British Thyroid Foundation

(Charity Number: 1006391, SC046037)

Trustees Annual Report & Financial Statements for the year ended

31st March 2026

Charity accounts preparation & independent examination service

British Thyroid Foundation

(Charity Number: 1006391, SC046037)

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Trustees' Annual Report
From: 1 April 2025 to 31 March 2026

Charity name: British Thyroid Foundation

Another name the charity is known by: BTF

Registered charity number: 1006391, SC046037

Charity's principal address:

Suite 12, One Sceptre House
Hornbeam Square North
Hornbeam Park
Harrogate
HG2 8PB

Trustee Name	Office	Dates acted if not the whole year	In what capacity?
Professor Marian Ludgate	Chair	Chair from November 2025	Academic researcher Professor emerita in molecular endocrinology
Greta Lyons	Chair	Stepped down November 2025	Healthcare professional Endocrine research nurse
Anna Reavell	Vice Chair		Patient
Dr Gavin Troughton	Treasurer		
Professor Kristien Boelaert	Ex-Officio BTA		Healthcare professional Professor of endocrinology
Dr Fiona Eatock	Ex-Officio BAETS	From October 2025	Healthcare professional Consultant endocrine surgeon
Miss Alison Waghorn	Ex-Officio BAETS	Stepped down October 2025	Healthcare professional Consultant endocrine surgeon
Kandeel Batool		From December 2025	Healthcare professional and patient Neuro-oncology research nurse
Ruth Batty		From December 2025	Patient
Ana Cuddeford		From December 2025	Patient
Dr Harshini Katugampola			Healthcare professional Consultant paediatric endocrinologist
Paul Madgwick			Patient
Rachel Taylor			Patient
Dr Nicola Zammitt			Healthcare professional Consultant endocrinologist
Jonathan Eaton		Stepped down June 2025	

Name of chief executive(s) or senior staff members

Julia Priestley – Chief Executive Officer

Structure, Governance and Management

Type of Governing Document: Charitable Trust Deed dated 28 October 1991, most recently amended on 17 Jun 2025.

How the Charity is constituted: Registered Charity

Trustee Selection Method:

Where possible trustees are appointed following an open application and interview process. Exceptions to this are where we are seeking specific expertise in which case they are nominated and appointed by the Trustees.

Additional Governance Information

We are pleased to present the Trustees' Annual Report and Financial Statement for 1 April 2025 – 31 March 2026. The Trustees confirm that both comply with the current statutory requirements of the charity's governing document. Our Board of Trustees comprises healthcare professionals and lay people, most of the latter live with a thyroid condition.

Our trustees met four times online over the year, with one face-to-face meeting. Our Finance and Human Resources, Fundraising and Communications, and Ethics, Research and Projects Subcommittee meetings were held online. In between meetings, any urgent decisions were made by email. Trustees were required to declare any conflicts of interest at the start of each meeting. The trustees have taken appropriate steps to be compliant with GDPR. The BTF Privacy Policy is available on the charity's website. The charity is registered with the Fundraising Regulator and the Information Commissioner's Office.

Vision, Mission and Beliefs statement

A world where the best possible treatment and care is accessible to all people with thyroid disorders.

Mission

We are dedicated to providing people with the highest standard of support and information about thyroid disorders based on the best current medical evidence and individual experiences.

Values and Beliefs

- We must put the needs of members and people with thyroid disorders before any other consideration.
- We will provide a quality service based on medical evidence and individual experience, which is accessible to everyone.
- We are committed to remaining open-minded and will do our best to encourage involvement and foster peer support.

- We believe in a culture of success and a harmonious and rewarding working environment where individuals and teams can flourish.
- We will demonstrate a professional approach to our work at all times.

Objectives

The Charity is established:
a) to promote the relief and treatment of persons suffering from thyroid disorders and related conditions or diseases and to provide advice, information and support both for such persons, their families and the public generally, and

b) to promote and support research, and to disseminate for the public benefit the results of any such research into the causes and possible cures (whether partial or complete) and the possible prevention of the said disorders and diseases. *Extract from the BTF Charitable Trust Deed, Oct 1991*

Volunteers

Volunteers are at the heart of what we do. Many of our patient volunteers use their own experience to support others, whether through our telephone support service or moderating online support groups. They also make sure the patient voice is heard in our projects, on our Board of Trustees, and in our day-to-day work.

Healthcare professionals and researchers also generously give their time as trustees and medical advisors. Their support makes sure our information is accurate, trustworthy and based on the latest evidence.

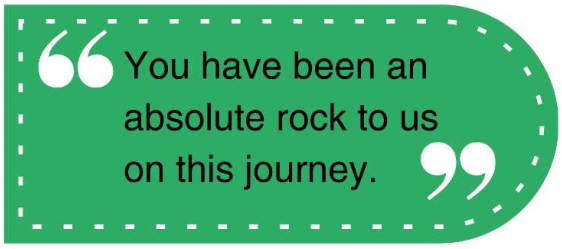
Thank you to all our volunteers for the time, care and commitment they give to supporting the UK thyroid community.

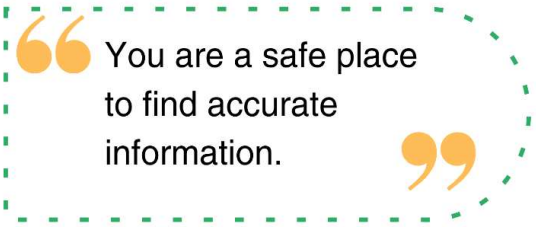
Working in partnership

We work in close partnership with the British Thyroid Association (BTA), British Association of Endocrine and Thyroid Surgeons (BAETS) and British Society of Paediatric Endocrinology and Diabetes (BSPED) and our patient resources are endorsed by these organisations.

We are affiliated members of the Society for Endocrinology (SfE) and the European Society of Endocrinology (ESE). We are part of the Connect Immune Research Partnership and an affiliated charity partner of Our Future Health. These partnerships promote collaboration between organisations representing health conditions to support vital research.

The year in review – helping our community to navigate their thyroid health





Too many people with thyroid conditions tell us they do not get enough information or support to help them manage what is usually a long-term condition. Our 2025 patient survey spells this out clearly: one in three respondents said they find their thyroid condition difficult to understand, and half said they do not feel they have enough time with their GP to discuss their thyroid health after diagnosis.

When people are not given the information they need, it can make it harder to understand why regular blood tests matter or why it is important to take medication as prescribed. We believe this gap in support needs to be addressed, and we are committed to providing clear, trustworthy information and peer support.

Much of our work this year focused on creating resources that answer common questions and help people make sense of confusing information they find online. We published articles and FAQs on trending topics such as supplements, diet and weight-loss injections, and developed a wellbeing and weight management hub to support people to find reliable information that supports their health and wellbeing.

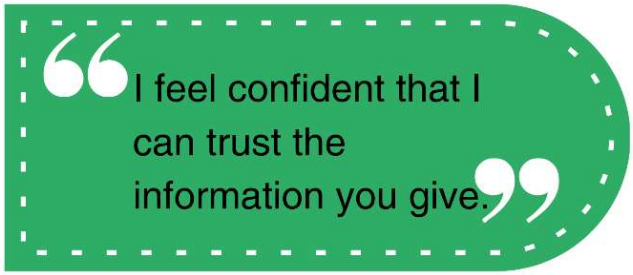
Our thyroid query service, helpline and Meet the Experts webinars also assisted our community to get answers and feel more informed and confident in managing their condition.

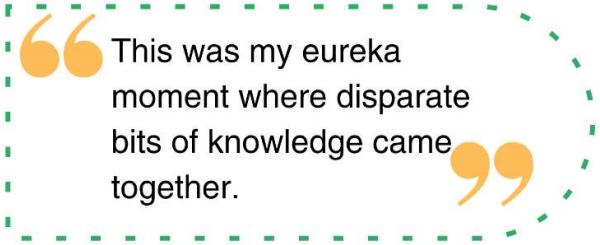
A highlight this year was our online patient information event for people affected by thyroid eye disease (TED). We know this can be a particularly difficult and isolating condition, and many feel there are limited treatment options available. In a first for the TED community, we brought together 150 patients, carers and healthcare professionals to share information about treatments, new clinical trials and patient experiences. What people shared during and after the event has highlighted the TED community's unmet needs and where care and support need to be improved.

As pressures on the NHS continue and more health misinformation appears online, our direction remains clear: to help people find their way through their thyroid health questions with reassuring, trustworthy resources based on lived experience and the best available scientific evidence.

Julia Priestley, Chief Executive Officer

Providing resources





Our 2025 patient survey showed that many people are finding it hard to get the support and information they need. We help meet these needs by providing resources that combine reliable, evidence-based information with people's real-life experiences. We are committed to offering our resources in a range of formats so that more people can access information easily and in a way that works for them.

Website



We have worked hard over the year to expand our content to reflect what our audiences are looking for in online searches. Our new thyroid FAQs address the top questions we are asked about and are showing high levels of engagement.

We further developed our dedicated area for healthcare professionals to support them in managing their patients' thyroid conditions.

Articles





When we are diagnosed with a thyroid condition, we often search for information on how to better manage our health and explore lifestyle factors that make a difference. Our articles explore popular topics such as antibodies, and diet and supplements.

They examine the available evidence to help make sense of the often confusing or conflicting information online.

Our articles continue to be the most-viewed resources on our website, illustrating the public's appetite for trusted information that addresses their concerns.

Films and animations

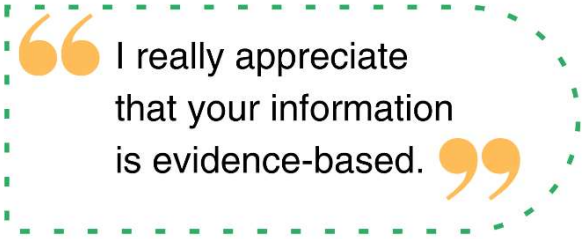




Understanding thyroid health can be challenging. Our films and animations explain thyroid health in an accessible and relatable manner. Our bite-sized videos aimed at children and young people have seen high engagement from under-25s keen to know more about managing their thyroid condition.

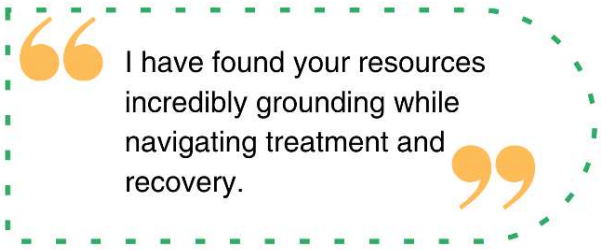
Patient literature





Our leaflets and posters give clear, trusted information about the full spectrum of thyroid conditions and direct people to other sources of help and support. This year, we sent more than 40,000 free leaflets to hospitals, helping people get reliable information when they need it most, especially at diagnosis.





All of our information is reviewed and endorsed by the British Thyroid Association (BTA) and the British Association of Endocrine and Thyroid Surgeons (BAETS), so patients can feel confident that it reflects the latest evidence and clinical guidance.

This year, we also updated and expanded our information on thyroid cancer. This is helping to meet a gap in resources to support people diagnosed with rarer types of thyroid cancer.

We also developed Your Guide to Familial Dysalbuminaemic Hyperthyroxinaemia (FDH) to support families affected by this rare thyroid condition.

Personal stories



> The patient stories reassured me that I would feel normal again.

Living with a thyroid condition can sometimes feel lonely. Reading about other people's experiences can help people feel less alone and reassure them that their feelings and challenges are understood. We are very grateful to everyone who shared their story to help others feel supported, heard and understood.

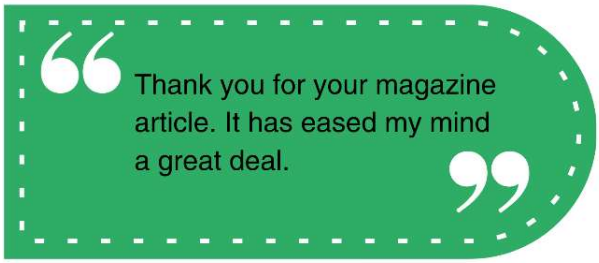
Wellbeing support

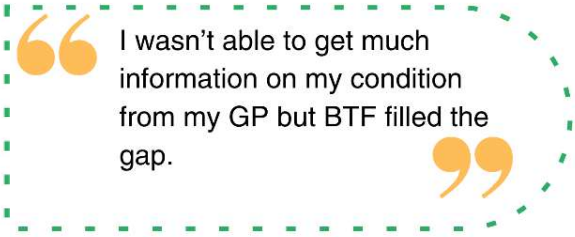


> Thank you for arming me with the information I needed to advocate for my own health.

Navigating the wealth of online advice about thyroid wellbeing and exercise tips can be overwhelming and exhausting. Our wellbeing and weight management hub brings together evidence-based information and advice. Through our experts' articles and tips we have supported people to achieve their individual wellbeing and weight-loss goals using reliable sources they can trust.

Members' resources

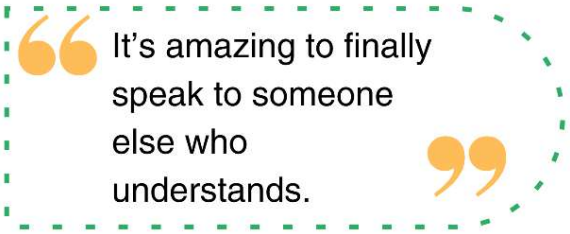




We have a strong and loyal community who join us as BTF members to receive exclusive benefits and support others living with a thyroid condition. Our members receive our 'BTF News' magazine twice a year, our regular e-updates and have priority access to our thyroid query service. Thank you to all our members for underpinning our work supporting the UK's thyroid community.

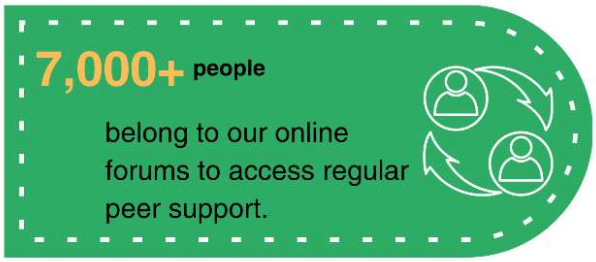
Peer support





Living with a thyroid condition that is not always visible to others can feel lonely and hard to explain to family and friends. Our wonderful phone volunteers offer a safe, non-judgmental space where people can talk openly with someone who truly understands.

We have also expanded this support through our partnership with The Wren Project. This free listening service is available remotely to adults in the UK with a diagnosed autoimmune condition, offering regular support for up to six months. We are pleased that so many people in our community are benefiting from this service.

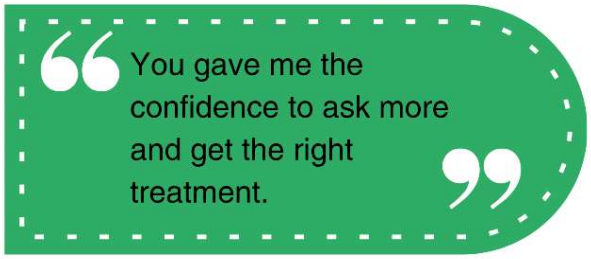


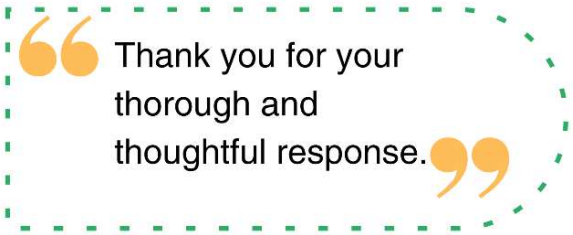


Our closed Facebook groups continued to thrive as safe spaces where people can find peer support and learn from others' experiences. We now have over 7,000 members receiving and offering support for the following conditions:

- Hyperthyroidism
- Thyroid eye disease
- Thyroid cancer
- Parents and carers of children with thyroid conditions

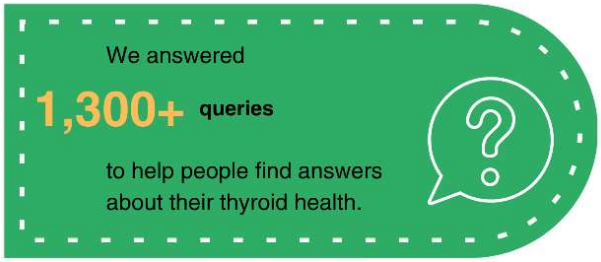
Sharing knowledge and insights

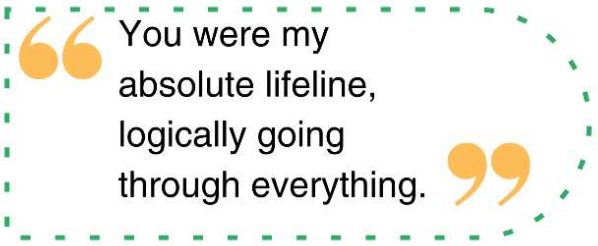




When diagnosed it is normal to have far more questions than can be answered in a healthcare appointment. Our patient webinars and thyroid query service are free-to-access and support the thyroid community with questions they are struggling with. Informing and empowering people in this way helps them to get the most out of their healthcare appointment.

Thyroid query service

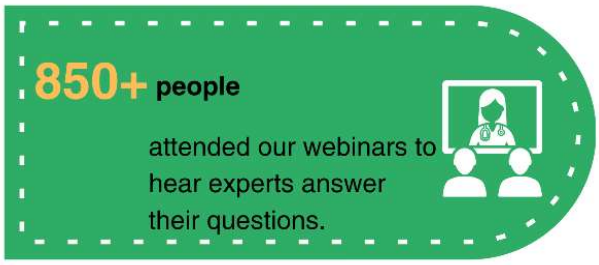


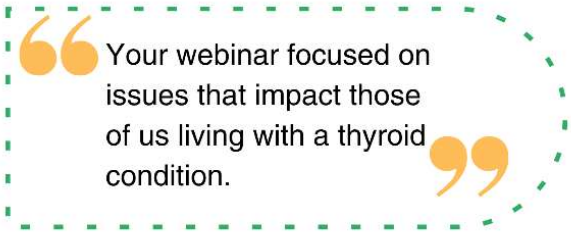


Short appointment times in our resource-stretched NHS mean that some people still have unanswered questions about their thyroid health. When people call us, they are also often very confused by what they have read online or been told by others.

Our thyroid query service and helpline allow people to talk through their concerns and find answers to niggling questions. We also equip them with evidence-based information and suggested questions to discuss with their doctor to help them access the right treatment and care.

‘Meet the Experts’ webinars





Our popular webinars explore some of the day-to-day realities of living with thyroid conditions and are designed around the issues people tell us they struggle with. Our expert speakers give clear, practical information and help people better understand how to manage their thyroid health

Over the last 12 months, we held five webinars on:

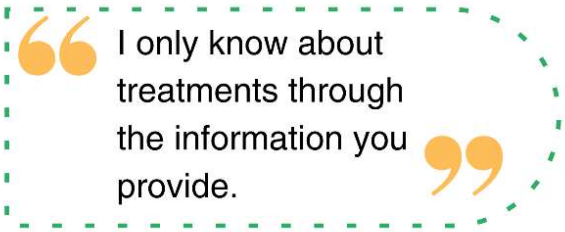
- Managing hypothyroidism
- Nurses’ perspectives on managing thyroid health
- Non-surgical treatments for thyroid nodules
- Fertility and pregnancy
- Honouring the career of Prof John Lazarus

A further 12,800+ people watched the recordings on our YouTube channel, illustrating how valuable this trusted information is to our community.

A highlight of the year was our online information day for people affected by thyroid eye disease (TED). 150 people joined us to hear about the symptoms and management of TED, opportunities to take part in clinical trials, and from others with experience of living with TED. We are grateful to Amgen Limited who generously provided an educational grant to support this event.

Medicines and research updates





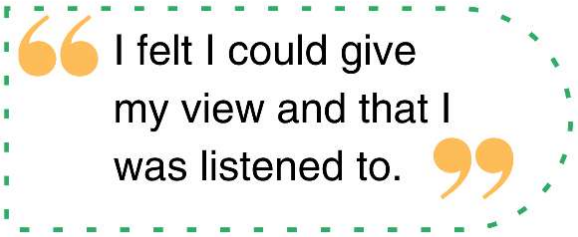
Knowing which online health information to trust can be difficult. Our ‘Guidelines hub’ brings together all the latest guidelines and statements governing the diagnosis and management of thyroid conditions.

We developed resources to simplify the 2025 Royal College of Obstetricians and Gynaecologists’ Green-top Guideline on the Management of Thyroid Conditions in Pregnancy. Later in 2026, we will launch new digital resources to help women access the appropriate care and support laid out in these new guidelines.

Healthcare professionals also accessed our popular ‘Professionals hub’ to support them in managing their patients’ thyroid conditions.

Involving patients





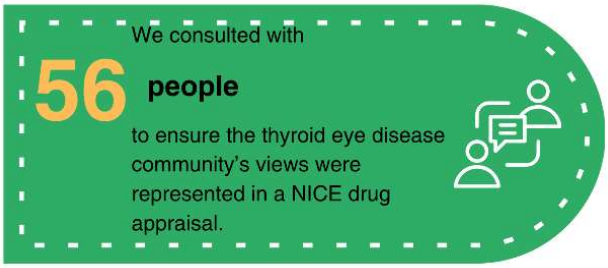
Many people in the thyroid community want to share their experiences to help improve information and support for others, and to shape future thyroid research.

Our Patient Panel brings together more than 65 people with lived experience, helping us develop and share resources that reflect what matters most to patients. Through our close work with healthcare professionals and researchers, we also connect members of the Patient Panel and the wider thyroid community with opportunities to get involved in research.

This year, patients contributed to seven Patient and Public Involvement and Engagement (PPIE) projects. This ensured people’s experiences and views were considered when research studies were being designed. Over the year, our patient volunteers were involved in focus- and advisory groups, providing feedback on trial literature and designing and co-producing animations to raise awareness and support recruitment to a trial. These trials are:

- The efficacy of Triiodothyronine (T3) in patients with heart failure (T3 – HF)
- Hemi- or Total Thyroidectomy in low-risk thyroid cancer (HoT)
- Radiofrequency Ablation of Benign Intrathyroidal Tumours (RABBIT)
- Rituximab in Graves’ disease (RiGD2)
- Low Risk Thyroid Cancer: Intervention or Observation (LION)
- Radioiodine Therapy and Thyroid Inflammation (RAIN)
- Mycophenolate for Persistent Symptoms of Hypothyroidism (TRIUMPH)

Representing patients



> This has been my only opportunity to have my voice heard and feel I'm not just a statistic.

Alongside involving patients in trials and studies, we also amplify their voices to healthcare professionals, researchers and commissioners. After consulting with the thyroid eye disease community on a new drug treatment, we incorporated the lived experiences of 56 TED patients in our submission to the National Institute for Health and Care Excellence (NICE). This will help NICE understand what this treatment might mean for people living with TED. We additionally nominated a Patient Expert to talk to the committee about the unmet needs of people living with this disease.

We also represented the patient perspective at several meetings, including at the British Endocrine Society meeting.

Supporting healthcare professionals



> The module was well structured, practical, and clinically relevant.

Our dedicated resources for healthcare professionals and researchers are becoming a 'go-to' hub for training and evidence-based resources. We continued to work with the British Thyroid Association (BTA) to provide free training webinars on the MIMS (Monthly Index of Medical Specialities) learning platforms. We are very encouraged that so many GPs and other healthcare professionals have now completed these accredited Continuing Professional Development (CPD) modules to refresh and expand their know-how of managing thyroid conditions. Many healthcare professionals and researchers also joined our 'Meet the Experts' webinars to further their knowledge.

Over the past year, we attended The Royal College of General Practitioners (RCGP), British Society for Paediatric Endocrinology and Diabetes (BSPED), British Thyroid Association (BTA), British Association of Endocrine and Thyroid Surgeons (BAETS), Society for Endocrinology and Royal Society of Medicine's meetings and conferences to let trainees, researchers and healthcare professionals know about our resources and encourage them to signpost patients and families to us.

We also supported two trainee healthcare professionals to attend endocrine meetings through our programme of Travel and Training grants.

Supporting research



> This award is indispensable to validate the findings of our pilot study.

Research plays a key role in advancing treatments. Ultimately, it improves how people affected by thyroid conditions are diagnosed and treated. Following a generous response to our Research Appeal, we supported a UK-based researcher through our BTF Research Award 2025.

The winner is Dr Nada Mabrouk Ahmed, who will use her £35,000 Award to fund a three-year investigation into whether a blood test can identify cancer in people with indeterminate thyroid nodules.

In Autumn 2025, we began work on our James Lind Alliance Priority Setting Partnership for Thyroid Disease. In this well-recognised process, we are bringing together patients, carers and healthcare professionals to invite them to tell us what they feel are the unanswered questions in thyroid research. This will help us identify the top 10 research priorities for the UK's thyroid community and direct future research to focus on these matters.

Raising awareness



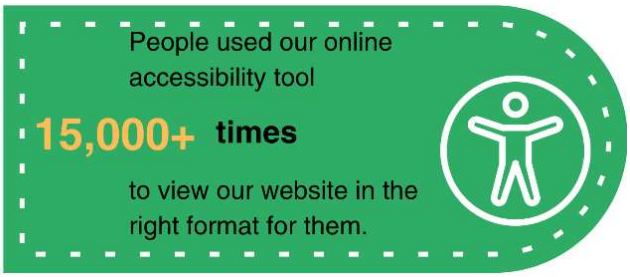
> Thank you for spreading awareness and providing reassurance and support.

Far too many people's symptoms go unnoticed or are confused with other conditions. This general lack of awareness about thyroid conditions means that many people encounter delays in getting diagnosed, causing unnecessary suffering.

We ran five social media awareness campaigns over the year to help people understand symptoms, who may be at risk of thyroid conditions and how they are diagnosed and managed. We worked in tandem with fellow members of the Connect Immune Research Partnership, helping to reach more people with key facts about autoimmune conditions during its Awareness Month in March.

We also contributed patient stories and medical spokespeople to six health features in the national media to put a spotlight on thyroid conditions.

Improving accessibility





Being able to access health information in the right format is a first step towards understanding and managing your thyroid condition. Our patient leaflets are available in Arabic, Mandarin, Polish and Urdu. Our online accessibility tool also allows website visitors to view our site in the most suitable way for them.

Restricted and unrestricted grants

The funding landscape remains challenging with many applicants competing for ever-decreasing amounts of grant funding. Despite this, we were able to secure four significant grants to support our work. We are very grateful to the following funders for their support:

Amgen Limited – Thyroid Eye Disease Patient Information Day

Garfield Weston – to support the work of the BTF

Peter Sowerby Foundation – James Lind Alliance Priority Setting Partnership on Thyroid Disease

The National Lottery Community Fund – Pregnancy resources

Investment Policy

The trustees have considered the charity's need for funds and have adopted a low-risk investment policy. All funds are held in liquid, interest-bearing bank deposit accounts with regulated UK institutions to ensure capital security and flexible access. The objective is to maximise interest income while minimising risk to the charity's core capital. During the year, these cash deposits performed in line with expectations, generating a total interest income of £13,067.

British Thyroid Foundation – Reserves Policy 2026 - 2027

The British Thyroid Foundation (BTF) has the objectives to promote the relief and treatment of persons suffering from thyroid disorders and to promote, support and disseminate research in the area of thyroid disease. The trustees of the BTF (the Trustees) consider the financial position of the charity and review the reserves policy as part of the annual planning cycle. The aim of this Reserves Policy is to balance making the best use of income raised to deliver its charitable objectives in the short

term, while maintaining the financial stability to be able to continue its activities in the future.

The BTF is reliant on income from various sources, including membership, legacies, community fundraising, grants from trusts and foundations, and from BTF's participation in research projects. We operate a fair market value policy to ensure the charity is paid fairly for contributions to projects and partnerships. Income from legacies and grants can vary greatly each year, it is not guaranteed and so cannot be relied on. However, we continue to invest in our fundraising activities with the aim to build more sustainable and diverse income sources.

To continue to deliver quality patient support activities for the charity we invest in maintaining a highly experienced staff to carry out its objectives. Reducing expenditure when income is low would significantly impact the BTF's ability to deliver its charitable objectives, and therefore, in these circumstances, the charity may run at a loss. The Trustees review the charity's financial activities at each trustee and finance sub-committee meetings.

It is important to maintain reserves to protect the charity and its employees if BTF is forced to close for any reason. **Winding-up costs** would include redundancy payments to staff, termination of the lease of the rented offices, refurbishment of offices, disposal of all assets, accountancy and legal fees, taxes, insurance, and commitments to suppliers or service providers. We estimate winding up costs would be approximately £113,646.

Restricted funds

The restricted funds as of 1 April 2026 were £9702.30 which we have excluded from our reserves to carry out the projects for which they were intended.

Designated Funds

In addition to the restricted funds – as of 1 April 2026 the Trustees have designated a total of £117,014 to the following projects.

- **Pregnancy Project:** We secured a grant of £19,646 from the National Lottery Community Fund, to appoint a company to develop a digital and print campaign to equip women with information about managing their thyroid conditions before and after pregnancy. The Trustees have designated an extra £12,000 in order to complete this project.

- **Research grant**: Every two years, the BTF awards a grant of £35,000 to a researcher working on investigating a relevant aspect of the understanding and treatment of thyroid disease. The research grant is payable over a period of three years. To cover outstanding grants that have already been awarded and grants which will be awarded in 2026 and 2027 we have carried forward the designated funds from 2025-2026, a total of £31,014 for research funds.

- **BTF JLA Research Award:** Building on the outcomes and agreed priorities of the James Lind Alliance Project, and subject to the availability of opportunities

for matched funding, we would like to designate an additional £35,000 to a new project that attempts to answer one of the agreed research priorities.

- **Growth of Information project:** To continue to find new ways to create and share reliable and patient focussed information that will improve experiences for people living and working with thyroid diseases. The Trustees have carried forward the designated funds from 2025-2026, a total of £26,000 for this project.

- **Incorporating the BTF as a Charitable Incorporated Organisation (CIO)**: We have designated £13,000 for the cost of the BTF incorporating as a CIO.

The total cost of restricted and designated funds as of 1 April 2026 were £159,744.00. Taking these financial aspects into consideration, the charity aims to keep reserves at levels between **£250,000 and £300,000**. Reserves at the start of the financial year 1 April 2026 were **£333,897** which Trustees agreed is an appropriate amount given the current uncertainty with regard to budgeted income and expenditure in the year ahead.

The security of an appropriate cash reserve coupled with the BTF's long-standing engagement with supporters and fundraisers, and our work to increase visibility of the service we provide, will ensure BTF's long-term future.

This policy will be reviewed annually by the Board of Trustees to ensure it remains relevant and effective in meeting the charity's needs.

Signed by Marian Ludgate, Chair of Trustees:

M E Ludgate

Marian Ludgate (Oct 1, 2026, 9:53am)

Date: 01 Oct 2026

Independent examiner's report to the trustees of British Thyroid Foundation

I report on the accounts of: **British Thyroid Foundation (the Charity)**
for the year ended: **31st March 2026** which are set out on pages 20 to 30 .

Responsibilities and basis of report

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

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

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

Independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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 seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
• to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
• to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

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

1 accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2 the accounts do not accord with those records

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



01/10/2026

Karen Wood (ACMA)
Outsource independent examination service
2 Galligap Lane
Osbaldwick
York YO10 3NR

Date:

British Thyroid Foundation
(Charity Number: 1006391, SC046037)

Statement of Financial Activities for the year ended: 31 March 2026

	Note	Unrestricted funds	Restricted funds	Total 2026	Total 2025
Income and endowments from:		£	£	£	£
Donations and legacies	3.1	193,740	32,194	225,934	155,312
Charitable activities	3.2	19,218	-	19,218	45,147
Other trading activities	3.3	46,932	-	46,932	45,375
Investments	3.4	13,067	-	13,067	26,948
Total income	**3**	**272,957**	**32,194**	**305,151**	**272,782**
Expenditure on:					
Raising funds	4.1	28,555	4,778	33,333	26,560
Charitable activities	4.2	221,692	49,459	271,151	259,990
Total expenditure	**4**	**250,247**	**54,237**	**304,484**	**286,550**
Net income/(expenditure)		**22,710**	**(22,043)**	**667**	**(13,768)**
Gross transfers between funds		-	-	-	-
Net movement in funds		**22,710**	**(22,043)**	**667**	**(13,768)**
Total funds brought forward		428,203	31,744	459,947	473,715
Total funds carried forward		**450,913**	**9,701**	**460,614**	**459,947**

British Thyroid Foundation
(Charity Number: 1006391, SC046037)

Balance Sheet as at: 31st March 2026

	Note	2026	2025
Current assets			
Cash at bank and in hand	**8**	461,411	460,744
Total current assets		**461,411**	**460,744**
Current liabilities: amounts falling due within one year			
Creditors and accruals	**10**	(797)	(797)
Net current assets		**460,614**	**459,947**
Net Assets		**460,614**	**459,947**
Funds of the Charity	**11**		
Unrestricted Funds (General)		336,899	428,203
Unrestricted Funds (Designated)		114,014	-
Restricted Funds		9,701	31,744
Total Funds Carried Forward	**11**	**460,614**	**459,947**

-

The financial statements were approved by the trustees on: 05 Oct 2026

And signed on their behalf by: M E Ludgate

Trustee

M E Ludgate

Marian Ludgate (Oct 5, 2026, 4:17pm)

British Thyroid Foundation

Statement of Cash Flows for the year ended: 31st March 2026

	Total 2026 £	Total 2025 £
Cash flows from operating activities		
Net income/(expenditure) for the year	667	(13,768)
Add: Depreciation for the year	-	-
Working capital changes		
(Increase)/decrease in debtors	-	-
Increase/(decrease) in creditors	-	147
Net cash provided by/(used in) operating activities	**667**	**(13,621)**
Cash flows from investing activities		
Purchase of fixed assets	-	-
Disposal of fixed assets	-	(260,000)
	-	**(260,000)**
Change in cash and cash equivalents in the year	667	246,379
Cash and cash equivalents at 1 April 2025	460,744	214,365
Cash and cash equivalents at 31 March 2026	**461,411**	**460,744**

Notes to the accounts for the year ended: 31st March 2026

1 Basis of preparation

1.1 Basis of accounting
The financial statements are prepared under the historical cost convention and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102)).

1.2 Change of basis of accounting
The accounts were previously prepared on a receipts and payments basis.

1.3 Change to previous accounts
Changes to include accrual account adjustments have been made to the accounts for the previous year. This was adding an accrual of £550 for the independent examination and including the investment assets in the balance

2 Accounting policies

Income and endowments

Recognition of income
These are included in the Statement of Financial Activities (SoFA) when:
- the charity becomes entitled to the resources;
- receipt of the resources is probable; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure
Where incoming resources have related expenditure, the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations
Grants and donations are only included in the SoFA when the charity has evidence of entitlement to the resources and receipt is probable.

Volunteer help
The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income
This is included in the accounts when receivable.

Expenditure and Liabilities

Expenditure

Raising funds
Cost of raising funds comprise those costs associated with attracting voluntary income.

Charitable activities
Charitable activities expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liability recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Assets

Tangible fixed assets for use by the charity
These are capitalised if they can be used for more than one year and cost at least £2,500. They are valued at cost or, if gifted, at the value to the charity on receipt, less depreciation.

Depreciation is provided at rates to write off the costs less estimated residual value of each asset over its expected useful life as follows:

Office equipment	25%	straight line basis
Project equipment	25%	straight line basis
Computer equipment	25%	straight line basis

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor.

British Thyroid Foundation
(Charity Number: 1006391, SC046037)

Notes to the accounts for the year ended: 31 March 2026

3 Income and endowments	2026			2025		
	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
3.1 Donations and legacies						
Donations	23,427	-	23,427	27,797	-	27,797
Legacies	65,744		65,744	55,654	-	55,654
Gift Aid	19,894	-	19,894	13,468	-	13,468
Grants	20,000	32,194	52,194	-	-	-
Subscriptions	64,675	-	64,675	58,393	-	58,393
	193,740	**32,194**	**225,934**	**155,312**	**-**	**155,312**
3.2 Charitable activities						
Grants	-		-	-	39,075	39,075
BTA Administration	1,747	-	1,747	1,472	-	1,472
Information events	9,024	-	9,024	995	-	995
BTA tickets sold	8,447		8,447	3,605		
	19,218	**-**	**19,218**	**6,072**	**39,075**	**45,147**
3.3 Other trading activities						
Fundraising & sponsorship	41,800		41,800	42,597	244	42,841
Sale of Christmas cards	2,168	-	2,168	2,199	-	2,199
Sale of Merchandise	463	-	463	335	-	335
Other income	2,501		2,501	-	-	-
	46,932	**-**	**46,932**	**45,131**	**244**	**45,375**
3.4 Investments						
Bank interest	13,067	-	13,067	4,664	-	4,664
Gain in revaluation		-	-	22,284		22,284
	13,067	**-**	**13,067**	**26,948**	**-**	**26,948**
Total income	**272,957**	**32,194**	**305,151**	**233,463**	**39,319**	**272,782**

4 Expenditure

	Unrestricted funds £	Restricted funds £	Total 2026 £	Unrestricted funds	Restricted funds	Total 2025 £
4.1 Raising funds						
Public awareness & publicity	19,418	4,778	24,196	21,838	-	21,838
Fundraising costs	9,137	-	9,137	4,722	-	4,722
	28,555	**4,778**	**33,333**	**26,560**	**-**	**26,560**
4.2 Charitable activities						
Salaries	143,092	17,184	160,276	148,806	1,545	150,351
Staff training & other costs	2,042	-	2,042	804	-	804
Premises costs	14,433	3,681	18,114	19,065	-	19,065
Office & computer costs	15,203	1,206	16,409	11,744	-	11,744
Insurance	787	-	787	754	-	754
Patient benefit	11,164	27,388	38,552	10,437	32,215	42,652
Nurse & research awards	14,303	-	14,303	3,528	18,182	21,710
Telephone & helpline	740	-	740	780	-	780
Payroll & administration costs	1,020	-	1,020	2,898	-	2,898
Accountancy fees	650	-	650	650	-	650
Membership & subscriptions	47	-	47	35	-	35
Database	-		-	2,040		2,040
Meeting costs and trustees' costs	1,150	-	1,150	1,684	-	1,684
Legal & professional costs	5,099	-	5,099	2,509	-	2,509
Paypal & bank charges	2,193	-	2,193	1,839	-	1,839
Returned membership	971	-	971	475		475
BTA administration	8,798	-	8,798	-	-	-
	221,692	**49,459**	**271,151**	**208,048**	**51,942**	**259,990**
Total expenditure	**250,247**	**54,237**	**304,484**	**234,608**	**51,942**	**286,550**

5 Expenses & fees

No trustees received a remuneration for services rendered during the year, £646 was reimbersed for trustees' out of pocket expenses (2025: £646)

5.1 Fees for examination of the accounts	2026	2025
	£	\
Independent Examiner's fees for reporting on the accounts	650	650

6 Staff costs and emoluments

6.1 Staff costs	2026	2025
	£	£
Gross salaries	145,143	134,867
Employers National Insurance	6,323	6,682
Pension contributions	8,810	8,802
	160,276	**150,351**

6.2 Average number of full time equivalent employees by department

	2026	2025
Fundraising	0.45	0.45
Charitable activities	3.76	3.76
Governance	0.00	0.00
Other	0.00	0.00
Total	**4.21**	**4.21**

No employee received remuneration in excess of £60,000 (2025:Nil)

7 Cash at bank and in hand	Unrestricted	Restricted	Total 2026	2025
	£	£	£	£
Lloyds Bank	82,478	9,701	92,179	131,729
RBS Bank	822	-	822	1,990
United Trust Bank	-	-	0	85,000
PayPal	3,128	-	3,128	2,025
Flagstone	365,282	-	365,282	240,000
	451,710	**9,701**	**461,411**	**460,744**

8 Creditors and accruals

	Total 2026	2025
Amounts falling due within one year	**£**	**£**
Trade creditors	-	-
Deposits held	147	147
Accruals and deferred income	650	650
Tax and social security	-	-
Total	**797**	**797**

9 Movement of funds

9.1 Movement of major funds

2026 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
Unrestricted funds (General)					
General unrestricted funds	300,203	272,957	236,261	-	336,899
Unrestricted funds (Designated)					
Reasearch grants	45,000	-	13,986	-	31,014
James Lind Alliance Project	22,000	-	-	-	22,000
James Lind Alliance Award	35,000	-	-	-	35,000
BTF Guides update	26,000	-	-	-	26,000
	428,203	**272,957**	**250,247**	**-**	**450,913**
Restricted funds					
National Lottery Pregnancy project	-	19,694	18,000	-	1,694
James Lind Alliance	-	12,500	4,493	-	8,007
Westfield Health - translation of leaflets	1,344	-	1,344	-	-
Amgen -TED patient information event	30,400	-	30,400	-	-
	31,744	**32,194**	**54,237**	**-**	**9,701**
Total Funds	**459,947**	**305,151**	**304,484**	**-**	**460,614**

2025 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
Unrestricted funds (General)					
General unrestricted funds	429,348	233,463	234,608	(128,000)	300,203
Unrestricted funds (Designated)					
Reasearch grants	-			45,000	45,000
James Lind Alliance Project	-			22,000	22,000
James Lind Alliance Award	-			35,000	35,000
BTF Guides update	-			26,000	26,000
	429,348	**233,463**	**234,608**	**-**	**428,203**
Restricted funds					
Edith Murphy Foundation	2,767	-	2,767	-	-
Barbara Sutcliffe	8,538	-	8,538	-	-
National Lottery Community Fund	19,480	-	19,480	-	-
Robert Luff Foundation for Research	10,000		10,000		-
Thistledown Trust	1,000		1,000		-
SfE Travel Grant	56		56		-
Argenx	2,526		2,526		-
Rare Thyroid Therapeutics	-	3,000	3,000		-
Argenx 2	-	2,425	2,425		-
Advanced Thyroid Cancer	-	244	244	-	-
Westfield Health - translation of leaflets	-	2,500	1,156		1,344
Society for Endocrinology - Medical	-	750	750	-	-
Amgen -TED patient information event	-	30,400	-	-	30,400
	44,367	**39,319**	**51,942**	**-**	**31,744**
Total Funds	**473,715**	**272,782**	**286,550**	**-**	**459,947**

Transfer of funds

Funds have been designated from general unrestricted funds for the projects described below.

9.2 Details of Funds Held

Unrestricted Funds (General)
The General fund is unrestricted and available for the general purposes of the Organisation.

Unrestricted Funds (Designated)
Research - Grants that have already been awarded and will be payable over the next 3 years
James Lind Alliance Project
James Lind Alliance Award
Growth of Information project

Restricted Funds
The restricted funds are only available for the purposes specified for each fund, which are:

National Lottery Pregnancy project

Pregnancy resources
James Lind Alliance

The James Lind Alliance (JLA) is an independent non-profit making initiative bringing patients, carers and clinicians together in Priority Setting Partnerships (PSPs).

Westfield Health - translation of leaflets

To translate BTF leaflets into four different languages

Amgen -TED patient information event

To hold a TED information event

10 Net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2026
Balances at 31st March 2026	**£**	**£**	**£**
Fixed assets	-	-	-
Current assets	451,710	9,701	461,411
Current liabilities	(797)	-	(797)
	450,913	**9,701**	**460,614**

	Unrestricted Funds	Restricted Funds	Total 2025
Balances at 31st March 2025	**£**	**£**	**£**
Fixed assets	-	-	-
Current assets	429,000	31,744	460,744
Current liabilities	(797)	-	(797)
	428,203	**31,744**	**459,947**