

EATING DISORDER SUPPORT (PLYMOUTH)

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 McLoughlin
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,
Peverell Corner
246 Peverell 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-

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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.

.....  21/9/25

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

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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>Total funds 2025 £</i>	<i>Total funds 2024 £</i>
INCOMING RESOURCES	<i>Notes</i>		
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.

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BALANCE SHEET AT 31 MARCH

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

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

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).

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NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2025

3 DIRECT CHARITABLE EXPENDITURE

	Total 2025 £	Total 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

	Total 2025 £	Total 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.

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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

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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

	B/fwd	Net			
	£	Income	Expenditure	Transfers	C/fwd
	£	£	£	£	£
Restricted Funds					
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.