Thyroid UK

Annual Report and Accounts 2021

Registered with FUNDRAISING REGULATOR

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Mission, Vision and Values

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 (our 'If you are undiagnosed' page is here: https://tinyurl.com/tukundiagnosed) thyroid disorders is the primary concern of Thyroid UK, and we work effectively in this field through dialogue with NHS departments (our 'NHS System' page is here: https://tinyurl.com/nhssystem) 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

Lyn Mynott
Chief Executive

> **It was very helpful Lyn, thank you very much for your time, I feel very isolated and alone with everything that is going on with me but your support is very much appreciated indeed. Steve**

This year has been exceptionally busy for me. I handed over the role of Chair so that I could focus more on my other responsibilities that came from our Strategic Plan.

These projects will improve the stability and security of Thyroid UK which will ensure that we can continue our very important work. My work has included working with a fundraiser to ensure we have the funds to achieve all of our goals.

The key challenge this year has been juggling these longer term projects with the day to day activity of supporting our beneficiaries. All, of course, during a period when all our lives and the work of the charity have been impacted by Covid-19.

Mostly, people needed help with questions such as, "How does COVID-19 affect people with thyroid disease?"; "How will the COVID-19 vaccine affect me?"; "How can I access liothyronine?" and "I'm suddenly not well on levothyroxine. Do you know why this is?".

The COVID-19 queries were used to add to our Position Statement on COVID-19 which is housed on our website and easily accessible for people. Our online community admin very quickly created polls for people to participate in after each of their COVID-19 vaccinations. This meant that people could access real life experiences from those who had thyroid disease.

Although we couldn't do much campaigning in respect of the #T3Campaign, due to COVID-19, we still received lots of queries from people who are desperate to access this either as a trial or to be re-prescribed. I responded to emails with the relevant information and guidance they needed to discuss with their clinicians.

This year, we will be adding information to our website about the steps they need to take with easy to use templates which will help them and their clinicians understand the correct information about prescribing liothyronine.

The number of people this is affecting is astounding. Looking at our Facebook and Twitter pages causes me great concern as people are very upset, frustrated and feeling hopeless that they will never be well again. The wheels of Parliament run slowly and even slower due to the pandemic and it is frustrating that things take so long to do. People are losing faith in their NHS clinicians and we want to help doctors and patients to work together to ensure that patients get the best treatment for them.

The price of liothyronine is coming down now that there is more than one manufacturer and I am confident that over the next year, as we come out of the pandemic, we can work to make sure that people who need liothyronine will be able to access it much more freely.

We would like to thank you for all your support over yet again a very challenging year and we look forward to continuing our campaigning for better treatment on your behalf in 2022.

Statement from the Chair of Trustees

In January 2020, as part of the strategy for the future of the charity, the Board split the roles of CEO and Chair of Thyroid UK to allow Lyn, as CEO, to focus on her executive responsibilities. I was elected as Chair, a responsibility I hold very deeply.

During this year I and the Board have looked to support Lyn and the team in their work, and to progress the future development of Thyroid UK.

The Covid pandemic has been a challenging year for everyone but Thyroid UK has performed extremely well in the circumstances. Like many organisations our staff have largely worked from home, but continued to provide support for those affected by thyroid issues. We would particularly like to thank those donors and creative fundraisers who have helped us continue our work during this difficult period. Thanks to your help the charity, with its range of funding, remains financially very sound and didn't need to take any public funds or furlough staff.

Lydia Bailey
Chair of Trustees

As well as assessing the impact of the pandemic on the charity and its work, the Board's focus has been on the implementation of a strategy to ensure that Thyroid UK will be able to continue and improve its support to those affected by thyroid issues for the next ten years and beyond. This strategy consists of expanding fundraising to grow our staff and move into more suitable premises, with increased direct support for beneficiaries including through a telephone helpline. This is complemented by a people strategy and succession plan to ensure we can continue as long as we are needed. We are part way through this strategy.

For the future, our goal is to ensure we are even better placed to provide information and support, promote public awareness, encourage research and influence public health policies for those affected by thyroid issues. With your help we will achieve this.

Our objectives

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

- providing information and support to people affected by thyroid disease and related conditions
- promoting public awareness in regard to thyroid disorders
- acting as a resource centre and disseminating information
- encouraging scientific research for the education, alleviation, care, treatment and cure of thyroid disease
- influencing public health policy for the benefit of people affected by thyroid disease.

Our achievements in 2020-2021

Clearly 2020/21 was a period of considerable upheaval and uncertainty for us all. At Thyroid UK it required an immediate reassessment of our planned priorities and a rapid change to our working practices to move the entire charity to home-working virtually overnight.

Throughout the year our focus was to:

1) Ensure Thyroid UK emerged from the pandemic as a sustainable organisation to continue to deliver for our beneficiaries into the future; and

2) Deliver on our core mission of providing vital information and support to those affected by thyroid disease as far as possible in the new environment. As the pandemic progressed we were also alert to any emerging evidence of specific Covid-19 impact on thyroid patients so we could be ready with advice and support.

We are pleased to report that, thanks to the continued support of our wonderful members and donors, and a very close watch on our operations and finances through a series of COVID-19 Board meetings, we ended the year in sound financial shape.

We were also able to make progress on some of our key objectives to increase our capacity and stability to support our beneficiaries even more in the future such as planning for a new office, making office processes more efficient, investing in more staff and creating a stronger Trustee Board with a formal independent Chair and Deputy Chair.

While we were very pleased with this operational performance, it only matters if we can make a difference to our beneficiaries so even in the unusual circumstances of 2020/21 we continued important work on a number of key priorities.

Providing information and support to sufferers of thyroid disease

#T3Campaign

We have continued to campaign in respect of access to liothyronine (T3) for those who need it.

We have continued to work with Lord Hunt who has supported us by sending Parliamentary Written Questions to the Department of Health and Social Care, despite the reduced Parliamentary operations. The Questions and Answers to these questions can be found here - https://tinyurl.com/lioquestions.

We regularly help beneficiaries by explaining the position in respect of accessing T3 by telephone, email or Zoom. We send people the NICE Guidance and the Regional Medicines Optimisation Committee (RMOC) guidance with the relevant sections highlighted so that

people can visit their GP and discuss the possibility of a trial of T3 armed with the full knowledge of the latest guidance.

COVID-19 and its impact on Thyroid disease

COVID-19 is still with us and as time has gone on, more research has become available in respect of how COVID-19 affects the thyroid system.

We have updated our Position Statement on COVID-19 with any research that involves the thyroid so that our beneficiaries are up to date.

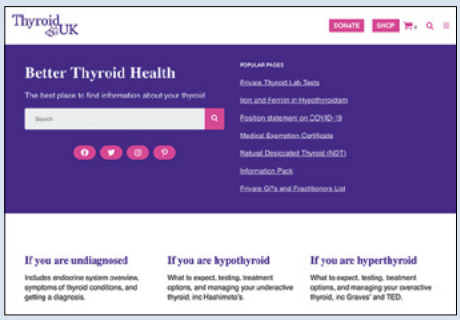
We have been able to answer questions when people have contacted us. They were then able to take this information to their GP and have an informed discussion on what should happen next.

> **Thanks for providing such helpful information on that page. Invaluable! Anna**

Website

We have overhauled and updated our website so it is up to date with the latest articles and we signpost to these from our social media pages.

We continue to develop the website and plan for improved speed, SEO and navigation to enable people to find the information they need in a much more efficient way.



Patient Information

Despite the efficiency and reach of our digital channels, many people really like to have information in paper format. In order to reach as many people as possible we have continued to keep our hardcopy Information Pack updated and sent out 172 this year. This number is gradually going down over time as more and more people access our website instead but it remains an important resource for some of our beneficiaries.

> **I purchased your information pack over the weekend and I received it yesterday. I was diagnosed with hypothyroidism after a goitre appeared on my neck. I saw my GP and then endo but really I was not given any information apart from being put on Levo. I had a second endo appt which was awful and I had no idea where to go from here.**

We have had a meeting with a documentary writer who is interested in making a film about the thyroid journey for our beneficiaries. We hope to further these discussions next year.

Support Network

We have continued to run our Support Network by telephone, email and Zoom meetings.

We have taken on a new Support Networker and have received some applications for future Support Networkers.

We were delighted to continue this vital service throughout the pandemic.

Social Media

Our Facebook, Twitter, Instagram and Online Community (HealthUnlocked) members have continued to grow. We post about thyroid facts, research, thyroid news and fundraising. Our posts encourage people to discuss their health and obtain help from peers.

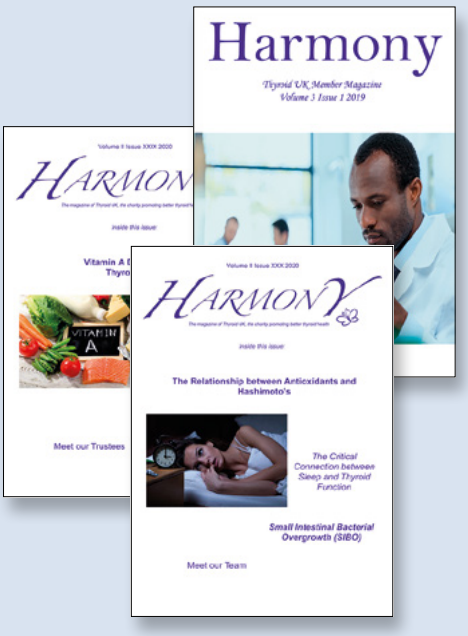
A great example of this was when sports personality Chris Kamara found out he had hypothyroidism which caused extreme tiredness and mental health issues. He tweeted about his condition and mentioned Thyroid UK having been very supportive. This raised a huge amount of awareness, especially in men, which is an important and often overlooked community.

Our Social Media numbers

- HealthUnlocked Members: 118,162 (up by over 10,000)
- Facebook Followers: 28,405 (up by over 3,000)
- Twitter Followers: 5,826 (up by 698; June 2020-May 2021)
- Our Instagram Followers have increased again

Other support

We have engaged various practitioners, including a registered nutritionist and a sleep psychologist, to write articles for our member magazine and make videos for our YouTube channel. These continue to be important sources of information for our beneficiaries.



We receive queries about various issues relating not only to thyroid disease but also in regard to nutritional status especially deficiencies of vitamin B12 and vitamin D and ferritin deficiency.

We offer support to these people via telephone calls and Zoom meetings for which our beneficiaries are very grateful:

> **"It was very helpful Lyn, thank you very much for your time, I feel very isolated and alone with everything that is going on with me but your support is very much appreciated indeed."**

We suggest further thyroid and nutritional testing or visiting different clinicians. We also give them information that they can use in their discussions with their clinicians such as the latest guidance.

Promoting public awareness in regard to thyroid disorders

We have promoted awareness of thyroid disease via our website, our online community and our social media pages especially for Thyroid Awareness Week when we held an all day webinar with expert speakers about nutrition and stress and how they affect the thyroid.

As well as speaking at our webinar one of the nutritionists who has also written articles for our member magazine, made several videos on various nutritional topics for our YouTube channel.

Acting as a resource centre and disseminating information

All of the activities above contribute to the information we create, collate and disseminate to raise awareness and information about thyroid issues. We inform our beneficiaries of the latest research via

our member magazine and our social media and E-news including COVID-19 research. We hold webinars, run a support network, hold individual and group Zoom calls and contribute to issues raised in Parliament.

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

We are often approached by researchers looking for participants for thyroid related research. We inform our beneficiaries of these so they can take part if they are interested.

We have continued to update our research database with all the latest research into thyroid issues and this will be placed onto our website when we have the technology available, so that patients and doctors can access research papers more easily.

We have taken part in meetings, along with other thyroid groups, with endocrinologists regarding research into a new formula of liothyronine. We helped with writing the protocol which ensured that the experiences of patients were taken into account and to ensure that taking part in the research would be accessible for patients.

Working with doctors and pharmaceutical companies

We have held meetings with a pharmaceutical company to discuss access to non-branded NDT with the hope of working with the NHS to make this available more competitively on the NHS.

We have also held meetings with a company who have an app that answers all medical questions whilst offering daily advice powered by the community and written by doctors. We hope to be working with them in the future to provide a further route to help those affected by thyroid disease.

Raising funds needed to achieve our objectives

We are a charity funded by memberships and donations from individuals and businesses. We receive no public funding and are totally reliant on these contributions for our ongoing survival.

We have approached an ultrasound clinic to partner with us and will start to work with them during 2021 where we will receive a donation for each ultrasound test purchased. The ongoing donations from blood testing continues to be a vital revenue stream to enable us to continue our work.
Many of you took part in creative fundraising efforts during Covid. We were so impressed and grateful for the efforts you went to on our behalf and we featured many in our magazine and on our social media throughout the year.

But we didn't just leave it to you! Our new member of staff, Louise, completed a Hula Hoop Challenge for the Captain Tom

100 Challenge which raised a significant amount for us. She plans to participate in further fundraising activities once COVID-19 restrictions end.

We post on our social media about all the various ways of raising money to those looking for some inspiration – from the very simple to the more challenging.

Our Facebook page receives Facebook Birthday Fundraiser posts every week as some people feel that helping us would be better than receiving presents they don't really need. We are very grateful for you all!

We have received two significant donations – one from Bioberica Life Science Company in recognition of the focus that Thyroid UK has brought to thyroid issues in the UK in regard to treatment options, and a legacy of £3,000. Both donors were very keen to support us to help people with thyroid disease.

In order to continue to build our fundraising efforts to provide funds to reinvest in work for our beneficiaries we have started working with a freelance fundraiser and will write a fundraising strategy.

What problem is Thyroid UK trying to solve? What impact do we have?

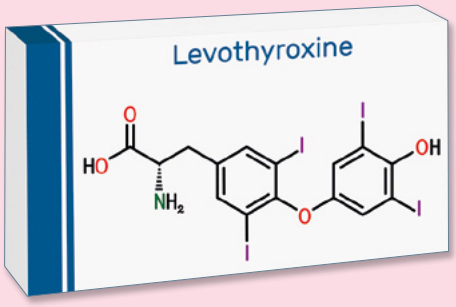
The incidence of overt hypothyroidism is 2% of women and 0.2% of men. For subclinical hypothyroidism (where only one test is out of range) it's 6-8% of women and 3% of men. Unfortunately, 2.5% of pregnant women develop hypothyroidism and need treatment to protect the baby.

The incidence of hyperthyroidism is also 2% of women and 0.2% of men and in many cases the treatment will cause them to become hypothyroid.

Thyroid disease is a silent disease in the beginning. People don't realise that their tiredness and aches and pains etc are down to anything other than working too hard, working and looking after a home, or the menopause (in women).

They do not know that thyroid disease runs in families and often are unaware of the symptoms especially if a family member has a different type of thyroid disease causing different symptoms.

Unfortunately, newly diagnosed patients with thyroid disease are not given very much information at all other than to take the medication, have some repeat testing, and all will be well.



They are not aware that getting better after treatment with the standard drug, levothyroxine, can take many months and be very hit and miss depending on various things such as whether their body assimilates the treatment well and whether they have side effects. They expect to get well within a couple of weeks but are then very disappointed when, weeks later, they are not back to normal.

Also, they need more clarity on when and how they should take their levothyroxine i.e. with water, before food and not with certain supplements or that some people do well on one brand and not on another, possibly due to the ingredients. They do not realise that their brand has been switched by their local pharmacy and cannot understand why they are suddenly getting side effects or are starting to have symptoms again.

Patients are also not told that there is a possibility that their body cannot convert one hormone to another. This can be caused by a genetic polymorphism. Most GPs are not aware of this fact.

This polymorphism means that they do not get the vital T3 hormone that is needed by the body and can play a huge part in whether they get better or not.

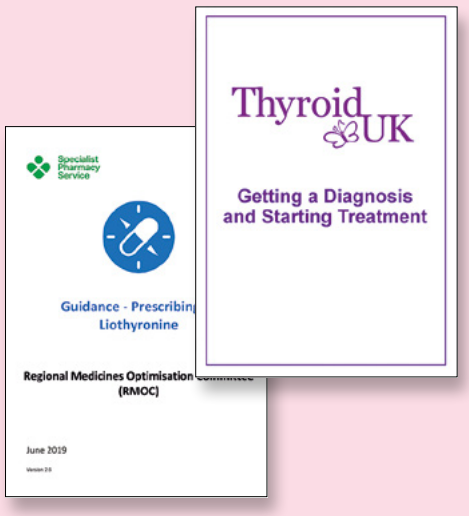
At times, another reason contributing to their thyroid issues is vitamin and mineral deficiencies. People do not realise that vitamins and minerals play a huge part in the thyroid process.

Thyroid UK provides reliable information on all of these aspects

that is in plain English or with the use of a glossary to help them understand. We get excellent feedback from people who have been informed by us. The smallest piece of information can transform their lives.

Sometimes, after years of poor quality of life they find our information and start to feel better.

However, for those that do not resolve all of their symptoms on levothyroxine, it can be a hard road to wellness.



These people may need a medication called liothyronine (T3) to become well. Previously this was allowed to be prescribed by their primary care GP but due to a 6000% increase in cost by the pharmaceutical company that manufactured it, it was classed as a "High Cost" drug and NHS guidance marked it as "not to be routinely prescribed".

Thyroid UK and other thyroid charities and patient groups worked hard to clarify the NHS guidance as Clinical Commissioning Groups (CCGs) were withdrawing and refusing to prescribe. We then worked with the thyroid charities and groups to clarify the guidance of the Regional Medicines Optimisation Committee (RMOC) and submitted information and research to National Institute for Health and Care Excellence (NICE).

Although it is now allowed to be prescribed as a trial for three months for those that still have ongoing symptoms, many CCGs report the NICE guidance incorrectly or completely ignore it.

We continue to receive reports from patients about having their liothyronine withdrawn or refused by their GP or endocrinologist on the instructions of their local CCG. These patients are upset that they are not listened to.

We explain to patients that the NICE thyroid disease guidance points to the RMOC guidance which states that liothyronine can be prescribed by an endocrinologist on a trial basis and, if they improve, the endocrinologist can then request that the patient's GP take over treatment.

We see thousands of comments on our social media pages showing how distressed and angry patients are about how their thyroid health is ignored by their clinicians especially around the prescribing of T3.

Thyroid UK informs our beneficiaries of the possibility of trying liothyronine and sends them the guidance on this and makes suggestions on how to go about fighting for this medication. People are really thankful to us because a) they were not aware of liothyronine and b) that they are actually allowed a trial.

Another barrier to being prescribed T3 is that there needs to be an agreement in place between the GP surgery and the specialist and some surgeries are not willing to agree to this, due to either the cost, or because they have been informed by their local CCG that they cannot do this.

Thyroid UK helps people through the process of finding out what their exact issue is and this includes ensuring that they take their medication appropriately and eat well so that they get the whole range of vitamins and minerals.

Thyroid UK is there to answer questions about these issues and any other questions people might have.

> **Thyroid UK is truly a lifeline for many. You all do a great job!**
> **Ann**

Our Online Community helps thousands of people with their queries and our Support Network is there if they want to speak to someone or meet up in person. Contacting us and connecting with others with thyroid disease can be a lifeline for many people.

We don't only help people in the UK. Our analytics show that many people from the United States and other countries also visit our website for information. Our online community also consists of many members from outside of the UK. They often inform us how helpful our admin are and how useful the information is.

Thyroid UK also receives queries from pharmacists and clinicians about obtaining specialist thyroid hormones for their patients such as lactose free levothyroxine or mannitol free levothyroxine.

We receive "thank you's" from people every day as we have given them hope that they can become well again.

Our Aims for 2021-2022

We are conscious that our aims for 2021-2022 may continue to be impacted by Covid, and we may need to prioritise and respond flexibly depending on circumstances.

Our plans for this year are to continue to implement our strategy to ensure that Thyroid UK will be able to continue and improve its support to those affected by thyroid issues for the next ten years and beyond.

We are aiming to strengthen the charity, focusing on our beneficiaries in both the short and longer term.

To help us achieve our longer term aims we plan to:

- Work on actions in regard to our People Plan to ensure we make best use of our human resources, both existing and new recruits.
- Continue to work with fundraising experts with the aim to increase the range of fundraising in the future.
- Work with a communications expert to help us develop a communication strategy to increase the effectiveness of all our communications.
- Produce a Succession Plan to enable the charity to continue to be successful as the current CEO moves into retirement.
- Produce a premises plan outlining options for the move to more suitable long term premises.

Our goals in respect of supporting our beneficiaries in the short term are as follows:

Providing information and support to sufferers of thyroid disease

#T3Campaign

One of our strategic goals is to continue to campaign for access to appropriate diagnosis and treatment. This includes continuing our work on the T3 campaign but we would also like to focus on NDT and Teva Campaigns in 2022.

We will continue to push for change in respect of the prescribing of liothyronine by contacting NHS England, Members of Parliament, Members of the House of Lords and encourage them to ensure that the CCGs abide by the NICE guidance and the RMOC Guidance.

In the meantime we will create a document that describes the steps necessary to enable our beneficiaries to access a prescription of liothyronine if they have not resolved their symptoms on the standard treatment of levothyroxine.

Telephone Helpline

With the help and expertise of the fundraising experts we are now working with, we will attempt to get funding for a dedicated telephone helpline manned by people trained in all areas of thyroid disease.

Our website

As part of our strategic aim to review the technology environment, we will carry out a review of our updated website to see if further improvements can be made.

We will also add a Frequently Asked Questions section to the website to enable our beneficiaries to find answers quickly to their questions. This document will include links to various pages on our own website such as our T3 information and links to the latest NICE and RMOC guidance.

Videos will be uploaded to our YouTube channel in respect of the most asked questions by our beneficiaries as well as basic information for the newly diagnosed.

> **"Thyroid UK is truly a Was recommended this information pack and it's amazing - explains everything and as I have a GP appointment next week (on telephone) I am going to email them a copy in the hope they can help"**

Information pack

We will continue to update our Information Pack and include any relevant new patient information leaflets.

We will also look into making our Information Pack available digitally as a whole document rather than separate leaflets, for download.

Support Network

We will endeavour to build a larger support network by finding more people who are willing to set up groups, or be at the end of a telephone, to support those with thyroid disease and related disorders.

Social Media

With the help of our communications strategy, we will better target our beneficiaries and policy makers with the relevant information.

Our online community on HealthUnlocked continues to grow with new members every day. We plan to include our online community in our social media plan in order to keep our members updated on what is happening in the thyroid world.

We will also make it clearer that there is information available on our website.

Promoting public awareness in regard to thyroid disorders

Conference/Webinars

We aim to hold a physical conference once the COVID-19 pandemic is no longer a problem for our beneficiaries to attend.

In the meantime we aim to provide more virtual webinars on relevant topics that will support our beneficiaries and place them onto our website and our YouTube channel.

Acting as a resource centre and disseminating information

We will continue to inform our members, members of the public and our beneficiaries of all and any relevant information via our social media channels and our member magazine.

We will continue to update our research database and place this onto our website so that patients and doctors can access relevant research papers more easily.

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

Given the pressures of the pandemic we were unable to start looking into the James Alliance Priority Setting Partnership in 2019/20. This is a strategic goal of the charity and we will look to use a fundraiser to raise the funds needed for the project. The first step will be to plan and assess indicative costing for the fundraising effort.

It is our goal to bring together patients, clinicians and researchers to discuss which research questions are the most important.

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 this project is vital to moving to a time when thyroid diagnosis and treatment is dealt with more effectively for patients.

Raising funds needed to achieve the stated objectives

In order to achieve our goals, we will need to ensure that we have sufficient funds to do this. We will be looking to become even more diverse in our fundraising and include grant fundraising and corporate fundraising.
The projects we aim to fund include:

- Telephone helpline
- New office premises
- More office staff
- New FAQ and T3 information pages on our website
- A James Lind Alliance Priority Setting Partnership for thyroid disease

Looking for Ways to Support Us?

Thyroid UK relies on donations to keep us running. We are independent of government funding and must therefore find other ways to raise funds so that we can continue our very much needed work. There are various ways you can support us financially:

You can Become a Member

By becoming a member you will be helping us to improve the lives of people living with thyroid conditions.

Joining not only helps you, but the work we do may very well help someone you know - a friend or a member of your family who may need our help now or in the future.

> **"Thank you so much for making such an informative and interesting pack. Anna"**

Memberships help us to pay for the everyday things that we need to help people who come to us for information. Without the commitment of our members, we would not be able to produce our information packs or the well-researched articles in each issue of the magazine.

Every member who joins us strengthens and amplifies our voice so that we can represent you, and thousands like you who are managing thyroid conditions.

Please consider becoming a member of Thyroid UK. Not only will you receive four issues of our magazine, Harmony, where you can read articles on all kinds of topics that relate to your thyroid health but you will also have first refusal on tickets for conferences and seminars.

More importantly, though, you will be part of bringing life enhancing information and advice to people when they need it.

To become a member of Thyroid UK please go to: https://tinyurl.com/tukmember.

You can donate to us

You can donate to us via Paypal on our website or you can donate £5 to us by using Donr – simply text 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 which will support us and raise awareness.

Leave a gift in your will

This is a really special way to support Thyroid UK and our work. If you have any queries about how to do this do contact us on enquiries@thyroiduk.org

You can find out about all of these options and more us by going to https://tinyurl.com/tukhelpus.

You can Fundraise for us

There are many ways you can fundraise for us while you shop that will only take a few minutes of your time:

smile.amazon.co.uk

If you shop on Amazon, simply go to the Amazon Smile website and register. Then choose us as your charity of choice. Once you have done that instead of going to the normal Amazon website, go to smile.amazon.co.uk to shop and we will automatically receive donations from Amazon for everything that you buy.

Collection boxes

You can order a home collection box for all your loose change that gets in the way in your purse or pocket or, you can order a display collection box for use in shops etc.

Recycling

If you are a keen recycler, you can recycle your jewellery, including costume jewellery, your postage stamps (especially at Christmastime and birthdays), your old money and even your car.

Challenges

You, or someone who likes a challenge, can support us by doing sponsored walks, runs and dog jogs!

Wedding Favours

We have lovely butterfly pin badges that fix onto special personalised cards for the tables of your guests. The pin badges will be something they can keep for a long time and remember your lovely day.

Bake Days

You can spread awareness of thyroid disease as well as raise funds for us by holding a bake day in your local community.

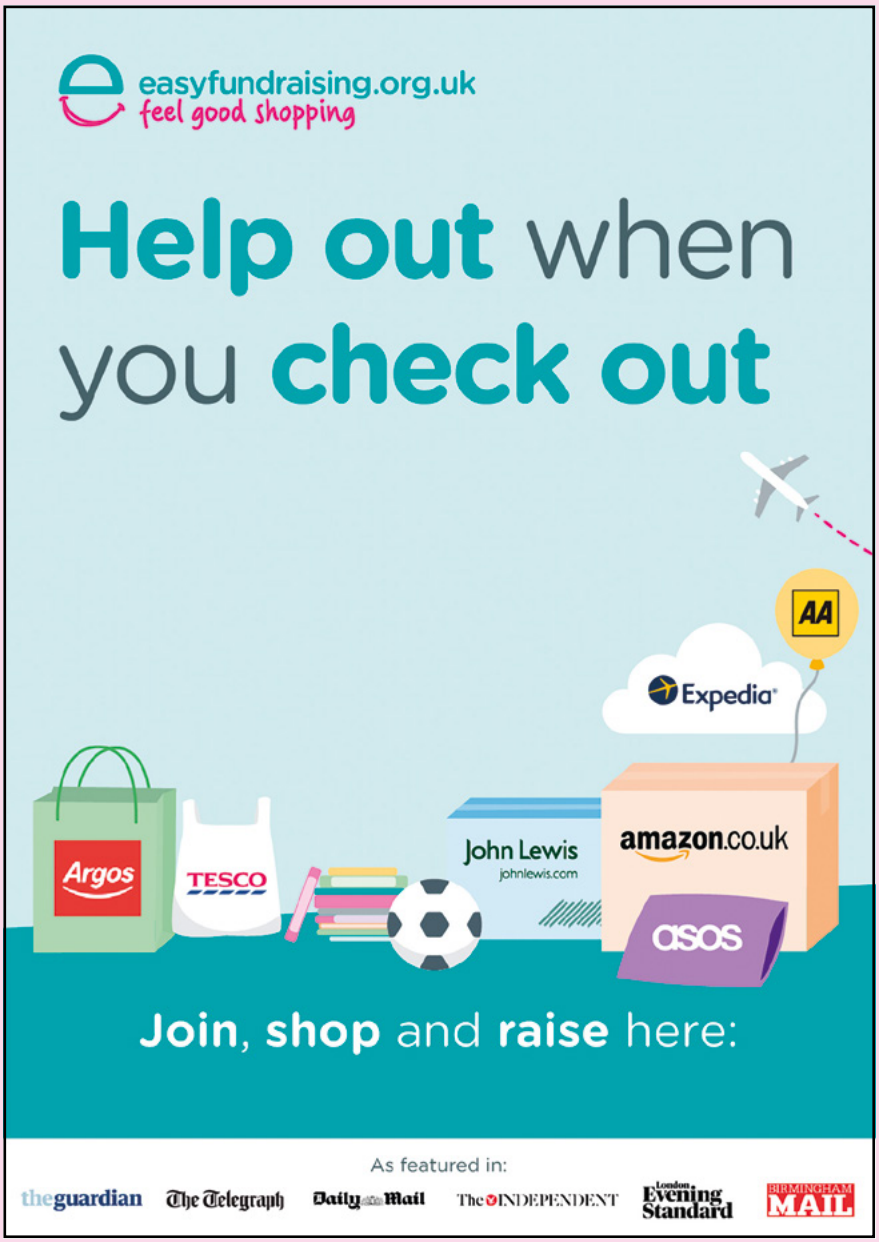
Become a corporate partner

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.

easyfundraising.org.uk

This is a directory listing all of your favourite stores including Argos, Just Eat, and M&S.

All you have to do is go to their website and register. Once you have registered, simply search for the store you want and start shopping. You can even download a reminder that will pop up when you shop online!



You can find more ways to shop and donate here: https://tinyurl.com/tukshopdonate.

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

We want to be here for everyone who needs us, and with your help we can!

Our Thanks

Donations

So many people have supported us in so many different ways this year! People have donated directly via our website or our Donr text number. Members have added a donation to their membership and people who purchase our Information Pack have added a donation when they pay. Then, there are our larger donations of which we have been lucky enough to have had two this year. All of these donations have helped us enormously.

Donations really help us to keep Thyroid UK going and to help us be more effective in the office especially whilst our staff have had to work from home, enabling us to buy the computer equipment needed for this.

When you buy things from our shop such as books, our memory sticks and Christmas cards you are supporting us in our vital work.

Thank you so much! We are extremely grateful to all those who have donated or purchased from us.

Without our corporate donors - Medichecks Ltd, Genova Diagnostics, Blue Horizon Medicals, Regenerous Laboratories Ltd, Thriva Ltd, Monitor My Health, Cambridge Nutritional Sciences and Phoenix for all the support they have given us - Thyroid UK could not continue to run and people would not be able to access good quality information or we would not be able to campaign for better diagnosis and treatment.

Thyroid Groups

We would like to say thank you to all the thyroid groups that have worked with us on the T3 Campaign. We have worked together on various aspects including possible future research.

Lord Hunt of Kings Heath

A special thanks goes to Lord Philip Hunt who has tirelessly worked on the issue of liothyronine and has brought the issue up several times in Parliamentary Questions.

We are so grateful for Lord Hunt's continued support and have every confidence that, with his help, we can make change for people with thyroid disease.

Where would we be without our volunteers?

Our Support Networkers help so many people who have telephoned them often because they are desperate for some help.

Our online community, hosted by HealthUnlocked, have some amazing admin who are always there to answer queries as well as moderate our forum.

> **"Thank you for the prompt turnaround with that document. That's much appreciated :) Just signed up with the HealthUnlocked group yesterday ironically! It's both impressive and frightening that the group numbers total more than 100k people. Charles"**

They are there during the week and, selflessly, at weekends too when the office is closed. The weekends are busier than during the week and there are always a long list of posts that have been dealt with on Monday morning. We receive excellent feedback from our beneficiaries who say they do not feel so alone when using our online community to ask questions and chat to people.

Members of our Book Review Panel write great reviews for our Harmony magazine (which are always excellent, by the way). Jane, our research volunteer, enters all the data from new research into our research database which can be a very complicated task. Even though she is not always 100%, she continues to work on the database and keeps it up to date.

Please accept our heartfelt thanks to you all. We are so grateful to you.

A huge thank you to the Thyroid UK trustees without whom we would not have a strategic plan, which is vital as a tool for knowing where we are going next and how to get there.

Finally, a massive shout out to our office staff. Finding good staff is difficult but our staff go above and beyond to make sure that the work is done, even on those days when working on a project is really hard and it's so cold/hot in the office you think you can't bear it any longer!

Thank you Dionne and Louise. Couldn't do it without you.

Legal and Administrative Information

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
Mr Robert Shenton (resigned 20th January 2020)
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson (appointed 22nd January 2020)
Dr Carlo Castellana (appointed 22nd January 2020)

Board of Trustees:
Mrs Lyn Mynott
Mr Peter Warmingham
Mr Robert Shenton (resigned 20th January 2020)
Ms Lydia Bailey
Mrs Sara Parker
Mrs Joanne Coulson (appointed 22nd January 2020)
Dr Carlo Castellana (appointed 22nd January 2020)

Chair:
Ms Lydia Bailey

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

Finance Manager:
Mrs Dionne Fulcher

Medical Advisers:
Professor Dr Rudolf Hoërmann, MD PhD;
Dr John Midgley B.Sc (Leeds) D Phil (Oxford)
Dr Johannes W Dietrich M.D.
Dr Sarah Myhill

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 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 2021 incorporating the Annual Report and Accounts is also available online.
Please visit https://thyroiduk.org/annual-reports

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 Thyroid UK 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 our objectives and projects and holds one strategy day each year.

The Board consists of up to a maximum of ten members. 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 trustees with diverse experience and perspectives to better help the charity achieve its aims. New trustees are given an Induction Pack, 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 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). Supported by her Personal Assistant, the CEO, who works full time, works some of her hours voluntarily.

They are supported by a part time Finance Manager who deals with all finance matters but who also undertakes fundraising and admin tasks. Our accountant examines the accounts for us on a voluntary basis, for which we thank him.

Salaries

The salary for the CEO 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 Living Wage.

Currently, the financial resources of the Charity limit the salary available for the CEO but in future the Charity intends to set salaries comparable with other charities of our size.

> **Hello everyone. I wanted to say a big thank you to Thyroid UK and all the lovely helpful folk who have given their time and knowledge responding to my questions because I had a private endo consultation this morning and he's prescribing a 3 month trial of T3 to add to my Levo. I wouldn't have got here but for all the helpful responses to my posts and the information I got from Thyroid UK.**
> **Smash49 (from HealthUnlocked)**

Volunteers

Thyroid UK is very fortunate 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 (except when we are under COVID-19 restrictions), run a telephone helpline, and/or can be contacted by email. Our Support Network list includes Thyroid UK support groups and independent thyroid support groups.

We have four medical advisers, two of whom are endocrinologists, one of whom is a medical researcher and the other is a private naturopathic physician.

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

Our Online Community is hosted on HealthUnlocked and monitored by a volunteer admin team who work very hard for us checking that users do not stray from the community guidance and are always available to answer queries and deal with any problems.

Our volunteers are amazing and we thank all of them for their efforts for the charity and supporting those affected by thyroid disease.

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 and Covid related uncertainties on 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, and any complaints 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 this code.

During 2020-21 the trustees were satisfied that risk management was undertaken in a satisfactory manner and responded to challenges. For example, at the beginning of the Covid-19 pandemic we adopted enhanced risk management by monitoring our income and expenditure on a fortnightly, then monthly basis, using a range of scenarios of potential income reduction. The aim of this enhanced risk management was to ensure that we properly considered any downward trends in income and could take any mitigation measures in a timely fashion. In the worst case scenario, this monitoring would have allowed us to act quickly enough to ensure sufficient funds in our reserves to support orderly closure.

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 5th February 2022.

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 5th February 2022.

Report of Independent Examiner, Year ended 31st May 2021

I report on the accounts for the year ended 31st May 2020.

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:

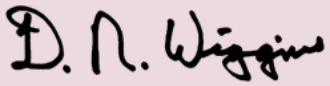
1) which give me reasonable cause to believe that in any material respect the requirements:

    - 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 2020 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: 15th February 2022.

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 2020/21 of £76,990 and an expenditure of £75,702 this shows a surplus of £1,288 which means that this has been a better year than 2019/20 where we made a deficit of £167.

Income

Our overall income has increased by £3,887 this year. Our information pack sales have decreased again this year, but our information pack costs have risen due to the purchase of the folders needed for these.

We have seen a rise in membership figures this year, which is reflected in the rise in membership costs.

Test commissions have fallen again slightly this year, possibly due to the Covid Pandemic and the affect this had on laboratories being able to offer and process tests during lockdowns. We have seen an increase in Other Commissions from the supplement provider Revital and also from Amazon. Both of these increases may have been another effect of Covid due to people being advised to increase their vitamin supplement intake and also online shopping due the lockdown measures.

General donations have seen an increase this year, receiving a £2,672 donation from Bioberica Life Science Company and also a legacy of £3,000.

We have seen a decrease in our sponsorship income this year, this was to be expected with many fundraising events being cancelled due to Covid.

Our Gift Aid income has reduced slightly this year but our merchandise sales have increased.

Expenditure

Our overall expenditure has increased by £2,430 this year. Much of this is due to the added expenses of having to purchase equipment to enable employees to work from home during the Covid lockdowns.

In conjunction with the reduced sponsorship income, there has also been a reduction in our Raising Funds expenditure as this is primarily t-shirts for events and the event places themselves.

There has been an increase in the cost of producing the information pack. This is due to us purchasing folders for these and the general stationery costs involved too.

There has been an increase in membership costs due to an increase in membership income and also around 66% of members still receiving our Harmony magazine in the post.

Staff wages have increased again this year due to staff changes but are still far below the national average for comparable roles.

Board meeting costs have significantly reduced this year as we have had to hold these remotely via Zoom due to the Covid Pandemic and travel restrictions.

We have seen a slight increase in our Support Costs this year due to office equipment being purchased along with a slight increase in rent. Covid restrictions meant that our postage costs increased due to being unable to access the franking machine within the office.

Our website costs have reduced and stabilised this year as the new website is now complete.

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. 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. No value is placed on book stocks.

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

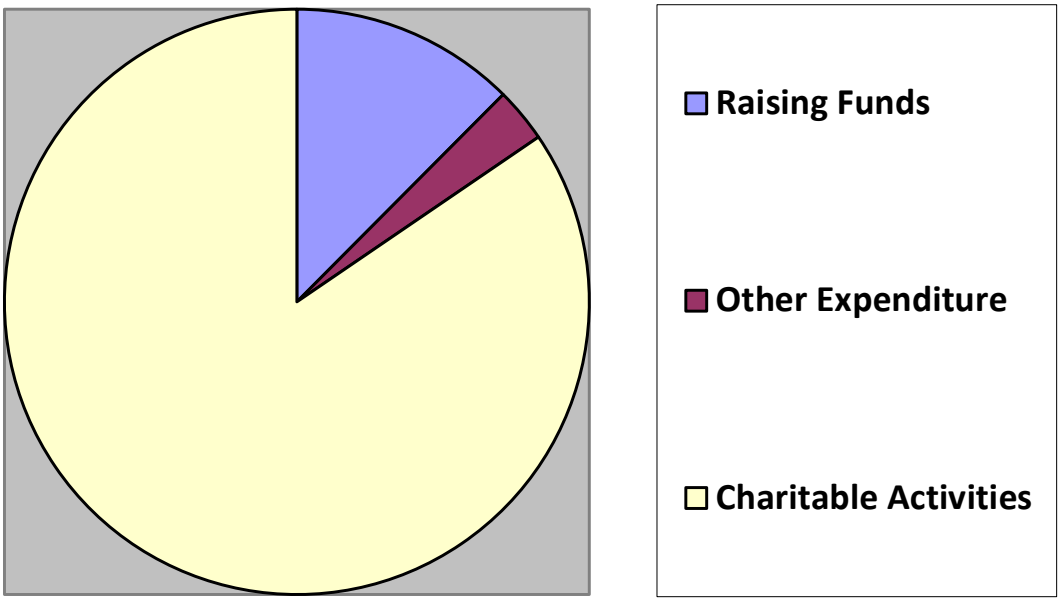
Thyroid UK is a registered charity and company limited by guarantee and does not have a share capital. The trustees have no financial interest in the charity's results or assets and received no remuneration for acting in that capacity.

There were no trustee expenses paid in this financial year.

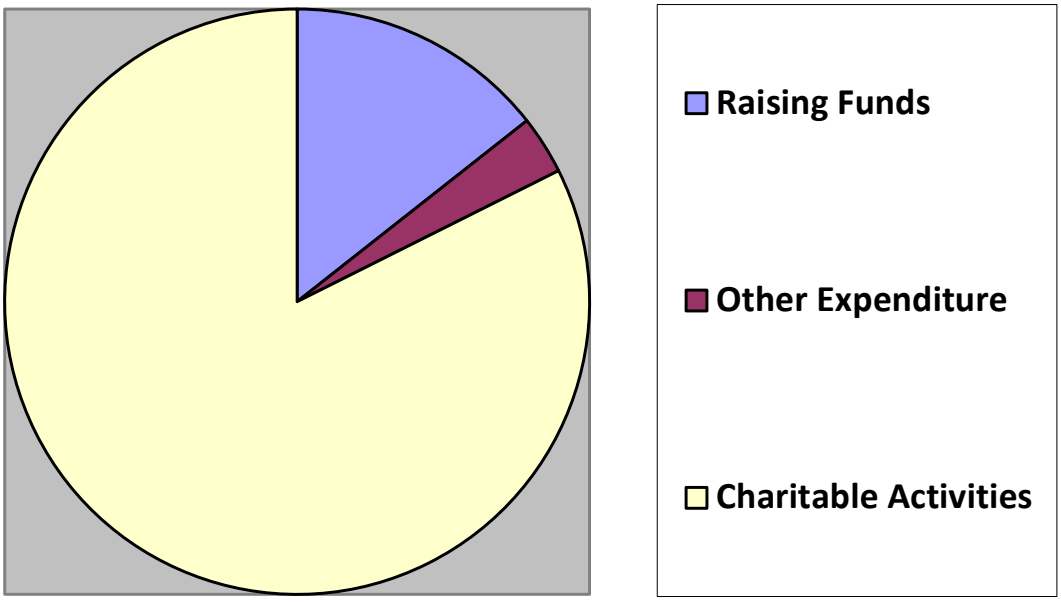
The charity maintains a liability insurance policy that includes indemnity cover for trustees at a cost to the charity of £201. The indemnity is limited to £100,000.

Statement of Financial Activity (SoFA)

2020

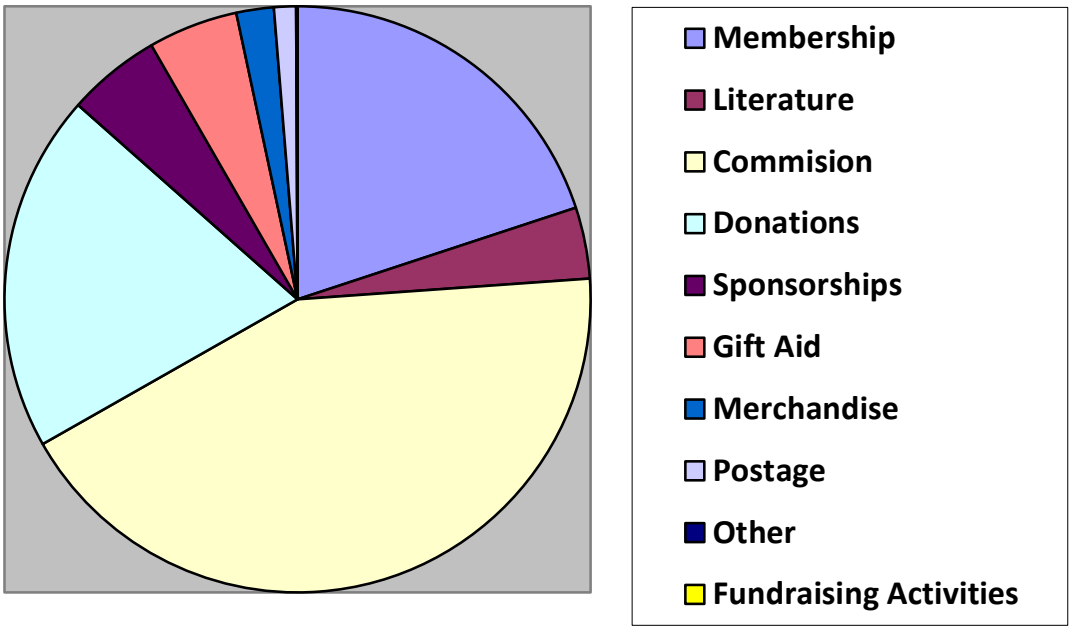


2021

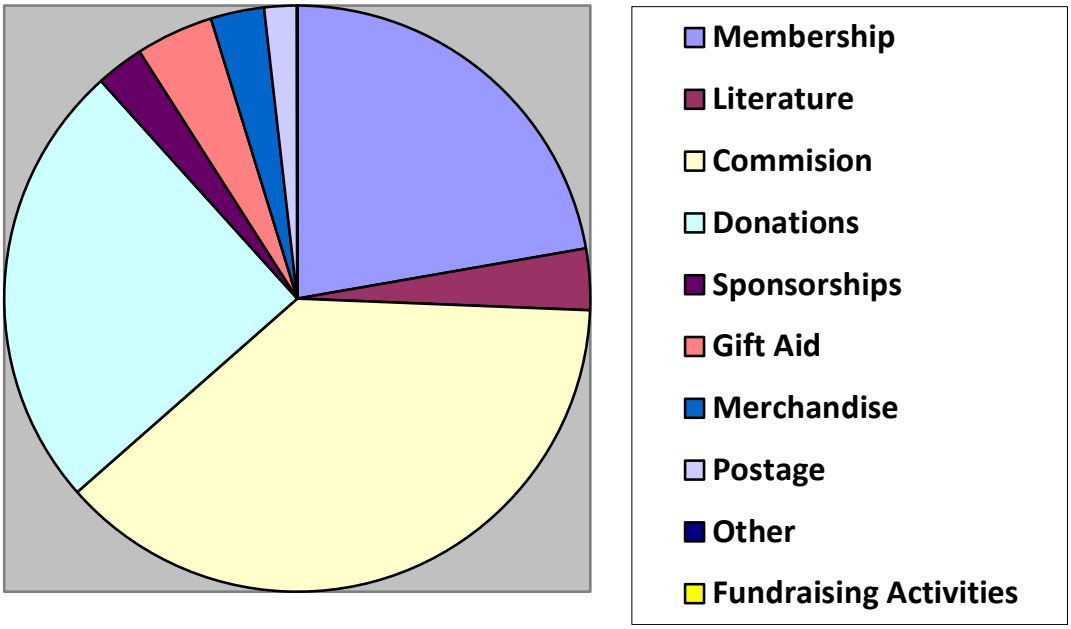


Where the Money Came From

2020

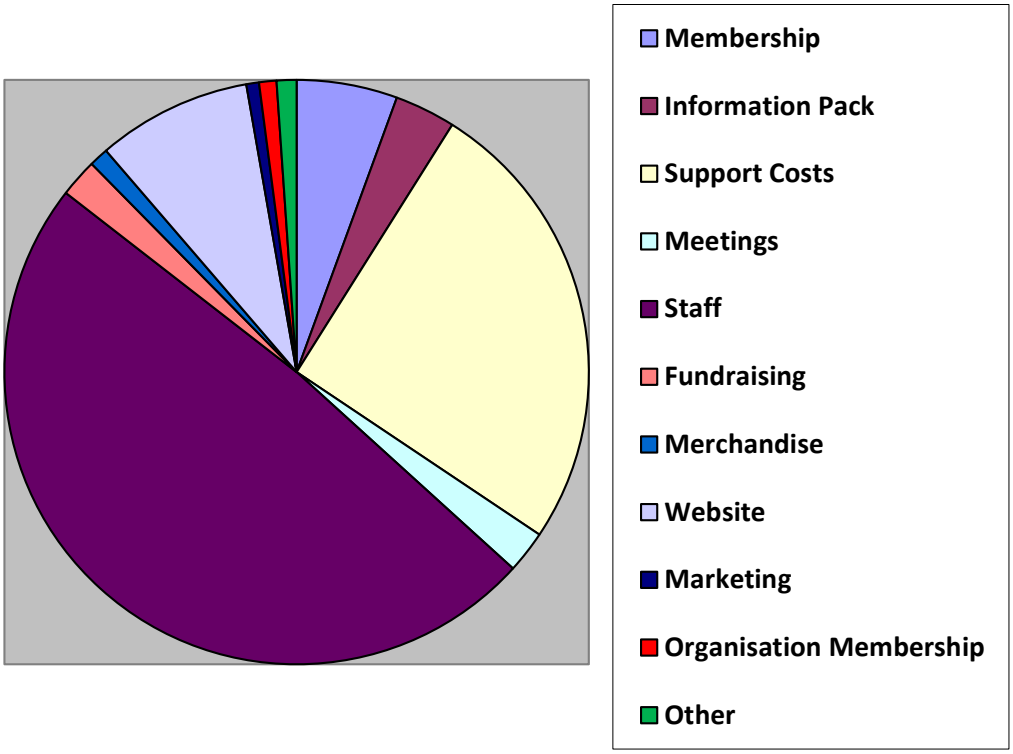


2021

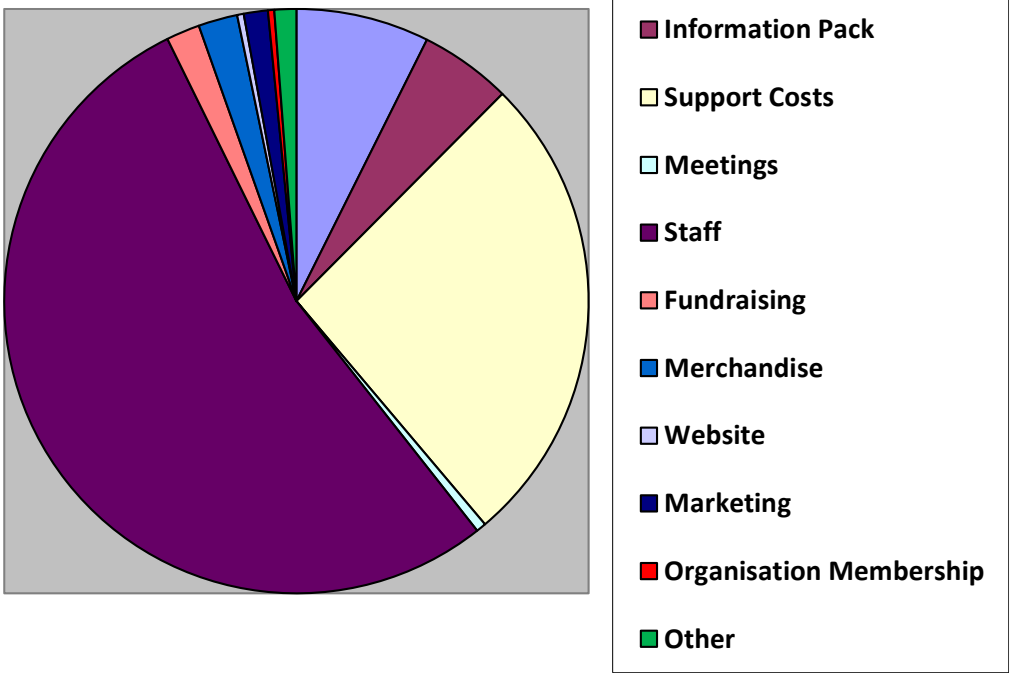


Where the Money was Spent

2020



2021



Statement of Financial Activities
Year Ended 31st May 2021

	Unrestricted Funds £	Restricted Funds £	Total Funds £	*Prior Year Total Funds £*
Income and Endowments from				
Donations and Legacies	24,423	0	24,423	*21,831*
Income from Charitable Activities	21,117	0	21,117	*18,336*
Other Trading Activities	31,436	0	31,436	*32,880*
Other Income	15	0	15	*57*
Income and Endowments Total	**76,990**	**0**	**76,990**	***73,104***
Expenditure on				
Raising Funds	10,890	0	10,890	*9,135*
Expenditure on Charitable Activities	62,368	0	62,368	*61,930*
Other Expenditure	2,443	0	2,443	*2,206*
Expenditure Total	**75,702**	**0**	**75,702**	***73,271***
Net Incoming/Expenditure Resources Before Transfer	**1,289**	**0**	**1,289**	***(167)***
Transfers				
Gross Transfers Between Funds - in	0	0	0	*0*
Gross Transfers Between Funds - out	0	0	0	*0*
Other Recognised Gains/Losses				
Gains/Losses on Investment Assets	0	0	0	*0*
Gains on Revaluation, Fixed Assets, Charity's Own Use	0	0	0	*0*
Net Movement in Funds	**1,289**	**0**	**1,289**	***(167)***
Reconciliation of Funds				
Total Funds Brought Forward	**54,975**	**0**	**54,975**	***55,143***
Total Funds Carried Forward	**56,264**	**0**	**56,264**	***54,975***

Thyroid UK Company No 6254073
Balance Sheet as at 31st May 2021

		As at 31/05/2021	As at 31/05/2020
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	21,930	23,619
	Holding Account 935	29,607	34,070
	Petty Cash	138	59
	PayPal	1222	253
	Accounts Receivable	3607	83
	Total Current Assets	**56,506**	**58,086**
Liabilities	Accruals	0	0
	Wages Control Account	(173)	(491)
	People Per Hour	56	0
	Accounts Payable	(124)	(2620)
	Total Liabilities	**242**	**(3111)**
	Net Asset surplus (deficit)	**56,264**	**54,975**
Reserves	**Total Reserves**	**56,264**	**54,975**
Represented by Funds	Unrestricted	26,657	20,905
	Designated	29,607	34,070
	Restricted	0	0
	Total	56,264	54,975

For the year ending 31/05/2021 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

Joanne Coulson
Treasurer

Income & Expenditure Report
Year Ended 31st May 2021

	Unrestricted £	Restricted £	Total This Year £	*Last Year £*
Income and Endowments from				
Donations and Legacies				
Donations	19,092	0	19,092	*14,441*
Sponsorship	2,031	0	2,031	*3,768*
Gift Aid	3,300	0	3,300	*3,621*
Donations and Legacies Totals	**24,423**	**0**	**24,423**	***21,831***
Income from Charitable Activities				
Information Pack Sales	2,492	0	2,492	*2,826*
Back Issue Sales	109	0	109	*49*
ales Postage	1,381	0	1,381	*887*
Fundraising Activities	0	0	0	*0*
Membership	17,135	0	17,135	*14,575*
Income from Charitable Activities Totals	**21,117**	**0**	**21,117**	***18,336***
Other Trading Activities				
Test Commission	26,058	0	26,058	*29,217*
Other Commissions	3,110	0	3,110	*2,153*
Merchandise Sales	2,268	0	2,268	*1,510*
Other Trading Activities Totals	**31,436**	**0**	**31,436**	***32,880***
Other Income				
Bank Interest	15	0	15	*57*
Refunds	0	0	0	*0*
Other Income Totals	**15**	**0**	**15**	***57***
Income and Endowments Totals	**76,990**	**0**	**76,990**	***73,104***

	Unrestricted £	Restricted £	Total This Year £	*Last Year £*
Expenditure on				
Raising Funds				
Raising Funds	1,406	0	1,406	*1551*
Merchandise Costs	1,639	0	1,639	*780*
Staff Wages - Raising Funds	2,365	0	2,365	*1,833*
CEO Wages - Raising Funds	1,182	0	1,182	*970*
Support Costs - Raising Funds	4,298	0	4,298	*4,001*
Raising Funds Totals	**10,890**	**0**	**10,890**	***9,135***
Expenditure on Charitable Activities				
Information Pack Costs	3,846	0	3,846	*2,466*
Sundries	116	0	116	*120*
Magazine and Membership Costs	5,581	0	5,581	*4,085*
Staff Wages - Charitable Activities	21,179	0	21,179	*20,038*
CEO Wages - Charitable Activities	15,361	0	15,361	*12,616*
Support Costs - Charitable Activities	14,738	0	14,738	*15,102*
Charitable Activities Sundries	0	0	0	*20*
Website Costs	276	0	276	*6,266*
Organisation Membership	263	0	263	*703*
Advertising and Marketing	1,009	0	1,009	*514*
Expenditure on Charitable Activities Totals	**62,368**	**0**	**62,368**	***61,930***
Other Expenditure				
Staff Wages - Other Costs	123	0	123	*145*
CEO Wages - Other Costs	169	0	169	*139*
Support Costs - Other Costs	1,351	0	1,351	*1,257*
Office Sundries	280	0	280	*306*
Bank Charges	185	0	185	*75*
PayPal Charges	334	0	334	*263*
Ebay Fees	0	0	0	*22*
Other Expenditure Totals	**2,443**	**0**	**2,443**	***2,206***
Expenditure Totals	**75,702**	**0**	**75,702**	***73,271***
Net Income/Deficit	**1,289**	**0**	**1289**	***(167)***

Notes to the Accounts

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

		0% Governance	10% Charitable Activities	10% Raising Funds	0% Other Costs
Wages	£12,527*	£0	£1,253	£1,253	£0
Total	**£12,527***	**£0**	**£1,253**	**£1,253**	**£0**

*Includes £10,021 shown under Bookkeeping in Support Costs

Note 2 – Staff Wages Costs Admin #2
Split Based on Time Allocation

		0% Governance	100% Charitable Activities	0% Raising Funds	0% Other Costs
Wages	£5,428	£0	£5,428	£0	£0
Total	**£5,428**	**£0**	**£5,428**	**£0**	**£0**

Note 3 – Staff Wages Costs Admin #3
Split Based on Time Allocation

		1% Governance	92% Charitable Activities	7% Raising Funds	0% Other Costs
Wages	£3,557	£36	£3,272	£249	£0
Total	**£3,557**	**£36**	**£3,272**	**£249**	**£0**

Note 4 - CEO Wages Costs
Split Based on Time Allocation

		1%* Governance	91% Charitable Activities	7% Raising Funds	1% Other Costs
Wages	£16,881	£169*	£15,361	£1,182	£169
Total	**£16,881**	**£169***	**£15,361**	**£1,182**	**£169**

*Shown in Support Costs

Note 5 – PA to CEO Wages Costs Split Based on Time Allocation

		1%* Governance	91% Charitable Activities	7% Raising Funds	1% Other Costs
Wages	£5,574	£56*	£5,072	£390	£56
Total	**£5,574**	**£56***	**£5,072**	**£390**	**£56**

*Shown in Support Costs

Note 6 – Secretary to CEO Wages Costs Split Based on Time Allocation

		1%* Governance	91% Charitable Activities	7% Raising Funds	1% Other Costs
Wages	£6,762	£68*	£6,153	£473	£68
Total	**£6,762**	**£68***	**£6,153**	**£473**	**£68**

*Shown in Support Costs

Note 7 - 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 8 – Support Costs

	Total	Charitable Activities	Raising Funds	Other Costs
Support Costs		**77%**	**17.5%**	**5.5%**
Rent and Rates	£2,357	£1,815	£412	£130
Telephone and Internet	£601	£462	£105	£33
Office Equipment	£1,324	£1,020	£232	£73
Premises Expenses	£680	£524	£119	£37
Repairs and Renewals	£0	£0.00	£0	£0
Computer Equipment	£3,184	£2,452	£557	£175
Health & Safety	£0	£0	£0	£0
Postage and Carriage	£1,052	£810	£184	£58
Stationery	£4,392	£3,382	£769	£242
Bookkeeping	£10,022	£7,717	£1,754	£551
Volunteers Expenses	£0	£0	£0	£0
Sub Total	**£23,613**	**£18,182**	**£4,132**	**£1,299**
Governance				
Board Meetings	£416	£320	£73	£23
Staff Wages	£159	£122	£28	£9
CEO Wages	£169	£130	£30	£9
Companies House	£13	£10	£2	£1
Training	£189	£146	£33	£10
Other Meetings	£0	£0	£0	£0
Sub Total	**£946**	**£728**	**£166**	**£52**
Includes the Following Costs Shown Separately on the I & E				
Information Pack Stationery	£3294	£0	£0	£0
Membership and Magazine Stationery	£878	£0	£0	£0
Total	**£4172**	**£0**	**£0**	**£0**
Support Costs Total	**£24,559**	**£18,910**	**£4,298**	**£1,351**

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

Note 9 – Funds Designated by the Trustees

		Opening Balances	Incoming Resources	Outgoing Resources	Closing Balances
Membership		£3,407	£0	£3,407	£0
Insurance		£544	£0	£544	£0
Office Equipment		£494	£6	£500	£0
Survey Monkey		£0	£0	£0	£0
Reserves (as per Reserves Policy)		£29,562	£45	£0	£29,607
	Total	**£34,007**	**£51**	**£4451**	**£29,607**

The trustees resolved to close the designated funds and all balances were transferred to the general fund in June 2020 to make the financial reports clearer.

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