

CARALINE: EATING DISORDERS COUNSELLING AND SUPPORT SERVICE

England & Wales · Charity number 1053897

Details

Other names CARALINE

Status Registered

Legal form Other

Registered 1996-03-19

Register [View on the Charity Commission register](#)

Contact

Address Caraline Eating Disorders
Kline House
13 George Street West
Luton
LU1 2BJ

Phone 01582457474

Email admin@caraline.com

Website www.caraline.com

Activities

Objects: THE RELIEF OF THOSE SUFFERING FROM ANOREXIA OR BULIMIA NERVOSA IN PARTICULAR BY THE PROVISION OF A CONFIDENTIAL COUNSELLING AND SUPPORT SERVICE WITHIN NON-STIGMATISING SURROUNDINGS. THE PRESERVATION AND PROTECTION OF THE MENTAL AND PHYSICAL HEALTH OF SUFFERERS BY THE PROVISION OF AN ACCESSIBLE ALTERNATIVE TO HOSPITAL-BASED CARE IN ORDER TO REDUCE BOTH THE NECESSITY FOR ADMISSION TO A PSYCHIATRIC HOSPITAL AND THE DURATION OF THE LENGTH OF IN-PATIENT CARE FOR THOSE ADMITTED. THE PRESERVATION AND PROTECTION OF THE MENTAL AND PHYSICAL HEALTH OF THE FAMILIES OF PERSONS SUFFERING FROM ANOREXIA OR BULIMIA NERVOSA. THE ADVANCEMENT OF EDUCATION AMONGST SUFFERERS, CARERS, PROFESSIONALS AND THE PUBLIC AT LARGE, IN PARTICULAR BY THE PROVISION OF AN EDUCATION SERVICE WHICH OFFERS INFORMATION AND SKILLS-BASED LEARNING OPPORTUNITIES RELATING TO ANOREXIA NERVOSA, BULIMIA NERVOSA AND ASSOCIATED MENTAL HEALTH ISSUES.

Activities: Established in February 1994, CARALINE provides a confidential counselling and support service for people with anorexia nervosa, bulimia nervosa, binge eating disorder, OSFED and other eating disorders.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED - IN PRACTICE BEDFORDSHIRE
- Bedford
- Central Bedfordshire
- Luton
- Milton Keynes

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£352,815	£392,844	-	-
2024-03-31	£487,272	£359,899	-	-
2023-03-31	£440,493	£432,407	-	-
2022-03-31	£377,463	£440,394	-	-
2021-03-31	£328,995	£284,884	-	-

Trustees

Name	Role	Appointed
Dean Paul Langton	Chair	2023-12-06
Dr Maneesha De Silva		2024-07-07
Dr Maria Antypa		2023-10-09
Dr WENDY DENISE WHIPP		2018-01-25
JOHN JACKSON		2011-11-07
Natalie Anne Lister		2023-05-23
Roger Whipp		2024-10-03

Accounts

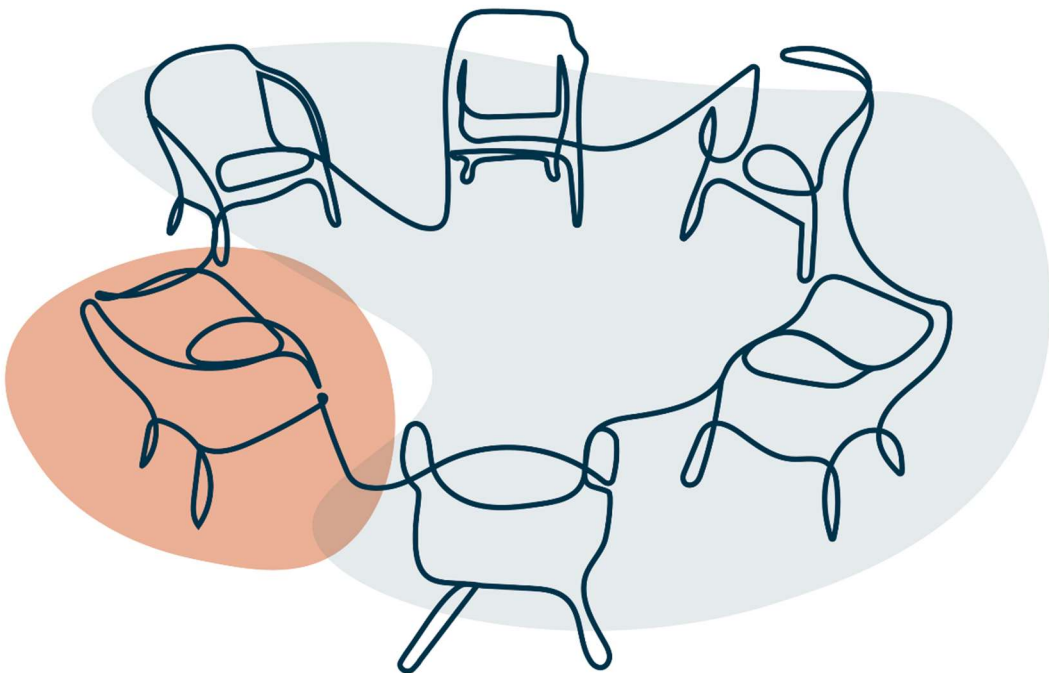


Caraline

30 years 2024

**Caraline Eating Disorder Counselling and Support Service
Annual Report and Accounts 1st April 2024 – 31st March 2025**

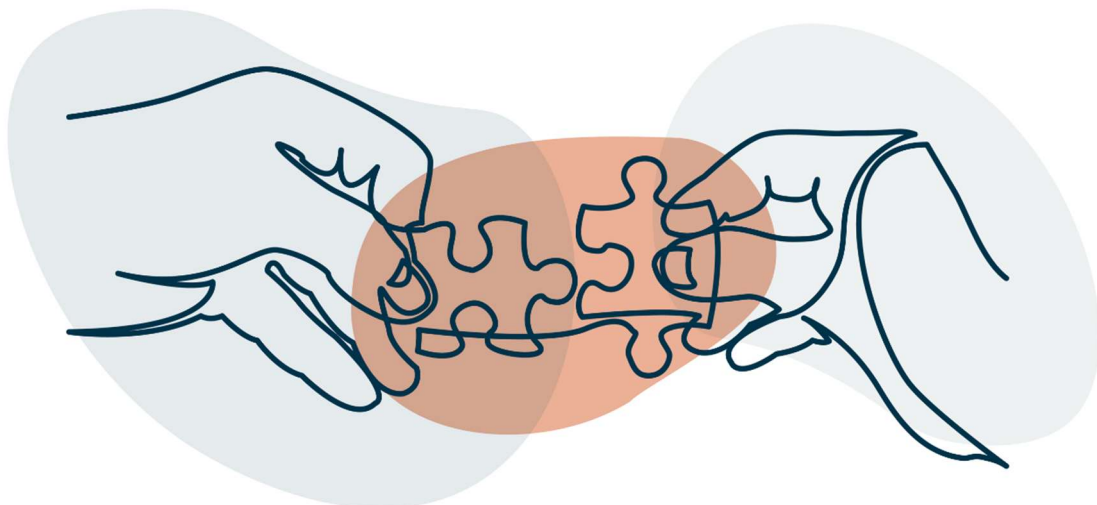
Registered Charity Number 1053897



Caraline Financial Statements

Year Ended 31st March 2025

Contents	Page
Members of the board and professional advisor	2
Trustees Annual Report	3-12
Independent examiners report	13
Statement of financial activities	14
Balance Sheet	15
Notes to the Financial Statements	16-18



Financial Statements
Year Ended 31st March 2025

The Board of Trustees

Wendy Whipp – Chair of the board

Brian Holmes - Treasurer

Sara Yearwood

Jessica Smith (Resigned)

Maria Antypa

Grace Ambrose (Resigned)

Natalie Lister

Dean Langton

John Jackson

Chief Executive Officer

Claire Jackson

Charity Address

Kline House

13 George Street West

Luton

LU1 2BJ

Independent Examiner

Streets S J Males Limited

Basepoint Business & Innovation Centre

110 Butterfield

Luton

LU2 8DL

Financial Statements

Year Ended 31st March 2025

The Caraline Board of Trustees has the pleasure of presenting its annual report and unaudited accounts for registered charity 1053897 for the year ended 31 March 2025.

Our Vision

Caraline envisions a world where eating disorder prevention is part of our education system and early intervention eating disorder therapies are accessible to all.

Our Mission

Founded in 1994, Caraline is committed to providing early evidenced-based intervention therapies to those living with eating disorders and their caregivers. Caraline will dispel myths associated with eating disorder recovery by the provision of psychoeducation.

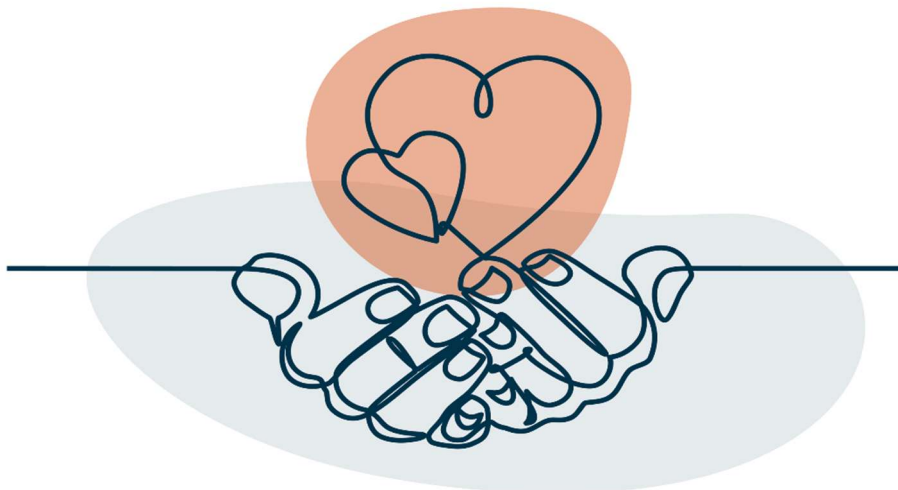
Values

Integrity – We maintain the highest standards of professional and ethical behaviour. Our therapists approach individual therapy, group therapy and support groups with compassion, kindness and respect. All our therapy team receive regular and professional supervision, both in-house and externally.

Evidence-Based -Evidence-based practice includes the integration of the best available evidence, clinical expertise and client values. All therapy received at Caraline is approved by the NHS using the evidence-based practice principles

Respect- At every stage of our treatment process, all of Caraline's clients, caregivers, and staff will be treated with respect and dignity.

Diversity – Caraline values equality and inclusion for all, irrespective of culture, religious beliefs, or sexual orientation. Client feedback is important to us when designing service provision.



Financial Statements

Year Ended 31st March 2025

Chair Person's Report

Chair Annual Report and financial statements for the year ended 31 March 2025.

In 2025 Caraline has continued to provide a service to the community for those presenting with an eating disorder and those who support them, and will continue to provide care to those in need in the years to come.

The aim of the charity is to help those presenting with an eating disorder via therapeutic intervention and also to support those caring for someone with an eating disorder. To achieve this, the charity has provided one-to-one interventions, group work, carers support groups, and peer support groups. This service is provided to those in need regardless of race, ethnicity, sexual orientation, gender identification, or disability.

The service previously worked with those aged 18 or over. However, in this financial year Caraline received £60k funding, over two years, from the Robert and Marjorie Steel Memorial Fund. The funding was to support children and young people living with eating disorders and provide education and awareness in schools.

This funding has enabled the charity to help those between 15 and 17, thus enabling a larger age range of people who can be supported by the charity. Seventeen young people have currently been supported by this additional funding. We have also continued our work in local schools, and were able to present to those aged 11-14, reaching approximately 700 students. We hope to continue with this important work.

This year we were joined by two new trustees Maneesha De Silva and Roger Whipp, they will add to the expertise of the current trustees. Jess Smith stepped down as a trustee due to work commitments. As trustees, we aim to support the charity's work and consider new avenues of financial support with a view to widening our reach in securing funding from other sources as well as the NHS. In addition our aim for the coming year is to also look at our social media to see how we can reach out to a wider community.

This year, we have once again welcomed trainee Clinical Psychologists from Hertfordshire University to a placement at Caraline. Their support has been valuable and we have been able to offer a good learning environment in which to gain knowledge about eating disorders and how to treat them. The arrival of the trainees was timely as our referral list had been closed for a brief period from October 2024 to January 2025. We were able to reopen the list with this additional support. We plan to continue providing placements in the next academic year.

We communicate on a regular basis with the CEO. Positive feedback continues to be received from service users and their carers. As trustees, we are proud of the achievements of all the Caraline staff and the important work that they provide.

W. D. Whipp

Dr. Wendy Whipp
Chair of Trustees



Financial Statements

Year Ended 31st March 2025

Chief Executive Officer Report

Service Overview

Caraline has continued to provide a comprehensive treatment and support package for those living with eating disorders and disordered eating within Luton and Bedfordshire. Depending on eating disorder presentation, clients are offered evidence-based and evidence-informed interventions within our treatment pathway. Service provision includes triage, assessments, individual psychotherapy, group psychotherapy, support groups and transition services. Due to service demand and capacity, we needed to make a difficult decision to close to new referrals Oct-Jan temporarily.

Key Service Statistics:

- Referrals received: **220**
- Therapy sessions delivered: **1,319**
- Eating Behaviour Group sessions: **56**
- Support Calls: **165**
- Friends and Family groups and Peer Support groups: Held Monthly.

Service Enhancements:

Wait List Management System

To enhance service delivery and client safety, we introduced a waitlist management system for those waiting to receive treatment with us. The system was designed to offer up to three support calls to clients assessed as suitable for our service and awaiting individual or group intervention. The system had three key aims.

1. **Regularly assessing clinical risk**, through brief assessment on the support call with the client of changes in presentation, enabled us to prioritise clients for treatment or step-up to our partner service if appropriate.
2. **Supporting Early Intervention** - The support calls allowed us to actively engage the clients and start building the therapeutic relationship. Whilst providing psychoeducation and guided self-help.
3. **Retain Client Engagement**—It is well documented that there are high treatment dropout rates for those presenting with an eating disorder, including service-level barriers of thresholds, long wait times, ambivalence, and

treatment experience, among others. The support calls enabled clients to understand the psychological and physical risk factors while normalising their experience to reduce stigma and build motivation.

Feedback on Waitlist Management System

We reopened to referrals in January 2025 and are pleased to report that we currently have no waiting list. To assess the effectiveness of our waitlist management system, we gathered feedback from both clients and staff.

The responses were mixed. Some clients found the psychoeducational calls helpful, particularly in gaining a deeper understanding of their experiences. However, many reported difficulties with implementing regular eating during the wait period.

Based on this feedback, we have revised our approach. While we no longer encourage regular eating during the wait, we continue to offer psychoeducation to normalise clients' experiences. Additionally, we provide general support calls to help maintain engagement and motivation, and to reduce the risk of dropout should a wait for treatment become necessary.

Robert and Marjorie Steel Memorial Fund

Following an application to the Steel Charity Trust for the Luton Matters award, Caraline was delighted that the Trustees recognised the importance and scale of our work in supporting those living with eating disorders and awarded Caraline £60k over two years from the Robert and Marjorie Steel Memorial Fund. The funding was to support children and young people living with eating disorders and provide education and awareness in schools.

The funding could not have been more timely. This year, severe funding cuts within our local NHS specialist CAMHS eating disorder service resulted in staff reductions. Therefore, acuity has increased, with children and families waiting longer to access services, given that demand does not match capacity. This is not unique to CAMHS but across the broader system that impacts Caraline. However, the grant received has enabled us to see fourteen children so far and offer treatment.

Upon receiving the first part of the grant funding, we advertised for a children's CBT therapist. Aware that the recruitment process can take some time, involving advertising, selection, and notice periods, we worked closely with the CAMHS Psychiatrist to identify suitable clients. Our therapist started in November, but we started meeting the young people and their carers before to offer timely assessments and start intervention.

A total of **17** service users are benefitting from this additional funding. All of these service users require individual therapy due to the nature and complexity of their eating disorder, whilst all of their carers are supported through our carers groups as well as family meetings with the therapist.

Eating Disorder Awareness Putteridge High School Luton.

In October 2024, to promote early intervention and prevention, we attended Putteridge High School in Luton, and presented to three-year groups aged 11-14, reaching approximately 700 students.

Clinical Outcomes of Clients Accessing Treatment at Caraline

We routinely collect quantitative and qualitative data to evaluate and improve our services. The use of validated psychometric measures, including the EDE-Q (Fairburn & Beglin, 1994), PHQ-9 (Kroenke & Spitzer, 2002), GAD-7 (Spitzer et al., 2006) and the CIA (Bohn & Fairburn, 2008) are routinely administered pre-, mid- and post-treatment. Below is a sample by presentation evidencing reduction in eating disorder symptoms, and improved quality of life for some clients who finished treatment this year with us.

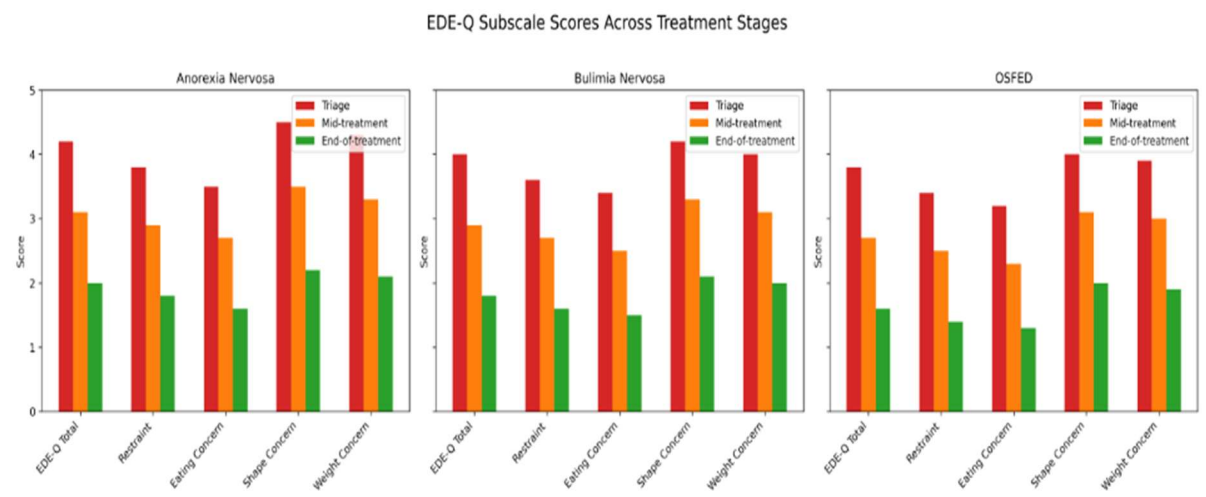


Figure 1 :EDE-Q Subscale Scores Across Treatment Stages, highlighting a clear reduction in scores from the beginning to end of therapy.

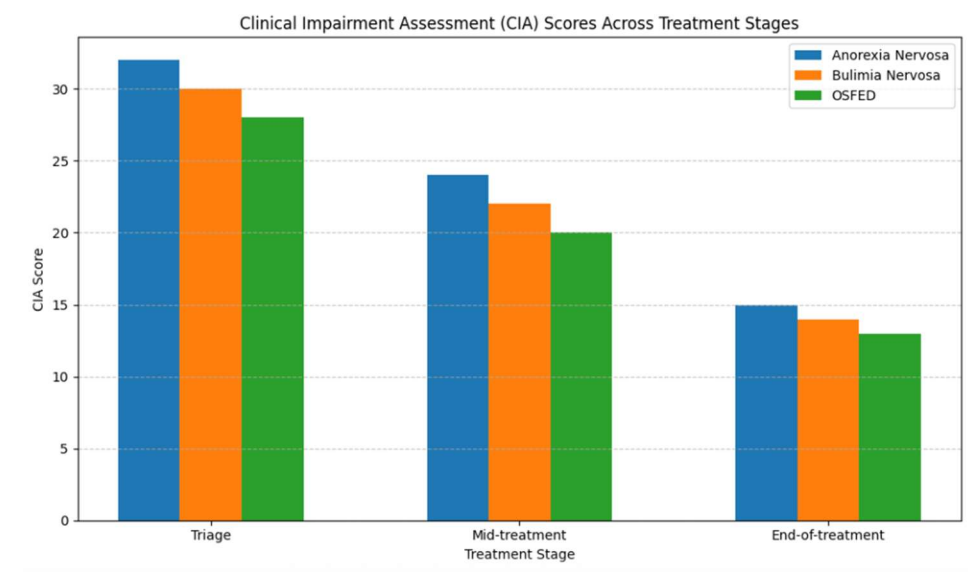


Figure 2 : All three presentations demonstrate a consistent reduction in CIA scores from Triage to the end of therapy, reflecting improved daily functioning and a decrease in psychosocial impairment.

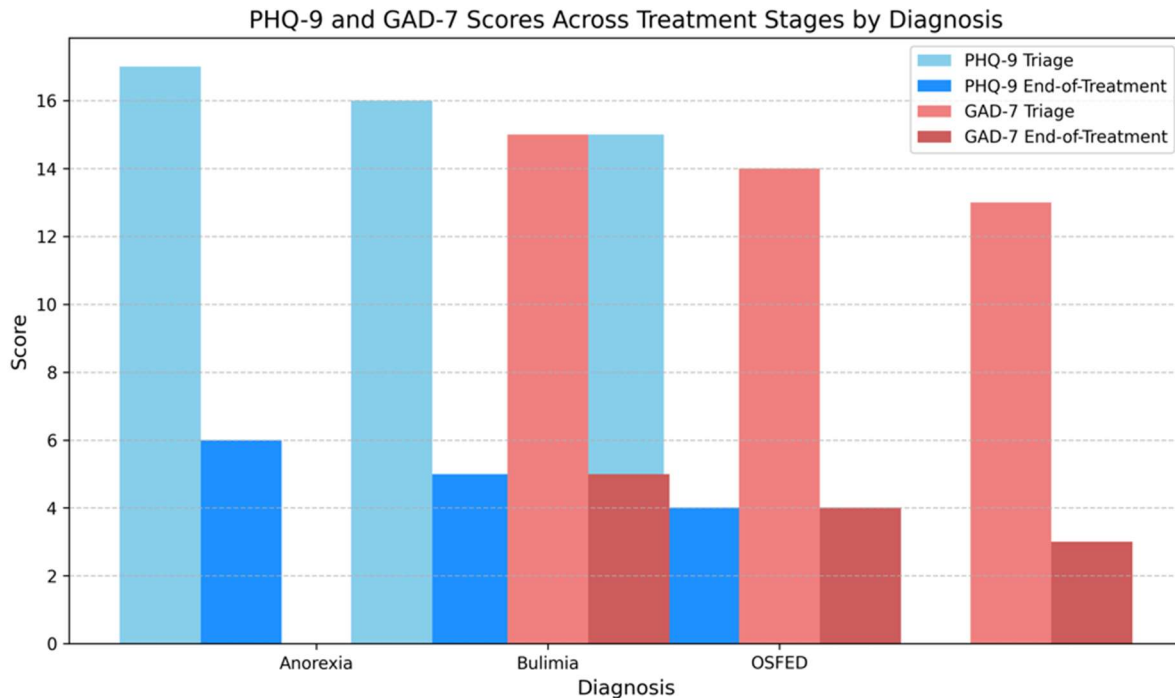


Figure 3: PHQ-9 – Decrease in depression symptoms across treatment. GAD-7 - Decrease in anxiety symptoms across treatment.

PHQ-9 (Depression) – measures severity of depression symptoms. Scores decrease significantly from triage to end of therapy across all three presentations. For Anorexia, 17 to 6 indicates a shift from moderately severe depression to minimal symptoms.

GAD-7 (Anxiety) – measures the severity of generalised anxiety. Scores also decrease consistently across therapy. Bulimia drops from 14 to 4, showing a reduction from moderate anxiety to minimal.

Client Testimonials

To complement our clinical outcome data, we are pleased to share a sample of anonymised testimonials from clients who accessed treatment this reporting year

“Please keep doing what you are doing. For a long time I feared that I would never be free of my eating disorder but your amazing service has been life changing, thank you.”

“I am really pleased with how the treatment went as I really feel that I have made progress in recovering from my eating disorder and know what I need to do if I feel

like I could relapse. The most helpful things were the focus on regular eating and also challenging the thoughts and beliefs I have due to the eating disorder.”

“My experience with Caraline has been life changing. Before I started, I was very ill with a poor quality of life. The evidence in what happened when I did the tasks each week was incredible.”

“I loved every moment of my sessions, I wouldn’t change a single thing. Every session was amazing.”

“I really appreciated having a non-judgmental, open, and friendly space where I could share freely without feeling restricted or worried about what I said. Everything I learned throughout the course was genuinely helpful. It was especially reassuring to hear that recovery isn’t a straight path—that setbacks and relapses are part of the process, and that I shouldn’t feel ashamed when they happen.”

Partnership Working

Caraline strongly believes that working in partnership with other organisations is essential to delivering effective care, combining knowledge, resources, and compassion to create a more responsive and inclusive service provision.

NHS Partners

We continue to work closely with our NHS Adult and CAMHS eating disorder services with our stepped care and transition pathway. This joint initiative ensures a “no wrong door” approach, preventing individuals from falling through service gaps. Weekly joint meetings between teams enable shared planning and smoother transitions. For those not meeting NHS thresholds, we bridge the gap by providing early intervention, improving outcomes, and reducing further demand on our statutory partners.

This year, we also introduced a shared Assistant Psychologist model between Caraline and NHS Adult Community Eating Disorder Team (CEDS). This innovative arrangement strengthens and enhances clinical collaboration, providing a richer learning environment for emerging professionals while strengthening continuity of care.

Working Together Group Led by Experts by Experience

Experts by experience lead the working together group by sharing their experience across Caraline and our NHS adult CEDS. The group is an excellent example of co-production. An example is the production of the language guidance document when approaching someone you suspect is struggling with eating difficulties. Developed to help professionals and carers communicate more sensitively and effectively with individuals experiencing eating disorders. Drawing directly from lived experience, it has been incorporated into training professionals and carers. Training is co-produced and co-delivered with our experts.

Regional Eating Disorder Charity Alliance Network (REDCAN)

Caraline remains a committed member of the Regional Eating Disorders Charity Alliance and Network (REDCAN), a strategic partnership of nine regional charities dedicated to improving outcomes for individuals affected by eating disorders. This year, REDCAN has advanced a high-support, high-standard model of collaboration, fostering consistency and excellence across services. Regular CEO meetings offer a vital space for peer support and strategic alignment, while monthly clinical lead forums facilitate the sharing of best practices and continuous learning. Through REDCAN, Caraline strengthens its voice, enhances service quality, and contributes to a unified effort to transform eating disorder care across the UK.

Conclusion

As I reflect on the achievements and challenges of the past year, it is clear that Caraline's impact is the result of a collective effort. From the delivery of evidence-based therapies to innovative partnerships and community outreach, every success has been made possible by the unwavering dedication of our staff, Trustees, volunteers, and funders. Their commitment, compassion, and belief in our mission have enabled us to continue providing essential, life-changing support to individuals and families affected by eating disorders. Thank you.

Claire Jackson



CEO & Founder Member

July 2025.

Caraline Eating Disorders Counselling and Support Services

Independent examiners report to the trustees of Caraline Eating Disorders Counselling and Support Services

I report on the accounts of the charity for the year ended 31st March 2025, which are set out on pages 14 to 18.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with 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 386 of the Companies Act 2006 and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102SORP)

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

Streets S J Males

Name: Streets S J Males Limited
Basepoint Business & Innovation Centre
110 Butterfield
Luton
LU2 8DL

Date: 15/09/2025

Relevant professional qualification or body: ICAEW

Caraline Eating Disorders Counselling and Support Services
Statement of Financial Activities
for the year ended 31 March 2025

	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Prior year funds £
Incoming Resources				
BLMK ICB Service Level Agreement	-	305,320	305,320	468,504
Donations	8,696	-	8,696	5,203
Grants	-	30,000	30,000	10,760
Bank Interest	-	-	-	440
Other Income	8,799	-	8,799	2,365
Total Income	<u>17,495</u>	<u>335,320</u>	<u>352,815</u>	<u>487,272</u>
Resources expended				
Wages and salaries	-	284,457	284,457	271,053
Pensions	-	7,274	7,274	6,951
Employer's NI	-	23,434	23,434	22,156
Subcontractor costs	-	37,155	37,155	16,443
Staff training and welfare	-	642	642	2,452
Travel and subsistence	-	-	-	595
Rates and Utilities	-	286	286	946
Bank Fees	276	-	276	62
Cleaning	916	2,600	3,516	2,155
Premises Maintenance	162	514	676	1,313
Postage, Freight & Courier	-	-	-	10
Light and Heating	-	1,366	1,366	2,523
General Expenses	-	-	-	8
Insurance	1,094	1,259	2,353	4,116
Printing & Stationery	895	1,074	1,969	1,509
IT Software and Consumables	3,020	8,450	11,470	9,794
Subscriptions	311	914	1,225	449
Telephone & Internet	261	1,308	1,569	2,443
Depreciation	-	1,682	1,682	2,478
Accountancy fees	7,442	-	7,442	5,942
Advertising and PR	-	-	-	35
Other legal and professional	1,113	4,214	5,327	6,466
Total Expenses	<u>16,215</u>	<u>376,629</u>	<u>392,844</u>	<u>359,899</u>
Surplus/(Deficit) of Income over Expenditure	<u>1,280</u>	<u>(41,309)</u>	<u>(40,029)</u>	<u>127,373</u>
Fund balance b/f	166,546	160,906	327,452	200,079
Surplus/(Deficit) of Income over Expenditure	1,280	(41,309)	(40,029)	127,373
Transfer between funds	-	-	-	-
Fund balance c/f	<u>167,826</u>	<u>119,597</u>	<u>287,423</u>	<u>327,452</u>

Caraline Eating Disorders Counselling and Support ServicesRegistered number: **1053897****Balance Sheet**

as at 31 March 2025

				2025	2024
	Notes	Unrestricted funds £	Restricted funds £	Total £	Total £
Fixed assets					
Tangible assets	3	109,170	-	109,170	109,992
Current assets					
Debtors	4	12,536	292,816	305,352	137,345
Cash at bank and in hand		74,979	119,597	194,576	93,503
		<u>87,515</u>	<u>412,413</u>	<u>499,928</u>	<u>230,848</u>
Creditors: amounts falling due within one year	5	(28,859)	(292,816)	(321,675)	(13,388)
Net current assets		58,656	119,597	178,253	217,460
Net assets		<u>167,826</u>	<u>119,597</u>	<u>287,423</u>	<u>327,452</u>
Funds of the Charity					
Restricted funds		-	119,597	119,597	160,906
Unrestricted funds		167,826	-	167,826	166,546
Total Funds		<u>167,826</u>	<u>119,597</u>	<u>287,423</u>	<u>327,452</u>

Signed:



Wendy Whipp

29/09/2025

Signature

Print Name:

Date of approval

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2025

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, and with the Charities Act 2011.

There have been no changes of accounting policy, changes to accounting estimates or material prior year errors.

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Office Equipment	over 2 years
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Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2025

Debtors

Debtors (including trade debtors, prepayments and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Employee costs	2025	2024
Salaries and wages	284,457	271,053
Social security costs	23,434	22,156
Pension costs (defined contribution scheme)	7,274	6,951
	<u>315,165</u>	<u>300,160</u>

1 (2024 - 2) employees received employee benefits for the reporting period of more than £60,000.

	2025	2024
	Number	Number
Charitable activities	7	7
Overheads	2	2
Average number of persons employed by the charity	<u>9</u>	<u>9</u>

During the year 1 Trustee (2024 - 1) received payment for services to the charity as authorised in the charity trust deed.

Wendy Whipp received £13,000 (2023 - £12,000) for supervision services provided to the charity.

3 Tangible fixed assets

	Land and buildings	Office Equipment	Total
	£	£	£
Cost			
At 1 April 2024	107,101	23,869	130,970
At 31 March 2025	<u>107,101</u>	<u>24,729</u>	<u>131,830</u>
Depreciation			
At 1 April 2024	-	20,978	20,978
At 31 March 2025	<u>-</u>	<u>22,660</u>	<u>22,660</u>
Net book value			
At 31 March 2025	<u>107,101</u>	<u>2,069</u>	<u>109,170</u>
At 31 March 2024	<u>107,101</u>	<u>2,891</u>	<u>109,992</u>

Freehold land and buildings:	2025	2024
	£	£
Historical cost	107,101	107,101
Cumulative depreciation based on historical cost	-	-
	<u>107,101</u>	<u>107,101</u>

Kline House, Luton was purchased in 1997 from a National Lottery grant and is held at historical cost.

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2025

4 Debtors	2025	2024
	£	£
Trade debtors	303,516	137,345
Other debtors	1,836	-
	<u>305,352</u>	<u>137,345</u>

5 Creditors: amounts falling due within one year	2025	2024
	£	£
Trade creditors	1,751	390
Taxation and social security costs	7,120	11,235
Other creditors	312,804	1,763
	<u>321,675</u>	<u>13,388</u>

6 Independent Examiner's fee

In 2025 £1,260 (2024 - £1,260) was paid to Streets Chartered Accountants for examination of the charity's accounts.

7 Reserves policy

Caraline's policy is to hold 3 months of expenditure in cash reserves.

If the balance falls below this amount the trustees will be informed and monitor the balance weekly until it returns to this level.

In 2025 this amount was £98,000.

8 Movement in funds	At 31/3/23	Net movement in funds	At 31/3/24
	£	£	£
General Funds	166,546	1,280	167,826
BLMK ICB and Grant Funding	160,906	(41,309)	119,597
Total Funds	<u>327,452</u>	<u>(40,029)</u>	<u>287,423</u>

Net movement in funds, included in the above are as follows

	Incoming resources	Outgoing resources	Movement in funds
	£	£	£
Unrestricted funds			
General Funds	17,495	(16,215)	1,280
Restricted funds			
BLMK ICB and Grant Funding	335,320	(376,629)	(41,309)
Total Funds	<u>352,815</u>	<u>(392,844)</u>	<u>(40,029)</u>

Accounts

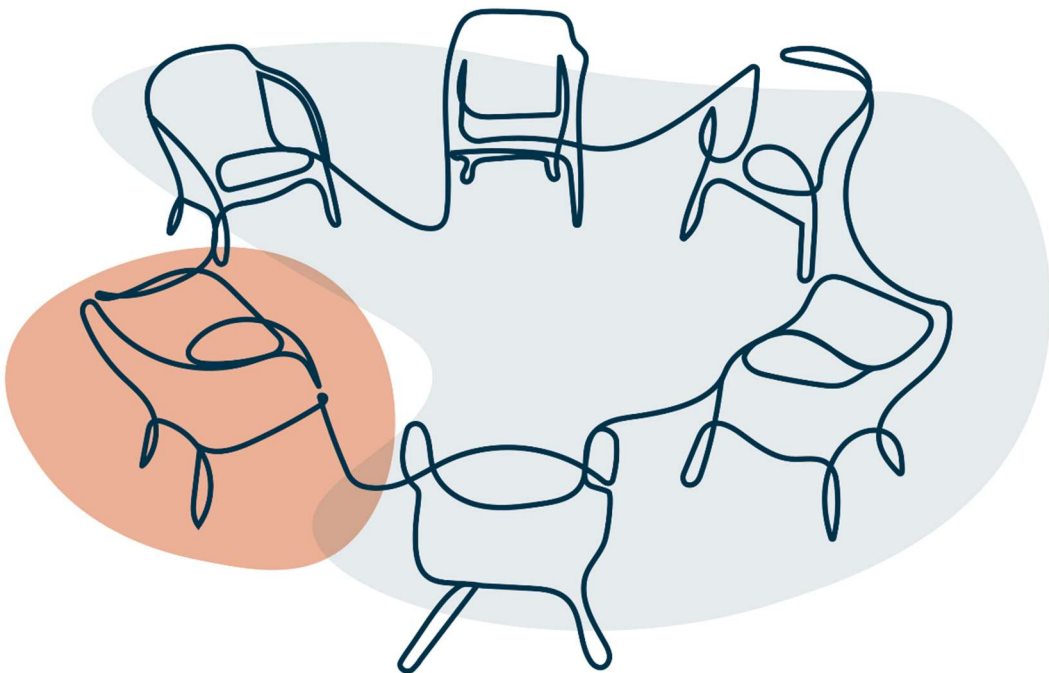


Caraline

30 years 2024

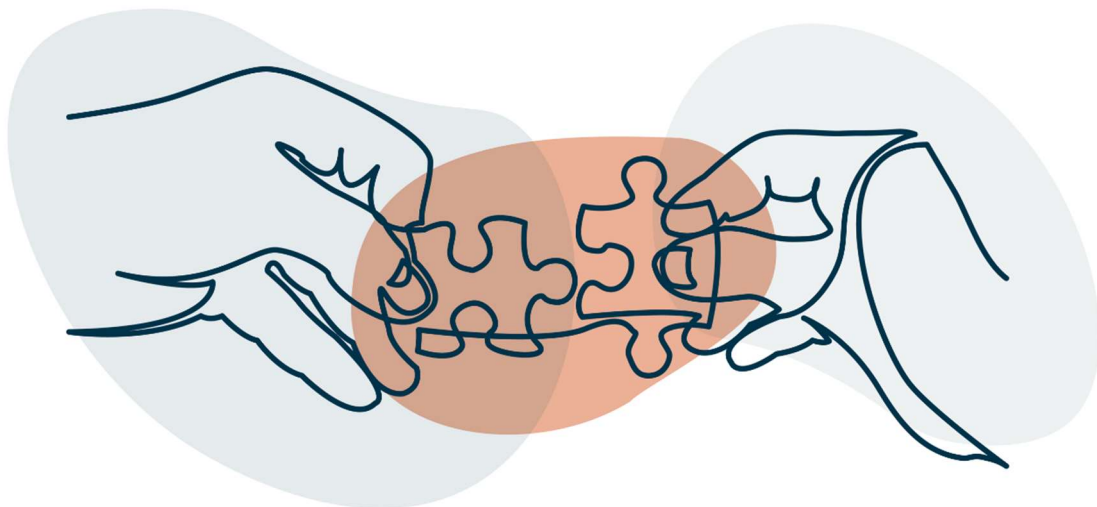
**Caraline Eating Disorder Counselling and Support Service
Annual Report and Accounts 1st April 2023 – 31st March 2024**

Registered Charity Number 1053897



Caraline Financial Statements
Year Ended 31st March 2024

Contents	Page
Members of the board and professional advisor	3
Trustees Annual Report	4-8
Independent examiners report	10
Statement of financial activities	11
Balance Sheet	12
Notes to the Financial Statements	13-15



Financial Statements
Year Ended 31st March 2024

The Board of Trustees

Wendy Whipp – Chair of the board

Brian Holmes - Treasurer

Sara Yearwood

Jessica Smith

Maria Antypa

Grace Ambrose

Natalie Lister

Dean Langford

John Jackson

Chief Executive Officer

Claire Jackson

Charity Address

Kline House

13 George Street West

Luton

LU1 2BJ

Independent Examiner

Alan Endersby

Streets S J Males Limited

Basepoint Business & Innovation Centre

110 Butterfield

Luton

LU2 8DL

Financial Statements

Year Ended 31st March 2024

The Caraline Board of Trustees has the pleasure of presenting its annual report and unaudited accounts for registered charity 1053897 for the year ended 31 March 2024.

Our Vision

Caraline envisions a world where eating disorder prevention is part of our education system and early intervention eating disorder therapies are accessible to all.

Our Mission

Founded in 1994, Caraline is committed to providing early evidenced-based intervention therapies to those living with eating disorders and their caregivers. Caraline will dispel myths associated with eating disorder recovery by the provision of psychoeducation.

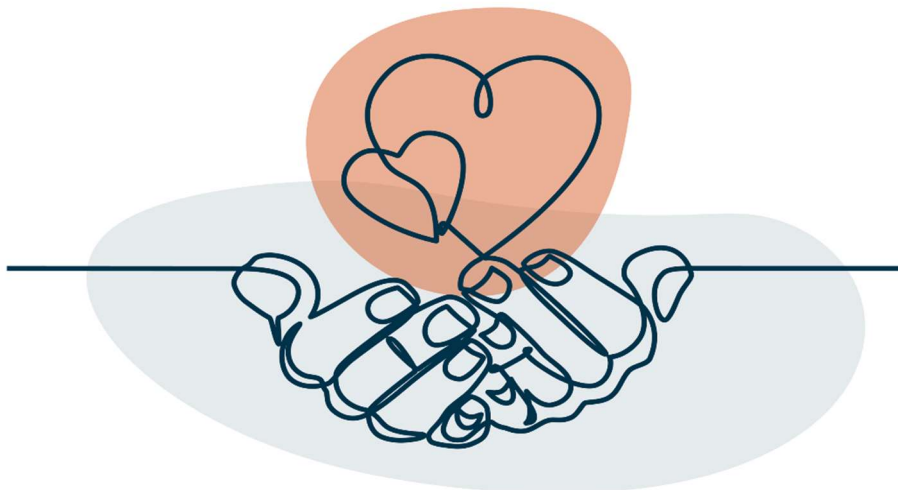
Values

Integrity – We maintain the highest standards of professional and ethical behaviour. Our therapists approach individual therapy, group therapy and support groups with compassion, kindness and respect. All our therapy team receive regular and professional supervision, both in-house and externally.

Evidence-Based -Evidence-based practice includes the integration of the best available evidence, clinical expertise and client values. All therapy received at Caraline is approved by the NHS using the evidence-based practice principles

Respect- At every stage of our treatment process, all of Caraline’s clients, caregivers, and staff will be treated with respect and dignity.

Diversity – Caraline values equality and inclusion for all, irrespective of culture, religious beliefs, or sexual orientation. Client feedback is important to us when designing service provision.



Financial Statement

Year Ended 31st March 2024

Chair Report

Annual report and financial statements for the year ended 31 March 2024.

2024 marks a significant year for the charity as it has reached thirty years of service to the community. We are proud of this achievement and will continue to provide care to those in need in the years to come.

The aim of the charity is to help those presenting with an eating disorder via therapeutic intervention and also to support those caring for someone with an eating disorder. To achieve this, the charity has provided one-to-one interventions, group work and carers support groups, as well as peer support groups.

This service is provided to those in need regardless of race, ethnicity, sexual orientation, identification, or disability. With regard to age, the service was helping those 18 or over. However, funding has been sought to help those between 15 and 17, thus enabling a larger age range of people who can be supported by the charity.

We have continued to deliver the 'The Body Project' in schools and provided training on eating disorders to other professionals. This enables a wide range of people to become equipped with the necessary skills to identify and work with those presenting with an eating disorder. The 'Body Project' allows us to reach out to young people to help them understand the nature of EDs and how to prevent them from becoming a part of their lives.

Over the year, we have been joined by two new trustees, Dean Langton and Maria Antypa. Grace Ambrose stepped down as a trustee due to work commitments. As trustees, we aim to support the charity's work and consider new avenues of financial support with a view to widening our reach in securing funding from other sources as well as the NHS.

This year, we have welcomed trainee Clinical Psychologists and a trainee CBT therapist from Hertfordshire University to a placement at Caraline. We hope to continue this work into the next academic year.

Positive feedback continues to be received from service users and their carers. As trustees, we are proud of the achievements of all the Caraline staff and their important work.


Financial

Our unrestricted fund had a small deficit of £6,043 at the end of the year, giving a year-end balance of £166,546.

Our restricted fund surplus was £133,416 in the year, giving a year-end balance of £160,906. This arose from over-activity funding from BLMK ICB of £137,000 paid to Caraline for delivering services to an extra 137 clients.

Caraline's reserve policy is to hold 3 months of expenditure in unrestricted funds. For 2024, this amount was £90,000. The amount held in unrestricted net current assets was £56,554.

We are looking forward to the year ahead and anticipate growth in the services we offer.



Wendy Whipp

Chair of Trustees



Financial Statement
Year Ended 31st March 2024

Chief Executive Officer Report

This year marks a significant milestone for Caraline as we celebrate our 30th anniversary. Over the past three decades, Caraline has made a profound and lasting impact on those affected by eating disorders. We reflect on how we have evolved significantly in response to the increasing prevalence of eating disorders, societal attitudes and the advancements in research and treatment.

The past 30 years have evidenced an increased awareness and understanding of eating disorders and recognition of severe mental health conditions. Caraline, through its active awareness campaigns and local partnerships, has significantly contributed to this. We are proud to be embedded locally with our NHS Children and Adults Specialist Eating Disorder Services, which provides stepped care and transition services. We are one of the representatives for VCSE providers within the NHS East of England Eating Disorder Clinical Network. More recently, we have become members of the Regional Eating Disorder Charity Alliance Network (REDCAN), making a difference locally and nationally.

With the advancements in research and clinical practice, Caraline has continued to provide evidence-based therapy, focusing on prevention and early intervention, to our clients, ensuring the most effective care possible. This past year, we actively treated 215 individuals with eating disorders. The use of evidence-based treatment allows us to record outcomes both quantitatively and qualitatively. These measures have shown the reduction of eating disorder symptoms and improved quality of life at post-treatment follow-up.

Included within our evidence-based offer to our clients are the following.

- Individual Enhanced Cognitive Behavioural Therapy for Eating Disorders (CBT-e).
- Individual Cognitive Behavioural Therapy Ten (CBT-T)
- Cognitive Behavioural Therapy ARFID (CBT-AR)
- Cognitive Behavioural Therapy groups for Bulimia Nervosa and Binge Eating Disorder
- Peer-led support groups
- Carers Groups
- Training
- Helpline
- The Body Project

The Body Project

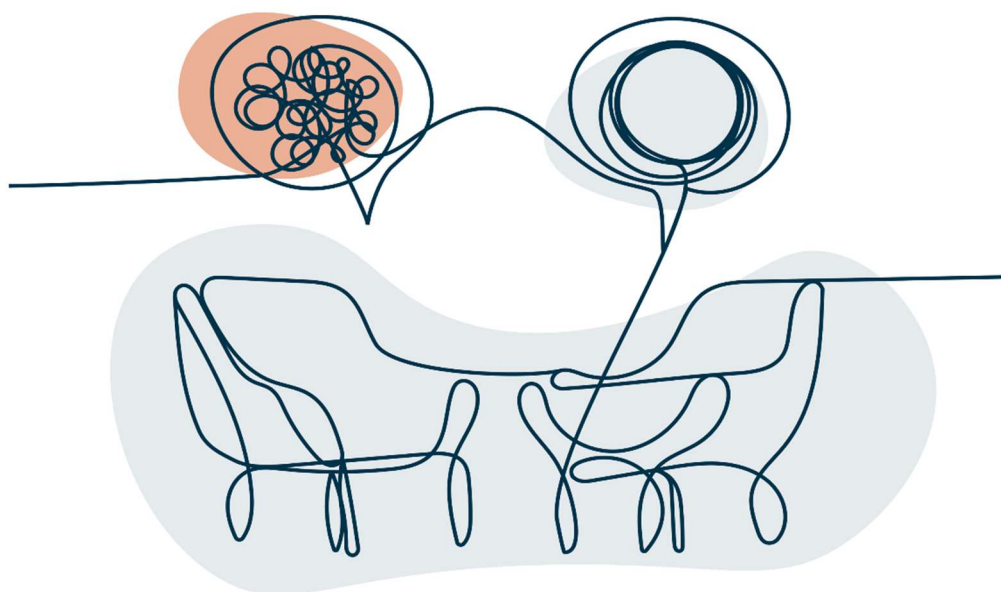
The Body Project is a world-renowned empirically based eating disorder prevention programme that promotes body acceptance. With some investment from CAMHS commissioners, we delivered the programme to 36 young people across two schools. Outcome data was positive with requests for further delivery. We are now actively seeking further funds to support the continuation of the project as we advance, and I will update you on the progress in the 24/25 annual report.

Training

In addition to our client support services, we have expanded our training provision to support further those affected by eating disorders. Given the lack of specialist clinicians in the field of eating disorders, the development of training programmes and workshops for healthcare professionals is essential in creating awareness and timely referrals to services. Equally, we wish to expand on clinicians who want to work with eating disorders and have been innovative in offering placements to students studying for their clinical doctorate in psychology. In 2024, we wish to expand this further to trainee therapists. Our vision is to enhance the clinical workforce for eating disorders within the VCSE and NHS.

Finally, these past 30 years would not have been possible without the dedication of Trustees and colleagues, past and present. The dedication and commitment of these team members fills me with pride. As the charity's founder and CEO, I thank you all, and I look forward to our plans and working together in 2024.

Claire Jackson
Chief Executive Officer



Caraline Eating Disorders Counselling and Support Services

Independent examiners report to the trustees of Caraline Eating Disorders Counselling and Support Services

I report on the accounts of the charity for the year ended 31st March 2024, which are set out on pages 11 to 15.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with 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 386 of the Companies Act 2006 and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102SORP)

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

Streets S J Males

Name: Streets S J Males Limited
Basepoint Business & Innovation Centre
110 Butterfield
Luton
LU2 8DL

Date: 23/10/2024

Relevant professional qualification or body: ICAEW

Caraline Eating Disorders Counselling and Support Services
Statement of Financial Activities
for the year ended 31 March 2024

	Unrestrict ed funds £	Restricted funds £	2024 Total funds £	2023 Prior year funds £
Incoming Resources				
BLMK ICB Service Level Agreement	-	468,504	468,504	387,251
Donations	5,203	-	5,203	44,482
Grants	-	10,760	10,760	3,485
Bank Interest	440	-	440	20
Other Income	2,365	-	2,365	5,255
Total Income	<u>8,008</u>	<u>479,264</u>	<u>487,272</u>	<u>440,493</u>
Resources expended				
Wages and salaries	-	271,053	271,053	339,442
Pensions	-	6,951	6,951	8,203
Employer's NI	-	22,156	22,156	28,769
Subcontractor costs	-	16,443	16,443	12,000
Staff training and welfare	-	2,452	2,452	1,080
Travel and subsistence	595	-	595	557
Rates and Utilities	-	946	946	832
Bank Fees	62	-	62	69
Cleaning	539	1,616	2,155	942
Premises Maintenance	328	985	1,313	2,465
Postage, Freight & Courier	10	-	10	-
Light and Heating	-	2,523	2,523	2,235
General Expenses	8	-	8	132
Insurance	1,029	3,087	4,116	914
Printing & Stationery	378	1,131	1,509	1,930
IT Software and Consumables	2,449	7,345	9,794	8,100
Subscriptions	449	-	449	517
Telephone & Internet	611	1,832	2,443	3,408
Depreciation	-	2,478	2,478	7,979
Accountancy fees	5,942	-	5,942	6,950
Advertising and PR	35	-	35	51
Other legal and professional	1,616	4,850	6,466	5,832
Total Expenses	<u>14,051</u>	<u>345,848</u>	<u>359,899</u>	<u>432,407</u>
Surplus/(Deficit) of Income over Expenditure	<u>(6,043)</u>	<u>133,416</u>	<u>127,373</u>	<u>8,086</u>
Fund balance b/f	172,589	27,490	200,079	191,993
Surplus/(Deficit) of Income over Expenditure	(6,043)	133,416	127,373	8,086
Transfer between funds	-	-	-	-
Fund balance c/f	<u>166,546</u>	<u>160,906</u>	<u>327,452</u>	<u>200,079</u>

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

**Balance Sheet
as at 31 March 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total £	2023 Total £
Fixed assets					
Tangible assets	3	109,992	-	109,992	111,143
Current assets					
Debtors	4	345	137,000	137,345	60,154
Cash at bank and in hand		69,597	23,906	93,503	81,105
		<u>69,942</u>	<u>160,906</u>	<u>230,848</u>	<u>141,259</u>
Creditors: amounts falling due within one year					
	5	(13,388)	-	(13,388)	(52,323)
Net current assets					
		56,554	160,906	217,460	88,936
Net assets					
		<u>166,546</u>	<u>160,906</u>	<u>327,452</u>	<u>200,079</u>
Funds of the Charity					
Restricted funds		-	160,906	160,906	27,490
Unrestricted funds		166,546	-	166,546	172,589
Total Funds		<u>166,546</u>	<u>160,906</u>	<u>327,452</u>	<u>200,079</u>

Signed:

Signature

Print Name

Date of approval



22-10-24

Signature

Print Name

Date of approval



DEAN LANGTON

22/10/24

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, and with the Charities Act 2011.

There have been no changes of accounting policy, changes to accounting estimates or material prior year errors.

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Office Equipment	over 2 years
------------------	--------------

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2024

Debtors

Debtors (including trade debtors, prepayments and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Employee costs	2024	2023
Salaries and wages	271,053	339,442
Social security costs	22,156	28,769
Pension costs (defined contribution scheme)	6,951	8,203
	<u>300,160</u>	<u>376,414</u>

2 (2023 - none) employees received employee benefits for the reporting period of more than £60,000.

	2024	2023
	Number	Number
Charitable activities	7	10
Overheads	2	2
Average number of persons employed by the charity	<u>9</u>	<u>12</u>

During the year 1 Trustee (2023 - 2) received payment for services to the charity as authorised in the charity trust deed.

Wendy Whipp received £12,000 (2023 - £11,500) for supervision services provided to the charity.

3 Tangible fixed assets

	Land and buildings	Office Equipment	Total
	£	£	£
Cost			
At 1 April 2023	107,101	23,869	130,970
At 31 March 2024	<u>107,101</u>	<u>23,869</u>	<u>130,970</u>
Depreciation			
At 1 April 2023	-	18,500	18,500
Charge for the year	-	2,478	2,478
At 31 March 2024	<u>-</u>	<u>20,978</u>	<u>20,978</u>
Net book value			
At 31 March 2024	<u>107,101</u>	<u>2,891</u>	<u>109,992</u>
At 31 March 2023	<u>107,101</u>	<u>5,369</u>	<u>112,470</u>

Freehold land and buildings:	2024	2023
	£	£
Historical cost	107,101	107,101
Cumulative depreciation based on historical cost	-	-
	<u>107,101</u>	<u>107,101</u>

Kline House, Luton was purchased in 1997 from a National Lottery grant and is held at historical cost.

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2024

4 Debtors	2024	2023
	£	£
Trade debtors	137,345	58,255
Other debtors	-	1,899
	<u>137,345</u>	<u>60,154</u>

5 Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	390	2,797
Taxation and social security costs	11,235	7,612
Other creditors	1,763	41,914
	<u>13,388</u>	<u>52,323</u>

6 Independent Examiner's fee

In 2024 £1,260 (2022 - £1,000) was paid to Streets Chartered Accountants for examination of the charity's accounts.

7 Reserves policy

Caraline's policy is to hold 3 months of expenditure in cash reserves.

If the balance falls below this amount the trustees will be informed and monitor the balance weekly until it returns to this level.

In 2024 this amount was £90,000.

8 Movement in funds	At 31/3/23	Net movement in funds	At 31/3/24
	£	£	£
General Funds	172,589	(6,043)	166,546
BLMK ICB and Grant Funding	27,490	133,416	160,906
Total Funds	<u>200,079</u>	<u>127,373</u>	<u>327,452</u>

Net movement in funds, included in the above are as follows

	Incoming resources	Outgoing resources	Movement in funds
	£	£	£
Unrestricted funds			
General Funds	8,008	(14,051)	(6,043)
Restricted funds			
BLMK ICB and Grant Funding	479,264	(345,848)	133,416
Total Funds	<u>487,272</u>	<u>(359,899)</u>	<u>127,373</u>

Accounts

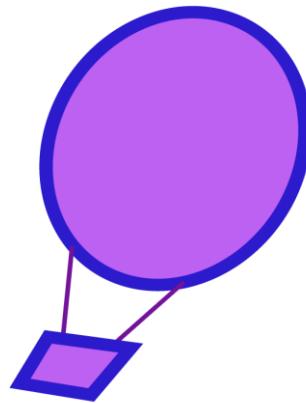
Registered number
1053897

Caraline Eating Disorders Counselling and Support Services

Report of the Trustees and Unaudited Financial Statements

Registered Charity Number: 1053897

For the year-ended 31 March 2023



Since 1994

Caraline Eating Disorders Counselling and Support Services
Unaudited Financial Statements
Contents

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Chairman's Report	3
Service Director's Report	4
Statement of Financial Activities	5
Balance sheet	6
Notes to the Financial Statements	7-10

Caraline Eating Disorders Counselling and Support Services
Registered number: 1053897

Report of the Trustees

Reference and Administrative Details

Registered Charity Number
1053897

Registered Office
Kline House
13 George Street West
Luton
LU1 2BJ

Trustees
John Jackson
Wendy Whipp
Gareth Willmer (resigned 31st January 2023)
Grace Ambrose (appointed 6th September 2022)
Sara Yearwood (appointed 6th September 2022)

Independent Examiner
Mark Plane ACA
Whittaker Plane Ltd
78 Bute Street
Luton, LU1 2EY

Structure Governance and Management

Governing Document

The charity is controlled by its governing document, a deed of trust.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

This report was approved by the board on 11 October 2023 and signed on its behalf.

Wendy Whipp
Trustee

Caraline Eating Disorders Counselling and Support Services

Independent examiners report to the trustees of Caraline Eating Disorders Counselling and Support Services

I report on the accounts of the charity for the year ended 31st March 2023, which are set out on pages 4 to 10.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with 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 386 of the Companies Act 2006 and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102SORP)

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

Mark Plane

Name: Mark Plane
Relevant professional qualification or body: ICAEW

Address: 78 Bute Street, Luton, LU1 2EY
Date: 11/10/2023

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

Chairperson's Report for the year ended March 2022-2023

I took over the role of Chair of Trustees in September 2022 following the resignation of our long serving Chairperson, Brian Holmes. Gareth Willmer resigned as a trustee but we were joined by Sara Yearwood and Grace Yearwood.

There have been challenges both financially and with staff retention and recruitment. Three members of staff decided to leave their employment at the charity. A long serving member of the team passed away following their illness with cancer. Two members of the team have needed to take time off from their duties due to stress and ill health.

There have been successes with delivering 'The Body Project' in schools and providing training on eating disorders to other professionals. This has been done alongside the core work of delivering therapy, both in groups and individually, to those presenting with an eating disorder.

The money that is received from the NHS contract was late in being approved and this has led the team to consider where other sources of financial support can be found to ensure that the charity is less reliant on this one contract.

We are looking ahead to what we hope will be a good year for the charity and those it serves.

Wendy Whipp

Chair of Trustees

Consultant Counselling Psychologist:

Associate Fellow of the British Psychological Society:

BABCP Accredited Cognitive and Behavioural Psychotherapist, Trainer & Supervisor

Brief Strategic Therapist

HCPC Registered Practitioner Psychologist

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

Service Director Report: 2022-2023

Overview

Following on from the previous year, Caraline continues to implement interventions to help manage high levels of referrals within eating disorders. We continue to run Cognitive Behavioural Therapy groups, which has targeted high level of Binge Eating Disorder and Bulimia Nervosa. One-to-one therapy has also continued to support individuals with Anorexia Nervosa, OSFED and ARFID.

We have also been pushing preventative interventions through the implementation of 'the body project' within schools around Bedford, Luton and Milton Keynes. This intervention is critical as it addresses tackling body issues before eating disorders develop.

The charity has also developed training programmes supporting other services with eating disorder awareness training. Caraline and CAMHS led a joint training service across the region for professionals in the differences between eating disorders and disordered eating. The primary purpose was to help support services and professionals reduce the number of inappropriate referrals to services, help reduce individuals getting lost in the system, and reduce lengthy waiting list times.

Recruitment

Caraline maintained a full complement of staff, including CBT Therapists, Trainee CBT Therapists, Assistant Psychologists, a Peer Support Worker, and an admin team. Although there is still a demand for recruiting qualified psychotherapists, we have continued to support a trainee psychotherapist through a two-year University Course. On completion of the course, the trainee would then be able to apply for full accreditation with BABCP as an accredited CBT Psychotherapist.

Current Services Provided by Caraline

We still maintain a hybrid working model, both online and in person, allowing flexibility for the individuals within the service.

- Individual Enhanced Cognitive Behavioural Therapy for Eating Disorders (CBT-e)
- Individual Cognitive Behavioural Therapy Ten (CBT-t)
- Cognitive Behavioural Therapy Groups for Binge Eating Disorder and Bulimia Nervosa
- Peer-led Support Groups
- Carers Support Groups
- Telephone Helpline
- Training

Through the dedication of the team at Caraline and the support from our Trustees, funders, fundraisers and benefactors, Caraline was able to oversee targets and support for over 200 individuals during this period. I want to thank everyone for supporting the charity and the staff who have demonstrated their passion and dedication to supporting the individuals and their loved ones who come to our service for support.

Connor Sutton

Service Director

Caraline Eating Disorders Counselling and Support Services
Statement of Financial Activities
for the year ended 31 March 2023

	Unrestricted funds £	Restricted funds £	Endowment Funds £	2023 Total funds £	2022 Prior year funds £
Incoming Resources					
PCT Service Level Agreement	-	387,251	-	387,251	374,166
Donations	44,482	-	-	44,482	3,297
Grants	3,485	-	-	3,485	-
Bank Interest	20	-	-	20	-
Other Income	5,255	-	-	5,255	-
Total Income	<u>53,242</u>	<u>387,251</u>	<u>-</u>	<u>440,493</u>	<u>377,463</u>
Resources expended					
Wages and salaries	-	339,442	-	339,442	334,138
Pensions	-	8,203	-	8,203	8,720
Employer's NI	-	28,769	-	28,769	27,028
Subcontractor costs	-	12,000	-	12,000	11,500
Staff training and welfare	-	1,080	-	1,080	12,304
Travel and subsistence	557	-	-	557	-
Rates and Utilities	-	832	-	832	662
Advertising & Marketing	-	-	-	-	1,398
Bank Fees	69	-	-	69	29
Cleaning	942	-	-	942	1,620
Premises Maintenance	2,465	-	-	2,465	3,590
Postage, Freight & Courier	-	-	-	-	46
Light and Heating	-	2,235	-	2,235	2,344
General Expenses	132	-	-	132	98
Volunteer Expenses	-	-	-	-	-
Insurance	229	685	-	914	3,664
Printing & Stationery	-	1,930	-	1,930	927
IT Software and Consumables	-	8,100	-	8,100	6,941
Subscriptions	517	-	-	517	270
Telephone & Internet	852	2,556	-	3,408	3,032
Depreciation	-	7,979	-	7,979	7,353
Travel Expenses	-	-	-	-	410
Accountancy fees	6,950	-	-	6,950	1,440
Advertising and PR	51	-	-	51	-
Other legal and professional	492	5,340	-	5,832	12,880
Surplus/(Deficit) of Income over Expenditure	<u>39,986</u>	<u>(31,900)</u>	<u>-</u>	<u>8,086</u>	<u>(62,931)</u>
Fund balance b/f	132,603	59,390	-	191,993	254,924
Surplus/(Deficit) of Income over Expenditure	39,986	(31,900)	-	8,086	(62,931)
Transfer between funds	-	-	-	-	-
Fund balance c/f	<u>172,589</u>	<u>27,490</u>	<u>-</u>	<u>200,079</u>	<u>191,993</u>

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

**Balance Sheet
as at 31 March 2023**

		Unrestricted	Restricted	Endowment	2023	2022
	Notes	funds	funds	funds	Total	Total
		£	£	£	£	£
Fixed assets						
Tangible assets	3	111,143	-	-	111,143	115,657
Current assets						
Debtors	4	60,154	-	-	60,154	303,484
Cash at bank and in hand		53,615	27,490	-	81,105	125,508
		<u>113,769</u>	<u>27,490</u>	<u>-</u>	<u>141,259</u>	<u>428,992</u>
Creditors: amounts falling due within one year	5	(52,323)	-	-	(52,323)	(352,656)
Net current assets		61,446	27,490	-	88,936	76,336
Net assets		<u>172,589</u>	<u>27,490</u>	<u>-</u>	<u>200,079</u>	<u>191,993</u>
Funds of the Charity						
Restricted funds		-	27,490	-	27,490	59,390
Unrestricted funds		172,589	-	-	172,589	132,603
Total Funds		<u>172,589</u>	<u>27,490</u>	<u>-</u>	<u>200,079</u>	<u>191,993</u>

Signed:

Wendy Whipp

11th October 2023

John Jackson

11th October 2023

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2023

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

There have been no changes of accounting policy, changes to accounting estimates or material prior year errors.

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2023

3 Tangible fixed assets

	Land and buildings £	Office Equipment £	Total £
Cost			
At 1 April 2022	107,101	19,077	126,178
Additions	-	3,465	3,465
At 31 March 2023	<u>107,101</u>	<u>22,542</u>	<u>129,643</u>
Depreciation			
At 1 April 2022	-	10,521	10,521
Charge for the year	-	7,979	7,979
At 31 March 2023	<u>-</u>	<u>18,500</u>	<u>18,500</u>
Net book value			
At 31 March 2023	<u>107,101</u>	<u>4,042</u>	<u>111,143</u>
At 31 March 2022	<u>107,101</u>	<u>8,556</u>	<u>115,657</u>
 Freehold land and buildings:		2023	2022
		£	£
Historical cost		107,101	107,101
Cumulative depreciation based on historical cost		<u>-</u>	<u>-</u>
		<u>107,101</u>	<u>107,101</u>

Kline House, Luton was purchased in 1997 from a National Lottery grant and is held at historical cost.

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property.

4 Debtors	2023	2022
	£	£
Trade debtors	58,255	302,473
Other debtors	<u>1,899</u>	<u>1,011</u>
	<u>60,154</u>	<u>303,484</u>

5 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	2,797	2,770
Taxation and social security costs	7,612	8,540
Other creditors	<u>41,914</u>	<u>341,346</u>
	<u>52,323</u>	<u>352,656</u>

6 Independent Examiner's fee

In 2023 £1,000 (2022 - £1,000) was paid to Whittaker Plane Ltd for examination of the charity's accounts.

In 2023 £400 (2022 - £400) was paid to Whittaker Plane Ltd for payroll services.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2023

7 Reserves policy

Caraline's policy is to hold 3 months of expenditure in cash reserves.

If the balance falls below this amount the trustees will be informed and monitor the balance weekly until it returns this level.

In 2023 this amount was £108,000.

8 Movement in funds

	At 31/3/22	Net movement in funds	At 31/3/23
	£	£	£
General Funds	132,603	39,986	172,589
PCT and Grant Funding	59,390	(31,900)	27,490
Total Funds	<u>191,993</u>	<u>8,086</u>	<u>200,079</u>

Net movement in funds, included in the above are as follows

	Incoming resources £	Outgoing resources £	Movement in funds £
Unrestricted funds			
General Funds	53,242	(13,256)	39,986
Restricted funds			
PCT and Grant Funding	387,251	(419,151)	(31,900)
Endowment funds			
Property Fund	-	-	-
Total Funds	<u>440,493</u>	<u>(432,407)</u>	<u>8,086</u>

Accounts

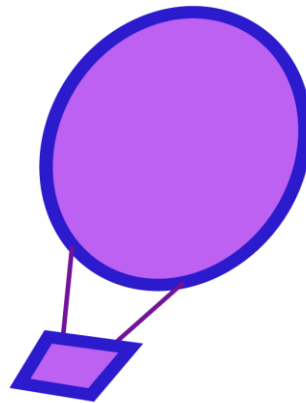
Registered number
1053897

Caraline Eating Disorders Counselling and Support Services

Report of the Trustees and Unaudited Financial Statements

Registered Charity Number: 1053897

For the year-ended 31 March 2022



Since 1994

Caraline Eating Disorders Counselling and Support Services
Unaudited Financial Statements
Contents

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Chairman's Report	3
Service Director's Report	4
Statement of Financial Activities	5
Balance sheet	6
Notes to the Financial Statements	7-10

Caraline Eating Disorders Counselling and Support Services
Registered number: 1053897

Report of the Trustees

Reference and Administrative Details

Registered Charity Number
1053897

Registered Office
Kline House
13 George Street West
Luton
LU1 2BJ

Trustees
Brian Holmes (resigned 6 September 2022)
Alan Jeffs (resigned 7 June 2022)
John Jackson
Wendy Whipp
Gareth Willmer

Independent Examiner
Mark Plane ACA
Whittaker Plane Ltd
78 Bute Street
Luton, LU1 2EY

Structure Governance and Management

Governing Document

The charity is controlled by its governing document, a deed of trust.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

This report was approved by the board on 29 August 2022 and signed on its behalf.

Brian Holmes
Trustee

Caraline Eating Disorders Counselling and Support Services

Independent examiners report to the trustees of Caraline Eating Disorders Counselling and Support Services

I report on the accounts of the charity for the year ended 31st March 2022, which are set out on pages 4 to 10.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with 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 386 of the Companies Act 2006 and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102SORP)

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

Mark Plane

Name: Mark Plane
Relevant professional qualification or body: ICAEW

Address: 78 Bute Street, Luton, LU1 2EY
Date: 29/08/2022

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897
Chairperson's Report 2021-2022



I have pleasure in presenting this report along with the financial information relative to the year under review.

Brian Holmes resigned as Trustee and Chair on 6th September 2022, but continues to fulfil the role of Treasurer as an administrative operative.

Towards the end of the year under review, we were presented with the same challenges as those affecting all other businesses across the United Kingdom – the potential for handling soaring costs. We, as a management team, believe that we took timely and, in the main, effective decisions so as to retain and competitively remunerate employees of the charity. Our planned and continuous investment in IT has rewarded us with more integrated information, thereby improving the efficiency of the whole workforce, and their ability to satisfy service demands. There remains a substantial funding shortfall, now preventing Caraline from being able to extend its services, which are clearly still in critical demand.

For virtually the entire period of 2021/22, Covid restrictions continued to constrain delivery of our essential community services. Policies adopted towards the end of the previous year, were successfully carried through, resulting in most of our service user targets being achieved.

Total revenues for the year were £377k, being almost 15% higher than the previous year. The increase in revenues was largely driven by the current higher running costs and recruitment increases in qualified personnel. General improvements and extensions in our fund-raising efforts also contributed to the rise in recorded income. For the financial year as a whole, expenditure exceeded income by £63k, and this result was anticipated at the beginning of the year. Effort must now be spent in securing additional future funds, so that the organisation can continue to meet its obligations both financially and contractually.

Again, our wonderfully dedicated team of staff continue to be as supportive and professional as ever. It has not been an easy year for any of them, and I take this opportunity, on behalf of my fellow Trustees, to thank them for their past heroic efforts, determination and patience.

Wendy Whipp
Chair of Trustees

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897
Service Director Report 2021-2022



The COVID-19 pandemic of 2020 has continued to affect the delivery of Mental Health Services, including the Voluntary Sector. Demand for service is high, with an observation of high levels of referrals being received. Given the high demand, Caraline adapted some of its current service provisions to offer evidence-based intervention to those that needed it. Working closely with our statutory partners to ensure all service users were within the service that best suited their needs. However, due to the high number of referrals received and lack of resources, we had to make a difficult decision to close our referrals temporarily in May 2021 and March 2022.

The development of evidence-based group interventions enables us to see more service users at one time in the ten-week Cognitive Behavioural Therapy for Eating Disorders (CBT-t) group programme. Therefore allowing individual therapy for the more complex presentations of eating disorders.

Recruitment

To help with service demand and acknowledge the difficulties of recruiting appropriately qualified clinicians to deliver the service. Caraline recruited two Assistant Psychologists and enrolled them on a two-year University Course. On completion of the course, the trainees would then be able to apply for full accreditation with BABCP as accredited CBT Psychotherapists. A peer support worker was recruited to provide Peer support to those on the waiting list and facilitate the Peer Support Group. An Executive Assistance was employed to help with the future planning of the service.

Current Services Provided by Caraline

Caraline is also working with the Milton Keynes Eating Disorder Lifespan service to provide specialist therapy to young people and adults living with eating disorders.

Many of our services switched to online delivery during this time, but some clients could still access in-person sessions. Interestingly, one of our Assistant Psychologists conducted a piece of research enquiring if clients would prefer online or in-person sessions in the future. The outcome of the research suggested that online or a mixture was preferable. The piece of research was presented at the NHS Eating Disorder Clinical Network, and it is currently being reviewed with a view for publication.

- Individual Enhanced Cognitive Behavioural Therapy for Eating Disorders CBT-e
- Individual Cognitive Behavioural Therapy CBT-T
- Eating Behaviour Groups
- Peer-led support group
- Carers Support Group
- Telephone Helpline
- Training

Thank you

I am so proud of Team Caraline, all of whom have gone above and beyond to deliver the service in very demanding times. I thank you all for your dedication, passion and support.

Claire Jackson
Service Director

Caraline Eating Disorders Counselling and Support Services
Statement of Financial Activities
for the year ended 31 March 2022

	Unrestricted funds £	Restricted funds £	Endowment Funds £	2022 Total funds £	2021 Prior year funds £
Incoming Resources					
PCT Service Level Agreement	-	374,166	-	374,166	323,024
Donations	3,297	-	-	3,297	2,120
Grants	-	-	-	-	3,485
Bank Interest	-	-	-	-	66
Other Income	-	-	-	-	300
Total Income	<u>3,297</u>	<u>374,166</u>	<u>-</u>	<u>377,463</u>	<u>328,995</u>
Resources expended					
Wages and salaries	-	334,138	-	334,138	192,416
Pensions	-	8,720	-	8,720	5,302
Employer's NI	-	27,028	-	27,028	14,102
Subcontractor costs	-	11,500	-	11,500	41,284
Staff training and welfare	9,200	3,104	-	12,304	139
Rent	-	-	-	-	402
Rates and Utilities	-	662	-	662	725
Cleaning	1,620	-	-	1,620	2,743
Premises Maintenance	3,590	-	-	3,590	1,965
Postage, Freight & Courier	46	-	-	46	-
Light and Heating	-	2,344	-	2,344	3,921
General Expenses	98	-	-	98	10
Insurance	916	2,748	-	3,664	2,357
Printing & Stationery	-	927	-	927	1,421
IT Software and Consumables	-	6,941	-	6,941	8,092
Subscriptions	270	-	-	270	35
Telephone & Internet	758	2,274	-	3,032	2,126
Depreciation	-	7,353	-	7,353	2,632
Travel Expenses	-	410	-	410	16
Accountancy fees	1,440	-	-	1,440	1,640
Advertising and PR	-	-	-	-	717
Other legal and professional	7,540	5,340	-	12,880	-
Total Expenses	<u>26,905</u>	<u>413,489</u>	<u>-</u>	<u>440,394</u>	<u>284,884</u>
Surplus/(Deficit) of Income over Expenditure	<u>(23,608)</u>	<u>(39,323)</u>	<u>-</u>	<u>(62,931)</u>	<u>44,111</u>
Fund balance b/f	156,211	98,713	-	254,924	210,813
Surplus/(Deficit) of Income over Expenditure	(23,608)	(39,323)	-	(62,931)	44,111
Transfer between funds	-	-	-	-	-
Fund balance c/f	<u>132,603</u>	<u>59,390</u>	<u>-</u>	<u>191,993</u>	<u>254,924</u>

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

**Balance Sheet
as at 31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	Endowment funds £	2022 Total £	2021 Total £
Fixed assets						
Tangible assets	3	115,657	-	-	115,657	116,663
Current assets						
Debtors	4	303,484	-	-	303,484	6,215
Cash at bank and in hand		66,118	59,390	-	125,508	145,885
		<u>369,602</u>	<u>59,390</u>	<u>-</u>	<u>428,992</u>	<u>152,100</u>
Creditors: amounts falling due within one year						
	5	(352,656)	-	-	(352,656)	(13,839)
Net current assets		16,946	59,390	-	76,336	138,261
Net assets		<u>132,603</u>	<u>59,390</u>	<u>-</u>	<u>191,993</u>	<u>254,924</u>
Funds of the Charity						
Restricted funds		-	59,390	-	59,390	98,713
Unrestricted funds		132,603	-	-	132,603	156,211
Endowment funds		-	-	-	-	-
Total Funds		<u>132,603</u>	<u>59,390</u>	<u>-</u>	<u>191,993</u>	<u>254,924</u>

Signed:



Wendy Whipp
Print Name

29 August 2022
Date of approval



Signature

Brian Holmes
Print Name

29 August 2022
Date of approval

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2022

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

There have been no changes of accounting policy, changes to accounting estimates or material prior year errors.

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2022

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Office Equipment	over 2 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Debtors (including trade debtors, prepayments and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Employee costs	2022	2021
Salaries and wages	334,138	192,416
Social security costs	27,028	14,102
Pension costs (defined contribution scheme)	8,720	5,302
	<u>369,886</u>	<u>211,820</u>

No employees received employee benefits for the reporting period of more than £60,000.

	2022	2021
	Number	Number
Charitable activities	10	5
Overheads	2	2
Average number of persons employed by the charity	<u>12</u>	<u>7</u>

During the year 2 Trustees (2021 - 2) received payment for services to the charity as authorised in the charity trust deed.

Brian Holmes received £20,000 (2021 - £13,750) salary as an employee of the charity.

Wendy Whipp received £11,500 (2021 - £5,500) for supervision services provided to the charity.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2022

3 Tangible fixed assets

	Land and buildings £	Office Equipment £	Total £
Cost			
At 1 April 2021	107,101	12,731	119,832
Additions	-	6,346	6,346
At 31 March 2022	<u>107,101</u>	<u>19,077</u>	<u>126,178</u>
Depreciation			
At 1 April 2021	-	3,169	3,169
Charge for the year	-	7,352	7,352
At 31 March 2022	<u>-</u>	<u>10,521</u>	<u>10,521</u>
Net book value			
At 31 March 2022	<u>107,101</u>	<u>8,556</u>	<u>115,657</u>
At 31 March 2021	<u>107,101</u>	<u>9,562</u>	<u>116,663</u>

Freehold land and buildings:	2022 £	2021 £
Historical cost	107,101	107,101
Cumulative depreciation based on historical cost	<u>-</u>	<u>-</u>
	<u>107,101</u>	<u>107,101</u>

Kline House, Luton was purchased in 1997 from a National Lottery grant and is held at historical cost.
 In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property.

4 Debtors	2022 £	2021 £
Trade debtors	302,473	3,785
Other debtors	<u>1,011</u>	<u>2,430</u>
	<u>303,484</u>	<u>6,215</u>

5 Creditors: amounts falling due within one year	2022 £	2021 £
Trade creditors	2,770	6,414
Taxation and social security costs	8,540	5,985
Other creditors	<u>341,346</u>	<u>1,440</u>
	<u>352,656</u>	<u>13,839</u>

6 Independent Examiner's fee

In 2022 £1,000 (2021 - £1,000) was paid to Whittaker Plane Ltd for examination of the charity's accounts.

In 2022 £400 (2021 - £400) was paid to Whittaker Plane Ltd for payroll services.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2022

7 Reserves policy

Caraline's policy is to hold 3 months of expenditure in cash reserves.

If the balance falls below this amount the trustees will be informed and monitor the balance weekly until it returns this level.

In 2022 this amount was £106,000.

8 Movement in funds	At 31/3/21	Net movement in funds	At 31/3/22
	£	£	£
General Funds	156,211	(23,608)	132,603
PCT and Grant Funding	98,713	(39,323)	59,390
Endowment Fund	-	-	-
Total Funds	<u>254,924</u>	<u>(62,931)</u>	<u>191,993</u>

Net movement in funds, included in the above are as follows

	Incoming resources £	Outgoing resources £	Movement in funds £
Unrestricted funds			
General Funds	3,297	(26,905)	(23,608)
Restricted funds			
PCT and Grant Funding	374,166	(413,489)	(39,323)
Endowment funds			
Property Fund	-	-	-
Total Funds	<u>377,463</u>	<u>(440,394)</u>	<u>(62,931)</u>

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property. The property Kline House, was moved from Endowment Funds to General Funds.

Accounts

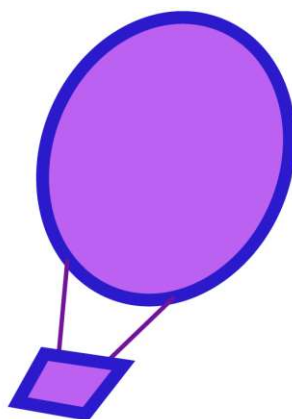
Registered number
1053897

Caraline Eating Disorders Counselling and Support Services

Report of the Trustees and Unaudited Financial Statements

Registered Charity Number: 1053897

For the year-ended 31 March 2021



Since 1994

Caraline Eating Disorders Counselling and Support Services
Unaudited Financial Statements
Contents

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Chairman's Report	3
Service Director's Report	4
Statement of Financial Activities	5
Balance sheet	6
Notes to the Financial Statements	7-10

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

Report of the Trustees

Reference and Administrative Details

Registered Charity Number

1053897

Registered Office

Kline House
13 George Street West
Luton
LU1 2BJ

Trustees

Brian Holmes
Alan Jeffs
John Jackson
Wendy Whipp
Bethany Herrick (resigned 20th August 2021)
Gareth Willmer (appointed 20th August 2021)

Independent Examiner

Mark Plane ACA
78 Bute Street
Luton, LU1 2EY

Structure Governance and Management

Governing Document

The charity is controlled by its governing document, a deed of trust.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

This report was approved by the board on 25 January 2022 and signed on its behalf.

Brian Holmes
Trustee

Caraline Eating Disorders Counselling and Support Services

Independent examiners report to the trustees of Caraline Eating Disorders Counselling and Support Services

I report on the accounts of the charity for the year ended 31st March 2021, which are set out on pages 4 to 10.

Respective responsibilities of trustees and examiner

The trustees are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales (ICAEW).

Having satisfied myself that the charity is not subject to audit under charity law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with 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 386 of the Companies Act 2006 and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102SORP)

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

Mark Plane

Name: Mark Plane
Relevant professional qualification or body: ICAEW

Address: 78 Bute Street, Luton, LU1 2EY
Date: 25/01/2022

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897
Chairman's Report 2020-2021



I have pleasure in presenting this report along with the financial information relative to the year under review.

During the last quarter of financial year, we committed to a recruitment plan aligned closely to our perceived views of likely service demand. As an organisation, we acknowledge our own service delivery limitations are determined by the size of our premises, the availability of suitably qualified staff and the funding we are able to generate and secure. Given our cumulative reserves to date, along with plans to raise public awareness of eating disorders, generally, and Caraline's own expertise in this field, we committed to further permanent staff recruitment. In view of the additional financial pressures on the NHS, largely driven by the continuing Covid pandemic, we are not optimistic in securing enhanced NHS funding for the foreseeable future. With this in mind, we are confident that our general fundraising efforts will eventually provide the financial shortfall we currently seek.

Being deemed an essential service throughout the whole of this year, the cost impact of operating within Covid compliant conditions continues to impact our financial performance. Thankfully, our service delivery has remained as strong as ever, largely due to staff adaptation, reliance on further IT investment and certain changes to our delivery methods.

Total revenues for the year were £329k, being 32% higher than the previous year. The increase in revenues was driven by higher demands from the NHS, leading to the recruitment of additional clinical specialists. I am pleased to report a surplus of income over expenditure of £44k for the year as a whole. Our cost base for the following year will rise substantially, in accordance with our staff recruitment efforts.

Our fantastic team of staff continue to be as supportive and as dedicated to their work as ever. They have demonstrated determination, loyalty, compassion and professionalism during some fairly challenging times. On behalf of my fellow Trustees, I wish to sincerely thank each and every one of them.

Brian Holmes
Chair of Trustees/Financial Officer

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897
Service Director Report 2020-2021



Pressures due to the Pandemic led to high demand for service provision across Luton and Bedfordshire. We acknowledge this as not unique to Caraline but to Eating Disorder service providers nationally. The Voluntary and Statutory sectors struggle to meet those needing to access services. Therefore, thresholds are changed to ensure risk is managed for those who are very unwell. Pressure on our statutory partners and due to change in thresholds meant that Caraline needed to work with far more complex cases whilst trying to maintain a focus on early intervention. Therefore, we needed to consider how we could deliver the evidence-based interventions to more clients, which led to the delivery of CBT-t group sessions for those presenting with Bulimia Nervosa and Binge Eating Disorder. This enabled us to offer individual therapy to our service users we considered most at risk.

Recruitment

It was essential that Caraline recruit staff to ensure service delivery, taking into account demand and expansion. Recruitment into the field of eating disorders is a difficult one, given working in the field requires specially trained staff, of which there is a national deficit. Caraline proactively sought a team with skills that could be developed, including a Clinical Lead, Peer Support Worker, Assistant Psychologist and two Trainee CBT Therapists on the clinical side. An Executive Assistant was also employed to help me manage the growing service and explore other funding avenues given our service demand does not match our current funding.

Current Services Provided by Caraline

- Peer-led support group
- Eating Behaviour Groups
- CBT-T Groups
- Individual CBT-e
- Individual CBT-T

Caraline is also working with the Milton Keynes Eating Disorder Lifespan service to provide specialist therapy to young people and adults living with eating disorders.

Many of our services switched to online delivery during this time, but some clients could still access in-person sessions. Interestingly, one of our Assistant Psychologists conducted a piece of research enquiring if clients would prefer online or in-person sessions in the future. The outcome of the research suggested that online or a mixture was preferable. The piece of research was presented at the NHS Eating Disorder Clinical Network, and it is currently being reviewed with a view for publication.

Thank you

I am so proud of Team Caraline, all of whom have gone above and beyond to deliver the service in very demanding times. I thank you all for your dedication, passion and support.

Claire Jackson
Service Director

Caraline Eating Disorders Counselling and Support Services
Statement of Financial Activities
for the year ended 31 March 2021

	Unrestricted funds £	Restricted funds £	Endowment Funds £	2021 Total funds £	2020 Prior year funds £
Incoming Resources					
PCT Service Level Agreement	-	323,024	-	323,024	243,180
Donations	2,120	-	-	2,120	640
Grants	-	3,485	-	3,485	5,000
Bank Interest	66	-	-	66	319
Other Income	300	-	-	300	-
Total Income	<u>2,486</u>	<u>326,509</u>	<u>-</u>	<u>328,995</u>	<u>249,139</u>
Resources expended					
Wages and salaries	-	192,416	-	192,416	130,049
Pensions	-	5,302	-	5,302	3,841
Employer's NI	-	14,102	-	14,102	8,390
Subcontractor costs	-	41,284	-	41,284	36,010
Staff training and welfare	-	139	-	139	2,612
Rent	-	402	-	402	563
Rates and Utilities	-	725	-	725	776
Cleaning	2,743	-	-	2,743	1,893
Premises Maintenance	1,965	-	-	1,965	1,150
Postage, Freight & Courier	-	-	-	-	280
Light and Heating	-	3,921	-	3,921	2,045
General Expenses	10	-	-	10	15
Insurance	590	1,767	-	2,357	132
Printing & Stationery	-	1,421	-	1,421	2,544
IT Software and Consumables	-	8,092	-	8,092	6,653
Subscriptions	35	-	-	35	396
Telephone & Internet	532	1,594	-	2,126	3,027
Depreciation	-	2,632	-	2,632	537
Travel Expenses	-	16	-	16	1,184
Accountancy fees	1,640	-	-	1,640	2,600
Advertising and PR	-	717	-	717	1,074
Other legal and professional	-	-	-	-	2,342
Total Expenses	<u>10,354</u>	<u>274,530</u>	<u>-</u>	<u>284,884</u>	<u>208,113</u>
Surplus/(Deficit) of Income over Expenditure	<u>(7,868)</u>	<u>51,979</u>	<u>-</u>	<u>44,111</u>	<u>41,026</u>
Fund balance b/f	56,978	46,734	107,101	210,813	169,787
Surplus/(Deficit) of Income over Expenditure	(7,868)	51,979	-	44,111	41,026
Transfer between funds	107,101	-	(107,101)	-	-
Fund balance c/f	<u>156,211</u>	<u>98,713</u>	<u>-</u>	<u>254,924</u>	<u>210,813</u>

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

**Balance Sheet
as at 31 March 2021**

		Unrestricted funds	Restricted funds	Endowment funds	2021 Total	2020 Total
	Notes	£	£	£	£	£
Fixed assets						
Tangible assets	3	116,663	-	-	116,663	107,852
Current assets						
Debtors	4	6,215	-	-	6,215	217,799
Cash at bank and in hand		47,172	98,713	-	145,885	108,606
		<u>53,387</u>	<u>98,713</u>	<u>-</u>	<u>152,100</u>	<u>326,405</u>
Creditors: amounts falling due within one year	5	(13,839)	-	-	(13,839)	(223,444)
Net current assets		39,548	98,713	-	138,261	102,961
Net assets		<u>156,211</u>	<u>98,713</u>	<u>-</u>	<u>254,924</u>	<u>210,813</u>
Funds of the Charity						
Restricted funds		-	98,713	-	98,713	46,734
Unrestricted funds		156,211	-	-	156,211	56,978
Endowment funds		-	-	-	-	107,101
Total Funds		<u>156,211</u>	<u>98,713</u>	<u>-</u>	<u>254,924</u>	<u>210,813</u>

Signed:

Signature

Print Name

Date of approval

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2021

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014, The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

There have been no changes of accounting policy, changes to accounting estimates or material prior year errors.

Recognition of income

Income is included in the Statement of Financial Activities (SoFA) when

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

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

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance and support costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2021

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Office Equipment	over 2 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Debtors (including trade debtors, prepayments and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Employee costs	2021	2020
Salaries and wages	192,416	130,049
Social security costs	14,102	8,390
Pension costs (defined contribution scheme)	5,302	3,841
	<u>211,820</u>	<u>142,280</u>

No employees received employee benefits for the reporting period of more than £60,000.

	2021	2020
	Number	Number
Charitable activities	5	4
Overheads	2	1
Average number of persons employed by the charity	<u>7</u>	<u>5</u>

During the year 2 Trustees (2020 - nil) received payment for services to the charity.

Brian Holmes received £13,750 (2020 - £nil) salary as an employee of the charity.

Wendy Whipp received £5,500 (2020 - £nil) for supervision services provided to the charity.

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2021

3 Tangible fixed assets

	Land and buildings £	Office Equipment £	Total £
Cost			
At 1 April 2020	107,101	1,288	108,389
Additions	-	11,443	11,443
At 31 March 2021	<u>107,101</u>	<u>12,731</u>	<u>119,832</u>
Depreciation			
At 1 April 2020	-	537	537
Charge for the year	-	2,632	2,632
At 31 March 2021	<u>-</u>	<u>3,169</u>	<u>3,169</u>
Net book value			
At 31 March 2021	<u>107,101</u>	<u>9,562</u>	<u>116,663</u>
At 31 March 2020	<u>107,101</u>	<u>751</u>	<u>107,852</u>
 Freehold land and buildings:		2021	2020
		£	£
Historical cost		107,101	107,101
Cumulative depreciation based on historical cost		-	-
		<u>107,101</u>	<u>107,101</u>

Kline House, Luton was purchased in 1997 from a National Lottery grant and is held at historical cost.

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property.

4 Debtors

	2021 £	2020 £
Trade debtors	3,785	215,180
Other debtors	2,430	2,619
	<u>6,215</u>	<u>217,799</u>

5 Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	6,414	1,130
Taxation and social security costs	5,985	4,184
Other creditors	1,440	218,130
	<u>13,839</u>	<u>223,444</u>

Caraline Eating Disorders Counselling and Support Services
Notes to the Accounts
for the year ended 31 March 2021

6 Movement in funds	At 31/3/20	Net movement in funds	At 31/3/21
	£	£	£
General Funds	56,978	99,233	156,211
PCT and Grant Funding	46,734	51,979	98,713
Endowment Fund	107,101	(107,101)	-
Total Funds	<u>210,813</u>	<u>44,111</u>	<u>254,924</u>

Net movement in funds, included in the above are as follows

	Incoming resources £	Incoming resources £	Transfer £	Movement in funds £
Unrestricted funds				
General Funds	2,486	(10,354)	107,101	99,233
Restricted funds				
PCT and Grant Funding	326,509	(274,530)	-	51,979
Endowment funds				
Property Fund	-	-	(107,101)	(107,101)
Total Funds	<u>328,995</u>	<u>(284,884)</u>	<u>-</u>	<u>44,111</u>

In August 2021, the National Lottery Community Fund confirmed they no longer hold a financial interest in the property. The property Kline House, was moved from Endowment Funds to General Funds.