



ANNUAL REVIEW

APRIL 2021 – MARCH 2022



INDIVIDUALS ATTENDED
OUR MONTHLY SUPPORT
GROUP: **118% INCREASE**

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“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



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**

”

“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.”

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

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.

1424

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

574

Young People have attended our ED awareness training

378

Support & Guidance sessions were delivered: 8% increase

186,485

hits to our website: 21% increase

60

individuals attended our monthly support group: 71% 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 marketer 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...

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.

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

“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


**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

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 ADMINISTRATIVE 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)

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

REFERENCE AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2022

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 SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

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 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 Children's 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.

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

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.

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YEAR ENDED 31 MARCH 2022

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

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

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YEAR ENDED 31 MARCH 2022

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 remuneration 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.

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

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.

Remuneration 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:

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2022

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

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YEAR ENDED 31 MARCH 2022

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.

25/11/2022

Approved by order of the Board of Trustees onand signed on behalf by

Sarah Brennan

..... (Sarah Brennan, Chairperson)

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2022

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

25/11/2022

Date:

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		<u>350,372</u>	<u>158,004</u>	<u>508,376</u>	<u>472,494</u>
Expenditure on:					
Raising funds	4	28,910	-	28,910	34,804
Charitable activities	5	197,358	146,843	344,201	253,079
Total expenditure		<u>226,268</u>	<u>146,843</u>	<u>373,111</u>	<u>287,883</u>
Net income/ (expenditure)	7	124,104	11,161	135,265	184,611
Transfers between funds	13	-	-	-	-
Net movement in funds		<u>124,104</u>	<u>11,161</u>	<u>135,265</u>	<u>184,611</u>
Total funds at start of year (restated)	13	362,819	-	362,819	178,208
Total funds at end of year	13	<u>486,923</u>	<u>11,161</u>	<u>498,084</u>	<u>362,819</u>

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

The Company was entitled 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 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.

25/11/2022

These financial statements were approved by the Trustees on, 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
		<u>140</u>	<u>(10,077)</u>
Net cash inflow for the year	17	<u><u>231,132</u></u>	<u><u>192,083</u></u>

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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
	<u>116,680</u>	<u>158,004</u>	<u>274,684</u>

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
	<u>59,067</u>	<u>213,491</u>	<u>272,558</u>

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
	<u>229,997</u>	<u>-</u>	<u>229,997</u>

Prior year comparative

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Service delivery grants	(Restated) 199,631	(Restated) -	(Restated) 199,631
Counsellor training	90	-	90
	<u>199,721</u>	<u>-</u>	<u>199,721</u>

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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
	<u>28,910</u>	<u>-</u>	<u>28,910</u>

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
	<u>34,804</u>	<u>-</u>	<u>34,804</u>

5 Expenditure on: charitable activities

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

Prior year comparative

	Activities undertaken directly £	Support costs Note 6 £	Total 2021 £
Provision of services	171,945	81,134	253,079
	<u>171,945</u>	<u>81,134</u>	<u>253,079</u>

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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
	<u>102,439</u>	<u>92,292</u>

7 Net income/ expenditure for the year

	2022 £	2021 £
Independent examiner's fee	2,730	1,014
- Current year		
- Prior year over/under provision	1,014	870
Depreciation	3,514	5,762
Trustees remuneration	-	-
Reimbursement of Nil Trustees expenses (2021: Nil)	-	-
	<u>-</u>	<u>-</u>

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
	<u>306,757</u>	<u>231,840</u>

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).

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

9 Prior year fund comparatives for the Statement of Financial Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
	(Restated)	(Restated)	(Restated)
Income from:			
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

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

11 Debtors

	2022	2021
	£	£
Trade debtors	51,847	25,374
Other debtors	-	53
Prepayments and accrued income	3,791	-
	<u>55,638</u>	<u>25,427</u>

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
	<u>172,190</u>	<u>49,626</u>

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)	-	-
	<u>-</u>	<u>158,004</u>	<u>(146,843)</u>	<u>-</u>	<u>11,161</u>
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
	<u>362,819</u>	<u>350,372</u>	<u>(226,268)</u>	<u>-</u>	<u>486,923</u>
Total funds	<u>362,819</u>	<u>508,376</u>	<u>(373,111)</u>	<u>-</u>	<u>498,084</u>

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

14 Analysis of net assets between funds

Prior year comparative

	Unrestricted Funds		Restricted Funds	Total Funds
	General Funds	Designated Funds	Funds	2021
	£	£	£	£
	(Restated)		(Restated)	(Restated)
Tangible fixed assets	11,717	-	-	11,717
Other net current assets	306,102	45,000	-	351,102
	<u>317,819</u>	<u>45,000</u>	<u>-</u>	<u>362,819</u>

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	<u>230,992</u>	<u>202,160</u>

17 Analysis of changes in cash during the year

	2022	2021	Change
	£	£	£
Cash at bank and in hand	<u>606,433</u>	<u>375,301</u>	<u>231,132</u>
	2021	2020	Change
	£	£	£
Cash at bank and in hand	<u>375,301</u>	<u>183,218</u>	<u>192,083</u>