

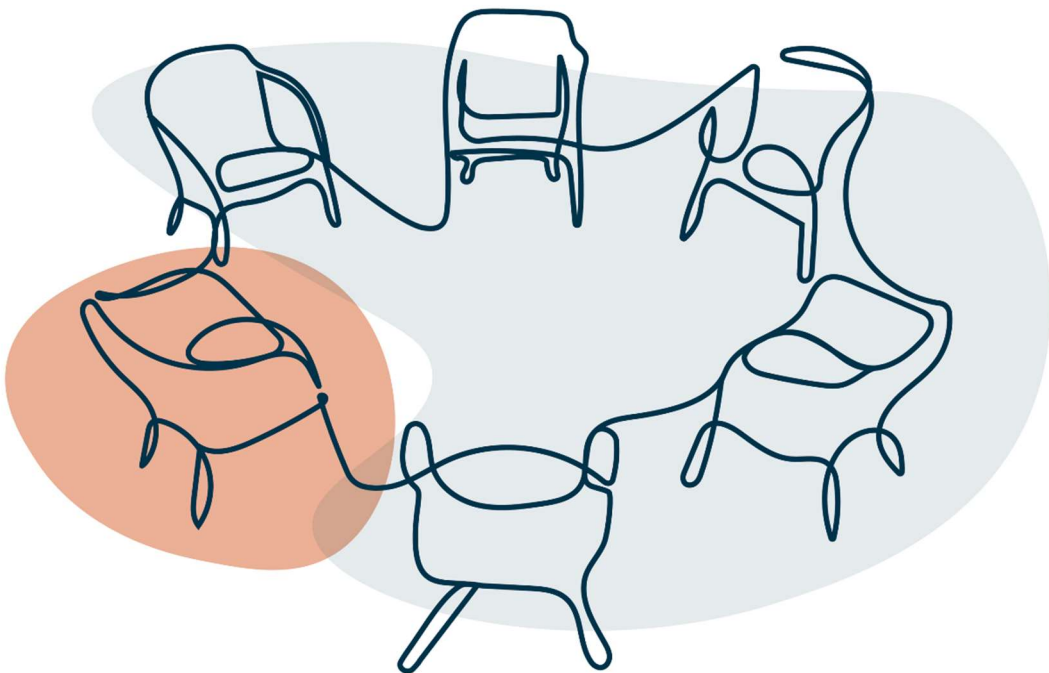


Caraline

30 years 2024

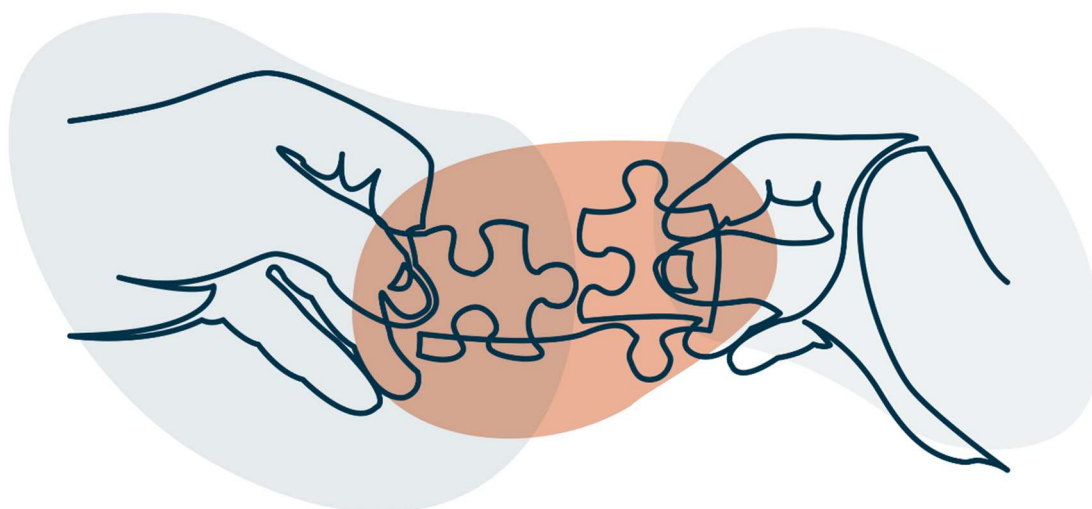
**Caraline Eating Disorder Counselling and Support Service
Annual Report and Accounts 1st April 2023 – 31st March 2024**

Registered Charity Number 1053897



Caraline Financial Statements
Year Ended 31st March 2024

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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.

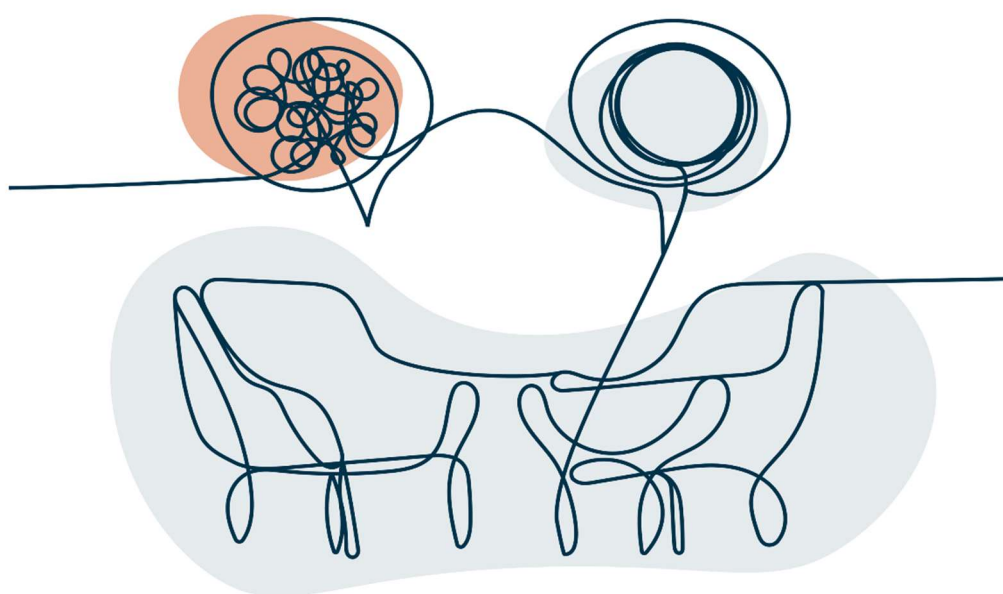
Training

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



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

	Unrestricted 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	8,008	479,264	487,272	440,493
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	14,051	345,848	359,899	432,407
Surplus/(Deficit) of Income over Expenditure	(6,043)	133,416	127,373	8,086
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	166,546	160,906	327,452	200,079

Caraline Eating Disorders Counselling and Support Services

Registered number: 1053897

Balance Sheet

as at 31 March 2024

				2024	2023
	Notes	Unrestricted funds £	Restricted funds £	Total £	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		<u>166,546</u>	<u>-</u>	<u>166,546</u>	<u>172,589</u>
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
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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 Number	2023 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>