

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

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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

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SEED EATING DISORDERS SUPPORT SERVICES

CHAIRPERSON'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

A Community of Support

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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 £
	Notes						
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		<u>70,871</u>	<u>2,690</u>	<u>73,561</u>	<u>55,405</u>	<u>22,310</u>	<u>77,715</u>
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

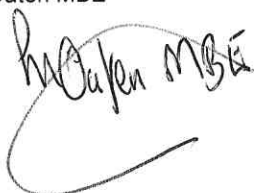
STATEMENT OF FINANCIAL POSITION

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
	29,224	36,917

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
	121,638	381	122,019	142,765	1,456	144,221
Share of support and governance costs (see note 7)						
Governance	1,440	-	1,440	1,692	-	1,692
	123,078	381	123,459	144,457	1,456	145,913
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
	123,078	381	123,459	144,457	1,456	145,913

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

13 Current liabilities

	Notes	2025 £	2024 £
Deferred income	14	15,000	15,000
Accruals		1,573	1,380
		16,573	16,380

14 Deferred income

	2025 £	2024 £
Other deferred income	15,000	15,000

Deferred income is included in the financial statements as follows:

	2025 £	2024 £
Deferred income is included within:		
Current liabilities	15,000	15,000

	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
Deferred income at 31 December 2025	15,000	15,000

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.

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

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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 £
	Notes						
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		<u>70,871</u>	<u>2,690</u>	<u>73,561</u>	<u>55,405</u>	<u>22,310</u>	<u>77,715</u>
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

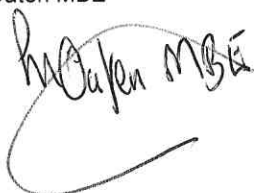
STATEMENT OF FINANCIAL POSITION

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
	29,224	36,917

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
	121,638	381	122,019	142,765	1,456	144,221
Share of support and governance costs (see note 7)						
Governance	1,440	-	1,440	1,692	-	1,692
	123,078	381	123,459	144,457	1,456	145,913
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
	123,078	381	123,459	144,457	1,456	145,913

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

13 Current liabilities

	Notes	2025 £	2024 £
Deferred income	14	15,000	15,000
Accruals		1,573	1,380
		16,573	16,380

14 Deferred income

	2025 £	2024 £
Other deferred income	15,000	15,000

Deferred income is included in the financial statements as follows:

	2025 £	2024 £
Deferred income is included within:		
Current liabilities	15,000	15,000

	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
Deferred income at 31 December 2025	15,000	15,000

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.