

APPENDIX 1



Office of the Scottish Charity Regulator

Trustees' Annual Report for the period							
Period start date				Period end date			
	Day	Month	Year		Day	Month	Year
From	01	11	2024	To	31	10	2025

Reference and administration details

Charity name	European Lifestyle Medicine Council
Other names charity is known by	
Registered charity number	SC049653
Charity's principal address	Haddington House, 28 Sidegate
	Haddington
	Postcode EH41 4BU

Names of the charity trustees on date of approval of Trustees' Annual Report

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Robert Lawson	Chair		
2	Dr Alicja Baska	Vice Chair		
3	Dr Labros Siddosis			
4	Dr Charlotte Salter			
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Reference and administration details

Names of all other charity trustees during the period, if any, (for example, those who resigned part way through the financial period)

Name	Dates acted if not for whole year

Structure, governance and management

Type of governing document

The charity was incorporated and recognised as a Scottish charity with effect from 30 September 2019. The charity is administered in accordance with the terms of its Constitution.

Trustee recruitment and appointment

Recruitment will be from National Lifestyle Medicine bodies as they constitute as formal groups.

Objectives and activities

Charitable purposes

The ELMC promotes Advocacy, Education and Research into the field of Lifestyle Medicine by providing support and a networking platform for properly constituted National Lifestyle Medicine Organisations.

Summary of the main activities in relation to these objects

The ELMC will fulfil its charitable purposes by; supporting development of country Lifestyle Medicine organisations; collecting and sharing research; providing online educational forums on lifestyle medicine related matters; publishing regular e-newsletters for exchange of ideas and information; providing educational and networking opportunities.

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Achievements and performance

Summary of the main achievements of the charity during the financial period	Regular meetings are held by the Board of Trustees, including an AGM. Annual meetings are held at BSLM's annual conference in the UK. ELMC has an active social media presence. ELMC members continue to participate in the World Lifestyle Medicine Organisation (WLMO). The president of ELMC, Dr Lawson, sits on the Executive Committee of WLMO. Following a successful symposium in Alicante (2024) a further event is being planned in Croatia (2026).
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Financial review

Brief statement of the charity's policy on reserves	The unrestricted funds represent income earned but not yet utilised in supporting charitable activities.
Details of any deficit	Small deficit due to bank charges.
Donated facilities and services (if any)	The British Society Lifestyle Medicine will provide administrative support to ELMC. The Executive Director of BSLM is also the ED of ELMC.

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Other optional information

Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s) <i>OSCR will accept digital or typed signatures</i>	Robert Lawson	
Full name(s)	Robert Lawson	
Position (e.g. Chair)	Chair	
Date	6 July 2026	