

The Laurence Trust

Northern Ireland · Charity number 102888

Details

Status Received

Registered 2015-11-17

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

Contact

Address 15 Kilwood Crescent
Crossgar
Downpatrick
Co Down
BT30 9df
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Email thelaurencetrust@hotmail.co.uk

Website www.thelaurencetrust.co.uk

Activities

Purposes: The Trust is established for the advancement of education, the relief of sickness and suffering and the promotion, protection and preservation of the mental and physical health and wellbeing of men, and in particular but not exclusively men aged between 14 and 35, who are suffering from or have suffered from anorexia nervosa, bulimia nervosa and other related eating disorders and illnesses (hereinafter called the "beneficiaries") in South Belfast and its environs of Co Antrim and Co Down, in particular but not exclusively (hereinafter called the "area of benefit") without distinction of age, disability, sexual orientation, nationality, ethnic identity, political or religious opinion, by associating the statutory authorities, service users, carers, healthcare providers and community and voluntary organisations in a common effort to advance education and relieve sickness with the object of improving the conditions of life for the said beneficiaries and in particular to: to relieve suffering and promote and protect the mental health of sufferers of anorexia nervosa, bulimia and other related eating disorders and mental health illness in the area of benefit through the provision of advocacy services, advice, support, training, information, financial support and practical advice and assistance; to advance education and promote awareness among the general public and amongst statutory agencies, carers and healthcare providers in the area of benefit in relation to the prevention, management, treatment, effects and causes of anorexia nervosa, bulimia nervosa and other related eating disorders and mental health illnesses in an effort to improve and promote the management, care and recovery of those undergoing or experiencing treatment for anorexia nervosa, bulimia nervosa and other eating disorders; to educate, train, assist and advise those persons who are presently caring for or who are intending to care for sufferers of anorexia nervosa, bulimia nervosa and other related eating disorders and mental health illness; to provide and foster an inclusive and mutually supportive forum for current and former sufferers and their families and friends or carers of anorexia nervosa, bulimia nervosa and other related eating disorders and mental health illness and to encourage them to provide mutual support and encouragement to each other; to support by means of financial assistance research into the cause and treatment of anorexia nervosa, bulimia nervosa and other eating disorders and mental health illness and the dissemination of the useful results of such research for the public benefit; to advance any other exclusively charitable purpose relating to the care of sufferers of anorexia nervosa, bulimia nervosa and other eating disorders as the Trustees may from time to time decide in accordance with the law of charity.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works:

Advice/advocacy/information, Counselling/support, Education/training, Medical/health/sickness

Who the charity helps: Carers, General public, Men, Mental health, Voluntary and community sector, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-01	£15,123	£9,616	£0	0

Trustees

Name	Role	Appointed
Iain Cunningham		
Mr Christopher Nugent		
Mr Michael Magill		
Mrs Pamela-Ann Nugent		
Peter Crossett		
Stephen Carlisle		

The Laurence Trust

Northern Ireland - Charity number 102888

Accounts



Charity Name

Charity No.

The Laurence Trust

NIC102888

Receipts and payments accounts

For the period
from

02/04/2024

To

01/04/2025

Section A Receipts and payments

2

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Local Giving	837	-	-	837	1,106
Donations	6,474	-	-	6,474	1,408
Fundraising	7,761	-	-	7,761	6,621
Refunds	-	-	-	-	101
Interest	51	-	-	51	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
A1 Sub total (Gross income for the Annual Return)	15,123	-	-	15,123	9,236
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
A2 Sub total	-	-	-	-	-
Total receipts	15,123	-	-	15,123	9,236
A3 Payments					
Membership	540	-	-	540	225
Travel and Subsistence	-	-	-	-	-
Promotion and Advertising	5,448	-	-	5,448	1,368
Website/phone	1,023	-	-	1,023	570
Fees (Banks & Accountancy)	100	-	-	100	100
Training Course/Conference	300	-	-	300	207
Admin/Office costs	1,500	-	-	1,500	1,331
Educational Material	695	-	-	695	-
Room Hire/Hospitality	£0.00	-	-	-	5
Other	10	-	-	10	-
A3 Sub total	9,616	-	-	9,616	3,806
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
	-	-	-	-	-
	-	-	-	-	-
A4 Sub total	-	-	-	-	-
Total payments	9,616	-	-	9,616	3,806
Net of receipts/(payments)	5,507	-	-	5,507	5,430
A5 Transfers between funds					
A6 Cash funds last year end	23,109			23,109	17,679
Cash funds this year end	28,616			28,616	23,109

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	Ulster Bank Reserve Account	17,216	-	-	17,216	980
	Ulster Bank Business Current Account (Formally CAF)	11,285	-	-	11,285	22,013
	Petty Cash	115	-	-	115	116
	Total cash funds	28,616	-	-	28,616	23,109
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B2 Other monetary assets		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
				Total	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B3 Investment assets			-	-	-
			-	-	-
			-	-	-
			-	-	-
		Total	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			Total	-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities				-	-
				-	-
				-	-
				-	-
		Total		-	-

Signed by one or two trustees on behalf of all the trustees

Signature
Pamela Nugent

Print Name
Pamela Nugent

Date of approval
29.01.26

The Laurence Trust

Northern Ireland - Charity number 102888

Accounts



THE LAURENCE TRUST

ANNUAL REPORT AND RECEIPTS AND PAYMENTS ACCOUNT

FOR THE PERIOD ENDED 1 April 2024

Receipts and payments accounts

For the period from	02/04/2023	To	01/04/2024	
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Local Giving	1,106	-	-	1,106	389
Donations	1,408	-	-	1,408	87
Fundraising	6,621	-	-	6,621	1,919
Just Giving	-	-	-	-	7
Refunds	101	-	-	101	542
	-	-	-	-	276
	-	-	-	-	-
	-	-	-	-	-
A1 Sub total (Gross income for the Annual Return)	9,236	-	-	9,236	3,220
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
A2 Sub total	-	-	-	-	-
Total receipts	9,236	-	-	9,236	3,220
A3 Payments					
Membership	225	-	-	225	
Travel and Subsistence	-	-	-	-	-
Promotion and Advertising	1,368	-	-	1,368	1,359
Website/phone	570	-	-	570	690
Fees (Banks & Accountancy)	100	-	-	100	161
Training Course/Conference	207	-	-	207	325
Admin/Office costs	1,331	-	-	1,331	1,270
Room Hire/Hospitality	-	-	-	-	-
Other	7	-	-	7	276
A3 Sub total	3,807	-	-	3,807	4,081
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
	-	-	-	-	-
	-	-	-	-	-
A4 Sub total	-	-	-	-	-
Total payments	3,807	-	-	3,807	4,081
Net of receipts/(payments)	5,430	-	-	5,430	- 861
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,679	-	-	17,679	18,540
Cash funds this year end	23,108	-	-	23,108	17,679

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	Ulster Bank Reserve Account	980	-	-	980	978
	Ulster Bank Business Current Account	22,013	-	-	22,013	16,611
	Petty Cash	115	-	-	115	90
	Total cash funds	23,108	-	-	23,108	17,679
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B2 Other monetary assets		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
				Total	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B3 Investment assets			-	-	-
			-	-	-
			-	-	-
			-	-	-
		Total	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			Total	-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities				-	-
				-	-
				-	-
				-	-
			Total		-

Signed by one or two trustees on behalf of all the trustees

Signature
Pamela Nugent

Print Name
Pamela Nugent

Date of approval
02.01.25

The Laurence Trust

Northern Ireland - Charity number 102888

Annual report

The Laurence Trust

Trustees' Report
2 April 2023 – 1 April 2024



The Laurence Trust
15 Kilwood Crescent
Crossgar
DOWNPATRICK
Co Down
BT30 9DF

BACKGROUND:

The Laurence Trust was established in 2012 by Pamela and Christopher Nugent in honour of their son and brother Laurence who passed away in September 2009 after living with Bulimia for eight years. The charity is governed by the Trust Deed dated 12 April 2012 (appendix A).

The board of Trustees at 02/04/2023 consists of:

Mr Christopher Nugent
Mrs Pamela Nugent (Chairperson)
Mr Michael Magill
Mr Iain Cunningham
Mr Stephen Carlisle
Mr Peter Crossett
Ms Deirdre Johnston (Volunteer/Independent Examiner)

Aims and Objectives

The charity's primary aim is to work for and on behalf of males in Northern Ireland who suffer from an eating disorder. Our main purpose is to advocate on behalf of a section of the community who we view as often silent in their struggle with what is a very serious mental illness.

Specifically, we aim to raise public awareness of eating disorders, including providing education about their nature as a mental illness. An important part of this is breaking down the stereotypes around eating disorders, including the perceptions that they are caused by vanity and only affect females. Alongside our awareness campaign, the Laurence Trust aims to provide information and support to those affected by eating disorders and their families. We aim to achieve this through the provision of information and guidance about how to live with the condition and where to seek support, both professional and voluntary.

We also aim to provide support directly via a helpline for sufferers and anyone who wants information and/or support to contact.

Main Activities during 2023-2024

- ✚ Participating with University of Ulster/ASG advertising agency in their Graphic Design/CAMS student competition to nominate/judge and secure a 'one-off' opportunity to fund a advertised raised awareness campaign for Eating Disorders Awareness Week to reach out to the general public of Northern Ireland
- ✚ Ongoing provision of information/ literature to Clients who contacted the Laurence Trust during 2023/2024 seeking support via the Information Helpline
- ✚ Continued participation in online meetings with The Eating Disorder Forum NI (of which The Laurence Trust are the vice Chair) including a working group to discuss and take forward Recording of ED Deaths
- ✚ Three Trustee Meetings held during 1 April 2023-March 2024
- ✚ Sponsoring Carers' workshops for both FIGHTEd and LINKS Counselling to give support to Men Living with Eds and their Carers

Provision of information and support

- Ongoing information through the dedicated Laurence Trust website (www.thelaurencetrust.co.uk) which is regularly updated to take account of the most relevant and up to date information for sufferers and their loved ones
- Providing Men's Health booklets/Maudsley Toolkit Books to people who have contacted the Laurence Trust Information Helpline during 2023 to March 2024 - Distribution on request - The Maudsley Book that provides supportive information and guidance to Carers of people living with Eating Disorders – Carers have contacted the Charity to talk about their loved one's Eating Disorders and the Charity provided information as part of the information services provided

- Providing support through the Laurence Trust Social Media Platform on a daily basis where male sufferers private message the charity seeking support and advice
 - Distribution of leaflets/Posters to local Leisure Centre/GP surgeries to provide information to people who are seeking support; the leaflets include information on eating disorders, and support contact information
-
- As outlined above, we have attended meetings and discussion forums with interested parties and voluntary groups where possible to continue raising awareness of eating disorders and share best practice

Fundraising activities

Due to the successful fundraiser event on 21st May 2022, it was agreed by the Trustees not to run an annual fundraiser for 2023.

SIGNED:

Pamela Nugent

Position in Charity: Chairperson

Date: 1 April 2024

The Laurence Trust

Northern Ireland - Charity number 102888

Annual return

THE LAURENCE TRUST

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF THE LAURENCE TRUST FOR THE PERIOD ENDED 1 APRIL 2024

Independent Examiners Report to the Trustees of The Laurence Trust I report on the accounts of the charity for the period ended 1 April 2024.

Respective responsibilities of trustees and auditor

As the charity's Trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general directions given by the Commission under section 65 (9) (b) of the Charities Act
- State whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

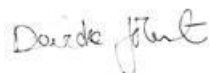
My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as a charity Trustee concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention



Deirdre Johnston ACA

Volunteer/Independent Examiner, 2 St John's Square Belfast BT7 3HS

The Laurence Trust

Northern Ireland - Charity number 102888

Accounts

Receipts and payments accounts

For the period from	02/04/2022	To	01/04/2023	
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Local Giving	389	-	-	389	1,337
Donations	87	-	-	87	-
Fundraising	1,919	-	-	1,919	-
Bank interest	7	-	-	7	-
Refunds	542	-	-	542	-
Other -incorrect lodgement by CAF	276	-	-	276	-
	-	-	-	-	-
	-	-	-	-	-
A1 Sub total (Gross income for the Annual Return)	3,220	-	-	3,220	1,337
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
	-	-	-	-	-
	-	-	-	-	-
A2 Sub total	-	-	-	-	-
Total receipts	3,220	-	-	3,220	1,337
A3 Payments					
Membership		-	-	-	
Travel and Subsistence	-	-	-	-	-
Promotion and Advertising	1,359	-	-	1,359	436
Website/phone	690	-	-	690	5,528
Fees (Banks & Accountancy)	161	-	-	161	239
Training Course/Conference	325	-	-	325	1,702
Admin/Office costs	1,270	-	-	1,270	88
Other - deduction by bank of incorrect deposit	276	-	-	276	180
	-	-	-	-	-
A3 Sub total	4,081	-	-	4,081	8,172
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
laptop		-	-	-	
	-	-	-	-	-
A4 Sub total	-	-	-	-	-
Total payments	4,081	-	-	4,081	8,172
Net of receipts/(payments)	- 861	-	-	- 861	- 6,835
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	18,540	-	-	18,540	25,375
Cash funds this year end	17,679	-	-	17,679	18,540

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	Ulster Bank Reserve Account	978	-	-	978	998
	Ulster Bank Business Current Account (Formally CAF)	16,611	-	-	16,611	17,452
	Petty Cash	90	-	-	90	90
	Total cash funds	17,679	-	-	17,679	18,540
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK
B2 Other monetary assets	Details	-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
			Total	-	-	
B3 Investment assets	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
				-	-	-
				-	-	-
				-	-	-
			Total	-	-	
B4 Assets retained for the charity's own use	Details		Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
				-	-	-
				-	-	-
				-	-	-
				-	-	-
				-	-	-
				Total	-	-
B5 Liabilities	Details		Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
				-	-	-
				-	-	-
				-	-	-
				Total	-	-
Signed by one or two trustees on behalf of all the trustees	Signature		Print Name		Date of approval	
	<i>Pamela Nugent</i>		Pamela Nugent		15.11.2023	

The Laurence Trust

Northern Ireland - Charity number 102888

Annual report

The Laurence Trust

Trustees' Report
2 April 2022 – 1 April 2023



The Laurence Trust
15 Kilwood Crescent
Crossgar
DOWNPATRICK
Co Down
BT30 9DF

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Mrs Pamela Nugent
Mr Michael Magill
Mr Iain Cunningham
Mr Stephen Carlisle
Mr Peter Crossett

Aims and Objectives

The charity's primary aim is to work for and on behalf of males in Northern Ireland who suffer from an eating disorder. Our main purpose is to advocate on behalf of a section of the community who we view as often silent in their struggle with what is a very serious mental illness.

Specifically, we aim to raise public awareness of eating disorders, including providing education about their nature as a mental illness. An important part of this is breaking down the stereotypes around eating disorders, including the perceptions that they are caused by vanity and only affect females. Alongside our awareness campaign, the Laurence Trust aims to provide information and support to those affected by eating disorders and their families. We aim to achieve this through the provision of information and guidance about how to live with the condition and where to seek support, both professional and voluntary.

We also aim to provide support directly via a helpline for sufferers and anyone who wants information and/or support to contact.

Main Activities during 2022-2023

Due to the onset of the Covid-19 Corona Virus Pandemic, the main activities of the Laurence Trust during the year April 2022-March 2023 was confined to:

- ✚ procuring advertising as a method to reach out to the general public of Northern Ireland and UK wide
- ✚ providing information literature to Clients who contacted the Laurence Trust seeking support via the Information Helpline
- ✚ participating in online meetings with The Eating Disorder Forum NI (of which The Laurence Trust are the Chairperson) Trustee Meetings
- ✚ Sponsoring Carers' workshops for both FIGHTEd and LINKS Counselling

Provision of information and support

- Ongoing information through the dedicated Laurence Trust website (www.thelaurencetrust.co.uk) which is regularly updated to take account of the most relevant and up to date information for sufferers and their loved ones
- Providing support through the Laurence Trust Social Media Platform on a daily basis where male sufferers private message the charity seeking support and advice
- Distribution of leaflets to people contacting the Charity via the Helpline to request information on EDs; the leaflets provide information on eating disorders, and provides support contact information
- Distribution on request - The Maudsley Book that provides supportive information and guidance to Carers of people living with Eating Disorders – Carers have contacted the Charity to talk about their loved one's Eating Disorders and the Charity provided the Maudsley Book as part of the information services provided
- As outlined above, we have also endeavoured to attend meetings and discussion forums with interested parties and voluntary groups where possible to continue raising awareness of eating disorders and share best practice – the Charity is currently the Chair of the Eating Disorder Forum.

Fundraising activities

Due to COVID-19 the Charity did not undertake any other fundraising activities from March 2022 to March 2023.

SIGNED:

Pamela Nugent

Position in Charity: Chairperson

Date: 10 December 2023

The Laurence Trust

Northern Ireland - Charity number 102888

Annual return

THE LAURENCE TRUST

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES ON THE PREPARATION OF THE UNAUDITED STATUTORY FINANCIAL STATEMENTS OF THE LAURENCE TRUST FOR THE PERIOD ENDED 1 APRIL 2023

Independent Examiners Report to the Trustees of The Laurence Trust I report on the accounts of the charity for the period ended 1 April 2023.

Respective responsibilities of trustees and auditor

As the charity's Trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- Examine the accounts under section 65 of the Charities Act
- Follow the procedures laid down in the general directions given by the Commission under section 65 (9) (b) of the Charities Act
- State whether particular matters have come to my attention.

Basis of independent examiner's report

I have examined your charity accounts as required under Section 65 of the Charities Act and my examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under section 65 (9) (b) of the Charities Act.

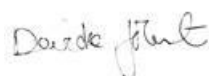
My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as a charity Trustee concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records.
- 3, That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention



Deirdre Johnston