

FREED

(A Charity: Charity Number 1090776)

Trustees' Report and Financial Statements

For the year ended 31 August 2021

**FREED**  
**Charity Information**

**Trustees**

S Linacre	Chairman
W Ingleton	Vice Chairman
L Stocken	Secretary
V Johnson	
K Round	
R K Ryder	Treasurer

**Correspondence Address**

FREED Beeches  
39 Park Street  
Worksop  
Nottinghamshire  
S80 1HW

**Charity No.**

1090776

**Accountants**

JBD Slaney  
Accountants & Business Advisors  
Portland House  
3 Queen Street  
Worksop  
S80 2AW

**FREED**  
**Report and accounts**

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**FREED****Registered charity number: 1090776****Trustees' Report****Principle Office**

FREED Beeches, 39, Park Street, Worksop, Notts. S80 1HW

**Governing Document**

The Charity is governed under the rules of its constitution adopted 6th November 2001, amended 22nd June 2018

**Objects of the Charity**

The principal objects of the Charity are the relief of those suffering from eating disorders in the County of Nottinghamshire and surrounding areas; the preservation and protection of the physical and mental health of the families of sufferers of eating disorders and the education of the public and professionals about eating disorders.

**Trustees**

S Linacre  
W Ingleton  
K Round  
L Stocken  
V Johnson  
R K Ryder

Chairman  
Vice Chairman

Secretary

Treasurer

**Independent Examiner**

Anne Webb FMAAT, 85 Devonshire Street, Worksop

**Solicitors**

Jones & Co. Solicitors, Cannon Square, Retford. Notts

## **FREED**

**Registered charity number: 1090776**

### **Trustees' Report**

#### **Structure, Governance and Management**

Each year four trustees drop from the management committee and nomination forms are made available before the AGM for election of new trustees. At the AGM a vote is taken to appoint new/re-elected trustees. The executives retire at the third AGM following their election. New Trustees are given a handout relating to the responsibilities of a trustee and also the Charities Commission Website for further information. [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk)

#### **Review of activities and achievements during the year**

##### **FREED Services**

FREED Beeches Eating Disorders Service has provided self-help, psychotherapy, CBT, dietetic advice, health and wellbeing, library facility, a schools programme, and talks for professionals.

During the year 1 September 2020 to 31 August 2021

- i 170 people have accessed FREED for therapy
- ii Total number of CBT/psychotherapy sessions delivered 2059
- iii Total number of group attendances 0. BED group is planned to recommence in March 2021 via zoom
- iv Total number of carers receiving carer coaching 4. No carers group running at the current time. Carers receive 1-2-1 support
- v Total number of Complementary sessions delivered 139 (this intervention ceased on the 31st March 2020)
- vi Total number of reviews 210
- vii Total number of dietetic sessions delivered 542
- viii Total number of DNAs 66 DNA rate is 2.2%

##### **The Schools' programme**

FREED's schools' co-ordinator Samantha (Sami) Vogt-Bell continues to provide sessions on body image and self-esteem using the Dove/B-eat programme. She also attends health fayre's and gives talks to education professionals. During this year the number of children that attended education workshops around self-esteem and body confidence was 753 and 30 professionals. FREED has always believed in education, prevention and early intervention. The feedback from schools has always been very good and continues to be. The Schools Co-Ordinator continues the sessions with years 5 & 6 pupils which continue to be very well received as does the sessions for young people who are post 16 and in college. Sami is finalising the age- appropriate self-esteem and body confidence programme for years 3 & 4. Unfortunately due to COVID 19 many schools closed in March 2020 and did not reopen until September 2020. Due to this Sami was unable to go into schools during this time.

## **FREED**

**Registered charity number: 1090776**

### **Trustees' Report**

#### **Partnership work**

FREED continues to work closely with other eating disorder services (eg, Nottingham Adult Eating Disorders Service and Derbyshire Eating Disorders Service). FREED also continues working closely with Child and Adolescent Mental Health Services for Nottinghamshire County and Derbyshire.

Caroline Bell FREED's Clinical General Manager and Joanne Ormiston FREED's Administration Manager continue to meet with CAMHS and Adult services on a regular basis. Joanne is on 2 steering groups for the provider collaborative for the Adult Eating Disorder provision under RDASH (Rotherham, Doncaster and South Humberside).

#### **IT development**

We have continued to use the PCMIS database system which is working well.

#### **Training Personal development**

FREED continues to encourage continuing professional development (CPD). During the period of September 2019 to August 2020 the following training was attended:-

Caroline - CSE Conference

Joanne - CSE Conference

All staff - 1<sup>st</sup> Aid

Louise - Psychological techniques for Dieticians

All Staff - 2 Day Carers training

All Staff - NSCP E-Learning

#### **Keeping ahead of the game**

FREED has always believed in the importance of keeping up to date with treatment methods. Our continued attendance at conferences enables staff and Trustees to listen to research ideas and outcomes. By attending workshops in different approaches allows us to network and discuss eating disorders with other professionals. Due to the Covid-19 pandemic CPD opportunities in person have reduced but we continue to seek out remote CPD opportunities.

#### **Carer support**

FREED's inclusion to offer carer support at the assessment, continues. FREED has found over previous few months that carer's taking up the offer of support has declined in numbers. We have spoken to other services that have found the same. This has been put down to changes in society, time restrictions, other family commitments and the readily available online help, forums, befriending services. FREED's carer's group has ceased to continue at the current time due to lack of facilitators and uptake. FREED is currently working on re-developing the support offered to those people supporting those with eating disorders. All staff (clinicians) have recently completed a 2 day carers training workshop.

## **FREED**

**Registered charity number: 1090776**

### **Trustees' Report**

#### **Research**

Jamie Delgadillo an eminent academic continues to assist Caroline Bell with producing possible research opportunities from FREEDs data through evaluation and analysis. They continue to look for themes and research questions to collaborate an academic paper. We have continued interest from Glenn Waller and Roz Saffron (leading clinicians and academics in the field of eating disorders) to be involved with the research at FREED. We have also had a student from the University of Sheffield working on data analysis and have plans for a second student to join us in the near future.

FREED Trustees believe that research is essential for progress in the treatment of eating disorders.

#### **Supporting other groups**

Joanne continues to attend 2 of the provider collaborative steering groups for South Yorkshire and Bassetlaw managed by RDASH for adult services across the county.

#### **B-eat Assured Standard Award**

There has been no word from B-eat if they are restarting this award.

#### **Funding**

FREED's funding from the CCG's has been extended to March 2021, FREED continues to exceed its targets. The contracts continues to run on a 12 month basis with a 3 month notice period. The economic climate has meant that charities are finding it more difficult to get funding. We have regular service reviews with the CCG managers. Joanne Ormiston continues to dedicate time to funding and grants to secure funding outside of the NHS. Joanne targets funding that is unrestricted so any monies received can cover the service as a whole

#### **Fundraising events during the year have included:-**

- Stephen Linacre, chairman to the board raised £330.92 by doing a 100 mile bike ride. Stephen completed this at home on his exercise bike due to COVID-19.
- Christopher Henwood raised £700.00 during a Christmas Prize Draw.

#### **Reserve Policy**

A minimum of 3 months and a maximum of 1 year's running costs. Ideally 10 to 12 months. FREED Trustees are aware that most of the funding for the project comes from the NHS. Whilst this was always the plan, it means that should CCG policies change FREED be in a vulnerable position. FREED is therefore increasing staff time to look elsewhere for funding. The 10 to 12 months reserves would allow 6-7 months to either obtain new funding and/or for service users to work towards closure with their therapists, redundancy payments for staff and rent to honour our lease agreement. The present reserves level stands at approx 12 months.

**FREED**

**Registered charity number: 1090776**

**Trustees' Report**

**Review of Major Risks**

FREED is now reliant on the NHS for most of its funding, the Trustees are aware that the health service is constantly undergoing change. It is therefore extremely important to maintain our high standard and reputation to ensure their support. FREED Trustees and Joanne will continue to explore every avenue regarding funding in addition to the NHS, as we have always believed that it is important to maintain our autonomy.

As responsible employers it is important to have reasonable reserves, when applying for funding this can sometimes be unhelpful.

FREED would like to thank, service users, carers, staff, trustees for their continued hard work.

I declare in my capacity of charity Trustee, that the Trustees have approved the report above and have authorised me to sign it on their behalf.

Signed

Kevin Ryder (Treasurer)

Date

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**FREED****Statement of Financial Activities  
for the year ended 31 August 2021**

	NOTES	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
<b>Incoming Resources</b>	2				
<b>Incoming resources from generated funds</b>					
<b>Voluntary Income</b>	2(a)	22,111	-	22,111	2,867
Income from activities in furtherance of charitable objects	2 (b)	220,725		220,725	286,217
Income from activities for generating funds		2,234		2,234	403
<b>Investment Income</b>		8		8	139
<b>Total Incoming resources</b>		245,078	-	245,078	289,626
<b>Resources Expended</b>	4				
<b>Cost of generating funds</b>	4 (b)	0		0	0
<b>Charitable activities for charitable objectives</b>	4 (b)	244,777	-	244,777	284,973
<b>Governance costs</b>	4 (b)	3,251		3,251	2,376
<b>Total resources expended</b>		248,028	-	248,028	287,349
<b>Net incoming resources</b>		(2,950)		(2,950)	2,277
<b>Reconciliation of funds</b>		(2,950)	-	(2,950)	2,277
<b>Total Funds brought forward</b>		291,114	-	291,114	288,837
<b>Total funds carried forward</b>		288,164	-	288,164	291,114

the notes on pages 10 to 14 form an integral part of these financial statements.

**FREED**  
**Balance Sheet**  
**as at 31 August 2021**

	Notes	Unrestricted funds	Restricted funds	Total 2021	Total 2020
		£	£		£
<b>Fixed assets</b>					
Tangible assets	8	580	-	580	-
<b>Current assets</b>					
Debtors	9	-	-	-	13,886
Cash at bank and in hand		309,504		309,504	296,927
<b>Creditors: amounts falling due within one year</b>	10	(21,920)		(21,920)	(19,699)
<b>Net current assets</b>		287,584	-	287,584	291,114
<b>Net assets</b>	12	288,164		288,164	291,114
Unrestricted Funds	13	288,164		288,164	291,114
Restricted Funds	13		-	-	-
		288,164	-	288,164	291,114

These financial statements were approved by the directors and authorised for issue on  
and are signed on their behalf by

_____	S Linacre	Trustee and Chairman
_____	W Ingleton	Trustee

The notes on pages 10 to 14 form an integral part of these financial statements.

## **FREED**

### **Notes to the Accounts**

**for the year ended 31 August 2021**

#### **1 Accounting policies**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year.

##### ***(a) Basis of Accounting***

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16th July 2014 and the Charities Act 2011.

FREED constitutes a public benefit entity as defined by FRS 102.

The trustees consider that there are no material uncertainties about FREED's ability to continue as a going concern.

##### **(b) Reconciliation with previous Generally Accepted Accounting Practice**

In preparing the accounts the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 a restatement of comparative items was needed. No restatements were required.

#### **Fund Accounting**

**Restricted funds** are funds which are to be used in accordance with specific restrictions imposed by the donor or trust deed. There are currently one restricted fund, as set out in note 11.

**Unrestricted income funds** comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objects. Unrestricted funds can include designated funds where the trustees, at their discretion, have created a fund for a specific purpose.

Further details of restricted funds are disclosed in notes 11 and 12.

#### **Incoming Resources**

Donations, legacies and similar incoming resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the donation, legacy or similar income and any conditions for receipt are met;

- the trustees are reasonably certain they will receive it; and

- the trustees are reasonably certain that the value can be reliably measured.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

##### Gifts in kind

Gifts in kind are valued by the trustees at the lower of the estimated cost to the third party and the value to the charity.

##### Grants receivable

Grants receivable are included in the Statement of Financial Activities in the period to which they relate unless the receipt is dependent upon preconditions which cannot be or have not been met at the year end.

**FREED**  
**Notes to the Accounts**  
**for the year ended 31 August 2021**

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the trustees' report.

Investment Income

This and any associated tax credits are included in the accounts when receivable.

**Expenditure and Liabilities**

Liability Recognition, resources expended

Generally liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Allocation of overhead and support costs

Overhead and support costs have been allocated first between charitable activity and governance. Overhead and support costs relating to Charitable Activities have been sub-apportioned, between restricted and unrestricted activities.

Charitable activities

Costs of Charitable Activities, include grants made, the costs of running the Beeches project and support costs.

Governance costs

Governance costs comprise all separately identifiable costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs relating to statutory audit, accounts compilation under SORP FRS 102 and associated costs.

**Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. Depreciation is calculated so as to write off the cost of an asset over the useful economic life of the asset as follows:

Leasehold improvements	33.3% straight line basis
Fixtures & fittings	33.3% straight line basis
Office and computer equipment	33.3% straight line basis

The carrying value of tangible fixed assets are reviewed for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

**Leasing**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are included in resources expended as incurred.

**Pensions**

Employees of the charity are entitled to join a defined contribution "money purchase" scheme. The charity contribution is restricted to the contributions disclosed in note 6. There were no outstanding contributions at the year end.

# FREED

## Notes to the Accounts for the year ended 31 August 2021

### 2 Incoming Resources

	Unrestricted £	Restricted £	2021 £	2020 £
(a) Voluntary income Donations	22,111	-	22,111	2,867
(b) Incoming resources from activities to further the charity's objects				
NHS Clinical Commissioning Groups	220,725	-	220,725	286,217

### 3 Allocation of Support costs and overheads

All of the support costs in the year have been allocated to charitable activities. The proportion of support costs relating to governance is considered to be insignificant and therefore no transfer has been made between support costs and governance.

### 4 Resources Expended

	Basis of Allocation	Voluntary Income £	Beeches project £	Governance	2021 £	2020 £
<b>Costs directly allocated to activities</b>						
Lotteries licence	Direct				-	-
Payroll costs	Direct		200,780		200,780	236,876
Supervision	Direct		2,215		2,215	2,385
Counsellors & therapists	Direct		-		-	-
Recruitment costs	Direct		261		261	15
Staff training costs	Direct		1,050		1,050	2,909
Rent & rates	Direct		9,444		9,444	9,489
Car parking	Direct		300		300	2,000
Property maintenance	Direct		383		383	323
Cleaning	Direct		4,368		4,368	3,640
Light & Heat	Direct		1,704		1,704	1,682
Centre Consumables	Direct		33		33	270
Centre miscellaneous expenses	Direct		357		357	1,515
Insurance	Direct		2,221		2,221	2,214
Telephone	Direct		1,952		1,952	419
Producing information	Direct		-		-	-
Computer costs	Direct		740		740	2,321
Database	Direct		12,662		12,662	10,175
Software Licences	Direct		462		462	775
Equipment leasing	Direct		858		858	1,291
Depreciation	Direct		225		225	264
Audit & accountancy fees	Direct			3,251	3,251	2,376
Professional fees	Direct				0	758
Bank Charges	Direct		32		32	8
Trustees insurance	Direct		-	-	-	-
Printing, postage & stationer	Direct		4,730		4,730	5,644
Volunteers expenses	Direct		-		-	-
		0	244,777	3,251	248,028	287,349

**FREED****Notes to the Accounts****for the year ended 31 August 2021****5 Net Outgoing Resources for the year**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation	225	891
Property rent	9,000	9,000

**6 Staff costs and numbers**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Salaries and wages	178,692	211,717
Social security costs	15,284	17,501
Other pension costs	6,804	7,658
	<u>200,780</u>	<u>236,876</u>

no employee received emoluments of more than £60,000

	<b>2021</b>	<b>2020</b>
	<b>No.</b>	<b>No.</b>
The average number of employees during the year, calculated on the basis of full time equivalents was as follows:	8	11

	<b>2021</b>	<b>2020</b>
	<b>No.</b>	<b>No.</b>
Number of employees to whom benefits accrued under money purchase pension schemes.	7	8

**7 Trustee remuneration and related parties**

No members of the management committee received any remuneration during the year.

	<b>2021</b>	<b>2020</b>
	<b>No.</b>	<b>No.</b>
Number of Trustees who were paid expenses	-	-
	<b>£</b>	<b>£</b>
Mileage	-	-
Telephone, postage and stationery reimbursed	-	-
Total amount paid	<u>-</u>	<u>-</u>

During the year Slaney & Co of which R K Ryder is a partner provided accountancy services of £2376.

**FREED**  
**Notes to the Accounts**  
**for the year ended 31 August 2021**

**8 Tangible fixed assets**

	Leasehold improvements £	Fixtures & Fittings £	Office & Computer Equipment £	Total £
<b>Cost</b>				
At 1 September 2020	15,348	15,034	11,106	41,488
Additions	-	-	805	805
At 31 August 2021	15,348	15,034	11,911	42,293
<b>Depreciation</b>				
At 1 September 2020	15,348	15,034	11,106	41,488
Charge for the year	-	-	225	225
At 31 August 2021	15,348	15,034	11,331	41,713
<b>Net book value</b>				
At 31 August 2021	-	-	580	580

**9 Debtors**

	2021 £	2020 £
Other debtors and prepayments	-	13,886

**10 Creditors: amounts falling due within one year**

	2021 £	2020 £
Other Creditors	29	155
Accruals and deferred income	21,891	19,544
	21,920	19,699

**FREED****Notes to the Accounts****for the year ended 31 August 2021****11 Analysis of charitable funds**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Movement in the year			
Incoming Resources	245,078	-	245,078
Expenditure	248,028	-	248,028
Net Movement	(2,950)	-	(2,950)
Opening balance	291,114	-	291,114
Closing balance	288,164	-	288,164
Represented by:-			
Fixed Assets	580	-	580
Net current assets	287,584	-	287,584
	288,164	-	288,164

**12 Other financial commitments**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
At the year end the company had annual commitments under non-cancellable operating leases as set out below:		
Operating leases which expire:		
within one year	9,000	9,000
within two to five years	-	-
	9,000	9,000