

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1 st	April	2024		31 st	March	2025

Section A Reference and administration details

Charity name Galactosaemia Support Group

Other names charity is known by

Registered charity number (if any) 1020167

Charity's principal address 757 Manchester Road Stocksbridge Sheffield

Postcode S36 1DQ

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1 Karen Ford	Chairman		
2 Sue Bevington	CEO		
3 Stuart Ford			
4 Rachel Watts	Treasure		
5 Robert Watts			
6 Dr Laura Bevington	Secretary		
7 Michael Bevington	Website Co-ordinator		
8 Laura Wilcock			
9 Andrew Wilcock	Fundraising Co-ordinator		
10 Charlotte burn			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Susan Bevington

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

The charity is governed by its Constitution, dated 24 October 1992 as amended 14 March 1993. The charity constitutes an unincorporated charity.

How the charity is constituted
(eg. trust, association, company)

Trust

Trustee selection methods
(eg. appointed by, elected by)

The honorary officers are re-elected on an annual basis at the annual general meeting usually held in the autumn, unfortunately due to Covid restrictions this didn't take place this year.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The trustees actively review the major risks which the charity may face on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions.

The trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

- 1) To alleviate the suffering and promote the relief and care of persons suffering from the metabolic disease known as "Galactosaemia",
- 2) To advance education concerning this disease,
- 3) To engage in any charitable activities which may lessen the suffering of such people and ancillary thereto, to protect and preserve the health of their families, friends and carers.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- Policy on grant making;
- policy programme related investment;
- Contribution made by volunteers.

The principal policies adopted in order to achieve the objectives and aims are as follows:

- 1) To create a positive supportive network of parents, families and professionals in order to share experiences and to give emotional support and information regarding the benefit of dietary control.
- 2) To promote awareness of the disease within the medical and teaching professions and within the food and pharmaceutical industries by means of direct communication.
- 3) To raise funds specifically for financing research into the disease

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The trustee's continue to spread the word and promote the GSG. The committee have continued to hold the committee meetings via Zoom, this has helped the trustees save time on travelling and reduces the GSG carbon footprint.

The committee were busy organising the GSG weekend away at Kimmel Bay, North Wales. The cost of attending the conference was subsidised by the GSG to allow as many people as possible to attend. This year we had a record number of families joining us. Following another generous donation from Nutricia, the GSG have decided to again subsidise every GSG family member's accommodation as a thank you for your continued support.

The weekend was a success and inclusive to all who attended, we held a laser tag session enjoyed by the young and older children. Play sessions were enjoyed by the very young children this also allowed new families to meet other parents.

The evenings were spent meeting with old friends and making new ones. We had lots of low galactose goodies for everyone to try and played quizzes. Everyone had fun.

The social media platforms continue to grow and are a good source of support and information for our members. As a committee we have talked about updating the GSG website, making it more user friendly especially for neurodivergent individuals, Barclays bank have assisted in helping set up a new website for the GSG, we can't wait for its launch.

Louise, the GSG dietitian continues to promote the GSG through her blog, attending national and international dietetic meetings/conferences. Once again Louise attended and spoke at the European Galactosemia Society conference. S continues to be a prominent, active member of the GalNat (galactosaemia Network for Professionals).

We also did more cheese testing, once again discovering and allowing more choice in the galactosaemia diet.

Some members talked to a research company looking at new ways to help people with galactosaemia and new drugs for the future.

Brief statement of the charity's policy on reserves

It is the policy of the trustees to maintain unrestricted funds at a level sufficient to finance not less than twelve months of unrestricted expenditure and that this level of reserves is held throughout the year.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- Investment policy and objectives including any ethical investment policy adopted.

The charity receives no funding from Government or other grant making organisations. The principal source of income was from various donations received and by individual fundraising activities undertaken by members, their friends and families. Members of the executive committee and others, including professionals, give their time voluntarily to the charity and often bear some of the incidental postage, stationery and travelling expenditure personally. We should like to thank all who supported our charity either financially or otherwise, whatever the size of the contribution. Income received is first utilised against the principal objectives and the running costs of the charity.

Total unrestricted income during the year amounted to £19,629. Resources expended on charitable activities amounted to £21,893. The group received £14,802 through donations, and £5,006 from subscriptions.

Section F Other optional information


Full membership is open to families of children suffering from Galactosaemia. Associate membership is open to individuals of 18 years and over and other voluntary or non-profit distributing organisations. The number of members registered at the beginning and end of the year was as follows:

- Full members 206
- Galactosaemics 221
- Overseas members 14
- Friends 6
- Professional members 22

Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
---------------------	---	--

Full name(s)	Karen Ford	
---------------------	------------	--

Position (eg Secretary, Chair, etc)	Chairman	
--	----------	--

Date	02/02/2026
-------------	------------



Receipts and payments accounts

CC16a

For the period
from

1st April 2024

To

31st March 2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	20,876	-	-	20,876	8,185
Subscriptions	5,327	-	-	5,327	5,006
Fundraising	13,510	-	-	13,510	5,264
Other income	237	-	-	237	814
Interest on deposit account	453	-	-	453	360
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	40,403	-	-	40,403	19,629
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,403	-	-	40,403	19,629
A3 Payments					
Wages including NI Ers	11,842	-	-	11,842	10,264
Meeting expenses	6,652	-	-	6,652	6,455
Dietician's fees and expenses	6,475	-	-	6,475	1,539
Postage, printing, telephone and office	151	-	-	151	1,779
Accountancy	918	-	-	918	1,044
Sundry expenses	252	-	-	252	746
Bank charges	308	-	-	308	66
	-	-	-	-	-
	-	-	-	-	-
Sub total	26,599	-	-	26,599	21,893
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,599	-	-	26,599	21,893
Net of receipts/(payments)	13,803	-	-	13,803	- 2,264
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,161	-	-	34,161	36,425
Cash funds this year end	47,965	-	-	47,965	34,161

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	47,886	-	
	Petty cash	79	-	
		-	-	-
	Total cash funds	47,965	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE due	Unrestricted	158	
	Accrual for accountancy + payroll	Unrestricted	900	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		[Signature Box]	[Print Name Box]	[Date of approval Box]



CHARITY COMMISSION
FOR ENGLAND AND WALES

Galactosaemia Support Group

1020167

Receipts and payments accounts

CC16a

For the period
from

1st April 2024

To

31st March 2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	20,876	-	-	20,876	8,185
Subscriptions	5,327	-	-	5,327	5,006
Fundraising	13,510	-	-	13,510	5,264
Other income	237	-	-	237	814
Interest on deposit account	453	-	-	453	360
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	40,403	-	-	40,403	19,629
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	40,403	-	-	40,403	19,629
A3 Payments					
Wages including NI Ers	11,842	-	-	11,842	10,264
Meeting expenses	6,652	-	-	6,652	6,455
Dietician's fees and expenses	6,475	-	-	6,475	1,539
Postage, printing, telephone and office	151	-	-	151	1,779
Accountancy	918	-	-	918	1,044
Sundry expenses	252	-	-	252	746
Bank charges	308	-	-	308	66
	-	-	-	-	-
	-	-	-	-	-
Sub total	26,599	-	-	26,599	21,893
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,599	-	-	26,599	21,893
Net of receipts/(payments)	13,803	-	-	13,803	- 2,264
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,161	-	-	34,161	36,425
Cash funds this year end	47,965	-	-	47,965	34,161

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank	47,886	-	
	Petty cash	79	-	
		-	-	-
	Total cash funds	47,965	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	PAYE due	Unrestricted	158	
	Accrual for accountancy + payroll	Unrestricted	900	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		[Signature Box]	[Print Name Box]	[Date of approval Box]