



Thyroid
UK

Annual Report and Accounts 2022 - 2023



Thyroid UK is a registered charity. Charity Number 1125270
Registered Company Number 6254073

Better Thyroid Health

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Mission, Vision and Values

The Trustees of Thyroid UK have pleasure in presenting their Annual Report for the year ended 31st May 2023.

Thyroid UK is a charitable company working primarily within the United Kingdom. Formed in 1998, we became a company limited by guarantee in 2007 and in 2008 we became a registered charity: <https://tinyurl.com/RegCharity>.

The provision of quality information for people with both diagnosed and undiagnosed thyroid disorders is the primary concern of Thyroid UK (our 'If you are undiagnosed' page is here: <https://tinyurl.com/tukundiagnosed>)

We work effectively in this field through dialogue with NHS departments and other medical institutions, networking with other voluntary organisations, and providing services direct to patients.

Our Mission Statement

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

Our Vision

- To be the primary source of independent 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

- 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 well-being
- To appreciate the skills, expertise and commitment of our staff and volunteers.

Message from the Chief Executive



Well, it has been a very full year this year!

We held a webinar for World Thyroid Day in May 2023 which was well attended and people found it was very useful. The recording is on our YouTube channel - <https://www.youtube.com/@ThyroidUK> – where you can find all of our videos.

Our #T3Campaign has continued and we are pleased to say that Lord Hunt and Lord Borwick are still supporting us and the other thyroid organisations with sending in Parliamentary Questions to the Government.

We have been working with our new fundraiser who spent time looking at Thyroid UK, what we do, who we help and what we need.

Once she had all this information, she was able to start researching grant making trusts and applying for core costs which will help us run the charity and enable us to help people generally with things like queries received via email and our social media platforms.

She was able to obtain a grant from the National Lottery which has paid for our new admin assistant, Carol, and has paid towards the rent of our new premises.

Moving to our new premises took a lot of work but was very exciting! Obviously, we had to do the packing up of everything and then the unpacking but we also had to spend a lot of time changing addresses on everything, set up a new wifi system, buy new furniture as the office is much bigger, purchase kitchen equipment, toilet necessities and signs for the main door.

I must say, it was a huge change for me to go from working at the bottom of my garden to having to drive to work every day. Also working in a room on my own was a little strange at first but I'm used to it now and it means that chatting with the others is a thing of the past and I can get on with more work!

The office is so lovely and cool as well as opposed to working in 32° heat! I would like to thank everyone who contributed to the items we needed via our Amazon Wish List. We are truly grateful to you.

Our new Finance Admin Assistant, Heidi, has changed the way we do accounting and it is making life much easier. It took a little while to get used to it but a lot of it is automated now.

We also changed to a different contact management system, which also automates a lot of entries so that the admin work is much quicker to do.

We would like to thank you for all so much for your financial support over the last year especially since the cost of living has risen so much.

We will continue to fight for better treatment for all thyroid patients.



Lyn Mynott
Chief Executive

Statement from the Chair of Trustees



2022/23 was another very positive year for Thyroid UK in terms of helping our beneficiaries and also building the resilience of the Charity for the future. This was the first full year after the Covid lockdowns and was therefore a chance to implement some of the plans we have been working on for a while.

One of our major new activities for the year was to engage the services of professional fundraisers to help us access grant funding. Their early success has given us more money to put to work for those affected by thyroid disease, for example we have secured funding for research into thyroid conditions and for the ongoing running of the charity to help us employ more people to

support those who need us.

We continue to campaign for better management of thyroid disorders within NHS care pathways and to provide education and information to empower people to take control of their health and wellbeing. We are also there to help people locate private testing and treatment when NHS services are unable to support their needs.

“A note to say thank you for allowing me to book tests through Thyroid U. K. Since I was admitted last year to hospital for inverted T-waves due hyperthyroidism, ordering tests directly has been a huge help for which I am ever grateful.” Taryn

Behind the scenes, we have made important moves to make ourselves sustainable and fit for the future, including a long-standing aim to move to a proper office. We are also about to commence the search for a Deputy CEO who can support Lyn and gradually take over as CEO over time. Lyn has been an outstanding and dedicated founder and CEO of Thyroid UK and we want to make sure that when she makes the decision to retire we have a team ready to take over and carry on the brilliant work she has been doing for all those living with thyroid disorders.

We are working hard for all our beneficiaries and remain indebted to you for your support and your vital role in making our initiatives a reality. I would also like to thank Lyn and the team who work tirelessly day in day out to help those affected by thyroid disease.

S. Parker

Sara Parker
Chair
Thyroid UK

Our Objectives

We use our objectives to focus on what people need and the work that we do. We ensure that this is discussed at every board meeting and incorporated in our Strategic Plan.

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 people affected by thyroid disease and related conditions**
- 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) influencing public health policy for the benefit of people affected by thyroid disease**

We constantly campaign for
Better Thyroid Health
for everyone



Our Achievements in 2022-2023

We have worked with a fundraiser this year who has helped us gain funding to cover our core costs, the rent of the new office, an admin assistant and board and strategy meetings.

We have recruited four new trustees with specialist skills to help us govern Thyroid UK, campaign for better treatment and work with policy makers.

We have also worked with a new partner, The Wren Project, a listening service for individuals affected by autoimmune thyroid disease. People with thyroid disease often need to talk about their condition and how it affects them and The Wren Project is where we signpost people for this kind of support.

Also, we have started working with another new partner, Bequeathed, who make free wills for people, giving them the opportunity to donate to Thyroid UK.

We have used donations received from our lovely beneficiaries to work on our #T3Campaign and our new website.

Most of our achievements, however, is the work that we have done to support our beneficiaries:

Providing information and support to people affected by thyroid disease

#T3Campaign

We have campaigned further to ensure that patients can access liothyronine if they need to. We attended meetings with the Lord Hunt of Kings Heath OBE and the Lord Borwick as well as several meetings with other thyroid patient organisations over the past year.

In January, we worked with Lord Hunt on a Parliamentary Question:

"To ask His Majesty's Government, further to the Written Answer by Lord Markham on 15 December 2022 (HL4328), what assessment they have made of whether the NHS Devon Integrated Care Board has sufficiently taken account in its policies to support patients with hypothyroidism; and in particular, whether the Board has ensured that (1) national recommendations to not alter medication if a patient is stable on thyroid treatment are followed, (2) blanket reductions in the T3 dose to 10 µcg for all patients do not take place regardless of (a) individual needs, or (b) the recommendations of NICE, which gives 10µcg as a starting dose, rising up to 60µcg as necessary, and (3) regardless of whether patients can take levothyroxine or not, it is substituted it for (a) armour thyroid medicine, or (b) doses of T3 in excess of 10µcg. (HL4822)"

To which Lord Markham replied:

"No assessment has been made. Decisions about prescribing are made with the healthcare professional concerned, who has clinical responsibility for that particular aspect of a patient's care. Prescribers must ensure that the medicines considered appropriate for their patients can be safely prescribed and take account of the appropriate national guidance on clinical effectiveness and the local commissioning decisions of their respective integrated care boards (ICBs). NHS England formally oversees ICBs and has a legal duty to annually assess the performance of each ICB and publish their findings."

In July, Lyn Mynott had a meeting with Lord Hunt at the House of Lords followed by attending Oral Questions in Parliament:

"Lord Hunt of Kings Heath to ask Her Majesty's Government what steps they will take to prevent Clinical Commissioning Groups denying thyroid patients access to the drug liothyronine (T3) for the treatment of hypothyroidism."

A discussion then took place when concluded by Lord Kamall, Parliamentary Under Secretary of State for Innovation at the Department of Health and Social Care, stating:

"The noble Baroness raises a really important point about some of the blockages to patients getting T3. It is both the first and second-line advice from NHS England but also the NICE advice too. NICE always reminds us that it is independent, and that Ministers should not intervene, but we can call for meetings. NICE also recognises that a price change does change the equation. It has told me that it is open to new evidence with people able to consult and contact it about this."

In October, Lyn Mynott attended a Round table meeting with Lord Hunt, a leading endocrinologist and other thyroid representatives to discuss the way forward for thyroid patients needing liothyronine.

In July, we were informed that NHS England planned to publish a refreshed version as NHS England 'Liothyronine prescribing advice', alongside the 'Items which should not routinely be prescribed in primary care' and so a lot of work went into providing feedback to this including a meeting with NHS England Medicines Policy team.

People are very grateful to us for continuing to support them in this respect.

This work is still ongoing.

Membership

Our membership has remained fairly static at 1,000 members. They receive four magazines per year where they can read articles on various topics to help their thyroid health as well as thyroid news especially about our #T3Campaign. The membership fees we receive really help us to continue our work.

Telephone Helpline

We have been working with our fundraiser on applications for grants so that we can run a telephone helpline, which our beneficiaries agreed would be helpful. We hope to receive some funding next year.

Website

We have spent a lot of time this year on placing content onto the new design and making sure that each page is correct. This takes some time and it was delayed due to work involved in planning our move to new premises. However, we are confident that the new website will launch in the near future.

Information Pack

As people still find the Information Pack very useful we have continued to publish this. A lot of people still prefer to be able to hold something in their hands and make notes rather than reading on a screen.

Support Network

We have continued to run our Support Network as people find that being able to meet others with the same condition really helps their physical and mental health.

Our Online Community – HealthUnlocked.com

We have recruited a new admin for our community and she has helped a lot of people with their queries.

Social Media

Followers on our social media platforms, Facebook, Twitter, Instagram, LinkedIn and our online community, HealthUnlocked, have continued to grow. We post every day to keep our beneficiaries up-to-date. Any queries on the posts are responded to on a daily basis which often leads people to access further information either on our website or from their clinician.

“This group saved me, it's amazing! Without the advice and support I'd probably be housebound with chronic depression, pain and fatigue by now.” Facebook follower.

“You may never know how many lives you have changed for the better, but us out here do! This forum literally saved my life, and I am sure I am not alone. Thank you so much for all the work you do. Brilliant, all of you!” Thyroid UK Online Community member



Other support

We receive many email queries and queries sent to us via our social media platforms every day. These requests for help can be very upsetting sometimes as people are so desperate for help and to feel better. We help them by sending various information relevant to their situation. They are always very grateful that we have been able to help them to take the next step in their thyroid journey:

“Thank you so much for your support, Lyn. I really appreciate your help, the fact that you are there to contact at all, which is psychologically so important in showing that I, like so many others, am not alone.” Kay

Promoting public awareness in regard to thyroid disorders

We have raised awareness of thyroid disease via our website, our online community, our social media pages, our e-news and our webinars. We also shared posts from various organisations including medical organisations, to our followers of their campaigns, that inform our beneficiaries about various aspects of thyroid disease.

The recordings of our webinars have been placed onto our YouTube channel for everyone to access.

This year, we held a webinar on World Thyroid Day where several speakers talked about a range of different topics.

Acting as a resource centre and disseminating information

We have kept people informed of the latest thyroid issues, petitions, research, new guidance etc. on our social media platforms, our member magazine and our E-News which is sent to around 3,500 people who have registered for this.

The number of people asking for our information has increased and this shows us that our information is relevant and helpful to people.

We continue to update our research database with all the latest research into thyroid issues ready to be placed onto our new website so that patients and doctors can access research papers more easily.

Encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease

We have had further meetings with clinicians to discuss a research study on liothyronine, giving the patient view on the questions to be asked within the research protocol and we have helped several researchers this year by informing our beneficiaries how they can participate in thyroid research.

One of these pieces of research was for a Study by Professors at Aberdeen University Labour Market and Wellbeing Implications of Thyroid Disease, which showed that after waiting years to secure their diagnosis, more than 90% of adults still experience symptoms after receiving treatment. This needs to change.

We have also started working with a new partner, Leapcure, who work to achieve impactful medical breakthroughs for everyone. We invited our community members to share their patient stories, to help them make research more patient-centric.

We are now working with our fundraiser to raise funds for the James Lind Alliance Priority Setting Partnership which will enable patients, clinicians and researchers to work together to find the research questions that have not previously been asked about thyroid diagnosis and treatment.

Influencing public health policy for the benefit of people affected by thyroid disease

We have had meetings with NHS England informing them about how thyroid patients are unhappy with the treatment they receive for their thyroid condition and have tried to encourage them to make changes to their guidance.



“Sadly, many thyroid patients do not have good treatment. Hence, patient forums and groups are invaluable. @thyroiduk_org helped me get my life back... probably literally as well as figuratively.”

Impact of our Work

Both hypothyroidism and hyperthyroidism affect 2% of women and 0.2% of men and 10% of the population have subclinical hypothyroidism and they are not treated for this which causes untold distress for many people.

We are contacted by hundreds of people each week via email, telephone, social media, our support network and our online community, who tell us their heart-breaking stories of how they are so ill even though they are on treatment. These people previously held down good jobs, had good family and social lives but are now unable to do their job properly or take part in social activities because they are too tired and suffer from many symptoms. These people need and receive our help.

“Without you and this forum I seriously do not know where I and many other forum members would have ended up.” Online Community member

HealthUnlocked members – 131,589

Facebook Followers – 34,507

Twitter Followers – 8,806

Instagram Followers 3,875

Information Packs - beneficiaries have purchased over 200 this year

How we help

Thyroid UK gives people all the information they need about their condition and how to take control of their own thyroid health, how they can discuss their needs with their clinicians and how to go about gaining access to important tests and treatments.

Our information helps not only people in the UK but people from all over the world because information such as ours is lacking in other countries.

Thyroid UK often receives requests for help from the husbands, wives or children of people with thyroid disease. They are concerned that they are not getting the help they need and so come to us. We are able to answer their queries, send them the information they need and put their minds at rest.

We signpost people to the relevant thyroid guidance and suggest that they take this to their clinician for a full discussion.

“Good to know that your work and the issues of thyroid illness and awareness are now attracting attention and financial support. Maybe the NHS will start to raise their awareness too.”
Online Community member

Free Prescriptions

Newly diagnosed patients are not given the information they need e.g. patients with hypothyroidism are often not informed that they don't have to pay for prescriptions any more as their condition is a lifelong condition. Thyroid UK explains how to obtain free prescriptions.

Taking their medication

They are not told how to take their medication, especially that the medication should not be taken with food and various supplements and they are surprised when we inform them of this.

Have patience

They are not told that improvement in their symptoms is not immediate and can take many months. This can cause low mood in people as they often cannot see the improvement they expect. We let them know that the road to wellbeing not only means taking their medication correctly but that they need patience as it can take some time to feel well again.

Subclinical hypothyroidism

People with subclinical hypothyroidism are often sent away from their doctor's surgery having been told to come back in 3 – 6 months time for another test. They are not informed to make sure that they eat a healthy diet as the thyroid process needs all the vitamins, minerals and amino acids to work properly. We know that many people do not eat all the foods necessary for the thyroid to thrive. We help them understand this.

Different brands

In respect of hypothyroidism, not everyone does well on the standard treatment, levothyroxine. We inform them that a different brand, with different ingredients can make all the difference.

They are not aware that pharmacies have given them a different brand and don't understand what is happening when they start to get different symptoms. We inform them that they should always try to stay on the same brand if they can and if not, to check the ingredients of the brands if they start to get side effects.

Liothyronine

Patients are not informed that there is a possibility that they do not convert levothyroxine into the active hormone, T3, sometimes caused by a particular gene. We inform our beneficiaries about this and that another hormone replacement treatment, liothyronine, can often make the difference between being very unwell and becoming as well as they were before they became ill with hypothyroidism.

Thyroid UK guides people through the process of finding out what their issue is so that they can become well again. People are often shocked that they were not informed about these aspects of their condition but very grateful to us that we have informed them and that our information helped them a lot.

Unfortunately, the latest guidance on liothyronine means that GPs need to refer all patients to a

specialist. However, since Covid, specialists are very behind with appointments and it can take over a year to get a specialist appointment now. We are finding that specialist appointments are being rejected and so the patient is left without any help.

If a patient does manage to see a specialist, it is up to the specialist to agree to prescribe liothyronine. Once agreed, there needs to be an agreement in place between the GP surgery and the specialist, and this is another barrier to getting the treatment that makes them well because not all surgeries are willing to agree to this, due to either the cost, or because they have been informed by their local commissioners that they cannot do this.

We inform people of exactly what they need to do to try to get access to this important thyroid hormone treatment. We have helped people regain their liothyronine when it has been withdrawn from them for no reason and helped some people get a trial of this medication.

“My doctor is positive about it, and he told me all it does is replace the missing hormone. I'm not too worried now, I feel confident that it's fine. Thank you for your emails. It's given me reassurance and clarification.” Chaya

Pharmacists and clinician's queries

Thyroid UK receives queries from pharmacists and clinicians about obtaining specialist thyroid hormones for their patients such as lactose free levothyroxine or mannitol free levothyroxine. We send them our Medications documents which includes lists of all ingredients of all UK thyroid medications.

People are always grateful for our support and let us know every day.



Our Aims for 2023-24

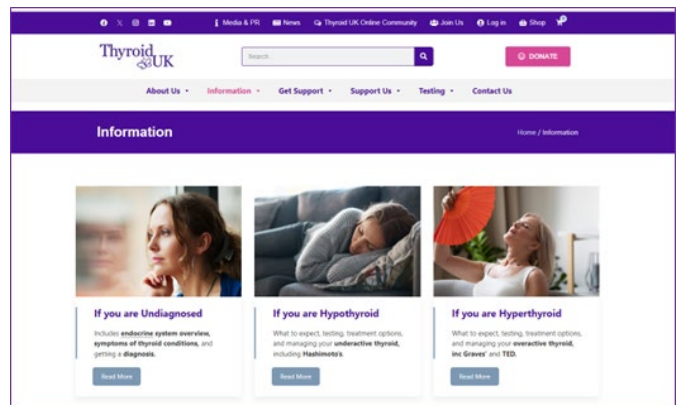
Our plans for this year are to continue to implement our new strategy to ensure that which includes:

Campaign for Policy Change

- Engage with policymakers, healthcare professionals, and patient communities to advocate for improved access to thyroid medications and treatments. The focus on this work in year one will be the continuation of the T3 campaign.

Improve Information and Education

- Create patient video resources
- Launch a new website with dedicated sections for T3 information
- Apply for and secure funding to implement a telephone helpline to provide accurate and accessible information to individuals affected by thyroid disease
- Set a target date for a conference to bring together beneficiaries, healthcare professionals, patients, and experts in thyroid disease management and treatment, and secure venue options



Enhance Research and Collaboration

Foster collaborative relationships with endocrinologists and other researchers to contribute to the evidence base for improved thyroid disease management. In particular this will mean:

- Supporting ongoing research when requested for example through helping to source volunteers to participate in studies, publicising ongoing work and providing comments on research
- Secure funding to enable TUK to begin the James Lind Alliance Priority Setting Partnership

Reach a Wider Audience:

- Continue to support the Wren Project listening service for individuals affected by autoimmune thyroid disease
- Where opportunities for joint work with other organisations become apparent, seek to support these initiatives through sign-posting or grant funding if available

- Seek professional assistance to develop and implement effective communication strategies that improve and expand Thyroid UK's reach and impact
- Prepare and conduct a survey to gather feedback from members and non-members. Analyse the survey findings to better understand needs and expectations and improve membership engagement and retention

People Plan and CEO Succession:

- Assess and update the CEO Succession Plan to accommodate the CEO's transition to part-time work in 2024.
- Review the existing People Plan to ensure that the correct issues on staffing, training, and development needs are identified and addressed within the organisation as it grows and evolves.

Keeping people informed

We will continue to support beneficiaries by updating our Information pack with any new patient information leaflets; continue to run our Support Network and endeavour to recruit more support networkers; aim to recruit more admins for our online community in order that we can keep members updated with thyroid news and information; continue to send out requested information to members of the public in order to help them understand their condition and access the medication that helps them feel well and be able to live a normal work, social and family life; continue to update our research database in readiness for placing onto our new website so that patients and doctors can easily access any thyroid research papers.

Social Media

We will audit our social media work to improve the information we post thereby aiming to increase the number of followers on our social media platforms and encourage clinicians and policy makers in the UK to follow us.

Webinars

We aim to provide more webinars on various subjects that impact our beneficiaries. These will then be placed onto our new website and our YouTube channel.

Influencing public health policy for the benefit of people affected by thyroid disease

We will continue to push for change in the way thyroid disease is diagnosed and treated by working with policy makers such as NHS England, the British Thyroid Association, local Integrated Care Boards and PrescQIPP.

How you can support us

Thyroid UK relies on donations to keep us running. We do not receive any Government funding and rely on donations from our beneficiaries and grants to continue the work we do to help people with thyroid disease which is getting harder and harder to do. Thyroid disease can affect anyone – young, old, male, female, family, friends, work colleagues so it is important that we keep running. There are various ways you can support us and many of them won't cost you a penny:

Become a Member

By becoming a member, you not only receive our quarterly magazine, Harmony, which is full of interesting and relevant articles, you will be supporting us financially too so that we can help to improve the lives of people who have thyroid conditions. You will also have first chance of purchasing tickets for our conferences and webinars.

You can donate to us

Via our website: just go to our website and click the donate button at the top of the page.

Via Donr – you can donate £5 to us by simply texting **THYUK** to **70085**

THYUK TO 70085

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. This will not only support us but it will raise awareness too.

Leave a gift in your will

This is a really special way to support Thyroid UK and our work. Thyroid UK has partnered with Bequeathed to offer their supporters a **free** online Will for Good. Just visit their website - <https://www.bequeathed.org/> - at a time that suits you and follow the simple steps to create your draft Will. You can get started straight away by completing an online interview which takes just 20 minutes.

If you have any queries about how to do this, please do contact us by emailing enquiries@thyroiduk.org or by calling us on **07305 568010**.

Fundraise for us

There are several ways you can fundraise for us while you shop that will only take a few minutes of your time and will not cost you a penny:

Shop and Donate

There are several ways you can shop and support us at the same time such as Easyfundraising and Charitable Bookings, where you can book a hotel or a table at a restaurant and support us at the same time - <https://thyroiduk.org/support-us/make-a-donation/shop-donate/>

Collection boxes

We have two types of collection boxes - one for home and one for display in shops etc. If you have a local shop that you use often, they may be willing to place a collection box on their counter - <https://thyroiduk.org/support-us/make-a-donation/host-a-collection-box/>

Recycling

You can recycle lots of things to support us - your jewellery, including costume jewellery and your postage stamps (especially at Christmas, birthdays and anniversaries). You can also recycle any old money you find and even your car - <https://thyroiduk.org/support-us/make-a-donation/recycle/>

Challenges

If we have helped you get better, you may be well enough to take up a challenge to support us. There are many challenges from walks, runs and taking your dog for a jog! If you are not well enough, you may have a family member, friend or work colleague who might be up for a challenge - <https://thyroiduk.org/support-us/fundraising/take-part-in-an-event/>

Wedding Favours

We have lovely butterfly pin badges that fix onto special personalised cards for the tables of your guests. These would be a lovely gift that they can keep to remember the occasion - <https://thyroiduk.org/support-us/make-a-donation/order-wedding-favour-cards/>

Organise your Own Event

There are a few ideas on organising your own fundraising event for us – some simple, some more challenging like the sponsored silence - <https://thyroiduk.org/support-us/fundraising/organise-your-own-event/>

Thyroid UK Lottery

We have teamed up with **Unity** to give you the chance of scooping a fantastic £25,000 weekly jackpot. It's simple to play and the odds of winning are much better than the National Lottery - <https://thyroiduk.org/support-us/make-a-donation/shop-donate/thyroid-uk-lottery/>

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 so if you work with a business who is willing to help people with thyroid disease, do put them in contact with us.

Where can I find more information on supporting you?

You can find out about all the ways to support us by simply clicking this link:

<https://thyroiduk.org/support-us/>

If you or someone you know would like to support us please do contact us on enquiries@thyroiduk.org or telephone us on **07305 568010**.



Thank You!

Donations

We have been so lucky to have received support from our beneficiaries and others who want to help us. Some people have raised so much money for us such as doing the London Marathon or other challenges. People have raised funds for us by placing collection boxes either in their homes or in local shops.

All of these donations help to keep us running which includes paying for being members of some organisations such as the Fundraising Regulator, the National Council for Voluntary Organisations who help us with a lot of governance work and training, such as GDPR training and Safeguarding training. The donations also pay for us to hold meetings with clinicians and other thyroid groups as well as beneficiaries.

Purchasing small items like Christmas cards and our pin badges brings in funding for us and at the same time, gives pleasure to the people receiving them.

People also donate via shopping, which is very easy to do at no cost to them. **Thank you** to everyone who donates to us. We are very thankful.

Corporate Partners

We would like to thank our partners who support us and/or our beneficiaries:

Testing Companies:

Medichecks Ltd, Monitor My Health, Genova Diagnostics, Blue Horizon Medicals, Regenerus Laboratories Ltd, Thriva Ltd., Phoenix Pathology, Cambridge Nutritional Sciences, Smartblood. And the London Private Ultrasound Clinic.

Vitamin Companies:

Revital, Cytoplan, Your Nutrition Shop and G & G Vitamins.

Online companies:

Amazon Smile, Easyfundraising, easysearch.org.uk, the Greetings Card Company, NLP Management Charitable Bookings, Ebay, Shop and Donate, Recycling for Good Causes, Medipal, Unity Lottery and Bequeathed.

Without these donations, Thyroid UK could not continue to help people in their quest for better thyroid health.

Volunteers

We would like to give our heartfelt thanks to all of our volunteers for the hard work that they do for us and our beneficiaries. Without you, Thyroid UK would not be the organisation it is today and there would be so many people out there with no way of finding support. Our support networkers and our HealthUnlocked Admins are a lifeline for so many people. We are truly grateful that you continue to work with us.

Our Book Review Panel do a wonderful job of writing reviews for our member magazine, Harmony, which helps our members to decide on whether to purchase a particular book to see if it would help them.

Our Research Papers Co-ordinator, Jane, continues to enter data from new research papers into our research database, which is a very repetitive task but she is so good at it.

Our volunteers work tirelessly for us even on weekends when the office is closed and we don't say "thank you" enough so here is a big **THANK YOU!**

Staff

We would like to thank the Thyroid UK staff for their excellent work in often very trying situations. Moving into our new office is so close now and we can't wait to work in a warm, cosy, spacious office.

Trustees

A huge thank you goes to our trustees for all the hard work they do in governing Thyroid UK and moving us forward.

Thyroid Groups

Thyroid UK has continued to work a lot over the past year with the other UK thyroid organisations – The British Thyroid Foundation, The Thyroid Trust, Thyroid Patient Advocacy, Improve Thyroid Treatment (ITT) and Thyroid Support Group Norfolk.

We have worked many hours with them writing feedback on liothyronine policy and guidance and joining meetings to discuss the next steps.

We enjoy working with the people involved in these organisations and will continue to work to try to make things better for thyroid patients.

Lord Hunt and Lord Borwick

Special thanks goes again to Lord Philip Hunt of Kings Heath and Lord Borwick who have continued to spend their precious time working with us to try to help us change liothyronine guidance.



Legal and Administrative

Thyroid UK is a Registered Charity and Company Limited by Guarantee

Registered Charity Number:

1125270

Registered Company Number:

6254073

Registered Office:

Unit 8, Lufkins Farm
Great Bentley Road
Frating
Colchester
Essex
CO7 7HN

Directors of the Company:

Mrs Lyn Mynott
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson
Dr Carlo Castellana
Ania Swirski (appointed 18.2.23)
Light Onyekachi (appointed 18.2.23)
Jodahan Haye (appointed 11.4.23)
Gaurika Kapoor (appointed 19.4.23)

Board of Trustees:

Mrs Lyn Mynott
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson
Dr Carlo Castellana
Ania Swirski (appointed 18.2.23)
Light Onyekachi (appointed 18.2.23)
Jodahan Haye (appointed 11.4.23)
Gaurika Kapoor (appointed 19.4.23)

Chair:

Mrs Sara Parker (from February 2022)

Treasurer: Mrs Joanne Coulson

Patrons:

Dr Chris Steele MBE
Piers Hernu
Michael Rosen
Lisa Francesca (Chessy) Nand

Chief Executive: Mrs Lyn Mynott

PA to Lyn Mynott: Miss Louise Hickey

Financial Administrator/Bookkeeper:

Mrs Heidi Griggs

Medical Advisers:

Dr Sarah Myhill
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)
15 Station Road
Alresford
Colchester
Essex
CO7 8BT

Solicitors:

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

The Annual Report 2023 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. They also meet once a year for a strategic planning meeting.

The Board consists of up to a maximum of ten members. An AGM is held annually. Trustees are elected at the AGM by the directors for a term of two years and are then eligible for re-election. A non-executive Chair, Deputy Chair and Treasurer are elected annually.

The Board exercises fiscal oversight, the appointment of the CEO and takes the lead on strategic risk management.

New trustees are recruited via professional trustee recruitment processes. We aim to recruit new trustees with diverse experience and perspectives to better help the charity achieve its aims. New trustees are given an Induction Pack, asked to sign a Code of Conduct form and complete a Declaration of Interest form.

The trustees confirm that they comply with the current statutory requirements of the charity's governing document and with GDPR. Our privacy policy is available on our website and we are registered with the Commissioner's Office. We are also registered with the Fundraising Regulator.

Most of the Thyroid UK trustees have some lived experience of having to deal with thyroid disease either directly or through family members which helps them understand how patients feel and which guides the strategic direction Thyroid UK should take.

Staff

The Board of Trustees delegates the day to day running of the charity to the Chief Executive Officer (CEO), Lyn Mynott. Lyn Mynott is the founder of Thyroid UK and is the driving force of the charity. She is passionate about changing the lives of people with thyroid disease who remain unwell and is determined to campaign for better thyroid health. The CEO works full time with some of her hours being voluntary.

The CEO is supported by her Personal Assistant (PA), Louise Hickey, a part time financial administrator/bookkeeper, Heidi Griggs and a part time administrative assistant, Carol Brown.

Our accountant examines 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.

Our approach to paying our staff is to pay them as fairly as we can given the limitations of our budget and to ensure we are fully compliant with all legislative requirements such as the National Minimum Wage.

The trustees do plan to set the salaries of all staff to be comparable with other charities of our size as soon as possible.

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 either in person or remotely, run a telephone helpline or can be contacted by email. Our Support Network list includes Thyroid UK support groups and independent thyroid support groups.

We have three medical advisers, one of whom is an endocrinologist, one of whom is a medical researcher and the other is a private naturopathic physician.

Our book review panel review relevant books for our magazine and we also have a volunteer who keeps our research database up to date.

Our Online Community is hosted on HealthUnlocked and monitored by our amazing admin team who work very hard monitoring the site and ensuring that members do not stray from our very strict guidance. They are also very adept at answering questions and dealing with any problems.

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 Covid-19 related and cost of living related uncertainties in respect of voluntary donations and other 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 Management

Thyroid UK is committed to effective risk management. We have processes that ensure significant risks associated with the delivery and provision of our work and services are recognised, assessed, planned for and appropriately managed.

The Board of Trustees has ultimate responsibility for risk management of the charity. The Board delegates day-to-day responsibility for management of risks to the Chief Executive Officer (CEO). The CEO is responsible for the implementation of the risk management framework, monitoring of risks and controls, and reporting back to the Board on the effectiveness of controls. The CEO is also responsible for ensuring that significant crystallised risks and "near misses" including data breaches are escalated to the Board.

As part of the risk framework, the CEO is responsible for the maintenance of the Risk Policy and Risk Register. Material changes to the Risk Policy are approved by the Board. The Risk Register is reviewed at every board meeting.

Thyroid UK adheres to the Charity Commission's "Governance Code for Smaller Charities" and we regularly review our work to ensure we meet the code.

During 2022-23 the trustees were satisfied that risk management was undertaken in a satisfactory manner and responded to challenges which includes monitoring our income and expenditure on a monthly basis to ensure that we had sufficient funds in our reserves in case of closure due to the cost of living crisis.

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 (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland.

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 Statement of Recommended Practice: Accounting and Reporting by Charities (2015)
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Generally Accepted 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.

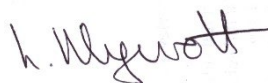
The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

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 16th February 2024

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



Lyn Mynott
Director and Trustee



Joanne Coulson
Director and Trustee

Approved on behalf of the Board of Trustees on
14th February 2024

Report of Independent Examiner Year ended 31st May 2023

I report on the accounts for the year ended 31st May 2023.

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.

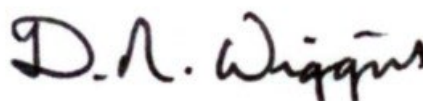
Independent Examiner's Statement

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 2023 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)
15 Station Road,
Alresford,
Colchester,
Essex
CO7 8BT

Dated: 16th February 2024

Financial Review

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

Overview

We had an income in 2022/23 of £96,900.54 and an expenditure of £98,796.77, resulting in a deficit of £1,896.23. The deficit is primarily due to a decline in sponsorship and donations and an increase in support costs. However, our income was significantly bolstered by grants – the result of employing fundraising consultants during the year.

Income

Our overall income has increased by £2,456.36 this year.

We have seen a rise in our membership this year, which is reflected in an increase in membership income.

Test commissions have risen this year. We have seen a slight decrease in Other Commissions.

General donations have seen a decrease this year, possibly because of the cost of living crisis.

We have seen a decrease in our sponsorship income this year.

Our Gift Aid income has decreased this year as has our merchandise sales and information pack sales.

We received a grant of £10,000 from The National Lottery which was restricted funds. £5,000 was towards admin which enabled us to employ an extra administrator. £4,000 towards core costs which we have used to move into a suitable office space. £1,000 towards strategy and development which has gone towards our trustee meetings costs.

We received £2,000 from The Hospital Saturday Fund towards providing information and support to improve diagnosis and treatment for people with thyroid-related diseases and to empower them to take control of their own thyroid health.

We also received another grant of £750 towards Thyroid UK's work to help people suffering from thyroid disease and related conditions.

Expenditure

Our overall expenditure has increased by £3,081.25 this year and staff wages have increased again this year due to staff changes, but are still below the national average for comparable roles and we have an additional member of staff.

We have seen an increase in our Support Costs this year due to moving into the new office.

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 daily. A financial summary is provided at Board Meetings. The Barclays Bank Accounts are Community Accounts that offer free banking and support for small charities.

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. All of our Fixed Assets are currently written off.

Subscriptions and Donations

These are credited to the Statement of Financial Activities as received.

Publication Sales

Sales of books and publications are credited to the Statement of Financial Activities in respect of sales for the year.

Reserves Policy

In accordance with our reserves policy, Thyroid UK aims to have reserves of three 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.

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 in multiple ways aimed at improving the services that the charity provides to our beneficiaries.

The trustees 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

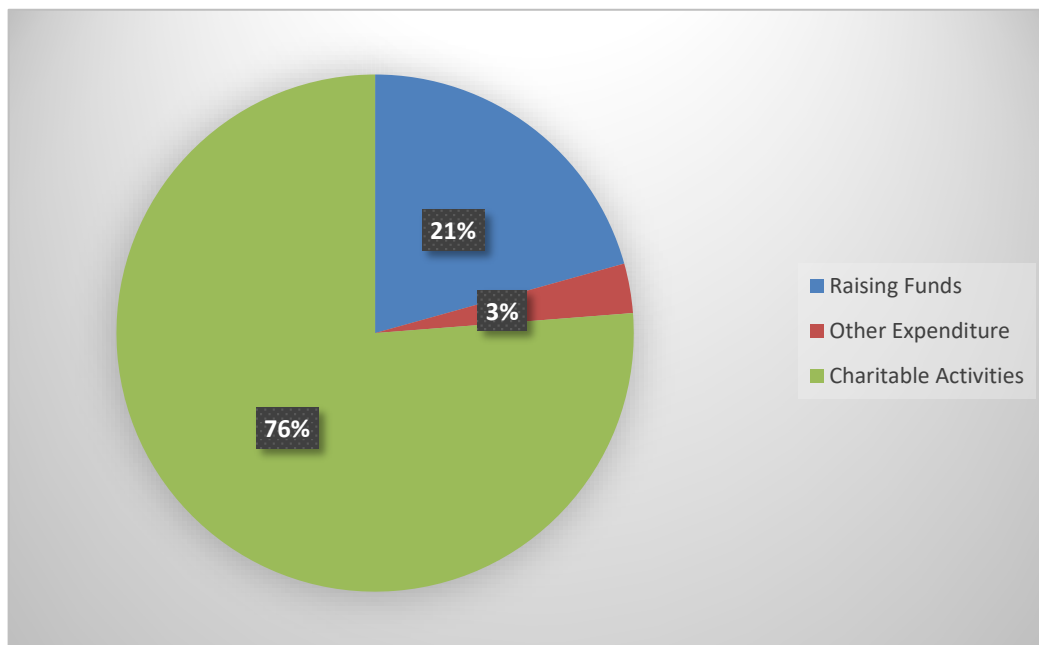
Thyroid UK is a registered charity and company limited by guarantee and does not have a share capital. The trustees have no financial interest in the charity's results or assets and received no remuneration for acting in that capacity.

There were no trustee expenses paid in this financial year.

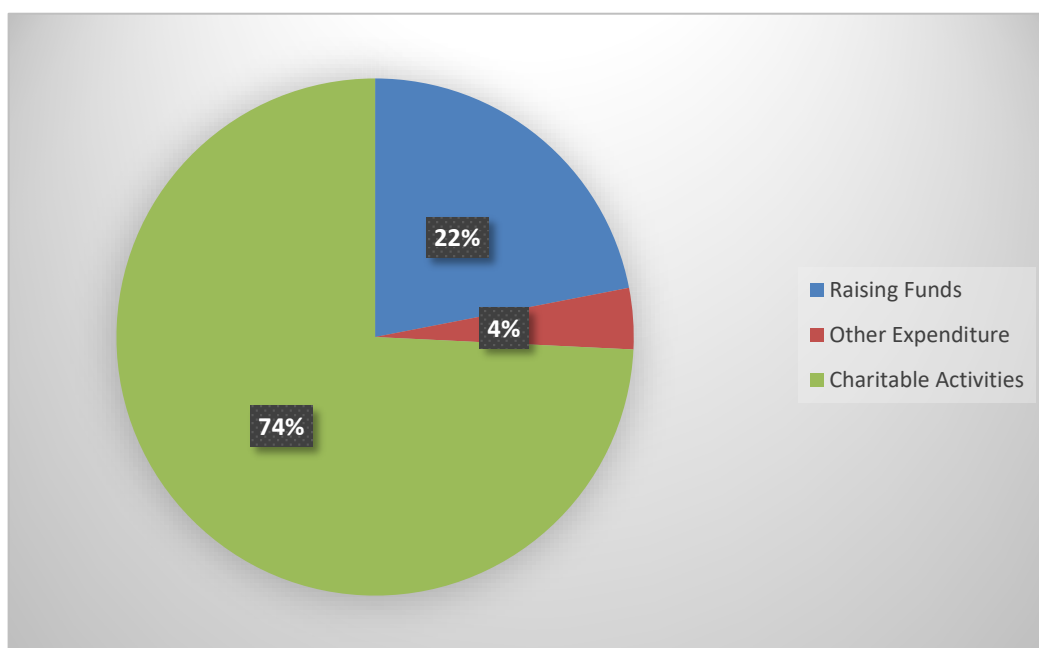
The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £450. The indemnity is limited to £100,000.

Statement of Financial Activity (SoFA)

2022

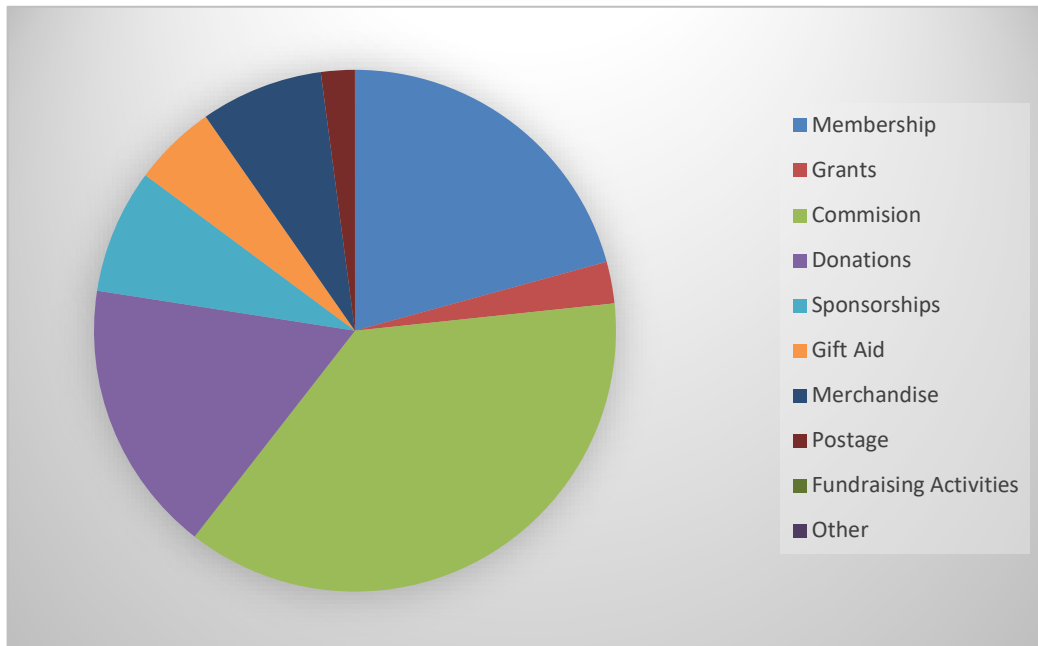


2023

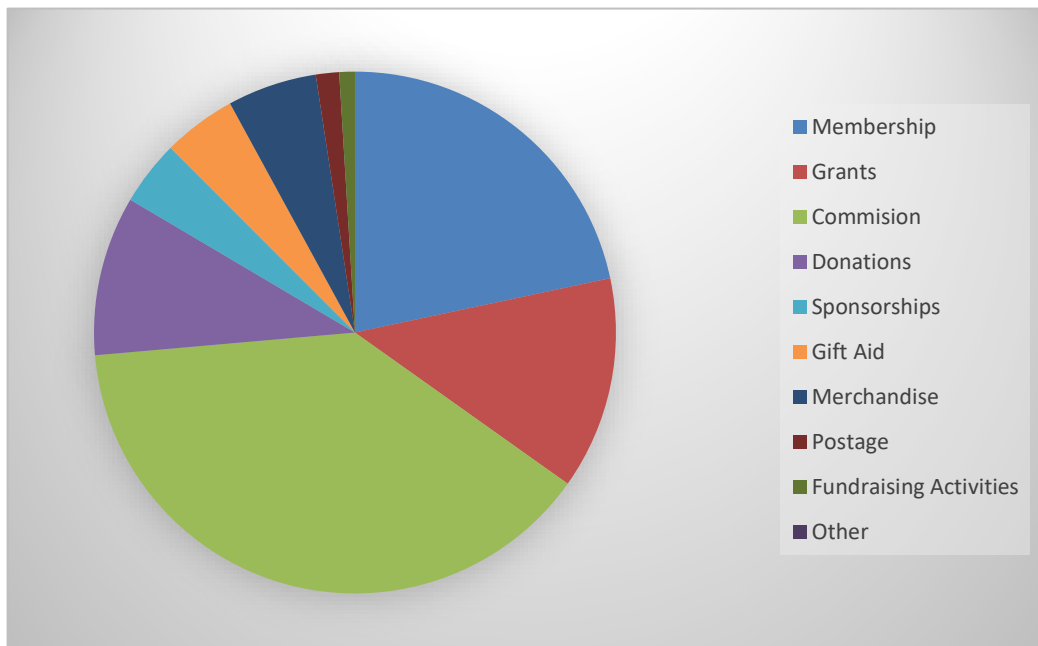


Where the Money Came From

2022

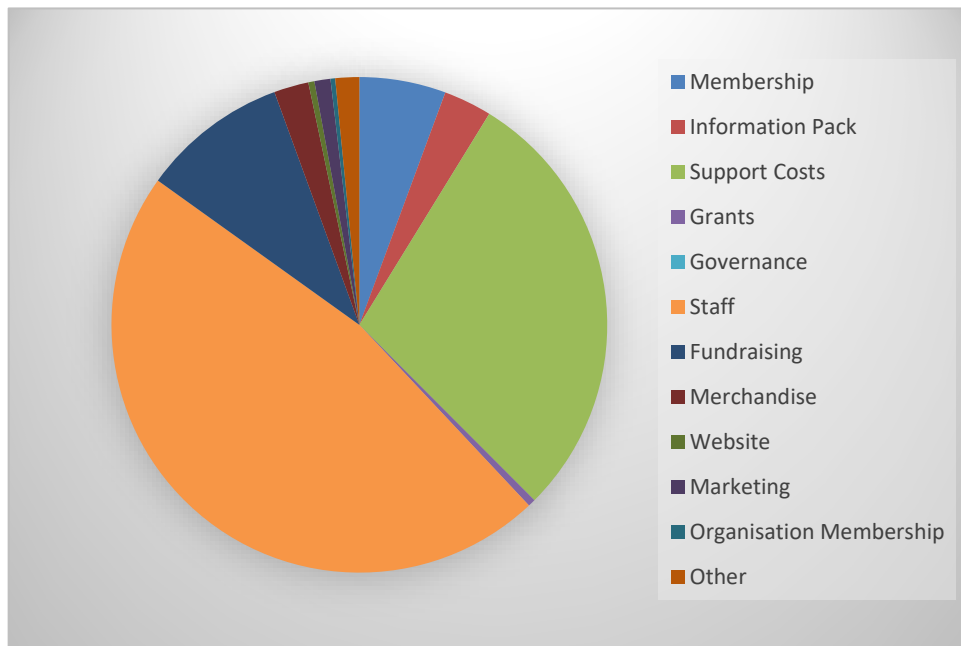


2023

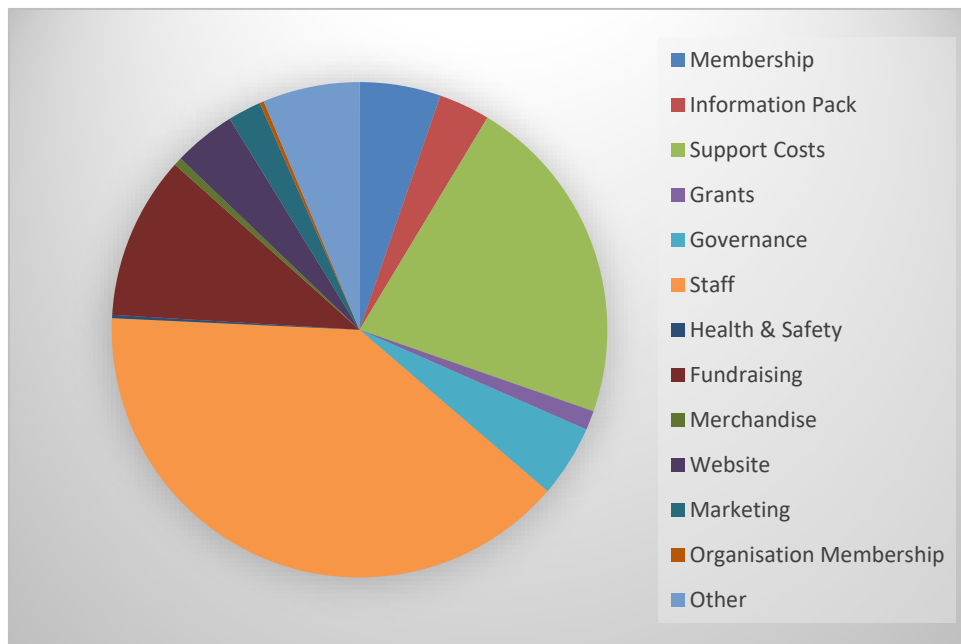


Where the Money was Spent

2022



2023



Statement of Financial Activities

Year Ended 31st May 2023

	Unrestricted funds	Restricted Funds	Endowment Funds	Total Funds To Date	Prior Year Total Funds
<i>Income and endowments from:</i>					
Donations and Legacies	£ 41,566.37	£ -	£ -	£ 41,566.37	£ 30,568.13
Income from charitable activities	£ 3,718.96	£ 10,000.00	£ -	£ 13,718.96	£ 26,274.53
Other trading activities	£ 41,500.55	£ -	£ -	£ 41,500.55	£ 37,604.57
Other income	£ 114.66	£ -	£ -	£ 114.66	-£ 3.05
Total Income	£ 86,900.54	£ 10,000.00	£ -	£ 96,900.54	£ 94,444.18
<i>Expenditure on:</i>					
Raising funds	£ 21,686.08	£ -	£ -	£ 21,686.08	£ 19,846.43
Expenditure on charitable activities	£ 72,141.36	£ 1,197.92	£ -	£ 73,339.28	£ 73,202.70
Other expenditure	£ 3,771.41	£ -	£ -	£ 3,771.41	£ 2,975.08
Total Expenditure	£ 97,598.85	£ 1,197.92	£ -	£ 98,796.77	£ 95,715.52
Gains/losses on investment assets	£ -	£ -	£ -	£ -	£ -
Net Income/ (Expenditure) resources before transfer	-£ 10,698.31	£ 8,802.08	£ -	-£ 1,896.23	-£ 1,271.34
<i>Transfers</i>					
Gross transfers between funds - in	£ -	£ -	£ -	£ -	£ -
Gross transfers between funds - out	£ -	£ -	£ -	£ -	£ -
<i>Other recognised gains/losses</i>					
Gains on revaluation, fixed assets, charity's own use	£ -	£ -	£ -	£ -	£ -
Net movement in funds	-£ 10,698.31	£ 8,802.08	£ -	-£ 1,896.23	-£ 1,271.34
<i>Reconciliation of funds</i>					
Total funds brought forward	£ 59,331.02	£ -	£ -	£ 59,331.02	£ 56,263.81
Total funds carried forward	£ 48,632.71	£ 8,802.08	£ -	£ 57,434.79	£ 59,331.02

Note: at the start of 2022-2023 we undertook a review of our cost codes to SOFA categories and a decision was made to relocate some of the cost codes to more suitable categories to present a clearer picture. Notably, Membership is now recorded under Donations and Legacies.

Thyroid UK Company No 6254073

Balance Sheet as at 31st May 2023

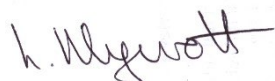
Account	As at 31 May 2023	As at 31 May 2022
Current Assets		
Cash at bank and in hand		
Barclays 137	25,286.60	27,644.84
Holding Account	29,675.26	29,610.60
PayPal	143.96	1,701.18
Petty Cash	113.77	74.40
Total Cash at bank and in hand	55,219.59	59,031.02
Accounts Receivable (Debtors)	2,494.80	300.00
Total Current Assets	57,714.39	59,331.02
Liabilities		
Accounts Payable (Creditors)	563.20	0.00
Total Liabilities	563.20	0.00
Net Current Assets minus Liabilities	57,151.19	59,331.02
Capital and Reserves		
Current Year Earnings	-1,896.23	3,067.21
Starting Balance	59,331.02	56,263.81
Total Capital and Reserves	57,434.79	59,331.02
Represented by Funds		
Unrestricted	49,057.56	59,331.02
Designated	0.00	0.00
Restricted	10,000.00	0.00
Total	59,057.56	59,331.02

For the year ending 31/05/2023 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, Trustee/Director



Joanne Coulson, Treasurer/Director

Date: 14th February 2024

Date: 14th February 2024

Income & Expenditure Report

Year Ended 31st May 2023

Account Name	Unrestricted £	Restricted £	Total	
			This Year £	Last Year £
Income				
Donations and Legacies				
Donations	9,570.34	0.00	9,570.34	15,983.62
Gift Aid	4,400.82	0.00	4,400.82	4,856.15
Grants (Core Funding & General)	2,750.00	0.00	2,750.00	2,441.16
Membership	20,964.00	0.00	20,964.00	19,593.00
Sponsorship	3,881.21	0.00	3,881.21	7,287.20
Total Donations and Legacies	41,566.37	0.00	41,566.37	50,161.13
Charitable Activities				
Information Pack Sales	3,669.96	0.00	3,669.96	4,666.73
Back Issue Sales	49.00	0.00	49.00	38.50
Grants (Specific Provision)	0.00	10,000.00	10,000.00	0.00
Total Charitable Activities	3,718.96	10,000.00	13,718.96	4,705.23
Other Trading Activities				
Sales Postage	1,392.48	0.00	1,392.48	1,976.30
Merchandise Sales	1,641.69	0.00	1,641.69	2,469.08
Fundraising Activities	936.10	0.00	936.10	0.00
Test Commissions	35,026.30	0.00	35,026.30	32,525.17
Other Commissions	2,503.98	0.00	2,503.98	2,610.32
Total Other Trading Activities	41,500.55	0.00	41,500.55	39,580.87
Other Income				
Miscellaneous	50.00	0.00	50.00	10.99
Refunds	0.00	0.00	0.00	-17.00
Bank Interest	64.66	0.00	64.66	2.96
Total Other Income	114.66	0.00	114.66	-3.05
Total Income	86,900.54	10,000.00	96,900.54	94,444.18
Expenditure				
Raising Funds				
Grant (Core Funding & General)	115.73	0.00	115.73	462.99
Raising Funds	477.05	0.00	477.05	8,737.11
Events Sundries	20.72	0.00	20.72	392.04
Fundraising Consultants	10,626.00	0.00	10,626.00	0.00
Staff Wages Raising Funds	3,116.47	0.00	3,116.47	2,898.90
CEO Wages Raising Funds	967.80	0.00	967.80	1,266.00
Support Costs Raising Funds	3,935.85	0.00	3,935.85	4,778.01
Advertising & Marketing	2,276.36	0.00	2,276.36	1,000.89

eBay Fees	3.75	0.00	3.75	1.80
JustGiving Fees	146.35	0.00	146.35	0.00
Total Raising Funds	21,686.08	0.00	21,686.08	19,537.74
Charitable Activities				
Square Up Fees	1.24	0.00	1.24	0.00
Information Pack Costs	3,488.37	0.00	3,488.37	3,008.44
Merchandise Costs	557.55	0.00	557.55	2,166.41
Magazine and Membership Costs	5,523.08	0.00	5,523.08	5,398.64
Staff Wages Charitable Activities	19,996.81	0.00	19,996.81	23,847.92
CEO Wages Charitable Activities	15,350.58	0.00	15,350.58	16,457.77
Support Costs Charitable Activities	17,477.57	0.00	17,477.57	21,223.80
CEO Wages Governance	1,098.99	0.00	1,098.99	0.00
Staff Wages - Governance	3,706.51	0.00	3,706.51	0.00
PayPal Fees	405.38	0.00	405.38	472.39
GoCardless Fees	226.30	0.00	226.30	247.83
Website Costs	224.90	0.00	224.90	379.50
Grant (Specific Provision)	0.00	1,197.92	1,197.92	0.00
Website Development	4,000.00	0.00	4,000.00	0.00
Governance Support Costs	84.08	0.00	84.08	0.00
Total Charitable Activities	72,141.36	1,197.92	73,339.28	73,202.70
Other Expenses				
Overpayment - Write Off	8.63	0.00	8.63	1.00
Employers NI Contributions	259.46	0.00	259.46	0.00
Employer Pension Expense	1,066.50	0.00	1,066.50	0.00
Organisation Membership	288.00	0.00	288.00	292.50
Office Sundries	69.82	0.00	69.82	226.89
Staff Wages Other Costs	244.32	0.00	244.32	232.17
CEO Wages Other Costs	175.91	0.00	175.91	180.88
Support Costs Other Costs	1,237.00	0.00	1,237.00	1,501.65
Miscellaneous Expenses	140.45	0.00	140.45	77.99
Miscellaneous Fees	45.72	0.00	45.72	0.00
Health and Safety	222.60	0.00	222.60	0.00
Legal Fees	0.00	0.00	0.00	462.00
Companies House	13.00	0.00	13.00	0.00
Total Other Expenses	3,771.41	0.00	3,771.41	2,975.08
Total Expenditure	97,598.85	1,197.92	98,796.77	95,715.52
Surplus / (Deficit)				
Income	86,900.54	10,000.00	96,900.54	94,444.18
Expenditure	97,598.85	1,197.92	98,796.77	95,715.52
Total Surplus / (Deficit)	-10,698.31	8,802.08	-1,896.23	-1,271.34

Notes to the Accounts

Note 1 – Staff Wages Costs Admin #1 Split Based on Time Allocation

		2% Governance	10% Charitable Activities	10% Raising Funds	0% Other Costs
Wages	£12,239.81*	£183.10	£1,223.98	£1,223.98	£0
Total	£12,239.81*	£183.10	£1,223.98	£1,223.98	£0

*Includes £9,608.75 shown under Bookkeeping in Support Costs

Note 2 – CEO Wages Costs Split Based on Time Allocation

		8% Governance	86% Charitable Activities	5% Raising Funds	1% Other Costs
Wages	£17,593.31	£1,099.00	£15,350.58	£967.80	£175.93
Total	£17,593.31	£1,099.00	£15,350.58	£967.80	£175.93

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

		19% Governance	72% Charitable Activities	8% Raising Funds	1% Other Costs
Wages	£24,433.04	£3,523.40	£18,772.83	£1,892.48	£244.33
Total	£24,433.04	£3,523.40	£18,772.83	£1,892.48	£244.33

Note 4 - Fixed Assets

Tangible Assets	Buildings	Equipment	Total
Cost	£	£	£
At 1 June 2009	4,570	545	5,115
Additions	0	0	0
At 31 May 2020	4,570	545	5,115
Depreciation			
At 1 June 2019	4,570	545	5,115
Charge for the Year	0	0	0
At 31 May 2020	4,570	545	5,115
Net Book Amount			
At 31 May 2020	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	3,840.48	2,957.17	672.08	211.23
Telephone and Internet	569.00	438.13	99.58	31.30
Office Equipment	890.18	685.44	155.78	48.96
Insurance	836.14	643.83	146.32	45.99
Repairs and Renewals	269.98	207.88	47.25	14.85
Computer Equipment	3,539.22	2,725.20	619.36	194.66
Postage and Carriage	2,184.32	1,681.93	382.26	120.14
Bookkeeping	9,885.94	7,612.18	1,730.04	543.73
Training	408.87	314.83	71.55	22.49
Other Meeting Reimbursable	0	0	0	0
Other Meetings	66.42	51.14	11.62	3.65
Volunteers Expenses	0	0	0	0
Sub Total	22,490.55	17,317.70	3,935.84	1,237
Governance				
Board Meetings	0			
Staff Wages	3,706.51			
CEO Wages	1,098.99			
Sub Total	4,805.50			
	Total	Information Pack	Magazine & Memberships	Support Costs
Stationery		75%	20%	5%
	3,196.51	2,397.38	639.30	159.80
Sub Total	3,196.51	2,397.38	639.30	159.80

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
Reserves (as per Reserves Policy)	£29,610	£65	£0	£29,675
Total	£29,610	£65	£0	£29,675



Thyroid UK

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