

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales · Charity number 1108405

Details

Other names EATING DISORDER SUPPORT GROUP (HULL & EAST YORKSHIRE)

Status Registered

Legal form Other

Registered 2005-03-03

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

Contact

Address 26 Airedale
Sutton Park
North Humberside
Hull
HU7 6DT

Phone 07300 298388

Email support@seed.charity

Website www.seed.charity

Activities

Objects: THE RELIEF OF THOSE SUFFERING FORM ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE EATING, COMPULSIVE EATING OR ANY OTHER EATING DISORDERS BY PROVIDING INFORMATION ADVICE AND SUPPORT.THE PRESERVATION AND PROTECTION OF THE PHYSICAL AND MENTAL HEALTH OF FAMILIES AND CARERS OF THOSE SUFFERING FORM EATING DISORDERS BY PROVIDING INFORMATION ADVICE AND SUPPORT.TO ADVANCE EDUCATION BY PROVIDING TRAINING FOR PROFESSIONALS AND THE GENERAL PUBLIC AND TO RAISE AWARENESS OF EATING DISORDERS THROUGH APPROVED LITERATURE PRODUCED BY THE EATING DISORDER ASSOCIATION.

Activities: S.E.E.D. Eating Disorder Support Services mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People

Geography

- East Riding Of Yorkshire
- Kingston Upon Hull City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£141,510	£123,459	-	-
2024-12-31	£141,759	£145,913	-	-
2023-12-31	£243,657	£244,325	-	-
2022-12-31	£183,621	£228,525	-	-
2021-12-31	£208,675	£150,500	-	-
2020-12-31	£94,240	£73,569	-	-

Trustees

Name	Role	Appointed
Dennis OATEN		
JOFF WILLIAM HATFIELD-POWELL		2024-03-04
MARJORIE FRANCES OATEN MBE		
Matthew James Dawson		2021-07-02
Michael Stuart Robinson		2024-09-13
Rebecca Pay		2023-03-13

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts

Chairman's Annual Report: SEED Eating Disorder Support Services

A Year of Resilience and Transformation

As I reflect on the past year we must acknowledge the challenges we faced as 2025 began.

We were going through a period of change and restructuring. A big thank you to our CEO for successfully overseeing this transition. It is often in these moments, that the most vital growth occurs. Today I am proud to report that through strategic partnerships and a renewed focus on our core mission, **Seed has emerged stronger, more stable and more committed than ever to our service users.**

Strategic Partnerships and Internal Growth

The turning point for our stability was the decision to partner with **Hull and East Yorkshire Mind**. This collaboration has proved to be a resounding success, providing us with the robust infrastructure and shared expertise needed to navigate a difficult landscape.

This period of stabilization was further bolstered by the return of **Elena**, who stepped into the pivotal role of **Services and Support Lead**. Elena's return brought not only a wealth of experience but a passion that has been instrumental in reshaping our delivery model.

Quality Over Quantity: The Volunteer Buddy Scheme (VBS)

In a move to ensure the longevity of the charity, we made the conscious decision to "strip back" certain services. Our guiding principle during this transition has been **quality over quantity**. We believe that it is far better to provide exceptional, impactful support to some than stretched, superficial support to many.

The flagship of this new era is our **Volunteer Buddy Scheme (VBS)**. We recruited a dedicated new team of volunteers, matching them with our "Seedlings" (service users) for one-to-one weekly telephone support.

- **Evolution of Care:** While we initially launched this as an 8-week program, the overwhelming demand and clear success of the matches led us to extend the duration.
- **Person-Centered Results:** Following direct feedback from our Seedlings, we have formally transitioned to a **16-week program**, with the flexibility to assess and extend based on individual needs.

At SEED, we remain steadfast in our belief: **we treat the person, not the eating disorders.**

Supporting Families and Caregivers

For many years, Marg and Dennis have provided invaluable support through the *Walking on Eggshells* workshops. However, as their health has unfortunately declined, we have looked toward a sustainable future for caregiver support.

We are currently developing a new **Parents and Caregivers Support Group**. This initiative, is currently in progress and will ensure that those supporting a loved one through recovery have a dedicated, safe space to find strength and community.

A Community of Support

We simply would not exist without the generosity of our partners. Our deepest gratitude goes to:

- **The National Lottery Community Fund** for their continued belief in our mission.
- **Our Local ICBs** for their vital commissioning and support.
- **Our Funders and Individual Fundraisers** whose annual grants and personal efforts keep our doors open.

By lowering our overheads and focusing our resources, we have ensured that every penny goes toward delivering the vital services our community relies on.

Looking Ahead: Our 26th Year

As we enter our **26th year**, the landscape continues to shift. There are more changes on the horizon—all designed for the greater good of the charity and, most importantly, for the people we support.

Whether you are in Hull, Yorkshire, East Riding, or joining our online monthly support groups from further afield, thank you. Your support ensures that there is a dedicated voluntary sector service for those affected by eating disorders. Together, we are ensuring that no one has to face this journey alone.

With gratitude,

The Chairman *SEED Eating Disorder Support Services*

Charity registration number 1108405 (England and Wales)

**SEED EATING DISORDERS SUPPORT SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025**

SEED EATING DISORDERS SUPPORT SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mrs M F Oaten MBE
Mr D J Oaten
Mr M J Dawson
Mrs R Pay
Mr D R Reay-Scott
J Hatfield-Powell
Mr M S Robinson

Charity registration

England and Wales

1108405

Independent examiner

Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

SEED EATING DISORDERS SUPPORT SERVICES

CONTENTS

	Page
Chairperson's Report	1 - 2
Trustees' report	3 - 5
Independent examiner's report	6
Statement of financial activities	7
Statement of financial position	8
Notes to the financial statements	9 - 17

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025



“from a seed a flower grows as do people who blossom in life”

A Year of Resilience and Transformation

As I reflect on the past year we must acknowledge the challenges we faced as 2025 began.

We were going through a period of change and restructuring. A big thank you our CEO for successfully overseeing this transition. It is often in these moment that the most vital growth occurs. Today I am proud to report that through strategic partnership and a renewed focus on our core mission, **Seed has emerged stronger, more stable and more committed that ever to our service users.**

Strategic Partnerships and Internal Growth

The turning point for our stability was the decision to partner with **Hull and East Yorkshire Mind**. This collaboration has proved to be a resounding success, providing us with the robust infrastructure and shared expertise needed to navigate a difficult landscape.

This period of stabilization was further bolstered by the return of **Elena**, who stepped into the pivotal role of **Services and Support Lead**. Elena's return brought not only a wealth of experience but a passion that has been instrumental in reshaping our delivery model.

Quality Over Quantity: The Volunteer Buddy Scheme (VBS)

In a move to ensure the longevity of the charity, we made the conscious decision to "strip back" certain services. Our guiding principle during this transition has been **quality over quantity**. We believe that it is far better to provide exceptional, impactful support to some than stretched, superficial support to many.

The flagship of this new era is our **Volunteer Buddy Scheme (VBS)**. We recruited a dedicated new team of volunteers, matching them with our "Seedlings" (service users) for one-to-one weekly telephone support.

- **Evolution of Care:** While we initially launched this as an 8-week program, the overwhelming demand and clear success of the matches led us to extend the duration.
- **Person-Centered Results:** Following direct feedback from our Seedlings, we have formally transitioned to a **16-week program**, with the flexibility to assess and extend based on individual needs.

At SEED, we remain steadfast in our belief: **we treat the person, not the eating disorders.**

Supporting Families and Caregivers

For many years, Marg and Dennis have provided invaluable support through the *Walking on Eggshells* workshops. However, as their health has unfortunately declined, we have looked toward a sustainable future for caregiver support.

We are currently developing a new **Parents and Caregivers Support Group**. This initiative, is currently in progress and will ensure that those supporting a loved one through recovery have a dedicated, safe space to find strength and community.

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

A Community of Support

We simply would not exist without the generosity of our partners. Our deepest gratitude goes to:

- **The National Lottery Community Fund** for their continued belief in our mission.
- **Our Local ICBs** for their vital commissioning and support.
- **Our Funders and Individual Fundraisers** whose annual grants and personal efforts keep our doors open.

By lowering our overheads and focusing our resources, we have ensured that every penny goes toward delivering the vital services our community relies on.

Looking Ahead: Our 26th Year

As we enter our **26th year**, the landscape continues to shift. There are more changes on the horizon—all designed for the greater good of the charity and, most importantly, for the people we support.

Whether you are in Hull, Yorkshire, East Riding, or joining our online monthly support groups from further afield, thank you. Your support ensures that there is a dedicated voluntary sector service for those affected by eating disorders. Together, we are ensuring that no one has to face this journey alone.

With gratitude,



Dennis James Oaten
Chairperson

Date: 29 April 2026

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 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)" (effective 1 January 2019).

Objectives and activities

S.E.E.D. Eating Disorder Support Services mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The organisation is registered as a charity and governed by its constitution adopted 10 November 2004, as amended 5 January 2005

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Mrs R Pay

Mr D R Reay-Scott

J Hatfield-Powell

Mr M S Robinson

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Recruitment and appointment of trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (no more than one hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- The obligations of Committee members.
- The main documents which set out the operational framework for the charity including its Constitution.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Other matters

SEED Eating Disorders Support Group has a Committee of no less than three members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Objectives and Activities

The charity's objectives and principle activities are to:

- Education/Training
- Medical/Health/Sickness
- Provides human resource (e.g. staff/volunteers)
- Provides services (e.g. care/counselling)
- Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following:

- To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.
- To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.
- To advance education by providing training for professional and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

The Trustees' report was approved by the Board of Trustees.

Mrs M F Oaten MBE
Trustee

29 April 2026



Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SEED EATING DISORDERS SUPPORT SERVICES

I report to the Trustees on my examination of the financial statements of SEED Eating Disorders Support Services (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Jonathan Leathley FCCA
Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

Dated: 29 April 2026

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	29,224	-	29,224	36,917	-	36,917
Charitable activities	4	11,837	90,000	101,837	20,650	75,000	95,650
Other trading activities	5	10,449	-	10,449	9,192	-	9,192
Total income		<u>51,510</u>	<u>90,000</u>	<u>141,510</u>	<u>66,759</u>	<u>75,000</u>	<u>141,759</u>
Expenditure on:							
Charitable activities	6	31,769	91,690	123,459	51,293	94,620	145,913
Total expenditure		<u>31,769</u>	<u>91,690</u>	<u>123,459</u>	<u>51,293</u>	<u>94,620</u>	<u>145,913</u>
Net income/(expenditure) and movement in funds		19,741	(1,690)	18,051	15,466	(19,620)	(4,154)
Reconciliation of funds:							
Fund balances at 1 January 2025		70,871	2,690	73,561	55,405	22,310	77,715
Fund balances at 31 December 2025		<u>90,612</u>	<u>1,000</u>	<u>91,612</u>	<u>70,871</u>	<u>2,690</u>	<u>73,561</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

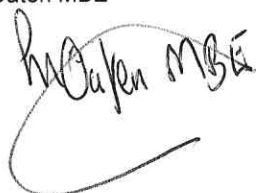
STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Trade and other receivables	12	2,300		2,400	
Cash at bank and in hand		105,885		87,541	
		<u>108,185</u>		<u>89,941</u>	
Current liabilities	13	(16,573)		(16,380)	
Net current assets			<u>91,612</u>		<u>73,561</u>
The funds of the charity					
Restricted income funds	15		1,000		2,690
Unrestricted funds	16		90,612		70,871
			<u>91,612</u>		<u>73,561</u>

The financial statements were approved by the Trustees on 29 April 2026

Mrs M F Oaten MBE
Trustee



Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

SEED Eating Disorders Support Services is a charity registered with the Charity Commissioners of England and Wales nr: 1108405 and governed by its constitution adopted 10 November 2004, as amended 5 January 2005..

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Volunteer help

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

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	29,224	36,917
Donations and gifts		
Emerton-Christie Charity	2,000	-
Joan Ainsley Charity trust	10,000	5,000
Matthew Good Foundation	-	500
Anonymous Gift	-	6,131
Other	17,224	25,286
	<u>29,224</u>	<u>36,917</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Services Provided						
Performance related grants	10,000	105,000	115,000	17,500	90,000	107,500
Less: deferred income	-	(15,000)	(15,000)	-	(15,000)	(15,000)
Toolkit Sales						
Sale of goods	1,837	-	1,837	3,150	-	3,150
	<u>11,837</u>	<u>90,000</u>	<u>101,837</u>	<u>20,650</u>	<u>75,000</u>	<u>95,650</u>

Performance related grants analysis

	Services Provided 2025 £	Services Provided 2024 £
Humber & North Yorkshire ICB	-	3,000
Humber & North Yorkshire ICB	30,000	30,000
National Lottery Community Fund	75,000	60,000
The Wiguder Family Foundation	-	1,500
Jame Reckitt Charity	5,000	5,000
Joseph and Annie Castle Trust	5,000	5,000
CHK Foundation	-	3,000
Other	-	-
	<u>(115,000)</u>	<u>(107,500)</u>

Charitable activities

Charitable trading income

Services Provided

Toolkit sales

Deferred income

National Lottery Community Fund includes £15,000 received relative to the year ended 31st December 2026

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	10,449	9,192

6 Expenditure on charitable activities

	Services Provided 2025 £	Toolkit Sales 2025 £	Total 2025 £	Services Provided 2024 £	Toolkit Sales 2024 £	Total 2024 £
Direct costs						
Staff costs	67,494	-	67,494	92,109	-	92,109
Rent & Rates	-	-	-	4,182	-	4,182
Telecoms	3,810	-	3,810	3,331	-	3,331
Printing, Post & Stationary	469	-	469	410	-	410
Publicity costs	22,966	-	22,966	11,536	-	11,536
Resource costs	9,449	381	9,830	11,291	1,456	12,747
Consultancy costs	1,016	-	1,016	1,030	-	1,030
Admin costs	5,237	-	5,237	790	-	790
Travelling costs	823	-	823	1,818	-	1,818
Insurance	3,305	-	3,305	3,806	-	3,806
Subscriptions	1,926	-	1,926	1,634	-	1,634
Light & Heat	-	-	-	3,481	-	3,481
Property costs	-	-	-	1,023	-	1,023
IT costs	4,818	-	4,818	5,564	-	5,564
Sundry	325	-	325	760	-	760
	<u>121,638</u>	<u>381</u>	<u>122,019</u>	<u>142,765</u>	<u>1,456</u>	<u>144,221</u>
Share of support and governance costs (see note 7)						
Governance	1,440	-	1,440	1,692	-	1,692
	<u>123,078</u>	<u>381</u>	<u>123,459</u>	<u>144,457</u>	<u>1,456</u>	<u>145,913</u>
Analysis by fund						
Unrestricted funds	31,388	381	31,769	49,837	1,456	51,293
Restricted funds	91,690	-	91,690	94,620	-	94,620
	<u>123,078</u>	<u>381</u>	<u>123,459</u>	<u>144,457</u>	<u>1,456</u>	<u>145,913</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

7 Support costs

	Support costs £	Governance costs £	2025 £	2024 £
Independent exam fees	-	1,440	1,440	1,692
	-	1,440	1,440	1,692
Analysed between Charitable activities	-	1,440	1,440	1,692

Governance costs includes payments to the independent examiners' of £1,692 (2024- £1,692) for audit fees.

8 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,440	1,692

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Service delivery	3	3
Employment costs	2025 £	2024 £
Wages and salaries	67,494	92,109

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

12	Trade and other receivables		2025	2024
			£	£
	Amounts falling due within one year:			
	Prepayments and accrued income		2,300	2,400
			<u> </u>	<u> </u>
13	Current liabilities		2025	2024
			£	£
		Notes		
	Deferred income	14	15,000	15,000
	Accruals		1,573	1,380
			<u> </u>	<u> </u>
			16,573	16,380
			<u> </u>	<u> </u>
14	Deferred income		2025	2024
			£	£
	Other deferred income		15,000	15,000
			<u> </u>	<u> </u>
	Deferred income is included in the financial statements as follows:			
			2025	2024
			£	£
	Deferred income is included within:			
	Current liabilities		15,000	15,000
			<u> </u>	<u> </u>
			2025	2024
			£	£
	Movements in the year:			
	Deferred income at 1 January 2025		15,000	15,000
	Released from previous periods		(15,000)	(15,000)
	Resources deferred in the year		15,000	15,000
			<u> </u>	<u> </u>
	Deferred income at 31 December 2025		15,000	15,000
			<u> </u>	<u> </u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
National Lottery Community Fund	-	60,000	(60,000)	-
Humber & North Yorkshire I.C.B.	2,690	30,000	(31,690)	1,000
	<u>2,690</u>	<u>90,000</u>	<u>(91,690)</u>	<u>1,000</u>
	<u><u>2,690</u></u>	<u><u>90,000</u></u>	<u><u>(91,690)</u></u>	<u><u>1,000</u></u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
Hull CCG	22,310	-	(22,310)	-
National Lottery Community Fund	-	60,000	(60,000)	-
Humber & North Yorkshire I.C.B.	-	15,000	(12,310)	2,690
	<u>22,310</u>	<u>75,000</u>	<u>(94,620)</u>	<u>2,690</u>
	<u><u>22,310</u></u>	<u><u>75,000</u></u>	<u><u>(94,620)</u></u>	<u><u>2,690</u></u>

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
Designated fund	60,250	-	-	-	60,250
General funds	10,621	51,510	(31,769)	-	30,362
	<u>70,871</u>	<u>51,510</u>	<u>(31,769)</u>	<u>-</u>	<u>90,612</u>
	<u><u>70,871</u></u>	<u><u>51,510</u></u>	<u><u>(31,769)</u></u>	<u><u>-</u></u>	<u><u>90,612</u></u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

16 Unrestricted funds (Continued)

Previous year:	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Designated fund	75,250	-	-	(15,000)	60,250
General funds	(19,845)	66,759	(51,293)	15,000	10,621
	<u>55,405</u>	<u>66,759</u>	<u>(51,293)</u>	<u>-</u>	<u>70,871</u>

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 December 2025:			
Current assets/(liabilities)	90,612	1,000	91,612
	<u>90,612</u>	<u>1,000</u>	<u>91,612</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	70,871	2,690	73,561
	<u>70,871</u>	<u>2,690</u>	<u>73,561</u>

18 Related party transactions

Within the year the Charity's established CIC called Seedlings was dissolved. Seedlings was operated with Ms Gemma Oaten as the sole director. Ms Oaten is the daughter of Mr and Mrs D Oaten, who are trustees of the charity.

Upon dissolution all funds were transferred to Seed Eating Disorders Support Services to the value of £1,098.75, received as an unrestricted donation to the charity. Within the period Seed Eating Disorders Support Services incurred professional charges of £273.00 regarding the dissolution of Seedlings CIC.

Additionally Ms Gemma Oaten was employed by the charity during the year.

Charity registration number 1108405 (England and Wales)

**SEED EATING DISORDERS SUPPORT SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2025**

SEED EATING DISORDERS SUPPORT SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mrs M F Oaten MBE
Mr D J Oaten
Mr M J Dawson
Mrs R Pay
Mr D R Reay-Scott
J Hatfield-Powell
Mr M S Robinson

Charity registration

England and Wales

1108405

Independent examiner

Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

SEED EATING DISORDERS SUPPORT SERVICES

CONTENTS

	Page
Chairperson's Report	1 - 2
Trustees' report	3 - 5
Independent examiner's report	6
Statement of financial activities	7
Statement of financial position	8
Notes to the financial statements	9 - 17

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025



“from a seed a flower grows as do people who blossom in life”

A Year of Resilience and Transformation

As I reflect on the past year we must acknowledge the challenges we faced as 2025 began.

We were going through a period of change and restructuring. A big thank you our CEO for successfully overseeing this transition. It is often in these moment that the most vital growth occurs. Today I am proud to report that through strategic partnership and a renewed focus on our core mission, **Seed has emerged stronger, more stable and more committed that ever to our service users.**

Strategic Partnerships and Internal Growth

The turning point for our stability was the decision to partner with **Hull and East Yorkshire Mind**. This collaboration has proved to be a resounding success, providing us with the robust infrastructure and shared expertise needed to navigate a difficult landscape.

This period of stabilization was further bolstered by the return of **Elena**, who stepped into the pivotal role of **Services and Support Lead**. Elena's return brought not only a wealth of experience but a passion that has been instrumental in reshaping our delivery model.

Quality Over Quantity: The Volunteer Buddy Scheme (VBS)

In a move to ensure the longevity of the charity, we made the conscious decision to "strip back" certain services. Our guiding principle during this transition has been **quality over quantity**. We believe that it is far better to provide exceptional, impactful support to some than stretched, superficial support to many.

The flagship of this new era is our **Volunteer Buddy Scheme (VBS)**. We recruited a dedicated new team of volunteers, matching them with our "Seedlings" (service users) for one-to-one weekly telephone support.

- **Evolution of Care:** While we initially launched this as an 8-week program, the overwhelming demand and clear success of the matches led us to extend the duration.
- **Person-Centered Results:** Following direct feedback from our Seedlings, we have formally transitioned to a **16-week program**, with the flexibility to assess and extend based on individual needs.

At SEED, we remain steadfast in our belief: **we treat the person, not the eating disorders.**

Supporting Families and Caregivers

For many years, Marg and Dennis have provided invaluable support through the *Walking on Eggshells* workshops. However, as their health has unfortunately declined, we have looked toward a sustainable future for caregiver support.

We are currently developing a new **Parents and Caregivers Support Group**. This initiative, is currently in progress and will ensure that those supporting a loved one through recovery have a dedicated, safe space to find strength and community.

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

A Community of Support

We simply would not exist without the generosity of our partners. Our deepest gratitude goes to:

- **The National Lottery Community Fund** for their continued belief in our mission.
- **Our Local ICBs** for their vital commissioning and support.
- **Our Funders and Individual Fundraisers** whose annual grants and personal efforts keep our doors open.

By lowering our overheads and focusing our resources, we have ensured that every penny goes toward delivering the vital services our community relies on.

Looking Ahead: Our 26th Year

As we enter our **26th year**, the landscape continues to shift. There are more changes on the horizon—all designed for the greater good of the charity and, most importantly, for the people we support.

Whether you are in Hull, Yorkshire, East Riding, or joining our online monthly support groups from further afield, thank you. Your support ensures that there is a dedicated voluntary sector service for those affected by eating disorders. Together, we are ensuring that no one has to face this journey alone.

With gratitude,



Dennis James Oaten
Chairperson

Date: 29 April 2026

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

The Trustees present their annual report and financial statements for the year ended 31 December 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 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)" (effective 1 January 2019).

Objectives and activities

S.E.E.D. Eating Disorder Support Services mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The organisation is registered as a charity and governed by its constitution adopted 10 November 2004, as amended 5 January 2005

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Mrs R Pay

Mr D R Reay-Scott

J Hatfield-Powell

Mr M S Robinson

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Recruitment and appointment of trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (no more than one hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- The obligations of Committee members.
- The main documents which set out the operational framework for the charity including its Constitution.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Other matters

SEED Eating Disorders Support Group has a Committee of no less than three members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Objectives and Activities

The charity's objectives and principle activities are to:

- Education/Training
- Medical/Health/Sickness
- Provides human resource (e.g. staff/volunteers)
- Provides services (e.g. care/counselling)
- Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following:

- To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.
- To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.
- To advance education by providing training for professional and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

The Trustees' report was approved by the Board of Trustees.

Mrs M F Oaten MBE
Trustee

29 April 2026



Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SEED EATING DISORDERS SUPPORT SERVICES

I report to the Trustees on my examination of the financial statements of SEED Eating Disorders Support Services (the charity) for the year ended 31 December 2025.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Jonathan Leathley FCCA
Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

Dated: 29 April 2026

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:							
Donations and legacies	3	29,224	-	29,224	36,917	-	36,917
Charitable activities	4	11,837	90,000	101,837	20,650	75,000	95,650
Other trading activities	5	10,449	-	10,449	9,192	-	9,192
Total income		<u>51,510</u>	<u>90,000</u>	<u>141,510</u>	<u>66,759</u>	<u>75,000</u>	<u>141,759</u>
Expenditure on:							
Charitable activities	6	31,769	91,690	123,459	51,293	94,620	145,913
Total expenditure		<u>31,769</u>	<u>91,690</u>	<u>123,459</u>	<u>51,293</u>	<u>94,620</u>	<u>145,913</u>
Net income/(expenditure) and movement in funds		19,741	(1,690)	18,051	15,466	(19,620)	(4,154)
Reconciliation of funds:							
Fund balances at 1 January 2025		70,871	2,690	73,561	55,405	22,310	77,715
Fund balances at 31 December 2025		<u>90,612</u>	<u>1,000</u>	<u>91,612</u>	<u>70,871</u>	<u>2,690</u>	<u>73,561</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

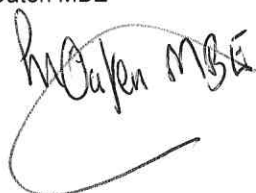
STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Current assets					
Trade and other receivables	12	2,300		2,400	
Cash at bank and in hand		105,885		87,541	
		<u>108,185</u>		<u>89,941</u>	
Current liabilities	13	(16,573)		(16,380)	
Net current assets			<u>91,612</u>		<u>73,561</u>
The funds of the charity					
Restricted income funds	15		1,000		2,690
Unrestricted funds	16		90,612		70,871
			<u>91,612</u>		<u>73,561</u>

The financial statements were approved by the Trustees on 29 April 2026

Mrs M F Oaten MBE
Trustee



Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

SEED Eating Disorders Support Services is a charity registered with the Charity Commissioners of England and Wales nr: 1108405 and governed by its constitution adopted 10 November 2004, as amended 5 January 2005..

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

(Continued)

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.9 Volunteer help

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

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	29,224	36,917
Donations and gifts		
Emerton-Christie Charity	2,000	-
Joan Ainsley Charity trust	10,000	5,000
Matthew Good Foundation	-	500
Anonymous Gift	-	6,131
Other	17,224	25,286
	<u>29,224</u>	<u>36,917</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Services Provided						
Performance related grants	10,000	105,000	115,000	17,500	90,000	107,500
Less: deferred income	-	(15,000)	(15,000)	-	(15,000)	(15,000)
Toolkit Sales						
Sale of goods	1,837	-	1,837	3,150	-	3,150
	<u>11,837</u>	<u>90,000</u>	<u>101,837</u>	<u>20,650</u>	<u>75,000</u>	<u>95,650</u>

Performance related grants analysis

	Services Provided 2025 £	Services Provided 2024 £
Humber & North Yorkshire ICB	-	3,000
Humber & North Yorkshire ICB	30,000	30,000
National Lottery Community Fund	75,000	60,000
The Wiguder Family Foundation	-	1,500
Jame Reckitt Charity	5,000	5,000
Joseph and Annie Castle Trust	5,000	5,000
CHK Foundation	-	3,000
Other	-	-
	<u>(115,000)</u>	<u>(107,500)</u>

Charitable activities

Charitable trading income

Services Provided

Toolkit sales

Deferred income

National Lottery Community Fund includes £15,000 received relative to the year ended 31st December 2026

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

5 Income from other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising events	10,449	9,192

6 Expenditure on charitable activities

	Services Provided 2025 £	Toolkit Sales 2025 £	Total 2025 £	Services Provided 2024 £	Toolkit Sales 2024 £	Total 2024 £
Direct costs						
Staff costs	67,494	-	67,494	92,109	-	92,109
Rent & Rates	-	-	-	4,182	-	4,182
Telecoms	3,810	-	3,810	3,331	-	3,331
Printing, Post & Stationery	469	-	469	410	-	410
Publicity costs	22,966	-	22,966	11,536	-	11,536
Resource costs	9,449	381	9,830	11,291	1,456	12,747
Consultancy costs	1,016	-	1,016	1,030	-	1,030
Admin costs	5,237	-	5,237	790	-	790
Travelling costs	823	-	823	1,818	-	1,818
Insurance	3,305	-	3,305	3,806	-	3,806
Subscriptions	1,926	-	1,926	1,634	-	1,634
Light & Heat	-	-	-	3,481	-	3,481
Property costs	-	-	-	1,023	-	1,023
IT costs	4,818	-	4,818	5,564	-	5,564
Sundry	325	-	325	760	-	760
	<u>121,638</u>	<u>381</u>	<u>122,019</u>	<u>142,765</u>	<u>1,456</u>	<u>144,221</u>
Share of support and governance costs (see note 7)						
Governance	1,440	-	1,440	1,692	-	1,692
	<u>123,078</u>	<u>381</u>	<u>123,459</u>	<u>144,457</u>	<u>1,456</u>	<u>145,913</u>
Analysis by fund						
Unrestricted funds	31,388	381	31,769	49,837	1,456	51,293
Restricted funds	91,690	-	91,690	94,620	-	94,620
	<u>123,078</u>	<u>381</u>	<u>123,459</u>	<u>144,457</u>	<u>1,456</u>	<u>145,913</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2025

7 Support costs

	Support costs £	Governance costs £	2025 £	2024 £
Independent exam fees	-	1,440	1,440	1,692
	-	1,440	1,440	1,692
Analysed between Charitable activities	-	1,440	1,440	1,692

Governance costs includes payments to the independent examiners' of £1,692 (2024- £1,692) for audit fees.

8 Net movement in funds

	2025 £	2024 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,440	1,692

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Service delivery	3	3
Employment costs	2025 £	2024 £
Wages and salaries	67,494	92,109

There were no employees whose annual remuneration was more than £60,000.

11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

12	Trade and other receivables		2025	2024
			£	£
	Amounts falling due within one year:			
	Prepayments and accrued income		2,300	2,400
			<u> </u>	<u> </u>
13	Current liabilities		2025	2024
			£	£
		Notes		
	Deferred income	14	15,000	15,000
	Accruals		1,573	1,380
			<u> </u>	<u> </u>
			16,573	16,380
			<u> </u>	<u> </u>
14	Deferred income		2025	2024
			£	£
	Other deferred income		15,000	15,000
			<u> </u>	<u> </u>
	Deferred income is included in the financial statements as follows:			
			2025	2024
			£	£
	Deferred income is included within:			
	Current liabilities		15,000	15,000
			<u> </u>	<u> </u>
			2025	2024
			£	£
	Movements in the year:			
	Deferred income at 1 January 2025		15,000	15,000
	Released from previous periods		(15,000)	(15,000)
	Resources deferred in the year		15,000	15,000
			<u> </u>	<u> </u>
	Deferred income at 31 December 2025		15,000	15,000
			<u> </u>	<u> </u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

15 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2025	Incoming resources	Resources expended	At 31 December 2025
	£	£	£	£
National Lottery Community Fund	-	60,000	(60,000)	-
Humber & North Yorkshire I.C.B.	2,690	30,000	(31,690)	1,000
	<u>2,690</u>	<u>90,000</u>	<u>(91,690)</u>	<u>1,000</u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
Hull CCG	22,310	-	(22,310)	-
National Lottery Community Fund	-	60,000	(60,000)	-
Humber & North Yorkshire I.C.B.	-	15,000	(12,310)	2,690
	<u>22,310</u>	<u>75,000</u>	<u>(94,620)</u>	<u>2,690</u>

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	Transfers	At 31 December 2025
	£	£	£	£	£
Designated fund	60,250	-	-	-	60,250
General funds	10,621	51,510	(31,769)	-	30,362
	<u>70,871</u>	<u>51,510</u>	<u>(31,769)</u>	<u>-</u>	<u>90,612</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

16 Unrestricted funds (Continued)

Previous year:	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Designated fund	75,250	-	-	(15,000)	60,250
General funds	(19,845)	66,759	(51,293)	15,000	10,621
	<u>55,405</u>	<u>66,759</u>	<u>(51,293)</u>	<u>-</u>	<u>70,871</u>

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 December 2025:			
Current assets/(liabilities)	90,612	1,000	91,612
	<u>90,612</u>	<u>1,000</u>	<u>91,612</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	70,871	2,690	73,561
	<u>70,871</u>	<u>2,690</u>	<u>73,561</u>

18 Related party transactions

Within the year the Charity's established CIC called Seedlings was dissolved. Seedlings was operated with Ms Gemma Oaten as the sole director. Ms Oaten is the daughter of Mr and Mrs D Oaten, who are trustees of the charity.

Upon dissolution all funds were transferred to Seed Eating Disorders Support Services to the value of £1,098.75, received as an unrestricted donation to the charity. Within the period Seed Eating Disorders Support Services incurred professional charges of £273.00 regarding the dissolution of Seedlings CIC.

Additionally Ms Gemma Oaten was employed by the charity during the year.

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts

Charity registration number 1108405 (England and Wales)

**SEED EATING DISORDERS SUPPORT SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

SEED EATING DISORDERS SUPPORT SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mrs M F Oaten MBE
Mr D J Oaten
Mr M J Dawson
Mrs R Pay
Mr D R Scott (Appointed 4 March 2024)
J Powell (Appointed 4 March 2024)
Mr D Robinson (Appointed 13 September 2024)

Charity number (England and Wales)

1108405

Independent examiner

Fawley Judge & Easton
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

SEED EATING DISORDERS SUPPORT SERVICES

CONTENTS

	Page
Chairperson's Report	1
Trustees' report	2 - 4
Independent examiner's report	5
Statement of financial activities	6
Statement of financial position	7
Notes to the financial statements	8 - 17

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024



“from a seed a flower grows as do people who blossom in life”

2024 was one of the most challenging in the charity's long existence.

In the early months of the year, demand for our services increased significantly, with a notable rise from outside the area. This put added pressure on our staff and resources and, to a degree, has an impact on the quality of support we could provide.

At the same time, it became apparent that there were several problematic issues with the resource room we occupied. One was privacy - due to the structure of the unit, sound carried, and despite our best efforts and remedies to negate this, we could not solve the problem, and this greatly limited our ability to deal with service users accordingly.

By the middle of the year, several members of staff had left due to the extra pressure and other reasons beyond our control. It was decided to conduct an in-depth review of the charity to determine the best way forward. As a result of the review, it was agreed that we would strip back our services and concentrate on our local area of Hull and East Riding and surrounding areas and also vacate the resource room. We entered discussions with charity HEY (Hull and East Yorkshire) MIND, which was a long-standing mental health charity in the area. The outcome of this was to collaborate and form a partnership with MIND whereby they would provide support and assist in the running of the charity, which in turn would help alleviate the pressure off our CEO who had taken on all roles at SEED. We would stress that the two charities would be independent of each other and be there as a collaboration to help and see SEED through to the next chapter and be a hand to hold along the way. This way of working will also reduce our costs and enable us to provide an improved service to those who desperately need us. We would like to take this opportunity to thank all the individuals, companies, and funders who have supported us throughout the year and have ensured that we are able to continue to provide our life-saving and life-changing work, despite the challenges we have faced.

I would extend a special thank you to our local ICBs and the national lottery community fund for their financial support and guidance, which enables us to provide, develop, and deliver our services to all those affected by eating disorders.

We have, during the year, had some very positive outcomes which re-enforces our resolve to help both sufferers and carers to fight this cruel and devastating illness. As such, I am pleased to report that we have recently completed an update of our SEED eating disorder educational toolkit resource, which we will be focusing on in 2025 to increase the uptake of the online learning platform into as many schools as possible.

Finally, I would like to thank our staff and trustees for their unwavering support during a challenging year. The future is bright as we sow our seeds and blossom once more.

A handwritten signature in black ink, appearing to read "D.J. Oaten", is written over a horizontal line.

Dennis James Oaten
Chairperson

Date: 31.5.2025

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

The Trustees present their annual report and financial statements for the year ended 31 December 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 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)" (effective 1 January 2019).

Objectives and activities

Public benefit

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Significant activities and achievements against objectives

Financial review

Reserves policy

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The organisation is registered as a charity and governed by its constitution adopted 10 November 2004, as amended 5 January 2005

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Ms R Locke

(Resigned 14 May 2024)

Mrs R Pay

Mr D R Scott

(Appointed 4 March 2024)

J Powell

(Appointed 4 March 2024)

Mr D Robinson

(Appointed 13 September 2024)

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Recruitment and appointment of trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (no more than one hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- The obligations of Committee members.
- The main documents which set out the operational framework for the charity including its Constitution.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Other matters

SEED Eating Disorders Support Group has a Committee of no less than three members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity,

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

Objectives and Activities

The charity's objectives and principle activities are to:

- Education/Training
- Medical/Health/Sickness
- Provides human resource (e.g. staff/volunteers)
- Provides services (e.g. care/counselling)
- Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following:

- To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.
- To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.
- To advance education by providing training for professional and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

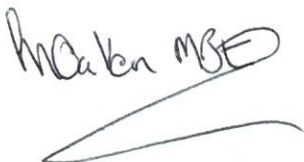
Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

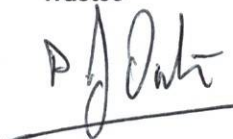
The Trustees' report was approved by the Board of Trustees.

Mrs M F Oaten MBE
Trustee

31 May 2025



Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SEED EATING DISORDERS SUPPORT SERVICES

I report to the Trustees on my examination of the financial statements of SEED Eating Disorders Support Services (the charity) for the year ended 31 December 2024.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared the financial statements in accordance with the relevant version of the Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn. I understand that this has been done in order for the financial statements to provide a true and fair view in accordance with UK Generally Accepted Accounting Practice.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



A J Wilkie ACCA
Fawley Judge & Easton
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

Dated: 31 May 2025

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
	Notes						
Income from:							
Donations and legacies	3	36,917	-	36,917	54,362	-	54,362
Charitable activities	4	20,650	75,000	95,650	8,000	115,000	123,000
Other trading activities	5	9,192	-	9,192	66,295	-	66,295
Total income		<u>66,759</u>	<u>75,000</u>	<u>141,759</u>	<u>128,657</u>	<u>115,000</u>	<u>243,657</u>
Expenditure on:							
Raising funds	6	-	-	-	18,825	2,730	21,555
Charitable activities	7	51,293	94,620	145,913	111,690	111,080	222,770
Total expenditure		<u>51,293</u>	<u>94,620</u>	<u>145,913</u>	<u>130,515</u>	<u>113,810</u>	<u>244,325</u>
Net income/(expenditure) and movement in funds		15,466	(19,620)	(4,154)	(1,858)	1,190	(668)
Reconciliation of funds:							
Fund balances at 1 January 2024		55,405	22,310	77,715	57,263	21,120	78,383
Fund balances at 31 December 2024		<u>70,871</u>	<u>2,690</u>	<u>73,561</u>	<u>55,405</u>	<u>22,310</u>	<u>77,715</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL POSITION

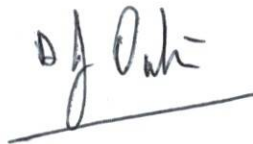
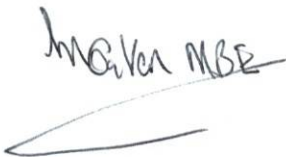
AS AT 31 DECEMBER 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Trade and other receivables	13	2,400		2,600	
Cash at bank and in hand		87,541		92,895	
		89,941		95,495	
		(16,380)		(17,780)	
Current liabilities	14				
Net current assets			73,561		77,715
The funds of the charity					
Restricted income funds	16		2,690		22,310
Unrestricted funds	17		70,871		55,405
			73,561		77,715

The financial statements were approved by the Trustees on 31 May 2025

Mrs M F Oaten MBE
Trustee

Mr D J Oaten
Trustee



SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

Charity information

SEED Eating Disorders Support Services is a charity registered with the Charity Commissioners of England and Wales nr: 1108405 and governed by its constitution adopted 10 November 2004, as amended 5 January 2005..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies

(Continued)

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are capitalised if they can be used for more than one year and cost over £1,000 if purchased through free reserves. Tangible fixed assets that are purchased through restricted funding are written off in full in the year of acquisition. A full asset register is maintained by the charity.

Leasehold improvements

Enter depreciation rate via StatDB - cd75

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2024

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Volunteer help

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

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Income from donations and legacies

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	36,917	54,362

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

3 Income from donations and legacies

(Continued)

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Donations and gifts		
Highway Heroes Awards Ltd	-	3,000
Hull & East Riding Trust	-	3,000
Assured Guaranty	-	2,000
Saint James Palace Foundation	-	2,500
Ineos Community Fund	-	25,000
Joan Ainsley Charity trust	5,000	-
Matthew Good Foundation	500	-
Anonymous Gift	6,131	-
Other	25,286	18,862
	<u>36,917</u>	<u>54,362</u>

4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Services Provided						
Performance related grants	17,500	90,000	107,500	8,000	130,000	138,000
Less: deferred income	-	(15,000)	(15,000)	-	(15,000)	(15,000)
Toolkit Sales						
Sale of goods	3,150	-	3,150	-	-	-
	<u>20,650</u>	<u>75,000</u>	<u>95,650</u>	<u>8,000</u>	<u>115,000</u>	<u>123,000</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

4 Income from charitable activities (Continued)

Performance related grants analysis

	Services Provided 2024 £	Services Provided 2023 £
Humber Teaching Foundation	-	5,000
Grocers Charity	-	5,000
Humber & North Yorkshire ICB	3,000	30,000
Humber & North Yorkshire ICB	30,000	45,000
National Lottery Community Fund	60,000	45,000
The Charles & Elsie Sykes Trust	-	2,000
The Wiguder Family Foundation	1,500	1,000
Jame Reckitt Charity	5,000	5,000
Joseph and Annie Castle Trust	5,000	-
CHK Foundation	3,000	-
Other	-	-
	<u>(107,500)</u>	<u>(138,000)</u>

Charitable activities

Charitable trading income

Services Provided

Toolkit sales

Deferred income

Humber & North Yorkshire ICB includes £15,000 received relative to the year ended 31st December 2025

5 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	<u>9,192</u>	<u>66,295</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

8 Support costs	Support costs £	Governance costs £	2024 £	2023 £
Independent exam fees	-	1,692	1,692	1,260
	-	1,692	1,692	1,260
Analysed between Charitable activities	-	1,692	1,692	1,260

Governance costs includes payments to the independent examiners' of £1,692 (2023- £1,692) for audit fees.

9 Net movement in funds	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	1,692	1,260

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Service delivery	3	6

Employment costs

	2024 £	2023 £
Wages and salaries	92,109	142,347

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 January 2024	Incoming resources	Resources expended	At 31 December 2024
	£	£	£	£
Hull CCG	22,310	-	(22,310)	-
National Lottery Community Fund	-	60,000	(60,000)	-
Humber & North Yorkshire I.C.B.	-	15,000	(12,310)	2,690
	<u>22,310</u>	<u>75,000</u>	<u>(94,620)</u>	<u>2,690</u>
Previous year:	At 1 January 2023	Incoming resources	Resources expended	At 31 December 2023
	£	£	£	£
Hull CCG	5,000	30,000	(12,690)	22,310
Joseph and Annie Cattle Trust	4,000	-	(4,000)	-
East Riding CCG	10,000	-	(10,000)	-
Diabold Nixdorf	1,500	-	(1,500)	-
Joseph Boaz Charitable Trust	620	-	(620)	-
Hey Smile Foundation	-	5,000	(5,000)	-
Grocers Charity	-	5,000	(5,000)	-
Humber CCG	-	30,000	(30,000)	-
Notional Lottery Community Fund	-	45,000	(45,000)	-
	<u>21,120</u>	<u>115,000</u>	<u>(113,810)</u>	<u>22,310</u>

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2024	Incoming resources	Resources expended	Transfers	At 31 December 2024
	£	£	£	£	£
Designated fund	75,250	-	-	(15,000)	60,250
General funds	(19,845)	66,759	(51,293)	15,000	10,621
	<u>55,405</u>	<u>66,759</u>	<u>(51,293)</u>	<u>-</u>	<u>70,871</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

17 Unrestricted funds

(Continued)

Previous year:	At 1 January 2023	Incoming resources	Resources expended	Transfers	At 31 December 2023
	£	£	£	£	£
Designated fund	75,250	-	-	-	75,250
General funds	(17,987)	128,657	(130,515)	-	(19,845)
	<u>57,263</u>	<u>128,657</u>	<u>(130,515)</u>	<u>-</u>	<u>55,405</u>

18 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 December 2024:			
Current assets/(liabilities)	70,871	2,690	73,561
	<u>70,871</u>	<u>2,690</u>	<u>73,561</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 December 2023:			
Current assets/(liabilities)	55,405	22,310	77,715
	<u>55,405</u>	<u>22,310</u>	<u>77,715</u>

19 Related party transactions

The charity has established a CIC called Seedlings which is being used to further develop the commercial aspect of its educational toolkit into eating disorders.

Ms Gemma Oaten is the sole director. Ms Oaten is also the daughter of Mr and Mrs D Oaten.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fundraising and publicity						
Staging fundraising events	-	-	-	18,825	2,730	21,555

7 Expenditure on charitable activities

	Services Provided 2024 £	Toolkit Sales 2024 £	Total 2024 £	Services Provided 2023 £
Direct costs				
Staff costs	92,109	-	92,109	142,347
Rent & Rates	4,182	-	4,182	6,739
Telecoms	3,331	-	3,331	3,191
Printing, Post & Stationary	410	-	410	2,444
Publicity costs	11,536	-	11,536	15,313
Resource costs	11,291	1,456	12,747	14,561
Consultancy costs	1,030	-	1,030	13,313
Admin costs	790	-	790	2,270
Travelling costs	1,818	-	1,818	2,193
Insurance	3,806	-	3,806	3,248
Subscriptions	1,634	-	1,634	1,214
Light & Heat	3,481	-	3,481	4,196
Property costs	1,023	-	1,023	1,728
IT costs	5,564	-	5,564	7,664
Sundry	760	-	760	1,089
	142,765	1,456	144,221	221,510
Share of support and governance costs (see note 8)				
Governance	1,692	-	1,692	1,260
	144,457	1,456	145,913	222,770
Analysis by fund				
Unrestricted funds	49,837	1,456	51,293	111,690
Restricted funds	94,620	-	94,620	111,080
	144,457	1,456	145,913	222,770

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2024

13 Trade and other receivables		2024	2023
		£	£
Amounts falling due within one year:			
Prepayments and accrued income		2,400	2,600
		<u> </u>	<u> </u>

14 Current liabilities		2024	2023
		£	£
	Notes		
Deferred income	15	15,000	15,000
Accruals		1,380	2,780
		<u> </u>	<u> </u>
		16,380	17,780
		<u> </u>	<u> </u>

15 Deferred income		2024	2023
		£	£
Other deferred income		15,000	15,000
		<u> </u>	<u> </u>

Deferred income is included in the financial statements as follows:

		2024	2023
		£	£
Deferred income is included within:			
Current liabilities		15,000	15,000
		<u> </u>	<u> </u>
Movements in the year:			
Deferred income at 1 January 2024		15,000	-
Released from previous periods		(15,000)	-
Resources deferred in the year		15,000	15,000
		<u> </u>	<u> </u>
Deferred income at 31 December 2024		15,000	15,000
		<u> </u>	<u> </u>

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts

Charity registration number 1108405

**SEED EATING DISORDERS SUPPORT SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

SEED EATING DISORDERS SUPPORT SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Ms R Locke

Mrs R Pay

(Appointed 13 March 2023)

Charity number

1108405

Independent examiner

Fawley Judge & Easton

Chartered Certified Accountants

1 Parliament Street

Hull

East Yorkshire

HU1 2AS

SEED EATING DISORDERS SUPPORT SERVICES

CONTENTS

	Page
Chairperson's Report	1
Trustees' report	2 - 3
Independent examiner's report	4
Statement of financial activities	5
Statement of financial position	6
Notes to the financial statements	7 - 16

SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2023



“from a seed a flower grows as do people who blossom in life”

January of 2023 saw the official opening of the new Resource Centre in the Princes Quay Shopping Centre.

I would like to thank all the Companies who made this possible and the wonderful support from the community to make this such a memorable event.

2023 saw a further increase in the number of people suffering from eating disorders and disordered eating problems and suffice to say there has been an increased demand for our services.

Maintaining the funding needed to ensure the sustainability of the charity is as ever challenging and I would take this opportunity to thank our CEO, Gemma Oaten who has been fundamental in achieving this, including securing a grant from the National Lottery.

One of the highlights of the year was our Seed Gala at the Goldsmiths Hall in London which raised much-needed income for the charity. I would like to thank all the people, companies, and funders who have supported us throughout the year enabling us to provide support to the people who depend on our services.

Thank you to our Staff and Trustees for making it possible to deal with the challenges and provide support for our Service Users.

Finally, to sustain the Charity and do our very best for our Service Users we will continue to work as a team to achieve this.

A handwritten signature in black ink, appearing to read "D. Oaten", written over a horizontal line.

Dennis James Oaten
Chairperson

Date: 19 March 2024

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2023

The Trustees present their annual report and financial statements for the year ended 31 December 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 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)" (effective 1 January 2019).

Objectives and activities

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The organisation is registered as a charity and governed by its constitution adopted 10 November 2004, as amended 5 January 2005

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Ms R Locke

Ms H MacEwen

Mrs R Pay

(Resigned 13 March 2023)

(Appointed 13 March 2023)

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (no more than one hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- The obligations of Committee members.
- The main documents which set out the operational framework for the charity including its Constitution.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

SEED Eating Disorders Support Group has a Committee of no less than three members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity,

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principle activities are to:

- Education/Training
- Medical/Health/Sickness
- Provides human resource (e.g. staff/volunteers)
- Provides services (e.g. care/counselling)
- Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following:

- To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.
- To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.
- To advance education by providing training for professional and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

The Trustees' report was approved by the Board of Trustees.

Mrs M F Oaten MBE
Trustee

Mr D J Oaten
Trustee

14 May 2024

SEED EATING DISORDERS SUPPORT SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SEED EATING DISORDERS SUPPORT SERVICES

I report to the Trustees on my examination of the financial statements of SEED Eating Disorders Support Services (the charity) for the year ended 31 December 2023.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.

A J Wilkie ACCA
Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

Dated: 19 March 2024

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
<u>Income and endowments from:</u>							
Donations and legacies	3	54,362	-	54,362	75,691	-	75,691
Charitable activities	4	8,000	115,000	123,000	10,000	67,370	77,370
Other trading activities	5	66,295	-	66,295	29,960	-	29,960
Other income	6	-	-	-	600	-	600
Total income		<u>128,657</u>	<u>115,000</u>	<u>243,657</u>	<u>116,251</u>	<u>67,370</u>	<u>183,621</u>
<u>Expenditure on:</u>							
Raising funds	7	<u>18,825</u>	<u>2,730</u>	<u>21,555</u>	<u>-</u>	<u>-</u>	<u>-</u>
Charitable activities	8	<u>111,690</u>	<u>111,080</u>	<u>222,770</u>	<u>152,275</u>	<u>76,250</u>	<u>228,525</u>
Total expenditure		<u>130,515</u>	<u>113,810</u>	<u>244,325</u>	<u>152,275</u>	<u>76,250</u>	<u>228,525</u>
Gross transfers between funds		-	-	-	5,000	(5,000)	-
Net (expenditure)/income for the year/							
Net movement in funds		(1,858)	1,190	(668)	(31,024)	(13,880)	(44,904)
Fund balances at 1 January 2023		<u>57,263</u>	<u>21,120</u>	<u>78,383</u>	<u>88,287</u>	<u>35,000</u>	<u>123,287</u>
Fund balances at 31 December 2023		<u><u>55,405</u></u>	<u><u>22,310</u></u>	<u><u>77,715</u></u>	<u><u>57,263</u></u>	<u><u>21,120</u></u>	<u><u>78,383</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Current assets					
Trade and other receivables	13	2,600		14,734	
Cash at bank and in hand		92,895		65,893	
		<u>95,495</u>		<u>80,627</u>	
Current liabilities	14	(17,780)		(2,244)	
Net current assets			77,715		78,383
			<u>77,715</u>		<u>78,383</u>
Income funds					
Restricted funds	17		22,310		21,120
<u>Unrestricted funds</u>					
Designated funds	18	75,250		75,250	
General unrestricted funds		(19,845)		(17,987)	
		<u>55,405</u>		<u>57,263</u>	
			77,715		78,383
			<u>77,715</u>		<u>78,383</u>

The financial statements were approved by the Trustees on 14 May 2024

Mrs M F Oaten MBE
Trustee

Mr D J Oaten
Trustee

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

SEED Eating Disorders Support Services is a charity registered with the Charity Commissioners of England and Wales nr: 1108405 and governed by its constitution adopted 10 November 2004, as amended 5 January 2005..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Volunteer help

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

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	54,362	75,691

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

3 Donations and legacies (Continued)

Donations and gifts

Highway Heroes Awards Ltd	3,000	-
Hull & East Riding Trust	3,000	-
Assured Guaranty	2,000	-
Saint James Palace Foundation	2,500	-
Ineos Community Fund	25,000	-
Other	18,862	75,691
	<u>54,362</u>	<u>75,691</u>

4 Charitable activities

	Charitable Income 2023 £	Charitable Income 2022 £
Performance related grants	138,000	77,370
Less: deferred income	(15,000)	-
	<u>123,000</u>	<u>77,370</u>
Analysis by fund		
Unrestricted funds	8,000	10,000
Restricted funds	115,000	67,370
	<u>123,000</u>	<u>77,370</u>
Performance related grants		
Humber Teaching Foundation	5,000	-
Grocers Charity	5,000	-
Humber & North Yorkshire ICB	30,000	-
Humber & North Yorkshire ICB	45,000	-
National Lottery Community Fund	45,000	-
The Charles & Elsie Sykes Trust	2,000	-
The Wiguder Family Foundation	1,000	-
Jame Reckitt Charity	5,000	-
Other	-	77,370
	<u>138,000</u>	<u>77,370</u>

Charitable activities

Deferred income

Humber & North Yorkshire ICB includes £15,000 received relative to the year ended 31st December 2024

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

5 Other trading activities

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Fundraising events	66,295	29,960
	<u>66,295</u>	<u>29,960</u>

6 Other income

	Total Unrestricted funds	
	2023	2022
	£	£
Other income	-	600
	<u>-</u>	<u>600</u>

7 Raising funds

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
<u>Fundraising and publicity</u>				
Staging fundraising events	18,825	2,730	21,555	-
	<u>18,825</u>	<u>2,730</u>	<u>21,555</u>	<u>-</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

8 Charitable activities

	Charitable Expenditure 2023 £	Charitable Expenditure 2022 £
Staff costs	142,347	106,726
Depreciation and impairment	-	17,251
Rent and rates	6,738	7,286
Telecommunication costs	3,191	4,013
Printing postage and stationery	10,109	9,068
Publicity costs	15,313	22,366
Resource costs	14,561	13,523
Consultancy costs	13,313	23,789
Administration costs	2,270	16,292
Travelling costs	2,193	1,959
Insurance	3,248	1,421
Subscriptions	1,214	720
Light & Heat	4,196	-
Property Costs	1,728	-
Sundry expenses	1,089	1,334
	<u>221,510</u>	<u>225,748</u>
Share of governance costs (see note 9)	1,260	2,777
	<u>222,770</u>	<u>228,525</u>
Analysis by fund		
Unrestricted funds	111,690	152,275
Restricted funds	111,080	76,250
	<u>222,770</u>	<u>228,525</u>

9 Support costs

	Support costs £	Governance costs £	2023 £	2022 £
Independent exam fees	-	1,260	1,260	2,777
	<u>-</u>	<u>1,260</u>	<u>1,260</u>	<u>2,777</u>
Analysed between Charitable activities	-	1,260	1,260	2,777
	<u>-</u>	<u>1,260</u>	<u>1,260</u>	<u>2,777</u>

Governance costs includes payments to the independent examiners' of £2,777 (2022- £621) for audit fees.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Service delivery	6	4

Employment costs

	2023 £	2022 £
Wages and salaries	142,347	106,726

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Trade and other receivables

	2023 £	2022 £
Amounts falling due within one year:		
Other receivables	-	14,734
Prepayments and accrued income	2,600	-
	<u>2,600</u>	<u>14,734</u>

14 Current liabilities

	Notes	2023 £	2022 £
Deferred income	15	15,000	-
Accruals and deferred income		2,780	2,244
		<u>17,780</u>	<u>2,244</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

15 Deferred income

	2023	2022
	£	£
Other deferred income	15,000	-
	<u>15,000</u>	<u>-</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	15,000	-
	<u>15,000</u>	<u>-</u>
Movements in the year:		
Deferred income at 1 January 2023	-	-
Resources deferred in the year	15,000	-
	<u>15,000</u>	<u>-</u>
Deferred income at 31 December 2023	<u>15,000</u>	<u>-</u>

16 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds			
	Balance at 1 January 2022	Incoming resources	Resources expended	Transfers	Balance at 1 January 2023	Incoming resources	Resources expended	Balance at 31 December 2023
	£	£	£	£	£	£	£	£
Hull CCG	30,000	-	(25,000)	-	5,000	30,000	(12,690)	22,310
Joseph and Annie Cattle Trust	5,000	5,000	(6,000)	-	4,000	-	(4,000)	-
East Riding CCG	-	30,000	(20,000)	-	10,000	-	(10,000)	-
Hull & East Riding Charitable Trust	-	3,000	(3,000)	-	-	-	-	-
CHCP	-	6,250	(6,250)	-	-	-	-	-
Hesslewood Childrens Trust	-	1,000	(1,000)	-	-	-	-	-
The Charles and Elsie Sykes Trust	-	5,000	(5,000)	-	-	-	-	-
Diabold Nixdorf	-	6,500	(5,000)	-	1,500	-	(1,500)	-
James Rekitt charity	-	5,000	(5,000)	-	-	-	-	-
Meeting Needs	-	5,000	-	(5,000)	-	-	-	-
Joseph Boaz Charitable Trust	-	620	-	-	620	-	(620)	-
Hey Smile Foundation	-	-	-	-	-	5,000	(5,000)	-
Grocers Charity	-	-	-	-	-	5,000	(5,000)	-
Humber CCG	-	-	-	-	-	30,000	(30,000)	-
Notional Lottery Community Fund	-	-	-	-	-	45,000	(45,000)	-
	<u>35,000</u>	<u>67,370</u>	<u>(76,250)</u>	<u>(5,000)</u>	<u>21,120</u>	<u>115,000</u>	<u>(113,810)</u>	<u>22,310</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2023

18 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 January 2022	Movement in funds	Balance at 1 January 2023	Movement in funds	Balance at 31 December 2023
	£	Incoming resources	£	Incoming resources	£
Administration costs	75,250	-	75,250	-	75,250
	<u>75,250</u>	<u>-</u>	<u>75,250</u>	<u>-</u>	<u>75,250</u>

19 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 December 2023 are represented by:					
Current assets/(liabilities)	55,405	22,310	77,715	57,263	78,383
	<u>55,405</u>	<u>22,310</u>	<u>77,715</u>	<u>57,263</u>	<u>78,383</u>

20 Related party transactions

The charity has established a CIC called Seedlings which is being used to further develop the commercial aspect of its educational toolkit into eating disorders. At 31 December 2023 the amount due from Seedlings CIC was £0 (2022 - £14,734).

Ms Gemma Oaten is the sole director. Ms Oaten is also the daughter of Mr and Mrs D Oaten.

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts

Charity registration number 1108405

**SEED EATING DISORDERS SUPPORT SERVICES
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

SEED EATING DISORDERS SUPPORT SERVICES

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Mrs M F Oaten MBE
Mr D J Oaten
Mr M J Dawson
Ms R Locke
Ms H MacEwen

(Appointed 2 February
2022)

Charity number

1108405

Independent examiner

Fawley Judge & Easton
Chartered Certified Accountants
1 Parliament Street
Hull
East Yorkshire
HU1 2AS

SEED EATING DISORDERS SUPPORT SERVICES

CONTENTS

	Page
Trustees' report	1 - 3
Independent examiner's report	4
Statement of financial activities	5
Statement of financial position	6
Notes to the financial statements	7 - 14

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees present their annual report and financial statements for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 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)" (effective 1 January 2019).

Objectives and activities

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

2022 was a challenging year for the Charity, especially in the early part of the year when we went through a significant transition period due to us severing ties with our Marketing Company. It was also, in part, due to 'growing pains' and employing extra staff.

It was clear our current governance was insufficient to meet our needs. We, therefore, had to update and review our governance to meet the needs required of the Charity including data protection and the reviewing of all policies. The funding company we had engaged to raise funds ceased trading and sadly our Accountant of many years died suddenly of cardiac arrest. I am pleased to report that not only have we met these challenges, but the charity has prospered. Our new programme Recovery After The Recovery funded by the Hull and East Riding CCG has been rolled out to service users aged 11 to 25 over a 6 month programme and received excellent feedback. We have introduced several new initiatives to meet the ever-increasing demands for our services. Financial pressures have been difficult in the current climate.

In this report, I have to say a big thank you to our CEO who through her endeavours has secured the funding to see us through a very difficult period. In addition, she also secured the funding to enable the Charity to move into our new Resource Centre in the Princes Quay Shopping Centre. We believe this is pioneering and we are very excited to bring eating disorder awareness and support to the general public, dispelling isolation by having a unit publicly available to the community.

I would like to thank all the people, companies and funders who have supported us throughout the year making it possible to continue to support those that depend on our services. Finally, a big thank you to our staff and trustees who have enabled us to meet the challenges and support our service users.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The Trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

Structure, governance and management

The organisation is registered as a charity and governed by its constitution adopted 10 November 2004, as amended 5 January 2005

The Trustees who served during the year and up to the date of signature of the financial statements were:

Mrs M F Oaten MBE

Mr D J Oaten

Mr M J Dawson

Ms R Locke

Ms C Rogers

Ms H MacEwen

(Resigned 7 May 2022)

(Appointed 2 February 2022)

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (no more than one hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- The obligations of Committee members.
- The main documents which set out the operational framework for the charity including its Constitution.
- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

The Trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

SEED Eating Disorders Support Group has a Committee of no less than three members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity,

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principle activities are to:

- Education/Training
- Medical/Health/Sickness
- Provides human resource (e.g. staff/volunteers)
- Provides services (e.g. care/counselling)
- Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following:

- To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating, Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.
- To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.
- To advance education by providing training for professional and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

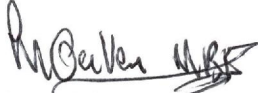
SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgmental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

SEED EATING DISORDERS SUPPORT SERVICES

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

The Trustees' report was approved by the Board of Trustees.



Mrs M E Oaten MBE
Trustee



Mr D J Oaten
Trustee

20 June 2023

SEED EATING DISORDERS SUPPORT SERVICES

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SEED EATING DISORDERS SUPPORT SERVICES

I report to the Trustees on my examination of the financial statements of SEED Eating Disorders Support Services (the charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the Trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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 that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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 financial statements to be reached.



A J Wilkie ACCA
Fawley Judge & Easton
Chartered Certified Accountants

1 Parliament Street
Hull
East Yorkshire
HU1 2AS

Dated: 20 June 2023

SEED EATING DISORDERS SUPPORT SERVICES

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
<u>Income and endowments from:</u>							
Donations and legacies	3	75,691	-	75,691	21,274	-	21,274
Charitable activities	4	10,000	67,370	77,370	11,000	69,900	80,900
Other trading activities	5	29,960	-	29,960	94,928	-	94,928
Other income	6	600	-	600	11,573	-	11,573
Total income		116,251	67,370	183,621	138,775	69,900	208,675
<u>Expenditure on:</u>							
Raising funds	7	-	-	-	21,126	-	21,126
Charitable activities	8	152,275	76,250	228,525	69,693	59,681	129,374
Total expenditure		152,275	76,250	228,525	90,819	59,681	150,500
Net (outgoing)/incoming resources before transfers		(36,024)	(8,880)	(44,904)	47,956	10,219	58,175
Gross transfers between funds		5,000	(5,000)	-	-	-	-
Net (expenditure)/income for the year/ Net movement in funds		(31,024)	(13,880)	(44,904)	47,956	10,219	58,175
Fund balances at 1 January 2022		88,287	35,000	123,287	40,331	24,781	65,112
Fund balances at 31 December 2022		57,263	21,120	78,383	88,287	35,000	123,287

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

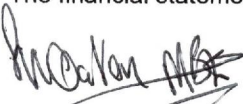
SEED EATING DISORDERS SUPPORT SERVICES

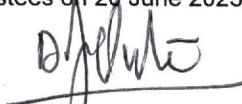
STATEMENT OF FINANCIAL POSITION

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Current assets					
Trade and other receivables	13	14,734		23,874	
Cash at bank and in hand		65,893		99,413	
		<u>80,627</u>		<u>123,287</u>	
Current liabilities					
	14	(2,244)		-	
Net current assets			<u>78,383</u>		<u>123,287</u>
Income funds					
Restricted funds	16		21,120		35,000
<u>Unrestricted funds</u>					
Designated funds	17	75,250		75,250	
General unrestricted funds		(17,987)		13,037	
		<u>57,263</u>		<u>88,287</u>	
			<u>78,383</u>		<u>123,287</u>

The financial statements were approved by the Trustees on 20 June 2023


Mrs M F Oaten MBE
Trustee


Mr D J Oaten
Trustee

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

SEED Eating Disorders Support Services is a charity registered with the Charity Commissioners of England and Wales nr: 1108405 and governed by its constitution adopted 10 November 2004, as amended 5 January 2005..

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

These financial statements for the year ended 31 December 2022 are the first financial statements of SEED Eating Disorders Support Services prepared in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland. The date of transition to FRS 102 was 1 January 2021. The reported financial position and financial performance for the previous period are not affected by the transition to FRS 102.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade payables are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade payables are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Volunteer help

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

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	75,691	21,274

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

4 Charitable activities

	Charitable Income Heading 1 2022 £	Charitable Income Heading 1 2021 £
Performance related grants	77,370	80,900
Analysis by fund		
Unrestricted funds	10,000	11,000
Restricted funds	67,370	69,900
	<u>77,370</u>	<u>80,900</u>

5 Other trading activities

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Fundraising events	29,960	94,928
	<u>29,960</u>	<u>94,928</u>

6 Other income

	Unrestricted funds 2022 £	Unrestricted funds 2021 £
Other income	600	11,573
	<u>600</u>	<u>11,573</u>

7 Raising funds

	Total Unrestricted funds 2022 £	Total Unrestricted funds 2021 £
<u>Fundraising and publicity</u>		
Staging fundraising events	-	21,126
	<u>-</u>	<u>21,126</u>

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

7 Raising funds (Continued)

8 Charitable activities

	Charitable Expenditure 2022 £	Charitable Expenditure 2021 £
Staff costs	106,726	67,847
Depreciation and impairment	17,251	-
Rent and rates	7,286	-
Telecommunication costs	4,013	3,601
Printing postage and stationery	9,068	5,213
Publicity costs	22,366	3,313
Resource costs	13,523	15,760
Consultancy costs	23,789	15,000
Administration costs	16,292	11,640
Travelling costs	1,959	2,080
Insurance	1,421	2,891
Subscriptions	720	-
Sundry expenses	1,334	1,408
	<u>225,748</u>	<u>128,753</u>
Share of governance costs (see note 9)	2,777	621
	<u>228,525</u>	<u>129,374</u>
Analysis by fund		
Unrestricted funds	152,275	69,693
Restricted funds	76,250	59,681
	<u>228,525</u>	<u>129,374</u>

9 Support costs

	Support costs £	Governance costs £	2022 £	2021 £
Independent exam fees	-	2,777	2,777	621
	<u>-</u>	<u>2,777</u>	<u>2,777</u>	<u>621</u>
Analysed between Charitable activities	-	2,777	2,777	621
	<u>-</u>	<u>2,777</u>	<u>2,777</u>	<u>621</u>

Governance costs includes payments to the independent examiners' of £2,777 (2021- £621) for audit fees.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

10 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

11 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Service delivery	4	4
	<u> </u>	<u> </u>
Employment costs	2022	2021
	£	£
Wages and salaries	106,726	67,847
	<u> </u>	<u> </u>

There were no employees whose annual remuneration was more than £60,000.

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Trade and other receivables

	2022	2021
Amounts falling due within one year:	£	£
Other receivables	14,734	23,874
	<u> </u>	<u> </u>

14 Current liabilities

	2022	2021
	£	£
Accruals and deferred income	2,244	-
	<u> </u>	<u> </u>

15 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds			
	Incoming resources	Balance at January 2022	Incoming resources	Resources expended	Transfers	Balance at 31 December 2022
	£	£	£	£	£	£
Hull CCG	-	30,000	-	(25,000)	-	5,000
Joseph and Annie Cattle Trust	-	5,000	5,000	(6,000)	-	4,000
East Riding CCG	-	-	30,000	(20,000)	-	10,000
Hull & East Riding Charitable Trust	-	-	3,000	(3,000)	-	-
CHCP	-	-	6,250	(6,250)	-	-
Hesslewood Childrens Trust	-	-	1,000	(1,000)	-	-
The Charles and Elsie Sykes Trust	-	-	5,000	(5,000)	-	-
Diabold Nixdorf	-	-	6,500	(5,000)	-	1,500
James Rekitt charity	-	-	5,000	(5,000)	-	-
Meeting Needs	-	-	5,000	-	(5,000)	-
Joseph Boaz Charitable Trust	-	-	620	-	-	620
	-	35,000	67,370	(76,250)	(5,000)	21,120

Within the year SEED Eating Disorders Support Services received funding of £5,000 from Meeting Needs with the intention of funding the refit of the Prince's Quay drop in centre. This refit was completed in year at a total cost of £17,251. The £5,000 funding towards this asset were transferred in full to unrestricted assets on completion of the drop in centre refit.

17 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Movement in funds		Movement in funds		
	Balance at 1 January 2021	Incoming resources	Balance at January 2022	Incoming resources	Balance at 31 December 2022
	£	£	£	£	£
Administration costs	75,250	-	75,250	-	75,250
	75,250	-	75,250	-	75,250

SEED EATING DISORDERS SUPPORT SERVICES

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

18 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 December 2022 are represented by:						
Current assets/(liabilities)	57,263	21,120	78,383	88,287	35,000	123,287
	<u>57,263</u>	<u>21,120</u>	<u>78,383</u>	<u>88,287</u>	<u>35,000</u>	<u>123,287</u>

19 Related party transactions

The charity has established a CIC called Seedlings which is being used to further develop the commercial aspect of its educational toolkit into eating disorders. At 31 December 2022 the amount due from Seedlings CIC was £14,734 (2021 - £23,874).

Ms Gemma Oaten is the sole director. Ms Oaten is also the daughter of Mr and Mrs D Oaten.

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts

SEED EATING DISORDERS SUPPORT SERVICES
Charity number 1108405

Annual Report and Financial Statements
for the period 1st January 2021 to 31st December 2021

Community Accountancy Services

Delivering Quality Accounting Services and Training to the Local Community

SEED EATING DISORDERS SUPPORT SERVICES
(A Registered Charity)
Annual Report and Financial Statements
for the period 1st January 2021 to 31st December 2021

Contents	Page
Statutory Information	1
Report of the Management Committee	2 to 5
Independent Examiners Report	6
Statement of Financial Activities	7
Balance sheet	8
Notes forming part of the financial statements	9 to 12

Prepared by Community Accountancy Services

SEED EATING DISORDERS SUPPORT SERVICES
Report of the Trustees for the year ended 31st December 2021

The Trustees presents its report and independently examined financial statements for the year ended 31st December 2021

Reference and Administrative Information

Charity Name: SEED EATING DISORDERS SUPPORT SERVICES
Charity Registration Number: 1108405

Registered Office and Operational Address:

26 Airedale
Sutton Park
HULL
HU7 6DT

Management Committee:

MRS MARJORIE FRANCES OATEN MBE	Secretary
MR DENNIS JAMES OATEN	Treasurer
MS REBECCA LOCKE	Appointed - 02.07.2021
MR MATTHEW JAMES DAWSON	Appointed - 02.07.2021
MS CHERYLL ROGERS	Appointed - 01.04.2021

Independent Examiners:

Community Accountancy Services
47 John Street
Cityside
Derry/Londonderry
BT48 6JY

Bankers:

LLOYDS TSB
HALL ROAD HULL BRANCH
434 COTTINGHAM ROAD
HULL
HU6 8QS

Structure, Governance and Management

Governing Document

The organisation is a registered as a charity and governed by its CONSTITUTION ADOPTED 10 NOVEMBER 2004, AS AMENDED 5 JANUARY 2005

Recruitment and Appointment of Trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the Committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (of no more than an hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- * The obligations of Committee members.
- * The main documents which set out the operational framework for the charity including its Constitution.
- * Resourcing and the current financial position as set out in the latest published accounts.
- * Future plans and objectives.

Structure, Governance and Management

Risk Management

The Committee do not believe that there are any major risks at this time. However, a review is undertaken at the start of each financial year.

Organisational Structure

SEED Eating Disorders Support Group has a Committee of not less than 3 members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principal activities are to:

- * Education/Training
- * Medical/Health/Sickness
- * Provides human resource(eg staff/volunteers)
- * Provides services(eg care/counselling)
- * Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following.

To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating and Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.

To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.

To advance education by providing training for professionals and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Chairpersons Report 2021

Once again 2021 continued with many of the challenges created by the Covid Pandemic that we faced in 2020 with rules and regulations changing frequently throughout the year.

The continued presence of the virus and the notifications to 'normal' life has further increased the need for our services and I would like to thank our trustees and volunteers for their commitment over this difficult period in providing much needed support to our service users.

The Covid restrictions has made it particularly difficult in promoting and marketing our Educational Toolkit. Despite this, we have continued with our progress in placing the toolkit into more schools and education establishments.

In particular I would to thank Goldsmiths Charity for their continued financial support.

I would like to thank all the people, companies and funders who have supported us throughout the year, making it possible for us to provide our services to those who depend on us for advice.

Gemma our Charity Manager has done a great job, enabling us to move the Charity forward.

Due to demands on our services we are pleased to report we have employed a Service Manager Debbie Thompson who is contributing much need expertise to Seed.

One of the highlights of the year was a Gala held at Goldsmiths Headquarters in London to celebrate our 21st Anniversary as a Charity, our sincere thanks to Gemma for all her hard work to make it a night we will never forget and to all the Artists and Sponsors for their support also.

Seed have worked hard to establish strong foundations needed to sustain the Charity in preparation for Marg (Secretary and Co-Founder) and myself Dennis Oaten (Treasurer, Cofounder and temporary Chairperson to step back, not down enabling us to enjoy more ME time in our retirement.

Finally Seed is always trying to develop new and innovative resources to help our service users and we are delighted to say that we have secured funding from the Hull and East Riding CCG for the development of Recovery After the Recovery Programme to be launched on the 1st April 2022

Dennis Oaten

April 2022

A handwritten signature in cursive script, appearing to read 'Dennis Oaten', written in black ink on a white background.

Financial Review

During the course of the financial year, the Charity loaned its CIC Seedlings £23,874 to support the ongoing development of its educational toolkit. The loan is reflected within the Balance Sheet as an Outstanding Debtor. It is anticipated that this loan will be repaid in part in the next financial year. As such, its Net overall Reserves figure has been recorded as £123,287 with Unrestricted Fee Reserves of £88,287 - £40,331 (2020) and Restricted Reserves of £35,000 - £24,781 (2020) moving forward.

Principal Funding Sources

The principal funding sources for the charity during the financial year were as follows:

- * City Health Care Partnership

Investment Policy

Aside from building up a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies is undertaken at the end of each financial year.

Reserves Policy

Aside from building up a prudent amount in reserves, as specifies in the Scheme's standing orders, most of the funds are to be spent in the short term so there are few funds for long-term investment. A review of the reserves policies is undertaken at the end of the financial year with a prudent allocation of designated funds as shown in these accounts.

Signed on behalf of the trustees by:

Signature..... *Dennis Oaten* .. Chair

Name..... Dennis Oaten

Signature..... *Marjorie MBE* . Trustee

Name..... Marjorie Oaten MBE

Date..... 07/04/22

Independent examiner's report on the accounts of
SEED EATING DISORDERS SUPPORT SERVICES
for the period 1st January 2021 to 31st December 2021

I report on the accounts of the charity set out on pages 9 to 12

This is a statutory independent examination.

Respective responsibilities of the Committee and the examiner

Charity law requires the Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing financial statements, the Committee should follow best practice and:

- * select suitable accounting policies and then apply them consistently;
- * make judgements and estimates that are reasonable and prudent; and
- * prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act. The Committee is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year up to the date of this report are set out on page 4.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

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:

- (a) to keep appropriate accounting records; and
- (b) to prepare accounts which accord with the accounting records

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.

Signed:



Name: On behalf of Community Accountancy Services

Date: 20/03/22

Community Accountancy Services

92 St John Street
Old Town
Bridlington
East Riding of Yorkshire
YO16 7SJ

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 in accordance with the new Charity SORP 2015 and the Financial Reporting Standard for Smaller Entities (FRS102 effective January 2015) and the Companies Act 2006

b Recognition of incoming resources

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

- * the charity becomes entitled to the resources;
- * the trustees are virtually certain they will receive the resources; and
- * the monetary value can be measured with sufficient reliability.

c Grants & Donations

Revenue grants are recognised in the Statement of Financial Activities on receipt, subject to any required conditions being met or services being provided. Capital grants are recognised on receipt in the Statement of Financial Activities. This policy has been adopted to give a true and fair view as recommended by the SORP

d Volunteer help

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

e Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

f Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £1,000 if purchased through free reserves on the basis on 33 $\frac{1}{3}$ straight line. Tangible fixed assets that are purchased via restricted funding are written off in full in the year of acquisition. A full asset register is maintained by the charity.

g Fund accounting

Funds held by the organisation are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects as outlined in the balance sheet.

SEED EATING DISORDERS SUPPORT SERVICES
Statement of Financial Activities
(including the Income and Expenditure account)
for the period 1st January 2021 to 31st December 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Incoming Resources					
Income resources from generated funds:					
<i>Voluntary Income:</i>					
Grants	(2)	-	-	-	7,573
Donations	(2)	21,274	-	21,274	12,886
Fundraising	(2)	94,928	-	94,928	-
Other		11,573	-	11,573	-
Income resources from charitable activities:					
Grants and Resources	(3)	11,000	69,900	80,900	73,781
Total incoming resources		138,775	69,900	208,675	94,240
Resources Expended					
Cost of generating voluntary income	(4)	21,126	-	21,126	48,569
Charitable activities:	(4)	69,693	59,681	129,374	25,000
Total resources expended		90,819	59,681	150,500	73,569
Net incoming / (outgoing) resources		47,956	10,219	58,175	20,671
Transfers between funds		-	-	-	-
Fund balances brought forward		40,331	24,781	65,112	44,441
Fund balances carried forward		88,287	35,000	123,287	65,112

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES
 Balance sheet
 as at 31st December 2021

		2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Total £
Current Assets					
Cash at bank and in hand	(5)	64,413	35,000	99,413	65,112
Debtors and prepayments	(6)	23,874	-	23,874	-
Total current assets		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>
Current liabilities:					
amounts falling due within one year					
Creditors and accruals		-	-	-	-
Total current liabilities		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>
Total assets less current liabilities		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>
Creditors: amounts falling due after one year		-	-	-	-
Net assets		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>
Funds					
Restricted Funds		-	35,000	35,000	24,781
Unrestricted funds		88,287	-	88,287	40,331
Total Funds		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section

The financial statements were approved at a meeting of the Committee and signed on its behalf by:

Signature..... *[Signature]* Chair

Date..... 07/04/22

Signature..... *[Signature]* Trustee

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2021 to 31st December 2021

2 Voluntary Income:

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	21,274	-	21,274	7,573
Fundraising - Virgin	20,106	-	20,106	2,739
Interest	4	-	4	45
City Health Care Partnership	25,000	-	25,000	-
Gala Dinner	51,200	-	51,200	-
Other	10,191	-	10,191	-
	<u>127,775</u>	<u>-</u>	<u>127,775</u>	<u>20,459</u>

3 Income Resources from Activities to further the Charity's Objects

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City Health Care Partnership	-	-	-	25,000
Hull City Council	10,000	-	10,000	5,000
Charles Sykes	-	-	-	2,000
Two Ridings Community Foudnation	1,000	10,000	11,000	-
Joseph & Annie Cattle Trust	-	5,000	5,000	-
Hull CCG	-	30,000	30,000	-
Hesslewood Charity Trust	-	-	-	1,000
Sayers Butterworth	-	-	-	3,000
James Reckitt	-	-	-	5,000
Hull & East Riding Trust	-	-	-	3,000
Outwood Investment	-	-	-	5,000
ACT	-	-	-	5,000
Postcode Lottery	-	-	-	19,781
The Goldsmith Company Charity	-	24,900	24,900	-
	<u>11,000</u>	<u>69,900</u>	<u>80,900</u>	<u>73,781</u>

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2021 to 31st December 2021

4 Total Resources Expended

	Management, Governance & Administration	Postcode Lottery	Ardonagh Community	Goldsmith Co Charity	Two Ridings Community Foundation	City Health Care Partnership	2021 Total funds	2020 Total funds
	£	£	£	£	£	£	£	£
Salaries & Employer Costs	13166	19781		24900	10000	-	67,847	17400
Management	-	-	-	-	-	-	-	-
Rent & Rates	-	-	-	-	-	-	-	147
Training	-	-	-	-	-	84	84	920
Phone & Postage	-	-	-	-	-	3,601	3,601	2,607
Printing/Stationery	-	-	-	-	-	387	387	676
Advertising & Publicity	2,460	-	-	-	-	-	2,460	9,000
Resources	7,100	-	-	-	-	-	7,100	16,745
Tookkits	-	-	5,000	-	-	-	5,000	-
Fund Bidders	-	-	-	-	-	3,576	3,576	2,200
Consultancy	15,000	-	-	-	-	-	15,000	-
Website Development	-	-	-	-	-	853	853	2,078
Administration	6,346	-	-	-	-	5,294	11,640	14,067
Accountancy/Independent Examination	621	-	-	-	-	-	621	470
Travel Expenses	-	-	-	-	-	2,080	2,080	1,464
Equipment / Upgrades / Refurbishment	-	-	-	-	-	4,826	4,826	4,120
Insurance	-	-	-	-	-	2,891	2,891	398
Subscriptions	-	-	-	-	-	-	-	444
Gala Dinner	21,126	-	-	-	-	-	21,126	-
Sundry	-	-	-	-	-	1,408	1,408	833
	65,819	19,781	5,000	24,900	10,000	25,000	150,500	73,569

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2021 to 31st December 2021

5 Cash at bank and in hand

	2020	2019
	£	£
Lloyds TSB Account	99,413	44,441
	<u>99,413</u>	<u>44,441</u>

6 Inter Company Account

The charity has established a CIC called Seedlings which is being used to further develop the commercial aspect of its educational toolkit into Eating Disorders. During the financial year and end of year balance of £45,000 to owed back to the charity from its CIC. These figures have been reflected within each of the Balance Sheets in question.

7 Trustee expenses

During the period up to 31st December, sundry travel expenses were claimed by charity Trustees. These expenses were for charity related activities only.

8 Related party transactions

The charity established a subsidiary name Seedlings CIC of which, Ms Gemma Oaten is sole Director. Ms Oaten is also the daughter of Mr and Mrs Marg Oaten - MBE and Dennis Oaten.

9 Unrestricted Free Reserves and Designated Funds

	Balance b/f
	£
Administration Costs - Designated	75,250
Management - Designated	-
Balance of Free Reserves	48,037
	<u>123,287</u>

Purpose of designated funds

In line with the charities reserves policy the trustees have agreed to allocate a proportion of its free reserves to ensure project sustainability in the event that further funding cannot be sourced to cover administration and workshop session fees. This represents 50% of its overall reserves which have been designated for future use.

9 Restricted Grants Analysis

	Opening Balance	Income Recourses	Recourses Expended	Transfers	Closing Balance
Postcode Lottery	19,781	-	19,781	-	-
Ardonagh Community Trust	5,000	-	5,000	-	-
Goldsmith Co Charity	-	24,900	24,900	-	-
Two Ridings Community Foundation	-	10,000	10,000	-	-
Joseph & Annie Cattle Trust	-	5,000	0	-	5,000
Hull CCG	-	30,000	0	-	30,000
	<u>24,781</u>	<u>69,900</u>	<u>59,681</u>	<u>-</u>	<u>35,000</u>

Use of Restricted Funds

Postcode Lottery - To manage the projects for the development and marketing of the Educational Toolkits

Ardonagh Community Trust - To manage the projects for the development and marketing of the Educational Toolkits

Goldsmith Co Charity - To promote the Toolkit resources

Two Ridings Community Foundation - COVID Fund to support Staff Costs

Joseph & Annie Cattle Trust - To place the Toolkit in Schools in Hull area

Hull CCG - New Resource - Recover after The Recovery, which will be developed during 2022

SEED EATING DISORDERS SUPPORT SERVICES

England & Wales - Charity number 1108405

Accounts



“from a seed a flower grows as do people who blossom in life”

Seed AGM Chairs Report:
August 2020

The past year has been one of transition for SEED with many changes to the organisation, with Gill stepping back from the charity and new trustees joining us. I would like to thank Gill for her many years of invaluable input into SEED and for helping develop the charity and our offering.

Alongside that we have dealt with a global pandemic which has put our regular offering on hold, but we have adapted and ensured that we continue to help our existing service users and the raft of new contacts that we have received during this incredibly difficult time.

Secondly, can I thank Sue and Michela for their continued support as trustees, as well as our volunteers without whom we wouldn't be able to deliver our great services to those who need them.

We continue to be recognised as a leading voice on eating disorders and our website is the second most visited in the country, with over 83000 views in the last 12 months and although we have had to adapt our phone and e-mail buddy services are more utilised than ever and we are seeing an increase in the number of calls to our hotline.

Outside of our regular services we have also developed our educational toolkit and have seen it used in schools locally with testimonials explaining what an important and valuable resource it is in helping teachers and students understand and talk about eating disorders and mental health more broadly.

We have also been more proactive this year taking the decision to hire a charity manager to support growing and developing SEED going forward but also to enable Marg to take a step back and have more time to focus on herself and family. Alongside this we have engaged with external bid writers to develop funding applications enabling SEED to expand and move forward.

Personally, I think we have had a fantastic year, and it is a privilege to have been asked to join your board of trustees and also to take on the role of chair.

I am excited about the year ahead, and particularly looking forward to updating the toolkit and website and working with more Football Club Foundations and schools to deliver this invaluable resource. I also hope we have the opportunity to regain some level of normality, allowing our support groups to start up again and our Walking on Eggshells workshop to be delivered.

Lastly, I want to mention Marg and Den and the incredible work they both continue to do ensuring that SEED is able to support those in need. I know it has been a tough year for both of them but despite that their passion and commitment still shines through and they still put SEED and its users first and for that we can't thank them enough.

Carly Bilsborough
Chair of Trustees

SEED EATING DISORDERS SUPPORT SERVICES
Charity number 1108405

Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

Community Accountancy Services

Delivering Quality Accounting Services and Training to the Local Community

SEED EATING DISORDERS SUPPORT SERVICES
(A Registered Charity)
Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

Contents	Page
Statutory Information	1
Report of the Management Committee	2 to 4
Independent Examiners Report	5
Statement of Financial Activities	6
Balance sheet	7
Notes forming part of the financial statements	8 to 11

Prepared by Community Accountancy Services

SEED EATING DISORDERS SUPPORT SERVICES
Report of the Trustees for the year ended 31st December 2020

The Trustees presents its report and independently examined financial statements for the year ended 31st December 2020

Reference and Administrative Information

Charity Name: SEED EATING DISORDERS SUPPORT SERVICES
Charity Registration Number: 1108405

Registered Office and Operational Address:

207 LAMBWATH ROAD
HULL
HU8 0HS

Management Committee:

MS CARLY BILSBROUGH - Appointed 29.04.2020	Chair
MR DENNIS JAMES OATEN	Treasurer
MRS MARJORIE FRANCES OATEN MBE	Secretary
MS SUE BAKER	Trustee
MS MICHELA PETERS	Trustee

Independent Examiners:

Community Accountancy Services
43 John Street
Cityside
Derry/Londonderry
BT48 6JY

Bankers:

LLOYDS TSB
HALL ROAD HULL BRANCH
434 COTTINGHAM ROAD
HULL
HU6 8QS

Structure, Governance and Management

Governing Document

The organisation is a registered as a charity and governed by its CONSTITUTION ADOPTED 10 NOVEMBER 2004, AS AMENDED 5 JANUARY 2005

Recruitment and Appointment of Trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the Committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (of no more than an hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- * The obligations of Committee members.
- * The main documents which set out the operational framework for the charity including its Constitution.
- * Resourcing and the current financial position as set out in the latest published accounts.
- * Future plans and objectives.

Structure, Governance and Management

Risk Management

The Committee do not believe that there are any major risks at this time. However, a review is undertaken at the start of each financial year.

Organisational Structure

SEED Eating Disorders Support Group has a Committee of not less than 3 members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principal activities are to:

- * Education/Training
- * Medical/Health/Sickness
- * Provides human resource(eg staff/volunteers)
- * Provides services(eg care/counselling)
- * Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following.

To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating and Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.

To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.

To advance education by providing training for professionals and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Financial Review

Against the backdrop of limited resources and insecurities over funding, it continues to be difficult to plan or develop services beyond current agreed funding. Nevertheless the charity, with the aid of sound financial management and the support of both its trustees and volunteers recorded a cumulative balance of Unrestricted Fee Reserves - £40,331 and Restricted Reserves of £24,781

Principal Funding Sources

The principal funding sources for the charity during the financial year were as follows:

- * City Health Care Partnership

Investment Policy

Aside from building up a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies is undertaken at the end of each financial year.

Reserves Policy

Aside from building up a prudent amount in reserves, as specifies in the Scheme's standing orders, most of the funds are to be spent in the short term so there are few funds for long-term investment. A review of the reserves policies is undertaken at the end of the financial year with a prudent allocation of designated funds as shown in these accounts.

Signed on behalf of the trustees by:

Signature..... Chair

Name.....

Signature..... Trustee

Name.....

Date.....

Independent examiner's report on the accounts of
SEED EATING DISORDERS SUPPORT SERVICES
for the period 1st January 2020 to 31st December 2020

I report on the accounts of the charity set out on pages 8 to 11

This is a statutory independent examination.

Respective responsibilities of the Committee and the examiner

Charity law requires the Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing financial statements, the Committee should follow best practice and:

- * select suitable accounting policies and then apply them consistently;
- * make judgements and estimates that are reasonable and prudent; and
- * prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act. The Committee is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year up to the date of this report are set out on page 4.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

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:

- (a) to keep appropriate accounting records; and
- (b) to prepare accounts which accord with the accounting records

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.

Signed:



Name: On behalf of Community Accountancy Services

Date: 23rd April 2021

Community Accountancy Services

92 St John Street
Old Town
Bridlington
East Riding of Yorkshire
YO16 7SJ

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 in accordance with the new Charity SORP 2015 and the Financial Reporting Standard for Smaller Entities (FRS102 effective January 2015) and the Companies Act 2006

b Recognition of incoming resources

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

- * the charity becomes entitled to the resources;
- * the trustees are virtually certain they will receive the resources; and
- * the monetary value can be measured with sufficient reliability.

c Grants & Donations

Revenue grants are recognised in the Statement of Financial Activities on receipt, subject to any required conditions being met or services being provided. Capital grants are recognised on receipt in the Statement of Financial Activities. This policy has been adopted to give a true and fair view as recommended by the SORP

d Volunteer help

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

e Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

f Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £1,000 if purchased through free reserves on the basis on 33 $\frac{1}{3}$ straight line. Tangible fixed assets that are purchased via restricted funding are written off in full in the year of acquisition. A full asset register is maintained by the charity.

g Fund accounting

Funds held by the organisation are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects as outlined in the balance sheet.

SEED EATING DISORDERS SUPPORT SERVICES
Statement of Financial Activities
(including the Income and Expenditure account)
for the period 1st January 2020 to 31st December 2020

	Notes	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £	2019 Total funds £
Incoming Resources					
Income resources from generated funds:					
<i>Voluntary Income:</i>					
Grants and donations	(2)	7,573	-	7,573	2,843
Other	(2)	12,886	-	12,886	21,110
Income resources from charitable activities:					
Grants and donations	(3)	24,000	49,781	73,781	39,750
Total incoming resources		44,459	49,781	94,240	63,703
Resources Expended					
Cost of generating voluntary income	(4)	48,569	-	48,569	10,651
Charitable activities:	(4)	-	25,000	25,000	39,750
Total resources expended		48,569	25,000	73,569	50,401
Net incoming / (outgoing) resources		(4,110)	24,781	20,671	13,302
Transfers between funds		-	-	-	-
Fund balances brought forward		44,441	-	44,441	31,139
Fund balances carried forward		40,331	24,781	65,112	44,441

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

Balance sheet

as at 31st December 2020

	2020 Unrestricted £	2020 Restricted £	2020 Total £	2019 Total £
Current Assets				
Cash at bank and in hand	(5) 40,331	24,781	65,112	44,441
Debtors and prepayments	-	-	-	-
Total current assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	-	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Total assets less current liabilities	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Creditors: amounts falling due after one year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Funds				
Restricted Funds	-	24,781	24,781	-
Unrestricted funds	40,331	-	40,331	44,441
Total Funds	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section

The financial statements were approved at a meeting of the Committee and signed on its behalf by:

Signature..... Chair

Date.....

Signature..... Trustee

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

2 Voluntary Income:

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	7,573	-	7,573	2,843
Fundraising - General	10,102	-	10,102	20,122
Fundraising - Virgin	2,739	-	2,739	178
Interest	45	-	45	65
Other	-	-	-	744
	<u>20,459</u>	<u>-</u>	<u>20,459</u>	<u>23,953</u>

3 Income Resources from Activities to further the Charity's Objects

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City Health Care Partnership	-	25,000	25,000	25,000
Hull City Council	5,000		5,000	-
Charles Sykes	2,000		2,000	-
Hesslewood Charity Trust	1,000		1,000	-
Sayers Butterworth	3,000		3,000	-
James Reckitt	5,000		5,000	-
Hull & East Riding Trust	3,000		3,000	-
Outwood Investment	5,000		5,000	-
ACT		5,000	5,000	-
Postcode Lottery		19,781	19,781	-
The Goldsmith Company Charity		-	-	14,750
	<u>24,000</u>	<u>49,781</u>	<u>73,781</u>	<u>39,750</u>

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

4 Total Resources Expended

	Management, Governance & Administration	City Health Care Partnership	2020 Total funds	2019 Total funds
	£	£	£	£
Management	17400	-	17,400	-
Rent & Rates	147	-	147	1,128
Training	-	920	920	920
Phone & Postage	412	2,195	2,607	2,195
Printing/Stationery	287	389	676	389
Advertising & Publicity	8,210	790	9,000	790
Resources	14,913	1,832	16,745	15,782
Fund Bidders	2,200	-	2,200	-
Website Development	560	1,518	2,078	1,518
Administration	867	13,200	14,067	23,200
Accountancy/Independent Examination	142	328	470	328
Travel Expenses	94	1,370	1,464	1,370
Equipment / Upgrades / Refurbishment	2,212	1,908	4,120	1,908
Insurance	42	356	398	356
Subscriptions	444	-	444	-
Sundry	639	194	833	845
	48,569	25,000	73,569	50,729

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

5 Cash at bank and in hand

	2020	2019
	£	£
Lloyds TSB Account	65,112	44,441
	<u>65,112</u>	<u>44,441</u>

6 Trustee expenses

During the period up to 31st December, sundry travel expenses were claimed by charity Trustees. These expenses were for charity related activities only.

7 Related party transactions

Gemma Oaten is the new Charity Manager and daughter to Marg Oaten MBE. The daughter, Maria Mounford is also the charities administrator. A review of the charities Related Party Transaction Policy is up to date and includes these disclosures.

8 Unrestricted Free Reserves and Designated Funds

	Balance b/f
	£
Administration Costs - Designated	15,156
Management - Designated	17,400
Balance of Free Reserves	7,775
	<u>40,331</u>

Purpose of designated funds

In line with the charities reserves policy the trustees have agreed to allocate a proportion of its free reserves to ensure project sustainability in the event that further funding cannot be sourced to cover administration and workshop session fees. This represents 50% of its overall reserves which have been designated for future use.

SEED EATING DISORDERS SUPPORT SERVICES
Charity number 1108405

Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

Community Accountancy Services

Delivering Quality Accounting Services and Training to the Local Community

SEED EATING DISORDERS SUPPORT SERVICES
(A Registered Charity)
Annual Report and Financial Statements
for the period 1st January 2020 to 31st December 2020

Contents	Page
Statutory Information	1
Report of the Management Committee	2 to 4
Independent Examiners Report	5
Statement of Financial Activities	6
Balance sheet	7
Notes forming part of the financial statements	8 to 11

Prepared by Community Accountancy Services

SEED EATING DISORDERS SUPPORT SERVICES
Report of the Trustees for the year ended 31st December 2020

The Trustees presents its report and independently examined financial statements for the year ended 31st December 2020

Reference and Administrative Information

Charity Name: SEED EATING DISORDERS SUPPORT SERVICES
Charity Registration Number: 1108405

Registered Office and Operational Address:

207 LAMBWATH ROAD
HULL
HU8 0HS

Management Committee:

MS CARLY BILSBROUGH - Appointed 29.04.2020	Chair
MR DENNIS JAMES OATEN	Treasurer
MRS MARJORIE FRANCES OATEN MBE	Secretary
MS SUE BAKER	Trustee
MS MICHELA PETERS	Trustee

Independent Examiners:

Community Accountancy Services
43 John Street
Cityside
Derry/Londonderry
BT48 6JY

Bankers:

LLOYDS TSB
HALL ROAD HULL BRANCH
434 COTTINGHAM ROAD
HULL
HU6 8QS

Structure, Governance and Management

Governing Document

The organisation is a registered as a charity and governed by its CONSTITUTION ADOPTED 10 NOVEMBER 2004, AS AMENDED 5 JANUARY 2005

Recruitment and Appointment of Trustees

The charity trustees for the purpose of charity law are known as members of the Committee. Under the requirements of the charities constitution one third of the members of the Management Committee must retire by rotation after which they can be re-elected at the next Annual General Meeting.

The Committee seeks to ensure that the needs of this group are appropriately reflected through the diversity of the trustee body. Therefore as part of the recruitment of trustees the group promotes the need of knowledge and experience to assist the charity.

In order to promote a broad mix, members of the Committee are requested to provide a list of their skills (and update it each year if re-elected) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the Committee.

Trustee Induction and Training

Most trustees are already familiar with the practical work of the charity. Additionally, new trustees are invited and encouraged to attend a series of short training sessions (of no more than an hour) to familiarise themselves with the charity and the context within which it operates. These are jointly led by the Chair of the Committee and the Secretary of the charity and cover:

- * The obligations of Committee members.
- * The main documents which set out the operational framework for the charity including its Constitution.
- * Resourcing and the current financial position as set out in the latest published accounts.
- * Future plans and objectives.

Structure, Governance and Management

Risk Management

The Committee do not believe that there are any major risks at this time. However, a review is undertaken at the start of each financial year.

Organisational Structure

SEED Eating Disorders Support Group has a Committee of not less than 3 members who meet quarterly and are responsible for the strategic direction of the charity. At present the committee has members from a variety of backgrounds relevant to the work of the charity.

A scheme of delegation is in place and day to day responsibility for the provision of the services rest with the Secretary. The Secretary is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Related Parties

In so far as it is complimentary to the charity's objects, no trustee has any related party transactions associated with the organisation.

Objectives and Activities

The charity's objectives and principal activities are to:

- * Education/Training
- * Medical/Health/Sickness
- * Provides human resource(eg staff/volunteers)
- * Provides services(eg care/counselling)
- * Provides advocacy/advice/information

The main objectives and activities for the year were to focus upon the promotion of the said objects. The strategies employed to assist the charity to meet these objectives included the following.

To advance public benefit, for the relief of those suffering from Anorexia Nervosa, Bulimia Nervosa, Binge Eating and Compulsive Eating and any other eating disorder related problems as a result of this illness, by providing information, advice and support.

To provide information advice and support for the preservation and protection of the physical and mental health of families and carers of those suffering from eating disorders.

To advance education by providing training for professionals and the general public and to raise awareness of eating disorders through approved literature produced by the Charity.

Mission Statement

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Financial Review

Against the backdrop of limited resources and insecurities over funding, it continues to be difficult to plan or develop services beyond current agreed funding. Nevertheless the charity, with the aid of sound financial management and the support of both its trustees and volunteers recorded a cumulative balance of Unrestricted Fee Reserves - £40,331 and Restricted Reserves of £24,781

Principal Funding Sources

The principal funding sources for the charity during the financial year were as follows:

- * City Health Care Partnership

Investment Policy

Aside from building up a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so there are few funds for long term investment. A review of investment policies is undertaken at the end of each financial year.

Reserves Policy

Aside from building up a prudent amount in reserves, as specifies in the Scheme's standing orders, most of the funds are to be spent in the short term so there are few funds for long-term investment. A review of the reserves policies is undertaken at the end of the financial year with a prudent allocation of designated funds as shown in these accounts.

Signed on behalf of the trustees by:

Signature..... Chair

Name.....

Signature..... Trustee

Name.....

Date.....

Independent examiner's report on the accounts of
SEED EATING DISORDERS SUPPORT SERVICES
for the period 1st January 2020 to 31st December 2020

I report on the accounts of the charity set out on pages 8 to 11

This is a statutory independent examination.

Respective responsibilities of the Committee and the examiner

Charity law requires the Committee to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial year. In preparing financial statements, the Committee should follow best practice and:

- * select suitable accounting policies and then apply them consistently;
- * make judgements and estimates that are reasonable and prudent; and
- * prepare the financial statements on the going concern basis unless it is inappropriate to assume that the company will continue on that basis.

The Committee is responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Charities Act. The Committee is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Members of the Committee

Members of the Management Committee, who are trustees for the purpose of charity law, who served during the year up to the date of this report are set out on page 4.

Basis of independent examiner's report

An examination includes a review of the accounting records kept by the organisation and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

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:

- (a) to keep appropriate accounting records; and
- (b) to prepare accounts which accord with the accounting records

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.

Signed:



Name: On behalf of Community Accountancy Services

Date: 23rd April 2021

Community Accountancy Services

92 St John Street
Old Town
Bridlington
East Riding of Yorkshire
YO16 7SJ

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 in accordance with the new Charity SORP 2015 and the Financial Reporting Standard for Smaller Entities (FRS102 effective January 2015) and the Companies Act 2006

b Recognition of incoming resources

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

- * the charity becomes entitled to the resources;
- * the trustees are virtually certain they will receive the resources; and
- * the monetary value can be measured with sufficient reliability.

c Grants & Donations

Revenue grants are recognised in the Statement of Financial Activities on receipt, subject to any required conditions being met or services being provided. Capital grants are recognised on receipt in the Statement of Financial Activities. This policy has been adopted to give a true and fair view as recommended by the SORP

d Volunteer help

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

e Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

f Tangible Fixed Assets

Tangible fixed assets are capitalised if they can be used for more than one year and cost at least £1,000 if purchased through free reserves on the basis on 33 $\frac{1}{3}$ straight line. Tangible fixed assets that are purchased via restricted funding are written off in full in the year of acquisition. A full asset register is maintained by the charity.

g Fund accounting

Funds held by the organisation are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects as outlined in the balance sheet.

SEED EATING DISORDERS SUPPORT SERVICES
Statement of Financial Activities
(including the Income and Expenditure account)
for the period 1st January 2020 to 31st December 2020

	Notes	2020 Unrestricted funds £	2020 Restricted funds £	2020 Total funds £	2019 Total funds £
Incoming Resources					
Income resources from generated funds:					
<i>Voluntary Income:</i>					
Grants and donations	(2)	7,573	-	7,573	2,843
Other	(2)	12,886	-	12,886	21,110
Income resources from charitable activities:					
Grants and donations	(3)	24,000	49,781	73,781	39,750
Total incoming resources		44,459	49,781	94,240	63,703
Resources Expended					
Cost of generating voluntary income	(4)	48,569	-	48,569	10,651
Charitable activities:	(4)	-	25,000	25,000	39,750
Total resources expended		48,569	25,000	73,569	50,401
Net incoming / (outgoing) resources		(4,110)	24,781	20,671	13,302
Transfers between funds		-	-	-	-
Fund balances brought forward		44,441	-	44,441	31,139
Fund balances carried forward		40,331	24,781	65,112	44,441

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

SEED EATING DISORDERS SUPPORT SERVICES

Balance sheet

as at 31st December 2020

	2020 Unrestricted £	2020 Restricted £	2020 Total £	2019 Total £
Current Assets				
Cash at bank and in hand	(5) 40,331	24,781	65,112	44,441
Debtors and prepayments	-	-	-	-
Total current assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Current liabilities:				
amounts falling due within one year				
Creditors and accruals	-	-	-	-
Total current liabilities	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net current assets / (liabilities)	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Total assets less current liabilities	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Creditors: amounts falling due after one year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Net assets	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>
Funds				
Restricted Funds	-	24,781	24,781	-
Unrestricted funds	40,331	-	40,331	44,441
Total Funds	<u>40,331</u>	<u>24,781</u>	<u>65,112</u>	<u>44,441</u>

As the charity's trustees you are responsible for the preparation of the accounts; you consider that the audit requirement of section

The financial statements were approved at a meeting of the Committee and signed on its behalf by:

Signature..... Chair

Date.....

Signature..... Trustee

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

2 Voluntary Income:

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
Donations	7,573	-	7,573	2,843
Fundraising - General	10,102	-	10,102	20,122
Fundraising - Virgin	2,739	-	2,739	178
Interest	45	-	45	65
Other	-	-	-	744
	<u>20,459</u>	<u>-</u>	<u>20,459</u>	<u>23,953</u>

3 Income Resources from Activities to further the Charity's Objects

	2020	2020	2020	2019
	Unrestricted	Restricted	Total	Total
	funds	funds	funds	funds
	£	£	£	£
City Health Care Partnership	-	25,000	25,000	25,000
Hull City Council	5,000		5,000	-
Charles Sykes	2,000		2,000	-
Hesslewood Charity Trust	1,000		1,000	-
Sayers Butterworth	3,000		3,000	-
James Reckitt	5,000		5,000	-
Hull & East Riding Trust	3,000		3,000	-
Outwood Investment	5,000		5,000	-
ACT		5,000	5,000	-
Postcode Lottery		19,781	19,781	-
The Goldsmith Company Charity		-	-	14,750
	<u>24,000</u>	<u>49,781</u>	<u>73,781</u>	<u>39,750</u>

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

4 Total Resources Expended

	Management, Governance & Administration	City Health Care Partnership	2020 Total funds	2019 Total funds
	£	£	£	£
Management	17400	-	17,400	-
Rent & Rates	147	-	147	1,128
Training	-	920	920	920
Phone & Postage	412	2,195	2,607	2,195
Printing/Stationery	287	389	676	389
Advertising & Publicity	8,210	790	9,000	790
Resources	14,913	1,832	16,745	15,782
Fund Bidders	2,200	-	2,200	-
Website Development	560	1,518	2,078	1,518
Administration	867	13,200	14,067	23,200
Accountancy/Independent Examination	142	328	470	328
Travel Expenses	94	1,370	1,464	1,370
Equipment / Upgrades / Refurbishment	2,212	1,908	4,120	1,908
Insurance	42	356	398	356
Subscriptions	444	-	444	-
Sundry	639	194	833	845
	48,569	25,000	73,569	50,729

SEED EATING DISORDERS SUPPORT SERVICES
Notes to the accounts
for the period 1st January 2020 to 31st December 2020

5 Cash at bank and in hand

	2020	2019
	£	£
Lloyds TSB Account	65,112	44,441
	<u>65,112</u>	<u>44,441</u>

6 Trustee expenses

During the period up to 31st December, sundry travel expenses were claimed by charity Trustees. These expenses were for charity related activities only.

7 Related party transactions

Gemma Oaten is the new Charity Manager and daughter to Marg Oaten MBE. The daughter, Maria Mounford is also the charities administrator. A review of the charities Related Party Transaction Policy is up to date and includes these disclosures.

8 Unrestricted Free Reserves and Designated Funds

	Balance b/f
	£
Administration Costs - Designated	15,156
Management - Designated	17,400
Balance of Free Reserves	7,775
	<u>40,331</u>

Purpose of designated funds

In line with the charities reserves policy the trustees have agreed to allocate a proportion of its free reserves to ensure project sustainability in the event that further funding cannot be sourced to cover administration and workshop session fees. This represents 50% of its overall reserves which have been designated for future use.