



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.

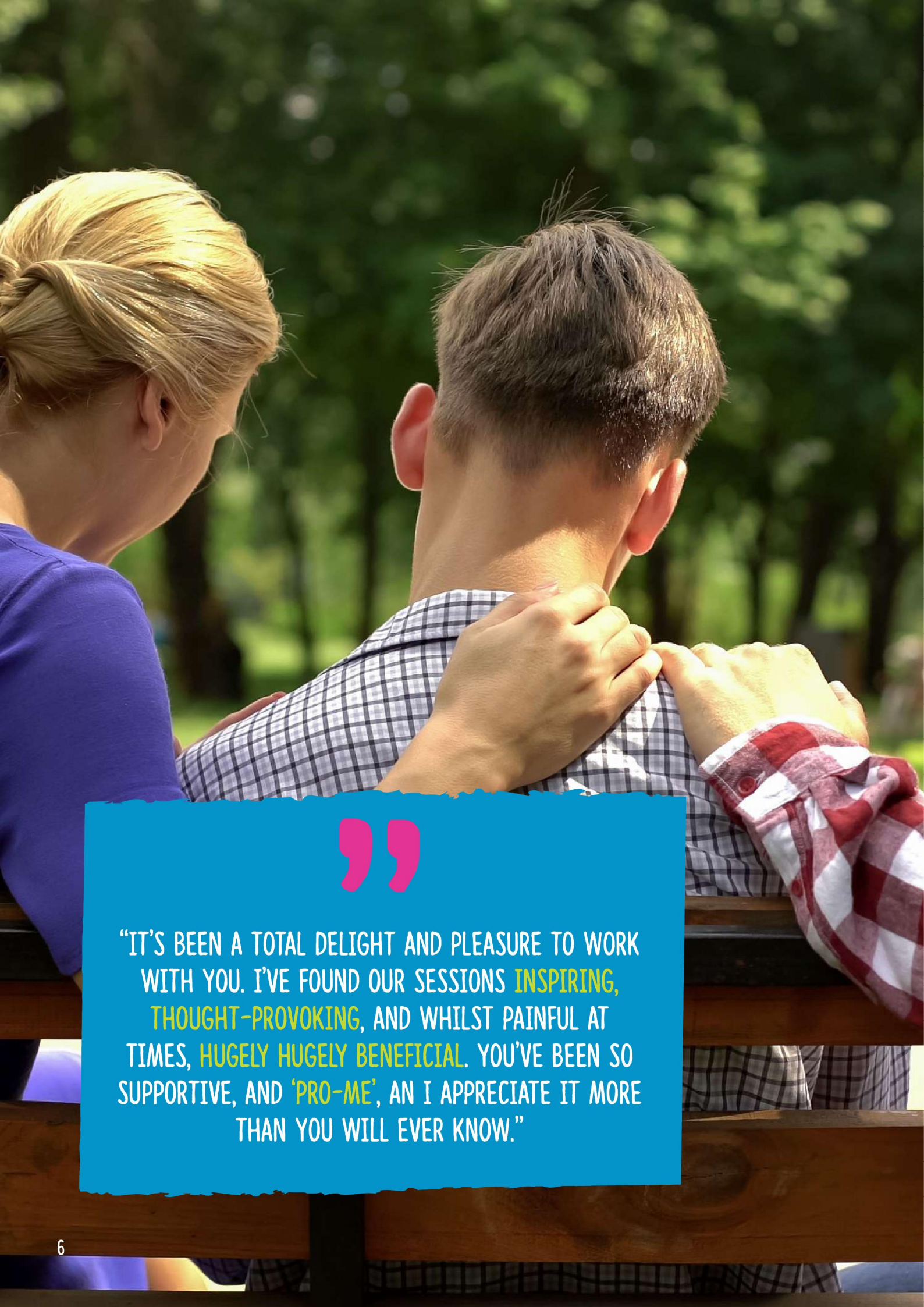
As always, our success is driven by our people and leadership and I am proud to be the new chair of SWEDA leading the board of trustees in supporting the CEO and senior leadership team and colleagues who provide support to those that need it. Our successful outcomes which are outlined within this report 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

A group of young people are smiling and laughing. In the foreground, a man with a beard and a straw hat is smiling broadly. Behind him, a woman with a nose ring is also smiling. In the background, another man and woman are visible, also smiling. The overall mood is happy and positive.

”

“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 (CORG) 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
THEIR 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

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 ADMINISTRATIVE 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) |

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
REFERENCE AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2023

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 2023

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 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 year's 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

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

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 we 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 through 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.

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

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

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

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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)

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YEAR ENDED 31 MARCH 2023

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 (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.

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

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 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.

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YEAR ENDED 31 MARCH 2023

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.

THE SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 MARCH 2023

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

For the year ended 31 March 2023 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 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.

Nov 29 2023

These financial statements were approved by the Trustees on, 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 |
| | | <u>(14,680)</u> | <u>140</u> |
| Net cash inflow for the year | 17 | <u>295,967</u> | <u>231,132</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 23 form part of these financial statements.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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 2023

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 |
| | <u>26,672</u> | <u>168,263</u> | <u>194,935</u> |

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

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 |
| | <u>510,062</u> | <u>-</u> | <u>510,062</u> |

Prior year comparative

| | 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> |

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 |
| | <u>37,145</u> | <u>-</u> | <u>37,145</u> |

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

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

5 Expenditure on: charitable activities

| | Activities undertaken directly | Support costs Note 6 | Total 2023 |
|-----------------------|---|-------------------------------------|-----------------------|
| | £ | £ | £ |
| Provision of services | 424,552 | 108,620 | 533,172 |
| | <u>424,552</u> | <u>108,620</u> | <u>533,172</u> |

Prior year comparative

| | 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> |

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 |
| | <u>116,187</u> | <u>102,439</u> |

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) | - | - |
| | <u>-</u> | <u>-</u> |

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

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 |

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

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 | <u>11,766</u> | <u>48,373</u> | <u>60,139</u> |
| Depreciation | | | |
| At 1 April 2022 | 3,767 | 29,998 | 33,765 |
| Charge for the year | 812 | 4,497 | 5,309 |
| At 31 March 2023 | <u>4,579</u> | <u>34,495</u> | <u>39,074</u> |
| Net Book Value | | | |
| At 31 March 2023 | <u>7,187</u> | <u>13,878</u> | <u>21,065</u> |
| At 31 March 2022 | <u>4,921</u> | <u>3,282</u> | <u>8,203</u> |

11 Debtors

| | 2023 £ | 2022 £ |
|--------------------------------|-------------------|-------------------|
| Trade debtors | 2,448 | 51,847 |
| Prepayments and accrued income | 5,775 | 3,791 |
| | <u>8,223</u> | <u>55,638</u> |

12 Creditors

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

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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) | - | - |
| | <u>11,161</u> | <u>168,263</u> | <u>(179,424)</u> | <u>-</u> | <u>-</u> |
| 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 |
| | <u>486,923</u> | <u>540,225</u> | <u>(390,893)</u> | <u>-</u> | <u>636,255</u> |
| Total funds | <u>498,084</u> | <u>708,488</u> | <u>(570,317)</u> | <u>-</u> | <u>636,255</u> |
| 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) | - | - |
| | <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 2023

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 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.

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.

SOMERSET AND WESSEX EATING DISORDERS ASSOCIATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

14 Analysis of net assets between funds

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

Prior year comparative

| | 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> |

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 | <u>310,647</u> | <u>230,992</u> |

17 Analysis of changes in cash during the year

| | 2023 | 2022 | Change |
|--------------------------|----------------|----------------|----------------|
| | £ | £ | £ |
| Cash at bank and in hand | <u>902,400</u> | <u>606,433</u> | <u>295,967</u> |
| | <u>2022</u> | <u>2021</u> | <u>Change</u> |
| | <u>£</u> | <u>£</u> | <u>£</u> |
| Cash at bank and in hand | <u>606,433</u> | <u>375,301</u> | <u>231,132</u> |