SWEDA Ltd

England & Wales · Charity number 1056441

Details

Other names	SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION, SOMERSET EATING DISORDERS ASSOCIATION, SWEDA
Status	Registered
Legal form	Charitable company
Company number	03208772
Registered	1996-06-27
Register	View on the Charity Commission register

Contact

Address	The Coach House Harvest Court Park Road Shepton Mallet Somerset BA4 5BS
Phone	01749343344
Email	admin1@swedauk.org
Website	www.swedauk.org

Activities

Objects: TO PROMOTE ANY CHARITABLE PURPOSES FOR THE BENEFIT OF THE COMMUNITY IN THE COUNTY OF SOMERSET AND SURROUNDING AREAS AND IN PARTICULAR THE ADVANCEMENT OF EDUCATION, THE PROTECTION OF HEALTH AND THE RELIEF OF POVERTY, DISTRESS AND SICKNESS AND IN THE FURTHERANCE OF THE SAID PURPOSES, BUT NOT FURTHER OR OTHERWISE, TO PROVIDE SERVICES, FACILITIES AND TRAINING FOR THE RELIEF OF THOSE SUFFERING FROM OR AFFECTED BY EATING DISORDERS.

Activities: TO PROVIDE SERVICES FACILITIES AND TRAINING FOR THE RELIEF OF THOSE SUFFERING FROM OR AFFECTED BY EATING DISORDERS

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Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** SOMERSET AND SURROUNDING AREAS
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,341,122	£1,147,245	£1,319,643	27
2024-03-31	£1,021,903	£826,903	£1,125,766	20
2023-03-31	£708,488	£570,317	£636,255	13
2022-03-31	£508,376	£373,111	£498,084	10
2021-03-31	£472,494	£287,883	-	-

Trustees

Name	Role	Appointed
Bryn Sayles		2025-06-16
Hannah Kate Lewis		2024-05-15
Ian James Creek		2024-05-15
Katherine Margaret Gee		2005-07-07
Megan Potts		2022-05-31
Rebecca Partos		2023-11-23
Rev Edward Day		2023-11-23

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SWEDA Ltd

England & Wales - Charity number 1056441

Accounts

SWEDA

SUPPORTING PEOPLE WITH EATING DISORDERS ACROSS THE SOUTH & WEST

Impact Report

April 2024 - March 2025

Welcome to SWEDA's Impact Report 2024/25

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Introduction

In April 2025, MP Wera Hobhouse described eating disorders as 'one of the largest treatment gaps in modern healthcare'.

The incidence of these life-threatening conditions have grown alarmingly in the last decade. Research among young people in 2023 showed 75% of women aged 17-19 and 50% of men screened positive for possible eating problems.

This report shows how SWEDA has continued to rise to the challenge.

In the last 5 years we have tripled the number of children, young people and adults we support. In 2024/5 we supported 1,199 people 1-2-1, and our specialist team met thousands more through outreach and training. We have expanded into Oxfordshire, made changes to speed up access to our current services and developed new ones. We have increased the training offered to our own staff and invested in building a communications and fundraising team to raise awareness, tackle stigma and misinformation and make SWEDA's future more secure.

A huge thank you to the staff, volunteers, trustees, funders and partners who made this possible, and who are helping us to shape SWEDA's future as we work on our new 5 Year Strategic Plan.

We will continue to meet the courage of our clients with our ambition to provide quality expert support for people of all ages with eating disorders in the South & West.

Ian Creek
Interim Chair
chair@swedauk.org

What we do

Therapeutic counselling

1-2-1 sessions with a specialist counsellor

Daisy Project

CBT-informed, 12 session programme

Support Calls

Series of calls centred on recovery goals

Nutritional Support

1-2-1 sessions with our qualified nutritionist

Support Groups

In-person and online, facilitated by counsellors

Mindline

A twice weekly eating disorders helpline

Therapy for Children and Young People

With specialist therapeutic support workers

Parents & Carers Support

A series of support calls or counselling sessions

Information for Families

Educational events and online resources

Schools and Colleges Support

Specialist support sessions for students

Finding Food Freedom

Peer support programme focused on BED recovery

Educational Outreach

Raising awareness about EDs and SWEDA's work in the wider community

Why it matters

Eating disorders are serious illnesses affecting millions of lives in the UK.

Eating disorders can be incredibly damaging to a person's mental wellbeing and physical health, and they can become life threatening. They can also have a profound affect on families and loved ones.

The number of people affected is growing.

The NHS estimated in 2019 that 2-3 million adults of all ages could be affected by eating disorders,[1] and more recent statistics show that 12% of 17-19 year olds – and nearly 21% of young women in that age group - have an eating disorder.[2] The demand for our services, and the complexity of the challenges faced by our clients, grows every year.

Recovery is always possible.

Getting specialist support early on is the best way to help people recover, which is why access to local preventative expert support is so important. In many parts of the UK there is no face to face support available until someone is ill enough for an NHS diagnosis. We want SWEDA's services to be available to everyone who needs us.

"MY SESSIONS HAVE DEFINITELY GIVEN ME THE TOOLS I NEED TO CONTINUE MY RECOVERY AND TRY TO DO THE NEXT PART ON MY OWN."

SWEDA CLIENT 24/25

[1]NHS England 2019: Adult Eating Disorders: Community, Inpatient and Intensive Day Patient Care
[2]NHS England 2023: Mental Health of Children and Young People in England

Our impact

1,199
clients supported

6,047
therapuetic sessions delivered

18%
increase in clients from 2023/24

How our adult clients feel:

83%
reported an improvement in disordered eating thoughts and behaviours

80%
reported less psychological distress.

85%
reported improved wellbeing.

"THE HELP I RECEIVED AT SWEDA HAS BEEN FUNDAMENTAL IN STARTING MY JOURNEY BEYOND MY EATING DISORDER, PARTICULARLY AS THIS IS NOT SOMETHING I COULD FINANCIALLY ACCESS OTHERWISE."

SWEDA CLIENT 2024/25

M's story

"I have struggled on and off with an eating disorder for over 10 years.

SWEDA's Daisy Project helped me to think about recovery as something that I could reach. I now have a clear plan for how I want to move forward, trusting my own voice towards recovery.

I learned that I don't have to do everything all at once. I have become more open with friends and family when I am finding certain situations difficult. I have also been working on exercise and am slowly making positive changes, like stopping when I can feel I am only carrying on because of the ED voice.

The help I received from SWEDA was incredibly impactful. I felt really understood, heard, and at times challenged, but always met where I was at."

"I CAN'T BELIEVE HOW MUCH I HAVE MANAGED TO CHANGE. I ACTUALLY FEEL REALLY PROUD OF MYSELF."

Our impact:
children & young people

165
children & young people supported

1,030
therapuetic sessions delivered

21%
increase in interventions delivered

How our children and young clients feel:

100%
reported an improvement in disordered eating thoughts and behaviours

84%
reported less psychological distress.

87%
reported improved wellbeing.

"MY SWEDA THERAPIST WAS HELPFUL, KIND AND GENTLE. SHE REASSURED ME, AND VALIDATED MY EXPERIENCES AND FEELINGS."

YOUNG CLIENT 2024/25

A parent shares their story:

“I was desperate for help for my daughter.

And I got more than I could possibly expect from SWEDA. Lots and lots of support and understanding and a great amount of information and tips to help her.

I think SWEDA is a fantastic service. The support I received was second to none. The empathy and understanding I have received is overwhelming.”

“YOU HAVE SUPPORTED ME DURING ONE OF THE TOUGHEST TIMES OF MY LIFE. THANK YOU.”

This year's highlights

Growing our services

In 2024 we launched a new service in Oxfordshire's NHS Wellbeing Hubs. Over 2024/25, we've grown the Oxfordshire team to 5 specialist Therapeutic Support Workers.

SWEDA now partners with Mothers 2 Mothers in Bristol, to give new mothers access to 1-2-1 eating disorder support with Therapeutic Support Worker and Perinatal Champion, Kat.

We've been able to offer in person therapeutic services to adults in Bath for the first time, with special thanks to support from the Roper Family Charitable Trust and Bath Women's Fund.

We introduced a new, 16-week workshop series, for people affected by binge eating. 'Finding Food Freedom' provides opportunities for personal reflection through discussions, group exercises, and homework.

Thanks to the support of the Prudence Trust, we've been growing our services for parents and carers supporting a child with an eating disorder, including information evenings, resources, nutritional support, and expert counselling.

Working in partnership

REDCAN, the network of regional eating disorder charities we co-founded in 2020, has recruited a Development Director to start work in April 2025 to enable us to do more together to raise awareness and funds for our essential work

We continue to work closely with the NHS, the ground breaking Open Mental Health coalition in Somerset and the VCSE Mental Health Alliance for Bristol, North Somerset and South Gloucestershire to offer joined up support to people in the South & West.

SWEDA partnered with equality charity BRAP to grow our understanding of anti-racism through a series of engaging, transformative workshops for our team and trustees.

Growing our reach

At the start of 2025 we welcomed Gavin, our Fundraising Manager, and Peter, our Fundraising Officer, to help raise awareness about eating disorders in our community, and how people can support SWEDA's work.

We launched #WhatRecoveryMeansToMe, our social media campaign sharing reflections from people with lived experience, families, and professionals. Thank you to everybody who contributed artwork and written reflections!

#WhatRecoveryMeansToMe

In the past year we launched a new project gathering stories from the SWEDA community and beyond, inspired by the prompt #WhatRecoveryMeansToMe. Here's just a few of the reflections that were shared with us:

Charlotte

"Recovery for me means having a life, being able to engage in what's going on rather than living in my head. It allows me to build relationships with people because I am not totally preoccupied with food. In essence recovery means running in to life rather than away from it."

Hannah

"I am an auntie to my sister's two beautiful boys – Wilfred and Stanley – and there is nothing more freeing than letting go of the control I once needed to survive, in order to show up for them every day."

Dave

"For me recovery was what I had to gain back - my sense of humour, sense of fun, sense of enjoyment. Because when you look at what you have to gain, rather than what you have to lose, recovery is a no-brainer."

Income & Expenditure 2024/25

Our income

Charitable activities - £1,174,599

Donations & grants - £116,488

Investment income - £50,035

£1,341,122

Our expenditure

Charitable activities - £1,033,903

Raising funds - £113,342

£1,147,245

Here's to you

We want to say 'thank you' to everyone in our SWEDA Community who has supported our work this year:

10,140
volunteer hours contributed by our placement counsellors

400+
readers of our SWEDA e-newsletter

1.5k
followers on social media

And to the funders, donors, and community organisations whose generosity means we can continue to be there for our clients. Without your support, none of this would be possible!

COMMUNITY FUND

BBC Children in Need

"I FEEL SO LUCKY THAT I WAS ABLE TO ACCESS THIS SERVICE.

I FELT LISTENED TO AND SUPPORTED WITHOUT JUDGEMENT."

SWEDA CLIENT 2024/25

Be a part of SWEDA's future

When you donate, fundraise, or give your time for SWEDA, you're helping us make a difference to somebody's eating disorder recovery. As a charity, we're counting on the support of our community to be able to keep providing our specialist support services to those who have nowhere else to turn. We hope you can help.

Donating to SWEDA means you're helping us provide our core services – such as our expert-led therapeutic services, support groups, and outreach to schools. These provide a vital lifeline for our clients.

Fundraising is a great way to raise awareness about our cause. Take part in one of our fundraising events, get stuck in with making and selling something crafty, or fundraise for us at your own special event.

If you're a **local business** wanting to make a difference in your community, we'd love to hear from you. Partnership opportunities include: event sponsorship, PR link ups, team-building challenges. Get in touch with us to find out more.

And there's many more ways to show your support, such as sharing your story with us, collaborating on a piece of social media content, or including us in your will. To find out more, drop our Fundraising Manager, Gavin a line at gavinosborn@swedauk.org, or visit **swedauk.org/support-us.**

SWEDA's Vision

Our vision is to support everyone affected by eating disorders across the South & West.

Our mission statement

We engage with people affected by eating disorders including family and friends, offering hope and enabling access to support services to empower recovery.

Our Values

Compassionate
To our clients and each other

Hopeful
believing that recovery is always possible

Accountable
holding ourselves and the people we work with to a high standard

Ambitious
we want the best for our clients and for ourselves

UK Registered Charity 1056441
UK Company Limited By Guarantee 3208772

SWEDA LTD

FINANCIAL STATEMENTS

31 MARCH 2025

Charity Number: 1056441

Company Number: 0320877

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SWEDA LTD

REFERENCE AND ADMINISTRATIVE DETAILS

YEAR ENDED 31 MARCH 2025

Registered Charity Name:	SWEDA Ltd
Registered Company number:	03208772 (England and Wales)
Registered Charity Number:	1056441
Registered Office:	The Coach House Harvest Court, Park Road, Shepton Mallet. Somerset. BA4 5BS
Website:	www.swedauk.org
Trustees:	The Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Sarah Hall (resigned 26/02/2025) Meg Potts Karen Prosser (Resigned 26/02/2025) Edward Day Rebecca Partos Ian Creek Rhiannon Roberts (appointed 15/05/2024 – resigned 02/08/2024) Hannah Lewis (appointed 15/05/2025) Katherine Gee (appointed 07/07/2025) Bryn Sayle (appointed 16/06/2025)
Quality & Governance Sub-Committee:	Meg Potts, Hannah Lewis & Sam Best
Finance Sub-Committee:	Edward Day, Karen Prosser, Ian Creek, Fiona Bevan & Paula Blight
Clinical Sub-Committee:	Rebecca Partos, Sarah Hall, Hannah Lewis & Nerissa Shaw
Remuneration/HR Sub-Committee:	Karen Prosser, Sarah Hall, Meg Potts, & Paula Blight/Sam Best
Income Generation & Comms Sub-Committee:	Sarah Hall, Meg Potts, Ian Creek, & Deborah Xavier

SWEDA LTD

REFERENCE AND ADMINISTRATIVE DETAILS

YEAR ENDED 31 MARCH 2025

Senior staff:	Paula Blight	Chief Executive
	Sam Best	Chief Operating Officer
	Nerissa Shaw	Clinical Lead
	Deborah Xavier	Head of Fundraising
Principal Bankers:	CAF Bank Limited Kings Hill West Malling Kent ME19 4TA	
Auditors:	A C Mole LLP Chartered Accountants and Statutory Auditor Stafford House Blackbrook Park Avenue Taunton. TA1 2PX	

The purposes of the charity as set out in the schedule to the Articles of Association dated 19th December 2003 (as amended on November 2022), are to promote any charitable purposes for the benefit of the community in the county of Somerset and surrounding areas and in particular the advancement of education, the protection of health and the relief of poverty, distress and sickness and in the furtherance of the said purpose, but not further or otherwise, to provide services, facilities and training for the relief of those suffering from or affected by eating disorders.

Our charity is for children and adults and their carers and families with an eating disorder within Somerset and across the surrounding areas across the South & West of England. We listen without judgement and work with clients to find the most suitable tailored support that is right for them. We empower clients to take control of their own recovery and their life. We also provide expert training for healthcare and education professionals to improve early intervention and holistic support. SWEDA is known for our pioneering approach over three decades, delivering excellence in everything we do.

Objectives, activities & achievements

Demand for our services continues to grow, and we have been fortunate again this year to support this alongside financial growth. While we are rapidly expanding, we are carefully considering how to do this strategically, sustainably, and effectively. Our focus remains on better meeting the needs of our clients, enabling us to support more individuals each year. A key enabler of offering additional services is additional space, as space has become a premium. As part of our premises strategy and medium-term solution, we extended our lease term at Harvest Court and acquired extra space next door at Highfield House, moving our Children's service into this additional space. Both leases will secure us space until 2029. This decision gives us time to consider the provision of a larger building, whilst demand for space remains high, allowing us to establish a 'Centre of Excellence' for Eating Disorders in the South West. Future premises decisions involve many considerations for example this may include exploring ownership, which could offer the added value of a good investment opportunity alongside a solid foundation for the charity's long-term stability and future growth. Later in this report, we outline new reserve designations that support the realisation of our strategic goals over the next 3-5 years.

We continue to observe an increase in the complexity of mental health challenges experienced by individuals with eating disorders, as well as a rise in the number of people seeking our support. This year, we provided one-to-one support to 1,199 individual clients, marking an 18% increase from the previous year. Our children and young people's services also continue to expand; during the year, we delivered 1,030 therapeutic sessions, reflecting a 13% increase in the number of sessions offered while serving the same number of clients, as last year, due to our younger clients needing longer interventions. Although the overall average cost of support per client remains a significant value at £1,000, we are experiencing higher costs within our children's and young people's services. This is not only due to the increased number of sessions required by young people but also includes the additional costs associated with navigating their combined support network of parents, education, and health services.

This year marked our first year without the development of a new NHS Contract, allowing us to wisely invest time in securing funding from alternative sources to support and sustain the diversification of our income, in line with our long-term plan. During this period, with increased emphasis on fundraising and building on existing relationships with Trusts and Foundations, and we initiated some fruitful discussions about the limited opportunities for eating disorders funding. As a result, we were invited to help prepare a funding opportunity for an alliance of eating disorder organisations across the UK, we pitched our ambitious plans for REDCAN (Regional Eating Disorders Charities Alliance and Network) to employ a Director who could lead REDCAN into its next phase of development. These discussions resulted in two Trusts jointly funding a one-year pilot project for a Director for REDCAN, with the potential for extension if successful. Additionally, this process also involved further conversations, leading to an approach with the aim of investing in SWEDA's infrastructure to support our continued growth, enabling us to recruit a finance Manager and Training Manager. The two funds also provided a three-year grant for our Children's Service and our Nutritional Services.

We have also expanded our counselling service across a wider geographical area, including Bristol, North Somerset, South Gloucestershire, and Bath. A key component of our grassroots work and an enhancement to our NHS offer which all adds to widening the eating disorders support services offer to wider local communities where we work. Furthermore, we grew our nutritional support offer, launched our 'Finding Food Freedom' a 16 week binge eating disorder group therapy program all working towards enhancing our comprehensive care package and expanding the holistic support we offer to individuals on their recovery journeys.

All of our services continue to offer a combination of virtual and in-person options, giving our clients greater choice and flexibility. This approach allows us to extend our reach across the entire region, supporting individuals who may be unable to travel to our physical locations. Our data, independently verified by the Children's Outcome Research Consortium (CORC), demonstrates exceptional outcomes as detailed below:

For adults
83.3% of our clients reported an improvement in their disorders eating thoughts and behaviours,
79.7% reported less psychological distress,
85.1% reported improved wellbeing.

For children and young people
100% reported an improvement in their eating disorders thoughts and behaviours,
84% + reported less psychological distress*
86.7% reported improved wellbeing.

Although we have seen a slight drop in our adult results compared to last year, our results for children and young people have been phenomenal with 100% reporting they have seen an improvement in their eating disorders thoughts and behaviours.

All of our achievements and the positive impact we make in our community would not be possible without our unwavering commitment to our core values. SWEDA's core values are the foundation of everything we do. They guide our actions, shape our culture, and define our commitment to our clients and community.
By embodying:

1. Compassion
2. hope
3. ambition
4. accountability

We ensure that our services are not only effective but also empathetic and empowering. These values are embedded in all aspects of our work, from the way we interact with clients to the strategic decisions we make. They guide our approach to providing tailored support, empowering clients to take control of their recovery, and ensuring that we deliver excellence in everything we do.

Public benefit statement

The Trustees confirm that they have paid due regard to the Charity Commission's general guidance on public benefit under the Charities Act 2011. In particular, they considered how planned activities will contribute to the aims and objectives of the charity and are satisfied that all activities continue to be related to its purpose as set out in the governing document. The charity exists to empower children and adults with eating disorders to take control of their recovery and our public benefit is best understood through the words of those individuals themselves; we have shared as much as possible within this report.

Contributions made by volunteers

During the year, we relied on the generous support of 39 volunteers, many of whom have lived experience of an eating disorder. We are so thankful for the time, enthusiasm, thought, and expertise given by every single volunteer. Together, they contributed 10,140 hours, valued at £127,264 (based on the Real Living Wage of £12.60 from the Living Wage Foundation). Most of our volunteers work within our counselling service to gain invaluable experience and confidence in working with eating disorders whilst working towards their Level 4 and 5 counselling qualifications.

This year, we trialled volunteers at the beginning of their counselling journey and who are studying for their Level 3 counselling qualification, we provided them with training and support and they used their skills to support our clients on our waiting list– a key area of service delivery management. The trial was successful in both service delivery and volunteer development, ensuring they understand SWEDA's approach as they progress to the next level. It has also provided us with a great resource for the next cohort of Level 4 counselling placements.

Our counselling service thrives thanks to the dedication of our specialist volunteers, who undergo rigorous training, clinical supervision, ongoing support, and continuous professional development. Many of our volunteers transition into paid positions, and a significant number of our current clinical management team have risen through the ranks from volunteer roles. We take immense pride in the fact that some of our successful applicants began their journey with us as volunteers, bringing valuable lived experience to our incredible team. Our Therapeutic Services Manager plays a pivotal role in shaping the future of our charity, with a key focus on developing and managing our expanding volunteer team.

Volunteers bring immense value to our work, and we could not achieve the impact we do without their time, passion, and dedication.

"The training was hugely informative. It led me to wanting to find out more and enthusiastic to be part of SWEDA, and bucket loads of admiration of the work that is done by the team in supporting and changing lives."

SWEDA Counselling Volunteer

In addition, we have significantly grown our trustees this year in terms of numbers, experience, and diversity. Despite our best efforts to expand the board to seven members, two members resigned towards the end of the year, bringing us back to five. Our ongoing plan is to prioritise the development of this key area as we move forward, ensuring we gain the expertise needed for our growing organisation.

We are extremely grateful for the voluntary contributions from staff within companies throughout the region. We continue to receive pro-bono support from corporate partners who assist us with a range of services, including architectural advice for the initial phase of our premises review and the use of accommodation. Our thanks also go to our Trustees, who dedicate a considerable amount of time to their voluntary roles on the Board, steering SWEDA with their expertise, unique insight, and commitment to this charity.

A very special thank you goes to our SWEDA clients who allow us to share their stories or quotes on our website, in our fundraising appeals, or on social media. This contribution takes great strength, and sharing the positive impact that SWEDA makes in their lives helps our supporters see the difference their donations make. These stories also help SWEDA reach individuals who may desperately need support.

Financial review

Total income for the year was £1.34m (2023/24: £1.02k) equating to 31% growth. Income from donations and grants was £116k (2023/24: £138k), income from charitable activities (primarily new contracts and service delivery grants) was £1,175k (2023/24: £866k) and investment income was £50k (2023/24: £18k). We are delighted that our carefully devised strategic plan has brought significant success in this last year with increased income overall and aim to see results in income generation from investment in fundraising in 2024/25.

Total expenditure for the year was £1,147k (2023/24: £827k), a 39% increase on the previous year. This resulted in an operational surplus of £194k (2023/24: £195k surplus).

In line with our fundraising growth plan, expenditure on raising funds was £113k (2023/24: £75k). Expenditure on charitable activities this year reflects sound progress in growing the service to meet unprecedented demand and a consequent increase in income from charitable activities. High demand for our support is being managed through steady growth in service capacity alongside careful investment in our infrastructure to ensure a solid foundation from which to manage next year's planned staff and volunteer intake.

During the year, we utilised £159k of our designated funds out of a total allocation of £400k. These funds were critical in advancing several of our key initiatives. The entirety of the service provision fund was directed toward our low-cost counselling service, ensuring accessible support for our community. Additionally, a significant amount of the designated funds supported the continued implementation of our fundraising expansion, where we are actively exploring diverse income streams to strengthen our financial resilience. The digital budget saw a smaller expenditure, with £33k used; due to delays in the project launch, the remaining £187k will be carried forward into next year. Lastly, the premises budget remains earmarked, as detailed in other sections of this report, to support a sustainable long-term solution for our facilities. This approach to designated funds underscores our commitment to strategic growth and prudent resource allocation.

Funds

At 31 March 2025, total funds held amounted to:
£1,319k (2023/24: £1,126k)

Of these, restricted funds were:
£101k (2023/24: £182k)

Designated funds were:
£571k (2023/24: £400k)

The charity's unrestricted reserves were:

£1,218k (2023/24: £944k) which represents 9 months of budgeted expenditure against a policy of 9-12 months (representing £1.2 - £1.6m 24/25 which has been calculated as an average for this purpose). The charity's unrestricted, uncommitted reserves (free reserves) at the year-end amount to £647,504 (2024: £543,512)

More detail on the purpose of our designated funds can be found below, these amounted to:

- £40k: Service provision (additional: training project, training lead and associated costs)
- £40k: Service staff development
- £187k: Digital, Data and IT (investment in line with planned growth and in line with the size of organisation, including employment of a manager to lead the project, development/upgrade of our database, digital and IT system)
- £304k: Premises (continued accumulation of funds towards our long-term plan for purpose built/larger premises)

Although we have been successful with funding, we are mindful of sustainable growth. Therefore, we are planning for steady manageable growth, led by investment in infrastructure followed by investment in staffing and additional service offering, some of which will cross financial years. 2025/26 financial accounts will see further increases in expenditure as we make these investments, ultimately decreasing our reserves holding and the overall number of weeks we hold.

Investment Policy

SWEDA's Trustees believe that the most appropriate and ethical policy for investing funds during these uncertain times is through a number of specialised bank accounts in the "Not for Profit" sector. Although interest rates have increased, which shows in our interest payments during most of this period, we did experience an increase towards the last two months of this reporting period, our decision is principally driven by the need to have access to short-term funds in cash, and to ensure the security of cash reserves and will be reviewed if the increase rate continues to rise during the next reporting period.

SWEDA's Trustees maintained their investment policy while continuing to use the main accounts within the 'Not for Profit' sector. This strategy is driven by the need for short-term liquidity, ensuring easy access to cash when required. The use of funding platforms continues to offer enhanced flexibility and security. These platforms feature sophisticated risk assessment tools, allowing for thorough analysis to protect the charity's funds against market volatility. Although during the latter 6 months of the financial year we saw a drop in the interest rates we were more adept at using the system to greater effect and had additional funds to invest, which resulted in increased earnings during the reporting period. The sub-finance committee is closely monitoring this progress to ensure our investments remain aligned with the charity's financial goals.

Reserves and reserves policy

The Board of Trustees annually reviews reserves to ensure that there are sufficient funds to maintain the charity's financial stability and development. With the current uncertainty within charitable funding and the dynamic climate in which SWEDA is operating, and the uncertainty with some NHS contracts and current funding climate the Trustees' unrestricted reserves policy is to aim to hold unrestricted reserves of 9-12 months' expenditure. As is common practice across the charity sector, and in order to segregate unrestricted funds which are not easily realisable from those which are 'free' reserves, the Trustees have also established designated funds, representing specific funds which are to be used by the charity, for future ongoing developments. All of which is extremely key within the current climate of huge demand for eating disorder services with little or no signs of reducing anytime soon.

We should emphasis eating disorder recovery is often a prolonged journey, with no quick fixes, particularly for those who have lived with the condition for many years, we have also experienced this year an upturn in the number of sessions people needing, all of which requires additional funds. This at times demands consistent, longer-term support from the charity, which underscores the necessity for having unrestricted reserves at a value of 9-12 months of expenditure. These funds ensure that we can remain committed to our clients throughout their recovery process, without disruption. Additionally, maintaining this financial cushion is vital to safeguarding the charity's ability to either see clients through their treatment or, in the worst-case scenario of closure, to implement alternative plans that continue to support them through trusted partners. This is not just about operational sustainability but fulfilling our responsibility to those relying on us for their recovery ensuring that we not only meet current needs but also position ourselves for future growth, leveraging available funds to explore new opportunities that can enhance our services and extend our reach to more individuals in need.

This addition emphasises the importance of securing financial resources to support future initiatives and growth while maintaining the organisation's core mission.

As detailed above, free reserves held at year end were £1,218k (2023/24: £944k) equating to 9 months of expenditure which is in line with the charity's policy of holding between 9-12 months of expenditure (representing £1.6m expenditure budgeted for 24/25).

Our designated funds are earmarked for specific projects and initiatives that align with our strategic goals. These funds will be utilised to enhance our services, expand our reach, and ensure sustainability. We are planning to invest in several key areas over the coming year:

1. **Service Provision (£40k)**: We are dedicating resources to specialised training and plan to create a new post to support and facilitate this growth, ensuring our team is equipped to deliver excellence as we scale our impact, ensuring a sustainable and continued high-quality service delivery.

2. **Service Staff Development (£40k)**: This year, we have made a significant investment in our staff by appointing an Adult Lead. This new role will oversee all Adult Regional Leads and Therapeutic Services, allowing our Clinical Lead to focus on further service development and innovation. This strategic move ensures that we continue to enhance our services while providing dedicated support and leadership to our team.
3. **Digital, Data & IT (£187k)**: Recognising the importance of this aspect of our business, we are committed to continued strategic investment. This includes the employment of a manager to lead the service, as well as the development and upgrade of our database, digital, and IT systems.
4. **Plans for New Premises to Support Expansion (£304k)**: As part of our long-term strategic vision, SWEDA is considering the right approach to acquire our own premises. We have encountered considerable challenges in working within an old building, particularly with the limited number of private counselling and therapy spaces, and issues such as temperature control, which is crucial for making people with anorexia feel comfortable. It has become increasingly clear that larger, newer, and more versatile premises will be essential within the next five years as we grow.

   Our ultimate aim is to occupy a premises that enables effective support of clients over the long-term to achieve this SWEDA intends to develop a "Centre of Excellence for Eating Disorders" in the South West. This space would serve as a hub for knowledge-sharing, training, and support across the region and beyond, enabling us to support more adults and children in an environment better suited to their needs. It would also enhance our service offerings within modern, adaptable spaces designed for therapy, training, and community engagement.

   This ambition aligns with our goal of delivering the highest standards of care and innovation, while ensuring the sustainability of our services for the future. As we are still in the early stages of planning, we recognise that this will require capital investment. This will involve a future capital appeal. In addition, SWEDA has already begun to designate funds toward this objective. Driving this initiative is a desire to meet demand in an adaptive, sustainable, and responsible way

Structure, governance & management

Legal structure

SWEDA was incorporated as a company limited by guarantee on 6th June 1996 and registered as a charity in England and Wales on 27th June 1996. The governing document is the Articles of Association, which were updated in line with the Companies Act 2006. The Board of Trustees comprises the Directors of the company who are also the members of SWEDA. A policy has been established, whereby Trustees and Senior Managers of SWEDA automatically become members

of the Charity upon appointment. Such membership lapses as soon as individuals cease to be Trustees or Senior Managers of the charity. The only members during the year were the Trustees & Senior Managers. The total number of Member guarantees at 31 March 2025 was Five (2024: Five)

Governance

The Trustees who have served during the year and those appointed before the date of this report are listed on page 1. No member of the Board or Committees receives any remuneration for their services. The Board met on-line five times during the year (2023/24: five). The sub-committee structure is working well reporting into the Board prior to the quarterly meetings these include; Clinical, Quality & Governance, Finance & Fundraising and Remuneration/HR Sub-Committees. Each Trustee is a member of at least one sub-committee which meet before and report to the next Board Meeting. The members of these committees are listed on page 1.

The Risk Register has been updated and a freelance Finance Manager is appointed to ensure Trustees have easy-to understand data and have a dashboard of critical information to hand.

During the previous year, we successfully recruited several new Trustees, boosting our Board to seven members. However, this number dropped back to five towards the end of the financial year when one of our longest-serving members, Sarah Hall, retired after nearly five terms. Whilst it was lovely to have had Sarah on the Board for such a time, we also took this opportunity to review our policy around terms, and Sarah's departure enabled us to do this. We have now implemented a three-term policy. Additionally, during this period, our Chairperson, Karen Prosser, stepped down and although the remaining trustees have considerable knowledge within their own areas of expertise, it left us with limited professional "board" experience. Ian Creek offered to stand as interim Chair until a suitable candidate is found.
We recognise the need to have an active plan to recruit experienced businesspeople who can enhance our board experience. We are still looking to address the diversity and inclusion of the Board to ensure our leadership represents the diverse group of people we support. We are committed to fostering a diverse and inclusive Board that reflects the rich tapestry of our community and will actively encourage applications from individuals from under-represented groups, including those from the global majority.

Risk

SWEDA is committed to proactive and comprehensive risk management, crucial for maintaining our organisational integrity, quality of care, and sustainable growth. Key risk areas are regularly reviewed and managed by relevant sub-committees, which is then reported to the main Board of Trustees. The Quality and Governance Sub-Committee manage and oversee the organisation-wide risk register and ensures that all identified risks are managed cohesively and strategically.

The primary risk areas are as follows:

1. **Quality & Governance**
   Ensuring high standards of quality and governance is essential to our mission. The Quality and Governance Sub-Committee monitors risks related to policy adherence, service quality, and governance standards, maintaining compliance with regulatory requirements. This oversight helps SWEDA continue to deliver safe and effective care while meeting all statutory and ethical obligations.
2. **Finance**
   Financial stability is fundamental to SWEDA's operations. The Finance Sub-Committee addresses risks associated with funding streams, reserve management (targeting 9-12 months), and budgetary controls.
3. **Clinical**
   Managing clinical risks is critical to maintaining SWEDA's reputation for excellent care. The Clinical Sub-Committee oversees risks related to client safety, clinical procedures, and staff training to ensure we deliver safe, effective, and compassionate support. By continuously reviewing and updating clinical policies, this committee supports SWEDA's commitment to the highest standards of care.
4. **HR and Remuneration**
   Our HR and Remuneration Sub-Committee mitigates risks associated with recruitment, staff retention, and staff welfare. In a challenging employment market, this committee focuses on effective recruitment strategies, fair remuneration, and staff development initiatives to ensure we maintain a skilled, motivated, and resilient team.
5. **Income Generation & Comms**
   A diversified income approach, supported by new fundraising initiatives, safeguards against potential funding gaps, enabling us to sustain and expand essential services.

Each risk is actively managed and reviewed by the respective sub-committees, with regular updates provided to the Quality and Governance Sub-Committee. This structure ensures SWEDA remains agile, prepared for emerging challenges, and committed to delivering the highest standards of care and operational excellence.

Recruitment & appointment of Trustees

The Board of Trustees regularly reviews the skill sets of its members, particularly when a vacancy arises. Vacancies are advertised on our website, across relevant channels, and on external Trustee platforms. The Chair oversees the appointment process, and once new Trustees are appointed by the Board, they are inducted by the Chief Operating Officer and other key staff. Trustees receive detailed information regarding their legal responsibilities and expectations. Additionally, they are encouraged to attend Trustee training events, which are funded by SWEDA, on an ongoing basis.

Potential trustees are approved and co-opted to the board. They may join throughout the year, and their appointments are then confirmed by the Members during the Annual General Meeting. No external body holds the authority to appoint Trustees. The term of service for Trustees is three years, with a maximum of three consecutive terms.

Management

The Board of Trustees is legally responsible for the strategic direction of the charity, including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and makes decisions about the appointment of Trustees and senior staff. The recent appointment of Ian Creek as interim chair has stabilised the Board until a permanent chair is found. Ian Creek will lead and develop the organisation as it grows across the South and West. Day-to-day operations of the organisation are delegated to the Chief Executive, Paula Blight, and the Senior Leadership Team.

Remuneration policy

SWEDA aims to ensure that all staff are paid appropriately and fairly according to the nature of the work and their experience, knowledge, and skills relevant to their role. The charity is committed to principles ensuring that pay and conditions of employment do not discriminate unlawfully and are free from bias. In determining the salary for the Chief Executive and Senior Management Team, responsibility is delegated to the Remuneration Committee, which seeks to pay a fair salary to attract and retain skilled and expert senior leaders for the organisation.

Plans for future periods

5-year strategy

This year saw the fourth year of our five-year strategy. We undertook a strategic review in 2020, involving our staff, volunteers, clients, and Trustees. We sought to establish a clear purpose for SWEDA for the next five years and running alongside this is our management plan. Our new strategy has created four key areas as shown below:

1. Engage, enable, and empower all those affected by eating disorders in our area of service provision
    A. Continue to improve the quality and effectiveness of our services.
    B. Ensure we fully understand the demographic breakdown and the different needs of our communities.
    C. Ensure our staff and volunteers have the expertise and understanding to effectively respond to these needs.
    D. Develop monitoring and outcomes data to evidence our impact on our clients lives and wellbeing.

2. Increase our response and provision for young people experiencing eating disorders or emerging eating problems

A. Further develop the provision that we have begun to offer for eating disorder treatment and support for young people in tandem with carers or parents.
B. Become the experts and lead the way in eating disorders provision for young people within our area.
C. Provide services for young people that address early intervention and precursors to eating disorders.
D. Develop relationships with key service providers for young people to ensure no-one is left behind including those moving into adulthood.

3. Address the diverse causes and presentations of eating disorders amongst different groups and communities

A. Increase the understanding within SWEDA of the range of factors which may trigger and sustain eating problems.
B. Involve and engage with all genders, ethnicities, and ages across all aspects of our organisation.
C. Increase our understanding of how eating problems may manifest differently in different groups and communities.
D. Develop our services to address the needs we have identified.

4. Develop strategic alliances to secure sustainable funding and increase the range and quantity of effective eating disorder support

A. Explore national relationships with eating disorder organisations to share learning and effective responses.
B. Explore regional relationships with the wider VCSE with a view to build effective alliances.
C. Build effective relationships with local and regional statutory health commissioning bodies to secure service provision.
D. Explore the potential of research partnerships with universities and others with the purpose of increasing the quantity and quality of services and to contribute to wider knowledge about eating disorders.

Connection to a wider network

Working in partnership and collaboration are integral to SWEDA's approach and how we tackled the scale of need amongst people affected by eating disorders. We are active across three Integrated Care Boards (ICB) where we work, these being Somerset, BNSSG and Oxfordshire and are working with all but one via VCSE alliances. SWEDA is also an active member of the Somerset group of charities as an influence in policy for health and well-being across Somerset. SWEDA remains an active member of REDCAN working at a strategic level to better serve eating disorders across the UK. As a mainstay organisation within the GSK Impact Awards network, it enables access to twice a year leadership training and networking with The Kings Fund which has led to other high profile network working opportunities throughout the year.

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SWEDA LTD
TRUSTEES' ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Statement of Trustees' responsibilities

The Trustees (who are also directors of SWEDA for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) including FRS 102 "The financial reporting standard applicable in the UK and Republic of Ireland". Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

So far as the trustees are aware:

- There is not relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of S418 of the Companies Act 2006.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the chartable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by order of the trustees on 02/12/2025 and signed on behalf of:

SWEDA LTD

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF SWEDA LIMITED

YEAR ENDED 31 MARCH 2025

Opinion

We have audited the financial statements of SWEDA Limited ('the charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

•give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources for the year then ended;

•have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and

•have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for other information. The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

•the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

•the information included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

•adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or

•the financial statements are not in agreement with the accounting records and returns; or

•certain disclosures of trustees' remuneration specified by law are not made; or

•we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Identifying and assessing potential risks of material misstatement due to irregularities

We considered the following when identifying and assessing risks of material misstatement due to irregularities, including fraud and non-compliance with laws and regulations:

- the legal and regulatory framework in which the charitable company operates
- the nature of the sector in which the charitable company operates
- the control environment and controls established to mitigate such risks
- the results of our enquiries of management about their identification and assessment of risks of irregularities
- discussions with the audit engagement team about where fraud might occur
- the incentives for fraud.

Laws and regulations which are considered to be significant to the charitable company include those relating to the requirements of financial reporting framework FRS102 and Charities Statement of Recommended Practice, the Charities Act 2011, the Companies Act 2006, tax legislation, employment legislation and health and safety. In addition, we consider other laws and regulation which may not directly impact the financial statements but may impact on the operation of the charitable company. As a result of these procedures we concluded, in accordance with International Auditing Standards, that a risk in relation to the potential for management override of controls existed.

Audit responses to risks identified

We undertook audit procedures to respond to the risks identified, and designed our audit testing to respond to these risks. The additional procedures we undertook included the following:

- gaining an understanding of the charitable company's procedures for ensuring compliance with laws and regulations
- testing the appropriateness of journal entries and other adjustments
- considering whether accounting estimates were indicative of potential bias
- considering whether any transactions arose outside the normal course of business
- making enquiries of management
- corroborating our enquiries through review of Board Minutes and correspondence.

We also communicated relevant laws and regulations and potential fraud risks to all engagement team members and remained alert to any indicators of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities . This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Alexandra Shore

Alexandra Shore (Senior Statutory Auditor)
For and on behalf of A C Mole LLP
Chartered Accountants and Statutory Auditor
Stafford House
Blackbrook Park Avenue
Taunton
Somerset
TA1 2PX

Date: 2nd December 2025

A C Mole is eligible for appointment as auditor of the Charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

SWEDA LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
Income from:					
Donations and Grants	2	25,800	90,688	116,488	138,357
Charitable Activities	3	1,174,599	-	1,174,599	865,641
Investment Income		50,035	-	50,035	17,905
Total Income		1,250,434	90,688	1,341,122	1,021,903
Expenditure on:					
Raising funds	4	113,342	-	113,342	74,840
Charitable activities	5	862,100	171,803	1,033,903	752,063
		975,442	171,803	1,147,245	826,903
Net income/(expenditure) and net movement in funds	7	274,992	(81,115)	193,877	195,000
Total funds at the start of year					
Total funds at start of year	13	943,512	182,254	1,125,766	930,766
Total funds at end of year	13	1,218,504	101,139	1,319,643	1,125,766

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

The notes on pages 23 to 36 form part of these financial accounts.

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SWEDA LTD

BALANCE SHEET

YEAR ENDED 31 MARCH 2025 Company number: 03208772

	Note	2025 £	2024 £
Fixed Assets			
Tangible assets	9	38,396	24,879
		38,396	24,879
Current Assets			
Debtors	10	351,600	190,783
Short-term investments	11	1,046,570	943,432
Cash at bank and in hand		405,291	269,522
		1,803,461	1,403,737
Liabilities			
Creditors: amounts falling due within one year	12	(522,214)	(302,850)
Net current assets		1,281,247	1,100,887
Net assets		1,319,643	1,125,766
Funds			
Restricted funds	13	101,139	182,254
Unrestricted funds			
General funds	13	647,504	543,512
Designated funds	13	571,000	400,000
		1,319,643	1,125,766

The accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS 102 SORP.

The Trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to the account records and preparation of the financial statements.

These financial statements were approved by the Trustees on 02/12/2025, and are signed on their behalf by:

Signed by:
Ian Creek..... B510F5513808450.....

DocuSigned by:
Edward Day ..... A280B5F5F79C48D.....

The notes on pages 23 to 36 form part of these financial accounts.

SWEDA LTD

STATEMENT OF CASH FLOWS

YEAR ENDED 31 MARCH 2025

	Note	2025 £	2024 £ As restated
Net cash inflow from operating activities	17	214,281	304,601
Cashflows from investing activities			
Payments for tangible assets		(25,409)	(11,952)
Increase in Investments	19	(94,363)	(764,732)
Investment income		50,035	17,905
		(69,737)	758,779)
Net cash inflow for the year		**144,544**	**(454,178)**
Cash & cash equivalents at 1 April	18	**448,222**	**902,400**
Cash & cash equivalents at 31 March	18	**592,766**	**448,222**

Cashflow restrictions

Charity law prohibits the use of net cash inflows of any endowed or other restricted to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 23 to 36 form part of these financial statements.

1. **Accounting policies**

Basis of preparation

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) 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), and the Companies Act 2006.

SWEDA Ltd meets the definition of a public entity under FRS 102.

The Trustees have considered the financial position of the organisation and believe that is currently a going concern.

Income

Income from donations are recognised when these are receivable, except as follows:

i. When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii. When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Investment income is included on a receivable basis.

Expenditure

Expenditure is recognised on an accruals basis in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. Governance costs are included within support costs.

Allocation and apportionment costs

Certain expenditure is directly attributable to specific activities, and this has been included in those cost categories. Other costs, which are attributable to more than one category, are apportioned across cost categories on the basis of an assessment of workload carried out from time to time. Overhead support costs have been apportioned between charitable activity costs and raising funds costs on a basis consistent with the use of resources.

Pension
The charity contributes to defined contribution pension schemes. Contribution payable to the charity's pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

Tangible fixed assets
Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible asset into its intended working condition should be included in the measurement cost. Capital items with purchase price of more than £1,000 are included within fixed assets.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Furniture and fittings	- 15% reducing balance
Computer equipment	- 33% straight line

Debtors
Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar accounts.

Creditors
Creditors and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable of a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Creditors are recognised at the amount that the charity anticipated it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the bet estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted and the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds form part of unrestricted funds and have been identified as being for particular purposes by the Trustees. They are not restricted and can be transferred to general funds at any time at the discretion of the Trustees.

Further explanation of the nature and purpose of each fund is included in note 13 of the financial statements.

Prior period adjustment
Where an error or omission is identified in respect of comparative figures this is adjusted in the earliest period to which they relate.

2. Income from: donations and grants

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Donations from:			
Individuals	5,869	-	5,869
Trusts and Foundations	-	85,688	85,688
Corporate Donations	2,121	-	2,121
Community fundraising	3,601	-	3,601
Major Donors	11,210	5,000	16,210
Public funding	2,859	-	2,859
Gift Aid	140	-	140
	25,800	90,688	116,488

Prior year comparative	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Donations from:			
Individuals	1,965	-	1,965
Trusts and Foundations	48,608	76,639	125,247
Corporate Donations	2,062	-	2,062
Community fundraising	2,808	-	2,808
Public funding	-	6,145	6,145
Gift Aid	130	-	130
	55,573	82,784	138,357

3. Income from: charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Service contracts	1,165,670	-	1,165,670
Counsellor training	8,929	-	8,929
	1,174,599	-	1,174,599

Prior year comparative	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Service contracts	860,870	-	860,870
Counsellor training	4,771	-	4,771
	865,641	-	865,641

4. Expenditure on: raising funds

	Unrestricted Funds	Restricted Funds	Total Funds 2025
	£	£	£
Staff costs	67,305	-	67,305
Fundraising costs	22,927	-	22,927
Support costs (Note 6)	23,110	-	23,110
	113,342	-	113,342

Prior year comparative	Unrestricted Funds	Restricted Funds	Total Funds 2024
	£	£	£
Staff costs	51,026	-	51,026
Fundraising costs	5,441	-	5,441
Support costs (Note 6)	18,373	-	18,373
	74,840	-	74,840

5. Expenditure on: charitable activities

	Activity undertaken directly	Support Costs Note 6	Total 2025
	£	£	£
Provision of services	775,750	258,153	1,033,903
	775,750	258,153	1,033,903

Prior year comparative	Activity undertaken directly	Support Costs Note 6	Total 2024
	£	£	£
Provision of services	567,436	184,627	752,063
	567,436	184,627	752,063

6. Support costs

	Raising Funds Costs	Charitable Activities	Total Funds 2025
	£	£	£
Staff and volunteer costs	18,957	210,403	229,360
Office costs	651	7,481	8,132
Premises costs	1,083	12,450	13,533
Professional costs	544	6,253	6,797
Finance costs	1,009	11,599	12,608
Governance costs	866	9,967	10,833
	23,110	258,153	281,263

Prior year comparative	Raising Funds Costs	Charitable Activities	Total Funds 2024
	£	£	£
Staff and volunteer costs	14,245	143,151	157,396
Office costs	454	4,561	5,015
Premises costs	1,077	10,827	11,904
Professional costs	353	3,551	3,904
Finance costs	983	9,878	10,861
Governance costs	1,261	12,659	13,920
	18,373	184,627	203,000

7. Net income / (expenditure) for the year

Net income/expenditure is stated after charging:

	2025	2024
	£	£
Auditors remuneration		
- Audit services	10,800	12,300
- Accounts preparation	-	1,620
Depreciation	11,892	6,413
Trustees' remuneration	-	-
Reimbursement of Nil Trustees expenses (2024: nil)	-	-

8. Staff costs and numbers

The aggregate payroll costs were:

	2025	2024
	£	£
Wages and salaries	703,537	521,960
Social Security costs	56,206	41,535
Contributions to defined contribution pension	48,655	36,680
	808,398	600,175

The average number of persons employed by the company (headcount) during the year was 27 (2024:20).
The average number of persons employed by the company during the year, on a Full-time Equivalents (FTE) basis, was 20 (2024:18).

The number of employees whose emoluments exceeded £60,000 (including employer pension contributions) was:

	2025	2024
	Number	Number
£60,000 to £70,000	1	Nil

The key management personnel of the charity is considered to be the leadership team. The charity's leadership team Includes the CEO, COO, Head of Fundraising and the Clinical Lead. The amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £257,570 (2024: £223,058).

9. Tangible fixed assets

	Fixtures & Fittings	Computer Equipment	Total
	£	£	£
Cost			
At 1 April 2024	10,861	35,167	46,028
Additions	3,711	21,698	25,409
Disposals	-	-	-
As at 31 March 2025	14,572	56,865	71,437
Depreciation			
At 1 April 2024	4,885	16,264	21,149
Charge for the year	1,453	10,439	11,892
Eliminated on disposal	-	-	-
As at 31 March 2025	6,338	26,703	33,041
Net Book Value			
At 31 March 2025	8,234	30,162	38,396
At 31 March 2024	5,967	18,903	24,879

10. Debtors

	2025	2024
	£	£
Trade Debtors	241,774	2,238
Other Debtors	3,303	366
Prepayments and accrued income	106,523	188,179
	351,600	190,783

11. Short-term Investments

	2025	2024
	£	£
Investments held less than 3 months	187,475	178,700
Investments held more than 3 months less than 12 months	859,095	764,732
	1,046,570	943,432

12. Creditors

	2025	2024
	£	£
Trade Creditors	16,944	26,125
Other creditors	13,486	6,664
Accruals	21,488	22,061
Deferred income	470,296	248,000
	522,214	302,850

Deferred income reconciliation	2025
	£
Brought forward deferred income	248,000
Additional income in the year	1,044,601
Realised in the year	(822,305)
	470,296

13. Movement between funds

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
Restricted funds					
The Archie Sherman	-	5,000	(5,000)	-	-
Children in Need	-	39,506	(39,506)	-	-
The National Lottery Community Fund	164,730	-	(89,876)	-	74,854
Prudence Trust	17,524	3,752	(9,991)	-	11,285
Redcan – The Stone Family Trust	-	465	(465)	-	-
The Stone Family Trust	-	2,915	(2,915)	-	-
Redcan – Prudence Trust	-	484	(484)	-	-
Somerset Community Foundation	-	4,721	(4,721)	-	-
Bath Women's Fund	-	4,000	(4,000)	-	-
The Roper Family Trust	-	20,000	(5,000)	-	15,000
Quartet Community Foundation	-	7,500	(7,500)	-	-
Community Council for Somerset	-	2,345	(2,345)	-	-
	182,254	90,688	(171,803)	-	101,139

13. Movement between funds - continued

	At 1 April 2024	Income	Expenditure	Transfers	At 31 March 2025
	£	£	£	£	£
Unrestricted funds					
General funds	543,512	1,250,434	(816,442)	(330,000)	647,504
Designated funds					
Premises review Fund	174,000	-	-	130,000	304,000
Digital, Data & IT Fund	100,000	-	(33,000)	120,000	187,000
Service Provision Fund	40,000	-	(40,000)	40,000	40,000
Service Staff Development	-	-	-	40,000	40,000
Development of Fundraising Fund	80,000	-	(80,000)	-	-
Equality, Diversity and Inclusion Fund	6,000	-	(6,000)	-	-
	943,512	1,250,434	(975,442)	-	1,218,504
Total funds	**1,125,766**	**1,341,122**	**(1,147,245)**	**-**	**1,319,643**

Prior year comparative	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
Restricted funds					
Children in Need	-	39,139	(39,139)	-	-
The National Lottery Community Fund	263,511	6,145	(104,926)	-	164,730
Prudence Trust	-	37,500	(19,976)	-	17,524
	263,511	82,784	(164,041)	-	182,254
Unrestricted funds					
General funds	477,255	939,119	(523,862)	(349,000)	543,512
Designated funds					
Strategic Development Fund	130,000	-	(130,000)	-	-
Premises Review Fund	30,000	-	-	144,000	174,000
Digital, Data & IT Fund	30,000	-	(9,000)	79,000	100,000
Service Provision Fund	-	-	-	40,000	40,000
Develop Fundraising Fund	-	-	-	80,000	80,000
Equality, Diversity and Inclusion Fund	-	-	-	6,000	6,000
	667,255	939,119	(662,862)	-	943,512
Total funds	**930,766**	**1,021,903**	**(826,903)**	**-**	**1,125,766**

13. Movement of funds – continued
Restricted funds

The Archie Sherman
Funding to help those with eating disorders.

Children in Need
This fund represents a three year grant received from the Children in Need charity toward our 1-2-1 and school outreach services for children and young people.

The National Lottery Community Fund
This fund represents a five year grant awarded by The National Lottery Community Fund to improve the health and wellbeing of people in Somerset affected by eating disorders.

Prudence Trust
Children and Young People fund. This fund represents a three year grant toward the delivery and development of our services for children and young people.

Prudence Trust and The Stone Family Foundation
REDCAN Fund. A one year grant to host the development of the REDCAN network of regional eating disorders charities.

Stone Family Foundation
A three year grant to support SWEDA's ongoing growth and development.

Somerset Community Foundation
1-2-1 specialist therapeutic support for adults affected by eating disorders in Somerset.

Bath Women's Fund
1-2-1 therapeutic support for women affected by eating disorders in Bath.

The Roper Family Trust
1-2-1 therapeutic support for women affected by eating disorders in Bath.

The Quartet Community Fund
1-2-1 therapeutic support for adults affected by eating disorders in North Somerset.

Community Council for Somerset
Peer support for carers of people with eating disorders,

14. Movement of funds - continued
Designated funds

Premises Review Fund
These funds have been set aside under the discretion of the Trustees toward covering the need for additional space. SWEDA has currently outgrown current premises and is looking for additional space short-term. Longer-term need to review the premises situation as the charity expands, our current lease on Harvest Court has been extended to 2029.

Digital, Data & IT Fund
We continue to employ a DDI Manager and develop our inhouse Database system. Upgrade our IT processes and procedures and continue our training and development of staff to support our growth and fundraising strategy.

Service Provision Fund
These funds have been set aside under the discretion of the Trustees towards provision of low-cost counselling service. They were fully spent in year and renewed in 2025 to fund our Training and Nutrition project and to develop new offers.

Service Staff Development
Staffing infrastructure for an Adult lead, to increase capacity to enable SWEDA's Clinical lead to work on Strategic projects.

Development of Fundraising
These funds were set aside under the discretion of the Trustees towards salary costs of the Head of Fundraising who is now in post along with a Fundraising team. These funds were fully spent in 2024/25.

Equality, Diversity and Inclusion Fund
These funds were set aside under the discretion of the Trustees towards and an organisation audit and review to embed practices within the whole organisation on a top-down process. These funds were fully spent in 2024/25.

Strategic Development Fund
These funds have been set aside under the discretion of the Trustees toward the development of fundraising and therapeutic services. These funds were fully spent in 2023/24.

15. Analysis of net assets between funds

	General Funds	Designated Funds	Restricted Funds	Total Funds 2025
	£	£	£	£
Tangible fixed assets	38,396	-	-	38,396
Net current assets	609,108	571,000	101,139	1,281,247
	647,504	571,000	101,139	1,319,643

Prior year comparative

	General Funds	Designated Funds	Restricted Funds	Total Funds 2024
	£	£	£	£
Tangible fixed assets	24,879	-	-	24,879
Net current assets	518,633	400,000	182,254	1,100,887
Total funds	543,512	400,000	182,254	1,125,766

16. Related party transactions

There are no related party transactions in the current or prior year apart from those already disclosed throughout the report.

17. Reconciliation of net movement in funds to net cash inflow from operating activities

	2025	2024
	£	£
Statement of Financial Activities: Net movement in funds	193,877	195,000
Investment income	(50,035)	(17,905)
Depreciation	11,892	6,413
Increase in creditors: current liabilities	219,364	7,417
(Increase)/decrease in debtors	(160,817)	111,951
Profit on disposal of tangible fixed assets	-	1,725
	214,281	304,601

18. Analysis of changes in cash and cash equivalents during the year

	2025 £	2024 £ As restated	Change £
Cash at bank and in hand	405,291	269,522	135,769
Short-term investments	187,475	178,700	8,775
	592,766	448,222	144,544

	2024 £ As restated	2023 £	Change £
Cash at bank and in hand	269,522	902,400	(632,878)
Short-term investments	178,700	-	178,700
	448,222	902,400	454,178

19. Prior period restatement

It was identified that the analysis of changes in cash and cash equivalents as at 31 March 2024 included £764,732 of short-term investments with a maturity of over 3 months. As these investments do not meet the definition of cash and cash equivalents under the Statement of Recommended Practice, the cash equivalent balance has been updated to exclude these balances.

The adjustments reclassify the categorisation of these investments only. There is no net effect income and expenditure or total funds.

20. **Comparative consolidated statement of financial activities: Year to 31 March 2024**

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
		£	£	£	£
Income from:					
Donations and Grants	2	55,573	82,784	138,357	115,400
Charitable Activities	3	865,641	-	865,641	510,062
Investment Income		17,905	-	17,905	3,491
Total Income		939,119	82,784	1,021,903	628,993
Expenditure on:					
Raising funds	4	74,840	-	74,840	37,145
Charitable activities	5	588,022	164,041	752,063	533,172
		662,862	164,041	826,903	570,317
Net income/(expenditure) and net movement in funds	7	276,257	(81,257)	195,000	58,676
Total funds at the start of year					
Total funds at start of year	13	667,255	263,511	930,766	872,090
Total funds at end of year	13	943,512	182,254	1,125,766	930,766

SWEDA Ltd

England & Wales - Charity number 1056441

Accounts

SWEDA

SUPPORTING PEOPLE WITH EATING DISORDERS ACROSS THE SOUTH & WEST

ANNUAL REVIEW

APRIL 2023 - MARCH 2024

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"SWEDA HAVE PROVIDED ME WITH INVALUABLE SUPPORT THROUGHOUT MY TIME WITH THEM. I HAVE BEEN LISTENED TO, TREATED WITH RESPECT AND DIGNITY AND SUPPORTED THROUGHOUT. I HONESTLY DON'T KNOW WHERE I'D HAVE BEEN WITHOUT THEM."

SWEDA CLIENT 2023/4

AN INTRODUCTION FROM OUR CHAIR

What a year 2023/4 has been for SWEDA! We not only celebrated our 32nd year but have seen our turnover exceed £1m .

We have grown to meet urgent need, and continue to see an increase in the number of people turning to us for support. We have expanded our services geographically, winning a contract from the NHS to deliver our therapeutic services in Oxfordshire, and growing our team in Bristol, North Somerset and South Gloucestershire. We have also developed new services including nutritional support to help clients achieve a sustained recovery and began the development of a parent / carer pathway, a vital component of our growing services for children and young people.

To reflect our growth and broader reach, we changed our name during Eating Disorder Awareness Week in February from the Somerset and Wessex Eating Disorder Association to simply 'SWEDA'. We are proud of our 32-year history and the reputation we have established as compassionate eating disorder experts, but we wanted our name and the way we looked to reflect our growth and ambition. The new name was accompanied by a fresh visual identity, and more active engagement with our supporters, including a new monthly newsletter.

But most important is the impact we have on the lives of people with eating disorders. Our data shows that our therapeutic services have maintained a high success rate in reducing disordered eating behaviours and psychological distress and improving wellbeing (see our impact data on page 8).

In addition, we have welcomed 4 new trustees providing much valued experience and support. I would like to thank them and all the dedicated staff, volunteers and supporters who have helped SWEDA to be here for so many people across the South & West this year. Although it's known that specialist early intervention reduces the severity and duration of the psychological, physical and social impacts of eating disorders, there are still too many people who can't get the help they need. SWEDA is working hard to ensure children, young people and adults with disordered eating can get the help how, when and where they need it.

KAREN PROSSER
Chair of Trustees

WHAT WE DO

1-2-1 SUPPORT FOR ADULTS

PSYCHOTHERAPEUTIC COUNSELLING – a series of sessions with a specialist counsellor.

DAISY PROJECT – an evidence-based, treatment informed 12 session programme focusing on specific eating disorder behaviours.

SUPPORT CALLS – a series of 30-minute calls with a Therapeutic Support Worker designed to address one or two specific goals.

NUTRITIONAL SERVICE –sessions with our qualified nutritionist to explore how eating plays a role in recovery.

SUPPORT GROUPS – confidential groups facilitated by qualified counsellors.

Our twice-weekly helpline, **MINDLINE.**

SUPPORT FOR CHILDREN AND YOUNG PEOPLE AND THEIR FAMILIES

COUNSELLING with ED specialist therapeutic support workers

1-2-1 SUPPORT FOR PARENTS AND CARERS – a series of support calls or counselling sessions.

INFORMATION SESSIONS AND RESOURCES – a programme of events and resources to equip parents and carers with tools and confidence in supporting their child.

COLLEGE SUPPORT – specialist support sessions for students at Somerset and Bristol colleges.

TRAINING AND RAISING AWARENESS

TRAINING FOR COUNSELLORS AND PROFESSIONALS working with people with eating disorders.

STALLS AT FRESHERS FAIRS AND PRESENTATIONS in schools and colleges.

OPEN ACCESS RESOURCES about what EDs are, how to cope and how to support someone you care about.

"MY JOURNEY WITH SWEDA HAS BEEN PHENOMENAL AND POSITIVELY LIFE CHANGING. AMAZING!"

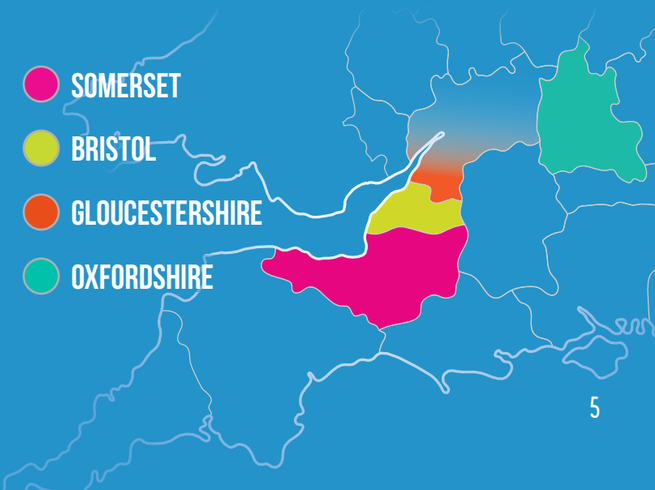
SWEDA CLIENT 2023/4

WHY IT MATTERS

Eating disorders are serious illnesses with far-reaching psychological, physiological, and social consequences for individuals and their families.

- BEAT estimates that eating disorders directly impact 1.25 million adults in the UK, although this estimate is based on pre-pandemic figures and more recent research would indicate a sharp rise in eating disorders across the population:
- Anorexia nervosa carries the highest suicide rate of any mental health concern, and the average recovery time is 10 years.
- Hospital admissions for eating disorders increased by 84% in the 5 years leading to 2021 (NHS).
- In 2023, the NHS showed that 2.6% of 11-16 year olds and 12.5% of 17-19 year olds screened positive for possible eating disorders, up significantly from 0.5% and 0.8% respectively in 2017 (Mental Health of Children and Young People in England, 2023).
- The same report identified that 59.4% of young people aged 17-19 were experiencing eating problems.

SWEDA IS THE ONLY CHARITY IN THE SOUTH & WEST OF ENGLAND TO PROVIDE SPECIALIST PREVENTATIVE 1-2-1 RECOVERY-FOCUSED SUPPORT FOR PEOPLE AFFECTED BY EATING DISORDERS. Our work focuses on preventing escalation of disordered eating before people become seriously ill, improving the likelihood of a sustained recovery.



"TO GET BETTER YOU NEED MOTIVATION, SELF REFLECTION AND RESILIENCE. BUT YOU NEED A BLOODY GOOD THERAPIST TOO. AND THAT'S WHAT (MY SWEDA SUPPORT WORKER) WAS TO ME.

THERE WERE CHALLENGES, AND SHE MADE ME WORK FOR IT, BUT I FELT SHE WAS THERE WITH ME EVERY STEP OF THE WAY.

I FEEL LESS ASHAMED OF WHAT I'M HOLDING ONTO AND LEARNED TO APPROACH MY ILLNESS WITH CURIOSITY AND REFLECTION, RATHER THAN SHAME. I FEEL A LESSER NEED TO PRETEND I'M SOMEONE I'M NOT."

SWEDA CLIENT 2023/4

2023/24 IN NUMBERS

1,015
individual clients received 1-2-1 support, **32%** increase on last year.

4,789
therapeutic sessions delivered, **27%** increase on last year.

Over
16,000
people met our specialist staff at fresher fairs, community events and in schools and colleges

174
children and young people received 1-2-1 support, **33%** more than 2022/23.

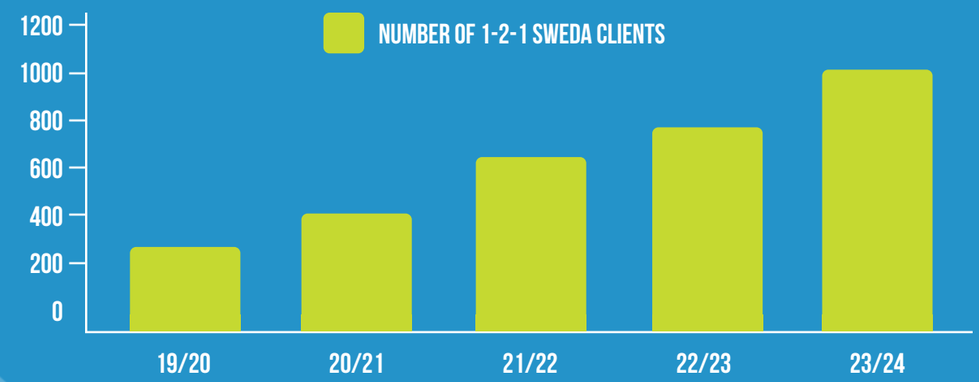
38
support groups were attended by clients and carers

373
professionals engaged through training and events, including school and college staff and GPs

310
people signed up to receive our new monthly newsletter

8,100
volunteer hours contributed by our wonderful volunteers valued at **£84,402** (based on National Living Wage of £10.42 2023/24)

100%
of SWEDA staff say they would recommend SWEDA as a good place to work (anonymous staff survey, June 2023)



OUR IMPACT

This year, we continued to work with the Children's Outcome Research Consortium (CORC), a project of the Anna Freud Centre to measure our impact.

We use three questionnaires at the beginning and at the end of our work with clients. The questionnaires measure the progress made in a client's eating disorder and their eating disorder behaviours (EDEQ for adults and EDEA for CYP), psychological distress (CORE OM for adults and CORE YP for children and young people) and client wellbeing through our own Wheel of Wellbeing.

FOR ADULTS

87%
of our clients reported an improvement in disordered eating thoughts and behaviours.

83%
reported less psychological distress.

88%
reported improved wellbeing.

FOR CHILDREN AND YOUNG PEOPLE

87%
of our clients reported an improvement in disordered eating thoughts and behaviours.

86+%
reported less psychological distress*.

67%
reported improved wellbeing.

This is an improvement on all measures to last years' data, except for wellbeing in children and young people which has dropped from 73%.

*small number suppression has been applied to protect the anonymity of clients, less than 3 individuals deteriorated or stayed the same

"SWEDA WAS MY LIFELINE. EVERY SESSION WAS A CHANCE FOR ME TO BE MY TRUE SELF AND EXPLAIN MY THOUGHTS AND FEELING AROUND MY EATING DISORDER. I NOW HAVE A RANGE OF COPING STRATEGIES TO HELP ME CONTROL MY EATING

We ask all clients to complete an experience of service questionnaire, highlights from 2023/4 are:

100%
of family and/or carers who received a support & guidance session said that if a friend needed similar help, they would recommend they came to SWEDA

91%
of clients said that the Daisy programme gave them coping strategies for the future and 78% reported that it helped them to understand what keeps their eating disorder going

90%
of counselling clients said that their counsellor helped to create a safe and trusting environment.

STORIES

E'S STORY

"My GP referred me to SWEDA at a time when my eating disorder was out of control. I suffer from a binge eating disorder triggered by anxiety and having gained a lot of weight within a short amount of time, I was finding it impossible to cope with my life and I was considering suicide. I've been struggling with eating disorders for half my life and until relatively recently I didn't have much of a support network and I've been mostly managing the condition alone. **THINGS GOT SO BAD, I COULDN'T LEAVE MY HOUSE, WORK, SEE PEOPLE, ENJOY THINGS OR FEEL ANYTHING ALL TOGETHER.**

I wanted help and guidance to not only overcome the current situation but to build healthy coping mechanisms to avoid this ever happening to me again.

EVERY SESSION, WE SET GOALS AND DISCUSSED HOW I COULD ACCOMPLISH THEM. In time, that helped me build up faith that I could get better. I started exercising and stuck to a healthy diet and managed to build a routine that worked and gave me a purpose. We talked about slowly introducing foods that were triggering to me. I started leaving the house and seeing people - first meeting one person outdoors and gradually working up to meeting four people in a busy coffee shop. I tried to be less judgemental and harsh with myself; there were instances when I ate something I felt I shouldn't have and though I still felt guilty I didn't self-harm or tip into a binge - which was how I used to cope when I overate. I also managed to focus on my creative projects, which I had neglected.

FROM THE VERY START I FELT LISTENED TO AND UNDERSTOOD. I felt comfortable to discuss my struggles, I never felt condescended or belittled. I've never been good at asking for help because every time I have people have let me down. I know this is a constant process and I need to keep working at it but I do feel I am better equipped now thanks to SWEDA"

A PARENT'S STORY

"SWEDA HAVE BEEN AMAZING. Recognising the importance of offering help and therapy in the early stages I really think stopped my daughter from developing a full blown eating disorder. I believe she had the potential to spiral deeper had it not been for SWEDA intervention.

She is now coming to the end of her therapy and is generally a much happier, confident individual who no longer feels the need to control her food intake. We both feel supported by SWEDA and are confident that should she need further intervention in the future, they will be there for us.

I feel the work of SWEDA is so valuable given how many people are now suffering from body issues and eating disorders. As we found, the mental health services available for young people are often unable to help until the situation reaches crisis point.

Being able to intervene in the early stages as SWEDA did for us will mean that someone who needs help will hopefully not reach crisis point."

PROGRESS TOWARDS OUR STRATEGIC AIMS IN 2023/4

**OUR 5 YEAR STRATEGY 2021-2026 HAS 4 KEY OBJECTIVES.
HERE ARE SOME HIGHLIGHTS OF THE PROGRESS WE HAVE MADE TOWARDS THEM THIS YEAR**

1. ENGAGE, ENABLE AND EMPOWER ALL THOSE AFFECTED BY EDS IN OUR REGION

To ensure our clinical team are equipped to manage the increasingly complex needs of our clients Nerissa, our Clinical Lead, has expanded the Core Training that new SWEDA staff and placement counsellors receive to a minimum of 6 full days training a year.

Through SWEDA's Champion Programme our specialist counsellors choose an area of expertise which they research and receive training on. They then share their knowledge and act as a point of contact for colleagues with questions on their specialism. Champion areas include perinatal, LGBTQ, domestic violence and sexual abuse.

2. INCREASE PROVISION FOR YOUNG PEOPLE

A new pathway of support for parents and carers kicked off with a well-received face to face Parent Information Session in Shepton Mallet in March, and will be rolled out through 2024.

Our children services have outgrown the counselling space available at our HQ in Shepton Mallet, so in the spring our children and young people's team moved next door to Highfield House, and we've given the space a SWEDA makeover to create a warm and welcoming environment for young people and their families including a low sensory space for anyone who needs it.

3. ADDRESS THE DIVERSE CAUSE AND PRESENTATIONS OF EDS AMONG DIFFERENT GROUPS AND COMMUNITIES

This year we have carried out a major piece of work to make SWEDA neurodivergence friendly. Evidence is growing of a correlation between neurodivergence and disordered eating behaviours, e.g. research shows that 30-50% of people who develop anorexia or restrictive eating patterns have neurodivergent traits. A series of training days included a speaker with lived experience of autism and anorexia, and we have made changes to our premises and communications.

We are strengthening our alliances with global majority communities, presenting at the People of Colour Mental Health Network Event in Bristol in June and opening conversations with Nilaari, the Bristol Somali Resource Centre and the Chinese Community Wellbeing Society about working together to explore how eating disorders present in different communities.

4. DEVELOP STRATEGIC ALLIANCES

We continue to develop and invest in working closely with partners including

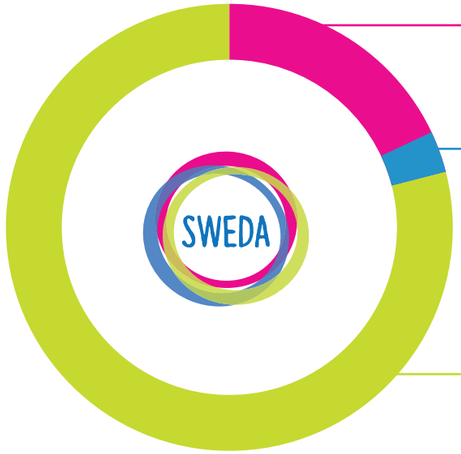
- REDCAN – the network of regional eating disorder charities with whom we share knowledge tools and expertise through regular leadership and clinical meetings
- Open Mental Health in Somerset and the VCSE Mental Health Alliance for Bristol, North Somerset and South Gloucestershire, coalitions of VCSE organisations who work together to ensure that people with mental health services get the right support at the right time
- The NHS, who commission us to deliver our own therapeutic preventative services to adults in South Somerset, Bristol, North Somerset and South Gloucestershire and children and young people's services in South Somerset. We have had a significant impact on their waiting lists.

'AS AN INTEGRATED CARE SYSTEM WE HAVE INTRODUCED A NEW VCSE PARTNER CALLED SWEDA.
THIS QUICKLY OFFERS PEOPLE MORE HOLISTIC SUPPORT AND HAS REDUCED WAITING LISTS BY OVER 50%.'

THE BNSSG ALL AGE MENTAL HEALTH AND WELLBEING STRATEGY. PUBLISHED IN JANUARY 2024

INCOME & EXPENDITURE 2023/4

INCOME



138,357
DONATIONS & GRANTS

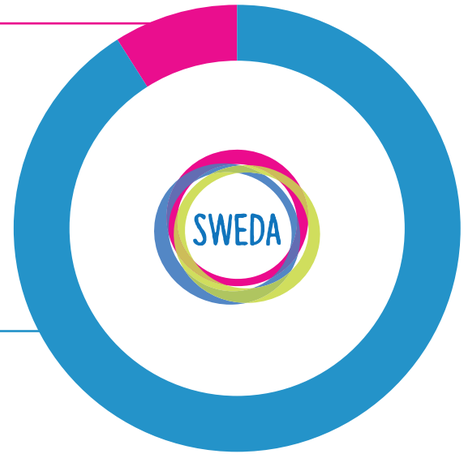
17,905
INVESTMENT INCOME

865,641
CHARITABLE ACTIVITIES

EXPENDITURE

74,840
RAISING FUNDS

752,063
CHARITABLE ACTIVITIES



THANK YOU!

THANK YOU TO ALL THE PEOPLE AND ORGANISATIONS WHO HAVE MADE OUR WORK POSSIBLE THIS YEAR INCLUDING;

- Our funders who have enabled us to grow and expand our services,
- Parents and clients in recovery who have donated to us because they want other people to be able to benefit from SWEDA's support,
- Community organisations and businesses who have chosen to fundraise for us,
- Our team of staff and placement counsellors who consistently go above and beyond,
- And most of all to our clients, whose courage and trust motivates and inspires us every day.

THANKS FOR BEING PART OF THE SWEDA FAMILY.

IF YOU WOULD LIKE TO SUPPORT SWEDA'S WORK, YOU CAN;

DONATE TO US ONLINE.

FUNDRAISE FOR US
by hosting a fundraising event or sponsored activity.

NOMINATE US
for your workplace's Charity of the Year, or to benefit from your club or organisation's fundraising activity.

SHARE YOUR STORY.
Tell us what SWEDA means to you so we can show everyone how important our work is. Get in touch with hello@swedauk.org to find out more.

SIGN UP FOR NEWSLETTERS AND UPDATES,
so we can keep you informed and let you know when we need help. You can sign up via our website.

BECOME A TRUSTEE.
Our trustees are crucial to SWEDA, we are particularly looking for people who have lived experience and / or the skills to help us continue to grow and thrive.

FOR MORE DETAILS ABOUT HOW YOU CAN SUPPORT OUR WORK, PLEASE VISIT
WWW.SWEDAUK.ORG

VISION

Our vision is to support everyone affected by eating disorders across the South & West

MISSION STATEMENT

We engage with people affected by eating disorders including family and friends, offering hope and enabling access to support services to empower recovery.

OUR VALUES

COMPASSIONATE
to our clients and each other

HOPEFUL
we are pro-recovery, believing that recovery is always possible

ACCOUNTABLE
holding ourselves and the people we work with to a high standard

AMBITIOUS
we want the best for our clients and for ourselves

SWEDA'S APPROACH

SWEDA take a whole person approach to working with people with eating disorders, recognising that each person is much more than just their eating disorder. Everyone is unique, and different people need different types of support. We work with our clients, learning from them to improve what we do. Over 75% of our staff and trustees have lived experience of an eating disorder and this wealth of experience is at the core of how we plan and deliver our services.

SWEDA

SUPPORTING PEOPLE WITH EATING DISORDERS ACROSS THE SOUTH & WEST

WWW.SWEDAUK.ORG · 01749 343344

@swedauk @SWEDAUK @SWEDAUKORG @sweda_uk_org

UK Registered Charity 1056441 · UK Company Limited By Guarantee 3208772

SWEDA LTD

FINANCIAL STATEMENTS

31 MARCH 2024

Charity Number: 1056441

Company number: 03208772

SWEDA LTD

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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SWEDA LTD

REFERENCE AND ADMINSTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2024

Registered Charity Name:	SWEDA LTD (formerly known as The Somerset and Wessex Eating Disorder Association)
Registered Company Number	03208772 (England and Wales)
Registered Charity Number	1056441
Registered Office	The Coach House Harvest Court, Park Road, Shepton Mallet. Somerset. BA4 5BS
Website	www.swedauk.org
Trustees	The Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows: Sarah Hall Richard Cussell (resigned 20/07/23) Barbara Ann Clift (resigned 23/11/23) Sarah Brennan (resigned 18/05/23) Sanni Norweg (resigned 09/01/24) Meg Potts Karen Prosser (appointed Chair 23/11/23) Edward Day (appointed 23/11/23) Rebecca Partos (appointed 23/11/23) Ian Creek (appointed 15/5/24) Rhiannon Roberts (appointed 15/5/24 – resigned2/8/24) Hannah Lewis (appointed 15/5/24)
Quality & Governance sub-committee	Meg Potts, Hannah Lewis & Sam Best
Finance sub-committee	Edward Day, Karen Prosser, Ian Creek, Fiona Bevan & Paula Blight
Clinical sub-committee	Rebecca Partos, Sarah Hall, Hannah Lewis & Nerissa Shaw
Remuneration sub-committee	Karen Prosser, Sarah Hall, Meg Potts, & Paula Blight/Sam Best
Income Generation & Comms sub-committee	Sarah Hall, Meg Potts, Ian Creek & Deborah Xavier

SWEDA LTD

REFERENCE AND ADMINSTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2024

Senior staff	Paula Blight (Chief Executive) Sam Best (Chief Operations Officer) Nerissa Shaw (Clinical Lead) Deborah Xavier (Head of Fundraising)
Principal Bankers	CAF Bank Limited Kings Hill West Malling Kent ME19 4TA
Auditors	Burton Sweet Limited The Clock Tower 5 Farleigh Court Old Weston Road Bristol BS48 1UR

The Report of the Trustees should be read in conjunction with Annual Review & Impact Report as above. Further information can be found on the SWEDA's website (swedauk.org.uk). Reference and administrative information set out on pages 1 and 2 form part of this Report. The financial statements comply with current statutory requirements, the Articles of Association, and the Statement of Recommended Practice by Charities: SORP, applicable to charities preparing their accounts in accordance with FRS102 (issued in October 2019).

Objectives, activities & achievements

The purposes of the charity as set out in the schedule to the Articles of Association dated 19th December 2003 (as amended on November 2022), are to promote any charitable purposes for the benefit of the community in the county of Somerset and surrounding areas and in particular the advancement of education, the protection of health and the relief of poverty, distress and sickness and in the furtherance of the said purpose, but not further or otherwise, to provide services, facilities and training for the relief of those suffering from or affected by eating disorders.

Our charity is here for children and adults and their carers and families with eating disorders within Somerset and across the surrounding areas across the South & West of England. We listen without judgement and work with clients to find the most suitable tailored support that is right for them. We empower them to take control of their own recovery and their life. We also provide expert training for healthcare and education professionals to improve early intervention and holistic support. SWEDA is known for our pioneering approach over three decades, delivering excellence in everything we do.

The last year has seen continued income growth, putting SWEDA in a strong position to expand services to meet increased demand for our support. Whilst we are expanding services rapidly, we are putting very careful thought into how to do this strategically, sustainably and effectively. We are focused on how we can better meet the needs of our clients enabling us to support more individuals each year. An enabler to supporting this includes the provision of a large building to provide services from, allowing us to establish a 'Centre of Excellence' for eating disorders in the South West. This may include looking towards ownership which may provide the added value of providing a good investment opportunity alongside a solid foundation for the charity's long-term stability and future growth. Later in this report, we outline new reserve designations supports the realisation of our strategic goals over the next 3-5 years.

We continue to see an increase in the complexity of mental health challenges experienced by people with eating disorders and an increase in the number of people turning to us for support. The year we gave 1-2-1 support to 1,015 individual clients, a 32% increase on the previous year. There was also a further increase in the delivery of therapeutic sessions which totaled 4789, a 27% increase. Our children and young people's services continue to grow; during the year we delivered 908 therapeutic sessions to 174 children and young people, showing an 8% increase in session on last year and a 33% increase in the number of clients. The average cost of support per client represents significant value at just over £1000.

Our Somerset NHS contract, secured through the Open Mental Health alliance of VCSE organisations, was renewed for a further 3 + 2 years, providing vital stability within our mainstay area of Somerset. This renewal ensures we can continue to deliver consistent, high-quality services in the region, reinforcing our long-term presence and impact. Our partnership with the NHS continues to strengthen across other regions as well. We

recently added four new staff members to support our contract in Bristol, North Somerset, and South Gloucestershire (BNSSG), now entering its second year and over the summer, successfully tendered and won for a two-year eating disorders contract with Oxford Health in Oxfordshire, officially commencing our collaboration in January 2024.

Recognising the importance of diversifying beyond NHS contracts, we also expanded our counselling services in the BNSSG area, which not only complement our NHS offering, but also widens the range of support available to the local community. Furthermore, we introduced a new nutritional service, enhancing our comprehensive care package and expanding the holistic support we offer to individuals on their recovery journeys.

All of our services continue to offer a combination of virtual and in-person options, giving our clients greater choice and flexibility. This approach allows us to extend our reach across the entire region, supporting individuals who may be unable to travel to our physical locations. Our data, independently verified by the Children's Outcome Research Consortium (CORC), demonstrates exceptional outcomes as detailed below:

For adults
87% of our clients reported an improvement in their disorders eating thoughts and behaviours,
83% reported less psychological distress,
87.7% reported improved wellbeing.

For children and young people
87% reported an improvement in their eating disorders thoughts and behaviours,
86% + reported less psychological distress*
67% reported improved wellbeing.

This is an improvement on all measures to last years' data, *except for wellbeing in children and young people which has dropped from 73%.

This year we have refined our values to make sure they can more easily and powerfully sit at the heart of our charity as we look to the future of SWEDA. We moved from nine to four values:

1. Compassionate (to our clients and each other)
2. Hopeful (we are pro-recovery, believing that recovery is always possible)
3. Ambitious (we want the best for our clients and for ourselves)
4. Accountable (holding ourselves and the people we work with to a high standard)

As we continued to grow, we were mindful of our evolving brand identity and the regions we now serve across the South and West. To reflect this broader reach, we considered a name change but didn't want to lose the recognition tied to SWEDA, which originally stood for Somerset and Wessex Eating Disorder Association. Due to Charity Commission regulations, we were unable to keep the 'Association' part in our formal name, and now registered as SWEDA Ltd. Publicly we remain known as SWEDA, with the tagline 'Supporting people with eating disorders across the South & West.' Instead of opting for a complete rebrand, which could have diluted our established recognition, we chose a brand refresh with a stronger, more impactful logo to enhance our presence and better communicate our wider reach, all while staying true to our core values. This refreshed visual identity was strategically launched during Eating Disorders Awareness Week in February 2024, maximising our visibility and ensuring greater outreach at a pivotal time.

Over the past year SWEDA has experienced a huge amount of expansion in the number of clients we have supported and as a charity we continue to adapt to the needs of our clients offering the best possible outcome for them.

Public benefit statement

The Trustees confirm that they have paid due regard to the Charity Commission's general guidance on public benefit under the Charities Act 2011. In particular, they considered how planned activities will contribute to the aims and objectives of the charity and are satisfied that all activities continue to be related to its purpose as set out in the governing document. The charity exists to empower children and adults with eating disorders to take control of their recovery and our public benefit is best understood through the words of those individuals themselves; we have shared as much as possible within this report.

Contributions made by volunteers

During the year we relied on the generous support of 30 volunteers, many of whom have lived experience of an eating disorder. We are so thankful for the time, enthusiasm, thought and expertise given by every single volunteer. Together, they contributed 8100 hours, valued at £97,200 (based on Real Living wage £12 from Living Wage Foundation). Most of our volunteers work within our counselling service to gain invaluable experience and confidence in working with eating disorders whilst working towards their Level 4 & 5 counselling qualifications.

We could not run our counselling service without these specialist volunteers who all receive our rigorous training, clinical supervision, ongoing support and continued professional development. This year we created new roles within the staff team; Area Lead Oxford, administration, Therapeutic Support Worker Somerset to name a few, and we are so proud that some of the successful applicants started with us as volunteers and brought more lived experience into our incredible team. Our Therapeutic Services Manager, who joined last year, plays a pivotal role in shaping the future of our charity, with a key focus on developing and managing our expanding volunteer team.

Volunteers bring huge value to our work and we could not make the difference we do without their time, passion and dedication.

"I have learned so much from the training at SWEDA. I found it both informative and self-reflective. I came away with a wealth of new knowledge about eating disorders and already put some of the skills learned into practice".

SWEDA Counselling Volunteer

In addition, we have grown our trustees significantly this year both in terms of numbers, experience and diversity. We continue to look to grow our trustees further and look at how we can gain the expertise we will need as a growing organization in the future.

Also, we are also extremely grateful for the voluntary contributions from staff within companies throughout the region. We continue to receive pro-bono support from corporate partners who support us with a range of services including legal, advice, and use of accommodation. As we work towards next year, we are prioritising the expansion of voluntary opportunities including supporting the all-important admin for our busy charity and providing support to our growing fundraising team. Our thanks also go to our Trustees, who give a considerable amount of time to their voluntary roles on the Board; they continue to steer SWEDA with their expertise, unique insight and commitment to this charity.

A very special thank you goes to our SWEDA clients who allow us to share their stories or quotes on our website, in our fundraising appeals or on social media. This contribution takes great strength and sharing the positive impact that SWEDA makes to their lives helps our supporters see the difference that their donation will have. These stories also help SWEDA reach individuals who may desperately need support.

Financial review

Results for the year

Income

Total income for the year was £1.02m (2022/23: £629k) equating to 62% growth. Income from donations and grants was £138k (2022/23: £115k), income from charitable activities (primarily new contracts and service delivery grants) was £866k (2022/23: £510k) and investment income was £18k (2022/23: £3k). We are delighted that our carefully devised strategic plan has brought significant success in this last year with increased income overall and aim to see results in income generation from investment in fundraising in 2024/25.

Expenditure

Total expenditure for the year was £827k (2022/23: £570k), a 45% increase on the previous year. This resulted in an operational surplus of £195k (2022/23: £59k surplus).

In line with our fundraising growth plan, expenditure on raising funds was £75k (2022/23: £37k). Expenditure on charitable activities this year reflects sound progress in growing the service to meet unprecedented demand and a consequent increase in income from charitable activities. High demand for our support is being managed through steady growth in service capacity alongside careful investment in our infrastructure to ensure a solid foundation from which to manage next year's planned staff and volunteer intake. This creates a slight lag between generating income and spending the funds and the Board is comfortable that a 45% increase in expenditure against a 62% increase in income this year represents a necessary first step to managing sustainable growth.

During the year, we utilised £139k of our designated funds out of a total allocation of £190k. These funds were critical in advancing several of our key initiatives. The entirety of the service provision fund was directed toward our low-cost counseling service, ensuring accessible support for our community. Additionally, part of the designated funds supported the beginning of our fundraising expansion, where we are actively exploring diverse income streams to strengthen our financial resilience. The digital budget saw a smaller expenditure, with £9k used; due to delays in the project launch, the remaining £21k will be carried forward into next year. Lastly, the premises budget remains earmarked, as detailed in other sections of this report, to support a sustainable long-term solution for our facilities. This approach to designated funds underscores our commitment to strategic growth and prudent resource allocation.

Funds

At 31 March 2024, total funds held amounted to:
£1,126k (2022/23: £931K)

Of these, restricted funds were:
£182k (2022/23: £264K)

Designated funds were:
£400k (2022/23: £190K)

The charity's unrestricted reserves were:
£944k (2022/23: £667k) which represents 9 months of budgeted expenditure against a policy of 9-12 months (representing £975K - £1.3m 24/25 which has been calculated as an average for this purpose). The charity's unrestricted, uncommitted reserves (free reserves) at the year-end amount to £518,633 (2023: £456,190)

More detail on the purpose of our designated funds can be found below, these amounted to:

- £40k: Service provision (additional: training project, training lead and associated costs)
- £80k: Fundraising development (investment to increase and diversify the income portfolio)
- £6k: Equality diversity and inclusion (implementation of plans developed from the audit)
- £100k: Digital, Data and IT (investment in line with planned growth and in line with the size of organisation, including employment of a manager to lead the project, development/upgrade of our database, digital and IT system)
- £174k: Premises (continued accumulation of funds towards our long-term plan for purpose built/larger premises)

Although we have been successful with funding, we are mindful of sustainable growth. Therefore, we are planning for steady manageable growth, led by investment in infrastructure followed by investment in staffing and additional service offering, some of which will cross financial years. 2024/25 financial accounts will see further increases in expenditure as we make these investments, ultimately decreasing our reserves holding and the overall number of weeks we hold.

Investment Policy

SWEDA's Trustees believe that the most appropriate and ethical policy for investing funds during these uncertain times is through a number of specialised bank accounts in the "Not for Profit" sector. Although interest rates have increased, which shows in our interest payments during most of this period, we did experience an increase towards the last two months of this reporting period, our decision is principally driven by the need to have access to short-term funds in cash, and to ensure the security of cash reserves and will be reviewed if the increase rate continues to rise during the next reporting period.

During the year, SWEDA's Trustees updated their investment policy while continuing to use the main accounts within the 'Not for Profit' sector. This strategy is driven by the need for short-term liquidity, ensuring easy access to cash when required. Trustees have also leveraged recent advancements in funding platforms that offer enhanced flexibility and security. These platforms feature sophisticated risk assessment tools, allowing for thorough analysis to protect the charity's funds against market volatility. Although rising interest rates have resulted in higher interest payments throughout much of the period, we saw increased earnings during the reporting period. The sub-finance committee is closely monitoring this progress to ensure our investments remain aligned with the charity's financial goals.

Reserves and reserves policy

The Board of Trustees annually reviews reserves to ensure that there are sufficient funds to maintain the charity's financial stability and development. With the current uncertainty within charitable funding and the dynamic climate in which SWEDA is operating, and the uncertainty with some NHS contracts the Trustees' unrestricted reserves policy is to aim to hold unrestricted reserves of 9-12 months' expenditure. As is common practice across the charity sector, and in order to segregate unrestricted funds which are not easily realisable from those which are 'free' reserves, the Trustees have also established designated funds, representing specific funds which are to be used by the charity, for future ongoing developments. All of which is extremely key within the current climate of huge demand for eating disorder services with little or no signs of reducing anytime soon.

We should emphasis eating disorder recovery is often a prolonged journey, with no quick fixes, particularly for those who have lived with the condition for many years. This at times demands consistent, longer-term support from the charity, which underscores the necessity for having unrestricted reserves at a value of 9-12 months of expenditure. These funds ensure that we can remain committed to our clients throughout their recovery process, without disruption. Additionally, maintaining this financial cushion is vital to safeguarding the charity's ability to either see clients through their treatment or, in the worst-case scenario of closure, to implement alternative plans that continue to support them through trusted partners. This is not just about operational sustainability but fulfilling our responsibility to those relying on us for their recovery ensuring that we not only meet current needs but also position ourselves for future growth, leveraging available funds to explore new opportunities that can enhance our services and extend our reach to more individuals in need.

This addition emphasises the importance of securing financial resources to support future initiatives and growth while maintaining the organisation's core mission.

As detailed above, free reserves held at year end were £944k (2022/23: £667k) equating to 9 months of expenditure which is in line with the charity's policy of holding between 9-12 months of expenditure (representing £1.3m expenditure budgeted for 24/25).

In order to grow service capacity in 2024/25 and beyond, investment in fundraising, infrastructure and other activities is needed as a prerequisite. Alongside this, there is a need for sensible, incremental long-term growth in funds to kick start our premises fundraising. Therefore, the proportion of designated funds increased during the year to facilitate growth in service capacity, ahead of planned increased expenditure in the following 12 months. The increase in designated funds together with the increase in planned expenditure in 2024/25 has therefore mean that free reserves dipped below minimum policy level at year end. This is planned to be temporary.

To this end, funds have been designated for the following purposes:

1. **Service Provision**

We remain committed to investing in the growth of our low-cost counselling service, a vital component of our offerings that has provided crucial support within Somerset and complements NHS provisions. Our goal is to expand this service into new areas to increase accessibility and community impact. Additionally, we are dedicating resources to specialised training and are planning to create a new post to support and facilitate this

growth, ensuring our team is equipped to deliver excellence as we scale our impact, ensuring a sustainable and continued high-quality service delivery.

2. Fundraising and strategic growth

Fundraising remains a key element of our strategic plan moving forward. In March 2023, we initiated significant investment in this area by appointing a new Head of Fundraising and Communications, with a vision to build a dedicated team. This commitment continued with the addition of a Fundraising Assistant focused on social media and providing support to the Head of Fundraising. Our efforts to strengthen this area are ongoing, as highlighted in the fundraising section of this report. We have also begun updating our website and enhancing our social media presence, with continued investment to support these initiatives and drive our fundraising goals.

3. Equality, Diversity & Inclusion

In 2023/24, we conducted a detailed staff audit to establish our priorities for Equality, Diversity, and Inclusion (EDI). Although balancing this work with other pressing demands was challenging, we completed the audit and received excellent feedback from participants. Based on the findings, it was agreed that our focus would be on Race and Racism, with plans for targeted workshops for Trustees and staff. This initiative reaffirms our commitment to EDI as a key component of our long-term strategy, demonstrating our dedication to creating an inclusive, supportive environment for everyone.

4. Investment in digital and bespoke database systems

Long-term investment in digital infrastructure remains a cornerstone of SWEDA's strategy, aligning with our commitment to operational excellence and service innovation. Since implementing a paperless system in 2016, SWEDA has consistently embraced cutting-edge technology. Our decision to develop a bespoke system, well before the pandemic, was driven by our visionary understanding of its potential. This strategic foresight paid dividends when COVID-19 hit, enabling us to seamlessly adapt and continue providing uninterrupted support to vulnerable communities at a time of critical need. The infrastructure allowed us to pivot quickly, whilst also solidifying relationships with key stakeholders by reinforcing their confidence in our ability to deliver essential services in the most challenging circumstances.

However, the current system is now eight years old and requires a comprehensive overhaul over the next two years to support planned increased service capacity and increase efficiency through streamlined processes. We plan to invest in a complete redesign to support our strategic goals and, in tandem will integrate more robust monitoring and evaluation tools. This will ensure every interaction is carefully tracked, provide a better understanding of the difference SWEDA makes, allow us to powerfully utilise data insight and ensure our team's time is optimised. By continuing to invest in digital solutions, we can future proof our charity and maintain our reputation as an exemplar of quality and innovation in the field of eating disorder support.

5. Plans for new premises to support expansion

As part of our long-term strategic vision, SWEDA is considering the right approach to purchase and own our own premises. While our current home in The Coach House has served us well, we have encountered considerable challenges in working within an old building, particularly with the limited number of private counselling and therapy spaces, and issues such as temperature control, which is crucial for making people with anorexia feel comfortable. It has become increasingly clear that larger, newer, and more versatile premises will be essential within the next five years. It has become increasingly clear that The Coach House is not fit for purpose and that a larger, newer and versatile premises will be essential within the next 5 years.

In our strategic premises paper presented to the Board back in November 2022, we outlined short, medium, and long-term plans. The short-term strategy focused on utilising shared space with other organisations, acknowledging the growing scarcity of suitable premises. We continue to explore more permanent solutions and with medium-term plans now in place—having recently secured additional space for the next five years—we have given ourselves ample time to explore and implement our long-term vision.

Our ultimate aim is to occupy a premises that enables effective support of clients over the long-term to achieve this SWEDA intends to develop a "Centre of Excellence for Eating Disorders" in the South West. This space would serve as a hub for knowledge-sharing, training, and support across the region and beyond, enabling us to support more adults and children in an environment better suited to their needs. It would also enhance our service offerings within modern, adaptable spaces designed for therapy, training, and community engagement.

This ambition aligns with our goal of delivering the highest standards of care and innovation, while ensuring the sustainability of our services for the future. As we are still in the early stages of planning, we recognise that this will require capital investment. This will involve a future capital appeal. In addition, SWEDA has already begun to designate funds toward this objective. Driving this initiative is a desire meet demand in an adaptive, sustainable and responsible way.

Fundraising

Fundraising is an essential pillar of our organisation's strategic plan. Relying too heavily on our NHS contracts creates vulnerabilities to the sudden removal of NHS funding we have seen in the past. We cannot afford this uncertainty, and we need to increase the diversity of our income portfolio to enhance resilience and facilitate long-term growth. Diversifying into new areas of fundraising will take time and requires investment, but it is critical for enabling SWEDA to secure the funds necessary to sustain momentum in expanding our capacity.

At the beginning of the financial year, we recruited a new Head of Fundraising to spearhead this initiative and build a dedicated team. Throughout the year, she conducted a thorough audit of our existing fundraising practices and developed a comprehensive strategy, which has been approved by the Board. Recognising the challenging fundraising environment, we are employing a test-and-learn approach, utilising insights to continually refine our future plans.

In compliance with Section 13 of the Charities (Protection and Social Investment) Act 2016, we commit to transparency in our fundraising activities. We have engaged professional fundraisers where appropriate and have ensured that they adhere to established fundraising standards and regulations. Furthermore, we are actively monitoring our fundraising efforts, documenting any complaints received, and taking necessary actions to address concerns, particularly regarding the protection of vulnerable individuals from intrusive or persistent fundraising practices.

We have allocated funds to enable the charity to build a small team focused on increasing income from individual giving, community support, corporate partnerships, trusts, foundations, and legacy fundraising. To effectively implement this strategy, we also recognise the need for further investment in marketing and communications to elevate our profile as a charity across the South and West region. This multi-faceted

approach aims to strengthen our fundraising efforts while ensuring adherence to legal standards, fostering trust with our supporters, and maintaining our commitment to ethical practices.

Structure, governance & management

Legal structure

SWEDA was incorporated as a company limited by guarantee on 6th June 1996 and registered as a charity in England and Wales on 27th June 1996. The governing document is the Articles of Association, which were updated in line with the Companies Act 2006. The Board of Trustees comprises the Directors of the company who are also the members of SWEDA. A policy has been established, whereby Trustees and Senior Managers of SWEDA automatically become members of the Charity upon appointment. Such membership lapses as soon as individuals cease to be Trustees or Senior Managers of the charity. The only members during the year were the Trustees & Senior Managers. The total number of Member guarantees at 31 March 2024 was Five (2023: Six)

Governance

The Trustees who have served during the year and those appointed before the date of this report are listed on page 1-2. No member of the Board or Committees receives any renumeration for their services. The Board met on-line five times during the year (2023/24: five). The sub-committee structure is working well reporting into the Board prior to the quarterly meetings these include; Clinical, Quality & Governance, Finance & Fundraising and Remuneration/HR Sub-Committees. Each Trustee is a member of at least one sub-committee which meet before and report to the next Board Meeting. The members of these committees are listed on page 1-2.

The Risk Register has been updated and freelance Finance Manager appointed to ensure Trustees have easy-to understand data and have a dashboard of critical information to hand.

Our Chairperson Sarah Brennan resigned during this period. Barbara Clift had intended to take over but was compelled to stand down due to family commitments. Karen Prosser became interim chair on 18/05/23 and was elected as permanent chair at the AGM on 23/11/2023. As anticipated Richard Cussell, a long-standing member of the Board of Trustees retired in July 2023 after three plus terms. In January 2024 Sani Norweg resign due to family and work commitments. We assessed the makeup of the Board and recruited 2 new Trustees, Edward Day and Rebecca Partos, who were both ratified on to the Board in November. Additionally in May 2024 we welcomed Ian Creek and Hannah Lewis as Trustees. We are still looking to address the diversity and inclusion of the Board, to ensure our leadership represents the diverse group of people we support. We are committed to fostering a diverse and inclusive Board that reflects the rich tapestry of our community and will actively encourage applications from individuals from under-represented groups, including those from the global majority.

Risk

SWEDA is committed to proactive and comprehensive risk management, crucial for maintaining our organisational integrity, quality of care, and sustainable growth. Key risk areas are regularly reviewed and managed by relevant sub-committees, which is then reported to the main Board of Trustees. The Quality and Governance Sub-Committee manage and oversee the organisation-wide risk register and ensures that all identified risks are managed cohesively and strategically.

The primary risk areas are as follows:

1. **Quality & Governance**
   Ensuring high standards of quality and governance is essential to our mission. The Quality and Governance Sub-Committee monitors risks related to policy adherence, service quality, and governance standards, maintaining compliance with regulatory requirements. This oversight helps SWEDA continue to deliver safe and effective care while meeting all statutory and ethical obligations.
2. **Finance & Income Generation**
   Financial stability is fundamental to SWEDA's operations. The Finance and Income Generation Sub-Committee addresses risks associated with funding streams, reserve management (targeting 9-12 months), and budgetary controls. A diversified income approach, supported by new fundraising initiatives, safeguards against potential funding gaps, enabling us to sustain and expand essential services.
3. **Clinical**
   Managing clinical risks is critical to maintaining SWEDA's reputation for excellent care. The Clinical Sub-Committee oversees risks related to client safety, clinical procedures, and staff training to ensure we deliver safe, effective, and compassionate support. By continuously reviewing and updating clinical policies, this committee supports SWEDA's commitment to the highest standards of care.
4. **HR and Remuneration**
   Our HR and Remuneration Sub-Committee mitigates risks associated with recruitment, staff retention, and team welfare. In a challenging employment market, this committee focuses on effective recruitment strategies, fair remuneration, and staff development initiatives to ensure we maintain a skilled, motivated, and resilient team.

Each risk is actively managed and reviewed by the respective sub-committees, with regular updates provided to the Quality and Governance Sub-Committee. This structure ensures SWEDA remains agile, prepared for emerging challenges, and committed to delivering the highest standards of care and operational excellence.

Recruitment & appointment of Trustees

The Board of Trustees regularly reviews the skill sets of its members, particularly when a vacancy arises. Vacancies are advertised on our website, across relevant channels, and on external Trustee platforms. The Chair oversees the appointment process, and once new Trustees are appointed by the Board, they are inducted by the Chief Operating Officer and other key staff. Trustees receive detailed information regarding their legal responsibilities and expectations. Additionally, they are encouraged to attend Trustee training events, which are funded by SWEDA, on an ongoing basis.

Potential trustees are approved and co-opted to the board. They may join throughout the year, and their appointments are then confirmed by the Members during the Annual General Meeting. No external body holds the authority to appoint Trustees. The term of service for Trustees is three years, with a maximum of three consecutive terms.

Management

The Board of Trustees is legally responsible for the strategic direction of the charity including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and it makes decisions about the appointment of Trustees and senior staff. The appointment of Karen Prosser as chair in November 2023 also reflects her focus to continue to lead and develop the organisation as it grows the cross across the South and West. Day-to-day operation of the organisation is delegated to the Chief Executive, Paula Blight, and the Senior Leadership Team.

Renumeration policy

SWEDA aims to ensure that all staff are paid appropriately and fairly according to the nature of the work and their experience, knowledge, and skills relevant to their role. The charity is committed to principles ensuring that pay and conditions of employment do not discriminate unlawfully and are free from bias. In determining the salary for the Chief Executive and Senior Management Team, responsibility is delegated to the Remuneration Committee, which seeks to pay a fair salary to attract and retain skilled and expert senior leaders for the organisation.

Plans for future periods

5-year strategy

This year saw the third year of our five-year strategy. We undertook a strategic review in 2020, involving our staff, volunteers, clients, and Trustees. We sought to establish a clear purpose for SWEDA for the next five years and running alongside this is our management plan. Our new strategy has created four key areas as shown below:

1. Engage, enable, and empower all those affected by eating disorders in our area of service provision
    A. Continue to improve the quality and effectiveness of our services.
    B. Ensure we fully understand the demographic breakdown and the different needs of our communities.
    C. Ensure our staff and volunteers have the expertise and understanding to effectively respond to these needs.
    D. Develop monitoring and outcomes data to evidence our impact on our clients lives and wellbeing.

2. Increase our response and provision for young people experiencing eating disorders or emerging eating problems
    A. Further develop the provision that we have begun to offer for eating disorder treatment and support for young people in tandem with carers or parents.
    B. Become the experts and lead the way in eating disorders provision for young people within our area.
    C. Provide services for young people that address early intervention and precursors to eating disorders.
    D. Develop relationships with key service providers for young people to ensure no-one is left behind including those moving into adulthood.

3. Address the diverse causes and presentations of eating disorders amongst different groups and communities
    A. Increase the understanding within SWEDA of the range of factors which may trigger and sustain eating problems.

B. Involve and engage with all genders, ethnicities, and ages across all aspects of our organisation.
C. Increase our understanding of how eating problems may manifest differently in different groups and communities.
D. Develop our services to address the needs we have identified.

4. Develop strategic alliances to secure sustainable funding and increase the range and quantity of effective eating disorder support

A. Explore national relationships with eating disorder organisations to share learning and effective responses.
B. Explore regional relationships with the wider VCSE with a view to build effective alliances.
C. Build effective relationships with local and regional statutory health commissioning bodies to secure service provision.
D. Explore the potential of research partnerships with universities and others with the purpose of increasing the quantity and quality of services and to contribute to wider knowledge about eating disorders.

Connection to a wider network

Working in partnership and collaboration are integral to SWEDA's approach and how we tackled the scale of need amongst people affected by eating disorders. We are active across three Integrated Care Boards (ICB) where we work, these being Somerset, BNSSG and Oxfordshire and are working with all but one via VCSE alliances. SWEDA is also an active member of the Somerset group of charities in an influence in policy for health and well-being across Somerset. SWEDA remains an active member of REDCAN working at a strategic level to better serve eating disorders across the UK. As a mainstay organisation within the GSK Impact Awards network, it enables access to twice a year leadership training and networking with The Kings Fund which has led to other high profile network working opportunities throughout the year.

Statement of Trustees' responsibilities

The trustees (who are also directors of SWEDA Ltd for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to make themselves aware of that information.

Approved by order of the Board of Trustees on .....and signed on behalf by

..... (Karen Prosser, Chairperson)

Independent auditor's report to the members of SWEDA Ltd.

Opinion

We have audited the financial statements of SWEDA Ltd (the "Charity") for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the Charity's affairs as at 31 March 2024 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted out audit in accordance with international Standards in Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If based, on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report the fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable law requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us;
- the financial statements are not in agreement with the accounting records and returns;
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not obtained all the information and explanations necessary for the purposes of our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the Charity or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- we identified the laws and regulations applicable to the charity through discussions with those charged with governance and other management, and from our knowledge and experience of the sector;
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements of the operations of the company, including the Companies Act 2006, taxation legislation and data protection, anti-bribery, employment, pensions, environmental and health and safety legislation; and
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management, inspecting legal correspondence and remaining alert during the audit for any indications of non-compliance.

Our audit procedures in relation to fraud included but were not limited to:

- making enquiries of those charged with governance and other management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- discussing amongst the engagement team the risks of fraud;
- gaining an understanding of the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;
- testing journal entries to identify unusual transactions;
- assessing whether judgements and assumptions made in determining the accounting estimates set out in the accounting policies were indicative of potential bias; and
- investigating the rationale behind significant or unusual transactions.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditors/audit-assurance-ethics/auditors-responsibilities-for-the-audit. This description forms part of our auditor's report.

Use of our report

This report is made solely to the Charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the Charity's members those matters we are required to state in them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Joshua Kingston ACA (Senior Statutory Auditor)
For and on behalf of Burton Sweet Limited
Statutory Auditor
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: .....

SWEDA LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDing INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £ Restated
Income from:					
Donations and grants	**2**	55,573	82,784	138,357	115,440
Charitable activities	**3**	865,641	-	865,641	510,062
Investment income		17,905	-	17,905	3,491
Total income		939,119	82,784	1,021,903	628,993
Expenditure on:					
Raising funds	**4**	74,840	-	74,840	37,145
Charitable activities	**5**	588,022	164,041	752,063	533,172
Total expenditure		662,862	164,041	826,903	570,317
Net income/ (expenditure) and net movement in funds	**7**	276,257	(81,257)	195,000	58,676
Total funds at the start of the year (as previously stated)		636,255	-	636,255	498,084
Prior period adjustments	**18**	(31,000)	110,495	79,495	374,006
Total funds at start of year (Restated)	**13**	667,255	263,511	930,766	872,090
Total funds at end of year	**13**	943,512	182,254	1,125,766	930,766

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

See note 9 for fund-accounting comparative figures.
The notes on pages 23 to 33 form part of these financial statements.

SWEDA LTD

BALANCE SHEET

AS AT 31 MARCH 2024

Company number: 03208772

	Note	2024 £	2023 £ Restated
Fixed assets			
Tangible assets	**10**	24,879	21,065
		24,879	21,065
Current assets			
Debtors	**11**	190,783	302,734
Short-term investments		943,432	-
Cash at bank and in hand		269,522	902,400
		1,403,737	1,205,134
Liabilities			
Creditors: amounts falling due within one year	**12**	(302,850)	(295,433)
Net current assets		1,100,887	909,701
Net assets		1,125,766	930,766
Funds			
Restricted funds	**14**	182,254	263,511
Unrestricted funds			
General funds	**14**	543,512	477,255
Designated funds	**14**	400,000	190,000
		1,125,766	930,766

The accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the Trustees on ..... , and are signed on their behalf by:

....

Karen Prosser - Interim Chair Sarah Hall - Trustee

The notes on pages 23 to 33 form part of these financial statements.

SWEDA LTD

STATEMENT OF CASH FLOWS

YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Net cash inflow from operating activities	**16**	304,601	310,647
Non-operational cash flows:			
Payments for tangible fixed assets		(11,952)	(18,171)
Investment income		17,905	3,491
		5,953	(14,680)
Net cash inflow for the year	**17**	310,554	295,967

Cashflow Restrictions

Charity law prohibits the use of net cash inflows of any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 23 to 33 form part of these financial statements.

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the historical cost convention (except where otherwise stated in the accounting policy note) 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 in October 2019, and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), and the Companies Act 2006.

SWEDA Ltd meets the definition of a public entity under FRS102.

The Trustees have considered the financial position of the organisation and believe that it is currently a going concern.

Income
Income from donations are recognised when these are receivable, except as follows:

I. When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods;
II. When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

Income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as a restricted.

Investment income is included on a receivable basis.

Expenditure
Expenditure is recognised on an accruals basis in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. Governance costs are included within support costs.

Allocation and apportionment costs
Certain expenditure is directly attributable to specific activities and this has been included in those cost categories. Other costs, which are attributable to more than one category, are apportioned across cost categories on the basis of an assessment of workload carried out from time to time. Overhead support costs have been apportioned between charitable activity costs and raising funds costs on a basis consistent with the use of resources.

Pension
The charity contributes to defined contribution pension schemes. Contribution payable to the charity's pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

1 Accounting policies (*continued*)

Tangible fixed assets
Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible asset into its intended working condition should be included in the measurement cost. Capital items with purchase price of more than £1,000 are included within fixed assets.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Furniture and fittings	- 15% reducing balance
Computer equipment	- 33% straight line

Debtors
Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors
Creditors and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable of a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Creditors are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted and the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds form part of unrestricted funds and have been identified as being for particular purposes by the Trustees. They are not restricted and can be transferred to general funds at any time at the discretion of the Trustees.

Further explanation of the nature and purpose of each fund is included in note 13 of the financial statements.

2 Income from: donations and grants

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations from:			
Individuals	1,965	-	1,965
Trusts and foundations	48,608	76,639	125,247
Corporate donations	2,062	-	2,062
Community fundraising	2,808	-	2,808
Public funding	-	6,145	6,145
Gift aid	130	-	130
	55,573	82,784	138,357

Prior year comparative	Unrestricted Funds £ Restated	Restricted Funds £ Restated	Total Funds 2023 £ Restated
Donations from:			
Individuals	3,183	-	3,183
Trusts and foundations	73,500	32,768	106,268
Corporate donations	2,307	-	2,307
Community fundraising	3,424	-	3,424
Public funding	-	-	-
Gift aid	258	-	258
	82,672	32,768	115,440

3 Income from: charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Service contracts	860,870	-	860,870
Counsellor training	4,771	-	4,771
	865,641	-	865,641

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Service contracts	503,602	-	503,602
Counsellor training	6,460	-	6,460
	510,062	-	510,062

4 Expenditure on: raising funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Staff costs	51,026	-	51,026
Fundraising costs	5,441	-	5,441
Support costs (Note 6)	18,373	-	18,373
	74,840	-	74,840

4 Expenditure on: raising funds (continued)

Prior year comparative

	Unrestricted Funds	Restricted Funds	Total Funds 2023
	£	£	£
Staff costs	29,474	-	29,474
Fundraising costs	104	-	104
Support costs (Note 6)	7,567	-	7,567
	37,145	-	37,145

5 Expenditure on: charitable activities

	Activities undertaken directly	Support costs Note 6	Total 2024
	£	£	£
Provision of services	567,436	184,627	752,063
	567,436	184,627	752,063

Prior year comparative

	Activities undertaken directly	Support costs Note 6	Total 2023
	£	£	£
Provision of services	424,552	108,620	533,172
	424,552	108,620	533,172

6 Support costs

	Raising funds costs	Charitable activities	Total Funds 2024
	£	£	£
Staff and volunteer costs	14,245	143,151	157,396
Office costs	454	4,561	5,015
Premises costs	1,077	10,827	11,904
Professional costs	353	3,551	3,904
Finance costs	983	9,878	10,861
Governance costs	1,261	12,659	13,920
	18,373	184,627	203,000

Prior year comparative

	Raising funds costs	Charitable activities	Total Funds 2023
	£	£	£
Staff and volunteer costs	6,274	90,052	96,326
Office costs	310	4,452	4,762
Premises costs	210	3,018	3,228
Professional costs	199	2,861	3,060
Finance costs	437	6,274	6,711
Governance costs	137	1,963	2,100
	7,567	108,620	116,187

7 Net income / (expenditure) for the year

		2024	2023
		£	£
Independent examiner's fee		-	2,100
Auditor's remuneration	- Audit services	12,300	-
	- Accounts preparation	1,620	-
Depreciation		6,413	5,309
Trustees' remuneration		-	-
Reimbursement of Nil Trustees' expenses (2023: Nil)		-	-

8 Staff costs and numbers

The aggregate payroll costs were:

	2024	2023
	£	£
Wages and salaries	521,960	361,438
Social security costs	41,535	29,041
Contribution to defined contribution pension scheme	36,680	24,692
Subcontracted staff	61,578	71,166
	661,753	486,337

The average number of persons employed by the company (headcount) during the year was 20 (2023: 16).
The average number of persons employed by the company during the year, on a Full-time Equivalents (FTE) basis, was 18 (2023: 13).
No employee received remuneration amounting to more than £60,000 in the current or preceding year.

The key management personnel of the charity is considered to be leadership team. The charity's leadership team includes the CEO, COO, Head of Fundraising and the Clinical Lead. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £223,058 (2023: £174,414).

9 Prior year fund comparatives for the Statement of Financial Activities

	Unrestricted Funds £ Restated	Restricted Funds £ Restated	Total Funds 2023 £ Restated
Income from:			
Donations and grants	82,672	32,768	115,440
Charitable activities	510,062	-	510,062
Investment income	3,491	-	3,491
Total income	596,225	32,768	628,993
Expenditure on:			
Raising funds	37,145	-	37,145
Charitable activities	378,748	154,424	533,172
Total expenditure	415,893	154,424	570,317
Net income/ (expenditure) and net movement in funds	180,332	(121,656)	58,676
Total funds at the start of the year (as previously stated)	486,923	11,161	498,084
Prior period adjustments	-	374,006	374,006
Total funds at start of year (Restated)	486,923	385,167	872,090
Total funds at end of year	667,255	263,511	930,766

10 Tangible fixed assets

	Fixtures & fittings £	Computer equipment £	Total £
Cost			
At 1 April 2023	11,766	48,373	60,139
Additions	582	11,370	11,952
Disposals	(1,487)	(24,576)	(26,063)
At 31 March 2024	10,861	35,167	46,028
Depreciation			
At 1 April 2023	4,579	34,495	39,074
Charge for the year	1,023	5,390	6,413
Eliminated on disposal	(717)	(23,621)	(24,338)
At 31 March 2024	4,885	16,264	21,149
Net Book Value			
At 31 March 2024	5,976	18,903	24,879
At 31 March 2023	7,187	13,878	21,065

11 Debtors

	2024	2023
	£	£
		(Restated)
Trade debtors	2,238	2,448
Other debtors	366	-
Prepayments and accrued income	188,179	300,286
	190,783	302,734

12 Creditors

	2024	2023
	£	£
Trade creditors	26,125	6,565
Other creditors	6,664	1,789
Accruals	22,061	3,879
Deferred income	248,000	283,200
	302,850	295,433

Deferred income reconciliation	2024
	£
Brought forward deferred income	283,200
Realised in the year	(215,200)
Additional income deferred in the year	180,000
	248,000

13 Movement between funds

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
	Restated				
Restricted funds					
Children In Need	-	39,139	(39,139)	-	-
The National Lottery Community Fund	263,511	6,145	(104,926)	-	164,730
Prudence Trust	-	37,500	(19,976)	-	17,524
	263,511	82,784	(164,041)	-	182,254
Unrestricted funds					
General funds	477,255	939,119	(523,862)	(349,000)	543,512
Designated funds					
Strategic Development Fund	130,000	-	(130,000)	-	-
Premises Review Fund	30,000	-	-	144,000	174,000
Digital, Data & IT Fund	30,000	-	(9,000)	79,000	100,000
Service Provision Fund	-	-	-	40,000	40,000
Development of Fundraising Fund	-	-	-	80,000	80,000
Equality, Diversity and Inclusion Fund	-	-	-	6,000	6,000
	667,255	939,119	(662,862)	-	943,512
Total funds	930,766	1,021,903	(826,903)	-	1,125,766

13 Movement between funds (*continued*)

Prior year comparative	At 1 April 2022 £ Restated	Income £ Restated	Expenditure £ Restated	Transfers £	At 31 March 2023 £ Restated
Restricted funds					
Awards For All	3,426	-	(3,426)	-	-
Children In Need	7,735	22,993	(30,728)	-	-
The National Lottery Community Fund	374,006	-	(110,495)	-	263,511
Lloyds Bank Foundation	-	2,275	(2,275)	-	-
Prudence Trust	-	7,500	(7,500)	-	-
	385,167	32,768	(154,424)	-	263,511
Unrestricted funds					
General funds	281,923	596,225	(415,893)	15,000	477,255
Designated funds					
IT Fund	40,000	-	-	(40,000)	-
Strategic Development Fund	80,000	-	-	50,000	130,000
Equipment Fund	35,000	-	-	(35,000)	-
Premises Review Fund	30,000	-	-	-	30,000
Digital Platform Development Fund	20,000	-	-	(20,000)	-
Digital, Data & IT Fund	-	-	-	30,000	30,000
	486,923	596,225	(415,893)	-	667,255
Total funds	872,090	628,993	(570,317)	-	930,766

Restricted funds

Awards For All
This fund represents grant awarded by National Lottery Awards for All England to cover the administration costs of the charity.

Children In Need

This fund represents a three year grant received from the Children In Need charity towards running our Children's Project.

The National Lottery Community Fund
This fund represents a five year grant awarded by The National Lottery Community Fund to help run our services.

Prudence Trust
This fund represents grant awarded by Prudence Trust for counselling for young people.

Designated funds

IT Fund
The purpose of the fund is to build an IT fund to pay for replacement computers as life span of a laptop is usually three years. These funds have been fully spent in FY2022/23.

13 Movement between funds (*continued*)

Strategic Development Fund
These funds have been set a side under the discretion of the Trustees towards the development of fundraising team and therapeutic services. These funds have been fully spent during FY2023/24.

Equipment Fund
These funds have been set a side under the discretion of the Trustees towards additional equipment required for increased staff & volunteer recruitment as SWEDA grows. These funds have been fully spent in FY2022/23.

Premises Review Fund
These funds have been set a side under the discretion of the Trustees towards to cover the need for additional space. SWEDA has currently outgrown current premises and looking for additional space short-term. Longer-term need to review premises situation as the charity expands, and our current lease expires in October 2025.

Digital Platform Development Fund
The purpose of the fund is to invest and maintain SWEDA's digital systems during growth. These funds have been fully spent in FY2022/23.

Digital, Data & IT Fund
In an era of technological advancements, SWEDA is strategically investing in technology and data solutions to ensure we are equipped to navigate and thrive in an evolving digital landscape. The £53k transfer in the year represents a top up to the fund to ensure that sufficient the designated funds of £74k are set aside by the trustees for future costs.

Service provision Fund

These funds have been set aside under the discretion of the Trustees towards provision of low-cost counselling services.

Development of Fundraising Fund
These funds have been set aside under the discretion of the Trustees towards salary costs of the head of Fundraising who is now in post as well as growth of the fundraising team.

Equality, Diversity and Inclusion Fund
These funds have been set aside under the discretion of the Trustees towards an organisation audit and a review to embed practices within the whole of the organisation on a top-down process.

14 Analysis of net assets between funds

	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2024
	£	£	£	£
Tangible fixed assets	24,879	-	-	24,879
Other net current assets	518,633	400,000	182,254	1,100,887
	543,512	400,000	182,254	1,125,766

Prior year comparative	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2023
	£	£	£	£
	(Restated)		(Restated)	(Restated)
Tangible fixed assets	21,065	-	-	21,065
Other net current assets	456,190	190,000	263,511	909,701
	477,255	190,000	263,511	930,766

15 Related party transactions

There are no related party transactions in the current or prior year apart from those already disclosed throughout the report.

16 Reconciliation of net movement in funds to net cash inflow from operating activities

	2024 £	2023 £ Restated
Statement of Financial Activities: Net movement in funds	195,000	58,676
Investment income	(17,905)	(3,491)
Depreciation	6,413	5,309
Increase in creditors: current liabilities	7,417	123,243
Decrease in debtors	111,951	126,910
Profit on disposal of tangible fixed assets	1,725	-
Net cash inflow from operating activities	304,601	310,647

17 Analysis of changes in cash during the year

	2024 £	2023 £	Change £
Cash at bank and in hand	269,522	902,400	(632,878)
Short-term investments	943,432	-	943,432
	1,212,954	902,400	310,554

	2023 £	2022 £	Change £
Cash at bank and in hand	902,400	606,433	295,967

18 Prior periods restatement

The following restatements are required due to errors arising from the delayed recognition of income. The change in treatment affected four grants in the two prior periods:

Analysis by net assets	2023 As previously stated £	Adjustment £	2023 Restated amounts £
Tangible assets	21,065	-	21,065
Debtors	8,223	294,511	302,734
Cash at bank and in had	902,400	-	902,400
Creditors < 1 year	(295,433)	-	(295,433)
Total net assets	636,255	294,511	930,766

Accrued income is the debtor affected.

18 Prior year restatement (continued)

Fund totals at year-end	2023 As previously stated £	2022 adjustment £	2023 adjustment £	2023 Restated amounts £
Restricted funds	-	(374,006)	110,495	(263,511)
Unrestricted funds	(636,255)	-	(31,000)	(667,255)
	(636,255)	(374,006)	79,495	(930,766)

Income and Expenditure	2023 As previously stated £	Adjustment £	2023 Restated amounts £
Income from donations and grants - restricted	(168,263)	135,495	(32,768)
Income from donations and grants - unrestricted	(26,672)	(56,000)	(82,672)
Charitable activity expenditure - restricted	179,424	(25,000)	154,424
Charitable activity expenditure - unrestricted	353,748	25,000	378,748

2022 all items	2022 As previously stated £	Adjustment £	2022 Restated amounts £
Income from donations and legacies - restricted	(158,004)	(374,006)	(532,010)
Accrued income (debtor)	287,079	374,006	661,085
Resulting in:			
Restricted funds held at 31 March 2022	11,161	374,006	385,167

SWEDA Ltd

England & Wales - Charity number 1056441

Accounts

SOMERSET & WESSEX EATING DISORDERS ASSOCIATION

SWEDA

ANNUAL REVIEW

APRIL 2022 - MARCH 2023

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A MESSAGE FROM OUR CHAIR

Hello and welcome to this year's annual review of SWEDA. My name is Karen Prosser. I recently became the Chair of SWEDA following the decision of Barbara Clift to stand down.

I joined SWEDA as a trustee in April 2023 having worked with them extensively when I worked for Somerset NHS Foundation Trust. I have always been impressed with the support they provide across Somerset for people with eating disorders. This support has increased significantly, with SWEDA increasingly providing support beyond the boundary of Somerset. Such growth and success have been recognised both regionally and nationally where our approach, especially in working in partnership with the NHS and other voluntary sector partners, is seen as best practice.

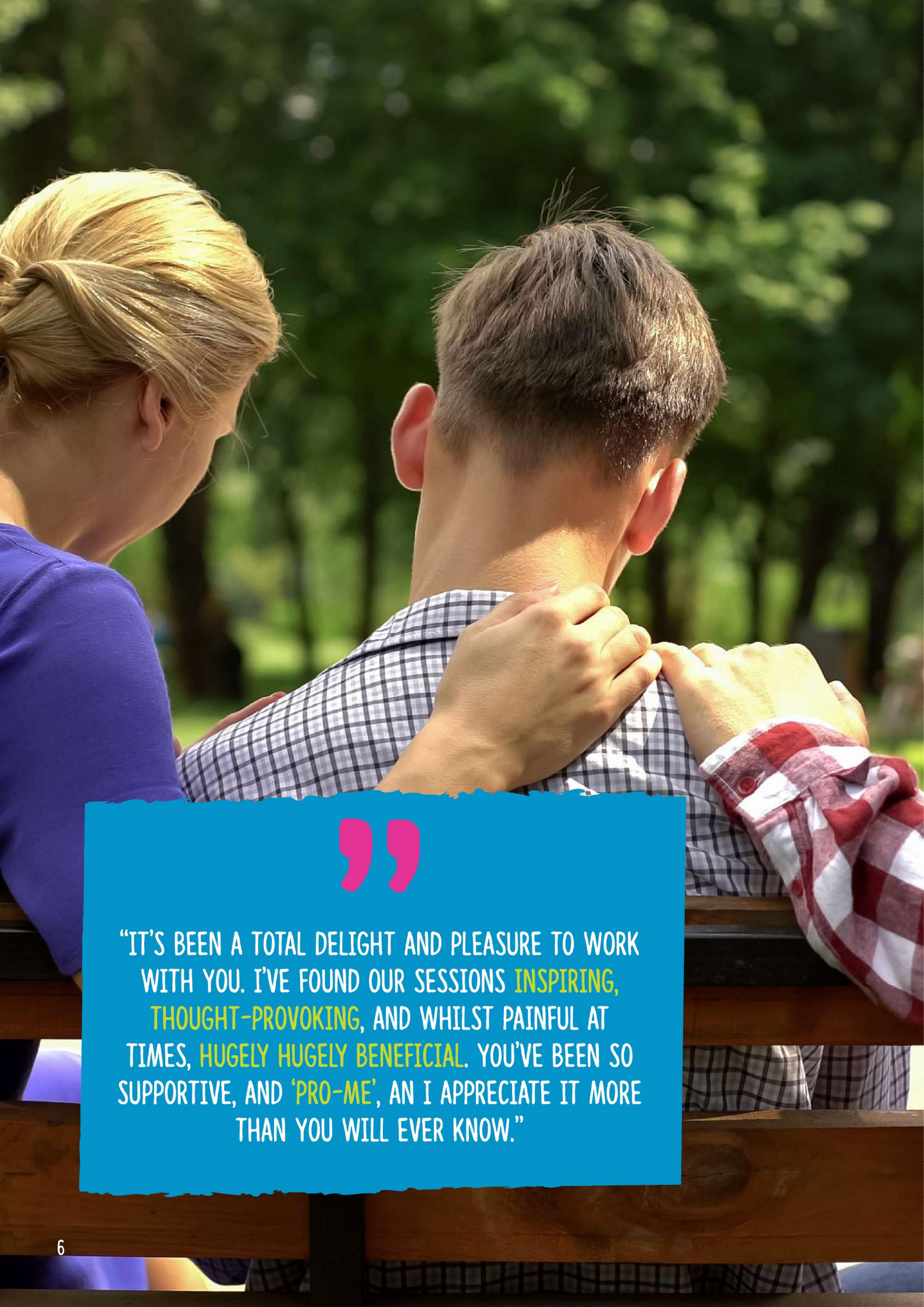
2023 has been a key year in the history of SWEDA with the expansion of services both in terms of geography and range of support we provide. In addition, we see the future growth for SWEDA building on what we have achieved in 2023. This means we need to change in a number of ways with the first major change being to rename our charity as South & West Eating Disorders Association. This change of name is not only important in maintaining the link with our history, but it also allows us to reflect our growth and wider service delivery whilst maintaining the link to the SWEDA brand which we know is trusted by both professional colleagues and clients.

As always, our success is driven by our people and leadership and I am proud to be the new chair of SWEDA leading the board of trustees in supporting the CEO and senior leadership team and colleagues who provide support to those that need it. Our successful outcomes which are outlined within this report speak for themselves, but we are not complacent and realise the importance of recruiting new people but also making sure we encourage our brilliant people to stay and work with us into the future.

This is an exciting time for all at SWEDA and we are all looking forward to what 2024 and the future holds.

We will be working hard to continue to deliver excellence in our services, whilst meeting the extended geography across the South & West.

KAREN PROSSER
Chairperson



"IT'S BEEN A TOTAL DELIGHT AND PLEASURE TO WORK WITH YOU. I'VE FOUND OUR SESSIONS INSPIRING, THOUGHT-PROVOKING, AND WHILST PAINFUL AT TIMES, HUGELY HUGELY BENEFICIAL. YOU'VE BEEN SO SUPPORTIVE, AND 'PRO-ME', AN I APPRECIATE IT MORE THAN YOU WILL EVER KNOW."

CHALLENGES WE FACED DURING THE YEAR...

- Continual high demand for all SWEDA therapeutic services
- Managing our growing waiting list, to minimise risk of clients getting sicker whilst they wait
- Cost of living crisis impact on our staff salaries
- Current accommodation is not fit for purpose
- Demand for our advice and services from national NHS Health Trusts following the roll out of Mental Health Transformation

"WE AS A FAMILY WANT TO THANK YOU SO VERY MUCH FOR EVERYTHING YOU HAVE DONE FOR US AND BEING THE ONLY PEOPLE TO GIVE US HELP AND SUPPORT - IT MEANS SO MUCH."

OUR IMPACT

In 2021 we commissioned the Children's Outcome Research Consortium (CORC) who are affiliated to the Anna Freud Centre to undertake a review of how we measure our impact. Our first results for 2022/23 showed:

- 77% of adults reported an improvement in their wellbeing and 81% reported an improvement in their eating disorder / eating disorder behaviours
- 82% of children and young people reported an improvement in their wellbeing and 76% an improvement in their eating disorder / eating disorder behaviours

Highlights this year from our experience of service questionnaire include:

94%

of family and friends who received support from SWEDA, said they feel able to function more effectively in their role of caring for their loved one with an eating disorder.

80%

of those who received a support and guidance session said they felt less isolated and more supported after their initial session with us.

100%

said they had full confidence in the therapeutic worker they worked with and their knowledge, skills and techniques.

NEXT YEAR WE WILL...

- Roll out our services to all 6 localities within the BNSSG area.
- Recruit a further 4 Therapeutic Support Workers in the BNSSG area.
- Increase our counselling service by a further 15%
- Increase our Children's services by 25%
- Expand our fundraising team to diversify income and ensure future sustainability of SWEDA services.
- Recruit 12 new Trainee Counsellors to join the counselling team.
- Expand our counselling service into Bristol.
- Carry out research to better understand how eating disorders present in minoritized communities.
- Explore expanding our services into new geographical areas.
- Gain accreditation for our counselling service through the BACP
- Work towards gaining an accreditation for all our training packages.
- Further enhance our infrastructure to ensure sustainability

88%

INCREASE IN THE NUMBER OF CHILDREN AND YOUNG PEOPLE IN COUNSELLING

VISION

Our vision is to support everyone affected by eating disorders across Somerset & Wessex

82% OF CHILDREN AND YOUNG PEOPLE REPORTED AN IMPROVEMENT IN THIER WELL BEING

MISSION STATEMENT

We engage with people affected by eating disorders, including family, friends and carers, by offering hope and enabling access to support services to empower recovery.

9 CORE VALUES

Safe
respecting boundaries and confidentiality

User Influence
listening to our clients to ensure they are at the heart of all we do

Pro-recovery
supporting our clients to remain hopeful that recovery is possible

Flexible
providing family friendly services and workplace environment

Ambitious
motivated and aspirational in our work

Compassionate
to our clients, staff, and volunteers in time of need.

Professional
being an exemplar of good practice in all aspects of our work

Collaborative
working in partnership with our clients, their families, statutory and voluntary organisations

Holistic
responding to the complexity of our client's needs

SOMERSET & WESSEX EATING DISORDERS ASSOCIATION
SWEDA

THE COACH HOUSE • HARVEST COURT • SHEPTON MALLET • BA4 5BS
01749 343344 • WWW.SWEDAUK.ORG

UK Registered Charity 1056441; UK Company Limited By Guarantee 3208772

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

FINANCIAL STATEMENTS

31 MARCH 2023

Charity Number: 1056441

Company number: 03208772

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

REFERENCE AND ADMINSTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2023

Registered Company Number	03208772 (England and Wales)
Registered Charity Number	1056441
Registered Office	Cooper House, Lower Charlton Trading Estate, Shepton Mallet, Somerset, BA4 5QE
Website	www.swedauk.org
Trustees	Sarah Hall Nicholas Hooper (resigned 24 November 2022) Richard Cussell (resigned 17 July 2023) Barbara Ann Clift Sarah Brennan (resigned 18 May 2023) Megan Potts (appointed 30 May 2022) Susanne Norweg (appointed 30 May 2022) Karen Prosser (appointed 3 April 2023)
Quality & Governance sub-committee	Barbara Clift Sarah Hall Sam Best
Finance sub-committee	Sarah Brennan Fiona Brennan Paula Blight
Clinical sub-committee	Sanni Norweg Sarah Hall Nerissa Shaw
Remuneration sub-committee	Richard Cussell Sarah Hall Sarah Brennan Paula Blight
Senior staff	Paula Blight (Chief Executive) Sam Best (Chief Operations Officer) Nerissa Shaw (Clinical Lead) Deborah Xavier (Head of Fundraising)

Principal Bankers	CAF Bank Limited Kings Hill West Malling Kent ME19 4TA
Independent examiner	Joshua Kingston BSc, ACA Burton Sweet Limited The Clock Tower 5 Farleigh Court Old Weston Road Bristol BS48 1UR

The Report of the Trustees should be read in conjunction with Annual Review & Impact Report as above. Further information can be found on the SWEDA's website (swedauk.org.uk). Reference and administrative information set out on pages 1 and 2 form part of this Report. The financial statements comply with current statutory requirements, the Articles of Association, and the Statement of Recommended Practice by Charities: SORP, applicable to charities preparing their accounts in accordance with FRS102 (issued in October 2019).

Objectives, activities & achievements

The purposes of the charity as set out in in the schedule to the Articles of Association dated 11th December 2003 are to provide services, facilities, and training for the relief of people affected by eating disorders.

The pandemic and subsequent lockdowns over 2020 and 2021 have irrevocably changed the way we work with the development of more virtual support being provided. 2022/23 saw us customise and hone our skills within this area ensuring SWEDA's nine core values remain at the heart of our activities and are synonymous with the quality of care we offer; they have remained the keystone of our activities during the year under review. In the first full year with no restrictions, we have weaved many of these working practices as a mainstay offering a blended service, maintaining choice for the client, of face-2-face, online services, or a combination of the two. Now embedded, these practices form part of our ongoing service delivery, providing greater reach and flexibility.

The impact of the pandemic has significantly affected mental well-being with demand for SWEDA and our services continuing to grow. This year also saw the expansion of our services into Bristol, North Somerset, and South Gloucestershire (BNSSG) with a staged development over two years, as we established this new team which is an exciting prospect moving forwards. We also enhanced our Children's Service with the key recruitment of management and therapeutic staff. All of which has further added to this years' service delivery where we saw 770 individual clients who received 1-2-1 support, an 18% increase on last year. There was also a further increase in the delivery of therapeutic sessions which totalled 3785 a 14% increase. SWEDA's Children's and Young People's service also saw substantial growth. During the year we delivered 606 counselling sessions to 60 children & young people, a 178% increase on last year's sessions and 88% increase in number of clients. As freshers' fairs and other events opened up, we also raised awareness to over 10,000 young people throughout Somerset alone. In reviewing our services with NHS colleagues, it is clear that the services provided by SWEDA remains good value for money with an average cost of £1,000 per client based on the individual number of clients we saw throughout the year.

Public benefit statement

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning SWEDA's future activities. In particular, the Trustees consider how planned activities will contribute to SWEDA's charitable purpose.

Contributions made by volunteers

During the year we relied on the generous support of 23 volunteers, many of whom have lived experience of an eating disorder, who contributed 4,500 hours, valued at £42,750 (based on National Minimum wage). We thank them for their incredible contribution. Most of our volunteers work within our counselling service to

gain invaluable experience and confidence in working with eating disorders whilst working towards their Level 4 & 5 counselling qualifications. We could not run our counselling service without these specialist volunteers who all receive our rigorous training, clinical supervision and continued professional development hours. Remaining a focus and mainstay of our work, we also recruited a Therapeutic Services Manager whose role is to develop and manage our increasing volunteer workforce; a pivotal role in our development moving forwards. As always, the focus of this work was development and within this expansion some of these new roles were internal promotions some of whom started as volunteers; we hope all our volunteers may get the opportunity to move into paid roles within the charity in the future.

In addition, we continue to receive pro-bono support from corporate partners who support us with a range of services including legal, advice and use of accommodation.

Financial review

Results for the year

Income

The growth in income from £508,376 to £708,488, an increase of £200,112 equates to 39% growth. This was driven by overall increases in income made up from: Increases in public funds (new contracts), increases in fundraising, and increases to charitable activities - primarily our service delivery grants.

Expenditure

Total expenditure in the year was £570,317, representing an increase of £197,206 or 53% on 2021/22 expenditure. Of this, charitable expenditure in the year totalled £533,172 (2021/22: £344,201). This is reflective of the increase in new services which have been developed and the consequent increase in income.

Year on year demand is being managed through steady growth and investment in infrastructure ensuring a solid base to manage next year's planned staff and volunteer intake in line with our strategy. Mindful of the need to invest in new income streams, during the year with used our designated funds as follows:

- £40k IT - £2k per staff member was spent as planned.
- £20k of the proposed £80k Development of fundraising was spent on Freelance Fundraiser and the successful recruitment and one month in post of a Head of Fundraising who started in March 2023. This recruitment process took longer than anticipated due to the current challenging recruitment market. The remainder will be carried though into next year's accounts to support the continued planned expansion of the fundraising team.
- £1k of the original £35k funds were spent on equipment. We were fortunate within this year to agree this additional expenditure as part of one of our contracts.
- Within this year we had a minimal spend of £430 of the £30k originally designated on premises – Within our premises strategy short-term we were successful in securing additional free space. We still need to consider the longer-term and need to review premises situation as we expand, as our current lease expires in October 2025.
- £20k Digital Platform Development. This spend was achieved along with additional funds to re-fresh and upgrade the website.

Funds

Total funds at 31st March 2023 were £636,255 (2021/22 £498,084). All restricted funds, a total of £168,263 received in the year, have been spent within this financial year, the remaining balance totalled £NIL (2021/22: £11,161). Designated funds (£190K) comprise of specific areas of development to enable the charity to grow in line with demand and our plans moving forwards and include:

- £40k Service Provision
- £80k Development of fundraising – salary for Head of Fundraising who is now in post & funding officer to add to this growing team
- £10k Equality Diversity & Inclusion – for an organisation audit/review to embed practices within the whole organisation on a top-down process.
- £30k Digital, Data & IT– based on a recent data maturity assessment, there are areas that need further development and investment as we grow.
- £30k Premises – whilst we have a short, medium and long-term plans for premises the next stage is to further develop these. Whilst we have found a solution short-term, areas of concern lay in the medium/ long-term where we need to bring in expert support with a premises feasibility study.

After making an allowance for any restricted funds, and the amount of designations, or the carrying amount of functional assets which the charity held, the charity's free reserves at 31 March 2023 were £425,190 (2021/22: £273,720). This represents 9 months applicable expenditure within the range of the trustees' policy for reserves.

Although we have experienced year on year demand for our services and have been reasonably successful with our funding, we are mindful of sustainable growth. Therefore, our strategic plan moving forward is for steady manageable growth firstly led by infrastructure investment followed by increased expenditure in staffing and additional service offering to better manage this challenge we face moving forward, some of which will cross financial years. 2023/24 financial accounts will see further increases in expenditure as we make these investments, ultimately decrease our reserves holding and the overall number of weeks we hold.

Investment Policy

SWEDA's trustees believe that the most appropriate policy for investing funds during these uncertain times is through a number of specialised bank accounts in the "Not for Profit" sector. Although interest rates remained low during most of this period, we did experience an increase towards the last two months of this reporting period, our decision is principally driven by the need to have access to short-term funds in cash, and to ensure the security of cash reserves and will be reviewed if the increase rate continues to rise during the next reporting period.

Reserves and reserves policy

The Board of Trustees reviews reserves annually to ensure that there are sufficient funds to maintain the charity's financial stability and development. With the current uncertainty within charitable funding and the dynamic climate in which SWEDA is operating, and the uncertainty with our NHS contracts the Trustees' reserves policy is to aim to hold unrestricted reserves of 9-12 months' expenditure. As is common practice across the charity sector, and in order to segregate unrestricted funds which are not easily realisable from

those which are 'free' reserves, the trustees have also established designated funds, representing specific funds which are to be used by the charity, for future ongoing developments. All of which is extremely key within the current climate of huge demand for eating disorder services with little or no signs of reducing anytime soon.

Fundraising

We experienced a down-turn within our fundraising income primarily due to our one part-time fundraiser who left halfway through this financial year. This clearly highlights the need to invest further in fundraising which is part of our long-term strategy. Recruitment for Head of Fundraising proved a challenge and therefore took the decision to recruit a freelance fundraiser as an interim measurer whilst seeking the right person for this role. Happy to report this post was eventually filled in March, towards the end of this reporting period. The National Lottery Community Fund is maintaining momentum and in our first year of reporting this grant as usual they have been very supportive of our work. This, along with other key funders such as Lloyds Bank Foundation, and a new foundation The Prudence Trust who approaches us clearly demonstrates the high regard in which SWEDA is held. SWEDA has also secured a number of fully funded NHS contracts, adding to our portfolio of funding streams, moving into Bristol, North Somerset and South Gloucestershire (BNSSG) on a two-year phased contract employing a further seven staff. Enhancing our children's services with a fully funded service working specifically with the CAMHS to reduce their waiting lists. As we have stated in previous reports these are not a substitute for other funds however, and we now need to actively pursue diverse funding streams, firstly with the development of a fundraising strategy and then with the employment of a fundraising team to implement this strategy. All of which are priorities for the new Head of Fundraising now in post.

SWEDA premises are no longer fit for purpose and as I write this report space is at a premium and remains an issue. Increasing numbers of staff and volunteers need desk and room space. We also need additional therapeutic rooms, and private space for video meetings which have become normal working practice post-pandemic. Our lease on Harvest Court is up in October 2025 and we are currently looking at short, medium, and long-term accommodation options as the charity develops and grows. Short-term we have secured additional space within other like-minded charities for minimal cost. Our next steps will be a feasibility study outlining our needs and requirements within the medium and longer terms looking at a variety of options as we grow from being considered a small into a medium charity with all that this entails.

Structure, governance & management

Legal structure

SWEDA was incorporated as a company limited by guarantee on 6th June 1996 and registered as a charity in England and Wales on 27th June 1996. The governing document is the Articles of Association, which were updated in line with the Companies Act 2006. The Board of Trustees comprises the Directors of the company who are also the members of SWEDA. A policy has been established, whereby trustees and Senior Managers of SWEDA automatically become members of the Charity upon appointment. Such membership lapses as soon as individuals cease to be Trustees or Senior Managers of the charity. The only members during the year were the Trustees & Senior Managers. The total number of Member guarantees at 31 March 2023 was six (2022: Eight)

Governance

The Trustees who have served during the year and those appointed before the date of this report are listed on page 1. No member of the Board or Committees receives any renumeration for their services. The Board met on-line five times during the year (2022/23: five). Sarah Brennan remained as Chairperson throughout this reporting period. The sub-committee structure is working well reporting into the board prior to the quarterly meetings these include; Clinical, Quality & Governance, Finance & Fundraising and Remuneration Sub-Committees. Each trustee is a member of at least one sub-committee which meet before and report to the next Board Mtg. The members of these committees are listed on page 1.

The Risk Register has been updated and freelance Finance Manager appointed to ensure trustees have easy to understand data and have a dashboard of critical information to hand.

There has been limited change of trustees in the year as anticipated we lost Nicholas Hooper long-standing member of the Board of Trustees who retired after three plus terms. We have assessed the makeup of the Board and in the year ahead we will be recruiting to address the diversity and inclusion needs of the Board, especially as we are now working in Bristol.

The executive team's work with CORC (Children's Outcomes Recording Collaborative) at Anna Freud Centre/UCL to effectively collate our already extensive data and be able to assess outcomes more readily alongside NHS and other services. CORC quoted "SWEDA's Story, which is a real-world example of how a service has embarked on the process of determining, measuring, and reporting outcomes, working together with our Regional Improvement Office Lee Atkins, and the CORC team." A good example of the results was 82% of adults and 77% of young people recorded a reduction in psychological distress, as measured by the CORE-OM and YP-CORE." This required considerable work and effort and the team are applauded for this achievement.

Recruitment & appointment of Trustees

Trustees are invited and approved (or otherwise) by existing Trustees, who then co-opt new member(s) during the year. An appointment is then approved or otherwise by the Members at the Annual General Meeting. No outside body can appoint Trustees. There is no time limit for continuous service by trustees, but one third of the board resigns and is subject to re-election (if desired) at each AGM.

The Board of Trustees reviews the skill set of its members regularly and whenever a vacancy arises. Vacancies are advertised on our website and through other channels, as well as externally on relevant trustee and other platforms. Appointments are overseen by the chair and once appointed by the Board, new Trustees are inducted by the Chief Operations Officer and other relevant staff members. Trustees are given information on the legal duties and expectations of a Trustee and invited, on an ongoing basis, to attend Trustee training events funded by SWEDA.

Management

The Board of Trustees is legally responsible for the strategic direction of the charity including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and it makes decisions about the appointment of trustees and senior staff. The appointment of Sarah Brennan as Chair (2021) also reflects her focus to continue to lead and develop the organisation as it grows across the Southwest.

Day-to-day operation of the organisation is delegated to the Chief Executive, Paula Blight, and the Senior Leadership Team.

Renumeration policy

SWEDA aims to ensure that all staff are paid appropriately according to the nature of the work and their experience, knowledge, and skills relevant to their role. The charity is committed to principles ensuring that pay and conditions of employment do not discriminate unlawfully and are free from bias. In determining the salary for the Chief Executive and Senior Management Team, responsibility is delegated to the Remuneration Committee, which seeks to pay a fair salary to attract and retain skilled and expert senior leaders for the organisation.

Plans for future periods

5-year strategy

This year saw the second year of our five-year strategy. We undertook a strategic review in 2020, involving our staff, volunteers, services users, and Trustees. We sought to establish a clear purpose for SWEDA for the next five years and running alongside this is our management plan. Our new strategy has created four key areas as shown below:

1. Engage, enable, and empower all those affected by eating disorders in our area of service provision

A. Continue to improve the quality and effectiveness of our services.
B. Ensure we fully understand the demographic breakdown and the different needs of our communities.
C. Ensure our staff and volunteers have the expertise and understanding to effectively respond to these needs.
D. Develop monitoring and outcomes data to evidence our impact on our clients lives and wellbeing.

2. Increase our response and provision for young people experiencing eating disorders or emerging eating problems

A. Further develop the provision that we have begun to offer for eating disorder treatment and support for young people in tandem with carers or parents.
B. Become the experts and lead the way in eating disorders provision for young people within our area.
C. Provide services for young people that address early intervention and precursors to eating disorders.
D. Develop relationships with key service providers for young people to ensure no-one is left behind including those moving into adulthood.

3. Address the diverse causes and presentations of eating disorders amongst different groups and communities

A. Increase the understanding within SWEDA of the range of factors which may trigger and sustain eating problems.
B. Involve and engage with all genders, ethnicities, and ages across all aspects of our organisation.
C. Increase our understanding of how eating problems may manifest differently in different groups and communities.
D. Develop our services to address the needs we have identified.

4. Develop strategic alliances to secure sustainable funding and increase the range and quantity of effective eating disorder support

A. Explore national relationships with eating disorder organisations to share learning and effective responses.
B. Explore regional relationships with the wider VCSE with a view to build effective alliances.
C. Build effective relationships with local and regional statutory health commissioning bodies to secure service provision.
D. Explore the potential of research partnerships with universities and others with the purpose of increasing the quantity and quality of services and to contribute to wider knowledge about eating disorders.

Connection to a wider network

Working in partnership and collaboration are integral to SWEDA's approach and to how we tackle the scale of need amongst people affected by eating disorders. We are active across three Integrated Care Boards (ICB) and are working with all these VCSE Alliance. SWEDA is also an active member of the Somerset Group of Charities directing and influencing policy for health and wellbeing across Somerset. SWEDA's tenure as chair of REDCAN, the Regional Eating Disorders Alliance & Network ended after one year in office, passing the baton to First Steps whose CEO Kevin Parkinson takes this role. SWEDA remains an active member working at a strategic level to better serve eating disorders across the UK. A mainstay of the GSK IMPACT Awards Network enables access to twice a year leadership training and networking with The King's Fund which has led to other high profile networking opportunities throughout the year.

Statement of Trustees' responsibilities

The Trustees (who are also directors of SWEDA for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgments and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the Board of Trustees on Nov 29 2023 **and signed on behalf by**

Karen Prosser

..... **(Karen Prosser, Chairperson)**

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2023

Independent examiner's report to the trustees of The Somerset and Wessex Eating Disorders Association ('the Company').

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston

Joshua Kingston BSc, ACA
Burton Sweet Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: Nov 29 2023

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDES INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income from:					
Donations and legacies	2	26,672	168,263	194,935	274,684
Charitable activities	3	510,062	-	510,062	229,997
Other trading activities		-	-	-	3,555
Investment income		3,491	-	3,491	140
Total income		540,225	168,263	708,488	508,376
Expenditure on:					
Raising funds	4	37,145	-	37,145	28,910
Charitable activities	5	353,748	179,424	533,172	344,201
Total expenditure		390,893	179,424	570,317	373,111
Net income/ (expenditure)	7	149,332	(11,161)	138,171	135,265
Transfers between funds	13	-	-	-	-
Net movement in funds		149,332	(11,161)	138,171	135,265
Total funds at start of year	13	486,923	11,161	498,084	362,819
Total funds at end of year	13	636,255	-	636,255	498,084

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

See note 9 for fund-accounting comparative figures.
The notes on pages 15 to 23 form part of these financial statements.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

BALANCE SHEET

AS AT 31 MARCH 2023

Company number: 03208772

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	21,065	8,203
		21,065	8,203
Current assets			
Debtors	11	8,223	55,638
Cash at bank and in hand		902,400	606,433
		910,623	662,071
Liabilities			
Creditors: amounts falling due within one year	12	(295,433)	(172,190)
Net current assets		615,190	489,881
Net assets		636,255	498,084
Funds			
Restricted funds	14	-	11,161
Unrestricted funds			
General funds	14	446,255	281,923
Designated funds	14	190,000	205,000
		636,255	498,084

For the year ended 31 March 2023 the Company was entitlesd to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors responsibilities:

- The members have not required the Company to obtain an audit of its accounts in accordance with section 476.

- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts and

The accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the Trustees on Nov 29 2023 , and are signed on their behalf by:

Karen Prosser

.....

Karen Prosser - Interim Chair

Sarah Hall

.....

Sarah Hall - Trustee

The notes on pages 15 to 23 form part of these financial statements.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

CASHFLOW STATEMENT

YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
Net cash inflow from operating activities	**16**	310,647	230,992
Non-operational cash flows:			
Payments for tangible fixed assets		(18,171)	-
Investing income		3,491	140
		(14,680)	140
Net cash inflow for the year	**17**	295,967	231,132

Cashflow Restrictions

Charity law prohibits the use of net cash inflows of any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 15 to 23 form part of these financial statements.

1 Accounting policies

Basis of preparation

The financial statements have been prepared 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 (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and Companies Act 2006 and UK Generally Accepted Practice as it applies from January 2019.

Somerset and Wessex Eating Disorders Association meets the definition of a public entity under FRS102.

The Trustees have considered the financial position of the organisation and believe that it is currently a going concern.

Income

Income from donations are recognised when these are receivable, except as follows:

I. When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods;
II. When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

Legacies are included on a receivable basis where the charity is entitled to the income, it can be measured reliably and receipt is probable. Where legacies have been notified to the charity, or the charity is aware of the granting probate, and the criteria for income recognition have not been met, then the legacy is not included in income but is treated as a contingent asset and disclosed if material.

Investment income is included on a receivable basis.

Donations in kind comprise of donated goods and services where the costs are measurable and the services would otherwise have to be paid for to maintain operational effectiveness.

Expenditure

Expenditure is recognised on an accruals basis in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. Governance costs are included within support costs.

Allocation and apportionment costs

Certain expenditure is directly attributable to specific activities and this has been included in those cost categories. Other costs, which are attributable to more than one category, are apportioned across cost categories on the basis of an assessment of workload carried out from time to time. Overhead support costs have been apportioned between charitable activities on a basis consistent with the use of resources.

Pension

The charity contributes to defined contribution pension schemes. Contribution payable to the charity's pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

1 **Accounting policies (*continued*)**

Tangible fixed assets
Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible asset into its intended working condition should be included in the measurement cost. Capital items with purchase price of more than £1,000 are included within fixed assets.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Furniture and fittings	- 15% reducing balance
Computer equipment	- 33% straight line

Debtors
Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand
Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors
Creditors and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable of a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Creditors are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted and the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds form part of unrestricted funds and have been identified as being for particular purposes by the Trustees. They are not restricted and can be transferred to general funds at any time at the discretion of the Trustees.

Further explanation of the nature and purpose of each fund is included in note 13 of the financial statements.

2 Income from: donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations from:			
Individuals	3,183	-	3,183
Trusts and foundations	17,500	57,768	75,268
Corporate donations	2,307	-	2,307
Community fundraising	3,424	-	3,424
Public funding	-	110,495	110,495
Gift aid	258	-	258
	26,672	168,263	194,935

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations from:			
Individuals	5,140	-	5,140
Trusts and foundations	82,985	82,010	164,995
Corporate donations	22,337	-	22,337
Community fundraising	5,496	-	5,496
Public funding	-	75,994	75,994
Gift aid	722	-	722
	116,680	158,004	274,684

3 Income from: charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Service delivery grants	503,602	-	503,602
Counsellor training	6,460	-	6,460
	510,062	-	510,062

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Service delivery grants	227,505	-	227,505
Counsellor training	2,492	-	2,492
	229,997	-	229,997

4 Expenditure on: raising funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Staff costs	29,474	-	29,474
Fundraising costs	104	-	104
Support costs (Note 6)	7,567	-	7,567
	37,145	-	37,145

4 Expenditure on: raising funds (continued)

Prior year comparative

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Staff costs	20,862	-	20,862
Fundraising costs	111	-	111
Support costs (Note 6)	7,937	-	7,937
	28,910	-	28,910

5 Expenditure on: charitable activities

	Activities undertaken directly	Support costs Note 6	Total 2023
	£	£	£
Provision of services	424,552	108,620	533,172
	424,552	108,620	533,172

Prior year comparative

	Activities undertaken directly	Support costs Note 6	Total 2022
	£	£	£
Provision of services	249,699	94,502	344,201
	249,699	94,502	344,201

6 Support costs

	Total Funds 2023	Total Funds 2022
	£	£
Staff and volunteer costs	96,326	83,275
Office costs	4,762	3,326
Premises costs	3,228	3,448
Professional costs	3,060	2,850
Finance costs	6,711	5,796
Governance costs	2,100	3,744
	116,187	102,439

7 Net income/ expenditure for the year

		2023	2022
		£	£
Independent examiner's fee	- Current year	2,100	2,730
	- Prior year over/under provision	-	1,014
Depreciation		5,309	3,514
Trustees remuneration		-	-
Reimbursement of Nil Trustees expenses (2022: Nil)		-	-

8 Staff costs and numbers

The aggregate payroll costs were:

	2023	2022
	£	£
Wages and salaries	361,438	224,945
Social security costs	29,041	14,290
Contribution to defined contribution pension scheme	24,692	16,631
Subcontracted staff	71,166	50,891
	486,337	306,757

The average number of persons employed by the company (headcount) during the year was 16 (2022: 10).
The average number of persons employed by the company during the year, on a Full-time Equivalents (FTE) basis, was 13 (2022: 14).
No employee received remuneration amounting to more than £60,000 in the current or preceding year.

The key management personnel of the charity are the CEO, COO and the clinical lead. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £174,414 (2022: £135,805).

9 Prior year fund comparatives for the Statement of Financial Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£
Income from:			
Donations and legacies	116,680	158,004	274,684
Charitable activities	229,997	-	229,997
Other trading activities	3,555	-	3,555
Investment income	140	-	140
Total income	350,372	158,004	508,376
Expenditure on:			
Raising funds	28,910	-	28,910
Charitable activities	197,358	146,843	344,201
Total expenditure	226,268	146,843	373,111
Net income/ (expenditure)	124,104	11,161	135,265
Transfers between funds	-	-	-
Net movement in funds	124,104	11,161	135,265
Total funds at start of year	362,819	-	362,819
Total funds at end of year	486,923	11,161	498,084

10 Tangible fixed assets

	Fixtures & fittings £	Computer equipment £	Total £
Cost			
At 1 April 2022	8,688	33,280	41,968
Additions	3,078	15,093	18,171
At 31 March 2023	11,766	48,373	60,139
Depreciation			
At 1 April 2022	3,767	29,998	33,765
Charge for the year	812	4,497	5,309
At 31 March 2023	4,579	34,495	39,074
Net Book Value			
At 31 March 2023	7,187	13,878	21,065
At 31 March 2022	4,921	3,282	8,203

11 Debtors

	2023 £	2022 £
Trade debtors	2,448	51,847
Prepayments and accrued income	5,775	3,791
	8,223	55,638

12 Creditors

	2023 £	2022 £
Trade creditors	6,565	9,287
Other creditors	1,789	280
Accruals and deferred income	287,079	162,623
	295,433	172,190

13 Movement between funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Restricted funds					
Awards For All	3,426	-	(3,426)	-	-
Children In Need	7,735	22,993	(30,728)	-	-
Reaching Communities	-	110,495	(110,495)	-	-
Lloyds Bank Foundation	-	27,275	(27,275)	-	-
Prudence	-	7,500	(7,500)	-	-
	11,161	168,263	(179,424)	-	-
Unrestricted funds					
General funds	281,923	540,225	(390,893)	15,000	446,255
Designated funds					
IT Fund	40,000	-	-	(40,000)	-
Strategic Development Fund	80,000	-	-	50,000	130,000
Equipment Fund	35,000	-	-	(35,000)	-
Premises Review Fund	30,000	-	-	-	30,000
Digital Platform Development Fund	20,000	-	-	(20,000)	-
Digital, Data & IT Fund	-	-	-	30,000	30,000
	486,923	540,225	(390,893)	-	636,255
Total funds	498,084	708,488	(570,317)	-	636,255

Prior year comparative	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Restricted funds					
Awards For All	-	11,594	(8,168)	-	3,426
Children In Need	-	37,083	(29,348)	-	7,735
Reaching Communities	-	75,994	(75,994)	-	-
Lloyds Bank Foundation	-	33,333	(33,333)	-	-
	-	158,004	(146,843)	-	11,161
Unrestricted funds					
General funds	317,819	350,372	(226,268)	(160,000)	281,923
Designated funds					
IT Fund	5,000	-	-	35,000	40,000
Strategic Development Fund	40,000	-	-	40,000	80,000
Equipment Fund	-	-	-	35,000	35,000
Premises Review Fund	-	-	-	30,000	30,000
Digital Platform Development Fund	-	-	-	20,000	20,000
	362,819	350,372	(226,268)	-	486,923
Total funds	362,819	508,376	(373,111)	-	498,084

13 Movement between funds (*continued*)

Restricted funds

Awards For All
This fund represents grant awarded by National Lottery Awards for All England to cover the administration costs of the charity.

Children In Need
This fund represents a three year grant received from the Children In Need charity towards running our Children's Project.

Reaching Communities
This fund represents a five year grant awarded by The National Lottery Community Fund to help run our services.

Lloyds Bank Foundation
This fund represents a three year grant awarded by the Lloyds Bank Foundation towards specific salary costs.

Prudence
This fund represents grant awarded by Prudence Trust for counsellling for young people.

Designated funds

IT Fund
The purpose of the fund is to build an IT fund to pay for replacement computers as life span of a laptop is usually three years.

Strategic Development Fund
These funds have been set a side under the discretion of the Trustees towards the development of fundraising team and therapeutic services.

Equipment Fund
These funds have been set a side under the discretion of the Trustees towards additional equipment required for increased staff & volunteer recruitment as SWEDA grows.

Premises Review Fund
These funds have been set a side under the discretion of the Trustees towards to cover the need for additional space. SWEDA has currently outgrown current premises and looking for additional space short-term. Longer-term need to review premises situation as the charity expands, and our current lease expires in October 2025.

Digital Platform Development Fund
The purpose of the fund is to invest and maintain SWEDA's digital systems during growth.

Digital, Data & IT Fund
In an era of technological advancements, SWEDA is strategically investing in technology and data solutions to ensure we are equipped to navigate and thrive in an evolving digital landscape.

14 Analysis of net assets between funds

	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2023
	£	£	£	£
Tangible fixed assets	21,065	-	-	21,065
Other net current assets	425,190	190,000	-	615,190
	446,255	190,000	-	636,255

Prior year comparative

	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2022
	£	£	£	£
Tangible fixed assets	8,203	-	-	8,203
Other net current assets	273,720	205,000	11,161	489,881
	281,923	205,000	11,161	498,084

15 Related party transactions

There are no related party transactions in the year (2022: £nil) apart from those already disclosed throughout the report.

16 Reconciliation of net movement in funds to net cash inflow from operating activities

	2023	2022
	£	£
Statement of Financial Activities: Net movement in funds	138,171	135,265
Investment income	(3,491)	(140)
Depreciation	5,309	3,514
Increase in creditors: current liabilities	123,243	122,564
Decrease / (increase) in debtors	47,415	(30,211)
Net cash (outflow)/inflow from operating activities	310,647	230,992

17 Analysis of changes in cash during the year

	2023	2022	Change
	£	£	£
Cash at bank and in hand	902,400	606,433	295,967

	2022	2021	Change
	£	£	£
Cash at bank and in hand	606,433	375,301	231,132

SWEDA Ltd

England & Wales - Charity number 1056441

Accounts

ANNUAL REVIEW

APRIL 2021 - MARCH 2022

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14. VISION, MISSION & 9 CORE VALUES

INDIVIDUALS ATTENDED OUR MONTHLY SUPPORT GROUP: 118% INCREASE

"SWEDA SUPPORT HAS HELPED ME TO ENGAGE MORE IN MY UNDERSTANDING OF WHY I OVEREAT. I FEEL THAT I NEED THE SUPPORT TO MOTIVATE MYSELF TO STOP THE SELF-SABOTAGE BY OVEREATING AND BE KINDER TO MYSELF."

A MESSAGE FROM OUR CHAIR

Hello and welcome to this year's Annual Review of the Somerset and Wessex Eating Disorder Association or SWEDA. My name is Sarah Brennan and I was invited to become Chairperson 18 months ago. I was proud to be asked as already I had seen how this community organisation showed its big heart in its impressive delivery to help young and old with their eating problems.

We were then still in the stranglehold of Covid 19, but SWEDA had responded so effectively our services had increased not diminished. We learned a lot about new ways of providing support remotely and we have incorporated the best into our long-term work. Once again, we increased the number of people we helped last year – by over 63% . We increased our services for children and young people, were invited to deliver community eating disorder services in Bristol which have just started, and we built relationships with our partner community eating disorder organisations across the UK to create a national network, REDCAN.

Overall, we continue to grow and are set for ongoing growth with increased future services to help address the high levels of need within the community.

Many factors have enabled these achievements. First of all, we are enormously grateful for the ongoing support of our funders. Their crucial support has helped SWEDA through the challenging times and more recently helping us to respond to demand, build our services as well as the important infrastructure behind the scenes. We have focussed on these areas in the last year so that we are strong to support both the current and future demand for our services.

Strong and thoughtful leadership has been another critical ingredient leading to our success. The senior management team ably led the Chief Executive Paula Blight have provided a balanced, strategic and stable organisational leadership. As a Board of Trustees, we recognise how essential, and often unsung, leadership skills are. I have been very impressed with their professionalism and dedication to SWEDA. I know that along with us, they, in their turn, highly value the whole staff team – both paid and volunteer staff. We all value the warm culture of support, creativity and friendly challenge to get the job done.

I look forward to what I know will be a challenging, but nevertheless impressive year ahead.

Thank you for your interest and support.

SARAH BRENNAN
Chairperson

"WHEN I CAME TO SWEDA, I HAD NEARLY LOST HOPE OF EVER BEING ABLE TO RECOVER FROM MY EATING DISORDER. SWEDA IMMEDIATELY MADE ME FEEL WELCOMED AND SAFE AND, THROUGH MY WORK WITH THEM, HAS MADE ME CONFIDENT THAT I CAN RECOVER AND HAS SUPPORTED ME IN CHANGING MY LIFE AND GIVING ME TOOLS TO MAKE THAT RECOVERY A REALITY. THANK YOU SO MUCH."

NATIONAL KEY MESSAGE ON EATING DISORDERS AND WHY OUR SERVICE IS SO IMPORTANT...

- Eating disorders are a serious mental health condition.
- Anorexia Nervosa has the highest mortality rate within mental health.
- People identified by national statistics as having a possible eating disorder may not reach the thresholds required for a formal clinical diagnosis of an eating disorder or the thresholds for NHS, private or charity support and services. (NHS Digital 2021)
- Unmet and escalating need has a significant cost impact on the individual, families and wider society. The estimated total cost of anorexia and bulimia in England by EY in 2020 is said to be £8bn (health care approx. £1.3bn; carer costs approx. £0.1bn). (The Heart Mind and Genes Coalition for Eating Disorders EY 2021)

- Prevention, early intervention and post-treatment (condition management) support at a pre and sub-clinical level and post treatment (for condition management) is cost-effective and stops unnecessary escalations of (met and unmet) need on the NHS and other services. (NHS England 2016; 2019)
- In 2019, 16% of adults aged 16 and over (19% of women and 13% of men) screened positive for a possible eating disorder. This included 4% (5% of women and 3% of men) reported that their feelings about food had interfered with their ability to work, meet personal responsibilities or enjoy a social life. (NHS Digital 2020)

SWEDA is the ONLY charity in Somerset addressing the above issues

CHALLENGES WE FACED DURING THE YEAR...

- High demand for our Children and Young People's Services
- Demand for our advice and services from national NHS Health Trusts following the roll out of Mental Health Transformation
- Introduction of a blended service model including face-2-face and online services, whilst effectively managing the risk for our more vulnerable clients.
- Recruitment of good quality staff in the current recruitment crisis post COVID and BREXIT.

"PROACTIVE, EMPATHETIC AND USEFUL. I FELT THAT SOMEONE ACTUALLY UNDERSTOOD WHY MY EATING WAS SO DISORDERED AND THAT I WOULD BE ABLE TO GET MEANINGFUL HELP."

OUR IMPACT

655

individual clients received 1-2-1 support; a 63% increase on last year

1424

counselling sessions were delivered to 104 individual clients: 47% increase on last year's sessions and 68% increase in clients

378

Support & Guidance sessions were delivered: 8% increase

60

individuals attended our monthly support group: 71% increase

203

counselling sessions were delivered to 29 Children and Young People: 190% increase on last year's sessions and 107% increase in number of clients.

574

Young People have attended our ED awareness training

186,485

hits to our website: 21% increase

3834

Volunteer Hours contributed by our wonderful volunteers valued at £36,423

(based on minimum living wage)

IN ADDITION WE...

- won the GSK Impact Awards 2021 which included the development of a promotional film
- negotiated and secured a contract to expand our services into Bristol, North Somerset & South Gloucester (BNSSG)
- negotiated and secured a contract to expand our Children's Service in Somerset
- set up a support group for friends and family of people with eating disorders.
- recruited a digital marketeer and fundraiser to help raise our profile through digital platforms.
- worked alongside CORC (Children's Outcome Research Consortium) to review and introduce new outcome measure tools. This will enable us to benchmark our work against the NHS and other ED services
- expanded our opening hours to 4 days per week 8am to 8pm
- created a new fundraising CRM
- formed an alliance with other regional eating disorder charities, called REDCAN (Regional Eating Disorders Charities Alliance Network)

GSK AWARDS

Short: https://vimeo.com/710771249

Long: https://vimeo.com/710770479

"SWEDA HAS BEEN AN INCREDIBLE LIFELINE TO ME. IT HAS GIVEN ME HOPE FOR THE FUTURE AND HAS TAUGHT ME THE IMPORTANCE OF SELF-WORTH. I WILL NOT BE DEFINED BY MY EATING DISORDER. THANK YOU SWEDA."

NEXT YEAR WE WILL...

- increase our counselling service by a further 15%
- increase our Children's services by 25%
- recruit 7 new members of staff to join the clinical team
- recruit 3 new members of staff to join the infrastructure team
- recruit 6 new Trainee Counsellors to join the counselling team
- launch a new counselling service in Bristol
- initiate an awareness campaign to address the shortfall of men and people from ethnic minority backgrounds using our services.
- re-design and re-launch our website
- explore expanding our services into new geographical areas
- gain accreditation for our counselling service through the BACP
- work towards gaining an accreditation for all our training packages
- expand our services to 5 days per week

60%
INCREASE IN
1-2-1 SUPPORT

HOW CAN YOU MAKE A DIFFERENCE...

65% OF PEOPLE SAID THAT LOCKDOWN MADE THEIR EATING DISORDER HARDER TO MANAGE

It's important for us to be able to continue supporting those affected by Eating Disorders for as long as they need our help.

It can take ten years of support for an individual to achieve full recovery and whilst many of our clients contribute to the cost some are financially unable to do so.

SWEDA WILL NEVER TURN ANYONE AWAY FOR FINANCIAL REASONS.

"I THINK SWEDA IS GOING TO HELP US UNDERSTAND OUR DAUGHTER'S ILLNESS BETTER AND IT MAKES ME FEEL THAT I AM BEING PRODUCTIVE IN HELPING HER."

THANK YOU...

Like many charities SWEDA could not survive without our funders and supporters – a big thank you to everyone who kindly donated and supported us throughout the year.

If you'd like to donate to SWEDA there are many ways in which you can do this.

Donate online through our website and use the donate button.

WWW.SWEDAUK.ORG

Send us a cheque posting to:

The Coach House • Harvest Court • Shepton Mallet • BA4 5BS

Supported by BBC Children in Need

BIG LOTTERY FUND NATIONAL LOTTERY FUNDED

LLOYDS BANK

VISION

Our vision is to support everyone affected by eating disorders across Somerset & Wessex

SUPPORT & GUIDANCE SESSIONS DELIVERED:
122% INCREASE

MISSION STATEMENT

We engage with people affected by eating disorders, including family, friends and carers, by offering hope and enabling access to support services to empower recovery.

9 CORE VALUES

Safe
Respecting boundaries and confidentiality

User Influence
listening to our clients to ensure they are at the heart of all we do

Pro-recovery
supporting our clients to remain hopeful that recovery is possible

Flexible
providing family friendly services and workplace environment

Ambitious
motivated and aspirational in our work

Compassionate
to our clients, staff, and volunteers in time of need.

Professional
being an exemplar of good practice in all aspects of our work

Collaborative
working in partnership with our clients, their families, statutory and voluntary organisations

Holistic
responding to the complexity of our client's needs

SOMERSET & WESSEX EATING DISORDERS ASSOCIATION
SWEDA

THE COACH HOUSE • HARVEST COURT • SHEPTON MALLET • BA4 5BS
01749 343344 • WWW.SWEDAUK.ORG

UK Registered Charity 1056441; UK Company Limited By Guarantee 3208772

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

FINANCIAL STATEMENTS

31 MARCH 2022

Charity Number: 1056441

Company number: 03208772

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

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THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

REFERENCE AND ADMINSTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2022

Registered Company Number	03208772 (England and Wales)
Registered Charity Number	1056441
Registered Office	37 Chamberlain Street, Wells, Somerset, BA5 2PQ
Website	www.swedauk.org
Trustees	Sarah Hall Nicholas Hooper Richard Cussell Barbara Ann Clift Penelope Underwood (resigned 25 November 2021) Sarah Brennan Dr Emily Matheson (resigned 25 November 2021)
Quality & Governance sub-committee	Barbara Clift Sarah Hall Sam Best
Finance sub-committee	Sarah Brennan Penny Underwood Paula Blight
Clinical sub-committee	Nicholas Hooper Sarah Hall Nerissa Shaw
Remuneration sub-committee	Richard Cussell Sarah Hall Sarah Brennan Paula Blight
Senior staff	Paula Blight (Chief Executive) Sam Best (Chief Operations Officer) Nerissa Shaw (Clinical Lead)

Principal Bankers	CAF Bank Limited Kings hill West Malling Kent ME19 4TA
Independent examiner	Joshua Kingston BSc, ACA Burton Sweet Limited The Clock Tower 5 Farleigh Court Old Weston Road Bristol BS48 1UR

The Report of the Trustees should be read in conjunction with Annual Review & Impact Report as above. Further information can be found on the SWEDA's website (swedauk.org.uk). Reference and administrative information set out on pages 2 and 3 form part of this Report. The financial statements comply with current statutory requirements, the Articles of Association, and the Statement of Recommended Practice by Charities: SORP, applicable to charities preparing their accounts in accordance with FRS102 (issued in October 2019).

Objectives, activities & achievements

The purposes of the charity as set out in in the schedule to the Articles of Association dated 11th December 2003 are to provide services, facilities, and training for the relief of people affected by eating disorders.

SWEDA's nine core values have always been at the heart of our activities and are synonymous with the quality of care we offer; they have remained the keystone of our activities during the year under review. As we went into the 2nd year of the pandemic, restrictions remained, albeit on an ad-hoc basis. As restrictions eased towards the end of the year we gradually worked towards a blended service, offering clients the choice of face-2-face, online services, or a combination of the two. These new practices have become embedded and form part of our ongoing service delivery, providing greater reach and flexibility. Due to the pandemic and other uncertainties, demand for SWEDA services continues to grow. We saw 655 individual clients receive 1-2-1 support, a 63% increase on last year. There was also a substantial increase in the delivery of counselling with a 47% increase in the number of counselling sessions provided, along with a 68% increase in the number of clients we have supported. SWEDA's Childrens' and Young People's service also saw growth. During the year we delivered 203 counselling sessions to 29 children & young people, a 190% increase on last year's sessions and 107% increase in number of clients. We also had the opportunity to deliver awareness training to 574 young people throughout Somerset.

SWEDA was a winner of the 2021 GSK Impact Awards for our outstanding contribution to improving the UK's health & wellbeing. Our prizes included funding, free training, publicity and national recognition and a member of the GSK IMPACT Awards Network hosted by The King Fund.

Public benefit statement

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning SWEDA's future activities. In particular, the Trustees consider how planned activities will contribute to SWEDA's charitable purpose.

Contributions made by volunteers

During the year we relied on the generous support of 23 volunteers, many of whom have lived experience of an eating disorder, who contributed 3834 hours, valued at £36,423 (based on National Minimum wage). We thank them for their incredible contribution. Most of our volunteers work within our counselling service to gain invaluable experience and confidence in working with eating disorders whilst working towards their Level 4 & 5 counselling qualifications. We could not run our counselling service without these specialist volunteers who all receive our rigorous training, clinical supervision and continued professional development hours. During this year we were also delighted to welcome volunteer support within administration and fundraising.

The focus of this work was development; we hope that all our volunteers may get the opportunity to move into paid roles within the charity in the future.

In addition, we continue to receive pro-bono support from professional services firms who support us with a range of services including legal services, advice, and use of accommodation.

Financial review

Results for the year

Income

The growth in income from £472,494 to £508,376, an increase of £35,882, equates to 7.6% growth. This was driven by overall increases in income made up from: Increases in public funds, increases in fundraising, and increases to charitable activities - primarily our service delivery grants.

Expenditure

Total expenditure in the year was £373,111, representing an increase of £85,228 or 30% on 2020/21 expenditure. Of this, charitable expenditure in the year totalled £344,201 (2020/21: £253,079).

Year on year demand is being managed through steady growth and investment in infrastructure ensuring a solid base to manage next year's planned staff and volunteer intake in line with our strategy. Mindful of the need to invest in new income streams, during the year we also invested over £10k in digital fundraising, £7k in needs analysis, monitoring, and evaluation and an additional £3k in management and leadership Training.

Funds

Total funds at 31st March 2022 were £498,084 (2020/21 £362,819). Restricted funds which have been given for a particular purpose and therefore not available for general purposes of the charity, totalled £11,161 (2020/21: £Nil). Designated funds (£205K) comprise of specific areas of development to enable the charity to grow in line with demand and our plans moving forwards and include:

- £40k IT - £2k per staff member
- £80k Development of fundraising - £100k in there originally for whole staff team, which under the current recruitment crisis have found difficult to recruit. Due to this we are looking to plug this gap short-term with experienced freelance fundraisers to generate the lost income due to having no paid fundraisers.
- £35k Equipment – additional equipment required for increased staff & volunteer recruitment as we grow.
- £30k Premises – need additional space, outgrown current premises and looking for additional space short-term. Longer-term need to review premises situation as we expand, as our current lease expires in October 2025.
- £20k Digital Platform Development – invest and maintain our digital systems as we grow.

After making an allowance for any restricted funds, and the amount of designations, or the carrying amount of functional assets which the charity held, the charity's free reserves at 31 March 2022 were £273,720 (2020/21: £306,102). This represents 9 months applicable expenditure within the range of the trustees' policy for reserves.

Although we have experienced year on year demand for our services and have been reasonably successful with our funding, we are mindful of sustainable growth. Therefore, our strategic plan moving forward is for steady manageable growth firstly led by infrastructure investment followed by increased expenditure in staffing and additional service offering to better manage this challenge we face moving forward, some of which will cross financial years. 2022/23 financial accounts will see further increases in expenditure as we make these investments, ultimately decrease our reserves holding and the overall number of weeks we hold.

Investment Policy

SWEDA's trustees believe that the most appropriate policy for investing funds during these uncertain times is through a number of specialised bank accounts in the "Not for Profit" sector. Although interest rates continue to decline, this decision is principally driven by the need to have access to short-term funds in cash, and to ensure the security of cash reserves.

Reserves and reserves policy

The Board of Trustees reviews reserves annually to ensure that there are sufficient funds to maintain the charity's financial stability and ongoing development. With the current uncertainty within charitable funding and the dynamic climate in which SWEDA is operating, the Trustees' reserves policy is to aim to hold unrestricted reserves of 9-12 (£279,833 - £373,111) months' of total expenditure. As is common practice across the charity sector, and in order to segregate unrestricted funds which are not easily realisable from those which are 'free' reserves, the trustees have also established designating funds, representing specific funds which are to be used by the charity for future ongoing developments.

Fundraising

The growth of fundraising income continues as our part-time fundraiser worked to diversify our income streams. The National Lottery Community Fund has unusually agreed a further five years grant funding which became effective from April 2021. This, along with other key funders such as Lloyds Bank Foundation, clearly demonstrates the high regard in which SWEDA is held. Unfortunately, towards the end of this reporting year, our fundraiser moved onto another role highlighting the need to invest further in fundraising. SWEDA has also secured a number of fully funded NHS contracts, adding to our portfolio of funding streams. These are not a substitute for other funds however, and we now need to actively pursue diverse funding streams, firstly with the development of a fundraising strategy and then with the employment of a fundraising team to implement this strategy.

SWEDA premises are no longer fit for purpose and as I write this report space is at a premium. Increasing numbers of staff and volunteers need desk and room space. We also need additional therapeutic rooms, and private space for video meetings which have become normal working practice post-pandemic. Our lease on

Harvest Court is up in October 2025 and we are currently looking at short, medium, and long-term accommodation options as the charity develops and grows.

Structure, governance & management

Legal structure

SWEDA was incorporated as a company limited by guarantee on 6th June 1996 and registered as a charity in England and Wales on 27th June 1996. The governing document is the Articles of Association, which were updated in line with the Companies Act 2006. The Board of Trustees comprises the Directors of the company who are also the members of SWEDA. A policy has been established, whereby trustees and Senior Managers of SWEDA automatically become members of the Charity upon appointment. Such membership lapses as soon as individuals cease to be Trustees or Senior Managers of the charity. The only members during the year were the Trustees & Senior Managers. The total number of Member guarantees at 31 March 2022 was eight (2021: eight)

Governance

The Trustees who have served during the year and those appointed before the date of this report are listed on page 1. No member of the Board or Committees receives any renumeration for their services. The Board met on-line five times during the year (2020/21: five). The role of Chairperson changed in the period, as Sarah Hall resigned (25/02/2001) and stays as a Trustee, and Sarah Brennan was voted in on the same day 25/02/2001. Since then, a sub-committee structure has been introduced to support the governance functions more effectively. We now have a Clinical, Quality & Governance, Finance & Fundraising and Remuneration Sub-Committees. Each trustee is a member of at least one sub-committee which meet before and report to the next Board Mtg. The members of these committees are listed on page 1.

The Risk Register has been updated and freelance Finance Manager appointed to ensure trustees have easy to understand data and have a dashboard of critical information to hand.

There has been some limited change of trustees in the year as one member moved to the US. We anticipate losing another long-standing member of the Board of Trustees who wishes to retire in the year ahead. This led to a gap in our clinical expertise, and we have been delighted to welcome Sanni Norweg who is the Principal Clinical Psychologist at Avon & Wiltshire NHS Trust and Meg Potts who has experience in the youth sector. We have assessed the makeup of the Board and in the year ahead we will be recruiting to address the diversity and inclusion needs of the Board, especially as we are now working in Bristol.

In the year the executive team have worked with CORC (Children's Outcomes Recording Collaborative) at Anna Freud Centre/UCL to effectively collate our already extensive data and be able to assess outcomes more readily alongside NHS and other services. The team trialled the new system for six months before fully adopting it. We now anticipate another year is needed to collate sufficient records to provide solid information. This required considerable work and effort and the team are applauded for this achievement.

Recruitment & appointment of Trustees

Trustees are invited and approved (or otherwise) by existing Trustees, who then co-opt new member(s) during the year. An appointment is then approved or otherwise by the Members at the Annual General Meeting. No outside body can appoint Trustees. There is no time limit for continuous service by trustees, but one third of the board resigns and is subject to re-election (if desired) at each AGM.

The Board of Trustees reviews the skill set of its members regularly and whenever a vacancy arises. Vacancies are advertised on our website and through other channels, as well as externally on relevant trustee and other platforms. Appointments are overseen by the chair and once appointed by the Board, new Trustees are inducted by the Chief Operations Officer and other relevant staff members. Trustees are given information on the legal duties and expectations of a Trustee and invited, on an ongoing basis, to attend Trustee training events funded by SWEDA.

Management

The Board of Trustees is legally responsible for the strategic direction of the charity including approving the annual plan and budget. The Board monitors risk and progress against these plans and budgets and it makes decisions about the appointment of trustees and senior staff. The appointment of Sarah Brennan as Chair (2021) also reflects her focus to continue to lead and develop the organisation as it grows across the Southwest. Day-to-day operation of the organisation is delegated to the Chief Executive, Paula Blight, and the Senior Leadership Team.

Renumeration policy

SWEDA aims to ensure that all staff are paid appropriately according to the nature of the work and their experience, knowledge, and skills relevant to their role. The charity is committed to principles ensuring that pay and conditions of employment do not discriminate unlawfully and are free from bias. In determining the salary for the Chief Executive and Senior Management Team, responsibility is delegated to the Remuneration Committee, which seeks to pay a fair salary to attract and retain skilled and expert senior leaders for the organisation.

Plans for future periods

5-year strategy

This year saw the first year of our new five-year strategy. We have undertaken a strategic review in 2020, involving our staff, volunteers, services users, and Trustees. We sought to establish a clear purpose for SWEDA for the next five years and running alongside this is our management plan. Our new strategy has created four key areas as shown below:

1. Engage, enable, and empower all those affected by eating disorders in our area of service provision

A. Continue to improve the quality and effectiveness of our services
B. Ensure we fully understand the demographic breakdown and the different needs of our communities
C. Ensure our staff and volunteers have the expertise and understanding to effectively respond to these needs
D. Develop monitoring and outcomes data to evidence our impact on our clients lives and wellbeing

2. Increase our response and provision for young people experiencing eating disorders or emerging eating problems

A. Further develop the provision that we have begun to offer for eating disorder treatment and support for young people in tandem with carers or parents
B. Become the experts and lead the way in eating disorders provision for young people within our area
C. Provide services for young people that address early intervention and precursors to eating disorders.
D. Develop relationships with key service providers for young people to ensure no-one is left behind including those moving into adulthood

3. Address the diverse causes and presentations of eating disorders amongst different groups and communities

A. Increase the understanding within SWEDA of the range of factors which may trigger and sustain eating problems
B. Involve and engage with all genders, ethnicities, and ages across all aspects of our organisation
C. Increase our understanding of how eating problems may manifest differently in different groups and communities
D. Develop our services to address the needs we have identified

4. Develop strategic alliances to secure sustainable funding and increase the range and quantity of effective eating disorder support

A. Explore national relationships with eating disorder organisations to share learning and effective responses
B. Explore regional relationships with the wider VCSE with a view to build effective alliances
C. Build effective relationships with local and regional statutory health commissioning bodies to secure service provision
D. Explore the potential of research partnerships with universities and others with the purpose of increasing the quantity and quality of services and to contribute to wider knowledge about eating disorders SWEDA is the ONLY charity in Somerset addressing the above issue

Connection to a wider network

Working in partnership and collaboration are integral to SWEDA's approach and to how we tackle the scale of need amongst people affected by eating disorders. We are active across three Integrated Care Boards (ICB) and are working with all these VCSE Alliances. SWEDA is also an active member of the Somerset Group of Charities directing and influencing policy for health and wellbeing across Somerset. This year, SWEDA also founded REDCAN, the Regional Eating Disorders Alliance & Network. We hope to work at a strategic level to better serve eating disorders across the UK. As a winner of the GSK Awards 2021 we were invited to join the GSK IMPACT Awards Network which has led to other high profile networking opportunities throughout the year.

Statement of Trustees' responsibilities

The Trustees (who are also directors of SWEDA for the purposes of company law) are responsible for preparing the Trustees' Report (incorporating the strategic report and directors' report) and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgments and estimates that are reasonable and prudent.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the Board of Trustees on 25/11/2022 **.....and signed on behalf by**

Sarah Brennan

.... (Sarah Brennan, Chairperson)

Independent examiner's report to the trustees of The Somerset and Wessex Eating Disorders Association ('the Company').

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2022

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joshua Kingston

Joshua Kingston BSc, ACA
Burton Sweet Chartered Accountants
The Clock Tower
5 Farleigh Court
Old Weston Road
Flax Bourton
Bristol BS48 1UR

Date: 25/11/2022

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDES INCOME AND EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Income from:					(Restated)
Donations and legacies	**2**	116,680	158,004	274,684	272,558
Charitable activities	**3**	229,997	-	229,997	199,721
Other trading activities		3,555	-	3,555	25
Investment income		140	-	140	190
Total income		350,372	158,004	508,376	472,494
Expenditure on:					
Raising funds	**4**	28,910	-	28,910	34,804
Charitable activities	**5**	197,358	146,843	344,201	253,079
Total expenditure		226,268	146,843	373,111	287,883
Net income/ (expenditure)	**7**	124,104	11,161	135,265	184,611
Transfers between funds	**13**	-	-	-	-
Net movement in funds		124,104	11,161	135,265	184,611
Total funds at start of year (restated)	**13**	362,819	-	362,819	178,208
Total funds at end of year	**13**	486,923	11,161	498,084	362,819

The charity has no recognised gains or losses other than the results for the year as set out above.

All of the activities of the charity are classed as continuing.

See note 9 for fund-accounting comparative figures.

The notes on pages 15 to 24 form part of these financial statements.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

BALANCE SHEET

AS AT 31 MARCH 2022

Company number: 03208772

	Note	2022 £	2021 £ (Restated)
Fixed assets			
Tangible assets	**10**	8,203	11,717
		8,203	11,717
Current assets			
Debtors	**11**	55,638	25,427
Cash at bank and in hand		606,433	375,301
		662,071	400,728
Liabilities			
Creditors: amounts falling due within one year	**12**	(172,190)	(49,626)
Net current assets		489,881	351,102
Net assets		498,084	362,819
Funds			
Restricted funds	**14**	11,161	-
Unrestricted funds			
General funds	**14**	281,923	317,819
Designated funds	**14**	205,000	45,000
		498,084	362,819

The Company was entitles to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors respobsibilities:

- The members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476.

- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts and

The accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

These financial statements were approved by the Trustees on 25/11/2022 , and are signed on their behalf by:

Sarah Brennan

.....

Sarah Brennan - Trustee

Sarah Hall

.....

Sarah Hall - Trustee

The notes on pages 15 to 24 form part of these financial statements.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

CASHFLOW STATEMENT

YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Net cash inflow from operating activities	**16**	230,992	202,160
Non-operational cash flows:			
Payments for tangible fixed assets		-	(10,267)
Investing income		140	190
		140	(10,077)
Net cash inflow for the year	**17**	231,132	192,083

Cashflow Restrictions

Charity law prohibits the use of net cash inflows of any endowed or other restricted fund to offset net cash outflows on any fund outside its own objects, except on special authority. In practice, this restriction has not had any effect on cash flows for the year.

The notes on pages 15 to 24 form part of these financial statements.

1 Accounting policies

Basis of preparation
The financial statements have been prepared 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 (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and Companies Act 2006 and UK Generally Accepted Practice as it applies from January 2019.

Somerset and Wessex Eating Disorders Association meets the definition of a public entity under FRS102.

The Trustees have considered the financial position of the organisation and believe that it is currently a going concern.

Income
Income from donations is recognised when these are receivable, except as follows:

I. When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods;
II. When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

Legacies are included on a receivable basis where the charity is entitled to the income, it can be measure reliably and receipt is probable. Where legacies have been notified to the charity, or the charity is aware of the granting probate, and the criteria for income recognition have not been met, then the legacy is not included in income but is treated as a contingent asset and disclosed if material.

Investment income is included on a receivable basis.

Expenditure
Expenditure is recognised on an accruals basis in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. Governance costs are included within support costs.

Allocation and apportionment costs

Certain expenditure is directly attributable to specific activities and this has been included in those cost categories. Other costs, which are attributable to more than one category, are apportioned across cost categories on the basis of an assessment of workload carried out from time to time. Overhead support costs have been apportioned between charitable activities on a basis consistent with the use of resources.

Pension
The charity contributes to defined contribution pension schemes. Contribution payable to the charity's pension schemes are charged to the Statement of Financial Activities in the period to which they relate.

1 Accounting policies (*continued*)

Tangible fixed assets

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible asset into its intended working condition should be included in the measurement cost. Capital items with purchase price of more than £1,000 are included within fixed assets.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives.

Depreciation is provided on the following basis:

Furniture and fittings	- 15% reducing balance
Computer equipment	- 33% straight line

Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors

Creditors and provisions are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable of a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Creditors are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted and the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds form part of unrestricted funds and have been identified as being for particular purposes by the Trustees. They are not restricted and can be transferred to general funds at any time at the discretion of the Trustees.

Further explanation of the nature and purpose of each fund is included in note 13 of the financial statements.

2 Income from: donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations from:			
Individuals	5,140	-	5,140
Trusts and foundations	82,985	82,010	164,995
Corporate donations	22,337	-	22,337
Community fundraising	5,496	-	5,496
Public funding	-	75,994	75,994
Gift aid	722	-	722
	116,680	158,004	274,684

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations from:	(Restated)	(Restated)	(Restated)
Individuals	4,568	-	4,568
Trusts and foundations	30,501	107,111	137,612
Corporate donations	16,826	-	16,826
Community fundraising	3,563	-	3,563
Public funding	2,905	106,380	109,285
Gift aid	704	-	704
	59,067	213,491	272,558

3 Income from: charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Service delivery grants	227,505	-	227,505
Counsellor training	2,492	-	2,492
	229,997	-	229,997

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
	(Restated)	(Restated)	(Restated)
Service delivery grants	199,631	-	199,631
Counsellor training	90	-	90
	199,721	-	199,721

4 Expenditure on: raising funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Staff costs	20,862	-	20,862
Fundraising costs	111	-	111
Support costs (note 6)	7,937	-	7,937
	28,910	-	28,910

Prior year comparative	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
	(Restated)	(Restated)	(Restated)
Staff costs	23,369	-	23,369
Fundraising costs	277	-	277
Support costs (note 6)	11,158	-	11,158
	34,804	-	34,804

5 Expenditure on: charitable activities

	Activities undertaken directly £	Support costs Note 6 £	Total 2022 £
Provision of services	249,699	94,502	344,201
	249,699	94,502	344,201

Prior year comparative	Activities undertaken directly £	Support costs Note 6 £	Total 2021 £
Provision of services	171,945	81,134	253,079
	171,945	81,134	253,079

6 Support costs

	Total Funds 2022 £	Total Funds 2021 £
Staff and volunteer costs	83,275	78,426
Office costs	3,326	3,121
Premises costs	3,448	5,585
Professional costs	2,850	-
Finance costs	5,796	4,290
Governance costs	3,744	870
	102,439	92,292

7 Net income/ expenditure for the year

		2022 £	2021 £
Independent examiner's fee	- Current year	2,730	1,014
	- Prior year over/under provision	1,014	870
Depreciation		3,514	5,762
Trustees remuneration		-	-
Reimbursement of Nil Trustees expenses (2021: Nil)		-	-

8 Staff costs and numbers

The aggregate payroll costs were:

	2022 £	2021 £
Wages and salaries	224,945	185,935
Social security costs	14,290	11,476
Contribution to defined contribution pension scheme	16,631	11,908
Subcontracted staff	50,891	22,521
	306,757	231,840

The average number of persons employed by the company (headcount) during the year was 10 (2021: 8).

No employee received remuneration amounting to more than £60,000 in the current or preceding year.

The key management personnel of the charity are the CEO, COO and the clinical lead. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £135,805 (2021: £124,893).

9 Prior year fund comparatives for the Statement of Financial Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Income from:	(Restated)	(Restated)	(Restated)
Donations and legacies	59,067	213,491	272,558
Charitable activities	199,721	-	199,721
Other trading activities	25	-	25
Investment income	190	-	190
Total income	259,003	213,491	472,494
Expenditure on:			
Raising funds	34,804	-	34,804
Charitable activities	23,248	229,831	253,079
Total expenditure	58,052	229,831	287,883
Net income/ (expenditure)	200,951	(16,340)	184,611
Transfers between funds	(16,340)	16,340	-
Net movement in funds	184,611	-	184,611
Total funds at start of year	178,208	-	178,208
Total funds at end of year	362,819	-	362,819

10 Tangible fixed assets

	Fixtures & fittings £	Computer equipment £	Total £
Cost			
At 1 April 2021	8,688	33,280	41,968
Additions	-	-	-
Disposals	-	-	-
At 31 March 2022	8,688	33,280	41,968
Depreciation			
At 1 April 2021	2,898	27,353	30,251
Charge for the year	869	2,645	3,514
Eliminated on disposal	-	-	-
At 31 March 2022	3,767	29,998	33,765
Net Book Value			
At 31 March 2022	4,921	3,282	8,203
At 31 March 2021	5,790	5,927	11,717

11 Debtors

	2022	2021
	£	£
Trade debtors	51,847	25,374
Other debtors	-	53
Prepayments and accrued income	3,791	-
	55,638	25,427

12 Creditors

	2022	2021
	£	£
		(Restated)
Trade creditors	9,287	2,961
Taxation and social security	-	-
Other creditors	280	626
Accruals and deferred income	162,623	46,039
	172,190	49,626

13 Movement between funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
	(Restated)				
Restricted funds					
Awards For All	-	11,594	(8,168)	-	3,426
Children In Need	-	37,083	(29,348)	-	7,735
Reaching Communities	-	75,994	(75,994)	-	-
Lloyds Bank Foundation - Covid	-	-	-	-	-
Lloyds Bank Foundation	-	33,333	(33,333)	-	-
	-	158,004	(146,843)	-	11,161
Unrestricted funds					
General funds	317,819	350,372	(226,268)	(160,000)	281,923
Designated funds					
IT Fund	5,000	-	-	35,000	40,000
Strategic Development Fund	40,000	-	-	40,000	80,000
Equipment Fund	-	-	-	35,000	35,000
Premises Review Fund	-	-	-	30,000	30,000
Digital Platform Development Fund	-	-	-	20,000	20,000
	362,819	350,372	(226,268)	-	486,923
Total funds	362,819	508,376	(373,111)	-	498,084

13 Movement between funds (*continued*)

Prior year comparative	At 1 April 2020 £ (Restated)	Income £ (Restated)	Expenditure £ (Restated)	Transfers £ (Restated)	At 31 March 2021 £ (Restated)
Restricted funds					
Awards For All	-	8,184	(8,184)	-	-
Children In Need	-	31,404	(29,761)	(1,643)	-
Reaching Communities	-	46,289	(46,289)	-	-
Lloyds Bank Foundation - Covid	-	12,606	(12,606)	-	-
Lloyds Bank Foundation	-	33,333	(52,139)	18,806	-
Linnet Trust	-	10,000	(10,000)	-	-
Lottery - Covid	-	60,091	(57,602)	(2,489)	-
SCF - Covid	-	3,250	(3,250)	-	-
SCF- Tampon Tax	-	8,334	(10,000)	1,666	-
	-	213,491	(229,831)	16,340	-
Unrestricted funds					
General funds	173,208	259,003	(58,052)	(56,340)	317,819
Designated funds					
IT Fund	5,000	-	-	-	5,000
Strategic Development Fund	-	-	-	40,000	40,000
	178,208	259,003	(58,052)	(16,340)	362,819
Total funds	178,208	472,494	(287,883)	-	362,819

Restricted funds

Awards For All
This fund represents grant awarded by National Lottery Awards for All England to cover the administration costs of the charity.

Children In Need
This fund represents a three year grant received from the Children In Need charity towards running our Children's Project.

Reaching Communities
This fund represents a five year grant awarded by The National Lottery Community Fund to help run our services.

Lloyds Bank Foundation - Covid
This fund represents a grant awarded by the Lloyds Bank Foundation to manage the additional demand during COVID-19

Lloyds Bank Foundation
This fund represents a three year grant awarded by the Lloyds Bank Foundation towards specific salary costs.

Linnet Trust
This fund represents a grant awarded by the Linnet Trust towards the provision of counselling services.

13 Movement between funds (*continued*)

Lottery - Covid
This fund represents a grant awarded by The National Lottery Community Fund to manage the additional demand during COVID-19

SCF - Covid

This fund represents a grant awarded by the Somerset Community Foundation (SCF) to manage the additional demand during COVID-19

SCF- Tampon Tax
This fund represents a grant awarded by the Somerset Community Foundation (SCF) to give 10 people on low income access to SWEDA counselling services

Designated funds

IT Fund
The purpose of the fund is to build an IT fund to pay for replacement computers as life span of a laptop is usually three years.

Strategic Development Fund

These funds have been set a side under the discretion of the Trustees towards the development of fundraising team and therapeutic services.

Equipment Fund
These funds have been set a side under the discretion of the Trustees towards additional equipment required for increased staff & volunteer recruitment as SWEDA grows.

Premises Review Fund
These funds have been set a side under the discretion of the Trustees towards to cover the need for additional space. SWEDA has currently outgrown current premises and looking for additional space short-term. Longer-term need to review premises situation as the charity expands, and our current lease expires in October 2025.

Digital Platform Development Fund
The purpose of the fund is to invest and maintain SWEDA's digital systems during growth.

14 Analysis of net assets between funds

	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2022
	£	£	£	£
Tangible fixed assets	8,203	-	-	8,203
Other net current assets	273,720	205,000	11,161	489,881
	281,923	205,000	11,161	498,084

14 Analysis of net assets between funds

Prior year comparative	Unrestricted Funds			
	General Funds	Designated Funds	Restricted Funds	Total Funds 2021
	£	£	£	£
	(Restated)		(Restated)	(Restated)
Tangible fixed assets	11,717	-	-	11,717
Other net current assets	306,102	45,000	-	351,102
	317,819	45,000	-	362,819

15 Related party transactions

There are no related party transactions in the year (2021: £nil) apart from those already disclosed throughout the report.

16 Reconciliation of net movement in funds to net cash inflow from operating activities

	2022	2021
	£	£
Statement of Financial Activities: Net movement in funds	135,265	184,611
Investment income	(140)	(190)
Depreciation	3,514	5,762
Increase in creditors: current liabilities	122,564	6,424
Decrease / (increase) in debtors	(30,211)	5,553
Net cash (outflow)/inflow from operating activities	230,992	202,160

17 Analysis of changes in cash during the year

	2022	2021	Change
	£	£	£
Cash at bank and in hand	606,433	375,301	231,132

	2021	2020	Change
	£	£	£
Cash at bank and in hand	375,301	183,218	192,083

SWEDA Ltd

England & Wales - Charity number 1056441

Accounts

REGISTERED COMPANY NUMBER: 03208772 (England and Wales)
REGISTERED CHARITY NUMBER: 1056441

Report of the Trustees and

Unaudited Financial Statements

for the Year Ended 31 March 2021

for

Somerset and Wessex Eating Disorders Association

Probusiness Ltd
St Lawrence Lodge
37 Chamberlain Street
Wells
Somerset
BA5 2PQ

Somerset and Wessex Eating Disorders Association

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Somerset and Wessex Eating Disorders Association

Report of the Trustees
for the Year Ended 31 March 2021

The Directors, who are also the Trustees, present their report, together with the financial statements of the Company, for the year ended 31 March 2021. The financial statements comply with current statutory requirements and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP 2005).

OBJECTIVES AND ACTIVITIES

Objectives and principal activities

The objects and principal activities of the Company are to provide services, facilities and training for the relief of those suffering from or affected by eating disorders.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Company's aims and objectives and in planning future activities.

ACHIEVEMENT AND PERFORMANCE

Review of activities and future developments

The quality of care for our clients has always been at the heart of SWEDA's activities, and this policy has remained as the keystone of our activities during the year under review. This year required some changes as the organisation responded to the pandemic. Unable to deliver face to face support, the SWEDA team quickly pivoted to providing our services online. We continued our invaluable counselling and support work on the phone and via video. We brought in new services for those waiting to be seen, and regular check-ins for clients who simply needed a little extra support during these unprecedented times. Demand for SWEDA services continues. There was 122% increase over the previous year recorded in the number of Support and Guidance sessions delivered. There has also been a substantial increase in the delivery of counselling with a 21% increase in the number of counselling hours offered along with a 13% increase in counselling clients we have supported.

The growth of fundraising income continues as our part-time fundraiser works to diversify our income streams. We were delighted that The National Lottery Community Fund has unusually agreed a further five years grant funding from April 2021. This clearly demonstrates the high regard SWEDA is held in.
During the course of this financial year SWEDA has continued to operate from its premises in Shepton Mallet, from where we have operated since 2015. These premises are still satisfactory for our current and projected needs and we see no looming need for moving to alternative premises.

Somerset and Wessex Eating Disorders Association

Report of the Trustees
for the Year Ended 31 March 2021

ACHIEVEMENT AND PERFORMANCE

Financial review

The 2020-21 year has been successful for SWEDA and has seen a steady growth for the demand in services and in funding allowing reserve funds to further secure our sustainability, planned development and growth to meet increasing demand. Our reserves policy is stated below.

Throughout the 2020-21 financial year SWEDA's normal activity was impacted by repeated UK national lockdowns due to the global Covid-19 pandemic. SWEDA was able to respond rapidly to the need to provide on-going support to existing clients, and to take on new clients, working from home and implementing new policies and systems to ensure security of the new working practices. These new practices have become embedded and form part of ongoing service delivery, providing greater reach and flexibility.

The demand for SWEDA's services continues to increase significantly with Somerset having been successful (alongside 12 other authorities) in piloting a Mental Health Transformation Programme in Somerset, bringing together statutory services and the voluntary and community sector to provide joined up services for people affected by mental health issues in Somerset. As part of this SWEDA increased the number of its Support workers who are based in the community supporting clients in addition to, two further projects working alongside NHS Eating Disorders Service.

FINANCIAL REVIEW

Investment policy

SWEDA's trustees believe that the most appropriate policy for investing funds during these uncertain times is through a number of specialised bank accounts in the "Not for Profit" sector. Although interest rates continue to decline this decision is principally driven by the need at all times to have access to short-term funds in cash, and to ensure the security of cash reserves.

Somerset and Wessex Eating Disorders Association

Report of the Trustees for the Year Ended 31 March 2021

FINANCIAL REVIEW

Reserves policy

The Board of Trustees reviews reserves annually to ensure that there are sufficient funds to maintain the charity's financial stability and ongoing development. With the current uncertainty of charitable funding and the dynamic climate that SWEDA is operating within due to Covid-19, the Trustees' reserves policy is to aim to hold unrestricted reserves of 9-12 months' unrestricted expenditure.

Of the unrestricted reserves, last year Trustees elected to designate £40k as a strategic development fund of which £10k was invested in digital fundraising, £7k in needs analysis, monitoring and evaluation for our Impact reporting and additional £3k in management & leadership training. Our strategic plan for sustainability and growth includes additional expenditure on fundraising, infrastructure and training with a further £50k designated from reserves in 2022/23 for this purpose.

This policy was informed by the following factors

1) There is continuing uncertainty about the extent and speed of the UK's economic recovery. SWEDA's success in negotiating grants from Charitable Trusts is contingent on a continued recovery in the Stock Market, whilst our Investment Income will remain depressed until UK Interest Rates increase to more realistic levels in relation to inflation.

2) SWEDA's income comprises a relatively small number of relatively large transactions (principally substantial grants from voluntary sources). Thus significant time would be needed to secure replacement funding, should any of these grants lapse.

3) It is impractical to establish specific reserve cover for Restricted Funds. Unrestricted reserves will therefore need to be high enough to permit continued funding of projects financed from Restricted Funds until such time as specific replacement funding for them has been secured.

4) SWEDA normally has a number of new projects at outline stage or under development or awaiting funding. In the event that free reserves approach 12 months cover it will be a straightforward matter to accelerate one or more of these "projects in waiting" and bring them on stream, funded from reserves, which are surplus to immediate requirements.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing documents

The Company is limited by guarantee (Company number 03208772) and is therefore governed by a Memorandum and Articles of Association. The Company is also a registered charity, number 1056441.

Trustees appointment of trustees

Trustees are invited and approved (or otherwise) by existing Trustees, who then co-opt new member(s) during the year. This appointment is then approved (or otherwise) by the Members at the Annual General Meeting. No outside body can appoint Trustees. There is no time limit for continuous service by trustees, but one third of the Board resigns and is subject to re-election (if desired) at each Annual General Meeting.

Organisational structure

Day to day administration and agreed development work are in the hands of the managers. A team of unpaid volunteers is central to the provision of services in SWEDA and this will continue to be true. However, in the light of SWEDA's growth four Sub-Committees have been formed, each containing two trustees and one senior member of staff, tasked with making recommendations to the board regarding Finance and Income Generation, Remuneration, Clinical, Quality & Governance. Now bedded in, this has enabled SWEDA to reduce the frequency of full trustee meetings to six per annum as of January 2020.

Somerset and Wessex Eating Disorders Association

Report of the Trustees
for the Year Ended 31 March 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Membership of the charity

A policy has been established, whereby Trustees and Senior Managers of SWEDA automatically become members of the charity upon appointment. Such membership lapses as soon as individuals cease to be Trustees or Senior Managers of the charity.

Risk review

The Trustees identify the major risks to which the Charity is exposed each financial year when preparing and updating a strategic plan, in particular those related to the operational finances of the Charity. The Trustees then review any major risks, which have been identified, and establish systems to mitigate those risks. The Charity is satisfied that the systems are in place to minimise their exposure to the major risks, which have been so identified and reviewed.

1. FINANCIAL

The Charity is open to the usual financial risks of any organisation, and the Charity has introduced controls to minimise these risks, such as two authorities being required for payments from the bank account.

2. OTHER

Working with vulnerable people is open to risks. All paid staff and volunteers undergo training and receive supervision prior to contact with clients. The majority of work with clients takes place on SWEDA premises, where confidential one to one counselling is considered most appropriate and systems are in place to ensure the safety of both the client and the worker.

All new workers have two references which are followed up before appointment, along with DBS checks. Any problems or concerns are discussed and resolved before appointment is taken up.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03208772 (England and Wales)

Registered Charity number

1056441

Registered office

St Lawrence Lodge
37 Chamberlain Street
Wells
Somerset
BA5 2PQ

Somerset and Wessex Eating Disorders Association

Report of the Trustees for the Year Ended 31 March 2021

Trustees
Ms Sarah Hall
Brian Roberts-Wray (resigned 24.11.20)
Nicholas Hooper
Mrs Marcia Cumper (resigned 15.7.20)
Richard Cussell
Ms Barbara Ann Clift
Ms Penelope Anne Underwood (appointed 29.4.20)
Sarah Brennan (appointed 15.7.20)
Dr Emily Matheson (appointed 15.7.20)

Independent Examiner
Probusiness Ltd
St Lawrence Lodge
37 Chamberlain Street
Wells
Somerset
BA5 2PQ

Approved by order of the board of trustees on 25 November 2021 and signed on its behalf by:

Sarah Brennan - Trustee

Independent Examiner's Report to the Trustees of Somerset and Wessex Eating Disorders Association

Independent examiner's report to the trustees of Somerset and Wessex Eating Disorders Association ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Report to the Trustees of Somerset and Wessex Eating Disorders Association

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of the Institute of Chartered Accountants in England & Wales which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Martin J Bowe
Probusiness Ltd
St Lawrence Lodge
37 Chamberlain Street
Wells
Somerset
BA5 2PQ

Date: 25 November 2021

Somerset and Wessex Eating Disorders Association

Statement of Financial Activities
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		39,304	2,908	42,212	37,030
Charitable activities					
Supervision and complimentary therapy income		34,678	-	34,678	18,831
Grants receivable		208,401	180,158	388,559	163,416
Other trading activities	2	6,855	-	6,855	22,378
Investment income	3	190	-	190	259
Total		289,428	183,066	472,494	241,914
EXPENDITURE ON					
Charitable activities					
General Activity		115,908	171,975	287,883	171,984
NET INCOME		173,520	11,091	184,611	69,930
Transfers between funds	11	16,682	(16,682)	-	-
Net movement in funds		190,202	(5,591)	184,611	69,930
RECONCILIATION OF FUNDS					
Total funds brought forward		124,860	53,348	178,208	108,278
TOTAL FUNDS CARRIED FORWARD		315,062	47,757	362,819	178,208

The notes form part of these financial statements

Somerset and Wessex Eating Disorders Association

Balance Sheet
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS					
Tangible assets	8	11,717	-	11,717	7,212
CURRENT ASSETS					
Debtors	9	25,427	-	25,427	30,980
Cash at bank and in hand		327,544	47,757	375,301	183,218
		352,971	47,757	400,728	214,198
CREDITORS					
Amounts falling due within one year	10	(49,626)	-	(49,626)	(43,202)
NET CURRENT ASSETS		303,345	47,757	351,102	170,996
TOTAL ASSETS LESS CURRENT LIABILITIES		315,062	47,757	362,819	178,208
NET ASSETS		315,062	47,757	362,819	178,208
FUNDS	11				
Unrestricted funds				315,062	124,860
Restricted funds				47,757	53,348
TOTAL FUNDS				362,819	178,208

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

continued...

Balance Sheet - continued
31 March 2021

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 November 2021 and were signed on its behalf by:

Sarah Brennan - Trustee

Sarah Hall - Trustee

The notes form part of these financial statements

Somerset and Wessex Eating Disorders Association

Notes to the Financial Statements for the Year Ended 31 March 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% on cost

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

2. OTHER TRADING ACTIVITIES

	31.3.21	31.3.20
	£	£
Fundraising events	5,545	6,229
Activities for generating funds	1,310	16,149
	6,855	22,378

3. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Investment income	190	259

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	5,762	2,898

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

6. STAFF COSTS

	31.3.21	31.03.20
The average monthly number of employees during the year was:-	6.38	3.96

The number of employees to whom retirement benefits were accruing under defined contribution schemes was **9** (2020: 5).

No employee earned £60,000 or more.

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

7. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	37,031	(1)	37,030
Charitable activities			
Supervision and complimentary therapy income	18,831	-	18,831
Grants receivable	33,333	130,083	163,416
Other trading activities	22,378	-	22,378
Investment income	259	-	259
Total	111,832	130,082	241,914
EXPENDITURE ON			
Charitable activities			
General Activity	50,207	121,777	171,984
NET INCOME	61,625	8,305	69,930
Transfers between funds	(40,000)	40,000	-
Net movement in funds	21,625	48,305	69,930
RECONCILIATION OF FUNDS			
Total funds brought forward	103,238	5,040	108,278
TOTAL FUNDS CARRIED FORWARD	124,863	53,345	178,208

continued...

8. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 April 2020	6,435	25,266	31,701
Additions	2,253	8,014	10,267
At 31 March 2021	8,688	33,280	41,968
DEPRECIATION			
At 1 April 2020	1,876	22,613	24,489
Charge for year	1,022	4,740	5,762
At 31 March 2021	2,898	27,353	30,251
NET BOOK VALUE			
At 31 March 2021	5,790	5,927	11,717
At 31 March 2020	4,559	2,653	7,212

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Trade debtors	25,374	30,931
Other debtors	53	49
	25,427	30,980

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Other creditors	4,312	1,828
Accruals and deferred income	45,314	41,374
	49,626	43,202

11. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	Transfers between funds	At 31.3.21
	£	£	£	£
Unrestricted funds				
General fund	117,427	56,913	13,733	188,073
Somerset Community Foundation	4,166	10,000	-	14,166
Lloyds Bank Foundation	3,267	11,260	-	14,527
Bramble Trust	-	5,000	-	5,000
NHS ED Team (Contract)	-	22,565	-	22,565
Capacity & attendance	-	306	-	306
Covid 19 response	-	20,000	-	20,000
Locallity set up costs	-	10,000	-	10,000
Specialist workstream	-	37,476	(3,733)	33,743
NHS Recovery Support	-	-	6,682	6,682
	124,860	173,520	16,682	315,062
Restricted funds				
General Fund	-	(6,533)	6,533	-
IT Fund	5,000	-	-	5,000
NHS Recovery Support Group	6,682	-	(6,682)	-
SCF Tampon Tax	1,666	8,334	(10,000)	-
Children in Need	-	4,548	(1,791)	2,757
Strategic Development Fund	40,000	-	-	40,000
Lottery Covid	-	2,489	(2,489)	-
Lloyds Bank Foundation - Covid	-	380	(380)	-
SCF Covid	-	1,873	(1,873)	-
	53,348	11,091	(16,682)	47,757
TOTAL FUNDS	178,208	184,611	-	362,819

continued...

11. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	76,028	(19,115)	56,913
Somerset Community Foundation	10,000	-	10,000
Lloyds Bank Foundation	33,333	(22,073)	11,260
Bramble Trust	5,000	-	5,000
NHS ED Team (Contract)	34,000	(11,435)	22,565
Capacity & attendance	10,000	(9,694)	306
Covid 19 response	20,000	-	20,000
Locallity lead co-ordinator	15,000	(15,000)	-
Locallity set up costs	10,000	-	10,000
Specialist workstream	76,067	(38,591)	37,476
	289,428	(115,908)	173,520
Restricted funds			
General Fund	-	(6,533)	(6,533)
Linnet Trust	10,000	(10,000)	-
Lottery	46,289	(46,289)	-
Awards for All	8,184	(8,184)	-
SCF Tampon Tax	8,334	-	8,334
Children in Need	34,310	(29,762)	4,548
Lottery Covid	60,093	(57,604)	2,489
Lloyds Bank Foundation - Covid	12,606	(12,226)	380
SCF Covid	3,250	(1,377)	1,873
	183,066	(171,975)	11,091
TOTAL FUNDS	472,494	(287,883)	184,611

continued...

11. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	78,183	54,855	(15,611)	117,427
Somerset Community Foundation	666	3,500	-	4,166
Garfield Weston	4,166	-	(4,166)	-
Somerset NHS Partnership Discovery Group	20,223	-	(20,223)	-
Lloyds Bank Foundation	-	3,267	-	3,267
	103,238	61,622	(40,000)	124,860
Restricted funds				
Linnet Trust	40	(40)	-	-
IT Fund	5,000	-	-	5,000
NHS Recovery Support Group	-	6,682	-	6,682
SCF Tampon Tax	-	1,666	-	1,666
Strategic Development Fund	-	-	40,000	40,000
	5,040	8,308	40,000	53,348
TOTAL FUNDS	108,278	69,930	-	178,208

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

11. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	74,998	(20,143)	54,855
Somerset Community Foundation	3,500	-	3,500
Lloyds Bank Foundation	33,334	(30,067)	3,267
	111,832	(50,210)	61,622
Restricted funds			
Linnet Trust	10,000	(10,040)	(40)
Lottery	91,497	(91,497)	-
Somerset Community	250	(250)	-
Awards for All	9,936	(9,936)	-
NHS Recovery Support Group	7,100	(418)	6,682
SCF Admin	4,000	(4,000)	-
SCF Tampon Tax	1,666	-	1,666
Finnis	500	(500)	-
Children in Need	3,560	(3,560)	-
NHS Alliance	1,573	(1,573)	-
	130,082	(121,774)	8,308
TOTAL FUNDS	241,914	(171,984)	69,930

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	78,183	111,768	(1,878)	188,073
Somerset Community Foundation	666	13,500	-	14,166
Garfield Weston	4,166	-	(4,166)	-
Somerset NHS Partnership Discovery Group	20,223	-	(20,223)	-
Lloyds Bank Foundation	-	14,527	-	14,527
Bramble Trust	-	5,000	-	5,000
NHS ED Team (Contract)	-	22,565	-	22,565
Capacity & attendance	-	306	-	306
Covid 19 response	-	20,000	-	20,000
Locallity set up costs	-	10,000	-	10,000
Specialist workstream	-	37,476	(3,733)	33,743
NHS Recovery Support	-	-	6,682	6,682
	103,238	235,142	(23,318)	315,062
Restricted funds				
General Fund	-	(6,533)	6,533	-
Linnet Trust	40	(40)	-	-
IT Fund	5,000	-	-	5,000
NHS Recovery Support Group	-	6,682	(6,682)	-
SCF Tampon Tax	-	10,000	(10,000)	-
Children in Need	-	4,548	(1,791)	2,757
Strategic Development Fund	-	-	40,000	40,000
Lottery Covid	-	2,489	(2,489)	-
Lloyds Bank Foundation - Covid	-	380	(380)	-
SCF Covid	-	1,873	(1,873)	-
	5,040	19,399	23,318	47,757
TOTAL FUNDS	108,278	254,541	-	362,819

continued...

Notes to the Financial Statements - continued for the Year Ended 31 March 2021

11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	151,026	(39,258)	111,768
Somerset Community Foundation	13,500	-	13,500
Lloyds Bank Foundation	66,667	(52,140)	14,527
Bramble Trust	5,000	-	5,000
NHS ED Team (Contract)	34,000	(11,435)	22,565
Capacity & attendance	10,000	(9,694)	306
Covid 19 response	20,000	-	20,000
Locallity lead co-ordinator	15,000	(15,000)	-
Locallity set up costs	10,000	-	10,000
Specialist workstream	76,067	(38,591)	37,476
	401,260	(166,118)	235,142
Restricted funds			
General Fund	-	(6,533)	(6,533)
Linnet Trust	20,000	(20,040)	(40)
Lottery	137,786	(137,786)	-
Somerset Community	250	(250)	-
Awards for All	18,120	(18,120)	-
NHS Recovery Support Group	7,100	(418)	6,682
SCF Admin	4,000	(4,000)	-
SCF Tampon Tax	10,000	-	10,000
Finnis	500	(500)	-
Children in Need	37,870	(33,322)	4,548
NHS Alliance	1,573	(1,573)	-
Lottery Covid	60,093	(57,604)	2,489
Lloyds Bank Foundation - Covid	12,606	(12,226)	380
SCF Covid	3,250	(1,377)	1,873
	313,148	(293,749)	19,399
TOTAL FUNDS	714,408	(459,867)	254,541

continued...

12. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

13. SHARE CAPITAL

The company is limited by guarantee and has no share capital. The liability of the guarantors, who are the members, is limited to £10 per guarantor. At 31 March 2021 the company had 9 (2020: 7) members. The company is not controlled by any single party.

Somerset and Wessex Eating Disorders Association

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	39,307	37,030
Government grants	2,905	-
	42,212	37,030
Other trading activities		
Fundraising events	5,545	6,229
Activities for generating funds	1,310	16,149
	6,855	22,378
Investment income		
Investment income	190	259
Charitable activities		
Conferences & workshops	90	1,530
Supervision and complimentary therapy income	15,082	12,536
Room hire receipts	25	4,765
Call handling income	19,481	-
Linnet Trust	10,000	10,000
Bramble Trust	5,000	-
Lloyds TSB Foundation	33,333	33,333
Somerset Community	5,000	250
Lottery	46,289	91,497
Awards for All	8,184	9,936
NHS Recovery Support Group	-	7,100
SCF Admin	-	4,000
SCF Tampon Tax	8,334	1,666
Finnis	-	500
Children in Need	31,404	3,561
NHS Alliance	-	1,573
NHS ED Team (Contract)	34,000	-
Capacity & attendance	10,000	-
Locality lead coordinator	15,000	-
Locality set up costs	10,000	-
Specialist workstream	76,068	-
Covid 19 response	20,000	-
Lottery Covid	60,091	-
Carried forward	407,381	182,247

Somerset and Wessex Eating Disorders Association

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
Charitable activities		
Brought forward	407,381	182,247
LBF - Covid	12,606	-
SCF - Covid	3,250	-
	423,237	182,247
Total incoming resources	472,494	241,914
EXPENDITURE		
Charitable activities		
Wages	201,434	109,925
Social security	11,475	4,728
Pensions	11,909	6,069
Sundries	371	533
Insurance	897	1,682
Light, heat and water	3,163	2,127
Telephone & web costs	2,846	2,410
Postage, Stationery & Advertising	3,003	4,310
Rent & Maintenance	17,867	14,133
Travelling Expenses	842	6,254
Training	2,595	4,335
Supervision	263	450
Support Workers	6,252	1,213
Computer Costs	11,914	7,048
Professional Fees	519	102
Subscriptions & Donations	504	58
Fundraising	277	349
Administration expenses	830	-
Depreciation	5,761	2,899
	282,722	168,625
Support costs		
Finance		
Bank charges	361	432
Interest paid - non trade	3	1
	364	433
Governance costs		
Independent Examiner's Fee	870	780
Carried forward	870	780

Somerset and Wessex Eating Disorders Association

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
Governance costs		
Brought forward	870	780
Bookkeeping	3,927	2,146
	4,797	2,926
Total resources expended	287,883	171,984
Net income	184,611	69,930