

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

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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 dark ink, appearing to read 'D. Oaten', with a horizontal line underneath.

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.

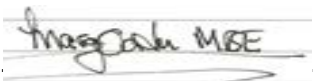
Reserves Policy

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.....  .. Chair

Name..... Dennis Oaten

Signature.....  .. Trustee

Name..... Marjorie Oaten MBE

Date..... 07/04/22

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:					
<u>Voluntary Income:</u>					
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

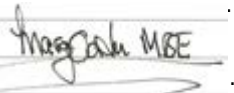
		2021 Unrestricted £	2021 Restricted £	2021 Total £	2020 Total £
Current Assets					
Cash at bank and in hand	(5)	64,413	35,000	99,413	65,112
Debtors and prepayments	(6)	23,874	-	23,874	-
Total current assets		<u>88,287</u>	<u>35,000</u>	<u>123,287</u>	<u>65,112</u>
Current liabilities:					
amounts falling 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		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
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.....  Chair

Date..... 07/04/22

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 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total 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	-
	127,775	-	127,775	20,459

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

	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total 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	-
	11,000	69,900	80,900	73,781

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

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