

The Laurence Trust

Trustees' Report
2 April 2023 – 1 April 2024



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 02/04/2023 consists of:

Mr Christopher Nugent
Mrs Pamela Nugent (Chairperson)
Mr Michael Magill
Mr Iain Cunningham
Mr Stephen Carlisle
Mr Peter Crossett
Ms Deirdre Johnston (Volunteer/Independent Examiner)

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 2023-2024

- ✚ Participating with University of Ulster/ASG advertising agency in their Graphic Design/CAMS student competition to nominate/judge and secure a 'one-off' opportunity to fund a advertised raised awareness campaign for Eating Disorders Awareness Week to reach out to the general public of Northern Ireland
- ✚ Ongoing provision of information/ literature to Clients who contacted the Laurence Trust during 2023/2024 seeking support via the Information Helpline
- ✚ Continued participation in online meetings with The Eating Disorder Forum NI (of which The Laurence Trust are the vice Chair) including a working group to discuss and take forward Recording of ED Deaths
- ✚ Three Trustee Meetings held during 1 April 2023-March 2024
- ✚ Sponsoring Carers' workshops for both FIGHTEd and LINKS Counselling to give support to Men Living with Eds and their Carers

Provision of information and support

- Ongoing information through the dedicated Laurence Trust website (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 Men's Health booklets/Maudsley Toolkit Books to people who have contacted the Laurence Trust Information Helpline during 2023 to March 2024 - 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 information as part of the information services provided

- 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/Posters to local Leisure Centre/GP surgeries to provide information to people who are seeking support; the leaflets include information on eating disorders, and support contact information
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- As outlined above, we have attended meetings and discussion forums with interested parties and voluntary groups where possible to continue raising awareness of eating disorders and share best practice

Fundraising activities

Due to the successful fundraiser event on 21st May 2022, it was agreed by the Trustees not to run an annual fundraiser for 2023.

SIGNED:

Pamela Nugent

Position in Charity: Chairperson

Date: 1 April 2024