

Eating Disorder Service (Plymouth)

England & Wales · Charity number 1057424

Details

Other names EATING DISORDER SUPPORT (PLYMOUTH)

Status Registered

Legal form Trust

Registered 1996-08-08

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

Contact

Address 140
Mt Gould Road
Plymouth
PL4 7PY

Phone 01752228027

Email general.admin@eatingdisorderserviceplymouth.co.uk

Website www.eatingdisorderserviceplymouth.co.uk

Activities

Objects: 1) THE RELIEF OF PERSONS SUFFERING EATING DISORDERS. 2) TO PROMOTE THE EDUCATION AND TRAINING OF THE PUBLIC IN THE SUBJECT OF EATING DISORDERS

Activities: Eating Disorder Support covers geographic areas in Plymouth and part of West Devon. We provide NICE guidelines psychotherapy and specialist dietetic advice for individuals suffering from an eating disorder. We also offer individual/group/ family therapy for clients and carers. EDS provides a 3-day intensive programme for those who are more at risk of deterioration to prevent in-patient admission.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, Other Defined Groups, The General Public/mankind

Geography

- Devon
- Plymouth City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£434,944	£465,206	-	-
2024-03-31	£404,508	£407,128	-	-
2023-03-31	£459,063	£351,216	-	-
2022-03-31	£411,436	£362,561	-	-
2021-03-31	£312,897	£305,592	-	-

Trustees

Name	Role	Appointed
Mark Gale	Chair	2026-04-28
Bradley Paul Armitage		2025-09-09
Chloe Phillips		2024-12-03

Eating Disorder Service (Plymouth)

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Report and Accounts

31 March 2025

Eating Disorder Support (Plymouth)

TRUSTEES REPORT

REGISTERED CHARITY NUMBER: 1057424

TRUSTEES (WHO SERVED IN THE YEAR)

Margaret Mathews (left in year)
Mike Dunstall (Chair and Treasurer but left in year)
Nick Reddell-Denton (became Chair and Treasurer in the year)
Nick McLouglin
Kirsten Davenport
Cathy McCabe
Mark Gale (joined in year)
Chloe Philips (joined in year)

DIRECTORS (WHO SERVED IN THE YEAR)

Caragh Sanders Wright (appointed October 2022)

PRINCIPLE ADDRESS

140 Mount Gould Road
Plymouth
PL4 7PY

BANKERS

Lloyds TSB plc
Central Square
Newquay
Cornwall
TR7 1JB

INDEPENDENT EXAMINER

A P Jopson, FCA
Tony Jopson & Co Limited,
Peeverell Corner
246 Peeverell Park Road
Plymouth,
PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2025

PRINCIPLE OBJECT

Eating Disorder Support (Plymouth) (EDS) is a Registered Charity (No. 1057424) with the principal object of providing counselling to those with eating disorders.

REVIEW OF ACTIVITIES IN THE YEAR

During the 2024–25 financial year, EDS experienced a positive yet challenging period under the leadership of our Director, Caragh Sanders-Wright. Despite financial constraints and growing waiting lists, the organisation has continued to serve the community effectively. These pressures necessitated and growth of the EDS team structure, encouraging innovative and creative approaches to manage its waiting lists. As a result, two ED practitioners were introduced to support the team and help manage the rising demand for appointments. This initiative has been hugely successful, with the roles expanding and developing over the course of the year. In addition to the new ED practitioners, the EDS team consists of the Senior Leadership Team (SLT) —made up of the Director and Practice Manager—five therapists, one dietitian, one assistant Psychologist and two job-sharing administrative staff. It remains the duty of both the SLT and all staff to ensure that all our clients feel safe, can be heard and receive appropriate care and support for their individual needs.

This year has brought about significant challenges, not least the statement from GPs that they will no longer complete physical health checks for those with an Eating Disorder EDS undertook subsequent consideration of how this need will be met by both EDS and other existing services. This has led to further consideration and ongoing negotiation between EDS and its local health providers as those services develop but also experience significant pressures. These dynamics will remain a significant consideration for EDS moving forward as services continue to change and adapt.

This year, the board recognised its need to expand the number of trustees, to offer better support and make the board more diverse in its background which has led to the board welcoming two new members whose extensive business expertise has been an invaluable addition, strengthening the knowledge and support that enable the Chair and Board of Trustees to provide proactive support and engagement with the SLT at every stage of the operation. This year also brought a major transition, as both our longstanding Chair Mike Dunstall and a trustee with extensive healthcare expertise retired from their roles on the board, feeling it was the right moment for them to step down.

In financial terms, our main income has come from Devon ICB. As part of its ongoing efforts to grow income sources, the service worked with a bid writer this year which saw an award from Garfield Weston into the service of £15k. The service has continued to develop its earned income streams, with additional funds this year totalling £40k These are made up from the payment of a nurse on a student placement, funding from Livewell SW under an agreement to deliver services to clients on the FREED pathway, and a further £2k in client donations given in appreciation of the work the service offers.

The service places great emphasis on maintaining minimal overhead expenses by strategically implementing and reviewing low cost online payroll, management and human resources systems. Additionally, it conducts regular, pricing reviews to ensure continued operational efficiency and cost-effectiveness. Staff and volunteer costs remain as the largest spend for the service with these currently sitting at around 92% of the service's total expenditure. To ensure that EDS retains good quality with appropriately qualified expert staff, we have continued to honour our commitment to remuneration in line with NHS banding, where possible, along with the associated on-costs. The service saw an increase of around 7% on its staff salary costs this year, although this was expected as agreed with the ICB who agreed there would be additional funding to manage the waiting lists and day service provision.

This year, referrals stayed with over 500 received, consistent with last year's numbers. The introduction of wellness support from our ED practitioners, combined with stronger cross-

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

organisational collaboration, has allowed EDS to extend its care to individuals with disordered eating—leading to an exceptional 95% of its referrals being accepted for support.

This year sees the 30-year anniversary of EDS, a massive achievement of providing effective treatment to the community. EDS continues to provide a service unmatched elsewhere in the local health community. There are challenges ahead to ensure that EDS keeps its place firmly and retains its unique service and identity in a healthcare environment that is struggling. Healthcare provision is being met with increasing demand, growing levels of risk and ever growing budgetary restraints yet EDS remains positive to its growth and adaption to ensure it remains a clinically and financially effective service. The care and treatment it provides is evidenced and timely. The pandemic changed the way that healthcare is delivered and this has provided an opportunity for EDS to explore offering online treatments which has offered greater flexibility to its clients and opened many previous barriers to support. EDS has been required to develop its service offering to develop a definite role in supporting people who are more at risk and as the service evolves it needs to have the physical infrastructure to support it.

EDS has successfully met these challenges for over 30 years. Under the guidance of its visionary SLT who are supported by its dedicated and experienced team behind them, there is every confidence that the organisation will continue to do so. The board of trustees and I are immensely proud of the impactful work this charity carries out, consistently delivering vital services that make a meaningful difference to the lives of its users.

I would like to extend my sincere gratitude to the entire team of committed professionals and volunteers, including the board of trustees, who generously contribute their valuable time to support this remarkable charity. Without their passion, dedication, and unwavering commitment, the service would not be able to continually adapt, evolve, and overcome the financial constraints it faces while delivering an invaluable service to the community.

ANNUAL AND FINANCIAL REVIEW

The Statement of Financial Activities shows a net deficit for the year of £30,262 (2024 deficit of £2,620). Reserves stand at £291,882 (2024 £322,144) in total, of which £3,516 is held in fixed assets (2024 £3,297). All funds are unrestricted.

RESERVES POLICY

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets should ideally be at least six months of the resources expended, which equates to £232,603 in the year ended 31 March 2025. At this level the Trustees feel they would still be able to carry on the Charity's activities for a few months in the event of a significant fall in funding. At the present time these funds stand at £291,882 which is comfortably above this level.

This is due to this year the company running a specific intensive therapy programme with several additional groups. This has meant an increase in staff salaries. The Trustees are actively speaking to the Trust to obtain additional funding to cover these costs going forward.

RISK MANAGEMENT

The Trustees are alerted to operational and financial risks at the periodic meetings of The Management Committee and are fully aware of the need to maintain free reserves at the levels stated above to continue the work of the Charity and the aspirations for the future. Through this medium of periodic reporting the Trustees are exercising an active review of major risk.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the

Eating Disorder Support (Plymouth)

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2025, which are set out on pages 6 to 11 below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b)) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement



In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....  

A P Jopson, FCA

Date

(Fellow of the Institute of Chartered Accountants in England & Wales)

Tony Jopson & Co Ltd, Peverell Corner, 246 Peverell Park Road, Plymouth, PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

charity and of its incoming resources and application of resources during the year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity and the group will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dated..... 09 / 09 / 2025 .
Signed

Nick Reddell-Denton

Chair on behalf of the Eating Disorder Support (Plymouth) Trustees

Eating Disorder Support (Plymouth)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH

INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH

	<i>Notes</i>	<i>Total funds 2025</i> £	<i>Total funds 2024</i> £
INCOMING RESOURCES			
Grants	2	392,917	389,490
Other income	2	37,645	12,102
Donations		1,980	653
Interest received		2,402	2,263
TOTAL INCOMING RESOURCES		434,944	404,508
RESOURCES EXPENDED			
Direct charitable expenditure	3	462,209	398,914
Management and administration	4	2,997	8,214
TOTAL RESOURCES EXPENDED		465,206	407,128
NET MOVEMENT IN FUNDS	5	(30,262)	(2,620)
BALANCES BROUGHT FORWARD AS AT 1 APRIL		322,144	324,764
BALANCES CARRIED FORWARD AS AT 31 MARCH		291,882	322,144

The notes on pages 7 to 9 form an integral part of these financial statements.

The charity is able to use its total funds for any purpose in connection with its charitable objectives.

There are no restricted funds.

Eating Disorder Support (Plymouth)

BALANCE SHEET AT 31 MARCH

	Note	2025 £	2024 £
FIXED ASSETS			
Tangible fixed assets	7	3,516	3,297
		<u> </u>	<u> </u>
CURRENT ASSETS			
Debtors & Prepayments	8	260	352
Bank balances		292,562	327,414
Petty cash		218	110
		<u> </u>	<u> </u>
		293,040	327,876
CREDITORS			
Amounts falling due within one year	9	4,674	9,029
		<u> </u>	<u> </u>
NET CURRENT ASSETS		288,366	318,847
		<u> </u>	<u> </u>
NET ASSETS		291,882	322,144
		<u> </u>	<u> </u>
		<u> </u>	<u> </u>
FUNDS			
Unrestricted	10	291,882	322,144
Restricted	10	0	0
		<u> </u>	<u> </u>
		291,882	322,144
		<u> </u>	<u> </u>
		<u> </u>	<u> </u>

The Council of Members considers that the Charity is exempt from an audit and a report under Section 144(1) of the Charities Act.

The trustees acknowledge their responsibility for;

- 1) ensuring the charity keeps accounting records which comply with the Charities Act; and
- 2) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial period, and of its income and expenditure for the period.

The financial statements were approved by the Trustees on
on its behalf by

2025 and signed

Nick Reddell-Denton

Trustee

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost accounting rules. Accruals accounting has been applied. The accounts comply with the Charities Act 2011 and the Charity Commissions Statement of Recommended Practice (revised 2005), Accounting by Charities.

The charity has taken advantage of the exemption from preparing a cash flow statement conferred by Financial Reporting Standard No. 1 on the grounds that if it had been incorporated as a company under the Companies Act 2006 it would have qualified as a small company.

Incoming resources

Grants are recognised in the period to which they relate.

Resources expended

Direct charitable expenditure represents expenditure incurred directly to support the particular charitable objectives of the charity. Costs of management and administration of the charity have been identified on the basis that they are not direct charitable expenditure.

Tangible Fixed Assets

Depreciation is provided at the following rates to write off each asset over its estimated useful life.

Fixtures and fittings – 20% on reducing balance.

Computer equipment – 30% on reducing balance.

2 INCOME

The bulk of the income is from grants (£392,917)

Other income consists of income from consultancy services rendered under the FREED contract (£16,635), fundraised income (£15,000), sundry other income / donations (£8,507) and bank interest (£2,402).

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

3 DIRECT CHARITABLE EXPENDITURE

	<i>Total</i> 2025 £	<i>Total</i> 2024 £
Staff, agency & volunteer costs	401,765	345,381
Supervision	1,960	1,355
Rent, rates, heat & light	23,919	23,333
Printing, post & stationery	920	679
Telephone & internet	1,341	1,293
Subscriptions	239	224
Insurance	1,402	1,293
OT resources & refreshments	252	48
Computers & Software	11,967	4,422
Repairs, maintenance, cleaning & waste	6,730	10,420
Day service meals, yoga & kitchen equipment	3,123	3,478
Training	1,655	3,170
Miscellaneous Purchases	346	1,233
Health & safety	47	637
IT fund spend	0	1,895
Garden project spend	518	53
Fundraising expenditure	6,025	0
	462,209	398,914

4 MANAGEMENT AND ADMINISTRATION

	<i>Total</i> 2025 £	<i>Total</i> 2024 £
Bank charges	40	32
Accountancy software / Independent examiner	1,800	2,698
Legal & professional costs	0	4,263
Depreciation	1,157	1,221
	2,997	8,214

5 TAXATION

The Charity is a registered charity and is exempt from Corporation Tax under the provisions of Section 505 of the Income and Corporation Taxes Act 1988.

6 TRANSACTIONS WITH TRUSTEES

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

No expenses have been received by trustees in relation to their roles as trustees and there have been no related party transactions.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

7 TANGIBLE FIXED ASSETS

	Office Fixtures		
	<i>Equipment</i>	<i>and Fittings</i>	<i>Total</i>
	£	£	£
Cost			
at 1 April 2024	12,273	4,907	17,180
Additions	0	1,375	1,375
at 31 March 2025	12,273	6,282	18,555
Accumulated depreciation			
at 1 April 2024	10,052	3,831	13,883
Charge for year – 20% reducing balance	-	490	490
Charge for year – 30% reducing balance	666	-	666
at 31 March 2025	10,718	4,321	15,039
Net book values			
at 31 March 2025	1,555	1,961	3,516
at 31 March 2024	2,221	1,076	3,297

8 DEBTORS

	2025	2024
	£	£
Prepayment (insurance)	260	352
	260	352

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

9 CREDITORS: Amounts falling due within one year

	2025	2024
	£	£
Accountancy / Independent Examination	1,800	1,600
Electricity	260	260
Gas	310	310
Boiler repair	0	1,072
Telephones	85	0
Livewell services	1,010	3,623
	3,465	6,865
Deferred income		
Garden project	529	1,046
IT Fund	0	438
PCC grant fund	680	680
	4,674	9,029

10 ANALYSIS OF FUNDS

1.4.24

31.3.25

Restricted Funds	B/fwd £	Net		Transfers £	C/fwd £
		Income £	Expenditure £		
Garden project monies	0	518	518	0	0
IT equipment fund	0	438	438	0	0
PCC grant fund	0	0	0	0	0
Total restricted funds	0	956	956	0	0
Unrestricted funds					
General reserve	322,144	433,988	464,250	0	291,882
Total unrestricted funds	322,144	433,988	464,250	0	291,882
Total Funds	322,144	434,944	465,206	0	291,882

Unrestricted funds comprise those funds, which the trustees are free to use in accordance with the charitable objects.

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TRUSTEES REPORT

REGISTERED CHARITY NUMBER: 1057424

TRUSTEES (WHO SERVED IN THE YEAR)

Margaret Mathews
Mike Dunstall (Chair and Treasurer)
Janet Swales (left in year)
Nick Reddell-Denton
Nick McLouglin
Kirsten Davenport (joined in year)
Cathy McCabe (joined in year)

DIRECTORS (WHO SERVED IN THE YEAR)

Caragh Sanders Wright (appointed October 2022)

PRINCIPLE ADDRESS

140 Mount Gould Road
Plymouth
PL4 7PY

BANKERS

Lloyds TSB plc
Central Square
Newquay
Cornwall
TR7 1JB

INDEPENDENT EXAMINER

A P Jopson, FCA
Tony Jopson & Co Limited,
Peeverell Corner
246 Peeverell Park Road
Plymouth,
PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

PRINCIPLE OBJECT

Eating Disorder Support (Plymouth) (EDS) is a Registered Charity (No. 1057424) with the principal object of providing counselling to those with eating disorders.

REVIEW OF ACTIVITIES IN THE YEAR

During the FY 2023-24, EDS has had a positive year under the leadership of our Director Caragh Sanders- Wright. This position has ensured that our community has been well served, even though our client numbers have continued to increase along with corresponding waiting lists. The EDS staff make-up, now has three associate psychologists embedded in the team, which has led to evolving innovative developments ie the FLASH programme. It is the duty of the senior leadership team (SLT) and staff to ensure that all our clients feel safe, can be heard and receive appropriate care and support for their individual needs.

EDS is fortunate to have a forward-looking SLT who together have enabled the Service to introduce digital processes into the workplace enabling all administrative work to be completed and accessible online. Both the director and our Practice Manager, Claire Russell, have undertaken further higher/executive training which has directly helped the organisation to advance. Caragh, our director, is well versed in eating disorder developments, and her new leadership skills and style enable her to exercise her strengths in managing all. She has a positive relationship with our external agencies and primary sponsor – Caragh has both a director and clinical role.

The Chair and the Board of Trustees have continued to proactively support and engage with the SLT at all stages of the operation when required. The Chair frequently liaises with the EDS Director to discuss matters of the moment outside of the planned 6-weekly meetings. This has ensured that both The Community and Day Care services have been well supported. This year one trustee, Janet Swales, resigned, and a new trustee Kirsten Davenport, a NHS Nurse Manager, joined the Board.

Furthermore, our enthusiastic and dedicated trustees continue to underpin the strategy and managed development of the organisation. Again, EDS has fully met its obligations in support of the awarded NHS service contracts, within a restricted budget allocation

In financial terms, EDS received a reduced income of £404K in 2023-24 even though our director worked extremely hard to retain the NHS 2023 contract uplift to maintain income levels. EDS does also receive small amounts for income through other sources and donations. Within the current budget restrictions we believe that EDS has continued to provide a 'gold standard service', although it has not been an easy task. Indeed, we consider that EDS has maintained a low waiting times - compared to most - and managed to deliver their work with reduced staff numbers despite budget constraints.

To ensure that staff were retained, an essential resource for charities role, overall staff remuneration was increased in line with NHS banding, where possible, along with the associated on-costs. Furthermore, we have provided staff with a wellness package putting their health and well-being as a core part of working in this team. To achieve some of this change we did not replace the clinical manager role, so had a cost saving, but this has also been achieved through the director's approach to running EDS. In terms of staff, in addition to the SLT we currently have 2 qualified therapists, 3 assistant psychologists, a shared registered dietitian and an admin support; without further income, we cannot increase the numerical size of the organisation. Along with our own staffing we have supported Livewell Southwest and the CMHS when required aiding joined-up working, and again delivering a well-tailored and considered service to clients.

The number of referrals received this year has been over 500, the most EDS as a Service has ever seen. EDS has worked hard to support all those with anorexia, bulimia, binge eating disorder including those with disordered eating behaviours. The staff work to maintain the daily therapy along with supporting a progressive day care programme. In fact, EDS has continued to run the day service, one of the few in the county, and have helped people maintain their lives

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

whilst combating their eating disorder where in another regional area they would have been sent out a specialist unit for 6 months. The therapy sessions are evolving as new pathways are considered in the changing landscape. None of this would be possible without working closely with our external agencies and sponsors.

To combat change, the organisation has encouraged staff to update their skills and knowledge through various training opportunities, many which are available online. As an example, our director is now working towards an MSc in leadership. Moreover, team supervision sessions have been aligned, reducing the overall, often uncosted, supervision expenditure. All staff have undertaken training for CBT-T and Mantra practice, as well as support and guidance for individual therapies where required.

As with previous years, we can see that the EDS team is determined to offer their combined expertise and full emotional support to a client-base that is very much in need. The majority of the Service clients are, either referred by their GP Practice or recommended by their GP to self-refer. None of this would be possible if our director did not maintain effective and open links with our CCG NHS Devon Commissioner who commissions our service, and with our primary sponsors through the 'Livewell Southwest' community mental health teams (CMHT) and the Severe Eating Disorder Consultation & Assessment Service (SEDCAS). Regular reporting, briefings and presentations, feedback sessions and liaison are provided by the director and her team for these funded contracts. Our Board of Trustees are always encouraged by this 'can do' approach adopted by the staff, which stems from our current director's enthusiasm and energy for her role, and the essential and sensitive work that is being undertaken by EDS.

The renewed impetus within EDS has been maintained with clearly defined work practice, and reorganisation of the office space and administrative record-keeping – gone are the rows of filing cabinets. As an example EDS now operates an electronic HR system that includes a Staff clock-on app, so the office manager can always see where staff are and available from day-to-day, and their immediate training records. EDS is also looking outside of our NHS contracts for alternate funding streams, so that we can continue to grow this fine charity, otherwise we will always be limited in the delivery of what can be achieved to these increasingly essential niche services to our community. As a Board we have looked at the EDS charity position and status with the SLT, reviewing whether we should become a charitable incorporated organisation (CIO). Also the SLT are reviewing what work would be required to have the organisation CQC regulated by the Care Quality Commission, further recognising EDS's position as a key provider. Furthermore, EDS has expanded its visibility and reach through using social media, and refreshing the website so that it can be managed in-house, this has been expertly managed by Rob Melvin.

In summary, the Board of Trustees and I continue to be extremely proud of EDS and the work that it provides within, and to our community. I personally thank EDS, our director and all of the staff on behalf of the Board, our sponsors, and community for the work that each one of them has undertaken and delivered. Also, we are grateful to our stalwart band of trustees, who are all volunteers with busy lives, who give up their time to support this wonderful charity asset and organisation. EDS is a very well run and managed, our director has driven change and restructure, with an emphasis on staff retention and well-being with the full support of her team. The service has again this year been extremely busy within the confines of a reduced overall budget. Our director will continue to push for additional contract funding as client numbers continue to increase – this has been EDS's busiest year to date. Looking forward as the Service enters a new year, EDS must look at innovative new working practices and programmes, continue to educate our staff and push the charity forward, actively strengthening our community position and delivery. Using new technology to reduce time and costs, as well as increasing the EDS exposure to our community. EDS is a well run organisation. This essential community charity provides a key service, in a specialised knowledge area, where local statutory services still have a gap. As in previous years we are encouraged and grateful to those who commission our specialist services and delivery. Thank you to all those involved with EDS and for their continued support and belief that we can offer an extremely cost effective operation.

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

ANNUAL AND FINANCIAL REVIEW

The Statement of Financial Activities shows a net deficit for the year of £2,620 (2023 surplus of £108,519). Reserves stand at £322,144 (2023 £ 324,764) in total, of which £3,297 is held in fixed assets (2023 £3,341). All funds are unrestricted.

RESERVES POLICY

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets should ideally be at least six months of the resources expended, which equates to £203,564 in the year ended 31 March 2024. At this level the Trustees feel they would still be able to carry on the Charity's activities for a few months in the event of a significant fall in funding. At the present time these funds stand at £324,144 which is comfortably above this level.

This is due to this year the company running a specific intensive therapy programme with several additional groups. This has meant an increase in staff salaries. The Trustees are actively speaking to the Trust to obtain additional funding to cover these costs going forward.

RISK MANAGEMENT

The Trustees are alerted to operational and financial risks at the periodic meetings of The Management Committee and are fully aware of the need to maintain free reserves at the levels stated above to continue the work of the Charity and the aspirations for the future. Through this medium of periodic reporting the Trustees are exercising an active review of major risk.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources during the year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity and the group will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dated..... 1st June 2024

Signed 

Mike R Dunstall BSc, CMgr, FCMI

Chair on behalf of the Eating Disorder Support (Plymouth) Trustees

Eating Disorder Support (Plymouth)

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2024, which are set out on pages 6 to 11 below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b)) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....  

A P Jopson, FCA

Date

(Fellow of the Institute of Chartered Accountants in England & Wales)

Tony Jopson & Co Ltd, Peverell Corner, 246 Peverell Park Road, Plymouth, PL3 4QG

Eating Disorder Support (Plymouth)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH

		<i>Total funds 2024 £</i>	<i>Total funds 2023 £</i>
INCOMING RESOURCES	<i>Notes</i>		
Grants	2	389,490	448,007
Other income	2	12,102	10,271
Donations		653	1,059
Interest received		2,263	398
TOTAL INCOMING RESOURCES		404,508	459,735
RESOURCES EXPENDED			
Direct charitable expenditure	3	398,914	344,600
Management and administration	4	8,214	6,616
TOTAL RESOURCES EXPENDED		407,128	351,216
NET MOVEMENT IN FUNDS	5	(2,620)	108,519
BALANCES BROUGHT FORWARD AS AT 1 APRIL		324,764	216,245
BALANCES CARRIED FORWARD AS AT 31 MARCH		322,144	324,764

The notes on pages 7 to 9 form an integral part of these financial statements.

The charity is able to use its total funds for any purpose in connection with its charitable objectives.

There are no restricted funds.

Eating Disorder Support (Plymouth)

BALANCE SHEET AT 31 MARCH

	Note	2024 £	2023 £
FIXED ASSETS			
Tangible fixed assets	7	3,297	3,341
CURRENT ASSETS			
Debtors & Prepayments	8	352	1,575
Bank balances		327,414	326,293
Petty cash		110	98
		<u>327,876</u>	<u>327,966</u>
CREDITORS			
Amounts falling due within one year	9	9,029	6,543
		<u>318,847</u>	<u>321,423</u>
NET CURRENT ASSETS			
		<u>322,144</u>	<u>324,764</u>
NET ASSETS			
		<u><u>322,144</u></u>	<u><u>324,764</u></u>
FUNDS			
Unrestricted	10	322,144	324,764
Restricted	10	0	0
		<u>322,144</u>	<u>324,764</u>
		<u><u>322,144</u></u>	<u><u>324,764</u></u>

The Council of Members considers that the Charity is exempt from an audit and a report under Section 144(1) of the Charities Act.

The trustees acknowledge their responsibility for;

- 1) ensuring the charity keeps accounting records which comply with the Charities Act; and
- 2) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial period, and of its income and expenditure for the period.

The financial statements were approved by the Trustees on *1st June* 2024 and signed on its behalf by



Mike R Dunstall

Trustee

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost accounting rules. Accruals accounting has been applied. The accounts comply with the Charities Act 2011 and the Charity Commissions Statement of Recommended Practice (revised 2005), Accounting by Charities.

The charity has taken advantage of the exemption from preparing a cash flow statement conferred by Financial Reporting Standard No. 1 on the grounds that if it had been incorporated as a company under the Companies Act 2006 it would have qualified as a small company.

Incoming resources

Grants are recognised in the period to which they relate.

Resources expended

Direct charitable expenditure represents expenditure incurred directly to support the particular charitable objectives of the charity. Costs of management and administration of the charity have been identified on the basis that they are not direct charitable expenditure.

Tangible Fixed Assets

Depreciation is provided at the following rates to write off each asset over its estimated useful life.

Fixtures and fittings – 20% on reducing balance.

Computer equipment – 30% on reducing balance.

2 INCOME

The bulk of the income is from grants (£389,490)

Other income consists of income from consultancy services rendered under the FREED contract (£12,102), sundry donations (£653) and bank interest (£2,263).

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

3 DIRECT CHARITABLE EXPENDITURE

	<i>Total</i> 2024 £	<i>Total</i> 2023 £
Staff, agency & volunteer costs	345,381	297,305
Supervision	1,355	2,498
Rent, rates, heat & light	23,333	20,779
Printing, post & stationery	679	363
Telephone & internet	1,293	1,220
Subscriptions	224	1,500
Insurance	1,293	1,095
OT resources & refreshments	48	78
Computers & Software	4,422	1,524
Repairs, maintenance, cleaning & waste	10,420	5,739
Day service meals, yoga & kitchen equipment	3,478	2,540
Training	3,170	5,519
Miscellaneous Purchases	1,233	547
Health & safety	637	0
IT fund spend	1,895	2,851
Garden project spend	53	973
PCC grant spend	0	70
	398,914	344,600

4 MANAGEMENT AND ADMINISTRATION

	<i>Total</i> 2024 £	<i>Total</i> 2023 £
Bank charges	32	32
Accountancy software / Independent examiner	2,698	1,750
Legal & professional costs	4,263	3,432
Depreciation	1,221	1,402
	8,214	6,616

5 TAXATION

The Charity is a registered charity and is exempt from Corporation Tax under the provisions of Section 505 of the Income and Corporation Taxes Act 1988.

6 TRANSACTIONS WITH TRUSTEES

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

No expenses have been received by trustees in relation to their roles as trustees and there have been no related party transactions.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

7 TANGIBLE FIXED ASSETS

	Office Fixtures		
	<i>Equipment</i>	<i>and Fittings</i>	<i>Total</i>
	£	£	£
Cost			
at 1 April 2023	12,273	3,730	16,003
Additions	0	1,177	1,177
at 31 March 2024	12,273	4,907	17,180
Accumulated depreciation			
at 1 April 2023	9,100	3,562	12,662
Charge for year – 20% reducing balance	-	269	269
Charge for year – 30% reducing balance	952	-	952
at 31 March 2024	10,052	3,831	13,883
Net book values			
at 31 March 2024	2,221	1,076	3,297
at 31 March 2023	3,173	168	3,341

8 DEBTORS

	2024	2023
	£	£
Debtors (other)	0	1,223
Prepayment (insurance)	352	352
Prepayment – alarm maintenance	0	0
	352	1,575

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

9 CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Accountancy / Independent Examination	1,600	1,750
Electricity	260	260
Gas	310	310
Boiler repair	1,072	0
Group sessions / supervision	0	110
Livewell services	3,623	0
	6,865	2,430
Deferred income		
Garden project	1,046	1,099
IT Fund	438	2,334
PCC grant fund	680	680
	9,029	6,543

10 ANALYSIS OF FUNDS

1.4.23

31.3.24

Restricted Funds	B/fwd £	Net		Transfers £	C/fwd £
		Income £	Expenditure £		
Garden project monies	0	53	53	0	0
IT equipment fund	0	1,896	1,896	0	0
PCC grant fund	0	0	0	0	0
Total restricted funds	0	1,949	1,949	0	0
Unrestricted funds					
General reserve	324,764	402,559	405,179	0	322,144
Total unrestricted funds	324,764	402,559	405,179	0	322,144
Total Funds	324,764	404,508	407,128	0	322,144

Unrestricted funds comprise those funds, which the trustees are free to use in accordance with the charitable objects.

Eating Disorder Service (Plymouth)

England & Wales - Charity number 1057424

Accounts

EATING DISORDER SUPPORT (PLYMOUTH)

Report and Accounts

31 March 2023

Eating Disorder Support (Plymouth)

TRUSTEES REPORT

REGISTERED CHARITY NUMBER: 1057424

TRUSTEES (WHO SERVED IN THE YEAR)

Margaret Mathews
Mike Dunstall (Chair and Treasurer)
Janet Swales
Nick Reddell-Denton
Nick McLouglin

DIRECTORS (WHO SERVED IN THE YEAR)

Terry Lawrence (resigned October 2022)
Caragh Sanders Wright (appointed October 2022)

PRINCIPLE ADDRESS

140 Mount Gould Road
Plymouth
PL4 7PY

BANKERS

Lloyds TSB plc
Central Square
Newquay
Cornwall
TR7 1JB

INDEPENDENT EXAMINER

A P Jopson, FCA
Tony Jopson & Co Limited,
Peeverell Corner
246 Peeverell Park Road
Plymouth,
PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

PRINCIPLE OBJECT

Eating Disorder Support (Plymouth) (EDS) is a Registered Charity (No. 1057424) with the principal object of providing counselling to those with eating disorders.

REVIEW OF ACTIVITIES IN THE YEAR

During the FY 2022-23, EDS has endured challenges and change, yet the team still continue to provide a Service that is respected in the local community. The staff continue to fulfil their duties with extreme professionalism adapting to new work practices. It is the duty of the senior leadership team and staff to ensure that our clients feel safe and can be heard, receiving the care and support that they need and require.

The EDS senior leadership team (SLT) this year changed when our long-term and dedicated director, Terry Lawrence, retired. She has been replaced by Caragh Sanders-Wright, although not a therapist, she is a highly qualified and experienced dietician, and manager, who had supported Terry at EDS and her goals for a number of years. Caragh is well versed in eating disorder developments, and she brings a new energy to the organisation and perspective, having previously worked for Livewell Southwest as well. We took a strategic decision to not replace her role as Clinical Manager, and divided her duties amongst three senior therapists, ensuring all aspects of the organisation are effectively protected. Further, Claire Russell, our Practice Manager, has continued to support her directly, and the new director has promoted a couple of the staff within, helping the organisation to adjust to a revised organisational structure.

The Chair of Trustees and our long term Board of Trustees have continued to proactively support and engage with the SLT at all stages, overseeing their workflows and administration where required across the EDS two departmental structures – direct therapy related aspects and a dedicated Day Care Service. Furthermore, our trustees help to underpin the strategy and managed development of the organisation. This ensures that EDS fully meets its obligations in support of the award NHS service contracts, within their allocated budgets. This year the Board make-up has remained unchanged, although we are actively recruiting a new trustee member. The existing trustees are dedicated to the cause and offer invaluable insight to the charity and business practice.

In financial terms, EDS received £454K income in year, which included a non-recurring uplift, due to expire 31 Mar 23, following the Covid pandemic to help reduce waiting list times. However, to ensure that the service will not be disadvantaged in this next period our new director negotiated a service uplift of £60k through the NHS Devon CCG Commissioner as contracted income receipts in 'real terms' have remained unchanged since 2016. This additional funding has enabled EDS to offer all our staff improved remuneration, more in line with their duties and equivalent NHS banding, a position we consider will improve our retention of qualified staff and give them increased financial security during the current global 'cost of living' crisis. Otherwise, the service received £9.7K of funding for our 'First episode and Rapid Early intervention for Eating Disorders' (FREED) pathway delivery from Livewell Southwest. Also, EDS were fortunate to receive an IT grant of £10K from Livewell Southwest, so far £7k has been spent on new IT provision. We have also recouped £12k in savings by taking dietetic services back in-house. Like all organisations EDS has experienced price inflation in our service delivery costs due to rising prices due the global political situation. Further our landlords, NHS Property Services, after robust negotiations for a staged increase our rent rose £1K this year with follow £1.5K yearly increments over the next 5 years. Finally, to protect EDS we have maintained our capital reserve for a period should our contracts be withdrawn.

The overall make-up of EDS staff has changed over the past year, as with all Mental health services, recruitment has been really challenging. We currently have 10 members of staff, and the shape of the team has changed considerably during this 12 month period. We have amalgamated the Director and Clinical Manager role. Increased the duties of the practice manager to include additional HR and staff management aspects. We have 2 qualified therapists, 3 assistant psychologists, one registered dietitian, admin support and a hygiene

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

technician. Also the service EDS is currently in the process of recruiting an OT and another therapist. Along with our own staffing we have supported Livewell Southwest by offering placements to student nurses and this will be extended to include dietetic students in the coming year.

The number of referrals received by the service this year was 405 with 274 accepted into the

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

ANNUAL AND FINANCIAL REVIEW

The Statement of Financial Activities shows a net surplus for the year of £107,847 (2022 £48,875). Reserves stand at £324,092 (2022 £ 216,245) in total, of which £3,341 is held in fixed assets (2022 £887). All funds are unrestricted.

RESERVES POLICY

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets should ideally be at least six months of the resources expended, which equates to £175,608 in the year ended 31 March 2023. At this level the Trustees feel they would still be able to carry on the Charity's activities for a few months in the event of a significant fall in funding. At the present time these funds stand at £324,092 which is comfortably above this level.

This is due to this year the company running a specific intensive therapy programme with several additional groups. This has meant an increase in staff salaries. The Trustees are actively speaking to the Trust to obtain additional funding to cover these costs going forward.

RISK MANAGEMENT

The Trustees are alerted to operational and financial risks at the periodic meetings of The Management Committee and are fully aware of the need to maintain free reserves at the levels stated above to continue the work of the Charity and the aspirations for the future. Through this medium of periodic reporting the Trustees are exercising an active review of major risk.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources during the year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity and the group will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dated..... *5 June 2023*

Signed *[Signature]*

Mike R Dunstall BSc, CMgr, FCMI

Chair on behalf of the Eating Disorder Support (Plymouth) Trustees

Eating Disorder Support (Plymouth)

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2023, which are set out on pages 6 to 11 below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b)) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

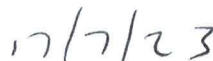
(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.





A P Jopson, FCA

Date

(Fellow of the Institute of Chartered Accountants in England & Wales)

Tony Jopson & Co Ltd, Peverell Corner, 246 Peverell Park Road, Plymouth, PL3 4QG

Eating Disorder Support (Plymouth)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH

	<i>Notes</i>	<i>Total funds</i> 2023 £	<i>Total funds</i> 2022 £
INCOMING RESOURCES			
Grants	2	448,007	399,347
Other income	2	10,271	10,715
Donations		387	1,369
Interest received		398	5
TOTAL INCOMING RESOURCES		459,063	411,436
RESOURCES EXPENDED			
Direct charitable expenditure	3	344,600	356,060
Management and administration	4	6,616	6,501
TOTAL RESOURCES EXPENDED		351,216	362,561
NET MOVEMENT IN FUNDS	5	107,847	48,875
BALANCES BROUGHT FORWARD AS AT 1 APRIL		216,245	167,370
BALANCES CARRIED FORWARD AS AT 31 MARCH		324,092	216,245

The notes on pages 7 to 9 form an integral part of these financial statements.

The charity is able to use its total funds for any purpose in connection with its charitable objectives.

There are no restricted funds.

Eating Disorder Support (Plymouth)

BALANCE SHEET AT 31 MARCH

	Note	2023 £	2022 £
FIXED ASSETS			
Tangible fixed assets	7	3,341	887
CURRENT ASSETS			
Debtors & Prepayments	8	903	3,303
Bank balances		326,293	227,317
Petty cash		98	178
		327,294	230,798
CREDITORS			
Amounts falling due within one year	9	6,543	15,440
NET CURRENT ASSETS		320,751	215,358
NET ASSETS		324,092	216,245
FUNDS			
Unrestricted	10	324,092	216,245
Restricted	10	0	0
		324,092	216,245

The Council of Members considers that the Charity is exempt from an audit and a report under Section 144(1) of the Charities Act.

The trustees acknowledge their responsibility for;

- 1) ensuring the charity keeps accounting records which comply with the Charities Act; and
- 2) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial period, and of its income and expenditure for the period.

The financial statements were approved by the Trustees on *5 June* 2023 and signed on its behalf by



Mike R Dunstall

Trustee

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost accounting rules. Accruals accounting has been applied. The accounts comply with the Charities Act 2011 and the Charity Commissions Statement of Recommended Practice (revised 2005), Accounting by Charities.

The charity has taken advantage of the exemption from preparing a cash flow statement conferred by Financial Reporting Standard No. 1 on the grounds that if it had been incorporated as a company under the Companies Act 2006 it would have qualified as a small company.

Incoming resources

Grants are recognised in the period to which they relate.

Resources expended

Direct charitable expenditure represents expenditure incurred directly to support the particular charitable objectives of the charity. Costs of management and administration of the charity have been identified on the basis that they are not direct charitable expenditure.

Tangible Fixed Assets

Depreciation is provided at the following rates to write off each asset over its estimated useful life.

Fixtures and fittings – 20% on reducing balance.

Computer equipment – 30% on reducing balance.

2 INCOME

The bulk of the income is from grants (£448,007)

Other income consists of income from consultancy services rendered under the FREED contract (£10,271) and sundry donations and bank interest (£785).

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

3 DIRECT CHARITABLE EXPENDITURE

	<i>Total</i> 2023 £	<i>Total</i> 2022 £
Staff & volunteer costs	297,305	288,961
Supervision	2,498	6,195
Rent, rates, heat & light	20,779	18,336
Premises costs (estates) & provision	0	5,581
Printing, post & stationery	363	4,375
Telephone & internet	1,220	1,242
Subscriptions	1,500	388
Insurance	1,095	1,356
OT resources & refreshments	78	83
Computers & Software	1,524	3,379
Repairs, maintenance, cleaning & waste	5,739	1,234
Day service meals	2,540	1,889
Training	5,519	1,394
Miscellaneous Purchases	547	259
IT fund spend	2,851	960
Garden project spend	973	20,428
PCC grant spend	70	0
	344,601	356,060

4 MANAGEMENT AND ADMINISTRATION

	<i>Total</i> 2023 £	<i>Total</i> 2022 £
Bank charges	32	32
Accountancy / Independent examiner	1,750	1,500
Legal & professional costs	3,432	4,626
Depreciation	1,402	343
	6,616	6,501

5 TAXATION

The Charity is a registered charity and is exempt from Corporation Tax under the provisions of Section 505 of the Income and Corporation Taxes Act 1988.

6 TRANSACTIONS WITH TRUSTEES

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

No expenses have been received by trustees in relation to their roles as trustees and there have been no related party transactions.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

7 TANGIBLE FIXED ASSETS

	<i>Office Equipment</i>	<i>Fixtures and Fittings</i>	<i>Total</i>
	£	£	£
Cost			
at 1 April 2022	8,418	3,730	12,148
Additions	3,855	0	3,855
at 31 March 2023	12,273	3,730	16,003
Accumulated depreciation			
at 1 April 2022	7,740	3,520	11,260
Charge for year – 20% reducing balance	-	42	42
Charge for year – 30% reducing balance	1,360	-	1,360
at 31 March 2022	9,100	3,562	12,662
Net book values			
at 31 March 2023	3,173	168	3,341
at 31 March 2022	677	210	887

8 DEBTORS

	2023	2022
	£	£
Debtors (other)	551	2,721
Prepayment (insurance)	352	267
Prepayment – alarm maintenance	0	315
	903	3,303

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

9 CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Accountancy / Independent Examination	1,750	1,500
Electricity	260	100
Gas	310	80
Telephone	0	85
Group sessions / supervision	110	1,650
Office supplies	0	163
Consultancy	0	750
	2,430	4,328
Deferred income		
Garden project	1,099	2,072
IT Fund	2,334	9,040
PCC grant fund	680	0
	6,543	15,440

10 ANALYSIS OF FUNDS

1.4.22

31.3.23

Restricted Funds	B/fwd £	Net		Transfers £	C/fwd £
		Income £	Expenditure £		
Garden project monies	0	973	973	0	0
IT equipment fund *	0	6,706	3,704	3,002	0
PCC grant fund	0	70	70	0	0
Total restricted funds	0	7,749	4,747	3,002	0
Unrestricted funds					
General reserve	216,245	451,314	346,469	3,002	324,092
Total unrestricted funds	216,245	451,314	346,469	3,002	324,092
Total Funds	216,245	459,063	351,216	0	324,092

Unrestricted funds comprise those funds, which the trustees are free to use in accordance with the charitable objects.

*some capitalised into fixed assets (less depreciation)

Eating Disorder Service (Plymouth)

England & Wales - Charity number 1057424

Accounts

Final signed

EATING DISORDER SUPPORT (PLYMOUTH)

Report and Accounts

31 March 2022

Eating Disorder Support (Plymouth)

TRUSTEES REPORT

REGISTERED CHARITY NUMBER: 1057424

TRUSTEES (WHO SERVED IN THE YEAR)

Margaret Mathews
Jane Quigley (resigned September 2021)
Mike Dunstall (Chair and Treasurer)
Janet Swales
Nick Reddell-Denton
Nick McLoughlin

DIRECTOR

Terry Lawrence

PRINCIPLE ADDRESS

140 Mount Gould Road
Plymouth
PL4 7PY

BANKERS

Lloyds TSB plc
Central Square
Newquay
Cornwall
TR7 1JB

INDEPENDENT EXAMINER

A P Jopson, FCA
Tony Jopson & Co Limited,
Peeverell Corner
246 Peeverell Park Road
Plymouth,
PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

PRINCIPLE OBJECT

Eating Disorder Support (Plymouth) (EDS) is a Registered Charity (No. 1057424) with the principal object of providing counselling to those with eating disorders.

REVIEW OF ACTIVITIES IN THE YEAR

The activities undertaken are to further the charity's purposes for the Public Benefit. The trustees confirm that they have given due consideration to the Charity Commission's published guidance on the Public Benefit under the Charities Act 2011.

During the period of the report, EDS adapted to new working practice, and hybrid working in order to continue the service delivery. Even today, there are robust controls in place to ensure that both staff and clients are safe at all times. The total number of referrals received (Plymouth & W Devon) were 374 of which 304 were accepted to be processed. This is an increase of 25.5% from last year. After some protracted discussion with our NHS funder, we managed to secure additional funding to expedite our backlog towards the end of 2021. Indeed, the Eating Disorder Service Plymouth (EDS) continues to be an essential service provider to Livewell Southwest and the Devon CCG communities for eating disorder services to adults. There has been no change to the programme of work, which includes a Day Care Service delivery, a continuation of NICE guidelines recommended therapies, advice and information, and delivery of educational services where required.

The EDS senior leadership team (SLT) this year was again unchanged as follows: the Director - Mrs Terry Lawrence, our Clinical Manager, a specialist dietitian, Ms Caragh Sanders-Wright, and the Practice Manager – initially, Mrs Diane Deacon-Philpott, until her retirement in August, and then Mrs Claire Russell.

The Chair of Trustees and the Board of Trustees proactively support and engage with the SLT at all stages, overseeing their workflows and administration where required across the two departmental structures. Furthermore, they help to underpin the strategy and development of the organisation. This ensures that EDS has met its full obligations for the awarded NHS contracts, within their allocated budgets. This year the Board saw the retirement of one trustee but retained the rest of the Board, all of whom are dedicated to the cause and offer invaluable insight to the charity.

For much of the year, the EDS Plymouth team has comprised 13 full/part-time staff: currently five qualified therapists who are specialised in the field of eating disorders although there has been some staff rotation and recruitment, one State Registered Dietitian as a shared asset with Livewell Southwest, an Assistant Psychologist, an Eating Disorder Practitioner, a support administration worker and a cleaner. Additionally, this year we have had two student nurses working within the team who gained much experience, and the SLT has used their skill-set admirably. Indeed, the integration of new staff members have been positive; this has enabled EDS to reappraise skill-mix within the staff team and make changes in the overall composition for the benefit of the services that they offer. Our Director also acts as a qualified therapist, offering carers input when required. Furthermore, our Clinical Manager is fully responsible for the management of client numbers, daily clinical management of the EDS team, and driving the content delivery and outcomes of our innovative Day Care Service programme.

As a whole group, the EDS team has continued to pull together within the scope of new working practice, offering full emotional support to their client-base. The majority of our clients are, either referred by their GP Practice or recommended by their GP to self refer. Moreover, the service Director maintains close-links with our primary sponsor through the Livewell Southwest community mental health teams (CMHT) and the Severe Eating Disorder Consultation & Assessment Service (SEDCAS). Outside of this she, she meets regularly with our nominated CCG NHS Commissioners, providing regular verbal and written reports/presentations, feedback and liaison for the funded contracts. All is due to change with a new NHS structure for funding, although our service delivery will not change. The Board are often encouraged by the

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

organisations' 'can do' approach to working with others. The new Practice Manager has continued to build on relationship with the NHS Mount Gould Estate Services team established by her predecessor to ensure essential works are completed promptly without fail. This year we have also been embattled with NHS Property Company who plans to increase our building rent by 60%, an amount determined by their appointed surveyor without in our opinion a fair consultation, we continue to defend our position for a reasonable increase rent.

The team have worked with the equipment provided to deliver our programmes, the pandemic has reinforced that better IT equipment and infrastructure was required to keep up with the task. That said, EDS staff continued to work tirelessly during a very difficult period relying on the limited and 'older' IT equipment and resource without quibble. Notwithstanding, EDS was grateful to receive a capital award for additional IT funding after a successful bid to update equipment and source a ready-made database for use in the core business in the new financial year. To help with new working practice. EDS wanted to make use of their outside space and further bid for funding from the Livewell Foundation, for a 'Garden Project', which was again successful with a £22K award – this project was delivered by a contractor in July and completed in the late summer of 2021. It is anticipated that this new Tranquillity garden would provide for a valuable space for clients and staff alike. The official opening with a mayoral dedication is planned early summer 2022.

During this financial year, EDS managed to secure several training opportunities for staff. This not only acted to enhance the quality of input EDS offers to their clients, but also helped to underpin improve morale and development for staff team as a whole. This helped due to the increasing number on our waiting list, EDS were able to adapt by offering those with less severe symptoms to receive therapy in group format, three groups were completed during this year. In addition, a new evidence-based shorter-term therapy model was introduced, which has in combination contributed to reducing the waiting list times and enable clients to receive appropriate help sooner. Alongside the input of SEDCAS, EDS has piloted an early intervention protocol '*First episode and Rapid Early intervention for Eating Disorders*' (FREED) for those clients under age 25 – the outcomes were monitored and after evaluation, the programme was formally incorporated as one of the support mechanisms going forward. Also, due to the limited weekly dietetic hours, with the agreement with our Specialist Dietitian, group dietetic sessions were also trialled; this delivery would be reviewed in the next financial year.

In addition, the EDS team has continued to work as in previous years with external agencies sharing knowledge and best practice, and underpinning safe and responsible workflows, and through their attendance of eating disorder related training where time and finances allow. The Board have also supported staff members with proving funding for continuation education and specialist programmes where possible i.e. CBT-E a programme supported by NHS England and run through Sheffield University. Finally, our new, Practice Manager undertook SAGE accounts training to enable her to be prepared for her new role.

In summary, the Board of Trustees and I are proud of EDS and its continual adaption to new working practice and challenges. I would like to personally thank EDS and all of the staff on behalf of the Board and the extended community. I am also grateful to our trustees and volunteer professionals who offer their support and advice without obligation. The Board of Trustees is again exceptionally proud of what EDS as a whole has again achieved in-year. The service has worked tirelessly within the allocated budget. But also as an organisation they must continued to educate and actively reevaluate the delivery to provide the best service possible within the constraints of the new working practice. EDS is working well, and the operation is now more needed post the national pandemic, which has seen a significant increase in client numbers. This charity provides a key service, in a specialised knowledge area, where local statutory services have a gap. We are encouraged and grateful to those who commission our specialist services and delivery. Thank you all for your continued support.

ANNUAL AND FINANCIAL REVIEW

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

The Statement of Financial Activities shows a net surplus for the year of £48,875 (2021 £7,305). Reserves stand at £216,245 (2021 £ 167,370) in total, of which £887 is held in fixed assets (2021 £1,230). All funds are unrestricted.

RESERVES POLICY

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets should ideally be between three and six months of the resources expended, which equates to £90,640 to £181,280 in the year ended 31 March 2022. At this level the Trustees feel they would still be able to carry on the Charity's activities for a few months in the event of a significant fall in funding. At the present time these funds stand at £ 216,245 which is at the top of the above range.

This is due to this year the company running a specific intensive therapy programme with several additional groups. This has meant an increase in staff salaries. The Trustees are actively speaking to the Trust to obtain additional funding to cover these costs going forward.

RISK MANAGEMENT

The Trustees are alerted to operational and financial risks at the periodic meetings of The Management Committee and are fully aware of the need to maintain free reserves at the levels stated above to continue the work of the Charity and the aspirations for the future. Through this medium of periodic reporting the Trustees are exercising an active review of major risk.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources during the year. In preparing those financial statements, the Trustees are required to:

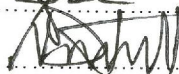
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity and the group will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dated.....

21st June 2022

Signed



Mike R Dunstall BSc, CMgr, FCMI

Chair on behalf of the Eating Disorder Support (Plymouth) Trustees

Eating Disorder Support (Plymouth)

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2022, which are set out on pages 6 to 11 below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b)) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....  

A P Jopson, FCA

Date

(Fellow of the Institute of Chartered Accountants in England & Wales)

Tony Jopson & Co Ltd, Peverell Corner, 246 Peverell Park Road, Plymouth, PL3 4QG

Eating Disorder Support (Plymouth)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2022

INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH

	<i>Notes</i>	<i>Total funds 2022</i>	<i>Total funds 2021</i>
		£	£
INCOMING RESOURCES			
Grants	2	399,347	312,709
Other income	2	10,715	0
Donations		1,369	186
Interest received		5	2
TOTAL INCOMING RESOURCES		411,436	312,897
RESOURCES EXPENDED			
Direct charitable expenditure	3	356,060	287,694
Management and administration	4	6,501	17,898
TOTAL RESOURCES EXPENDED		362,561	305,592
NET MOVEMENT IN FUNDS	5	48,875	7,305
BALANCES BROUGHT FORWARD AS AT 1 APRIL		167,370	160,065
BALANCES CARRIED FORWARD AS AT 31 MARCH		216,245	167,370

The notes on pages 7 to 9 form an integral part of these financial statements.

The charity is able to use its total funds for any purpose in connection with its charitable objectives.

There are no restricted funds.

Eating Disorder Support (Plymouth)

BALANCE SHEET AT 31 MARCH

	<i>Note</i>	2022 £	2021 £
FIXED ASSETS			
Tangible fixed assets	7	887	1,230
CURRENT ASSETS			
Debtors & Prepayments	8	3,303	603
Bank balances		227,317	199,225
Petty cash		178	240
		230,798	200,068
CREDITORS			
Amounts falling due within one year	9	15,440	33,928
NET CURRENT ASSETS		215,358	166,140
NET ASSETS		216,245	167,370
FUNDS			
Unrestricted	10	216,245	167,370
Restricted	10	0	0
		216,245	167,370

The Council of Members considers that the Charity is exempt from an audit and a report under Section 144(1) of the Charities Act.

The trustees acknowledge their responsibility for;

- 1) ensuring the charity keeps accounting records which comply with the Charities Act; and
- 2) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial period, and of its income and expenditure for the period.

The financial statements were approved by the Trustees on 21/6 2022 and signed on its behalf by



Mike R Dunstall

Trustee

21st June 2022

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost accounting rules. Accruals accounting has been applied. The accounts comply with the Charities Act 2011 and the Charity Commissions Statement of Recommended Practice (revised 2005), Accounting by Charities.

The charity has taken advantage of the exemption from preparing a cash flow statement conferred by Financial Reporting Standard No. 1 on the grounds that if it had been incorporated as a company under the Companies Act 2006 it would have qualified as a small company.

Incoming resources

Grants are recognised in the period to which they relate.

Resources expended

Direct charitable expenditure represents expenditure incurred directly to support the particular charitable objectives of the charity. Costs of management and administration of the charity have been identified on the basis that they are not direct charitable expenditure.

Tangible Fixed Assets

Depreciation is provided at the following rates to write off each asset over its estimated useful life.

Fixtures and fittings – 20% on reducing balance.

Computer equipment – 30% on reducing balance.

2 INCOME

The bulk of the income is from grants (£399,347)

Other income consists of income from consultancy services rendered under the FREED contract (£5,315) and a write back of a capital provision raised in a previous year (£5,400).

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

3 DIRECT CHARITABLE EXPENDITURE

	<i>Total</i> 2022 £	<i>Total</i> 2021 £
Staff costs	288,961	240,277
Supervision	6,195	4,645
Rent, rates, heat & light	18,336	17,889
Premises costs (estates) & provision	5,581	7,648
Printing, post & stationery	4,375	4,260
Telephone & internet	1,242	965
Subscriptions	388	0
Insurance	1,356	1,170
OT resources & refreshments	83	74
Computers & Software	3,379	1,888
Repairs, maintenance, cleaning & waste	1,234	5,364
Day service meals	1,889	694
Training	1,394	1,771
Miscellaneous Purchases	259	1,049
IT fund spend	960	0
Garden project spend	20,428	0
	356,060	287,694

4 MANAGEMENT AND ADMINISTRATION

	<i>Total</i> 2022 £	<i>Total</i> 2021 £
Bank charges	32	0
Accountancy / Independent examiner	1,500	1,250
Legal & professional costs	4,626	16,167
Depreciation	343	481
	6,501	17,898

5 TAXATION

The Charity is a registered charity and is exempt from Corporation Tax under the provisions of Section 505 of the Income and Corporation Taxes Act 1988.

6 TRANSACTIONS WITH TRUSTEES

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

No expenses have been received by trustees in relation to their roles as trustees and there have been no related party transactions.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

7 TANGIBLE FIXED ASSETS

	<i>Office Equipment</i>	<i>Fixtures and Fittings</i>	<i>Total</i>
	£	£	£
Cost			
at 1 April 2021	8,418	3,730	12,148
Additions	0	0	0
at 31 March 2022	8,418	3,730	12,148
Accumulated depreciation			
at 1 April 2021	7,451	3,467	10,918
Charge for year – 20% reducing balance	-	53	53
Charge for year – 30% reducing balance	290	-	290
at 31 March 2021	7,741	3,520	11,261
Net book values			
at 31 March 2022	677	210	887
at 31 March 2021	967	263	1,230

8 DEBTORS

	2022	2021
	£	£
Debtors (gift aid)	0	21
Debtors (other)	2,721	0
Prepayment (insurance)	267	267
Prepayment – alarm maintenance	315	315
	3,303	603

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

9 CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Accountancy / Independent Examination	1,500	1,250
Electricity	100	100
Gas	80	80
Telephone	85	94
Waste disposal	0	223
Credit card	0	260
Group sessions / supervision	1,650	220
Office supplies	163	0
People's Pension	0	1,841
Consultancy (fund raising)	0	0
Consultancy	750	619
Training	0	160
Recruitment	0	200
Cleaning	0	981
Provision for capital spend	0	5,200
	4,328	11,228
Deferred income		
Garden project	2,072	22,700
IT Fund	9,040	0
	15,440	33,928

10 ANALYSIS OF FUNDS

1.4.21

31.3.22

Restricted Funds	B/fwd £	Net		Transfers £	C/fwd £
		Income £	Expenditure £		
Garden project monies	0	20,428	20,428	0	0
IT equipment fund	0	960	960	0	0
Total restricted funds	0	21,388	21,388	0	0
Unrestricted funds					
General reserve	167,370	390,048	341,173	0	216,245
Total unrestricted funds	167,370	390,048	341,173	0	216,245
Total Funds	167,370	411,436	362,561	0	216,245

Unrestricted funds comprise those funds, which the trustees are free to use in accordance with the charitable objects.

Within unrestricted funds the trustees have designated funds set aside of £10,000 for capital items that will need replacing

Eating Disorder Service (Plymouth)

England & Wales - Charity number 1057424

Accounts

EATING DISORDER SUPPORT (PLYMOUTH)

Report and Accounts

31 March 2021

Eating Disorder Support (Plymouth)

TRUSTEES REPORT

REGISTERED CHARITY NUMBER: 1057424

TRUSTEES (WHO SERVED IN THE YEAR)

Margaret Mathews
Jane Quigley
Mike Dunstall (Chair and Treasurer)
Janet Swales (appointed in year)
Nick Reddell-Denton (appointed in year)
Nick McLouglin (appointed in year)
Linda White (resigned in year)
Kathy Harris (resigned in year)

DIRECTOR

Terry Lawrence

PRINCIPLE ADDRESS

140 Mount Gould Road
Plymouth
PL4 7PY

BANKERS

Lloyds TSB plc
Central Square
Newquay
Cornwall
TR7 1JB

INDEPENDENT EXAMINER

A P Jopson, FCA
Tony Jopson & Co Limited,
Peverell Corner
246 Peverell Park Road
Plymouth,
PL3 4QG

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2021

PRINCIPLE OBJECT

Eating Disorder Support (Plymouth) (EDS) is a Registered Charity (No. 1057424) with the principal object of providing counselling to those with eating disorders.

REVIEW OF ACTIVITIES IN THE YEAR

Despite the continuation of the WHO COVID-19 pandemic and restrictions applied to service delivery in the UK, the Eating Disorder Service Plymouth (EDS) continues to be an essential service provider to Livewell Southwest and the New Devon CCG community for eating disorder services to adults. Our service includes a Day Care Service programme, NICE guidelines recommended therapies, advice and information, and delivery of educational services.

The EDS senior leadership team (SLT) this year is unchanged as follows: the Director - Mrs Terry Lawrence, the Clinical Manager, a dietician specialist, Mrs Caragh Sanders-Wright, and our Practice Manager - Mrs Diane Deacon-Philpott, who are supported by the Board of Trustees. Moreover, in total the EDS Plymouth team comprises 11 full/part-time staff: currently five qualified therapists who are specialised in the field of eating disorders although there has been some staff rotation and recruitment, one State Registered Dietitian as a shared asset with Livewell Southwest, an Occupational Therapist (OT), a support administration worker and a cleaner. Additionally, this year we have had a trainee psychologist working with the team, who in the next period will be conducting a related research study towards her PhD. The director also acts as a qualified therapist, offering therapeutic input when required. Furthermore, our clinical manager is fully responsible for the management of client numbers, daily management of the EDS team, and driving the content delivery and outcomes of our innovative Day Care Service programme.

The Chair of Trustees and the Board of Trustees as a group is proactive in helping the SLT in managing their workflows and maintenance of a two departmental structure. Furthermore, they support the administration, strategy planning and ensuring that the EDS meets its obligations for the awarded contracts. This year two more trustees left the Board, and we thank them for their service. We have been fortunate in recruiting two new enthusiastic and proactive members as replacements.

As a whole group, the EDS team has continued to pull together in an increasingly demanding profession, abiding by data protection regulation, with clear understanding, and giving full emotional support to their clients, who are in the main, referred by their GP Practice. Driven by our director, EDS maintains close-links with primarily the Livewell Southwest community mental health teams (CMHT) and the Severe Eating Disorder Consultation & Assessment Service (SEDCAS). Furthermore, she meets 6-monthly with our nominated NHS Commissioners, providing regular verbal and written reports/presentations, feedback and liaison for the funded contracts. Moreover, our practice manager maintains a 'can do' relationship with the NHS Mount Gould Estate Services team ensuring essential works and schedules are completed promptly to our leased building. An annual meeting also takes place between the director, practice manager and our NHS Property Company Manager to review the terms of our lease agreement.

Like most organisations across the UK, the EDS staff have continued to adapt to using on-line video-link sessions for our client group and found ways to maintain our input during a very unsettling time for both staff and clients. Staff have also been open to working from home, often employing their own equipment/workspace without complaint, they most certainly deserve recognition from myself and the Board for their commitment and loyalty to the challenges set by the ongoing pandemic, which has ensured that our community has again been supported throughout the year - well done to all.

In addition, the EDS team has continued to work collaboratively with other agencies sharing knowledge and best practice, and underpinning safe and responsible workflows, and through their attendance of eating disorder related training. We have also been able support staff on

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

some complimentary training courses, and our clinical manager following the completion of her Masters last year is completing a PG Cert in health leadership and management with the University of the Highlands and Islands, Scotland.

Indeed, this has been certainly a most challenging year for both the EDS team and its clients. EDS has had a total of almost 300 referrals for the year, with a higher proportion of riskier clients. Most of this increase has occurred in the final two quarters of the year, likely due to society reopening after the imposed 'Lockdowns', which is creating a huge backlog for the system with no additional resources to compensate for this unexpected increase.

Total No of referral: 298 - Plymouth (280) and West Devon (18)

Total no of discharges: 184 - Plymouth (167) and West Devon (17)

The increase in client referrals for 3rd & 4th quarters combined for 2020-21 is **29.3% higher**, when compared against the same period last year 2019-20.

Notwithstanding, the whole EDS team have been pulling together and doing their very best to work with this workload, but the picture is unlikely to improve, and potentially will become an on-going issue for the coming year, if not longer into the future. We will need to approach our sponsors to explore how we can possibly increase the overall contracted budget, so that we can better meet our current and future obligations by recruiting more specialist staff to address this influx and demand for our services, thus deliver timely help to all our clients new and old.

The Board of Trustees and I are also proud of how the organisation adapted and coped with the new challenges that the EDS team has faced during this pandemic and the during associated 'Lockdown' periods. The team responded quickly to new requirements and ceased face-to-face contacts with clients. In the first few weeks, all clients were contacted weekly by either their therapist by telephone or email and subsequently online using MS Teams, or a member of staff, to ensure they were safe. Those clients deemed to be at a higher risk, either by CMHT, or SEDCAS, were contacted so that more intensive support could be made available to them. All has technically not been without its problems and we have had change our primary internet provider, a disappointing escapade that had been unduly extended due to poor assistance from the previous provider, fortunately all now seems resolved and ownership of problems finally addressed. From April 2020, EDS had commenced the use of video-link sessions and resumed regularly therapy sessions as well as assessments of new referrals with clients. The Day Service programme is still maintained via this format, when in-house sessions cannot be conducted within national government guidelines. We have no further instances of COVID-19 internally and for now all staff remain well.

Throughout the year we have continued with excellent fiscal practice and we are now at the maximum output in terms of the current budgets received from our sponsors. As in previous years the budget has been allocated appropriately after receipt of quarterly payments, in-line with our plans and reserves planning. Our practice manager has maintained excellent accounting practice and worked closely with our nominated accountant when required. After adjustments in-year EDS retains £105K in reserve, 3-4 months operation should contracts be closed, and we are also holding another £23K for a sensory garden project, which was bid and awarded by the Livewell Southwest Foundation Trust committee to EDS – a landscape contractor has been appointed after EDS completed a tender, this grounds work will commence in the Summer months of 2021. We have not had to furlough any of our staff. Non-essential staff were stood down until required.

The Board of Trustees and SLT again thank our primary public sector sponsors for our continued contract funding, which underpins our provision of key community operational services. Our primary sponsor Livewell Southwest was bidding to renew their 10-year service provision contract with Plymouth NHS Hospitals, however, the EDS element is now being managed through the local CCG. In addition, we continue to receive, and welcome, some small voluntary contributions from former clients and businesses, and through our website. As an organisation we will continue to monitor our financial position and try to reinforce the essential

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

need of our operation. Eating disorders as a healthcare provision continues to get increased exposure in the national media.

In summary, I would like to personally thank EDS and all of the staff on behalf of the Board and the extended community, including our director and the SLT, for their commitment, energy, and unequivocal support this year. Furthermore, I am grateful to our trustees and volunteer professionals who offer their support and advice, without obligation and whom we could not operate. The Board of Trustees is exceptionally proud of what the team has again achieved in-year. We are still in a period of uncertainty but we are convinced that we have plans in place to keep this charitable organisation moving forward with each new challenge it is faced. We are very aware of the importance of the EDS work and mindful of the needs of our growing community in terms of direct mental health care provision, support and guidance within the eating disorder field. I must reinforce that community care programmes are key to essential service delivery in this changing national climate driven out of extended pandemic period and client well-being. In the Board's opinion, EDS is prepared to work with our sponsors and community to deliver those services with which is tasked and contracted, but they operating at the limits of the current budget resource. But also as an organisation they must continue to educate and actively promote their services to others to ensure that the EDS skill-set is understood and used, and their programmes are properly funded, and not overlooked by those who commission eating disorder services. Thank you all for your continued support.

ANNUAL AND FINANCIAL REVIEW

The Statement of Financial Activities shows a net surplus for the year of £7,305 (2020 £6,859). Reserves stand at £167,370 (2020 £ 160,065) in total, of which £1,230 is held in fixed assets (2020 £1,711).

All funds are unrestricted.

RESERVES POLICY

The Trustees have established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets should ideally be between three and six months of the resources expended, which equates to £76,398 to £152,796 in the year ended 31 March 2021. At this level the Trustees feel they would still be able to carry on the Charity's activities for a few months in the event of a significant fall in funding. At the present time these funds stand at £ 167,370 which is at the top of the above range.

This is due to this year the company running a specific intensive therapy programme with several additional groups. This has meant an increase in staff salaries. The Trustees are actively speaking to the Trust to obtain additional funding to cover these costs going forward.

RISK MANAGEMENT

The Trustees are alerted to operational and financial risks at the periodic meetings of The Management Committee and are fully aware of the need to maintain free reserves at the levels stated above to continue the work of the Charity and the aspirations for the future. Through this medium of periodic reporting the Trustees are exercising an active review of major risk.

STATEMENT OF RESPONSIBILITIES OF THE TRUSTEES

Law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity and of its incoming resources and application of resources during the year. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;

Eating Disorder Support (Plymouth)

TRUSTEES' REPORT

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity and the group will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Dated..... 8/11/21

Signed 

Mike R Dunstall BSc, CMgr, FCMI

Chair on behalf of the Eating Disorder Support (Plymouth) Trustees

Eating Disorder Support (Plymouth)

INDEPENDENT EXAMINER'S REPORT

I report on the accounts of the Charity for the year ended 31 March 2021, which are set out on pages 7 to 12 below.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. They consider that an audit is not required for this year under Section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the Charities Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b)) of the Charities Act; and
- to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with these records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....  13/7/21

A P Jopson, FCA

Date

(Fellow of the Institute of Chartered Accountants in England & Wales)

Tony Jopson & Co Ltd, Peverell Corner, 246 Peverell Park Road, Plymouth, PL3 4QG

Eating Disorder Support (Plymouth)

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2021

INCORPORATING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH

	<i>Notes</i>	<i>Total funds 2021</i> £	<i>Total funds 2020</i> £
INCOMING RESOURCES			
Grants	2	312,709	312,684
Donations		186	1,534
Interest received		2	46
TOTAL INCOMING RESOURCES		312,897	314,264
RESOURCES EXPENDED			
Direct charitable expenditure	3	287,694	287,250
Management and administration	4	17,898	20,155
TOTAL RESOURCES EXPENDED		305,592	307,405
NET MOVEMENT IN FUNDS	5	7,305	6,859
BALANCES BROUGHT FORWARD AS AT 1 APRIL		160,065	153,206
BALANCES CARRIED FORWARD AS AT 31 MARCH		167,370	160,065

The notes on pages 7 to 9 form an integral part of these financial statements.

The charity is able to use its total funds for any purpose in connection with its charitable objectives.

There are no restricted funds.

Eating Disorder Support (Plymouth)

BALANCE SHEET AT 31 MARCH

	Note	2021 £	2020 £
FIXED ASSETS			
Tangible fixed assets	7	1,230	1,710
		<hr/>	<hr/>
CURRENT ASSETS			
Debtors & Prepayments	8	603	876
Bank balances		199,225	167,421
Petty cash		240	66
		<hr/>	<hr/>
CREDITORS		200,068	168,363
Amounts falling due within one year	9	33,928	10,009
		<hr/>	<hr/>
NET CURRENT ASSETS		166,140	158,354
		<hr/>	<hr/>
NET ASSETS		167,370	160,065
		<hr/> <hr/>	<hr/> <hr/>
FUNDS (all unrestricted)			
Surplus / (deficit)		7,305	6,859
Total funds b/fwd		160,065	153,206
		<hr/>	<hr/>
		167,370	160,065
		<hr/> <hr/>	<hr/> <hr/>

The Council of Members considers that the Charity is exempt from an audit and a report under Section 144(1) of the Charities Act.

The trustees acknowledge their responsibility for;

- 1) ensuring the charity keeps accounting records which comply with the Charities Act; and
- 2) preparing accounts which give a true and fair view of the state of affairs of the charity as at the end of the financial period, and of its income and expenditure for the period.

The financial statements were approved by the Trustees on *8th July* 2021 and signed on its behalf by



Mike R Dunstall

Trustee

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

1 ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost accounting rules. Accruals accounting has been applied. The accounts comply with the Charities Act 2011 and the Charity Commissions Statement of Recommended Practice (revised 2005), Accounting by Charities.

The charity has taken advantage of the exemption from preparing a cash flow statement conferred by Financial Reporting Standard No. 1 on the grounds that if it had been incorporated as a company under the Companies Act 2006 it would have qualified as a small company.

Incoming resources

Grants are recognised in the period to which they relate.

Resources expended

Direct charitable expenditure represents expenditure incurred directly to support the particular charitable objectives of the charity. Costs of management and administration of the charity have been identified on the basis that they are not direct charitable expenditure.

Tangible Fixed Assets

Depreciation is provided at the following rates to write off each asset over its estimated useful life.

Fixtures and fittings – 20% on reducing balance.

Computer equipment – 30% on reducing balance.

2 INCOME

The bulk of income is received from grants.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

3 DIRECT CHARITABLE EXPENDITURE

	<i>Total</i> 2021 £	<i>Total</i> 2020 £
Staff costs	240,277	235,594
Supervision	4,645	6,005
Rent, rates, heat & light	17,889	18,286
Premises costs (estates) & provision	7,648	6,616
Waste collection	500	712
Printing, post & stationery	4,260	2,277
Telephone & internet	965	766
Travel	0	3
Insurance	1,170	1,172
OT resources & refreshments	74	150
Computers & Software	1,888	2,941
Repairs, maintenance & cleaning	4,864	4,335
Day service meals	694	2,491
Training	1,771	4,006
Miscellaneous Purchases	1,049	1,896
	287,694	287,250

4 MANAGEMENT AND ADMINISTRATION

	<i>Total</i> 2021 £	<i>Total</i> 2020 £
Accountancy / Independent examiner	1,250	1,100
Legal & professional costs	16,167	18,381
Depreciation	481	674
	17,898	20,155

5 TAXATION

The Charity is a registered charity and is exempt from Corporation Tax under the provisions of Section 505 of the Income and Corporation Taxes Act 1988.

6 TRANSACTIONS WITH TRUSTEES

None of the trustees have been paid any remuneration or received any other benefits from an employment with the charity or a related entity.

No expenses have been received by trustees in relation to their roles as trustees and there have been no related party transactions.

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

7 TANGIBLE FIXED ASSETS

	<i>Office Equipment</i>	<i>Fixtures and Fittings</i>	<i>Total</i>
	£	£	£
Cost			
at 1 April 2020	8,418	3,730	12,148
Additions	0	0	0
at 31 March 2021	8,418	3,730	12,148
Accumulated depreciation			
at 1 April 2020	7,036	3,401	10,437
Charge for year – 20% reducing balance	-	66	66
Charge for year – 30% reducing balance	415	-	415
at 31 March 2020	7,451	3,467	10,918
Net book values			
at 31 March 2021	967	263	1,230
at 31 March 2020	1,382	329	1,711

8 DEBTORS

	2021	2020
	£	£
Debtors (gift aid)	21	573
Prepayment (insurance)	267	303
Prepayment – alarm maintenance	315	0
	603	876

Eating Disorder Support (Plymouth)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

9 CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Accountancy / Independent Examination	1,250	1,100
Electricity	100	100
Gas	80	80
Telephone	94	0
Waste disposal	223	238
Credit card	260	0
Group sessions / supervision	220	1,100
Salaries (bonus)	0	1,300
People's Pension	1,841	1,652
Consultancy (fund raising)	0	900
Consultancy	619	1,339
Training	160	0
Recruitment	200	0
Cleaning	981	0
Provision for capital spend	5,200	2,200
Deferred income – garden project	22,700	0
	33,928	10,009