



Annual Report and Accounts

Year ending 31st May 2017



Better Thyroid Health

Contents

06 Message from the Chief Executive

08 Our Objectives and Achievements

13 Our Aims for 2017-18

20 The Impact of our Work

22 Structure, Governance and Management

24 Statement of Trustee Responsibilities

25 Independent Examiner's Report

26 Financial Review

32 Statement of Financial Activities

33 Balance Sheet as at 31st May 2017

34 Income and Expenditure

36 Notes to the Accounts

Thyroid UK Mission, Vision and Values and Objects

Our Mission Statement is...

"Providing information and resources to promote effective diagnosis and appropriate treatment for people with thyroid disorders in the UK"

Our Vision is....

- To be the primary source of independent, accredited information on thyroid-related disorders in the United Kingdom
- A world where the patient's needs are paramount
- A world where patients with thyroid disease will have the choice to be treated according to their individual needs

Our Values are:

- To be open, honest, ethical and accountable and to work productively with others in the pursuit of quality treatment for patients
- To put the interests of people with thyroid disorders first
- To value people as individuals
- To respect the right of individuals to be involved in and knowledgeable about their illness and treatment options
- To value the need for open and free access to independent and accurate information both at the time of diagnosis and thereafter
- To encourage people to take control of their own health and wellbeing

Our Objects are:

the relief of sickness of persons suffering from thyroid disease and related areas, for the benefit of the public, particularly but not exclusively by:

- (a) providing information and support to sufferers of thyroid disease
- (b) promoting public awareness in regard to thyroid disorders
- (c) acting as a resource centre and disseminating information
- (d) encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease
- (e) raising funds needed to achieve the stated objectives.

**Thyroid disorders
affect one in twenty
people in the UK.**

**The incidence of
sub-clinical
hypothyroidism is
6-8% women, 3% men**

**12% -16% of people have
remaining symptoms on
levothyroxine treatment
for hypothyroidism**

Message from the Chief Executive



Unfortunately, instead of being able to move forward this past year, due to the fact that thyroid treatment has reverted to the time when I first set up this organisation, we have had to use our resources in trying to help people understand what they can do to remain well.

Many CCGs and doctors are so concerned with finances that patients have taken a step back in the list of priorities of those that hold the NHS budgets.

People contact us every day because they have been refused the thyroid medication that they have been taking for years, namely, liothyronine (T3) or natural desiccated thyroid (NDT).

People are very frightened and upset when they realise that their medication is being taken away from them and then they become disillusioned with their doctor and the NHS and become, understandably, angry.

This is not the NHS that we all know and love. It is now a system where priorities are looked at and the thyroid patient has no place in the list that is made.

Thyroid UK is determined to stop people having the medication that has made them well taken away from them.

It is very short-sighted of those de-prescribing these medications not to see that they will be making thousands of thyroid patients ill again and due to that, there will be far more money spent on doctors appointments, endocrinologists appointments, referrals to all kinds of specialists and prescriptions for non thyroid medications that won't work.

Thyroid UK's campaign is ongoing and we have the support of some good MPs in both England and Scotland. We have recruited a new trustee with campaigning skills and we are in the process of planning our campaign in order to have the best effect.

We will be conducting a survey so that we can show relevant bodies important data to show why some patients need T3 and NDT.

Some of our advisers have published research which we hope will be replicated showing the reasons why some patients need these medications. They plan to publish more research on this topic.

We are continuing to design our website which will support people with thyroid disease and contain information on the documents they will need to make a case for not having their medications de-prescribed.

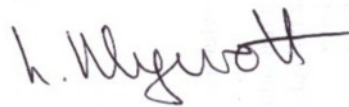
Plans for our conference are underway and we are looking forward to meeting all the delegates.

We would like to set up more support groups so if anyone is interested do let us know.

It is unfortunate that we haven't managed to achieve all of our projects this year but we feel that our time has been spent well supporting those that need it.

We hope to employ more staff next year so that we can make a good start on important projects but this needs funding and we hope to find ways to improve our fundraising.

When we see posts like the one below, it gives us the impetus to strive for better diagnosis and treatment for thyroid patients.

A handwritten signature in black ink, appearing to read 'L. Mynott'.

Lyn Mynott
Chair/Chief Executive

I'm fairly new here. I have only been here for a month and I have learnt so much from you. You fill me with immense gratitude.

I don't know where I'd be without this forum. I truly don't. I felt so alone until I came across this site. I hope I can come up with some solution by reading posts here, and taking in information I receive, and using it to improve my lot.

I come here every other day and read through posts, and it truly gives me the will to fight another day. You give me hope.

*Inana
(HealthUnlocked forum member)*

Why We Are Needed

“Many thanks for all the advice and guidance so far on this group. It’s invaluable.” Sian Fox

“I just wanted to say a HUGE thank you to everyone that's replied to my posts I really appreciate it. This is such a great site and very supportive to everyone's posts. I wish that I had found this site 10 years ago!”

Greystone666 (HealthUnlocked forum)

“Thank you so much for your help, you are so kind and understanding. It is so reassuring to speak to someone that doesn’t just fob you off.” Emma

“Thanks for your time and especially your commitment to Thyroid UK. My daughter is thriving and it is all because of the info I read on your site and the help I managed to get her. Your online community is amazing too. You truly help change lives.” Janice

“I just wanted to say a heartfelt thank-you for your advice and input this last fortnight. Despite being hypothyroid and on Levothyroxine for over 15 years, I've learned more about the condition since I joined this website than I have over the preceding decade and-a-half.”

Abi-Abster (HealthUnlocked forum)

Our Objectives and Achievements in 2016-17

Thyroid UK has had another extremely busy year with more and more calls for help from patients who have been refused liothyronine (T3). We have also received many calls from patients who have had their T3 de-prescribed by their GP, endocrinologist or their local Clinical Commissioning Group.

Due to the extra workload this has caused, not all of our projects have been achieved. Also, some new projects offered to us took up a lot of resources. These projects are hoped to be completed next year.



Support

Our objectives for 2016-17:

Information Pack - we will be reviewing this and looking at alternative ways of providing our information to people who need it with sponsorship if needed.

Patient information leaflets - new leaflets will be written on topics that will support people with thyroid disease and related disorders.

Redesign our website - our website is not mobile friendly currently. By redesigning we will enable more people to access our information quickly and easily via mobile phone, tablet and desktop computer. A members' area and a research area will be included on the website as well as videos, webinars and podcasts.

New trustees - we will recruit more trustees to move Thyroid UK forward.

Information officer/Information Standard - funds will be sought to employ an Information Officer who will be working towards gaining the Information Standard so that members of the public will know that our information is of good quality.

Recruit more support networkers - there are areas of the UK that are not covered by Thyroid UK and we plan to cover as many areas as we can.

Telephone helpline - we will apply for funding for a telephone helpline as soon as possible in order that we can support more people.

Partners - we will be looking to work with partners on projects that will support people with thyroid disease.

Videos - these will be created and placed on our YouTube channel and Vimeo channel. This will be an alternative way of accessing our information.

How we are doing:

Information Pack - we looked at alternative ways of providing our information especially since we realised that some people only wanted certain leaflets relevant to them. We therefore decided to make some of the information leaflets available free of charge as part of our membership and make the rest available for purchase at a small cost. This transition will take place once our new website is launched.

Patient information leaflets - Some articles have been written and more will be completed over the next year.

Redesign our website - work has begun on our website and we hope to be launching early 2018.

New trustees - we have recruited a new trustee with campaigning experience. Unfortunately, for personal reasons two new trustees decided not to complete the induction process. We will be advertising again.

Information officer/Information Standard - after discussions, the trustees decided that having the Information Standard would not make a difference to the quality of our information at the present time and that it would not affect our credibility. It was decided to look into this again in the future.

Recruit more support networkers - the numbers of volunteers on our Support Network has increased.

Telephone helpline - due to our workload, we haven't applied for this funding yet but plan to do so next year.

Partners - We held meetings with a mobile app designer who wanted to work with Thyroid UK to help thyroid patients. Talks are ongoing regarding this.

Videos - Thyroid UK had meetings with Concordia Pharmaceuticals Ltd to discuss working on some patient videos showing the burden of hypothyroidism and how certain treatments impacted on patients. Case studies were found and work is ongoing in respect of this. We hope that the videos will be ready in 2018.

Awareness

Our objectives for 2016-17:

2017 Conference - A conference is planned for September 2017 to enable people from across the UK to attend.

Our conference will raise awareness of thyroid disease and related disorders to all delegates as well as educate them about all aspects of thyroid health. This will enable people to inform their families and friends about what they have learnt.

Seminars - We will be holding seminars across the UK in order to reach people who otherwise would not be able to travel to our conferences.

Leaflets for GPs - On achieving the Information Standard our current leaflet will be reviewed and disseminated to GP surgeries.

How we are doing:

2017 Conference - Plans for the conference are well underway and will be held at the Cotswold Water Park Hotel in Gloucestershire. Because of the very large numbers of patients with Hashimoto's disease, it was decided that the title of the conference would be, "Hashimoto's Disease: What you should Know!". We have some good speakers planned who will all be discussing various aspects of Hashimoto's disease and how to deal with it.

Seminars - Lyn Mynott has given two talks this year, one to a group of people who were Deaf or hard of hearing and another to a ladies group in London. The talks were very well received.

Leaflets for GPs - Because it was decided to postpone the Information Standard, the leaflets for GPs was also postponed.



Resource Centre

Our objectives for 2016-17:

Patient information - On request, we will send out information to members of the public and the medical community.



Scottish Parliament - We will continue to support Lorraine Cleaver who has petitioned the Scottish Parliament to urge the Scottish Government to take action to ensure GPs and endocrinologists are able to accurately diagnose thyroid and adrenal disorders and provide the most appropriate treatment.

We will disseminate any information relating to this via all of our platforms.

Research database - We will complete our research database which will then be placed onto our website so that patients and doctors can access research papers more easily.

How we are doing:

Patient information - Requests for information have risen considerably from members of the public and NHS pharmacies and this has been the main part of our work over the past year.

Scottish Parliament - In respect of the Scottish Petitioner and the Scottish Parliament in the petition, "Calling on the Scottish Parliament to urge the Scottish Government to take action to ensure GP's and endocrinologists are able to accurately diagnose thyroid and adrenal disorders and provide the most appropriate treatment" we have continued to support this petition kept people informed of its progress. The petition is ongoing and Thyroid UK will continue to support this.

Research Database - We have continued to place relevant research onto our website and in our member magazine so that these can be easily accessed by people needing the research to improve their knowledge and discuss the research with their GP in relation to their diagnosis and treatment. The database is ongoing and will be placed onto our new website.

Research

Our objectives for 2016-17:

Set up a James Lind Alliance Priority Setting Partnership for thyroid disease - Thyroid UK wants to bring together clinicians and patients to discuss the research needed to help patients in the diagnosis and treatment of thyroid disease.

The James Lind Alliance, funded by the National Institute for Health Research, organise Priority Setting Partnerships which "enable clinicians, patients and carers to work together to identify and prioritise uncertainties about the effects of treatments that could be answered by research."

Thyroid UK believes that this project will really help in the diagnosis and treatment of thyroid disease.

How we are doing:

This project has been set in our diary to start fundraising in 2018.



Funding



Our objectives for 2016-17:

Increase awareness of our fundraising strategy

To enable us to complete all the projects in our Strategic Plan, we need funds. We are quite diverse in our fundraising already but we need help from our members, members of the public and their families and friends.

We have recently joined various sponsored events websites and we will be designing new pages on our website to encourage people to take part in sponsored events to help us raise funds.

We will also be applying for grants for our main projects such as the telephone helpline and the James Lind Alliance Priority Setting Partnership.

We can't do this without the help of our fundraisers and their families and friends and we are so grateful to them for supporting us.

How we are doing:

To raise aware of how people can raise funds for us, we joined JustGiving which has increased our profile.

Due to an increased workload, we were not able to apply for specific funding for our projects but this is in our diary for next year.

Campaign

Our objectives for 2016-17:

Campaign strongly in respect of the current situation regarding the non prescribing of T3 and NDT to patients who need it

The NHS is having funding problems at the moment and Clinical Commissioning Groups (CCG's) are looking at ways to save money. They are cutting back on drugs, medical appliances and various interventions such as IVF.

The drug liothyronine (T3) is one of the drugs that many patients are now being refused, even if it has been prescribed for them for years.

Natural desiccated thyroid (NDT) is also being refused or taken away.

Thyroid UK plans to campaign against this unethical practice. This will involve us contacting various people and bodies such as MPs, the British Thyroid Association, pharmaceutical companies etc. for round table discussions.

A patient panel will need to be set up and we will need to find funds to pay for meeting rooms and travel expenses etc.

How we are doing:

Thyroid UK has been inundated with requests for help because patients have had their T3 and NDT withdrawn. We have given patients all the necessary information to take back to their GP or CCG to persuade them to continue their treatment and will be conducting a survey to use in our campaign.



Our Aims for 2017-18

Because of the NHS financial climate Thyroid UK can see that more and more patients will have their T3 and NDT de-prescribed and so campaigning will be our priority next year. It seems that finances comes before patient care and so Thyroid UK will be looking at the recent research to show that some patients, particularly those without a thyroid, need T3.

Some of our medical advisers are looking at publishing research that changes the paradigm of thyroid diagnosis and treatment and we will be working with them to bring a new paradigm into general healthcare.

Campaign

Support

Awareness

Resource

Funding

Support

Information Pack - we will continue to review our patient information leaflets and will be making some of them available free with membership and some for a small charge to cover costs.

Patient information leaflets - new leaflets will continue to be written on topics that will support people with thyroid disease and related disorders.

Redesign our website - our new website will be launched and will include a members' area and a research area.

New trustees - we will recruit more trustees to move Thyroid UK forward.

Recruit more support networkers - we will be actively looking for support networkers to cover areas of the UK that are not covered at the moment.

Telephone helpline - we will apply for funding for a telephone helpline as soon as possible in order that we can support more people.

Partners - we will be working with a partner towards a new thyroid app which will enable people to record their symptoms, test results etc and find information on thyroid disease and related disorders. The data from this app will be used for research which will further help patients.

Videos - we hope that the patient videos will be ready next year.



Awareness

2017 Conference - Our conference, "Hashimoto's Disease: What you Should Know!" will be held in September.

We have some speakers booked including Dr Sam Rodgers, MBBS, MRCP, Medical Director of Medichicks who will be speaking about the importance of thorough testing and interpretation including testing for thyroid antibodies.

Seminars - We will be holding seminars across the UK in order to reach people who otherwise would not be able to travel to our conferences.



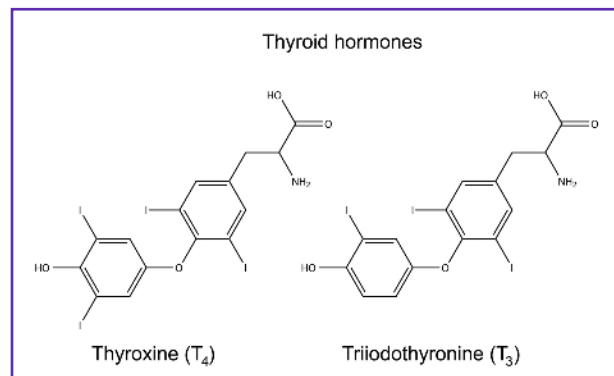
Resource Centre

Patient information - we will continue to send out information to members of the public and the medical community such as information on the DIO2 gene which can impede conversion of T4 to T3.

Scottish Parliament - We will continue to support Lorraine Cleaver who has petitioned the Scottish Parliament to urge the Scottish Government to take action to ensure GPs and endocrinologists are able to accurately diagnose thyroid and adrenal disorders and provide the most appropriate treatment.

We will keep our members and members of the public informed of progress.

Research database - We will continue to update our research database which will be placed onto our new website so that patients and doctors can access research papers more easily.



Research

Set up a James Lind Alliance Priority Setting Partnership for thyroid disease - Thyroid UK wants to bring together clinicians and patients to discuss the research needed to help patients in the diagnosis and treatment of thyroid disease.

The James Lind Alliance, funded by the National Institute for Health Research, organise Priority Setting Partnerships, which “enable clinicians, patients and carers to work together to identify and prioritise uncertainties about the effects of treatments that could be answered by research.”



Funding

Increase awareness of our fundraising strategy - To enable us to complete all the projects in our Strategic Plan, we need funds but it's not easy to see from our current website how people can help us.

We plan to put information about how people can support us onto our new website so that it is easy to find and easy to use.

This will be made easier for people since we have joined JustGiving.



Campaign

Campaign strongly in respect of the current situation regarding the non prescribing of T3 and NDT to patients who need it - The NHS is having funding problems at the moment and Clinical Commissioning Groups are looking at ways to save money. They are cutting back on many drugs and because liothyronine is extremely expensive for the NHS, they are targeting this drug and natural desiccated thyroid (NDT).



Thyroid UK plans to campaign against this unethical practice. We will be asking people to visit or write to their MP and ask for their help. Thyroid UK will be targeting the Secretary of State for Health and NHS England as well as other medical bodies.



Thank you so much for your reply , I really do appreciate your support and the very helpful information you supplied. It is difficult to understand why we are being denied this very helpful medication and of course cost comes before the patient's needs in today's NHS !! I will DEFINITELY be contacting my MP on the matter as I don't intend to go down without a fight !!!!

Freda Gilchrist

Thank You!

We would like to say a huge thank you to those that have supported us this year. Some people have supported us financially by donating or purchasing our products and some people have done some amazing challenges such as Nicky Clifford-Goss, Linda Kendell and Gemma Carter 's 100km challenges, Jackie and Glen Careless' Benidorm or Bust banger rally where they drove over 1,500 miles in four days and included treasure hunts and lots of activities, and various half and full marathons.

We are so grateful to you all as this has meant that Thyroid UK can continue to help those that need it and allowed us to campaign for better thyroid treatment.

We would also like to thank our corporate donors - Medichecks Ltd, Genova Diagnostics, Blue Horizon Medicals and Regenerous Laboratories Ltd.

The excellent work done by our support networkers, the HealthUnlocked admin team and the staff at Thyroid UK deserve a special mention.

Our support networkers are always on hand to answer queries and give a supporting shoulder to people who need it. Working on HealthUnlocked is not an easy task sometimes - monitoring and answering questions takes a lot of time and yet the admins continue to take time out of their day to support people.

The staff at Thyroid UK work hard not only dealing with the day to day running of Thyroid UK but also answering queries and pointing people in the right direction to enable them to access important information.

Thank you so much to you all. You all do an excellent job!



Nicky Gifford-Goss with wife, Michelle



Linda Kendell

How to Support Us

To continue our work we rely on funds and there are various ways you can support us, some of which will actually not cost you!

Here are some ways you can get involved:

Join us: Becoming a member will help support us financially and you will receive our quarterly magazine, Harmony, which is full of interesting and relevant articles.

Fundraise for us: There are many ways in which you can fundraise for us from holding coffee/tea mornings to walking 50k:

- Use the link from our home page to amazon.co.uk and we will receive a small commission on your purchase.
- easyfundraising is an online shopping directory listing over 500 of your favourite stores including Tesco, Asda and M&S. Every time you shop online with one of them we'll receive up to 15% of every purchase. It's free to register and you will be able to see how much you have raised for us!
- Have one of our collection boxes. We have one for your home and one to place in shops etc.
- NLP Financial Management can now offer people with hyperthyroidism, hypothyroidism or an associated condition the opportunity to obtain independent financial advice. NLP Financial Management will be returning 20% of all initial fees to Thyroid UK.
- Jewellery Recycling - sort through your old jewellery that you don't wear any more and send it for recycling
- Save your postage stamps for us
- Join the Weather Lottery - they help charities raise funds by providing all the services to run an exciting lottery

To see all the ways you can support us go to the "Fundraise for Us" and "Shop Online and Raise Money for us!" sections of our website - www.thyroiduk.org

If you have an idea for a fundraising event that you are interested in, do let us know.

Organise donations in lieu of flowers: Some families kindly ask friends and relatives to donate to charities instead of sending flowers to the funerals of their loved ones.

Leave a gift in your will: This is a really special way to support Thyroid UK and our work.

Become a corporate partner: Working with Thyroid UK as a corporate partner could really help make changes in the way thyroid disease is diagnosed and treated. We are always willing to discuss new opportunities with any company that would like to work with us.

Campaign: Thyroid UK are planning some big campaigns for the future and we will need your help to spread the word about these and to help us run the campaigns.

If you or someone you know would like to support us please do contact us on enquiries@thyroiduk.org



Impact of our Work

The impact of our work on our beneficiaries has increased due to the fact that more and more people are turning to us for help in getting their thyroid medications re-prescribed by their GP or endocrinologist.

We have been able to furnish them with the necessary information for their clinician to understand why some people do not resolve all of their symptoms with levothyroxine alone.

We have therefore been able to help not only people with thyroid disease but also GPs who have not been trained in the use of liothyronine (T3) or natural desiccated thyroid (NDT).

People are very grateful for the help that they receive from us informing us that they have learnt more from one conversation with us than they have learnt in the years since their diagnosis.

People are also not aware how important nutrition is for the endocrine system in general and the thyroid gland particularly. They are very pleased to learn this and often change their lifestyle.

Our information also helps NHS staff such as pharmacists and doctors who contact us for information about special order levothyroxine i.e. lactose free.

Our website has had 2,053,309 page views over the past year and our analytics shows us that the top pages viewed are the pages regarding hypothyroidism and symptoms of hypothyroidism. Coming a close third is the page about thyroid testing and the fourth most visited page is about getting a diagnosis.

We can also see from our analytics that people are looking at our website from many, many countries in the world including Kenya, Kuwait, Syria, Gambia and Haiti.

"The website is a godsend and the information gained has helped me help myself. You all do a marvellous job. My sincere thanks." Madeline

Members of our HealthUnlocked forum have also risen by more than 17,500 members this year to

an astounding 71,038 members making it one of the largest groups on the HealthUnlocked community.

"Never again will I take my health for granted. If it wasn't for this forum I wouldn't be getting the help I needed, able to ask and understand my bloods/tests and what to research in order to help myself especially in areas of diet and supplements - so thank you!" Miss FG (forum)

Our Facebook page likes have risen by 3,902 to 13,801 likes in total for the year. Our Twitter followers has risen from 2,820 to 3533.

Our social media pages have allowed people to ask questions and receive information to enable them to discuss their thyroid health with their clinician and make any necessary changes to their treatment and lifestyle.

We speak to people every day on the telephone giving them information. On many occasions we talk through what they need to do to help themselves and help them look at alternatives to self treating without medical backing.

They are always very grateful for our help which encourages us to continue in our work.



Legal and Administrative

Thyroid UK is a Registered Charity and Company Limited by Guarantee

Registered Charity Number:

1125270

Registered Company Number:

6254073

Registered Office:

32 Darcy Road
St Osyth
Clacton on Sea
Essex
CO16 8QF

Directors of the Company:

Mrs Lyn Mynott
Mr Peter Warmingham
Mrs Barbara Reed
Mrs Susan Chippendale (resigned 7th September 2016)
Dr Alyssa Burns-Hill Phd
Mr Robert Shenton (appointed 25th February 2017)

Board of Trustees:

Mrs Lyn Mynott
Mr Peter Warmingham
Mrs Barbara Reed
Mrs Susan Chippendale (resigned 7th September 2016)
Dr Alyssa Burns-Hill Phd
Mr Robert Shenton (appointed 25th February 2017)

Chair: Mrs Lyn Mynott*

Treasurer:

Mr Peter Warmingham

Chief Executive:

Mrs Lyn Mynott*

PA to Lyn Mynott:

Mrs Louise Roberts

Admin Assistant:

Miss Charlotte Beauclerk

Medical Advisers:

Dr Sarah Myhill
Dr Jacob Teitelbaum
Dr Kent Holtorf
Dr Mark Starr
Dr Alyssa Burns-Hill
Professor Dr Rudolf Hoërmann, MD PhD;
Dr John Midgley B.Sc (Leeds) D Phil (Oxford)
Dr Johannes W Dietrich M.D.

Bankers:

Barclays Bank PLC
27 Station Road
Clacton on Sea
Essex
CO15 1TD

Independent Examiner:

David Wiggins BA (Hons) CPFA
15 Station Road
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CO7 8BT

Solicitors:

Fisher Jones and Greenwood
Charter House
Newcomen Way
Colchester Business Park
Colchester
CO4 9YA

*The Chair of the Board of Trustees has received permission from the Charity Commission to be remunerated for her services as Chief Executive.

The Annual Report 2017 incorporating the Annual Report and Accounts is also available online. Please visit www.thyroiduk.org

Structure, Governance and Management

Board of Trustees

The trustees for the purposes of Charity law and under the Company's Articles are known as members of the Board of Trustees. As the charity is also a Company Limited by Guarantee, the trustees are also directors of the company. The Board of Trustees meet four times a year to provide strategic direction and oversee current projects.

The Board consists of up to a maximum of ten members. Trustees are elected at the AGM, which is held annually, and can be re-elected by the directors.

The Board exercises fiscal oversight and takes the lead on strategic risk management.

New trustees are recruited via our membership magazine, Harmony, our website and professional trustee recruitment organisations. New trustees are given an Induction Pack, asked to sign a Code of Conduct form and complete a Declaration of Interest form.

Most of the Thyroid UK trustees have some experience of having to deal with thyroid disease which helps them understand how patients feel and which strategic direction Thyroid UK should take.

Staff

The Board of Trustees delegates the day to day running of the charity to the Chief Executive. Supported by her PA, the Chief Executive, who works full time, works some of her hours voluntarily.

They are supported by a paid admin assistant who works part time. Our accountant does the accounts for us on a voluntary basis, for which we are very grateful.

Salaries

The salary for the Chief Executive is reviewed and set regularly by the Board of Trustees. using comparisons with charities of our size.

Our approach to paying our staff is to pay them as fairly as we can given the limitations of our budget.

Volunteers

Thyroid UK is very lucky to have a large team of volunteers who help us to run Thyroid UK and support our beneficiaries.

Our support networkers hold groups where people can meet, man a telephone helpline or can be contacted by email. This list includes Thyroid UK support groups and independent thyroid support groups.

We have 8 medical advisers, two of whom are endocrinologists and one of whom is a researcher.

We have a book review panel who do an excellent job of reviewing books for our magazine.

We are extremely grateful to the admin team on our online community hosted by HealthUnlocked. Our admin team are always on hand to monitor the site, write posts, answer questions and deal with any problems. They work very hard for Thyroid UK and for all the members on the site.



Going concern

The trustees have reviewed the charity's activities, financial position and risk management policies together with the factors likely to affect future development including the impact of economic uncertainties on voluntary income.

They have concluded that it is reasonable to expect the charity to have adequate resources to continue in operational existence for the foreseeable future.

Accordingly, the going concern basis of accounting continues to be adopted in preparing the financial statements.

Public Benefit

The trustees confirm that they have referred to the Charity Commission's general guidance on public benefit when reviewing our objectives and working on our strategy, work plans and future activities.

Risk

The Risk Register and other key audit reports are reviewed regularly to ensure that there is effective management of risk. The Risk Register is reviewed regularly by the Board.

The Chief Executive is responsible for the Risk Register and reports directly to the trustees.

Risks are categorised in a way that enables us to see the cumulative impact of risks and therefore ensure that we take action to protect the quality of our work, our reputation and our income.

During 2016/17 the trustees were satisfied that this was undertaken in a satisfactory manner.

Statement of Trustees' Responsibilities

The trustees (who are also directors of Thyroid UK for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant independent examination information of which the charitable company's independent examiner is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant independent examination information and to establish that the independent examiner is aware of that information.

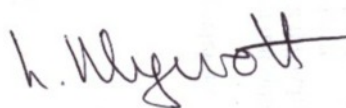
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Examination

A resolution to re-appoint Mr David Wiggins as Independent Examiner will be proposed at the Annual General Meeting on 13th January 2018.

This Annual Report has been prepared under the Small Company's Regime and is therefore exempt from audit.



Lyn Mynott
Director and Trustee



Peter Warmingham
Director and Trustee

Approved on behalf of the Board of Trustees on 5th August 2017.

Report of Independent Examiner

Year ended 31st May 2017

I report on the accounts for the year ended 31st May 2017.

Respective responsibilities of the Trustees and Independent Examiner

The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commissioners section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission.

An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in a full audit, and consequently I do not express an audit opinion on the accounts.

Independent Examiner's Statement

In connection with my examination, no matters have come to my attention:

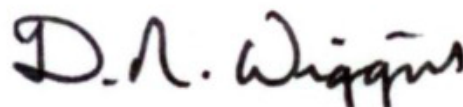
(1) which give me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with s.130 of the 2011 Act; or
- to prepare accounts which accord with these accounting records have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

I have independently examined the charitable company financial statements of Thyroid UK for the year ended 31 May 2017 which comprise the Statement of Financial Activities (incorporating an income and expenditure account), the Company balance sheet and the related notes.

The financial statements have been prepared under the accounting policies set out therein.



David Wiggins BA(Hons) CPFA
15 Station Road, Alresford,
Colchester, Essex CO7 8BT

Dated: 6th August 2017

Financial Review

The financial results for the year are represented by the Statement of Financial Activities (incorporating an Income and Expenditure report).

Overview

With an income in 2016/17 of £73,200 and an expenditure of £66,469 we haven't had quite as good a year as the previous year. But we have still seen a gain rather than a loss.

Income

Our information pack sales have once again dropped slightly in comparison to the previous year which may be due to an increasing desire for online information rather than printed material. We also had no choice but to increase the price of the information pack which meant we saw a drop-off in orders.

We have, unfortunately, seen a marked decrease in membership income. We have a constant influx of new members but our renewal rate is not very good. We will be looking into increasing benefits of membership to try and tackle this.

Test commissions have increased slightly this year. Genova Diagnostics changed a few things which has made them a less popular choice for people. This had a significant impact on our income. To counteract this we started to partner with Medichecks and this has helped to bolster the commission income.

General donations have seen a slight decrease this year, probably due to the reduction in membership income as people often donate when they renew.

We have, however, seen a huge increase of £5,000 in our sponsorship income.

Our Gift Aid income had decreased slightly this year, which is probably also due to the reduction in membership income.

Other commissions have increased slightly this year, possibly due to us increasing the marketing of our different funding streams.

Merchandise sales are up slightly on last year. This is probably due to the new merchandise we have Available.

Expenditure

Our overall expenditure has increased by around £6,000.

We have seen a decrease in the cost of producing the information pack, probably due to lower sales numbers.

Fundraising costs have increased by around £500 which is mostly due to us having to purchase more t-shirts for the people taking part in challenges.

There has been a slight increase in membership costs, which is due to the higher printing costs involved in printing larger issues of Harmony with 20 pages instead of 16.

Staff wages have increased again this year, but are still below far below the national average for comparable roles.

Board meeting costs have increased slightly due to an increase in the cost of public transport. We have also had more people attending the meetings and this has led to an increase in venue cost.

We have seen a slight decrease in our support costs this year, mainly in stationery and office equipment.

Our website costs were significantly less this year as maintenance of the existing website was included in the cost of the new website.

We paid the deposit on the conference venue this year.

Bank accounts

Thyroid UK has four bank accounts as follows:

- ☐ Barclays Bank Account - for the day to day running of the organisation
- ☐ Barclays Bank Savings Account - for restricted and designated funds
- ☐ Petty Cash
- ☐ Paypal

All bank accounts are reconciled weekly. A financial summary is provided at board meetings.

Tangible fixed assets and depreciation

All tangible fixed assets costing more than £500 are capitalised and depreciated. Depreciation of fixed assets is calculated to write off the cost of each asset over the term of its estimated useful life (buildings 5 years, equipment 3 years). Assets are written off on a straight-line basis.

Subscriptions and donations

These are credited to the Statement of Financial Activities if applicable to the year to the extent that they are received by the time the accounts are prepared.

Publication sales

Sales of books and publications are credited to the Statement of Financial Activities in respect of sales for the year. No value is placed on book stocks.

Reserves policy

In accordance with our reserves policy, Thyroid UK aims to have reserves of two months of current running costs plus costs of closure.

The reserves are required for Thyroid UK to meet contractual liabilities should the organisation have to close. This includes redundancy pay, amounts due to creditors and commitments under leases; meeting unexpected costs that the charity may incur; replacing equipment as it wears out and ensuring that the charity can continue to provide a stable and quality service to those who need them. Reserves are also required in order to minimize recruitment, staff training, staff induction and marketing costs by avoiding the need for redundancies caused by financial crisis; provide working capital when funding is paid in arrears.

Thyroid UK currently has sufficient reserves set aside as set out in the policy. In the event of reserves dipping below the target Thyroid UK will aim to restore the reserves to the minimum level within 12 months. This could be achieved by increased fundraising, increasing earned income or reducing expenditure

If reserves exceed our target Thyroid UK will consider the likely expenditure over the next year and aim for reserves to return to our target level by the end of two years. This could be achieved by increasing remuneration for our CEO as per our Strategic Plan and if necessary increasing "free" activities and so increasing expenditure. Increasing "free" activities could be free information packs; free seminars and reduced membership fees.

The trustees will consider current costs of closure and examine the level of reserves each year when setting the following years' budget. The reserves policy is reviewed every year.

Related Party Transactions

Thyroid UK is a registered charity and company limited by guarantee and does not have a share capital. The trustees have no financial interest in the charity's results or assets and received no remuneration for acting in that capacity.

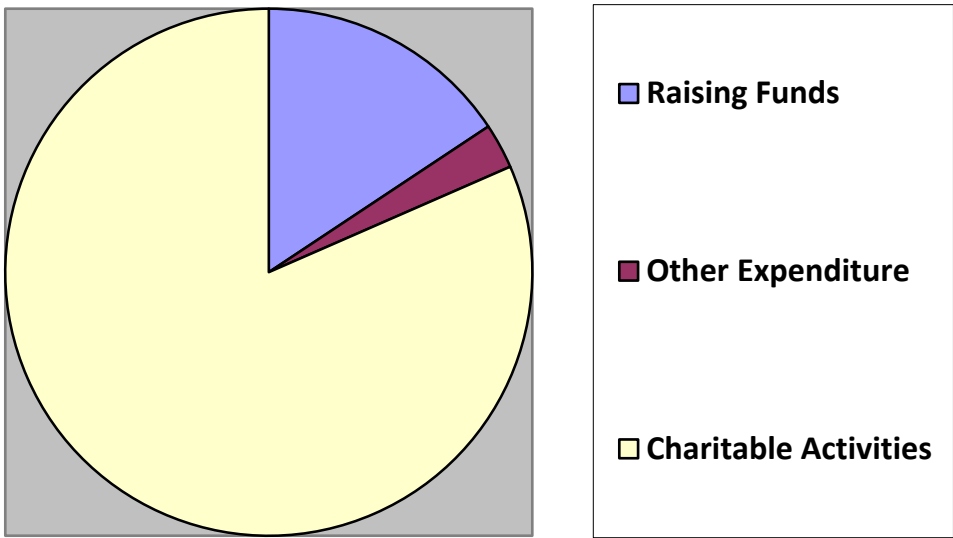
Trustee expenses were paid as follows:

£47.20 to 1 trustee for board meeting expenses

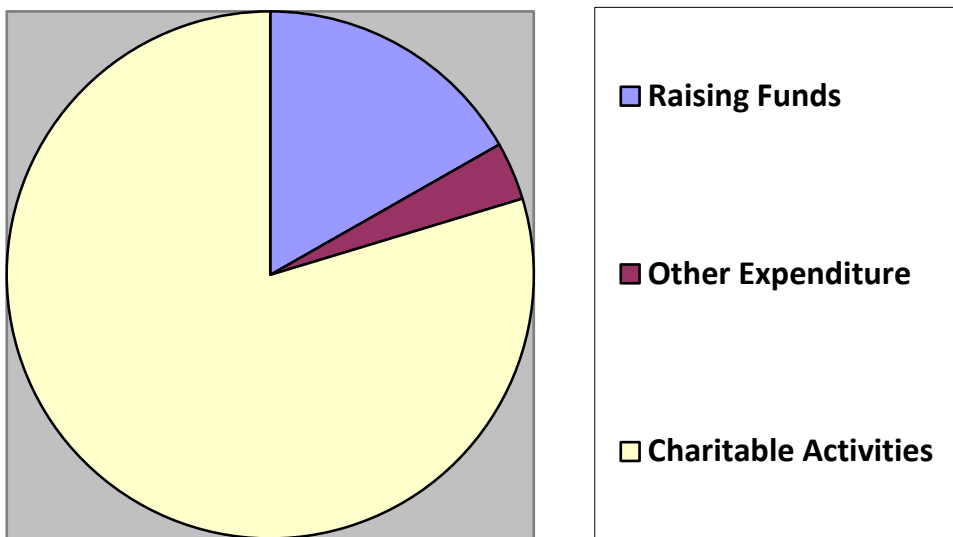
The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £577. The indemnity is limited to £100,000.

Statement of Financial Activity (SoFA)

2016

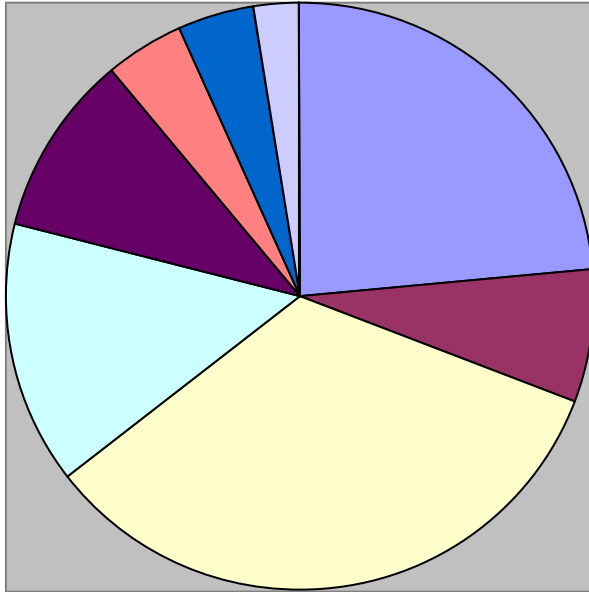


2017

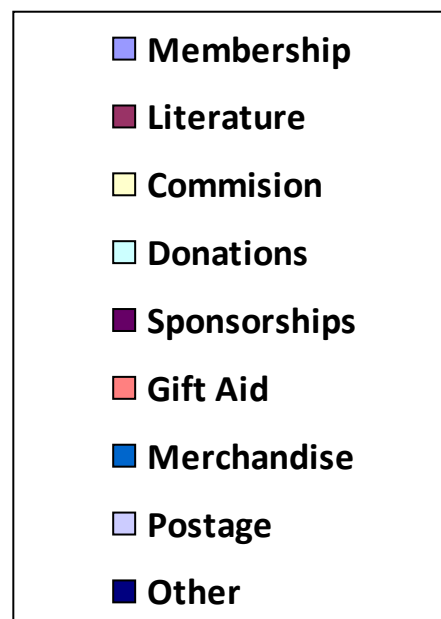
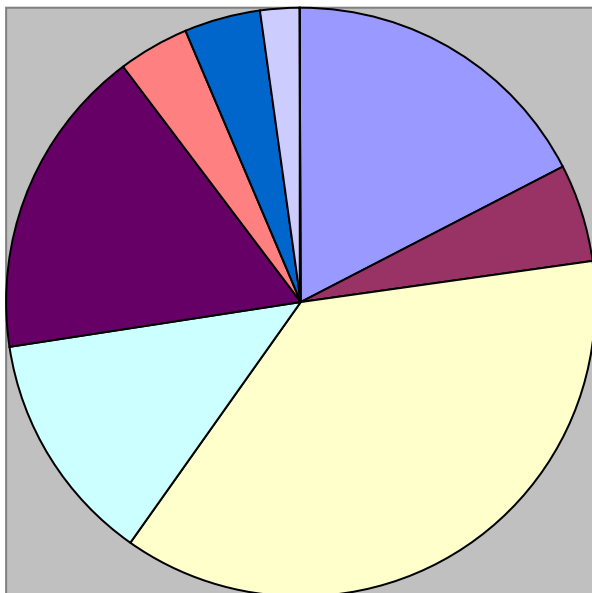


Where the Money Came From

2016

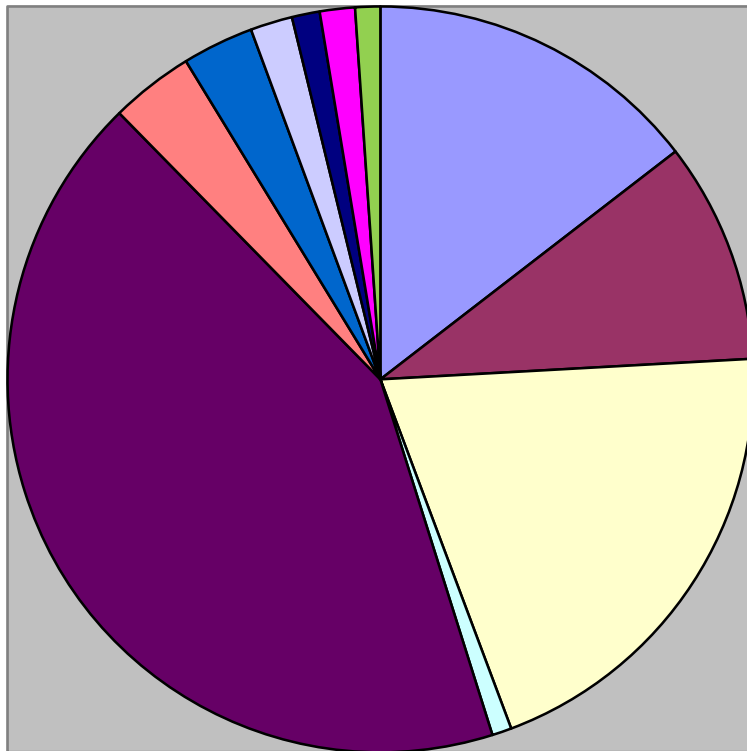


2017



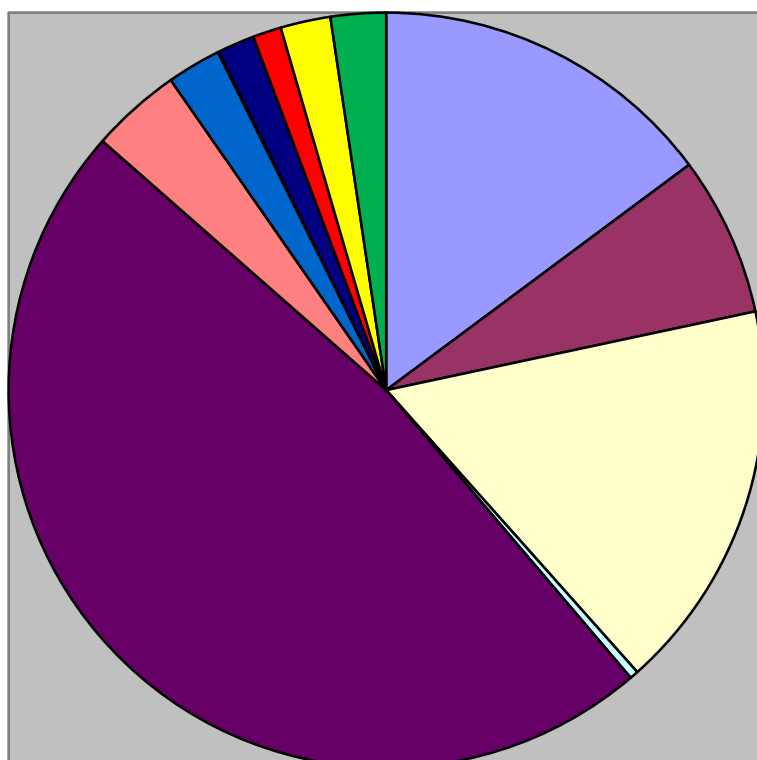
Where the Money was Spent

2016



- Membership
- Information Pack
- Support Costs
- Meetings
- Staff
- Fundraising
- Merchandise
- Website
- Marketing
- Organisation
- Membership
- Other

2017



- Membership
- Information Pack
- Support Costs
- Meetings
- Staff
- Fundraising
- Merchandise
- Website
- Marketing
- Organisation
- Membership
- Conference
- Other

Statement of Financial Activities

Year Ended 31st May 2017

	Unrestricted Funds	Restricted Funds	Total Funds	<i>Prior Year Total Funds</i>
Income and Endowments from				
Donations and Legacies	24,625.87	30.00	24,655.87	21,678.27
Income from Charitable Activities	18,311.54	150.00	18,461.54	24,909.02
Other Trading Activities	30,257.41	140.26	30,397.67	28,302.00
Other Income	10.42	0.00	10.42	10.71
Income and Endowments Total	73,205.24	320.26	73,525.50	74,900.00
Expenditure on				
Raising Funds	11,356.93	0.00	11,356.93	9,258.82
Expenditure on Charitable Activities	52,669.77	1,272.17	53,971.94	49,578.25
Other Expenditure	2,411.86	0.00	2,411.86	1,683.40
Expenditure Total	66,468.56	1,272.17	67,740.73	60,520.47
Net Incoming/Expenditure Resources Before Transfer	6,736.68	(951.91)	5,784.77	14,379.53
Transfers				
Gross Transfers Between Funds - in	900.00	0.00	900.00	4,149.97
Gross Transfers Between Funds - out	(900.00)	0.00	(900.00)	(4,149.97)
Other Recognised Gains/Losses				
Gains/Losses on Investment Assets	0.00	0.00	0.00	0.00
Gains on Revaluation, Fixed Assets, Charity's Own Use	0.00	0.00	0.00	0.00
Net Movement in Funds	6,736.68	(951.91)	5,784.77	14,379.53
Reconciliation of Funds				
Total Funds Brought Forward	34,669.52	5,739.53	40,409.05	26,029.52
Total Funds Carried Forward	41,406.20	4,787.62	46,193.82	40,409.05

Thyroid UK Company No 6254073

Balance Sheet as at 31st May 2017

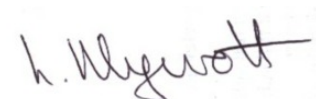
		As at 31/05/2017	As at 31/05/2016
Fixed Assets	Building	0	0
	Building Depreciation	0	0
	Office Equipment	0	0
	Office Equipment Depreciation	0	0
	Total Fixed Assets	0	0
Current Assets	Prepayments	0	0
	Barclays Current Account 137	13,699	13,553
	Holding Account 935	32,358	26,851
	Petty Cash	79	68
	PayPal	59	297
	Accounts Receivable	0	0
	Total Current Assets	46,194	40,769
Liabilities	Accruals	0	0
	Accounts Payable	0	360
	Total Liabilities	0	360
	Net Asset surplus (deficit)	46,194	40,409
Reserves	Total Reserves	46,194	40,409
Represented by Funds			
	Unrestricted	13,831	13,558
	Designated	27,575	21,111
	Restricted	4,788	5,740
	Total	46,194	40,409

For the year ending 31/05/2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

On behalf of the Board of Trustees:



Lyn Mynott
Chair/Chief Executive
5th August 2017



Peter Warmingham
Treasurer
5th August 2017

Income & Expenditure Report

Year Ended 31st May 2017

	Unrestricted	Restricted	Total This Year	Last Year
Income and Endowments from				
Donations and Legacies				
Donations	9,327.06	30.00	9,357.06	10,849.06
Sponsorship	12,448.05	0.00	12,448.05	7,440.20
Gift Aid	2,850.76	0.00	2,850.76	3,389.01
Donations and Legacies Totals	24,625.87	30.00	24,655.87	21,678.27
Income from Charitable Activities				
Information Pack Sales	3,827.07	0.00	3,827.07	4,985.01
Back Issue Sales	150.00	0.00	150.00	246.50
Sales Postage	1,602.47	0.00	1,602.47	1,889.19
Library	0.00	0.00	0.00	14.07
Fundraising Activities	50.00	0.00	50.00	0.00
Membership	12,682.00	0.00	12,682.00	17,774.25
T3 Campaign	0.00	150.00	150.00	0.00
Income from Charitable Activities Totals	18,311.54	150.00	18,461.54	24,909.02
Other Trading Activities				
Test Commission	24,284.04	0.00	24,284.04	22,906.03
Other Commissions	2,808.66	0.00	2,808.66	2,384.85
Merchandise Sales	3,164.71	140.26	3,304.97	3,011.12
Other Trading Activities Totals	30,257.41	140.26	30,397.67	28,302.00
Other Income				
Bank Interest	10.42	0.00	10.42	9.71
Refunds	0.00	0.00	0.00	1.00
Other Income Totals	10.42	0.00	10.42	10.71
Income and Endowments Totals	73,205.24	320.26	73,525.50	74,900.00

			Total	
	Unrestricted	Restricted	This Year	Last Year
Expenditure on				
Raising Funds				
Raising Funds	2,570.09	0.00	2,570.09	2,165.38
Merchandise Costs	1,512.80	0.00	1,512.80	1,850.85
Staff Wages - Raising Funds	3,071.52	0.00	3,071.52	2,031.48
CEO Wages - Raising Funds	748.80	0.00	748.80	599.62
Training – Raising Funds	251.90	0.00	251.90	0.00
Employer Pension – Raising Funds	18.32	0.00	18.32	0.00
Support Costs - Raising Funds	3,183.50	0.00	3,183.50	2,611.49
Raising Funds Totals	11,356.93	0.00	11,356.93	9,258.82
Expenditure on Charitable Activities				
Information Pack Costs	4,542.92	0.00	4,542.92	5,737.59
Magazine and Membership Costs	9,850.61	0.00	9,850.61	8,703.66
Staff Wages - Charitable Activities	17,757.96	0.00	17,757.96	14,842.18
CEO Wages - Charitable Activities	9,734.37	0.00	9,734.37	7,795.26
Training - Charitable Activities	62.11	0.00	62.11	0.00
Employer Pension - Charitable Activities	133.36	0.00	133.36	0.00
Support Costs - Charitable Activities	6,959.04	0.00	6,959.04	9,265.30
Other Meetings - Charitable Activities	243.17	0.00	243.17	507.44
Books	24.90	0.00	24.90	0.00
Website Costs	30.00	0.00	30.00	1,092.18
Organisation Membership	809.15	0.00	809.15	911.76
Advertising and Marketing	1,052.53	0.00	1,052.53	722.88
Conference	1,423.60	0.00	1,423.60	0.00
Computer Equipment & Software	0.00	1,272.17	1,272.17	0.00
Volunteer Expenses - Charitable Activities	76.05	0.00	76.05	0.00
Expenditure on Charitable Activities Totals	52,699.77	1,272.17	53,971.94	49,578.25
Other Expenditure				
Staff Wages - Other Costs	122.06	0.00	122.06	98.28
CEO Wages - Other Costs	106.97	0.00	106.97	85.68
Employer Pension – Other Costs	1.10	0.00	1.10	0.00
Support Costs - Other Costs	1,000.56	0.00	1,000.56	200.89
Office Sundries	574.90	0.00	574.90	650.07
Bank Charges	155.51	0.00	155.51	27.77
PayPal Charges	450.76	0.00	450.76	618.96
National Insurance	0.00	0.00	0.00	1.75
Other Expenditure Totals	2,411.86	0.00	2,411.86	1,683.40
Expenditure Totals	66,468.56	1,272.17	67,740.73	60,520.47
Net Income/Deficit	6,736.68	(951.91)	5,784.77	9,405.69

Notes to the Accounts

Note 1 – Staff Wages Costs Split Based on Time Allocation

		0% Governance	60% Charitable Activities	20% Raising Funds	0% Other Costs
Wages	£11,085.79*	£0.00	£6,651.45	£2,217.18	£0.00
Total	£11,085.79*	£0.00	£6,651.45	£2,217.18	£0.00

*Includes 20% (£2,217.16) shown under Bookkeeping in Support Costs

Note 2 - CEO Wages Costs Split Based on Time Allocation

		1%* Governance	91% Charitable Activities	7% Raising Funds	1% Other Costs
Wages	£10,697.11	£106.97	£9,734.37	£748.80	£106.97
Total	£10,697.11	£106.97	£9,734.37	£748.80	£106.97

*Shown in Support Costs

Note 3 – PA to CEO Wages Costs Split Based on Time Allocation

		1%* Governance	91% Charitable Activities	7% Raising Funds	1% Other Costs
Wages	£12,204.96	£122.05	£11,106.51	£854.34	£122.06
Total	£12,204.96	£122.05	£11,106.51	£854.34	£122.06

*Shown in Support Costs

Note 4 - Fixed Assets

Tangible Assets Cost	Buildings £	Equipment £	Total £
At 1 June 2009	4,570	545	5,115
Additions	0	0	0
At 31 May 2017	4,570	545	5,115
Depreciation			
At 1 June 2016	4,570	545	5,115
Charge for the Year	0	0	0
At 31 May 2016	4,570	545	5,115
Net Book Amount			
At 31 May 2016	0	0	0

All fixed assets are held for use on a continuing basis for the purpose of charity activities.

Note 5 – Support Costs

	Total	Charitable Activities	Raising Funds	Other Costs
Support Costs		77%	17.5%	5.5%
Rent and Rates	£2,184.28	£1,681.90	£382.25	£120.14
Telephone and Internet	£769.29	£592.35	£134.63	£42.31
Office Equipment	£278.87	£214.73	£48.80	£15.34
Premises Expenses	£577.35	£444.56	£101.04	£31.75
Repairs and Renewals	£402.30	£309.77	£70.40	£22.13
Computer Equipment	£848.95	£653.69	£148.57	£46.69
Postage and Carriage	£1,950.10	£1,501.58	£341.27	£107.26
Stationery	£7,219.33	£5,558.88	£1,263.38	£397.06
Bookkeeping	£2,217.18	£1,707.23	£388.01	£121.94
Employers Pension Bookkeeping	£10.46	£8.05	£1.83	£0.58
Volunteers Expenses	£22.05	£16.98	£3.86	£1.21
Sub Total	£16,480.16	£12,689.72	£2,884.03	906.41
Governance				
Board Meetings	£1,410.48	£1,086.07	£246.83	£77.58
Staff Wages	£122.06	£93.99	£21.36	£6.71
CEO Wages	£106.97	£82.37	£18.72	£5.88
Employers Pension Governance	£1.10	£0.83	£0.19	£0.07
Training	38.90	£29.95	£6.81	£2.14
Other Meetings	£31.80	£24.49	£5.57	£1.75
Sub Total	£1,711.31	£1,317.70	£299.48	£94.13
Includes the Following Costs Shown Separately on the I & E				
Information Pack Stationery	£3,800.13	£3,800.13	£0.00	£0.00
Membership and Magazine Stationery	£3,248.25	£3,248.25	£0.00	£0.00
Total	£7,048.38	£7,048.38	£0.00	£0.00
Support Costs Total	£18,191.47	£14,007.42	£3,183.51	£1,000.54

The Thyroid UK Trustees have agreed to hold designated funds in reserve for the purposes detailed below.

Note 6 – Funds Designated by the Trustees

	Opening Balances	Incoming Resources	Outgoing Resources	Closing Balances
Membership	£3,325.24	£6,500.00	£5,991.42	£3,833.82
Insurance	£371.08	£650.00	£627.35	£393.73
Office Equipment	£728.23	£780.00	£479.99	£1,028.24
Survey Monkey	£50.00	£325.00	£324.00	£51.00
Reserves (as per Reserves Policy)	£16,056.68	£5,311.65	£0.00	£21,368.33
T3 Campaign	£0.00	£150.00	£0.00	£150.00
Skydive (Sponsorship event in 16/17)	£580.00	£60.00	£640.00	£0.00
Total	£21,111.23	£13,242.95	£8,062.76	£26,825.12

Note 6a – Spending Strategy for Designated Funds

Membership	Funds are held in order to finance at least 2 issues of the magazine, in case of a drastic reduction in membership fee income.
Insurance	£50 per month is put aside to pay for insurance for the following year.
Office Equipment	£60 per month is put aside to pay for any office equipment which may be needed. The amount in this fund is reviewed annually and any funds considered to be surplus to requirements are transferred back to general funds.
Survey Monkey	£25 per month is put aside to pay for a subscription to Survey Monkey for the following year.
Reserves (as per Reserves Policy)	Money held in reserve as per Thyroid UK Reserves Policy. This fund and the policy are reviewed annually.
Tandem Skydive World Record Attempt	Sponsorship for an event in the following financial year. Providing the event is not cancelled and/or the participant does not pull out), this money will be transferred to general funds to cover the cost of the skydive.
T3 Campaign	Funds held in order to finance a campaign to fight the withdrawal of T3.

Note 7 – Restricted Funds

	Opening Balances	Incoming Resources	Outgoing Resources	Closing Balances
Website/Computer Equipment Fund	£5,739.53	£165.26	£1,272.17	£4,632.62
2017 Conference	£0.00	£900.00	£0.00	£900.00
Total	£0.00	£1,065.26	£1,272.17	£5,532.62



Thyroid UK

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