .

I'd like to thank all trustees and members for their interest, time, and effort in getting Emet Action off the ground. All your individual expertise are so valuable to our charity.

Setting up the charity took a lot of decision making and work. From deciding on our name to getting the bank account and website up and running. Some of us found ourselves in roles that we were unfamiliar with, and the challenges of doing it all over zoom during the Covid-19 pandemic were not insignificant.

However, we all had the common goal and motivation to bring EmetAction to life for the benefit of people who suffer from Emetophobia. To raise awareness of this debilitating, life changing condition for health professionals and the public. To support sufferers, families and friends, and to lobby for further research and funding. In the last 18 months we have all contributed towards doing that, and I am sure EmetAction will continue to grow and meet our aims in the future.

Thank-you all.

Written by Sarah-Jayne Hartly

EMET ACTION - Treasurers Report - September 2020 - October 2021

At the time of writing this report Emet Action has a total of £ 921.27 in the bank plus £10 in savings

The charity received an initial loan of £1000 from one of our trustees Jelena Mohnani, this will be paid back when the charity is able to do so. This money enabled the charity to pay Graphic Designer Ellie Keyes to design the charity logo and branding.

After having the logo printed onto some t-shirts, Lisa completed the first fund-raising effort running a half marathon, raising extra £1220. Sarah-Jayne also complete the Chamonix Mont Blanc 10k in June 2021, further raising funds. This enabled us to pay for our website domains and design a fully functional charity website.

emetaction.org
emetaction.com

emetaction.co.uk

The charity logo, and therefore its identity, and website have been the greatest achievement to date in terms of money spent. This platform has enabled us to start to reach of to those effected by emetophobia and provide a trusted space for the sharing of information about the disorder and its treatment.

We hope to use the platform as a space for sharing further trusted information and signpost people about how to access the right help for their needs.

During the next year we plan to do more fund-raising events as well as seek larger grants to further the support the charity is able to offer both sufferers and loved ones effected by Emetophobia.

Sender / Recipient	Amount received	Amount spent	Purpose
Jelena Mohnani	£1000		Loan to get charity running
IONOS		£57+11.40 (VAT) = £68.40	Web Domain's purchased by David Veale
Go Custom Clothing		£80.04	T-shirts For Sadge x2, Lisa & Mary Ion
Givey	£1397		Donation
UNIVERSAL IMPORT + EXPORT LTD - Stefan Mohnani	£400.71		Donation
Paypal	£87.50		Donation
Ellie Keyes		£350	Graphic Design. Logo
Steve Caplin		£1560	Website
Bank charges		£1.8	
Savings		£10	
	Total In	Total Out	End of Year Total - £921.27

