

# The Laurence Trust

Trustees' Report  
2 April 2022 – 1 April 2023



The Laurence Trust  
15 Kilwood Crescent  
Crossgar  
DOWNPATRICK  
Co Down  
BT30 9DF

## BACKGROUND:

The Laurence Trust was established in 2012 by Pamela and Christopher Nugent in honour of their son and brother Laurence who passed away in September 2009 after living with Bulimia for eight years. The charity is governed by the Trust Deed dated 12 April 2012 (appendix A).

The board of Trustees at 01/04/2023 consists of:

Mr Christopher Nugent  
Mrs Pamela Nugent  
Mr Michael Magill  
Mr Iain Cunningham  
Mr Stephen Carlisle  
Mr Peter Crossett

## Aims and Objectives

The charity's primary aim is to work for and on behalf of males in Northern Ireland who suffer from an eating disorder. Our main purpose is to advocate on behalf of a section of the community who we view as often silent in their struggle with what is a very serious mental illness.

Specifically, we aim to raise public awareness of eating disorders, including providing education about their nature as a mental illness. An important part of this is breaking down the stereotypes around eating disorders, including the perceptions that they are caused by vanity and only affect females. Alongside our awareness campaign, the Laurence Trust aims to provide information and support to those affected by eating disorders and their families. We aim to achieve this through the provision of information and guidance about how to live with the condition and where to seek support, both professional and voluntary.

We also aim to provide support directly via a helpline for sufferers and anyone who wants information and/or support to contact.

### **Main Activities during 2022-2023**

Due to the onset of the Covid-19 Corona Virus Pandemic, the main activities of the Laurence Trust during the year April 2022-March 2023 was confined to:

- ✚ procuring advertising as a method to reach out to the general public of Northern Ireland and UK wide
- ✚ providing information literature to Clients who contacted the Laurence Trust seeking support via the Information Helpline
- ✚ participating in online meetings with The Eating Disorder Forum NI (of which The Laurence Trust are the Chairperson) Trustee Meetings
- ✚ Sponsoring Carers' workshops for both FIGHTEd and LINKS Counselling

### **Provision of information and support**

- Ongoing information through the dedicated Laurence Trust website ([www.thelaurencetrust.co.uk](http://www.thelaurencetrust.co.uk)) which is regularly updated to take account of the most relevant and up to date information for sufferers and their loved ones
- Providing support through the Laurence Trust Social Media Platform on a daily basis where male sufferers private message the charity seeking support and advice
- Distribution of leaflets to people contacting the Charity via the Helpline to request information on EDs; the leaflets provide information on eating disorders, and provides support contact information
- Distribution on request - The Maudsley Book that provides supportive information and guidance to Carers of people living with Eating Disorders – Carers have contacted the Charity to talk about their loved one's Eating Disorders and the Charity provided the Maudsley Book as part of the information services provided
- As outlined above, we have also endeavoured to attend meetings and discussion forums with interested parties and voluntary groups where possible to continue raising awareness of eating disorders and share best practice – the Charity is currently the Chair of the Eating Disorder Forum.

## **Fundraising activities**

Due to COVID-19 the Charity did not undertake any other fundraising activities from March 2022 to March 2023.

**SIGNED:**

*Pamela Nugent*

**Position in Charity: Chairperson**

**Date: 10 December 2023**