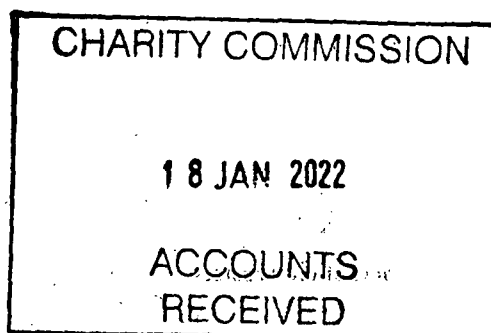


REGISTERED COMPANY NUMBER: 04796449 (England and Wales)  
REGISTERED CHARITY NUMBER: 1100648



**REPORT OF THE TRUSTEES AND**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2021**  
**FOR**  
**ASSOCIATION FOR THE STUDY OF OBESITY**

**Essex Abel**  
accountants • business advisors

**ASSOCIATION FOR THE STUDY OF OBESITY**  
**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30 JUNE 2021**

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|                                                   | <b>Page</b> |
|---------------------------------------------------|-------------|
| <b>Report of the Trustees</b>                     | 1 to 9      |
| <b>Independent Examiner's Report</b>              | 10          |
| <b>Statement of Financial Activities</b>          | 11          |
| <b>Balance Sheet</b>                              | 12 to 13    |
| <b>Notes to the Financial Statements</b>          | 14 to 20    |
| <b>Detailed Statement of Financial Activities</b> | 21          |

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# **ASSOCIATION FOR THE STUDY OF OBESITY**

## **REPORT OF THE TRUSTEES** **FOR THE YEAR ENDED 30 JUNE 2021**

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their annual directors' report with the financial statements of the charity for the year ended 30 June 2021. The report is prepared to ensure that the trustees also meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

### **OBJECTIVES AND ACTIVITIES**

#### **ASO Mission**

The ASO aims to develop an understanding of obesity through the pursuit of excellence in research and education, the facilitation of contact between individuals and organisations, and the promotion of action to prevent and treat obesity.

#### **ASO objectives**

- The promotion of professional awareness of obesity and its impact on health
- Educate and disseminate recent research on the causes, consequences, treatment, and prevention of obesity
- Prioritise obesity and provide opinion leadership in the UK
- Enhance understanding of the prevention and treatment of obesity throughout the UK
- Improve the quality of obesity education throughout the UK
- Forge links between individuals and organisations concerned with the study of obesity throughout the UK
- Support the role of patient and public involvement in obesity research
- Connect active researchers and practitioners from diverse disciplines who contribute to the development of a UK perspective on obesity.
- Provide appropriate input on the UK perspective at a European and international level through EASO and the World Obesity Federation.

The ASO is affiliated to the European Association for the Study of Obesity (EASO) and the World Obesity Federation (WOF) and organised the inaugural International Congress on Obesity, held in London in 1974. ASO was the founding body of the highly respected International Journal of Obesity.

The ASO is also a member of the Obesity Health Alliance (OHA), a coalition of over 30 charities, medical royal colleges, and campaign groups, who have joined together to fight obesity.

All our charitable activities focus on the prevention and treatment of obesity and are undertaken to further our charitable purposes for the public benefit.

The Trustees have complied with the duty in part 1 section 4 of the Charities Act 2011 to have due regard to public benefit guidance published by the Charity Commission. A detailed report of the activities undertaken and achievements by the Charity to further its charitable purposes for the public benefit is given below.

**ASSOCIATION FOR THE STUDY OF OBESITY**  
**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

**OBJECTIVES AND ACTIVITIES**

**Significant activities**

In 2020-21 ASO had the following business priorities:

**- Professional**

- o To act as advocates for people with obesity
- o To represent the lung cancer nurse specialist on professional bodies and committees and provide a voice on strategic issues at a regional and national level
- o To promote and further the study of obesity and its management
- o To raise awareness of and support our Centres of Obesity Management (COMs) to highlight clinical and service delivery examples of excellence delivering obesity management

**- Developmental**

- o To ensure production and circulation of a monthly e-bulletin to share best practice and highlight relevant obesity news and information
- o To maintain the ASO website creating, sharing and signposting to relevant news and events

**- Education and Clinical**

- o To produce and deliver educational programmes in support of high quality excellence in obesity management and research including digital programmes such as webinars and meetings

**- Research**

- o To further research into the study of obesity
- o To support funding of research into obesity management

**2020-21 COVID Impact report**

**Our Response to COVID-19**

2020 was dominated globally by the impact of COVID-19. As a professional society representing the study and management of obesity and the support of people with obesity COVID-19 would affect our strategic and operational activity. The pandemic had a substantive impact on our membership and adversely impacted on people living with obesity being at greater risk of serious complications of COVID-19

COVID-19 had a significant impact on ASO events, including the cancellation of UKCO20 and UKCO21. The timing of the pandemic meant that we were able to recuperate many of the costs associated with UKCO20 (with losses restricted to services incurred up to March 2020 only). Rather than offering a fully digital congress in UKCO21, a dedicated Hot Topics members only event was hosted. Services were transformed and our educational programmes were transferred to digital delivery and taking advantage of webinars and online events.

Having secured funds from Novo Nordisk we were able to deliver an excellent series of webinars which were very popular. These topical webinars included:-

| Date     | Title                                                                                   |
|----------|-----------------------------------------------------------------------------------------|
| 24/06/21 | The importance of Public and Patient Involvement from a research and public perspective |
| 27/05/21 | Weight Stigma: Insights from Research, Practice and Experience                          |
| 25/03/21 | Appetite and Obesity: insights from research and practice                               |
| 25/02/21 | Weight Management for the prevention of Type 2 diabetes                                 |
| 28/01/21 | Does meal timing influence weight loss or metabolic health?                             |
| 10/12/20 | The Canadian Adult Obesity Clinical Practice Guidelines 2020                            |
| 29/10/20 | Targeting Obesity to Treat Type 2 Diabetes                                              |
| 23/09/20 | Weight Management and Mental Wellbeing                                                  |
| 27/08/20 | Obesity and Stigma                                                                      |
| 30/07/20 | COVID-19 and obesity: A public health perspective webinar                               |

## **ASSOCIATION FOR THE STUDY OF OBESITY**

### **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

**2020-2021**

**2020-2021**

#### **OBJECTIVES AND ACTIVITIES**

In addition to supporting knowledge transfer and providing educational resources, these webinars have fostered partnerships (events were often co-led with other organisations, including EASO, the British Dietetic Association and ASO Networks) and increased the reach and identity of ASO.

The pandemic also required our internal operations to be delivered digitally with trustee meetings and management meetings taking place virtually.

During the pandemic, ASO responded by linking relevant resources on the website and via our newsletter and social media account. We also worked alongside ObesityUK and the Obesity Empowerment Network to produce and publish a paper "LeBrucq S, Clare K, Bryant M, Roberts K, and Tahrani A on behalf of the writing group from Obesity UK, the Obesity Empowerment Network and the UK Association for the Study of Obesity (ASO) (2020) Obesity and COVID-19: A call for action from the perspectives of people living with obesity during the peak of the COVID-19 pandemic. Lancet Diabetes Endocrinol. 2020 Aug;8(8):652-654. doi: 10.1016/S2213-8587(20)30236-9." We also launched a new grant for members to explore the role of digital weight management.

Operationally and financially ASO adapted well to the impact of the pandemic, continuing to operate effectively throughout. However, there was an impact on the ability to deliver Centres for Obesity Management events given that many clinicians and other health care professionals were no longer available to attend. Similarly, there were fewer Network meetings, although some areas were able to transfer in-person meetings to virtual events. We were able to transfer all internal committee meetings and trustee meetings to take place virtually.

#### **ACHIEVEMENT AND PERFORMANCE**

**Professional** ASO works alongside numerous organisations across the UK and beyond to inform obesity policy, promote best practice and act as the patients advocate for people with obesity. ASO also contributed to the drafting of, and was signatory to, several letters, statements and press releases related to obesity and COVID-19, and collated a wealth of information related to COVID-19 and obesity via a dedicated page on its website. The UK ASO responded to multiple media enquiries and NICE consultations and disseminated information to its membership and the wider community via its social media account and website.

#### **Developmental**

##### **Communicating with our members**

The ongoing monthly newsletter for members continues and is widely respected as providing useful and helpful information on obesity, research and obesity management. The newsletter is also used to promote ASO activities and programmes to ensure members are fully informed. In 2021, following the implementation of a new database and website we were able to deliver the newsletter direct to members from the database and measure the analytics for opening and click-throughs to help further inform us of our members' needs.

ASO has also invested heavily in the new website in the Spring of 2020 allowing the organisation to facilitate more interaction with members and website visitors. The increased functionality allows us to conduct polls and surveys and allows members and website visitors an improved and enhanced customer experience.

**ASSOCIATION FOR THE STUDY OF OBESITY**  
**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

**ACHIEVEMENT AND PERFORMANCE**

**Education and clinical**

In 2020/2021 we delivered 10 webinars.

We also ran an early career researchers meeting which was attended by 29 delegates. Our annual conference, which was converted to a digital event and was attended by 95 delegates. The conference, entitled UKCO Hot Topics, which included eminent speakers such as Dr Giles Yeo and Professor Chris Whitty, was very well received. All sessions are also available on demand to registered delegates to watch at their leisure.

**Research**

In June 2020, the ASO launched a call for applications for its small grant responding to the COVID-19 pandemic. Funding was made available for new or ongoing research projects exploring the direct or indirect impact of the COVID-19 epidemic on health and wellbeing outcomes in people living with obesity or on population health. The research is expected to lead to new knowledge or innovations that make a difference to the lives of people living with obesity during the current COVID-19 epidemic. A total of £20,000 was made available. Applications for either the full £20,000, or smaller awards were welcomed. The grant was to cover direct costs (including equipment and publication costs) but not indirect costs (i.e. overheads, estates and infrastructure).

In 2020/21 we negotiated with Novo Nordisk to create a grant fund to explore research programmes in Digital Weight Management Services. An invitation to submit grant applications was issued in early 2021 for grants up to £50,000 in value. Fourteen applications were submitted and following a structured review process by our clinical group we were delighted to be able to award two grants. The first titled, "Examining the use of Gro Health: a remote, self-directed, and culturally-sensitive digital health intervention addressing modifiable risk in patients within a tier 3 and 4 obesity service - The AlleGro real world study." was awarded to Dr Georgios Dimitriadis with a grant value of £14,908. The second grant funded to the value of £60,594 was awarded to Wendy Nicholls for a research programme titled, "Patient engagement in remote weight management services: an evaluation of acceptability, accessibility, and barriers, and development of a remote healthcare screening tool (PERSYST).".

**FINANCIAL REVIEW**

**Principal funding sources**

The principal funding sources for the Charity in 2021 as in previous years were:

- Voluntary income from the pharmaceutical and diet industry (fees for event sponsorship)
- Voluntary income from the pharmaceutical and diet industry (to support educational webinar programmes)
- Restricted grants provided by the pharmaceutical industry to support research programmes
- Membership fees

The total funding secured in 2020/2021 was £205,418.

**Principal Expenditure**

Total expenditure in 2020/2021 was £269,325

Key expenditure areas were on the secretariat provided initially by Bioscientifica and latterly Red Hot Irons and the provision of webinar services and planning for Hot Topics. The decision to move from Bioscientifica was driven by the cost which was unsustainable.

# **ASSOCIATION FOR THE STUDY OF OBESITY**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

### **Reserves policy**

ASO has no regular guaranteed sources of income and the long-term funding of the charity is uncertain. The charity however does have fixed operating costs in terms of the activities required to maintain its presence and further its charitable objectives. The charity's work is planned one year in advance with financial commitments made up to two years in advance on some programmes such as the annual conference.

The Trustees have therefore decided that in order to secure the viability of the organisation beyond the immediate future, to provide reliable service and required funding over the longer term, ASO must be able to absorb financial setbacks. It is therefore necessary to set aside some of the current income as a reserve against future uncertainties.

In view of the financial needs of the organisation, the trustees have agreed to maintain a reserve policy to retain sufficient funds to cover the operating expenses of the organisation for one year. The reserve would cover secretariat expenditure, supporting funds for agreed projects, and other liabilities such as legal expenses, and other miscellaneous expenses that are necessary for the operation of the charity.

The trustees will review the reserve policy at a Trustee meeting each year held prior to the AGM to ensure that:

- 1) the policy is adequate for its need in the coming year
- 2) reserve level is enough to cover one year operating expenditure
- 3) take necessary steps if reserve falls short of the funding requirement

### **Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

## **FINANCIAL REVIEW**

### **Financial Review Conclusion**

The charity ended the year with an in year deficit of £63,907. COVID affected the services that were possible to provide but the resulting webinar series was popular and well received. Obviously as costs were covered no surplus could be generated, but it was a valuable service for all members.

The charity continues to hold cash balances which cover a year's years running costs at 2020/21 levels, but attention must focus on restoring a higher level of reserves. Sponsorship and funding remain a significant challenge and cutting further costs will be difficult. 2020/2021 was an unprecedented year and savings were made due to an inability to travel and hold face to face events, but like many organisations, it is likely that we will revert back to some level of travel and face to face events in the future which will inevitably see some costs rise. The Trustees continue to recognise that the funding situation remains challenging, and will continue to be innovative in our approach to fundraising, cost savings and ensuring value for money.

The impact of COVID-19 on our finances has been significant in limiting the events and type of events that could be provided, and the funding that could be generated.

Meanwhile ASO continue to explore other opportunities for funding programmes of activity and will be further exploring grant opportunities during 2021/2022.

## **PLANS FOR FUTURE PERIODS**

In the remainder of 2021 and into 2022 ASO will continue to build on the organisational strengths developed as a result of the COVID pandemic, particularly our increased visibility. We will maximise this momentum and consider developing more formal partnerships with other organisations. This will include the development of memorandum's of understanding which incorporate a selection of options such as joint meetings, promotion opportunities, ASO symposia and membership discounts. We have also initiated the development of a new training and education strand to ASO, in which members will see benefit via wider accreditation, in addition to consideration of ASO endorsement of existing educational programmes.

~~REPORT OF THE TRUSTEES~~  
~~2019/2020~~  
**ASSOCIATION FOR THE STUDY OF OBESITY**  
~~12th June 2003 to 12th June 2004~~  
**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Constitution**

The company is registered charity (Charity number 1100648) and a UK company limited by guarantee (Company number 4796449). Membership is open to obesity researchers, healthcare professionals, clinicians, academics, scientists, and students who are working and/or studying in the field of obesity and to others who have a particular interest in this area.

**Method of appointment and election of trustees**

The management of the charity is the responsibility of the trustees who are elected and co-opted under the terms of the constitution. During this period the ASO was managed by 12 trustees, led Dr Maria Bryant. The trustees, or any member of ASO can recommend a trustee for appointment. The term of office for trustees is three years and trustees may be re-appointed for a maximum of two terms of office as per the Memorandum and Articles of Association. The chair of the trustees changed in 2019 when Dr Maria Bryant was elected.

The charity is controlled by its governing document, the Memorandum and Articles of Association.

The Association for the Study of Obesity was originally founded in 1967 as an unincorporated charity. This has subsequently been incorporated as of 12th June 2003 and all activity was transferred to the Company limited by guarantee on 15th November 2004.

In the event of the company being wound up the liability in respect of the guarantee is limited to an amount not exceeding £1 per member of the charity.

**Policies adopted for the induction and training of trustees**

All trustees are appointed and recruited in line with the charity's Memorandum of Association.

The directors of the company are also charity trustees for the purposes of charity law and under the company's articles are known as members of the management committee.

A trustee manual is available for all trustees and induction. This is being reviewed and updated in 2021 in line with a major review of all policies.

Following appointment of a new secretariat in March 2021, a review of all policies was undertaken and a schedule of updates was developed. Priority was given to critical policy updates to ensure the safety and security of the charity. These include Financial Controls Policy, Investment, Reserves, Procurement, Commercial Funding, Publication, Endorsement and Representation.

In 2021/22 the remaining policies will be reviewed, updated or implemented as follows:-

- Safeguarding and well being (NEW)
- Equality and diversity (NEW)
- Risk management (UPDATE)
- Membership (NEW)
- Terms of reference for trustees and sub-committees (UPDATE)
- Conflict of interest (UPDATE)

- Code of conduct (UPDATE)

# **ASSOCIATION FOR THE STUDY OF OBESITY**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Organisational structure and decision making**

The Trustees are assisted by a number of ASO sub-committees including finance, governance and membership, communication, partnerships and networking; research and scientific and clinical practice and obesity management.

The organisation was supported by Bioscientifica to run the secretariat and support the day to day activities of the organisation until March 2020. At the trustees meeting in November 2020 it was agreed to terminate the agency, Bioscientifica due primarily to the costs. Bioscientifica were contracted to ASO with the idea of developing the organisation and thus act as an investment. To monitor this, 24 and 12 month contracts were approved for the management of the events and office respectively. Towards the end of the contracting period, there was no evidence of benefit regarding the increased investment and, given that ASO is a relatively small organisation, the risks (financial loss) were felt to be too high. In addition, Trustees felt that they needed a secretariat that members were familiar with and who had a good understanding of the organisation.

Following a review of potential support companies, an agency, Red Hot Irons Limited (RHI), was contracted to run the day-to-day business administration and operations of the organisation from March 2021 supported by consultants Simon and Gail Williams, who have been engaged to undertake the communications, committee management and event management.

Since their appointment Red Hot Irons has introduced new stringent measures for financial controls including the implementation of Xero accounting software for day-to-day book-keeping. Their governance and compliance officer, has undertaken a review to ensure full compliance to Data Protection laws and registered the organisation with the Information Commissioner, a full review of policies and procedures has also been undertaken and recommendations made to the trustees for updates and new policies in line with Charity Commission guidance. Red Hot Irons has also introduced a new database CiviCRM (open source software) which allows increased functionality, better member engagement, tracking and reporting options and improved reporting on membership payments. The software also allows us to track member engagement thoroughly and permits online registration for events. A new website complements the database and supports substantially improved functionality. Red Hot Irons have also taken over the delivery of webinars from Summer of 2020 at substantially lower fees than the previous provider saving the organisation significant funds.

It is hoped that these new investments in technology will allow us to provide improved services and functionality for our members at cost effective rates.

Consultants Simon and Gail Williams have also been engaged to undertake committee management and event management services for ASO.

#### **Induction and training of new trustees**

Individuals who stand for election as a Trustee are required to be a member of the ASO and thus are familiar with the aims of the organisation. New trustees are provided with a Trustee's Pack and Procedural Manual and sign a declaration that they have read this material and understand their obligations as Trustee. Further advice is offered by current Trustees by e-mail and telephone, especially if the Trustee is standing for a particular office.

#### **Pay policy for key management**

There are no paid staff, all work undertaken by the committee and trustees is done so voluntarily. The support agency is contracted to run the operational day-to-day activities and business administration.

## STRUCTURE, GOVERNANCE AND MANAGEMENT

### Application and adherence to the Charity Governance Code

ASO recognise good governance is essential to our effectiveness, reputation and credibility. The Board of Trustees regularly review activities, policies and processes to ensure the charity is delivering against its mission and charitable objectives. We have implemented new robust measures to ensure effective and clear overview of financial controls. The board will also be undertaking a review of its effectiveness, assessing competencies, skills gaps and training needs through a process of external audit and facilitated discussion during 2021/2022.

We operate a robust conflicts of interest policy, and all Trustees and Committee members complete declarations of interest each year. Conflict of interests form a standing item on all committee/board agendas. The Board aims to continuously improve its governance processes and is currently working through the new Charity Governance Code to ensure its governance structures adhere to the principles of the code and recommended practice.

### Volunteers

The charity is heavily reliant on the time, expertise and energy of its committee and other members. Much of the work of the charity is conducted virtually via email and teleconference and is undertaken on a voluntary basis.

### Risk management

The Trustees analyse and undertake a review of the risks the Charity is exposed to as part of an annual business planning process and in accordance with Charity Commission guidance (CC26), scoring the risks according to likelihood and impact. The systems and actions established to mitigate those risks are also reviewed by Trustees at each Board meeting and updated and adjusted accordingly, with the net risk in each area agreed. High risks closely monitored by the Trustees are:

- High level of dependency on too few income streams puts ASO at risk of sudden and/or long-term loss of funding - efforts continue to diversify income streams to include more Trusts and Foundation as well as funding from non-pharmaceutical companies.

- Potential for a sudden drop in income and the need to dip into accumulated reserves.

- The risk that ASO could be perceived as being unduly influenced by sponsors/pharmaceutical industry. ASO has adopted stringent sponsorship & partnerships and endorsement policies and ensures where possible that there is a balance of sponsors from across the industry spectrum with no one sponsor having significant influence or control. Sponsors are not permitted to have any form of editorial control or influence over the content and development of new ASO branded materials

## REFERENCE AND ADMINISTRATIVE DETAILS

### Registered Company number

04796449 (England and Wales)

### Registered Charity number

1100648

### Registered office

Miria House  
1683B High street  
Knowle, Solihull  
West Midlands  
B93 0LL

**ASSOCIATION FOR THE STUDY OF OBESITY**

**REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 30 JUNE 2021**

**Trustees**

Dr M Bryant Chair  
Dr N Heslehurst Trustee  
Dr B M C McGowan Trustee (resigned 1/10/2020)  
Dr S R P Williams Interim Treasurer (resigned 1/10/2020)  
Professor R L Batterham Trustee  
Professor G S Finlayson Trustee  
Dr D Hughes Trustee  
Dr A Tahrani Trustee (resigned 30/6/2021)  
K Clare Trustee  
R J Stubbs Trustee (resigned 17/9/2021)  
Dr K E Roberts Trustee  
Dr N M Astbury Trustee  
P L McGinley Treasurer (appointed 1/10/2020)  
Dr R Richards Trustee (appointed 1/10/2020)  
Dr A Miras Trustee (appointed 1/10/2020)

**Independent Examiner**

Essex Abel Ltd

4 Bank Court

Weldon Road

Loughborough

Leicestershire

LE11 5RF

**ASO sub-committees**

**Finance, Governance and Membership**

Chair: Dr M Bryant

**Clinical Practice and Obesity Management**

Chair: Dr A Miras

**Research and Scientific**

Chair: Dr R Richards

**Communications, partnership and networks**

Chair: Professor G Finlayson

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 14.12.21 and signed on its behalf by:

  
Dr M Bryant Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
ASSOCIATION FOR THE STUDY OF OBESITY**

**Independent examiner's report to the trustees of Association for the Study of Obesity ('the Company').**  
I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 June 2021.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Mr Jason Oram FCCA

Essex Abel Ltd

4 Bank Court

Weldon Road

Loughborough

Leicestershire

LE11 5RF

Date: 13-1-2022

**ASSOCIATION FOR THE STUDY OF OBESITY**  
(INCORPORATED IN THE REPUBLIC OF IRELAND)

**STATEMENT OF FINANCIAL ACTIVITIES**

**(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)**

**FOR THE YEAR ENDED 30 JUNE 2021**

|                                    | 2021            | 2020            |
|------------------------------------|-----------------|-----------------|
|                                    | Total funds     | Total funds     |
|                                    | £               | £               |
| <b>INCOME AND ENDOWMENTS FROM</b>  |                 |                 |
| Donations and legacies             | 100,006         | 66,841          |
| Charitable activities              |                 |                 |
| Policy and education               | 105,412         | 66,841          |
| <b>Total</b>                       | <b>205,418</b>  | <b>66,951</b>   |
| <b>EXPENDITURE ON</b>              |                 |                 |
| Charitable activities              |                 |                 |
| Policy and education               | 185,958         | 103,898         |
| <b>NET INCOME/(EXPENDITURE)</b>    | <b>(80,540)</b> | <b>(36,947)</b> |
| <b>RECONCILIATION OF FUNDS</b>     |                 |                 |
| <b>Total funds brought forward</b> | <b>125,387</b>  | <b>162,334</b>  |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <b>44,847</b>   | <b>125,387</b>  |

The Association is a charitable company limited by guarantee. The financial statements are prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2006.

Approved by the Board of Directors on 30 June 2021

*[Signature]*  
Chairman of the Board of Directors

The notes form part of these financial statements.

These financial statements were approved by the Board of Directors on 30 June 2021.

**ASSOCIATION FOR THE STUDY OF OBESITY (REGISTERED NUMBER: 04796449)**

**BALANCE SHEET**

**30 JUNE 2021**

|                                              |         |         |       | Unrestricted<br>fund<br>£ | Restricted<br>funds<br>£ | 2021<br>Total<br>funds<br>£ | 2020<br>Total<br>funds<br>£ |
|----------------------------------------------|---------|---------|-------|---------------------------|--------------------------|-----------------------------|-----------------------------|
| <b>CURRENT ASSETS</b>                        |         |         | Notes |                           |                          |                             |                             |
| Debtors                                      |         |         | 11    | -                         |                          |                             | 43,735                      |
| Cash at bank                                 | 200,000 | 200,000 | 12    | 92,644                    | 100,000                  | 192,644                     | 167,247                     |
|                                              |         |         |       | 92,644                    | 100,000                  | 192,644                     | 180,982                     |
| <b>CREDITORS</b>                             |         |         |       |                           |                          |                             |                             |
| Amounts falling due within one year          |         |         | 13    | (47,797)                  | (83,367)                 | (131,164)                   | (55,595)                    |
|                                              |         |         |       |                           |                          |                             |                             |
| <b>NET CURRENT ASSETS</b>                    |         |         |       | 44,847                    | 16,633                   | 61,480                      | 125,387                     |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |         |         |       | 44,847                    | 16,633                   | 61,480                      | 125,387                     |
| <b>NET ASSETS</b>                            |         |         |       | 44,847                    | 16,633                   | 61,480                      | 125,387                     |
| <b>FUNDS</b>                                 |         |         | 14    |                           |                          |                             |                             |
| Unrestricted funds                           |         |         |       |                           |                          | 44,847                      | 125,387                     |
| Restricted funds                             |         |         |       |                           |                          | 16,633                      |                             |
| <b>TOTAL FUNDS</b>                           |         |         |       |                           |                          | 61,480                      | 125,387                     |

The trustees' statements required by Section 476 are shown on the following page, which forms part of this Balance Sheet.

  
M Bryant - Trustee

  
P L McGinley - Trustee

Approved by the Board on 14.12.21

The notes form part of these financial statements

**BALANCE SHEET**

**30 JUNE 2021**

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 June 2021 in accordance with Section 476 of the Companies Act 2006.

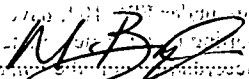
The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on

14.12.21 and were signed on its behalf by:

  
M Bryant - Trustee

  
P L McGinley - Trustee

The notes form part of these financial statements

**ASSOCIATION FOR THE STUDY OF OBESITY**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2021**

**1. GENERAL INFORMATION**

Association for the Study of Obesity is a Private Charitable Company Limited by Guarantee, registered in England and Wales.

The charity's registered office and principal place of business can be found in the Trustees Report.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below.

These policies have been consistently applied to all years presented unless otherwise stated.

The financial statements cover the individual entity.

The entity constitutes a public benefit entity as defined by FRS102.

There are no material uncertainties with going concern.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charitable company has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

**Income recognition**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For sponsorship to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the sponsorship and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Subscription are recognised over the period in which they relate to on a straight line basis.

Conference fees are recognised when the event takes places and any fees received in advance are deferred until the event takes place, at which point they are recognised as income.

**Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**ASSOCIATION FOR THE STUDY OF OBESITY**

**NOTES TO THE FINANCIAL STATEMENT**

**FOR THE YEAR ENDED 30 JUNE 2021**

**2. ACCOUNTING POLICIES - continued**

**Expenditure recognition**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

**Governance and support costs**

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

**Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Subscriptions and sponsorship received for the general purposes of the charity are included as unrestricted funds. Donations for activities restricted by the wishes of the donor are taken to restricted funds where these wishes are legally binding on the trustees.

**Company status**

The charity is a company limited by guarantee. The members of the company are the trustees named on page 10. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

**Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

**Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**ASSOCIATION FOR THE STUDY OF OBESITY**  
**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2021**

Balance sheet - 2020: 109,711,100.00

**2. ACCOUNTING POLICIES - continued**

**Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**3. INCOME FROM CHARITABLE ACTIVITIES**

|                                  | 2021    | 2020   |
|----------------------------------|---------|--------|
| Activity                         | £       | £      |
| Subscriptions                    | 21,559  | 19,855 |
| Sponsorship                      | 83,853  | 14,761 |
| Conference and other sundry fees |         |        |
| Policy and education             |         | 32,225 |
|                                  | 105,412 | 66,841 |

**4. CHARITABLE ACTIVITIES COSTS**

|                      | Direct Costs (see note 5) | Grant funding of activities (see note 6) | Support costs (see note 7) | Totals  |
|----------------------|---------------------------|------------------------------------------|----------------------------|---------|
|                      | £                         | £                                        | £                          | £       |
| Policy and education | 116,845                   | 107,390                                  | 45,090                     | 269,325 |

**5. DIRECT COSTS OF CHARITABLE ACTIVITIES**

|                                 | 2021    | 2020   |
|---------------------------------|---------|--------|
|                                 | £       | £      |
| Regional group costs            | 1,798   |        |
| Conference & webinar expenses   | 74,333  | 42,686 |
| Conference & webinar management | 42,512  | 19,013 |
|                                 | 116,845 | 63,497 |

**6. GRANTS PAYABLE**

|                      | 2021    | 2020 |
|----------------------|---------|------|
|                      | £       | £    |
| Policy and education | 107,390 | -    |

The total grants paid to individuals during the year was as follows:

|                               | 2021    | 2020 |
|-------------------------------|---------|------|
|                               | £       | £    |
| University of Liverpool       | 19,820  | -    |
| University hospitals of Derby | 4,988   | -    |
| Research grants               | 82,582  | -    |
|                               | 107,390 | -    |

# ASSOCIATION FOR THE STUDY OF OBESITY

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2021

### 7. SUPPORT COSTS

|                      | Other         | Governance costs | Totals        |
|----------------------|---------------|------------------|---------------|
| Policy and education | <u>42,804</u> | <u>2,286</u>     | <u>45,090</u> |

Support costs, included in the above, are as follows:

#### Other

|                        | 2021          | 2020          |
|------------------------|---------------|---------------|
| Policy and education   |               |               |
| Trustees' expenses     | -             | 421           |
| Insurance              | 286           | 238           |
| Telephone              | -             | 120           |
| Postage and stationery | 343           | 213           |
| Affiliation fees       | 1,614         | 4,882         |
| Website expenses       | 4,559         | 3,460         |
| Bank charges           | 444           | 353           |
| Office management      | <u>35,558</u> | <u>28,080</u> |
|                        | <u>42,804</u> | <u>37,767</u> |

#### Governance costs

|                            | 2021         | 2020         |
|----------------------------|--------------|--------------|
| Policy and education       |              |              |
| Accountancy and legal fees | <u>2,286</u> | <u>2,634</u> |

### 8. TRUSTEES' REMUNERATION AND BENEFITS

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year except as scheduled in note 15.

The trustees were not paid or received any other benefits from the charity in the year.

#### Trustees' expenses

|                    | 2021     | 2020       |
|--------------------|----------|------------|
| Trustees' expenses | <u>-</u> | <u>421</u> |

Number of trustees who were paid expenses in the year was nil (2020 - 2).

The nature of the expenses are travel and subsistence costs.

# ASSOCIATION FOR THE STUDY OF OBESITY

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2021

### 9. FEES EXAMINATION OF THE ACCOUNTS

Independent examiner's fees for reporting on the accounts £2,226 (2020 £2,500)

Other fees paid to the independent examiner £60 (2020 £133)

### 10. TAXATION

As a charity, the Association For The Study Of Obesity is exempt from tax on income and gains falling within section 466 to 493 Corporation Tax Act 2010 and section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable activities. No tax charges have arisen during the year in the charity.

### 11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Subscriptions due

Prepayments and accrued income

| 2021   | 2020 |
|--------|------|
| £      | £    |
| 60     |      |
| 13,675 |      |
| 13,735 |      |

### 12. CASH AT BANK

Cash on deposit

|                 | 2021         | 2020        |
|-----------------|--------------|-------------|
|                 | Total funds  | Total funds |
| Restricted fund | General fund |             |
| £               | £            | £           |
| 17,418          | 175,226      | 192,644     |
| 17,418          | 175,226      | 192,644     |
|                 |              | 167,247     |
|                 |              | 167,247     |

### 13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

Trade creditors

Deferred income

Accrued expenses

| 2021    | 2020   |
|---------|--------|
| £       | £      |
| 19,791  | 12,288 |
| 13,076  | 12,376 |
| 98,297  | 30,931 |
| 131,164 | 55,595 |

# ASSOCIATION FOR THE STUDY OF OBESITY

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2021

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### 13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR - continued

#### Deferred Income

Deferred income comprises advance annual membership fees a year from the date paid.

|                                                             | 2021     | 2020     |
|-------------------------------------------------------------|----------|----------|
|                                                             | £        | £        |
| Balance as at 1 July 2020                                   | 12,375   | 14,760   |
| Amount released to income earned from charitable activities | (12,375) | (14,760) |
| Amount deferred in year                                     | 13,076   | 12,375   |
| Balance as at 30 June 2021                                  | 13,076   | 12,375   |

### 14. MOVEMENT IN FUNDS

|                            | At 1/7/20      | Net movement in funds | At 30/6/21    |
|----------------------------|----------------|-----------------------|---------------|
|                            | £              | £                     | £             |
| <b>Unrestricted funds</b>  |                |                       |               |
| General fund               | 125,387        | (80,540)              | 44,847        |
| <b>Restricted funds</b>    |                |                       |               |
| Externally funded research | -              | 16,633                | 16,633        |
| <b>TOTAL FUNDS</b>         | <b>125,387</b> | <b>(63,907)</b>       | <b>61,480</b> |

Net movement in funds, included in the above are as follows:

|                            | Incoming resources | Resources expended | Movement in funds |
|----------------------------|--------------------|--------------------|-------------------|
|                            | £                  | £                  | £                 |
| <b>Unrestricted funds</b>  |                    |                    |                   |
| General fund               | 105,418            | (185,958)          | (80,540)          |
| <b>Restricted funds</b>    |                    |                    |                   |
| Externally funded research | 100,000            | (83,367)           | 16,633            |
| <b>TOTAL FUNDS</b>         | <b>205,418</b>     | <b>(269,325)</b>   | <b>(63,907)</b>   |

**ASSOCIATION FOR THE STUDY OF OBESITY**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 30 JUNE 2021**

**14. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

|                           | At 1/7/19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>30/6/20<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 162,334        | (36,947)                         | 125,387            |
| <b>TOTAL FUNDS</b>        | <u>162,334</u> | <u>(36,947)</u>                  | <u>125,387</u>     |

Comparative net movement in funds, included in the above are as follows:

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 66,951                     | (103,898)                  | (36,947)                  |
| <b>TOTAL FUNDS</b>        | <u>66,951</u>              | <u>(103,898)</u>           | <u>(36,947)</u>           |

The unrestricted funds represents the free funds of the charity which are not designated for particular purposes.

The restricted fund allows the charity to award grants to support research into obesity that is funded by external resources.

**15. RELATED PARTY DISCLOSURES**

Barbara McGowan, a trustee, is a director of Bioscientifica Ltd who are paid to provide services to the Association for the Study of Obesity as their Association Management Provider and Professional Congress Organiser. During the year the charge for these services totalled £52,514 (2020 £42,652).

**16. ULTIMATE CONTROLLING PARTY**

The charity is under the control of its members.

**ASSOCIATION FOR THE STUDY OF OBESITY**  
**DETAILED STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 30 JUNE 2021**

|                                  | 2021<br>£       | 2020<br>£       |
|----------------------------------|-----------------|-----------------|
| <b>INCOME AND ENDOWMENTS</b>     |                 |                 |
| <b>Donations and legacies</b>    |                 |                 |
| Donations                        | 6               | 110             |
| Grants                           | <u>100,000</u>  | <u>-</u>        |
|                                  | 100,006         | 110             |
| <b>Charitable activities</b>     |                 |                 |
| Subscriptions                    | 21,559          | 19,855          |
| Sponsorship                      | 83,853          | 14,761          |
| Conference and other sundry fees | <u>-</u>        | <u>32,225</u>   |
|                                  | <u>105,412</u>  | <u>66,841</u>   |
| <b>Total incoming resources</b>  | 205,418         | 66,951          |
| <b>EXPENDITURE</b>               |                 |                 |
| <b>Charitable activities</b>     |                 |                 |
| Regional group costs             | -               | 1,798           |
| Conference & webinar expenses    | 74,333          | 42,686          |
| Conference & webinar management  | 42,512          | 19,013          |
| Grants to individuals            | <u>107,390</u>  | <u>-</u>        |
|                                  | 224,235         | 63,497          |
| <b>Support costs</b>             |                 |                 |
| <b>Other</b>                     |                 |                 |
| Trustees' expenses               | -               | 421             |
| Insurance                        | 286             | 238             |
| Telephone                        | -               | 120             |
| Postage and stationery           | 343             | 213             |
| Affiliation fees                 | 1,614           | 4,882           |
| Website expenses                 | 4,559           | 3,460           |
| Bank charges                     | 444             | 353             |
| Office management                | <u>35,558</u>   | <u>28,080</u>   |
|                                  | 42,804          | 37,767          |
| <b>Governance costs</b>          |                 |                 |
| Accountancy and legal fees       | <u>2,286</u>    | <u>2,634</u>    |
| <b>Total resources expended</b>  | <u>269,325</u>  | <u>103,898</u>  |
| <b>Net expenditure</b>           | <u>(63,907)</u> | <u>(36,947)</u> |

This page does not form part of the statutory financial statements