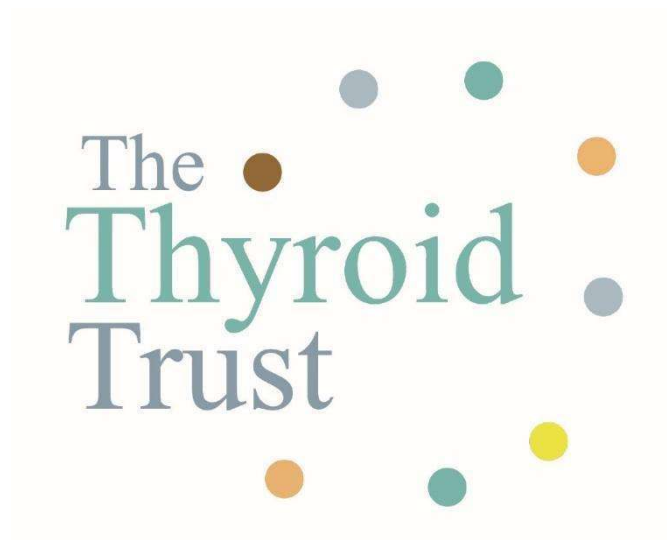


The Thyroid Trust  
Annual Report  
30 June 2023



Registered Charity number 1183292

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## Administrative details

Name of charity	The Thyroid Trust (also known as Thyroid Friends Network and TTT)
Organisation type	Charitable Incorporated Organisation
Governing document	Constitution dated 27 April 2018
Registered charity number	1183292
First registered	7 May 2019
Trustees	Judith Taylor (Chair) Karen George Dr Paul Jenkins Shireen Khan (appointed 11 October 2022) Ramesh Maruthai (Treasurer, appointed 19 May 2023) Valerie Dennis (appointed 30 January 2024)  Theresa Baker (deceased 02 March 2023) Stephen Hey (Treasurer, resigned 19 May 2023) Wendy Patricia Sharpe (resigned 29 January 2024)
Registered office	15 Great College Street London SW1P 3RX
Bankers	Lloyds Bank plc
Website	<a href="http://www.thyroidtrust.org">www.thyroidtrust.org</a>

The website includes biographies of the Trustees at <https://www.thyroidtrust.org/trustees.html>

## Trustee report

The Trustees of The Thyroid Trust (the “Charity”) have pleasure in presenting their Annual Report for the year ended 30 June 2023.

### Objectives and activities

The Thyroid Trust seeks to make life better for people affected by thyroid disease by:

- improving access to quality peer support and reliable information;
- raising the profile and understanding of thyroid conditions;
- providing a platform for patients to communicate about the issues that matter to them;
- advocating for better care and treatment options.

The priorities of the Trustees for the current financial year have been to continue to deliver regular support and information events, to expand our awareness raising and advocacy work, to put the organisation on a more sustainable footing for the future and to develop our volunteer team and fundraising efforts, while working with the challenges and constraints of the pandemic.

The Trustees have had regard to the Charity Commission’s guidance on public benefit.

### Achievements and performance

#### *Events*

- In July 2022 Thyroid Champions Round Table was conducted picking up on the T3 campaign and a follow up was held in October 2022.
- Thyroid Poetry Cafés were organised throughout this year where the participants joined A.R. Arthur on an online literary skills session to help them manage their thyroid journey.
- Patient Voices face-to-face events were conducted at Covent Garden, Central London; these events provided an opportunity to discuss various aspects of the Thyroid disease as well as ending up as social events for a catch-up with thyroid friends.
- Various talks and articles were organised on subjects of interest linked to the disease
  - Prof. Margaret Rayman talked about Iron and selenium's role in thyroid function in March 2023
  - Dr Wendy Jones MBE, Pharmacist submitted tips and articles on thyroid patients and breastfeeding, Thyroid patients and HRT and the contraceptive Pill for us to be able to use and share on all platforms
  - Talking Graves, Hyperthyroidism and RAI Treatment - Peer support meeting with writer Helen Chambers was organised in April 2023

- Hosted a Charity hour special on Hyperthyroidism and Graves Disease with CBBC presenter Ricky Boleto for UK Health Radio
- Rethinking hypothyroidism, book talk by Prof. Antonio Bianco in June 2023
- The Key to getting the best care: Making the system work for you' book talk by Professor Karol Sikora in June 2023
- Ginny - Hypothyroid Chef (American) shared her Easter recipe
- Submitted monthly Talk thyroid Column for online Health Triangle Publication
- Co-produced a Thyroid and Autoimmune special issue of the Fahmidam Journal in May 2023.
- Collaborated with Sleep Charity UK to share sleeping tips and healthy habits for thyroid patients.
- Talk on HG and the Thyroid link held at Crown Court in Feb 2023
- Set up a new monthly Q&A wellbeing feature on our website with Emma Law Qualified PT and fellow thyroid patient.

Most of these events have taken place via Zoom. Where possible we have recorded the events and uploaded them to our YouTube channel. Our online Thyroid Café events are moderated peer support events that allow participants the opportunity to chat informally and share their experiences.

The Trust continued to hold monthly volunteer sessions over Zoom. get-together events were organised over Zoom with varying levels of attendance. There has been ongoing challenge to build our volunteer team and maintain them in such areas as communications and events. However, volunteering has diminished nationally, and it is an overall sectoral concern. We continue to recruit new volunteers to augment our volunteer pool; at present there are 76 potential/existing volunteers on the Trust's volunteer database of whom about 20% to 25% have been involved with the Trust this year.

Further, the Trustees and the Director attended various events throughout the year to further the objectives of the Trust

- Inaugural meeting of the NICE Voluntary and Community Sector Forum in October 2022, and now attend on a quarterly basis
- Zoom event hosted by the European Society of Endocrinology in February 2023
- European Hormone Day 15<sup>th</sup> May – Meeting of other patient advocacy groups
- National Voices - Meeting NHS @ 75 years to make suggestions and raise questions as well as Future of Primary Care events
- BTA conference in June 2023

Author and poet Michael Rosen has continued his support with the Trust helping us to reach a wider audience on social media. Dr. Anthony Toft, who had been a source of wise counsel to the Trust from our early days, has now retired.

The charity now has 2,359 followers on Facebook, 1,197 followers on Instagram, 5,833 followers on Twitter and 251 followers on LinkedIn all continuing to rise.

## Advocacy

The charity's advocacy work and relationship management were on hold for some of this reporting period due to the absence of a Director for several months.

- The Thyroid Trust continued to lead campaigning on issues relating to the prescribing of T3, collaborating with other thyroid patient groups and medical practitioners. In July 2022, the charity hosted a Thyroid Champions Round-table attended by Lord Hunt and Lord Borwick.
- Our Ambassador, the author Michael Rosen, continues to support the charity and talks are under way for him to speak at one of the charity's events about his new book which details his experiences of living with hypothyroidism.
- The Director attended both the National Voices NHS@75 Insights Conference and the Future of Primary Care events, representing both The Thyroid Trust and thyroid patients generally. Findings from the National Voices conference were subsequently reflected in the NHS at 75 Insights Report.
- In carrying out its advocacy work, the Trust has continued to engage with a number of organisations and individuals involved in campaigning for better awareness and treatment of thyroid disease including: Wellbeing of Women; Parathyroid UK; The Wren Project; Newson Health and campaigner Rachel Hill.
- The charity was approached by a journalist from a national online newspaper who was producing an article about rising rates of thyroid cancer in young women. The Chair provided provide detailed information which was used in the article.
- In February 2023 the Director was invited to attend a meeting hosted by the European Society of Endocrinology which was focussed on exploring opportunities available for patient advocacy groups at the ECE 2023 conference.
- The Trust were invited to become members of the new NICE Voluntary and Community Sector Forum and attended the inaugural meeting on 26 January 2023. We have continued to be active members of the Forum.
- The Charity's Director was invited to attend the ESE's European Hormone Day on 15th May with other patient advocacy groups.

Media coverage has included: -

- The 12-month "Talk Thyroid" Column is being published in Health triangle magazine for UK Health Radio covering a wide range of subjects relating to Thyroid Health. This included breast feeding and medication, impact of thyroid disorders on health care workers, invisible hypothyroidism, Graves Story etc.

- A charity hour ITAW special with Ricky Boleto (Newsround presenter & Graves Disease patient)
- A publication in The Fahmidan Journal – May issue on “Thyroid and Autoimmune Warriors”;
- A submission of charity Bio and ITAW activity to Thyroid Federation International 45th Annual meeting – ThyroWorld Newsletter
- Judith provided excellent information regarding Thyroid Cancer for an article being produced by journalist Rachel Ellis who writes for the MailOnline about rising rates of thyroid cancer in young women
- Continued conversations with Catia Montagna and team from the University of Aberdeen business school who want to get thyroid conditions on the women’s health strategy. They are also hoping to do a further study on the economic impacts of thyroid disease

### *Volunteer activity*

We are grateful for our team of volunteers who have continued to work alongside our Director, Operations Manager and Trustees, both to participate in our advocacy work and to help in the administration of our charity. We are committed to offering volunteering opportunities to patients, friends, family and interested professionals to empower them to help address the issues of most importance to them and advance our charitable objectives. We have increased our volunteer pool who have generously supported us in a variety of ways including:

- social media posts;
- a variety of blog posts on our website;
- development of our videos on the website and YouTube channel.
- supporting us to deliver our event programme
- taking part in interviews with the media
- helping produce and disseminate reports
- sending out badges and T-shirts to our growing supporter base
- fundraising
- participating in International Thyroid Awareness Week and Thyroid Cancer Awareness Month
- assisting with strategy development and providing expert guidance and advice

For the past year we have held monthly online sessions with our volunteers to improve engagement. Based on feedback received, we developed volunteer role descriptions and these have now been published on a new area of our website dedicated to providing resources and support to our volunteers.

We are beneficiaries from two schemes which provide us with a modest commission whenever one of our supporters buys on their platforms; Amazon Smile and EasyFundraising and we receive further donations from Paypal Money Giving from supporters who choose to fundraise for us on Facebook or Ebay.

## **Structure, governance and management**

The Thyroid Trust is a Charitable Incorporated Organisation (CIO). It adopted its Constitution on 27 April 2018 and was registered with the Charities Commission on 7 May 2019. Each of the Trustees is a member of the CIO. The members of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

The Trustee Board has a breadth of professional and medical experience and includes members with first-hand experience of thyroid conditions. The Trustees meet at least four times a year. Day-to-day operations of the Charity are carried out by a freelance Director and an Operations Manager who report to the Trustees.

Shireen Khan joined as Trustee in October 2022. Shireen is a non-practicing barrister with experience in clinical negligence, financial regulation, healthcare regulation, professional discipline, and employment law. Shireen is a mum to a pre-schooler who experienced pregnancy related hypothyroidism temporarily along with Hyperemesis Gravidarum and has family members with thyroid disease.

Ramesh Maruthai joined in May 2023 as the Treasurer. He is a member of the Institute of Chartered Accountants of England and Wales (ICAEW) and is working as a Finance Manager with an independent oil and gas company listed in LSE. He is closely associated with the cause of the trust as his wife is also living with thyroid disease.

Lorraine Williams stood down as Director of the charity at the end of June 2022. She was replaced by Louise Sellar as the Director (Communications & Development). Louise has worked in the UK construction industry for over 17 years. Currently, she is the Sales and Marketing Director of a manufacturing company. Louise found out about the Trust in 2020 following a diagnosis of Graves' Disease. The following year, she received radioactive iodine treatment. As a result of this experience, she is passionate about raising awareness, assisting in the education of, and supporting other thyroid patients and their families. Louise started with the Trust in December 2022.

Lee Mathers, who joined us as Operations Manager in the summer of 2021 continues to support the charity with administrative and operational support, including management of our events, and co-ordinates a growing team of volunteers.

We were shocked and saddened to learn that our dear friend and Trustee, Theresa Baker, died suddenly and unexpectedly on 2 March 2023 at her home in London. Theresa first became involved in the London thyroid group back in 2012 and was one of the founding Trustees of the Thyroid Trust.

During the year Stephen Hey resigned as the Treasurer. We thank him for all his contributions particularly for his involvement in raising funds for supporting the activities of the Trust.

In the opinion of the Trustees there is no ultimate controlling party of the Charity.



### Financial review

In the year to 30 June 2023 the Charity's income was £16,485 (2022: £41,833). We continued to receive generous support from the Federated Foundation who granted £10,000 this year like the earlier years. We received contributions of £ 1,000 from St. James's Place Charitable Foundation and the balance £ 5,485 was raised from Community fundraising and individual donations.

Expenditure amounted to £27,132 (2022: £16,600), being primarily the cost of the Director and Operations Manager.

### Reserves

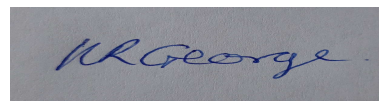
At the end of June 2023, the charity held reserves of £16,000. We have no employees or other significant fixed costs and therefore we can operate with limited reserves; however, it is the intention of the Trustees to build our reserves to secure an increased level of activities in future.

### Preparation of the report

The report was approved and authorised for issue by the Trustees on 22<sup>nd</sup> April 2024 and is signed on behalf of the Trustees by:



Trustee  
(RAMESH MAREUTHAN)



Trustee

## Independent examiner's report to the trustees of The Thyroid Trust

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2023.

### Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: *Bandhu Raj*

Date: 24/04/2024

Name: Bandhu Raj Poudel FCCA

Relevant professional qualification(s) or body: ACCA

Address: 53 Tidford Road, Welling, Kent. DA16 3JX

## Statement of Financial Activities

**Statement of financial activities (incorporating an income and expenditure account)**  
**For the year ended 30 June 2023**  
**Registered charity number 1183292**

		2023	2022
		Total	
		£	£
	Notes		
<b>Total income from donations</b>	2	<u>16,485</u>	<u>41,833</u>
<b>Expenditure on:</b>			
Raising funds		216	128
Charitable activities			
Support for people affected by thyroid disease		26,916	16,472
<b>Total expenditure</b>	3	<u>27,132</u>	<u>16,600</u>
<b>Net income for the year</b>		(10,648)	25,233
Reconciliation of funds:			
Total funds brought forward		26,648	1,415
<b>Total funds carried forward</b>		<u>16,000</u>	<u>26,648</u>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 6 to the financial statements.

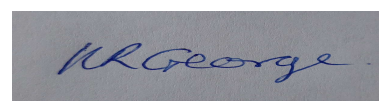
## Balance sheet

**Balance sheet**  
**As at 30 June 2023**  
**Registered charity number 1183292**

	Notes	2023 £	2022 £
<b>Current assets</b>			
Cash at bank and in hand		19,036	29,311
		<u>19,036</u>	<u>29,311</u>
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	4	(3,036)	(2,663)
		<u>(3,036)</u>	<u>(2,663)</u>
<b>Net assets</b>		<b><u>16,000</u></b>	<b><u>26,648</u></b>
<b>The funds of the charity</b>			
Unrestricted income funds	6	16,000	17,848
Restricted income funds			8,800
		<u>16,000</u>	<u>17,848</u>
<b>Total funds carried forward</b>		<b><u>16,000</u></b>	<b><u>26,648</u></b>

Approved by the Trustees on 22nd April 2024 and signed on their behalf by:-

  
Trustee  
(RAMESH MARUTHAN)



Trustee

## Notes to the Financial Statements

### 1 Accounting policies

#### *Basis of preparation*

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP FRS 102) and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (March 2018).

The Charity meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

#### *Income*

Income is recognised when the Charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably. Volunteer time donated is not recognised as income.

#### *Expenditure*

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

#### *Funds*

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes of the Charity without restriction.

#### *Debtors*

Trade and other debtors include amounts where a funder has committed to settle obligations to a third party on behalf of the Charity.

*Cash at bank and in hand*

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

*Creditors and provisions*

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

	2023	2022
	£	£
<b>2 Income</b>		
The Federated Foundation	10,000	10,000
National Lottery Community Fund Awards for All	-	9,900
Legacy received	-	8,800
The Garfield Weston Foundation	-	5,000
National Lottery Reaching Communities	-	-
Albert Hunt Trust	-	-
St. James's Place Charitable Foundation	1,000	
Other donors and community fundraising	5,485	8,133
	<u>16,485</u>	<u>41,833</u>
<b>3 Expenditure</b>		
Freelance staff costs	25,496	15,639
Office, travel and other costs	1,420	833
Fundraising costs	216	128
	<u>27,132</u>	<u>16,600</u>
The Charity has no employees and no employee costs (2022 - none).		
<b>4 Creditors</b>		
Amounts due to freelance staff	<u>3,036</u>	<u>2,663</u>
<b>5 Trustees</b>		
No Trustee received remuneration during the year (2022: nil). No Trustee was reimbursed for expenses incurred on the Charity's behalf in the year (2022: none).		

## 6 Funds

	At 1 July 2022 £	Income £	Expenditure £	At 30 June 2023 £
Restricted funds				
National Lottery Community Fund, Awards for All	8,800	-	(8,800)	-
Unrestricted funds	17,848	16,485	(18,332)	16,000
	<u>26,648</u>	<u>16,485</u>	<u>(27,132)</u>	<u>16,000</u>

The restricted fund at 1 July 2022 represents part of the amount received from the National Lottery Awards for All scheme to promote our activities in 2022.

This programme was completed in the current financial year.