

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales · Charity number 1114451

Details

Status Registered

Legal form Charitable company

Company number [05689222](#)

Registered 2006-05-31

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

Contact

Address 13-15 Paradise Square
Sheffield
S1 2DE

Phone 01142728822

Email info@syeda.org.uk

Website www.syeda.org.uk

Activities

Objects: (1) THE RELIEF OF THOSE SUFFERING FROM ANOREXIA NERVOSA, BULIMIA NERVOSA AND OTHER EATING DISORDERS ('EATING DISORDERS')(2) THE PRESERVATION AND PROTECTION OF THE PHYSICAL AND MENTAL HEALTH OF THE FAMILIES OF THOSE CLOSELY INVOLVED WITH THE SUFFERERS OF EATING DISORDERS(3) THE EDUCATION OF THE PUBLIC IN RESPECT OF THE NATURE AND TREATMENT OF EATING DISORDERS.

Activities: SYEDA's aims and objectives are: To support people affected by an eating disorder. To raise awareness of eating disorders amongst both health and education professionals. To work towards improving the current service provision.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE SOUTH YORKSHIRE
- Barnsley
- Doncaster
- Rotherham
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£957,904	£910,890	£541,114	21
2024-03-31	£852,657	£778,923	£494,100	24
2023-03-31	£667,761	£548,628	£420,366	17
2022-03-31	£22,300	£487,839	£301,233	17
2021-03-31	£497,750	£392,928	-	-

Trustees

Name	Role	Appointed
MS MAGGIE YOUNG	Chair	
Agatha payne		2025-03-18
Amy Jeffries		2025-03-18
Carl Chandler		2025-03-18
Dr Alexis Foster		2023-09-19
Elizabeth Lydon		2025-03-18
Eve Seymour		2025-03-18
JENNIFER MARGARET ALLEN		
James Stephen Harrison		2025-09-16
Matthew Peers		2019-11-11
Paul Mount		2019-11-11
Rukhsana Ismail		2025-03-18

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales - Charity number 1114451

Accounts

Company registration number: 05689222
Charity registration number: 1114451

South Yorkshire Eating Disorders Association

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2025

South Yorkshire Eating Disorders Association

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South Yorkshire Eating Disorders Association

Legal and administrative information For the year ended 31 March 2025

Registered Charity Number

1114451

Registered Company Number

05689222

Directors (Trustees)

Matthew Peers	Chair (until November 2024)	
Maggie Young	Interim Chair (from November 2024)	
Paul Mount	Treasurer	
Rebecca Woolley	Secretary	Resigned 18 June 2024
Jenny Allen		
Steven Rippin		
Jennifer Longden		Resigned 11 November 2024
Alexis Foster		
Rukhsana Ismail		Appointed 18 March 2025
Agatha Payne		Appointed 18 March 2025
Eve Seymour		Appointed 18 March 2025
Amy Jeffries		Appointed 18 March 2025
Carl Chandler		Appointed 18 March 2025
Elizabeth Lydon		Appointed 18 March 2025
James Harrison		Appointed 16 September 2025

Company secretary

Chris Hood (until April 2025)
Alana Wilde (from September 2025)

Key management

Chief Executive Officer	Chris Hood	Until April 2025
Chief Executive Officer	Alana Wilde	From September 2025
Clinical Manager	Michelle Hinde	
Business Manager	Lauren Lawson	

Registered Office

13-17 Paradise Square Paradise Square
Sheffield
S1 2DE

Accountants

Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2025

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

Structure, governance and management

The organisation is operated under the rules of its Memorandum and Articles of Association, which were adopted 27 January 2006 and updated on 30 June 2009. The organisation became a registered charity on 31 May 2006. The company is limited by guarantee and each member is limited to £10 liability if the charity is wound up.

Directors meet bi-monthly to oversee South Yorkshire Eating Disorders Association's (SYEDA) strategy, policy and delivery. The Chief Executive Officer (CEO) is responsible for managing the staff team, finances and the delivery of SYEDA's services, working closely with the Chair, Treasurer and the Board.

New trustees go through a recruitment process and do not start before references are obtained. The board plan to introduce a formal induction and training process.

Vision, Mission and Values

The objects of the Charity are:

- The relief of those suffering from anorexia nervosa, bulimia nervosa and other eating disorders ('eating disorders')
- the preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders
- the education of the public in respect of the nature and treatment of eating disorders.

Our Vision - An environment where everyone can enjoy a positive relationship with food, their bodies, and themselves, free from the damaging effects of eating disorders.

Mission - Our mission is to empower individuals, regardless of their identity, to access effective treatment, develop positive self-esteem and body image, and work towards their recovery.

Through our support, training, and early intervention services we aim to raise awareness and understanding of eating disorders.

Together we strive towards a culture where individuals and their loved ones do not feel stigmatized and are rather embraced with empathy and compassion to work towards their own recovery.

Values

Compassionate	Empowering
Inclusive	Respectful

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2025

We offer the following services, to fulfil our mission:

- support groups,
- CBT-T,
- Counselling/talking therapy,
- Occupational therapy,
- Educational and training programmes
- 1-2-1 and group support for Friends and Family,
- 1-2-1 counselling for Friends and Family,
- Psycho-educational workshops,
- Online resources

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

Ensuring our work delivers our mission

At SYEDA, we support individuals affected by mild to moderate eating disorders and their family and friends. Early intervention is key in building the motivation and resilience of service users to seek and achieve recovery. Services such as talking therapies, support groups, CBT-T, and psychoeducation, delivered in a caring and safe environment enable people to feel supported in their own journey of recovery. Confidentiality is upheld as paramount. Raising awareness and the delivery of enhanced training in eating disorders to professionals from a range of professions and on a range of topics, additionally contributes towards our aim of supporting individuals to access help and to maintain their wellbeing.

Key developments in 2024/25

2024/25 was a momentous year of uncertainty, diversification, growth, consolidation and renewal.

It began with a change to commissioning arrangements in South Yorkshire which led to the amalgamation of our 4 separate ICB contracts (for Barnsley, Doncaster, Rotherham, and Sheffield) into one South Yorkshire-wide contract, beginning from 1st April 2025. This change was expected to necessitate a competitive tender process. The anticipated tender was both a cause of organisational anxiety and a welcome opportunity to address internal weaknesses and to improve our organisational processes.

We created an extensive improvement plan to ensure we were tender ready if that was to be the outcome of commissioner consultations. These consultations included commissioners and the views of all stakeholders, from service users to partner agencies, were sought. The outcome of these consultations were shared with us and were extremely validating, with incredibly high levels of satisfaction from nearly 100 service users and a plethora of positive comments from multiple organisations and partner agencies. The consultation was a factor in the ultimate decision made by commissioners to opt for a direct contract to SYEDA for 4.2 years, commencing 1st April 2025. This was a most welcome outcome and one that has given SYEDA an unprecedented period of stability and certainty, providing of course that contractual obligations are fulfilled.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

Alongside this hugely important outcome was the successful conclusion of negotiations with the South Yorkshire ICB commissioning team, who had funded SYEDA for 2 consecutive years 2023- 2025 to deliver a range of young people focused services. They agreed to offer a 5-year grant, also beginning in April 2025. This reflected a huge commitment from commissioners for prevention and early intervention, based on SYEDA's track record over the previous 2 years.

The combined income from these 2 long term contracts is £770,000 per annum and will contribute over 80% to our planned expenditure. It therefore comprises a hugely important part of our planning and delivery objectives moving forward, and NHS commissioner's will remain our primary partners and key stakeholders.

After 12 years as CEO, Chris Hood resigned in February 2025, with a final employment date of 18th April. Alana Wilde was appointed in September 2025, and during the interim the Management team maintained a steady service, supporting the staff who deliver compassionate and holistic therapy to our clients, and building on relationships with key stakeholders as they navigate the new contract and expectations. In addition, the management team have also supported developments within the team, as they also encounter on the journey of a more interactive and expert training offer.

We sought a new chair of the Board of Trustees during this year and additionally sought to increase the size of the Board. We were successful in the recruitment of six new trustees, and the Board now feels more representative of our services users, both in terms of professional expertise and diversity. Our longest standing Board member agreed to become interim chair until a suitable alternative was found. It is anticipated that one of the existing board members will step into the role with the support of fellow trustees.

The tender ready process mentioned above highlighted a need to improve our marketing and all forms of communication, to inform others about SYEDA's services and raise our profile. We therefore recruited to a Communications and Marketing post. The creation of this post also coincided with a desire to reimagine our training and education ambitions, particularly as this was to form a key element of our 5-year grant with the ICB, if approved. We accessed pro bono support from an external specialist agency to the value of £13,500. This gave us the opportunity to explore different methods of disseminating knowledge in ways which both educate and influence others.

Our Comms and Marketing worker led on a re-branding exercise and increased the distribution of promotional materials to multiple agencies with a particular focus on GP practices. This led to an increase in referrals. She has also led on the development of the learning platform and an educational toolkit and resource pack for schools. These are both significant and exciting developments that will enable us to increase the impact of our awareness raising and our training capacity in 2025 and beyond.

The initiative by the clinical team to offer support to those presenting with Avoidant/Restrictive Food Intake Disorder (ARFID) type behaviours (see summation below) as a result of an increasing demand for support with ARFID, enabled us to secure additional funding from the Prudence Trust. Initially we were awarded 3 years of funding from February 2025, but within the first month had already gained sufficient feedback to allow us to dedicate additional resources and to enhance our offer to provide support not just to those presenting with ARFID type behaviours, but also to their family and friends.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

Our awareness of the Prudence Trust funding opportunity was directly related to our membership of REDCAN (the Regional Eating Disorder Charity Alliance Network). As a core part of its mission, REDCAN seeks to facilitate and enable the sharing of information, funding opportunities and good practice. REDCAN were successful in securing funding from the Prudence Trust to recruit a Development Director. This post commenced in April 2025 and will see the network expand its membership and influence on the national conversation. The postholder will be instrumental in horizon scanning for funding opportunities and collaborations. They will work closely with the leadership teams of each service to consider local needs and opportunities and improve the exchange of ideas and knowledge between member organisations.

Achievements and performance

Clinical/therapeutic activity

Our focus remained delivering direct therapeutic support to individuals affected by an eating disorder. Demand for our service remained very high with **905** referrals received across our 4 areas of operation- Barnsley, Doncaster Rotherham and Sheffield- an increase of 165 (22%) from 2023/24.

This big increase in demand reflected the increase nationally of those presenting with eating difficulties. It is also, in part, related to the embedding of our new service in Doncaster and has more generally been aided by the marketing and promotional activity outlined above. We have also seen a large increase in demand from carers, particularly for carers of individuals with ARFID.

521 individuals accessed one of our treatments during this period (an increase of 37 (8%) from 2023/24) and outcomes achieved- based upon a range of clinical measures- were consistent with previous years. Despite additional factors, more than 80% of those accessing SYEDA's services reported positive changes to their mental health, and an improved relationship with food and their body.

We have received a range of positive feedback from clients and their family members with respect to our clinical and therapeutic activities. Some of the comments regarding our counselling services can be viewed below:

'You supported our daughter a while ago and we just wanted to send a note of thanks. She is so much happier now and is doing really well at school and with friends and her eating feels completely normal. Some of this will be just growing up I'm sure, but the support you gave her at the time made a huge difference to her happiness and wellbeing so we wanted to say a big thank you for that.'

'Counsellor was superb, ...phenomenal assessment process'

'My experience with SYEDA was brilliant from start to finish. I felt listened to and cared for from the first assessment. I had counselling which was incredibly person centred and adapted to the support I needed. It gave me a safe space to explore the challenges I was experiencing with my eating disorder with no judgement and every session was filled with so much understanding and compassion. It also gave me practical advice and support to face these challenges head on. I would recommend SYEDA to anyone struggling with an eating disorder or their family and will always be incredibly grateful for the support to get me on my recovery journey.'

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

Our **CBT-T** team continued to refine and improve the 10-session group intervention we had pioneered in 2021 and extended the offer to everyone on the waiting list for this specialist treatment- the impact of the groups surpassed our expectations with feedback including:

'I found all the sessions interesting and useful.'

'I think the structure is good, starting with the basics of eating regularly and then moving onto the emotional side of things and more challenging issues such as body image.'

'I thought it was good that the sessions were amended slightly to suit our needs / pace as a group, e.g. introducing some topics slightly earlier.'

'You and [staff member] were amazing, supportive therapists. It was also quite interesting to have a couple of sessions with another therapist (sorry I can't remember her name) as she brought some different insights.'

'Attending group sessions was really good for me. Not only having the support from therapists but having support from the group, knowing you're not alone / having people going through a similar journey as you was invaluable.'

'Face-to-face sessions were best as you could have small side conversations, chats before/after the session and chats in the break which you don't get online. Sometimes these chats were the best part of the session for me, so I missed having them in the last 3 online sessions.'

'I would be happy for any of this feedback to be quoted but will also provide this main quote if preferred: "Attending Group CBT-10 has been really good for me. I was nervous about it being group therapy rather than individual, but it has been an invaluable experience as not only do you get support from therapists, but also from people who are going through a similar journey. It makes you feel less alone and helps to reduce the shame and stigma felt around eating disorders. I feel the most confident I've ever felt around my eating disorder recovery and having the tools and skills to prevent relapses / get back on track if I do relapse. I would highly recommend Group CBT-10.'

ARFID (Avoidant/restrictive food intake disorder), building on the experiences and feedback from our pilot projects in 2023/24 we expanded our reach and capacity to support more young people presenting with ARFID behaviours. We utilised the time of an occupational therapist (OT) placement to work with our very experienced OT to undertake a detailed evaluation of the 3 cohorts who had accessed our group session between June and November.

The findings were hugely positive with the main headlines being:

- All participants in this group managed to increase the volume and frequency of their food intake and nearly every participant increased their variety of food.
- Participants from both groups noted that meeting others who faced similar challenges in everyday life helped reassure them

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

Feedback from participants highlighted the benefits from attending a group and the changes they had made:

'I started to eat fruit and veg and I also felt less alone'

'The feeling of community and not being alone. Having a group rather than one-on-one felt better as having ARFID can feel incredibly isolating'.

'I was able to try new foods and talk to more people about ARFID'

'it has given me confidence that I can make changes in my relationship with food and lead a healthier life'

The successful application to the Prudence trust will allow more people to benefit from the knowledge, skills and approach we have carefully developed over the last 2 years.

Friends and Family support – we continued to offer support to friends and family, with a number of options available to those contacting SYEDA. These options ranged from participation in a group programme, through our 6-week 'Treading on Eggshells' course; 1-2-1 psychoeducation over a 6 week period, and where deemed appropriate based on our Friends and Family Assessment, short individual counselling. We also introduced a new offer, after seeing the demand increase around ARFID and based on our clients needs around this illness. A 4-week group offer, focused more on ARFID type presentations, offering support to parents first ran in October 2024. Offering group support to parents has been especially important where younger clients are experiencing ARFID type symptoms. Based on feedback we added in a 5th week of this programme, allowing us to involve the young people so that they too were part of the journey their parents/loved ones had been on. We were also able to offer some 1-2-1 support for younger clients if needed after this group session, by request. The following quotes showcase some of the feedback we have received about this group so far:

'A really interesting course that explains what ARFID is and how to manage emotions around food.'

'Great strategies for supporting loved ones to try new foods.'

'The presentation slides were helpful to go through with [staff member] and [staff member] & sharing experiences with the other people on the course was reassuring and comforting that we were all experiencing a similar situation.'

'great ideas on how to improve my approach going further'

'really useful and just talking to other people who are in the same situation is helpful'

'Knowing you're not alone with this condition and it makes you feel empowered to try new techniques to support eating. Maybe more than four sessions would be good and more time to talk through progress and setbacks with trying foods'

'I gained a lot of knowledge and it is really helpful to talk to others in a similar situation.'

'The fact that you don't have to go straight in with a food exposure, you can discuss in length first and explore foods in other ways & your loved one must be ready. So always go at their pace with zero pressure.'

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

'I have learnt to celebrate tiny milestones! The course has helped me realise that it's ok that there may be foods [name] never eats and has shifted my focus more to re-introducing previous safe foods. I feel more confident chatting to [name] about food now in a way that isn't going to make him immediately cross or upset. We are being more creative/light hearted in the way we offer new foods, with the emphasis being that it feels like idea'

'just having the confidence to try new foods, but understand not to push, and its ok if we feel frustrated'

Diabetes and Eating Disorders- we were asked to lead on the utilisation of £99,000 secured by the ICB, to address the needs of people presenting with type 1 diabetes and an eating disorder. We worked closely with colleagues from diabetes services, and with commissioners, to agree objectives and the most effective use of resources. We held a stakeholder event in November which was attended by more than 50 professionals from a wide range of services and organisations. This event validated the proposals we had presented. These included recruiting a clinical lead to increase knowledge of eating disorders in those with type 1 diabetes and to improve outcomes for individuals presenting with these issues. Recruitment commenced in early 2025 and the successful candidate started in May 2025. This is an important development and will demonstrate the centrality of cooperation and collaboration between different parts of the health system for individuals who do not fit neatly into one 'box'.

Peer recovery worker- we employed an expert by experience in early 2024 to support individuals transitioning from a specialist inpatient hospital. The role was the first of its kind, working between 3 different organisations, requiring the post holder to be flexible, innovative and resilient. The role had a significant impact on the hopes and abilities of individuals preparing for life back in the community. Feedback and monitoring showed a 36% improvement in confidence in patients accessing peer support. The post holder attended a national conference for psychologists and associated professionals in November 2025 and presented on the role, its challenges and impact. This was very well received with numerous requests for further information forthcoming.

Our monthly **Peer Support Group** maintains a steady cohort of clients, with a positive culture of support and sharing. Some of the topics covered include:

- nerves about starting group CBT
- building/losing trust in managers
- eating in front of others
- allies in the workplace
- workplace eating habits
- how the perceptions of "diets" differ for men and women
- how caring for a pet reminds you to care for yourself

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2025

Our work across South Yorkshire

Sheffield

Sheffield continued to be our primary area of activity accounting for 518 or 57% of the total 905 referrals in 2024/25 (an increase of 32 from 2023/24). The demand for our services and increase in our staffing further highlighted the need for bigger premises offering more rooms to deliver 1-2-1 and group therapies. The move to our new premises in March 2024 has afforded us an additional 5 therapy rooms and a much better physical environment to meet and greet service users; feedback has continued to be wholly positive. We formally opened our new offices and invited stakeholders along in November 2024. This was a very positive event with a number of attendees expressing a strong interest in joining the board of trustees which we were actively promoting at the event.

Rotherham

2024/25 was a continuation of the previous three years with similar levels of investment from the ICB. This also included a third tranche of investment in our training programme, as demand in the previous year had exceeded the contracted outputs. The lead commissioner had received positive feedback from recipients of our training and requests for additional training capacity. One area we needed to prioritise this year was increasing referrals. The 144 referrals we received represented an increase of 35 on the previous year and was only just below our target of 150. We benefited from the relationship we had developed with colleagues within the children and adolescent mental health services (CAMHS) and the protocols for improving pathways and transitions between our services.

Barnsley

2024/25 saw a continuing of the increased investment in our services from Barnsley ICB which had enabled us to expand our treatment options and take a fuller role in the emerging eating disorder pathway. We also continued to collaborate in weekly 3-way triage meetings with CAMHS ED team, COMPASS and ourselves. This provided a clear pathway for treatment depending on presentation and significantly reduced waiting times or unnecessary duplication of processes.

We received 153 referrals in Barnsley in 2024/25 an increase of 25 from 2023/24.

We also continued to be a core member of the Barnsley Eating Disorder Working Group which brought together key stakeholders to identify gaps and agree solutions.

Doncaster

The funding we received enabled us to employ a part time counsellor, part time CBT-T therapist. We were unable to source suitable accommodation to deliver face to face services until early 2025. Until that point, we were only able to offer on-line treatment or face to face if they were able to travel to Sheffield. Securing premises in Doncaster has been a hugely positive and crucial step and has transformed our delivery. It has also coincided with a big increase in referrals with more received in the first week of March 2025 than the whole of October and November 2024! In total we received 90 referrals in Doncaster, which comprises 10% of our overall total for 2024/25. We anticipate this number to increase in 2025/26.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2025

Education and training

Over 300 professionals received delivered training across South Yorkshire in 2024/25, with an additional 80 professionals accessing our online self-directed training module. Uncertainty surrounding commissioning beyond 2024/25 led to a temporary recruitment freeze until certainty regarding our future financial position was confirmed. The approaching end of fixed term contracts along with significant professional development in our training team led to the resignation of all 3 education and training team members. Whilst this did temporarily impact upon our ability to deliver in person training, we have now recruited a new training officer, who will take up post in May 2025. This postholder will help us to develop our training and education programme for 2025 and beyond. They will also work closely with our marketing and communications officer to explore ways to maximise the reach of our information resources and increase awareness of our services.

Staff and volunteers

After significant staff turnover in 2023/24, this year saw a period of relative stability with only 1 new starter. We did however have 5 members of staff departing during this period, 3 of whom worked within the education and training team. Staff leaving SYEDA cited a number of reasons for moving on from the organisation, including having qualified as counsellors and pursuing other ambitions.

Staff made good use of the individual training budget with 18 different training courses accessed in addition to the mandatory ones i.e. Safeguarding. The courses that staff have chosen to access as part of their continuing professional development have included 'A Link Between Eating Disorders and Autism', and 'Compassion Focused Therapy'. Additionally, our Clinical Lead attended the UK Professional Conference on Eating Disorders and Diabetes.

We are incredibly fortunate to also have had the continued support of two volunteers, one as the lead facilitator of our monthly support groups, and one as our experienced dietician. We remain incredibly grateful for their continued support in these vital roles.

Financial review and reserves policy

Funding

As with the previous year, 90% of our income was derived from formal contracts with the NHS. The value of these contracts allowed us to invest in staff development and improve terms and conditions. It also enabled the move to new premises as it covered the cost of a period of dual liability and the associated cost of refurbishing new premises and restoring the old to a re-lettable state.

The funding with the NHS was accompanied by a number of contractual key performance indicators. Regularly reviewing our performance against such indicators has allowed us the opportunity to improve processes relating to data and user feedback collection and reporting.

We will continue to explore funding opportunities which diversify our income streams to reduce our reliance on NHS funding going forward.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2025

Reserves policy

The Board has determined the following objectives:

- (a) A free reserves target of £200,000. This target is based upon an assessment of the reserves needed to:
 - Manage financial risks/future uncertainty and for
 - New opportunities/staying relevant.
- (b) To designate funds from free reserves to meet specific future plans as required and as resources permit.
- (c) To hold all restricted reserves in a liquid and risk-free form.

At 31 March 2025 free reserves (general funds excluding fixed assets) stood at £525,057. This reserves policy informs the Board's annual budget-setting. The Board will monitor financial performance against budget at least quarterly. There were no designated funds at the year end.

Investment policy

The charity has invested excess cash in an interest-bearing account, and review placing a portion of our reserves in a higher interest account regularly.

The Board have recognised that retaining a flexible approach to utilising reserves is beneficial for service continuity and being able to quickly invest in service development as and where required.

Risk management

Trustees are aware of their responsibilities in managing the risks of SYEDA. A risk register, covering all organisational areas including services, finances, staffing, building, equipment and governance is in place and is reviewed annually. Individual areas are looked at in respect of high, medium and low priority risk levels and the impact this might have.

Mitigating measures have been highlighted and the effectiveness of these measures in reducing risk is continuously monitored. Policies and procedures continue to be created and revised on an ongoing basis to update the organisation in line with changing legislation and demand.

The annual risk register assessment highlighted a number of principle risks. These included:

- health and safety considerations (staff and services)
- data protection compliance and breeches
- financial procedures and management
- funding gaps and uncertainty

We have put in place a number of additional measures to reduce identified risks. These have included increasing the frequency of health and safety inspections to bi-weekly from monthly, requiring staff to attend more intensive data protection training than in previous years, employing the services of an external bookkeeper and developing a funding strategy with staff and trustees.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2025

Future plans

Looking towards 2025/26 in addition to continuing to offer therapeutic services as above, we have a number of plans already in place to ensure that SYEDA's work continues to support individuals across South Yorkshire, as well as their friends and family.

Given the growing interest in, and need for, support for ARFID type behaviours, we will continue to develop our offer, working with partners and stakeholders across the sector. We also have plans to run a number of awareness raising and training sessions, including promoting whole-school approaches to eating disorder awareness. We also plan to explore links with the fitness industry in South Yorkshire, ensuring that personal trainers and fitness professionals are able to identify and, where needed, recommended referral to us. In addition, we hope to develop materials specific to the LGBTQIA+ community, recognising that eating disorders are increasingly prevalent in this community. Early intervention and prevention have always been central to our mission and our charitable purpose, and the upcoming 10 Year Health Plan is likely to place renewed emphasis on the importance of preventative work.

We also plan to offer regular workshops across 2025/26 on specific topics, drawing upon the knowledge and expertise of the team, as well as continuing to offer group work alongside 1-2-1 counselling, CBT-T and occupational therapy support.

We will continue to monitor trends, and record data in relation to the use of GLP-1 medication. Again, the media attention that surrounds GLP-1 is something we are acutely aware of. Providing a clearer insight into the drugs available to individuals and being prepared to respond to emerging research in relation to these medications is something we hope to do during 2025/26. Our membership of REDCAN allows us to also liaise with other alliance members to evaluate the impact of GLP-1 across the eating disorder landscape more broadly.

Work to look specifically at pathways for Diabetes and Eating Disorder support across South Yorkshire will also begin in 2025/26. We will engage with stakeholders from across South Yorkshire to understand current practices and to identify need, and link with partners in existing services to understand good practice.

Recognising that those who use our services have other commitments and may find accessing SYEDA's services only during the working day difficult, we will also explore the possibility of extended hours, widening access to support, and removing barriers that individuals may encounter due to their own employment, education, or care-giving responsibilities.

As noted, Chris Hood resigned as Chief Executive Officer, and left the organisation in April 2025. Recruitment for this role took place in June 2025. Alana Wilde was appointed as SYEDA's new Chief Executive Officer, and has been in post from 1 September 2025.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2025

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small company provisions:

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

Approved by the board on 16 September 2025.

Signed on their behalf by:

M O Young

Maggie Young
Trustee

Independent Examiner's report to the Trustees of South Yorkshire Eating Disorders Association ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

S Lightfoot

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

30 September 2025

South Yorkshire Eating Disorders Association

Statement of financial activities (incorporating the income and expenditure account)
For the year ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Income from:							
Donations and grants	2	29,842	14,141	43,983	6,214	9,885	16,099
Charitable activities	3	891,818	-	891,818	805,003	5,000	810,003
Investments - bank interest		22,103	-	22,103	26,555	-	26,555
Total income		943,763	14,141	957,904	837,772	14,885	852,657
Expenditure on:							
Fundraising activities		3,515	-	3,515	2,700	-	2,700
Charitable activities	4	895,437	11,938	907,375	757,642	18,581	776,223
Total expenditure		898,952	11,938	910,890	760,342	18,581	778,923
Net movement in funds		44,811	2,203	47,014	77,430	(3,696)	73,734
Total funds brought forward		494,100	-	494,100	416,670	3,696	420,366
Total funds carried forward		538,911	2,203	541,114	494,100	-	494,100

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

South Yorkshire Eating Disorders Association

Balance sheet
As at 31 March 2025

	Notes	2025 £	2024 £
Fixed Assets			
Tangible Assets	8	13,854	11,842
Current assets			
Debtors	9	14,597	19,719
Cash at bank and in hand		923,544	853,400
Total current assets		938,141	873,119
Creditors: amounts falling due within one year	10	(410,881)	(390,861)
Net current assets		527,260	482,258
Total assets less current liabilities		541,114	494,100
Creditors: amounts falling due after more than one year		-	-
Total net assets		541,114	494,100
Funds of the Charity			
Unrestricted funds		538,911	494,100
Restricted income funds	13	2,203	-
Total funds	14	541,114	494,100

For the year ending 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 16 September 2025.

Signed on their behalf by:

M O Young

Maggie Young
Trustee

South Yorkshire Eating Disorders Association

Statement of cash flows
For the year ended 31 March 2025

		2025 £	2024 £
Reconciliation of net expenditure to net cash flow from operating activities			
Net income/(expenditure) for the year (as per the SOFA)	47,014	73,734	
Adjustments for:			
(Increase)/decrease in debtors	5,122	10,305	
Increase/(decrease) in creditors	20,020	94,439	
Investment income	(22,103)	(26,555)	
Depreciation	6,845	5,352	
Cash flows from operating activities			
Net cash provided by/(used in) operating activities		56,898	157,275
Cash flows from investing activities			
Investment income	22,103	26,555	
Purchase of fixed assets	(8,857)	(12,021)	
Net cash (used in)/provided by investing activities		13,246	14,534
Change in cash and cash equivalents		70,144	171,809
Cash and cash equivalents at the beginning of the year		853,400	681,591
Cash and cash equivalents at the end of the year		923,544	853,400

Notes to the Accounts

For the year ended 31 March 2025

1 Accounting Policies

(a) Basis of preparation

South Yorkshire Eating Disorders Association is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the company information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The charity meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to the accounts. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the service provision or as a multi-year grant is deferred until the period relating to the service or activity.

(c) Donated goods and services

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

(d) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Overheads are assigned to projects based on a monthly calculation of staff time.

(e) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rate per annum is as follows:

Computer equipment	3 years straight line
Office equipment	3 years straight line

(f) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(g) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Notes to the Accounts - continued
For the year ended 31 March 2025

1 Accounting Policies - continued

(h) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(i) Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

(j) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

(k) Operating lease rentals

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

(l) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(m) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Donations	16,342	-	16,342	6,214	-	6,214
Donations in kind	13,500	-	13,500	-	-	-
The Liz and Terry Bramall Foundation	-	5,000	5,000	-	-	-
Prudence Trust	-	9,141	9,141	-	-	-
The Morrisons Foundation	-	-	-	-	9,885	9,885
	29,842	14,141	43,983	6,214	9,885	16,099

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Service level agreements and contractual grants						
Clinical services	861,471	-	861,471	773,893	5,000	778,893
Training income	30,000	-	30,000	30,500	-	30,500
Service charges and other income	347	-	347	610	-	610
	891,818	-	891,818	805,003	5,000	810,003

Notes to the Accounts - continued
For the year ended 31 March 2025

4 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2025	Unrestricted funds	Restricted funds	Total 2024
Note		£	£	£	£	£	£
Service delivery		11,942	56	11,998	991	7	998
Staff Costs - salaries	4	688,474	10,196	698,670	632,681	2,786	635,467
Staff supervision, support and welfare		13,213	139	13,352	10,017	-	10,017
Other staff (and volunteer) costs		11,922	131	12,053	9,596	97	9,693
Rent		35,064	574	35,638	19,938	201	20,139
Premises moving costs		46,314	-	46,314	19,833	14,885	34,718
Other premises and cleaning costs		18,810	195	19,005	19,698	199	19,897
Telephone costs		3,952	72	4,024	5,544	24	5,568
IT equipment, maintenance and support		7,913	177	8,090	5,928	60	5,988
Depreciation		6,845	-	6,845	5,352	-	5,352
Insurance		5,520	96	5,616	4,043	41	4,084
Stationery and office supplies		5,132	(48)	5,084	4,053	73	4,126
Other costs		2,592	106	2,698	2,760	27	2,787
<u>Support costs</u>							
Legal and professional fees (including HR)		34,018	190	34,208	13,644	145	13,789
Governance costs		300	-	300	-	-	-
Fees for external scrutiny of accounts	5	3,426	54	3,480	3,564	36	3,600
		895,437	11,938	907,375	757,642	18,581	776,223

The charity has one reportable activity - all direct and support costs are listed above.

5 Staff Costs

	2025 £	2024 £
Salaries	621,618	570,752
Employer's National Insurance	59,884	51,797
Employer's allowance	(5,000)	(5,000)
Pension costs	22,168	17,918
	698,670	635,467

The average number of employees during the period was 24 (2024: 24).

The Charity had 2 staff members receiving remuneration in the range £60,000 - £70,000 during the year (2024: none).

6 Fees to independent examiner's organisation

	2025 £	2024 £
Fee for independent examination	3,480	3,600
Other fees payable to the independent examiner's organisation:		
Taxation services	300	-
Other services	324	270
	624	270

7 Trustees and key management remuneration, benefits and expenses

Trustees received no remuneration, benefits or expenses in this period except expenses paid in connection with their duties as volunteers (2024: £nil).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Clinical Manager and the Office Manager. The total employee benefits of the key management personnel of the charity were £176,507 (2024: £149,230).

Notes to the Accounts - continued
For the year ended 31 March 2025

8 Tangible Fixed Assets

	Office equipment £	Computer equipment £	Total £
Cost or Valuation			
As at 1 April 2024	770	18,863	19,633
Additions	8,857	-	8,857
As at 31 March 2025	9,627	18,863	28,490
Depreciation			
As at 1 April 2024	64	7,727	7,791
Charge this period	558	6,287	6,845
As at 31 March 2025	622	14,014	14,636
Net Book Value			
As at 31 March 2025	9,005	4,849	13,854
As at 31 March 2024	706	11,136	11,842

9 Debtors

	2025 £	2024 £
Trade debtors	-	6,250
Prepayments	14,597	13,469
	14,597	19,719

10 Creditors: amounts falling due within one year

	Note	2025 £	2024 £
Trade creditors		7,972	3,567
Accruals		5,856	5,319
Other creditors		13,177	16,796
Agency funds	11	55,000	-
Deferred income	12	328,876	365,179
		410,881	390,861

11 Agency funds

	Balance at 01-Apr-24 £	Received £	Paid out £	Fees transferred £	Balance at 31-Mar-25 £
Culture of Care	-	55,000	-	-	55,000
	-	55,000	-	-	55,000

Agency funds were received from the NHS on behalf of another organisation in advance of the start of a project.

12 Deferred income

	2025 £	2024 £
Deferred income brought forward	365,179	277,500
Income released in the year	(93,285)	(205,750)
Income received in the year	56,982	293,429
Deferred income carried forward	328,876	365,179

Deferred income relates to monies received in advance of the date of the service it is provided for.

Notes to the Accounts - continued
For the year ended 31 March 2025

13 Restricted funds

	Balance at 01-Apr-24 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-25 £
The Liz and Terry Bramall Foundation: Carer's post	-	5,000	(5,000)	-	-
AFRED support team	-	9,141	(6,938)	-	2,203
	-	14,141	(11,938)	-	2,203

The Liz and Terry Bramall Foundation: Carer's post

Funds to be put towards expending the Carer's post. This fund was fully spent in the year.

AFRED support team

A 3 year grant given to support the set up of the AFRED support team.

Prior year comparison

	Balance at 01-Apr-23 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-24 £
Various: Carer's post	3,696	-	(3,696)	-	-
Premises move	-	9,885	(9,885)	-	-
IT systems	-	5,000	(5,000)	-	-
	3,696	14,885	(18,581)	-	-

14 Net assets by fund

	Unrestricted funds £	Restricted funds £	Total 2025 £	Unrestricted funds £	Restricted funds £	Total 2024 £
Tangible Assets	13,854	-	13,854	11,842	-	11,842
Net current assets	525,057	2,203	527,260	482,258	-	482,258
	538,911	2,203	541,114	494,100	-	494,100

15 Operating lease commitments

As at 31 March 2025 the charity was committed to making the following payments under operating leases as follows:

	2025 £	2024 £
<u>Property:</u>		
Payable within 1 year	32,500	38,750
Payable between 1-5 years	16,886	49,386
<u>Equipment:</u>		
Payable within 1 year	2,071	4,865
Payable between 1-5 years	-	466
	51,457	93,467

16 Related party transactions

There have been no related party transactions during the year that are not included in note 7.

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales - Charity number 1114451

Accounts

Company registration number: 05689222

Charity registration number: 1114451

South Yorkshire Eating Disorders Association

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2024

South Yorkshire Eating Disorders Association

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South Yorkshire Eating Disorders Association

Legal and administrative information For the year ended 31 March 2024

Registered Charity Number

1114451

Registered Company Number

05689222

Directors (Trustees)

Matthew Peers

Paul Mount

Rebecca Woolley

Jenny Allen

Maggie Young

Steven Rippin

Jennifer Longden

Alexis Foster

Chair (until 19 November 2024)

Treasurer

Secretary

Resigned 18 June 2024

Resigned 11 November 2024

Appointed 19 September 2023

Company secretary

Chris Hood

Key management

Chief Executive Officer

Clinical Manager

Business Manager

Chris Hood

Michelle Hinde

Lauren Lawson

Registered Office

13-17 Paradise Square Paradise Square

Sheffield

S1 2DE

Accountants

Seven Hills Accountants Limited

57 Burton Street

Sheffield

S6 2HH

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2024

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2024 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

Structure, governance and management

The organisation is operated under the rules of its memorandum and articles of association, which were adopted 27 January 2006 and updated on 30 June 2009. The organisation became a registered charity on 31 May 2006. The company is limited by guarantee and each member is limited to £10 liability if the charity is wound up.

Directors meet bi-monthly to oversee South Yorkshire Eating Disorders Association's (SYEDA) strategy, policy and delivery. The Chief Executive Officer (CEO) is responsible for managing the staff team, finances and the delivery of SYEDA's services, working closely with the Chair, Treasurer and the Board.

New trustees go through a recruitment process and do not start before references are obtained. The board plan to introduce a formal induction and training process.

Vision, Mission and Values

The objects of the Charity are:

- The relief of those suffering from anorexia nervosa, bulimia nervosa and other eating disorders ('eating disorders')
- the preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders
- the education of the public in respect of the nature and treatment of eating disorders.

Our Vision - An environment where everyone can enjoy a positive relationship with food, their bodies, and themselves, free from the damaging effects of eating disorders.

Mission - Our mission is to empower individuals, regardless of their identity, to access effective treatment, develop positive self-esteem and body image, and work towards their recovery.

Through our support, training, and early intervention services we aim to raise awareness and understanding of eating disorders.

Together we strive towards a culture where individuals and their loved ones do not feel stigmatized and are rather embraced with empathy and compassion to work towards their own recovery.

Values

Compassionate	Empowering
Inclusive	Respectful

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

We offer the following services, to fulfil our mission:

- support groups,
- CBT,
- Counselling/talking therapy,
- occupational therapy,
- goal focused therapy,
- a range of education/training programmes
- 1-2-1 and group support for carers

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

Ensuring our work delivers our mission

We reviewed our values, mission and values during this year. This involved an extensive consultation exercise with staff, trustees, and service users to ensure we remained focused on our stated purpose, and we were clear in the qualities, approaches and means to meet them.

We also looked at the services we provided and evaluated them against the same criteria.

At SYEDA, where we support those predominantly affected by mild to moderate eating disorders and their carers, early intervention is key in building the motivation and resilience of service users to seek and achieve recovery. Services such as talking therapies, support groups, counselling, and information, delivered in a caring and safe environment enable personal issues to be aired and approaches to be explored that best suit individual need. Confidentiality is upheld as paramount. Awareness of and training in eating disorders to professionals such as teachers and GP's are other ways in which SYEDA supports public benefit.

Achievements and performance

2023/24 was a year of significant change, growth, and innovation. The financial value and variety of our contracts with NHS commissioners expanded this year and gave us the opportunity and resources to employ additional staff with specific skill sets and desirable employment histories. We also begun the process of diversifying our income streams so we were less reliant upon NHS funding. This process was aided by deploying the services of a freelance fundraiser who submitted a number of successful funding applications in this year and secured additional resources which assisted in the costs associated with our new premises. We have identified a number of services we would wish to see developed or expanded in 2024/25 and have been working with the fundraiser to target relevant charitable trusts

After nearly 15 years in our registered premises, we finally made the long overdue move to new premises this year. The new offices are located in the heart of Sheffield city centre and feel more accessible in terms of transport links and other amenities. Our new offices provide us with significant more capacity for staff and to deliver sessions with our service users. The whole service embraced the move and staff worked so hard to make it as smooth transition as possible, feedback thus far from service users has been wholly positive. We are very excited about what 2024/25 will allow us to do.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

We expanded the volume and range of therapeutic interventions/sessions we were able offer and improved our data collection processes to better capture and monitor outputs and outcomes. We proactively sought to reduce waiting times for both assessments and treatment but upskilling more staff to carry out assessments and designing and offering group therapy sessions as an alternative option to 1-2-1 sessions.

We launched a pilot group to respond to the increasing demand and needs of people struggling with ARFID and undertook an extensive evaluation of its impact.

We expanded the capacity of our education and training resources and the range of topics and sessions offered to young people and professionals and have begun a full review of its impact, versatility and adaptability to ensure it remains fit for purpose in the coming years.

Staff wellbeing and professional development was a key focus again this year with a £500 training budget per staff member approved by the board in May. Staff attended over 20 different training courses this year with many already booked onto courses during 2024/25. We also continued with regular wellbeing mornings involving a range of activities including mindfulness, relaxation, and pottery/ceramic sessions. We are consulting with staff to ensure we provide the most accessible and helpful opportunities to support wellbeing in 2024/25 and beyond.

Clinical/therapeutic activity

Our focus remained delivering direct therapeutic support to individuals affected by an eating disorder. Demand for our service remained very high with **734** referrals received across our 4 areas of operation- Barnsley, Doncaster Rotherham and Sheffield- an increase of 56 from 2022/23. Our Doncaster provision only begun in February and only accounted for 17 of the 734. This continued to place enormous pressure on one of our core aims to be a service that **'supports early diagnosis, prompt assessment and early intervention'**. We increased the number of staff able to carry out assessments which resulted in a marked improvement in waiting times for an assessment.

We also expanded our FREED approach (First episode Rapid Early intervention for Eating Disorders an innovative, evidence-based, specialist care package for 16 to 25-year-olds with a first episode eating disorder of less than three years duration) to the whole of South Yorkshire .

519 individuals accessed one of our treatments during this period (an increase of **33** from 2022/23 and outcomes achieved- based upon a range of clinical measures- was consistent with previous years despite additional factors, more than 80% reported positive changes to mental health, relationship with food and body etc.

We continued to focus our energies on providing individuals on our waiting list with support- we enhanced the self-help resources we developed in previous years - <https://www.syeda.org.uk/self-help-resources>. and introduced a 4-week psycho-educational program designed to equip clients with knowledge for their recovery while they are waiting for 1-1 therapy. The sessions included valuable information on key topics such as eating disorder stigma, diet culture, starvation syndrome, body image and the role of emotions. With repeated trials of this group, we hope to see a positive impact on client's therapy outcomes and are collecting data to measure this.

Additional funding from Doncaster ICB enabled us to further expand and diversify our clinical offer. We increased the number of staff employed to deliver CBT-T to ensure it was accessible to all our service users regardless of their locality.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

Our CBT-T team refined and improved a 10 session group intervention we had pioneered in 2021 and extended the offer to everyone on the waiting list for this specialist treatment- the impact of the groups surpassed our expectations with one participant saying 'I never thought I could make this much progress, never mind the time frame. I was so well supported and understood. You've changed my life'.

Our work is highlighted a document prepared by the University of Sheffield department of Psychology and reflects the partnership we have developed over the last few years- <https://cbt-t.sites.sheffield.ac.uk/group-cbt-t>.

ARFID (Avoidant/restrictive food intake disorder) was present in an increasing number of referrals this year and became an issue of concern in multiple inter-agency forums. The treatment for ARFID is very specific and it is not something currently covered in contracts with ICB's. Having launched an on-line self-help guide- <https://www.syeda.org.uk/arfid> in 2022/23, which generated further engagement and demand from individuals struggling with the same issues we launched a pilot ARFID psycho-education/support group. This was a 6 session on-line workshop. The group size, a maximum of 8 participants, was chosen to facilitate a deeper connection between participants.

This online, facilitated space was designed to help participants to:

- learn more about the disorder, to help them understand what might be going on for them
- explore their own and other's experiences to facilitate greater self-awareness and validation of their experiences
- help them develop a sense that they are not alone in their ARFID-related struggles
- help them set and aim for goals as per their individual aspirations
- develop coping strategies to help them continue working towards their personal goals

we delivered 2 groups drawing on lessons from the first to improve the second. We undertook an extensive evaluation of the pilots and shared with commissioners and other key stakeholders. A summation of key findings is as follows:

- **Eating related goals were met:** All participants had increased confidence in trying new foods and all succeeded in this aim. As with the first pilot group, confidence increase varied among participants, but with sometimes very long-term challenges faced by group members, this was a great achievement. It was important to notice and celebrate this change in those who felt they were making little progress.
- **Finding the others:** As with the first group, participants reported that connecting with other, particularly adults, struggling with ARFID had been powerful to them. Some reported that seeing others successfully making changes had been motivating for them. Conversely this can have a negative impact, creating frustration and disappointment from not achieving so much, so the value of making ANY change should be emphasised.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

- **Group connections and inter-group sharing:** The first group were closer in age (16 – 37yrs) and appeared to relate to and connect with one another well, asking questions of each other and sharing their own related experiences. The 2nd group (20-60yrs) did connect with one another, but not to the same extent as the 1st. The 2nd group seemed to relate in the context of age AND experience. It wasn't clear which was the more important criteria for connection. In forming future groups, it may be worth considering the likelihood of connection between participants of similar ages, but also that sharing across age ranges can be therapeutic and useful. In both groups, participant said they felt it was useful to have a mix of ages involved.
- **Neurodivergence in the groups:** Although the pilot participants were selected based on their eating challenges alone, it was clear that difficulties related to senses could be framed as neurodivergent experiences. Participants were not asked about neurodivergence, but in both groups, there were individuals who became more aware of their behaviours in the context of autism, as the programme went on. A participant in the 2nd group in particular, was surprised and somewhat anxious and disturbed by her realisation that she may be autistic. It is therefore important that facilitators ensure participants feel understood and supported when noticing how their difficulties with food may indicate related experiences such as neurodivergence, and to have an approach to supporting people to more fully explore their realisations. This could include signposting to further information or other services.

The pilot led to a number of discussions with commissioners who were seeking ways to address the increasing and unmet need, this was particularly true of commissioners responsible for learning disability services who were receiving feedback from front line services that ARFID had become more prevalent than previously known. We were invited to apply for funding to pilot similar initiatives with young people linked in with learning disability services. The application was successful and would enable us to deliver bespoke sessions to groups of young people over the next 2 years and deliver training to learning disability staff. The first group is due to commence in June 2024 following an extensive period of consultation and promotion with staff and parent carer forums.

Another significant development this year and one that set the template for the future was the move towards South Yorkshire wide commissioning and away from place-based commissioning only. This reflected the evolution of the ICB's in regional bodies and the changing role of the provider collaboratives. The former approached SYEDA and ask if we would host funding and help lead on the development of an eating disorders and diabetes initiative. We took on this responsibility and proceeded to pull together a stakeholder group to identify pathways, treatment and training needs. We are confident that a bespoke project with definable outcomes will be operational in the second half of 2024/25.

The South Yorkshire eating disorders provider collaborative agreed to fund a peer recovery worker post we had been advocating for. The role was based on the recognition that utilising lived experience in a peer support role could have a profound effect on the prospects for long term recovery for individuals with severe anorexia. The role was recruited to and started in post in January 2024. Its primary focus was to support individuals within an inpatient setting as part of a discharge plan. This, if successful, could shorten someone's stay and reduce the risk of relapse once back in the community. We will review its progress in 2024 and summarise findings in our next annual report.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

Sheffield

Sheffield continued to be our primary area of activity accounting for **481** of 66% of the total 734 referrals in 2022/23. The demand for our services and increase in our staffing further highlighted the need for bigger premises offering more rooms to deliver 1-2-1 and group therapies. The move to our new premises has afforded us an additional 5 therapy rooms and much better surroundings to meet and greet service users; feedback thus far has been wholly positive with one service user saying 'it feels like a more professional environment without losing the charity feel'. We look forward to utilising it more in 2024/25 and beyond. We are hoping to hold an event in 2024 to formally open our new office and invite stakeholders alone to showcase our facilities and promote our services.

Rotherham

2023/24 was a continuation of the previous two years with similar levels of investment from the ICB. This also included a second tranche of investment in our training programme as demand in the previous year had exceeded the contracted outputs. The lead commissioner had received positive feedback from recipients of our training and requests for additional training capacity. One area we needed to prioritise this year was increasing referrals. The **120** referrals we did receive was lower than our expected target but was increased through some proactive measures. We reached out to colleagues within the children and adolescent mental health services (CAMHS) and developed protocols for improving pathways and transitions between our services, this saw an increase in young people being referred to our service in the latter part of 2023/24 and we are confident that will continue into the next year.

Barnsley

2023/24 saw a continuing of the increased investment in our services from Barnsley ICB which had enabled us to expand our treatment options and take a fuller role in the emerging eating disorder pathway. We also continued to collaborate in weekly 3-way triage meetings with CAMHS ED team and COMPASS and ourselves. This provided a clear pathway for treatment depending on presentation and significantly reduced waiting times or unnecessary duplication of processes.

We received **130** referrals in 2023/24 and anticipate similar numbers in 2024/25

We also continued to be a core member of the Barnsley Eating Disorder Working Group which brought together key stakeholders to identify gaps and agree solutions. A number of specific proposals were generated by the group and influenced commissioning plans and commitments; one of which will see a substantial increase in funding for an adult pathway in 2024/25.

Doncaster

After a few false starts we were delighted to have been commissioned by Doncaster ICB in the latter stages of this year to deliver therapeutic services to young people and adults presenting with mild to moderate eating disorders. This was a very positive outcome and a result of many discussions and lobbying. The funding has enabled us to employ a part time counsellor, part time CBT-T therapist and a part time clinical lead. We are still in discussions with partner agencies and the ICB about co-location opportunities where we will deliver face to face therapy; until that is resolved we are only offering on-line or face to face in Sheffield if they are able and willing to travel. In the first 2 months we received **18** referrals and have begun to increase our promotional activities to raise awareness and generate more demand.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

Education and training

Increased funding for our education and training provision via the South Yorkshire ICB saw us commence a recruitment drive in early 2023, this resulted in 2 highly experienced professionals joining our service. We completed the work with an external designer and produced an education and training brochure.

<https://www.syeda.org.uk/training-and-education-programme>

The brochure reflected the expansion of our capacity and a stronger focus on prevention and on Neurodivergence & eating disorders. The brochure was distributed widely and generated significant interest- we had 556 professionals booked onto one of our courses and nearly 250 young people accessing one of the 25 education sessions we delivered- **quotes**

Staff and volunteers

Our staff team changed significantly during 2023/24 with 1 leaver and 11 starters increasing our staffing total to 26. The team contains a very broad range of skills and experiences and has allowed us to deliver new and additional interventions. Our team continued to lack diversity and this remains a source of concern and something we continue to strive to address.

We utilised the skills within the staff team in several ways in addition to their core activities. One member of staff with extensive experience of neurodiversity and learning disabilities in general worked closely with another colleague with similar experience and knowledge to pilot the ARFID group. Other team members worked on improving our internal admin and data collection processes and utilisation.

Staff attended a whole service away day in late 2023 and helped shape the vision for the next period of growth and prepare for the office move planned for later in the year.

Staff made good use of the individual training budget with 23 different training courses accessed in addition to the mandatory ones i.e. Safeguarding.

Our use of volunteers remained predominantly confined to support group facilitators- an extremely crucial function and one we are extremely grateful for. We had 4 volunteer group facilitators. We did have additional volunteers assisting with admin tasks and providing input into service planning.

Financial review and reserves policy

Funding

As with the previous year 90% of our income was derived from formal contracts with the NHS. The value of these contracts allowed us to invest in staff development and improve terms and conditions. It also enabled the move to new premises as it covered the cost of a period of dual liability and the associated cost of refurbishing new premises and restring the old to a re-lettable state.

The funding with the NHS was accompanied by a plethora of monitoring and reporting mechanisms. Whilst challenging at times, it did provide an impetus for continual improvement in all internal processes from data collection to user feedback and compliance with legislation i.e. accessible standards.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

We enrolled the services of a freelance fundraiser in the last quarter of 2023/24 in order to diversify our income streams and target charitable trusts. We had a few moderate successes which contributed to our carers project and monies to assist the refurbishment of our new premises.

We will continue to explore all funding opportunities to diversify our income streams to be less reliant on NHS funding going forward.

Reserves policy

The Board has determined the following objectives:

- (a) A free reserves target of £150,000. This target is based upon an assessment of the reserves needed to:
 - Manage financial risks/future uncertainty and for
 - New opportunities/staying relevant.
- (b) To designate funds from free reserves to meet specific future plans as required and as resources permit.
- (c) To hold all restricted reserves in a liquid and risk-free form.

At 31 March 2024 free reserves (general funds excluding fixed assets) stood at £482,258. This reserves policy informs the Board's annual budget-setting. The Board will monitor financial performance against budget at least quarterly. There were no designated funds at the year end.

The board recognised the significant additional costs associated with the planned relocation; these included the cost of meeting lease liabilities on 2 properties as we are tied into a lease on our current premises until September 2024.

Investment policy

The charity has invested excess cash in an interest bearing account, and review placing a portion of our reserves in a higher interest account regularly.

The board have recognised that retaining a flexible approach to utilising reserves is beneficial for service continuity and being able to quickly invest in served development as and when needed.

Risk management

Trustees are aware of their responsibilities in managing the risks of SYEDA. A risk register, covering all organisational areas including services, finances, staffing, building, equipment and governance is in place and is reviewed annually. Individual areas are looked at in respect of high, medium and low priority risk levels and the impact this might have.

Mitigating activities have been highlighted with a monitoring eye kept on them. Policies and procedures continue to be created and revised on an ongoing basis to update the organisation in line with changing legislation and demand.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

The annual risk register assessment highlighted a number of principle risks. These included:

- health and safety considerations (staff and services)
- data protection compliance and breeches
- financial procedures and management
- funding gaps and uncertainty

We have put in place a number of additional measures to reduce the risk. This has included increasing frequency of health and safety inspections to bi-weekly from monthly, requiring staff to attend more intensive data protection training than in previous years, employing the services of an external bookkeeper and developing a funding strategy with staff and trustees.

Future plans

The move to new premises in 2023/4 has given us a wonderful platform to build from and has given us the opportunity to help more people and further expand our staffing and operational capacity.

We began the new financial year with a joint funding application with our partners in REDCAN (<https://www.redcan.org.uk>) to the NHS Charities Together – Volunteering for Health scheme. This is an exciting manifestation of our shared ambitions and if successful will see closer collaboration and provide further evidence of the wide-ranging impact of eating disorder charities.

The work we did in jointly assembling the application will provide the template for further application if needed and has given us the motivation to prioritise the use of volunteers in 2024/25.

The work we began in 2023/24 in response to increasing demand for ARFID focused interventions will take on a greater emphasis in 2024/25 and beyond. The foundations we laid in the last quarter of 2023/4 will see us engage with more young people through our ICB learning disability funded pilot. We have taken a central role in the region wide ARFID development group. This brings together commissioners, NHS strategic leads and providers. We remain the only part of the system delivering ARFID focussed interventions and offering tangible evidence of impact and user experience. It is our intention to actively seek more resources to expand our offer to all ages and be accessible across the whole of South Yorkshire. We also want to strengthen the relationships our occupational therapist established with her peers national, and which is beginning to migrate into a formal forum for sharing best practice and knowledge.

A review of the role and input of trustees was facilitated by an external consultant who took a whole service approach. This enabled us to identify skills and interests of board members and how they aligned with organisational objectives particularly ones where progress had been slow or absent. One such area is our service user engagement and co-production. This key area of ambition has lacked a dedicated lead and has been a poor reflection of our long-standing ambition to be a user-led charity. One of our trustees, with a strong interest in co-production has offered to lead on this alongside our CEO and a few staff members. It will be one of our priorities in 2024/5.

It is highly likely that the 4 individuals contracts we have with the four place based ICB's in South Yorkshire will be merged into one contract at the end of the current contract period in 2024/5. Initial discussions with commissioners suggested a competitive tender would be necessary but it now seems that this contract will be awarded directly.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2024

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small company provisions:

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

Approved by the board on 19 November 2024 and signed on its behalf by:



Maggie Young
Trustee

Independent Examiner's report to the Trustees of South Yorkshire Eating Disorders Association ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Signed: 

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Date:

18 December 2024

South Yorkshire Eating Disorders Association

Statement of financial activities (incorporating the income and expenditure account) For the year ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Income from:							
Donations and grants	2	6,214	9,885	16,099	4,222	-	4,222
Charitable activities	3	805,003	5,000	810,003	658,305	-	658,305
Fundraising		-	-	-	891	-	891
Investments - bank interest		26,555	-	26,555	4,343	-	4,343
Total income		837,772	14,885	852,657	667,761	-	667,761
Expenditure on:							
Fundraising activities		2,700	-	2,700	467	29	496
Charitable activities	4	757,642	18,581	776,223	496,302	51,830	548,132
Total expenditure		760,342	18,581	778,923	496,769	51,859	548,628
Net movement in funds		77,430	(3,696)	73,734	172,017	(52,884)	119,133
Total funds brought forward		416,670	3,696	420,366	244,653	56,580	301,233
Total funds carried forward		494,100	-	494,100	416,670	3,696	420,366

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

South Yorkshire Eating Disorders Association

Balance sheet

As at 31 March 2024

	Notes	2024 £	2023 £
Fixed Assets			
Tangible Assets	8	11,842	5,173
Current assets			
Debtors	9	19,719	30,024
Cash at bank and in hand		853,400	681,591
Total current assets		873,119	711,615
Creditors: amounts falling due within one year	10	(390,861)	(296,422)
Net current assets		482,258	415,193
Total assets less current liabilities		494,100	420,366
Creditors: amounts falling due after more than one year		-	-
Total net assets		494,100	420,366
Funds of the Charity			
Unrestricted funds		494,100	416,670
Restricted income funds	12	-	3,696
Total funds	13	494,100	420,366

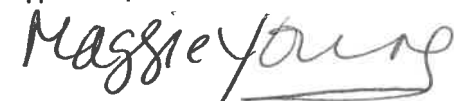
For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 19 November 2024 and signed on their behalf by:



Maggie Young
Trustee

South Yorkshire Eating Disorders Association

Statement of cash flows

For the year ended 31 March 2024

	2024	2023
	£	£
Reconciliation of net expenditure to net cash flow from operating activities		
Net income/(expenditure) for the year (as per the SOFA)	73,734	119,133
Adjustments for:		
(Increase)/decrease in debtors	10,305	(25,774)
Increase/(decrease) in creditors	94,439	(66,006)
Investment income	(26,555)	(4,343)
Depreciation	<u>5,352</u>	<u>2,439</u>
Cash flows from operating activities		
Net cash provided by/(used in) operating activities	157,275	25,449
Cash flows from investing activities		
Investment income	26,555	4,343
Purchase of fixed assets	<u>(12,021)</u>	<u>(2,287)</u>
Net cash (used in)/provided by investing activities	14,534	2,056
Change in cash and cash equivalents	171,809	27,505
Cash and cash equivalents at the beginning of the year	681,591	654,086
Cash and cash equivalents at the end of the year	<u><u>853,400</u></u>	<u><u>681,591</u></u>

Notes to the Accounts
For the year ended 31 March 2024

1 Accounting Policies

(a) Basis of preparation

South Yorkshire Eating Disorders Association is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the company information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The charity meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to the accounts. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the service provision or as a multi-year grant is deferred until the period relating to the service or activity.

(c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Overheads are assigned to projects based on a monthly calculation of staff time.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rate per annum is as follows:

Computer equipment	3 years straight line
Office equipment	3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Notes to the Accounts - continued
For the year ended 31 March 2024

(h) Fund accounting

1 Accounting Policies - continued

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

(i) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

(j) Operating lease rentals

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

(k) Taxation

As a charity, the organisation is exempt from tax on income and gains falling within the available tax exemptions to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

(l) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Donations	6,214	-	6,214	4,222	-	4,222
The Morrisons Foundation	-	9,885	9,885	-	-	-
	6,214	9,885	16,099	4,222	-	4,222

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Service level agreements and contractual grants						
Clinical services	773,893	5,000	778,893	622,908	-	622,908
Training income	30,500	-	30,500	33,847	-	33,847
Service charges	610	-	610	1,550	-	1,550
	805,003	5,000	810,003	658,305	-	658,305

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2024

4 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2024	Unrestricted funds	Restricted funds	Total 2023
	Note	£	£	£	£	£	£
Service delivery		991	7	998	1,846	-	1,846
Staff Costs - salaries	4	632,681	2,786	635,467	435,114	46,196	481,310
Other staff (and volunteer) costs		17,523	97	17,620	12,399	990	13,389
Professional fees		13,934	145	14,079	4,257	264	4,521
Rent		19,938	201	20,139	11,250	1,250	12,500
Premises moving costs		19,833	14,885	34,718	-	-	-
Other premises and cleaning costs		19,698	199	19,897	8,749	753	9,502
Telephone costs		5,544	24	5,568	4,192	142	4,334
IT equipment, maintenance and support		5,928	60	5,988	5,028	547	5,575
Depreciation		5,352	-	5,352	2,439	-	2,439
Insurance		4,043	41	4,084	2,119	232	2,351
Stationery and office supplies		4,053	73	4,126	4,126	784	4,910
Other costs		2,760	27	2,787	2,240	395	2,635
Governance - legal and professional fees		1,800	-	1,800	-	-	-
Fees for external scrutiny of accounts	5	3,564	36	3,600	2,543	277	2,820
		757,642	18,581	776,223	496,302	51,830	548,132

The charity has one reportable activity - all direct and support costs are listed above.

5 Staff Costs

	2024 £	2023 £
Salaries	570,752	430,647
Employer's National Insurance	51,797	40,520
Employer's allowance	(5,000)	(5,000)
Pension costs	17,918	15,143
	635,467	481,310

No employee received emoluments of more than £60,000. The average number of employees during the period was 24 (2023: 17).

6 Fees to independent examiner's organisation

	2024 £	2023 £
Fee for independent examination	3,600	2,820
Other fees payable to the independent examiner's organisation: Other services	270	-

7 Trustees and key management remuneration, benefits and expenses

Trustees received no remuneration, benefits or expenses in this period except expenses paid in connection with their duties as volunteers (2023: £nil).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Clinical Manager and the Office Manager. The total employee benefits of the key management personnel of the charity were £149,230 (2023: £130,641).

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2024

8 Tangible Fixed Assets

	Office equipment £	Computer equipment £	Total £
Cost or Valuation			
As at 1 April 2023	-	7,612	7,612
Additions	770	11,251	12,021
As at 31 March 2024	770	18,863	19,633
Depreciation			
As at 1 April 2023	-	2,439	2,439
Charge this period	64	5,288	5,352
As at 31 March 2024	64	7,727	7,791
Net Book Value			
As at 31 March 2024	706	11,136	11,842
As at 31 March 2023	-	5,173	5,173

9 Debtors

	2024 £	2023 £
Trade debtors	6,250	25,000
Prepayments	13,469	5,024
	19,719	30,024

10 Creditors: amounts falling due within one year

Note	2024 £	2023 £
Trade creditors	3,567	5,176
Accruals	5,319	3,539
Other creditors	16,796	10,207
Deferred income	365,179	277,500
	390,861	296,422

11 Deferred income

	2024 £	2023 £
Deferred income brought forward	277,500	337,300
Income released in the year	(205,750)	(337,300)
Income received in the year	293,429	277,500
Deferred income carried forward	365,179	277,500

Deferred income relates to monies received in advance of the date of the service it is provided for.

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2024

12 Restricted funds

	Balance at 01-Apr-23 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-24 £
Various: Carer's post	3,696	-	(3,696)	-	-
Premises move	-	9,885	(9,885)	-	-
IT systems	-	5,000	(5,000)	-	-
	3,696	14,885	(18,581)	-	-

Various: Carer's post

Funding originally to employ a business development manager with a specific focus on sustaining and expanding our outreach capacity. When this post ceased, the funders allowed the remaining funds to be put towards the Carer's post. This fund was fully spent in the year.

Premises move

Funding received towards costs of the premises move.

IT systems

NHs funding released with permission to help fund office move IT costs.

Prior year comparison

	Balance at 31-Mar-22 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-23 £
The Tudor Trust: Business Development Manager	13,940	-	(6,894)	(7,046)	-
Training	33,200	-	(32,175)	(1,025)	-
Carer's post	9,440	-	(12,790)	7,046	3,696
	56,580	-	(51,859)	(1,025)	3,696

13 Net assets by fund

	Unrestricted funds £	Restricted funds £	Total 2024 £	Unrestricted funds £	Restricted funds £	Total 2023 £
Tangible Assets	11,842	-	11,842	5,173	-	5,173
Net current assets	482,258	-	482,258	411,497	3,696	415,193
	494,100	-	494,100	416,670	3,696	420,366

14 Operating lease commitments

As at 31 March 2024 the charity was committed to making the following payments under operating leases as follows:

	2024 £	2023 £
<u>Property:</u>		
Payable within 1 year	38,750	12,500
Payable between 1-5 years	49,386	6,250
<u>Equipment:</u>		
Payable within 1 year	4,865	4,865
Payable between 1-5 years	466	3,468
	93,467	27,083

15 Related party transactions

There have been no related party transactions during the year that are not included in note 7.

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales - Charity number 1114451

Accounts

Company registration number: 05689222
Charity registration number: 1114451

South Yorkshire Eating Disorders Association

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2023

South Yorkshire Eating Disorders Association

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South Yorkshire Eating Disorders Association

Legal and administrative information For the year ended 31 March 2023

Registered Charity Number

1114451

Registered Company Number

05689222

Directors (Trustees)

Matthew Peers	Chair
Paul Mount	Treasurer
Rebecca Woolley	Secretary
Jenny Allen	
Maggie Young	
Steven Rippin	
Debbie Bell	
Jennifer Longden	
Nomakhosazana Ndhlovu	

Resigned 22 November 2022

Appointed 22 November 2022

Resigned 21 March 2023

Appointed 19 September 2023

Alexis Foster

Company secretary

Chris Hood

Key management

Chief Executive Officer	Chris Hood
Clinical Manager	Michelle Hinde
Office Manager	Lauren Lawson

Registered Office

South Yorkshire Eating Disorders Association
26 – 28 Bedford Street
Neepsend
Sheffield
S6 3BT

Independent Examiner (and accountants)

Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2023

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

Structure, governance and management

The organisation is operated under the rules of its memorandum and articles of association, which were adopted 27 January 2006 and updated on 30 June 2009. The organisation became a registered charity on 31 May 2006. The company is limited by guarantee and each member is limited to £10 liability if the charity is wound up.

Directors meet bi-monthly to oversee South Yorkshire Eating Disorders Association's (SYEDA) strategy, policy and delivery. The Chief Executive Officer (CEO) is responsible for managing the staff team, finances and the delivery of SYEDA's services, working closely with the Chair, Treasurer and the Board.

New trustees go through a recruitment process and do not start before references are obtained. The board plan to introduce a formal induction and training process.

Objectives, aims and activities

The objects of the Charity are:

- The relief of those suffering from anorexia nervosa, bulimia nervosa and other eating disorders ('eating disorders')
- the preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders
- the education of the public in respect of the nature and treatment of eating disorders.

Our mission is to ensure that:

- Eating disorders are quickly recognised and understood by those affected or at risk
- Information, guidance, support and therapeutic services are easily accessible to sufferers and carers
- Professional services respond quickly, effectively, and seamlessly to provide the help needed.

Our aims are:

- To provide open and accessible information and help for those with an eating disorder
- Prevent EDs from arising by increasing awareness & improving self image
- Support early diagnosis, prompt assessment and early intervention
- Develop clear support pathways and joined-up working between services
- Support carers and help them to provide good care
- Ensure the availability of long-term, post-discharge and relapse prevention support
- Ensure that services are planned strategically and resourced sufficiently to meet need
- Involve service users in the design and delivery of services.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2023

We offer the following services, to fulfil our objectives:

- support groups,
- CBT,
- Counselling/talking therapy,
- occupational therapy,
- goal focused therapy,
- creative therapies,
- a range of education/training programmes

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

At SYEDA, where the organisation supports those predominantly affected by mild to moderate eating disorders including with carers, early intervention is key in building the motivation and resilience of service users to seek and achieve recovery. Services such as complimentary therapies, support groups, counselling and information, delivered in a caring and safe environment enable personal issues to be aired and approaches to be explored that best suit individual need. Confidentiality is upheld as paramount. Awareness of and training in eating disorders to professionals such as teachers and GP's are other ways in which SYEDA supports public benefit.

Achievements and performance

2022/23 felt like a year of consolidation and expansion. After the previous 2 years underpinned by the covid-19 pandemic it also felt like a year of relative calm, though the consequences of the pandemic were clearly evident during this year; both in terms of continuous demand for our services and the level of complexity/severity present with many referrals. We secured new and innovative contracts with newly formed commissioning bodies and continued to explore opportunities to further diversify sources of income and reaching new audiences for our specialist service.

Staff wellbeing remained a key focus with regular wellbeing mornings taking place and improvements to employee terms and conditions.

Clinical activity

Our focus remained delivering direct therapeutic support to individuals affected by an eating disorder. Demand for our service remained very high with **678** referrals received across our 3 areas of operation- Barnsley, Rotherham and Sheffield- an increase of **118** from 2021/22. This placed enormous pressure on one of our core aims to be a service that **'supports early diagnosis, prompt assessment and early intervention'**.

We did however become a FREED (First episode Rapid Early intervention for Eating Disorders) pilot scheme for South Yorkshire- FREED is an innovative, evidence-based, specialist care package for 16 to 25-year-olds with a first episode eating disorder of less than three years duration. FREED overcomes barriers to early treatment and recovery and provides highly coordinated early care, with a central focus on reducing the duration of an untreated eating disorder. We received additional funding to increase our clinical capacity to enable us to prioritise young people who met the FREED criteria.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2023

Whilst this was a positive initiative and one we continued in 2023/24 it did mean we were less able to respond as quickly for individuals not within the FREED cohort; treatment post- assessment was much longer than acceptable or conducive to desired outcomes as all available evidence highlighted that the earlier a treatment is accessed the better the prognoses. **486** (an increase of 96 from 2021/23) individuals did however access one of our treatments during this period and outcomes achieved- based upon a range of clinical measures- was consistent with previous years despite additional factors, more that 80% reported positive changes to mental health, relationship with food and body etc.

We continued to focus our energies on providing individuals on our waiting list with support- we enhanced the self-help resources we developed in 2021/22- <https://www.syeda.org.uk/self-help-resources>. and introduced a 4-week psycho-educational program designed to equip clients with knowledge for their recovery while they are waiting for 1-1 therapy. The sessions included valuable information on key topics such as eating disorder stigma, diet culture, starvation syndrome, body image and the role of emotions. With repeated trials of this group, we hope to see a positive impact on client's therapy outcomes and are collecting data to measure this.

Additional funding enabled us to further expand and diversify our clinical offer. We increased the number of staff employed to deliver CBT-T to ensure it was accessible to all our service users regardless of their locality.

ARFID (Avoidant/restrictive food intake disorder) was present in an increasing number of referrals this year and became an issue of concern in multiple inter-agency forums. The treatment for ARFID is very specific and it is not something currently covered in contracts with CCG's. We did however launch an on-line self-help guide- <https://www.syeda.org.uk/arfid> to begin to address unmet need. We also begun to explore establishing a ARFID psycho-education/support group which we intend to launch in 2023/24.

We continued to deliver services in 3 of the local authority areas of South Yorkshire- Sheffield, Rotherham, and Barnsley. In each locality we offered a range of services for both adults and children and young people.

Sheffield

Sheffield continued to be our primary area of activity accounting for **469** of the total 678 referrals in 2022/23. The demand for our services and increase in our staffing further highlighted the need for bigger premises offering more rooms to deliver 1-2-1 and group therapies. We continued to explore co-location options with our NHS partners – one of the core objectives within the ASERT single pathway development was to establish a single base where everyone requiring help/treatment could go. We visited a number of premises with NHS colleagues and looked at cost implications and timeframes. We jointly agreed to pursue one particular option and felt confident it was viable. Unfortunately, the cost implications proved prohibitive and forced all parties consider next step. An internal consultation with staff led SYEDA to commence seeking our own new premises as this would increase our options and remove some of the constraints implicit within a multi-party venture. We identified premises in the city centre and begun discussion with the landlord agent. We are confident that we will move into these in 2023.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2023

The ASERT pathway continued to move forward albeit at a slower pace than hoped. Weekly triage meetings were established between ourselves and Sheffield Eating Disorders service (NHS) to discuss cases and agree most appropriate response. Resources were allocated and set aside for migration across to a single IT system which would improve exchange of information and allow us access to more NHS records. The close of 2022/23 saw a reaffirming of the commitment by all parties to continue to move the agenda forward for the benefit of service users in Sheffield.

Rotherham

2022/23 was on continuation of activities in 2021/22 with similar levels of investment from the CCG. This also included a further investment in our training programme as demand in the previous year had exceeded the contracted outputs.

We became a key member of the newly established Eating Disorder Task and Finish Group. This brought together key stakeholders all concerned to improve provision and pathways. This felt like a hugely positive development and one we had been calling for continuously over the previous 2- 3 years. This development reflected a change in the strategic landscape across and led by the ICB which saw eating disorders given greater priority and expectations on strategic leads to allocate the time and resources to address gaps and establish forums for collaboration and planning.

Barnsley

2022/23 saw a big increase in our funding from Barnsley CCG which enabled us to expand our treatment options and take a fuller role in the emerging eating disorder pathway. We collaborated in weekly 3-way triage meetings with CAMHS ED team, COMPASS (led of delivery of in-school mental health support) and ourselves. This provided a clear pathways for treatment depending on presentation and significantly reduced waiting times or unnecessary duplication of processes.

We also continued to be a core member of the Barnsley Eating Disorder Working Group which brought together key stakeholders to identify gaps and agree solutions. A number of specific proposals were generated by the group and influenced commissioning plans and commitments; one of which will see a substantial increase in funding for an adult pathway in 2023/24.

The training we were commissioned to deliver in 2021/22 by Barnsley Council (following a successful bid to the Better Mental Health Fund) was independently evaluated by Manchester University- the evaluation concluded in September 2022 was a positive affirmation of the work we had undertaken and made a number of recommendations including:

1. There should be additional funding to enable SYEDA to facilitate practical skills-based training so that delegates can further develop the confidence and capability needed to apply evidence informed practices in support of low-level early interventions.
2. There should be additional funding to enable SYEDA to facilitate discrete workshops with schools and their connected MHST and 0-19 PHNS, supporting time for reflection that can lead on to the development of action and change management plans in support of a Whole School Approach.
3. The Barnsley Child and Young Persons Eating Disorder Working Group should consider commissioning a full Cost Based Analysis of the SYEDA training. It is important that the higher index of awareness enabled by SYEDA training is match funded against service provision so that agencies are adequately resourced to respond to the increasing number of referrals.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2023

We remain in discussions with relevant strategic partners to ensure some/all of the recommendations are enacted.

Education and training

Increased funding for our education and training provision saw us commence a recruitment drive in early 2023- we will have 3 additional posts operational in early 2023/24. The additional funding was in part a reflection of the increased requests for training and the very positive feedback we had received. We had also highlighted to commissioners the innovative approaches we had initiated during 2022/23; this included a 6 session body image workshop we launched at a secondary school in Sheffield- this was explicitly a preventative intervention aimed at young people displaying or articulating negative body image thoughts or behaviours but not yet developed into an eating disorder. The sessions were received well and feedback overall positive. We were clear in our intentions to use it as a pilot and undertake a detailed evaluation to assess what went well and what needs more thought/changing- the staff involved worked extremely hard to design, deliver and evaluate the project and present findings to staff and trustees.

We began work with an external designer to produce an education and training brochure for distribution in 2023/24:-

<https://www.syeda.org.uk/training-and-education-programme>

The brochure reflected the expansion of our capacity and a stronger focus on prevention and on Neurodivergence & eating disorders.

Staff and volunteers

Our staff team changed significantly during 2022/23 with 5 leavers and 5 starters. We also had 4 new starters at very beginning of 2023/24 increasing our staffing total to 22. The team possesses a very broad range of skills and experiences and have allowed us to deliver new and additional interventions. Our team lacks diversity and this remains a source of concern and something we continue to strive to address.

We utilised the skills within the staff team in a number of ways in addition to their core activities. One member of staff with extensive experience of leading complex compliance audits in residential settings undertook several internal audits for us. This included quality standards in eating disorders and Standards for referrals when a person has a diabetic diagnosis. All audits conducted included an action plan which has led to a number of key improvements in process and knowledge. It also meant we were able to fully comply with quality monitoring requirements from our commissioners.

Our use of volunteers remained confined to support group facilitators- an extremely crucial function and one we are extremely grateful for. There are usually up to 5 volunteer group facilitators.

Consultancy and research

We contributed to one piece of academic research and collaborated with 3 bids for research funding. The former was led by Northumbria University and looked at remote healthcare for eating disorders throughout covid-19 (RHED-C) the work involved extensive feedback from staff and services users and led to a detailed review of the pro's and cons of remote delivery and use of technology.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2023

Two of the research bids were focused on obesity and eating disorders and drew upon the emerging relationship between weight management and eating disorders services. Whilst neither bid was successful it did allow us to build links with Leeds University's obesity institute who continue to explore opportunities for future collaboration.

The final research bid is still awaiting a decision and is concerned with Implementing professional support for the voluntary sector workforce: A multi-case action research study.

We will continue to explore collaboration opportunities going forward and contribute to research where applicable.

Our expertise and experience were increasingly sought by third parties to address practice or to provide guidance and input into strategy and development plans. We worked with Sheffield Council's public health service to evaluate its promotional materials around healthy eating to ensure it did not contain unhelpful or negative images or narrative perpetuating concepts that can contribute towards an eating disorder. We were contracted as consultants to ensure eating disorders were considered in all food and weight related decisions/actions.

We were also contracted by COMPASS (a national charity providing health and wellbeing services for children, young people, adults, families and communities) to work with their leadership team to develop an early intervention plan for eating disorders. We have continued this relationship and look forward to support further developments in 2023/24.

Financial review and reserves policy

Funding

2022/23 continued the trend over the previous 2 years with the majority of our income coming from formal contracts with the NHS. We ceased to actively seek resources via fundraising related activities and for the first time in our history we had no charitable funding aside from small carry forwards from previously received grants i.e. Tudor trust. A significant change that did occur in the period and one we had actively sought/embedded in our 3-year business plan 2020-2023; we received confirmation that the baulk of the funding we receive from NHS commissioners in Sheffield, Barnsley and Rotherham would become recurring from 2023/24 - this was a most welcome development that provides us with core stability going forward. We have however recognised that being solely reliant upon NHS funding would be inadvisable and possibly restrictive. It is our intention therefore to develop a funding strategy in 2023/24 that includes our developmental aspirations and possible sources of funding.

Reserves policy

The Board has determined the following objectives:

- (a) A free reserves target of £150,000. This target is based upon an assessment of the reserves needed to:
 - Manage financial risks/future uncertainty and for
 - New opportunities/staying relevant.
- (b) To designate funds from free reserves to meet specific future plans as required and as resources permit.
- (c) To hold all restricted reserves in a liquid and risk-free form.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2023

At 31 March 2023 unrestricted reserves stood at £416,670. This reserves policy informs the Board's annual budget-setting. The Board will monitor financial performance against budget at least quarterly. There were no designated funds at the year end.

The board recognised the significant additional costs associated with the planned relocation; these included the cost of meeting lease liabilities on 2 properties as we are tied into a lease on our current premises until September 2024, this could an additional £25,000 to our rental costs in addition to costs related to repairs to our current premises and remodelling of our new premises which we hope to lease in summer or Autumn 2023.

Investment policy

The charity have invested excess cash in an interest bearing account, and review placing a portion of our reserves in a higher interest account regularly.

The board have recognised that retaining a flexible approach to utilising reserves is beneficial for service continuity and being able to quickly invest in served development as and when needed.

Risk management

Trustees are aware of their responsibilities in managing the risks of SYEDA. A risk register, covering all organisational areas including services, finances, staffing, building, equipment and governance is in place and is reviewed annually. Individual areas are looked at in respect of high, medium and low priority risk levels and the impact this might have.

Mitigating activities have been highlighted with a monitoring eye kept on them. Policies and procedures continue to be created and revised on an ongoing basis to update the organisation in line with changing legislation and demand.

The annual risk register assessment highlighted a number of principle risks. These included:

- health and safety considerations (staff and services)
- data protection compliance and breeches
- financial procedures and management
- funding gaps and uncertainty

We have put in place a number of additional measures to reduce the risk. This has included increasing frequency of health and safety inspections to bi-weekly from monthly, requiring staff to attend more intensive data protection training than in previous years, employing the services of an external bookkeeper and developing a funding strategy with staff and trustees.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2023

Future plans

Staff and trustees are attending a joint away day in 2023 to agree a vision for the next 3-5 years. This will draw upon and highlight distance travelled in last 3 years and identify gaps, opportunities and risks going forward.

A number of exiting opportunities and developments were agreed with commissioners for delivery in 2023/24. This included:

- a peer recovery service to support individuals awaiting an inpatient SEDU admission, during an inpatient admission, and transfer of care back to community teams on stepping down from an inpatient admission. Peer support is based on the recognition that there is no better person to support the path towards recovery than someone who has walked the same path as that individual.
- A diabetes and eating disorder service. Delivering interventions for people with diabetes and eating disorders. These will be co-designed with people affected by these conditions and informed by existing interventions for eating disorders not specific to people with diabetes. Give equal weight to mental and physical health when using endpoints to establish the success of any intervention. Focus on each type of diabetes separately, given the varied experiences of people with different forms of diabetes and the potential impact of stigma.
- Delivery of additional training for professional staff including MHST's, 0-19 services etc
- Delivery of topical workshops for young people e.g.) Body Image Workshop
- Provision of additional clinical support and supervision
- Focused work around FREED and the transition between children's and adult services

The last four bullet points were all contained within a service specification agreed with all 4 South Yorkshire CYP commissioners to address gaps in existing provision. This was the first iteration of a collaborative approach we anticipate will become then norm going forward with services commissioned on a South Yorkshire bases rather than in individual localities.

We also plan to formally submit bids for tier 2 weight management services in partnership with existing providers. This will introduce a much-needed psychological framework to ensure individuals are able to access the appropriate support and treatment for their negative relationship with food, body etc.

The ASERT pathway in Sheffield will continue to be a priority objective but maybe superseded by a wider South Yorkshire agenda with the ICB taking a more proactive and central role in designing and commissioning South Yorkshire wide solutions. We will remain active and vocal in all appropriate forums.

We will work with our partner organisations in RECAN (<https://www.redcan.org.uk>) to explore joint initiatives and continue to strive to see a member delivering services in every part of the country.

We will continue to explore all funding opportunities to diversify our income streams to be combine less reliant on NHS funding.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2023

Trustees' responsibilities in relation to the financial statements

The charity trustees (who are also the directors for the purposes of company law) are responsible for preparing a Trustees' Annual Report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The report and accounts have been prepared in accordance with the provisions in the Companies Act 2006 relating to small companies.

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure, of the charitable group for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Small company provisions:

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

Approved by the board on 21st November 2023 and signed on its behalf by:



Matthew Peers
Chair of trustees

Independent Examiner's report to the Trustees of South Yorkshire Eating Disorders Association ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Signed: _____
Sarah Lightfoot, FCA DChA
Seven Hills Accountants Limited
57 Burton Street
Sheffield
S6 2HH

Date: _____

South Yorkshire Eating Disorders Association

Statement of financial activities (incorporating the income and expenditure account)

For the year ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Income from:							
Donations and grants	2	4,222	-	4,222	7,973	-	7,973
Charitable activities	3	658,305	-	658,305	443,814	108,312	552,126
Fundraising		891	-	891	541	3,521	4,062
Investments - bank interest		4,343	-	4,343	152	-	152
Total income		667,761	-	667,761	452,480	111,833	564,313
Expenditure on:							
Fundraising activities		467	29	496	216	-	216
Charitable activities	4	496,302	51,830	548,132	392,674	94,949	487,623
Total expenditure		496,769	51,859	548,628	392,890	94,949	487,839
Net movement in funds		172,017	(52,884)	119,133	59,590	16,884	76,474
Total funds brought forward		244,653	56,580	301,233	185,063	39,696	224,759
Total funds carried forward		416,670	3,696	420,366	244,653	56,580	301,233

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

South Yorkshire Eating Disorders Association

Balance sheet
As at 31 March 2023

	Notes	2023 £	2022 £
Fixed Assets			
Tangible Assets	8	5,173	5,325
Current assets			
Debtors	9	30,024	4,250
Cash at bank and in hand		681,591	654,086
Total current assets		711,615	658,336
Creditors: amounts falling due within one year	10	(296,422)	(362,428)
Net current assets		415,193	295,908
Total assets less current liabilities		420,366	301,233
Creditors: amounts falling due after more than one year		-	-
Total net assets		420,366	301,233
Funds of the Charity			
General funds		416,670	244,653
Designated funds	12	-	-
Total unrestricted funds		416,670	244,653
Restricted income funds	13	3,696	56,580
Total funds	14	420,366	301,233

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 21st November 2023 and signed on their behalf by:



Matthew Peers
Chair of trustees

South Yorkshire Eating Disorders Association

Statement of cash flows

For the year ended 31 March 2023

		2023 £	2022 £
Reconciliation of net expenditure to net cash flow from operating activities			
Net income/(expenditure) for the year (as per the SOFA)	119,133	76,474	
Adjustments for:			
(Increase)/decrease in debtors	(25,774)	1,948	
Increase/(decrease) in creditors	(66,006)	190,457	
Investment income	(4,343)	(152)	
Depreciation	2,439	-	
Cash flows from operating activities			
Net cash provided by/(used in) operating activities		25,449	268,727
Cash flows from investing activities			
Investment income	4,343	152	
Purchase of fixed assets	(2,287)	(5,325)	
Net cash (used in)/provided by investing activities		2,056	(5,173)
Change in cash and cash equivalents		27,505	263,554
Cash and cash equivalents at the beginning of the year		654,086	390,532
Cash and cash equivalents at the end of the year		681,591	654,086

Notes to the Accounts

For the year ended 31 March 2023

1 Accounting Policies

(a) Basis of preparation

South Yorkshire Eating Disorders Association is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is given in the company information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011.

The charity meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to the accounts. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the service provision or as a multi-year grant is deferred until the period relating to the service or activity.

(c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Overheads are assigned to projects based on a monthly calculation of staff time.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rate per annum is as follows:

Computer equipment - 3 years straight line

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Notes to the Accounts - continued
For the year ended 31 March 2023

(h) Fund accounting

1 Accounting Policies - continued

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

(i) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

(j) Operating lease rentals

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

(k) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Donations	4,222	-	4,222	7,973	-	7,973
	4,222	-	4,222	7,973	-	7,973

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Grants						
Projects						
Big Lottery Fund	-	-	-	-	45,206	45,206
The Tudor Trust	-	-	-	-	13,332	13,332
The Talbot Trust	-	-	-	-	5,000	5,000
South Yorkshire's Community Foundation	-	-	-	-	7,240	7,240
Grants total	-	-	-	-	70,778	70,778
Service level agreements and contractual grants						
Clinical services	622,908	-	622,908	411,618	-	411,618
Training income	33,847	-	33,847	13,786	37,534	51,320
Service charges	1,550	-	1,550	18,410	-	18,410
	658,305	-	658,305	443,814	108,312	552,126

Notes to the Accounts - continued
For the year ended 31 March 2023

4 Expenditure on charitable activities

		Unrestricted funds	Restricted funds	Total 2023	Unrestricted funds	Restricted funds	Total 2022
	Note	£	£	£	£	£	£
Service delivery		1,846	-	1,846	1,820	748	2,568
Staff Costs - salaries	4	435,114	46,196	481,310	345,978	80,292	426,270
Other staff (and volunteer) costs		12,399	990	13,389	9,257	1,313	10,570
Professional fees		4,257	264	4,521	3,150	602	3,752
Rent		11,250	1,250	12,500	9,821	2,679	12,500
Other premises and cleaning costs		8,749	753	9,502	5,459	3,650	9,109
Telephone costs		4,192	142	4,334	4,499	452	4,951
IT equipment, maintenance and support		5,028	547	5,575	3,947	947	4,894
Depreciation		2,439	-	2,439	-	-	-
Insurance		2,119	232	2,351	1,584	442	2,026
Stationery and office supplies		4,126	784	4,910	4,157	1,828	5,985
Other costs		2,240	395	2,635	1,191	1,527	2,718
Fees for external scrutiny of accounts	5	2,543	277	2,820	1,811	469	2,280
		496,302	51,830	548,132	392,674	94,949	487,623

The charity has one reportable activity - all direct and support costs are listed above.

5 Staff Costs

	2023 £	2022 £
Salaries	430,647	388,135
Employer's National Insurance	40,520	32,407
Employer's allowance	(5,000)	(4,000)
Pension costs	15,143	9,728
	481,310	426,270

No employee received emoluments of more than £60,000. The average number of employees during the period was 17 (2022: 18).

6 Fees to independent examiner's organisation

	2023 £	2022 £
Fee for independent examination	2,820	2,280

There were no other fees paid to the independent examiner's organisation in the year.

7 Trustees and key management remuneration, benefits and expenses

Trustees received no remuneration, benefits or expenses in this period except expenses paid in connection with their duties as volunteers (2022: £nil).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Clinical Manager and the Office Manager. The total employee benefits of the key management personnel of the charity were £130,641 (2022: £111,786).

Notes to the Accounts - continued
For the year ended 31 March 2023

8 Tangible Fixed Assets

	Computer equipment £	Total £
Cost or Valuation		
As at 1 April 2022	5,325	5,325
Additions	2,287	2,287
As at 31 March 2023	7,612	7,612
Depreciation		
As at 1 April 2022	-	-
Charge this period	2,439	2,439
As at 31 March 2023	2,439	2,439
Net Book Value		
As at 31 March 2023	5,173	5,173
As at 31 March 2022	5,325	5,325

9 Debtors

	2023 £	2022 £
Trade debtors	25,000	-
Prepayments	5,024	4,250
	30,024	4,250

10 Creditors: amounts falling due within one year

	Note	2023 £	2022 £
Trade creditors		5,176	10,888
Accruals		3,539	2,808
Other creditors		10,207	11,432
Deferred income	11	277,500	337,300
		296,422	362,428

11 Deferred income

	2023 £	2022 £
Deferred income brought forward	337,300	155,232
Income released in the year	(337,300)	(155,232)
Income received in the year	277,500	337,300
Deferred income carried forward	277,500	337,300

Deferred income relates to monies received in advance of the date of the service it is provided for.

Notes to the Accounts - continued
For the year ended 31 March 2023

12 Designated funds

There were no designated funds during this financial year.

<i>Prior year comparison</i>	<i>Balance at 31-Mar-21</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance at 31-Mar-22</i>
	£	£	£	£	£
<i>Prevention & Early Intervention contract</i>	39,018	72,799	(105,715)	(6,102)	-
	39,018	72,799	(105,715)	(6,102)	-

Prevention & Early Intervention contract

The trustees designated this contract as it spanned two financial years - the work was completed by the end of the financial year, so the unspent funds have been transferred to the general fund.

13 Restricted funds

	<i>Balance at 01-Apr-22</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance at 31-Mar-23</i>
	£	£	£	£	£
The Tudor Trust: Business Development Manager	13,940	-	(6,894)	(7,046)	-
Training	33,200	-	(32,175)	(1,025)	-
Carer's post	9,440	-	(12,790)	7,046	3,696
	56,580	-	(51,859)	(1,025)	3,696

The Tudor Trust: Business Development Manager

Funding to employ a business development manager with a specific focus on sustaining and expanding our outreach capacity. When this post ceased, the funders allowed the remaining funds to be put towards the Carer's post.

Training

A restricted training grant provided by Barnsley MBC for training delivery. The training has been delivered in accordance with the agreement, and so the funding balance has been transferred to unrestricted funds.

Carer's post

Funding received from a number of funders, and from our own fundraising to support our carers services - carers are a critical part of ensuring the recovery of someone affected by an eating disorder.

<i>Prior year comparison</i>	<i>Balance at 31-Mar-21</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance at 31-Mar-22</i>
	£	£	£	£	£
<i>Big Lottery Fund: Reaching Communities</i>	9,284	45,206	(42,816)	(11,674)	-
<i>CBT10 Project</i>	5,952	-	(17,626)	11,674	-
<i>Business Development Manager</i>	24,069	13,332	(23,461)	-	13,940
<i>Staff wellbeing</i>	391	-	(391)	-	-
<i>Training</i>	-	37,534	(4,334)	-	33,200
<i>Carer's post</i>	-	15,761	(6,321)	-	9,440
	39,696	111,833	(94,949)	-	56,580

Notes to the Accounts - continued
For the year ended 31 March 2023

14 Net assets by fund

	General funds £	Restricted funds £	Total 2023 £
Tangible Assets	5,173	-	5,173
Net current assets	411,497	3,696	415,193
	416,670	3,696	420,366

Prior year comparative

	General funds £	Restricted funds £	Total 2022 £
Tangible Assets	5,325	-	5,325
Net current assets	239,328	56,580	295,908
	244,653	56,580	301,233

15 Operating lease commitments

As at 31 March 2023 the charity was committed to making the following payments under operating leases as follows:

	2023 £	2022 £
Payable within 1 year	4,865	3,744
Payable between 1-5 years	9,718	22,940
	14,583	26,684

16 Related party transactions

A trustee's close family member is employed in the charity on the same terms as other employees. The trustee declares their conflict of interest during pay review discussions.

There have been no further related party transactions during the year that are not included in note 7.

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales - Charity number 1114451

Accounts

South Yorkshire Eating Disorders Association

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Company registration number: 05689222
Charity registration number: 1114451

South Yorkshire Eating Disorders Association

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2022

South Yorkshire Eating Disorders Association

Legal and administrative information For the year ended 31 March 2022

Registered Charity Number

1114451

Registered Company Number

05689222

Directors (Trustees)

Matthew Peers	Chair
Paul Mount	Treasurer
Rebecca Woolley	Secretary
Jenny Allen	
Maggie Young	
Steven Ripplin	
Debbie Bell	
Jennifer Longden	

Appointed on 22 November 2021

Company secretary

Chris Hood

Key management

Chief Executive Officer	Chris Hood
Clinical Manager	Michelle Hinde
Office Manager	Lauren Lawson

Registered Office

South Yorkshire Eating Disorders Association
26 – 28 Bedford Street
Neepsend
Sheffield
S6 3BT

Independent Examiner

Sarah Lightfoot, FCA DChA
Employee of:
VAS Community Accountancy
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2022

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

Structure, governance and management

The organisation is operated under the rules of its memorandum and articles of association, which were adopted 27 January 2006 and updated on 30 June 2009. The organisation became a registered charity on 31 May 2006. The company is limited by guarantee and therefore has no share capital.

Directors meet bi-monthly to oversee South Yorkshire Eating Disorders Association's (SYEDA) strategy, policy and delivery. The Chief Executive Officer (CEO) is responsible for managing the staff team, finances and the delivery of SYEDA's services, working closely with the Chair, Treasurer and the Board.

New trustees go through a recruitment process and do not start before references are obtained.

Objectives, aims and activities

The objects of the Charity are:

- The relief of those suffering from anorexia nervosa, bulimia nervosa and other eating disorders ('eating disorders')
- the preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders
- the education of the public in respect of the nature and treatment of eating disorders.

Our mission is to ensure that:

- Eating disorders are quickly recognised and understood by those affected or at risk
- Information, guidance, support and therapeutic services are easily accessible to sufferers and carers
- Professional services respond quickly, effectively, and seamlessly to provide the help needed.

Our aims are:

- To provide open and accessible information and help for those with an eating disorder
- Prevent EDs from arising by increasing awareness & improving self image
- Support early diagnosis, prompt assessment and early intervention
- Develop clear support pathways and joined-up working between services
- Support carers and help them to provide good care
- Ensure the availability of long-term, post-discharge and relapse prevention support
- Ensure that services are planned strategically and resourced sufficiently to meet need
- Involve service users in the design and delivery of services.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

We offer the following services, to fulfil our objectives:

- support groups,
- CBT,
- Counselling/talking therapy,
- occupational therapy,
- goal focused therapy,
- creative therapies,
- a range of education/training programmes

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

At SYEDA, where the organisation supports those predominantly affected by mild to moderate eating disorders including with carers, early intervention is key in building the motivation and resilience of service users to seek and achieve recovery. Services such as complimentary therapies, support groups, counselling and information, delivered in a caring and safe environment enable personal issues to be aired and approaches to be explored that best suit individual need. Confidentiality is upheld as paramount. Awareness of and training in eating disorders to professionals such as teachers and GP's are other ways in which SYEDA supports public benefit.

Achievements and performance

2021/22 was SYEDA's 25th anniversary and much of our activity during this period was dedicated to celebrating our development from small beginnings to a respected, professional and region wide service. We reflected on our impact and in the need to further expand and diversify our service. We used the significant milestone to refresh our branding and reach out to many stakeholders. It also provided us with an additional focus for fundraising purposes.

The challenges faced by our beneficiaries and our service mirrored many of those highlighted in our report for 2020/21; the COVID pandemic continued to exacerbate the mental health of so many people and place additional strain on our staff. We continued to offer a hybrid service with face-to-face support offered when safe to do so and the option of phone or video support available throughout the year.

Clinical activity

Our focus remained delivering direct therapeutic support to individuals affected by an eating disorder. Demand for our service remained very high with more than 560 referrals received- 95% being self-referrals. This placed enormous pressure on one of our core aims to be a service that '**supports early diagnosis, prompt assessment and early intervention**', much of our clinical activity was directed to ensuring everyone was assessed quickly; this combined with significant demand meant our waiting time for treatment post assessment was much longer than acceptable or conducive to desired outcomes as all available evidence highlighted that the earlier a treatment is accessed the better the prognoses. Over 390 individuals did however access one of our treatments during this period and outcomes achieved- based upon a range of clinical measures- was consistent with previous years despite additional factors, more than 80% reported positive changes to mental health, relationship with food etc.

Directors' report (incorporating the Trustees' annual report) - continued
For the year ended 31 March 2022

Our response to excessive waiting times was formulated through discussions with staff, trustees, and service users and drew upon examples of good practice elsewhere. We prioritised securing additional resources to further expand our clinical capacity and developed a raft of on-line resources to support those waiting, this included many helpful videos made by our clinical staff - <https://www.syeda.org.uk/self-help-resources>.

One significant development in 2021/22 was the commencement of our dedicated carers project. This had been an aspiration for a number of years and the fulfilment of one of our core aims:- **Support carers and help them to provide good care**. We prioritised this project in all our fundraising activities. This included applications to funders including the Talbot Trust, the South Yorkshire Mayors Fund. We secured around £15,000 which allowed us to employ a part-time carers worker. The post holder was tasked with offering carers 1-2-1 therapy, delivering our 6-session treading on eggshells course, and promoting our carers (friends and family) support group. We are committed to the continuation of this service and post and will continue to prioritise fundraising activities for this.

We continued to deliver services in 3 of the local authority areas of South Yorkshire- Sheffield, Rotherham, and Barnsley. In each locality we offered a range of services for both adults and children and young people;

Sheffield remained primary area of activity both in terms and demand and clinical capacity. We continued to be commissioned by Sheffield CCG to deliver the prevention and early intervention service and our core adult service. We submitted a business case to the CCG for a significant and recurring increase in our funding to better reflect demand and our activity and remove the uncertainty associated with reliance upon outcome of funding applications to charitable trusts. The CCG approved our proposal and confirmed level of funding from 2022/23 and beyond.

The funding from Sheffield CCG enabled us to expand our admin capacity and diversify our clinical offer. We were awarded funding to establish a transition worker. This post and service was explicitly created to support young people (15 to 16 years old) transitioning from CAMHS eating disorders services to adult services. This has been a much needed and successful service development with many young able to be discharged from services after working with our transition worker.

We also begun delivering goal-based therapy which combines a range of therapeutic approaches and can be used for a number of clinical presentations including ARFID (Avoidant restrictive food intake disorder); a condition characterised by the person avoiding certain foods or types of food, having restricted intake in terms of overall amount eaten, or both. This is a condition often associated with autism and is something many services are struggling to address/treat. We have committed to seek resources to treat more sufferers going forward.

As in 2020/21 much of our management time was dedicated to supporting the development of an all age single pathway for anyone with an eating disorder in Sheffield. This was a joint initiative with Sheffield Health and Social Care NHS trust (adults), Sheffield Children's Hospital NHS trust and SYEDA. We agreed the service would be called ASERT and would include a single-entry point. During the year the Children's Hospital decided to withdraw from phase one resulting in the pilot being an over 16 year old only service. We continued in the design stage as the year drew to a close but optimistic that key milestones would be established in 2022/23 and we look forward to highlighting achievements in the report for that financial year.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

Rotherham

Our service capacity increased during 2021/22 to reflect increasing demand. Rotherham CCG increased their investment in our services in response from concerns raised by many stakeholders across the health sector about increases in people presenting to them with disordered eating behaviours. The increase in funding was primarily for our work with adults and was guaranteed for at least until 2023/24. The additional funding allowed us to increase and diversify our clinical offer to include CBT-T for the first time and extra counselling capacity.

We continued to deliver 1-2-1 therapeutic support to young people in several secondary schools. We began exploring alternative delivery models with commissioners based upon discussions we were having in Barnsley. Our ambition was and is to support as many young people in need and not restrict that to a few schools. We also wanted to build partners with key partners i.e. CAMHS and other CYP mental health services. Agreement was reached to pilot a community-based approach in 2022/23 and will report on its progress in the annual report for that year.

Commissioners were keen to explore training options with us and they agreed to commission us in 2022/23 to deliver training to primary care professionals in 2022/23.

Barnsley

There was much to commend during this year in terms of stakeholder engagement and service expansion. In many ways Barnsley led the way on innovative ways of working and collaboration.

We continued to be commissioned by the CCG to deliver services to both adults and children. This mirrored the delivery model we had in Rotherham and though felt a positive and impactful service we were anxious to explore ways to improve our reach and impact further.

We were one of the founding members of the **eating disorders working group** along with colleagues CAMHS, the local authority and another voluntary sector organisation. The group was primarily concerned with improving access and outcomes for children and young people with an eating disorder. It had an explicitly prevention and early intervention agenda which complimented our core mission and ethos. One of the early points of consensus was the need for training on eating disorders for key groups of professionals working with children and young people. An opportunity to apply for funding to deliver training as part of a wider response to post pandemic mental health problems faced by young people arose with the better mental health fund. We were commissioned/tasked by Barnsley council who received the funding with delivering sessions to around 200 professionals in 2021/22. This included GP's, CAMHS staff and public health colleagues. The training was a crucial part of transforming awareness, practice, and collaboration.

This fed into the wider discussion about new ways of working to expand access for children and young people. The group agreed to pilot a multi-agency approach to triaging and allocation. This involved ourselves, CAMHS and COMPASS; another voluntary sector provider. The pilot saw us move out of delivering in secondary schools ourselves and instead focus on young people from across the borough. It also saw us provide advice, guidance and supervision to COMPASS staff so they could work with young at the very early stages of an eating disorder in all schools in Barnsley. This pilot would ensure that every young person would be seen by the right agency, offered the right intervention and most importantly seen quickly. The pilot was to be officially launching in May 2022 and we will cover its development and impact in our next annual report. The pilot and all its component parts resulted in a substantial increase in the value of our contact with the CCG for 2022/23.

South Yorkshire Eating Disorders Association

Directors' report (Incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

We were informed by Barnsley council that the training we delivered as part of the better mental health fund was to be independently evaluated by academics from Manchester University. This process began in March 2022 and the final report will be completed during 2022 and will be covered in our next annual report.

The work we did with COMPASS led to one of the other significant developments in 2021/22; members of the working group worked extensively to agree a new delivery model for children and young people presenting with eating disorder related thoughts and/or behaviours. We agreed upon a threshold demarcation which would determine which service was best suited to support the young person. It was agreed that allocation decisions would be made collectively at a weekly triage meeting. It was also agreed that we would provide on going support, training, and supervision for COMPASS staff to enable them to support young people with mild presentations. The model we collectively agreed upon was one we promoted in discussion with partners in other localities and we are hopeful that it will be replicated in 2022/23.

Education and training

We expanded our training capacity in 2021 to ensure we could respond to increasing numbers of requests for training and to meet contractual obligations. Unsurprisingly much demand came from health professionals dealing with eating disorder presentations and in many instances for the first time. We trained over 500 professionals and delivered education sessions to over 200 young people in this year. We also developed an on-line learning resource for primary care staff in Sheffield. This enabled GP's and colleagues to look at our learning materials in their own time. We have developed a similar package for teaching staff in Barnsley which will be available in summer 2022.

One key outcome of our training programme has been our engagement with the obesity agenda. We actively sought to influence the conversation around weight and how services approach the issue as we felt too little attention was paid to psychological considerations. We were also concerned about the consequences of the focus on calories and good vs bad foods. Our engagement led to some important discussions with public health officers responsible for commissioning weight management services. We were invited to formally contribute to all future discussions and help other services change language and approach.

Staff and volunteers

The achievements listed thus far would not have been possible without the dedication, resilience and passion of our staff and volunteers. Our staff team grew during this year and was enriched by the experience and skills new team members brought in. The pandemic increased the complexity of presentations our clinical team worked with, thus necessitating additional investment in training and in staff wellbeing. We received some additional funding from the Tudor Trust specifically for staff wellbeing. We utilised this money in a number of ways including offering all staff membership of Westfield health scheme. We also established bi-monthly wellbeing morning and had a dedicated wellbeing week in July 2021; this included whole team and volunteer picnic, walks, talks, complimentary therapies, and a joint celebration with trustees. Everyone reported feeling re-connected, re-charged, and valued. Our use of volunteers was primarily for facilitating our monthly support groups. We had 2 experts by experience volunteering with us: one supporting our admin team and the other our education and training delivery. Our trustees continued to volunteer their time to attend bi-monthly meetings and offer their knowledge, expertise and commitment as often as required.

South Yorkshire Eating Disorders Association

Directors' report (Incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

2021 saw the launch of REDCAN- a network of charities working exclusively with eating disorders. We played a key role in establishing its vision and terms of reference. It was such a positive affirmation to hear the creative solutions offered by our peers to the same challenges we have faced- increase demand, change in complexity of presentations, psychological impact on staff. The network gave us access to national policy makers and key NHS strategists who heard how prevention and early intervention objectives were being delivered by third sector providers.

We launched a monthly e-bulletin in 2021 which we distributed to over 3000 stakeholders. Each bulletin focused on a particular issue including carers, coping with Christmas, safe exercising and self-care techniques. We received very positive feedback from service users who found the range of issues covered very helpful. We also launched a number of helpful videos made by staff on issues such as 'Mindfulness and Eating Disorder Recovery', 'The Benefits of Regular Eating for Eating Disorder Recovery' and 'what is counselling'. These were produced in response to increasing waiting times for treatment and the need to find additional methods to support people. These videos are all available on our website and we will add to the resources available over the next year.

2021/22 was year 2 of our 3-year business plan. The plan reminded a key point of focus for all our developmental and delivery objectives. As can be seen by the details above we met most of our year 2 objectives:

- ✓ Expand and roll out provision of our therapeutic services, particularly CBT-T.
- ✓ Establish dedicated carers service and increase frequency of treading on eggshells course.
- ✓ Expansion and diversification of our education and training provision.
- ✓ Increase allocation of resources for staff training and well-being
- ✓ Utilise technology to ease access to support and improve external communications

Financial review and reserves policy

2021/22 was the first year where our income and expenditure exceeded £500,000. This reflects an increase in contractual income and our staffing capacity. Both were extremely welcome. The improvement in our finances allowed us to invest more in staff via improvement to terms and conditions and through providing more access to training opportunities. We also used it to improve our internal functions; this included upgrade so our phone and IT systems and purchase of a suite of laptops.

Various funders have funded clinical services for multiple years – a proportion of income has been deferred in the year. There is an anticipated decrease in income for 2022/23 which will be offset by this carry forward we had at end of 2021/22. This provides a longer period of certainty and stability than had been the case in previous years.

South Yorkshire Eating Disorders Association

Directors' report (Incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

Reserves policy

The Board has determined the following objectives:

- (a) A free reserves target of £140k. This target is based upon an assessment of the reserves needed to:
 - Cover liabilities and wind-up costs
 - Provide working capital for cash-flow
 - Assist in managing risk by accommodating unplanned variations to budget
- (b) To designate funds from free reserves to meet specific future plans as required and as resources permit.
- (c) To hold all restricted reserves in a liquid and risk-free form.

As at 31 March 2022 there were £239,328 free reserves (general funds excluding fixed assets), which exceeds the free reserves target. This excess of reserves will allow for the continuation of services if income decreases, and also provide for a longer period of certainty and stability for the organisation.

There were £56,580 restricted funds, which were restricted to a project or service by the donor. All reserves are held in accessible bank accounts.

This reserves policy informs the Board's annual budget setting. The Board will monitor financial performance against budget at least quarterly. The Board will review the reserves policy in November 2022.

Risk management

Trustees are aware of their responsibilities in managing the risks of SYEDA. A risk register, covering all organisational areas including services, finances, staffing, building, equipment and governance is in place and is reviewed annually. Individual areas are looked at in respect of high, medium and low priority risk levels and the impact this might have.

Mitigating activities have been highlighted with a monitoring eye kept on them. Policies and procedures continue to be created and revised on an ongoing basis to update the organisation in line with changing legislation and demand.

Future plans

The success in securing recurrent funding from CCG's in Sheffield, Rotherham and Barnsley reduces the pressure going forward to chase funding to deliver our core services. This allows more energy to be directed towards consolidation and to improving internal processes and practice. We are committed to support our staff's professional development and wellbeing through additional investment in training and continuation of regular wellbeing events.

We have had strong indications from Doncaster CCG that our lobbying for a contract to re-start delivery will be committed to in 2022/23 and we would wish to see its consolidation over the proceeding years.

South Yorkshire Eating Disorders Association

Directors' report (Incorporating the Trustees' annual report) - continued For the year ended 31 March 2022

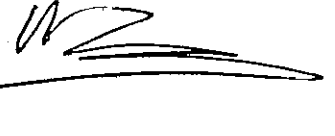
We will begin work on our next Business plan for 2023 and beyond; many of its anticipated ambitions will reflect initiatives started in this year and developed further in 2022/23. This will include expanding our consultancy work to reflect our work with public health and COMPASS. We will learn from our group work initiatives being launched in 2022/23 and work with partners in REDCAN to influence policy makers and commissioners.

We will re-double our efforts to place our service user at the centre of all our development plans and seek to meet as many unmet needs as possible.

Small company provisions:

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

Approved by the board on 22/11/22 and signed on its behalf by:



Matthew Peers
Chair of trustees

Independent Examiner's report to the Trustees of South Yorkshire Eating Disorders Association ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

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

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

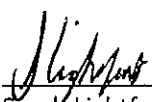
Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Signed: 
Sarah Lightfoot, FCA, DChA
Employee of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 1 December 2022

South Yorkshire Eating Disorders Association

Statement of financial activities (incorporating the income and expenditure account) For the year ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Income from:							
Donations and grants	2	7,973	-	7,973	55,586	-	55,586
Charitable activities	3	443,814	108,312	552,126	278,334	158,364	436,698
Fundraising		541	3,521	4,062	5,314	-	5,314
Investments - bank interest		152	-	152	152	-	152
Total Income		452,480	111,833	564,313	339,386	158,364	497,750
Expenditure on:							
Fundraising activities		216	-	216	601	190	791
Charitable activities	4	392,674	94,949	487,623	235,504	156,633	392,137
Total expenditure		392,890	94,949	487,839	236,105	156,823	392,928
Net movement in funds		59,590	16,884	76,474	103,281	1,541	104,822
Total funds brought forward		185,063	39,696	224,759	81,782	38,155	119,937
Total funds carried forward		244,653	56,580	301,233	185,063	39,696	224,759

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

South Yorkshire Eating Disorders Association

Balance sheet As at 31 March 2022

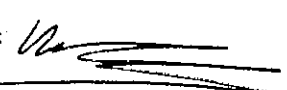
	Notes	2022 £	2021 £
Fixed Assets			
Tangible Assets	8	5,325	-
Current assets			
Debtors	9	4,250	6,198
Cash at bank and in hand		654,086	390,532
Total current assets		658,336	396,730
Creditors: amounts falling due within one year	10	(362,428)	(171,971)
Net current assets		295,908	224,759
Total assets less current liabilities		301,233	224,759
Creditors: amounts falling due after more than one year		-	-
Total net assets		301,233	224,759
Funds of the Charity			
General funds		244,653	146,045
Designated funds	12	-	39,018
Total unrestricted funds		244,653	185,063
Restricted income funds	13	56,580	39,696
Total funds	14	301,233	224,759

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 22/11/22 and signed on their behalf by: 

Matthew Peers
Chair of trustees

South Yorkshire Eating Disorders Association

Statement of cash flows
For the year ended 31 March 2022

	Notes	2022 £	2021 £
Reconciliation of net expenditure to net cash flow from operating activities			
Net Income/(expenditure) for the year (as per the SOFA)	76,474	104,822	
Adjustments for:			
(Increase)/decrease in debtors	1,948	9,344	
Increase/(decrease) in creditors	190,457	90,128	
Investment income	(152)	(152)	
Cash flows from operating activities			
Net cash provided by/(used in) operating activities		268,727	204,142
Cash flows from Investing activities			
Investment Income	152	152	
Purchase of fixed assets	(5,325)	-	
Net cash (used in)/provided by investing activities		(5,173)	152
Change in cash and cash equivalents		263,554	204,294
Cash and cash equivalents at the beginning of the year		390,532	186,238
Cash and cash equivalents at the end of the year		<u>654,086</u>	<u>390,532</u>

Notes to the Accounts
For the year ended 31 March 2022

1 Accounting Policies

(a) Basis of preparation

South Yorkshire Eating Disorders Association is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the company information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to the accounts. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the service provision or as a multi-year grant is deferred until the period relating to the service or activity.

(c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Overheads are assigned to projects based on a monthly calculation of staff time.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rate per annum is as follows:

Computer equipment - 3 years straight

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

(i) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

Notes to the Accounts - continued
For the year ended 31 March 2022

1 Accounting Policies - continued

(j) Operating lease rentals

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

(k) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Donations	7,973	-	7,973	54,086	-	54,086
The Talbot Trust	-	-	-	1,500	-	1,500
	7,973	-	7,973	55,586	-	55,586

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Grants						
Projects						
Big Lottery Fund	-	45,206	45,206	-	112,030	112,030
The Tudor Trust	-	13,332	13,332	-	33,334	33,334
The Talbot Trust	-	5,000	5,000	-	-	-
South Yorkshire's Community Foundation	-	7,240	7,240	-	-	-
The Tudor Trust	-	-	-	-	2,000	2,000
The Breims Trust	-	-	-	-	5,000	5,000
Company of Cutlers Charitable Trust	-	-	-	-	1,000	1,000
South Yorkshire's Community Foundation	-	-	-	-	5,000	5,000
Grants total	-	70,778	70,778	-	158,364	158,364
Service level agreements and contractual grants						
Clinical services	411,618	-	411,618	266,274	-	266,274
Training income	13,786	37,534	51,320	11,920	-	11,920
Service charges	18,410	-	18,410	140	-	140
	443,814	108,312	552,126	278,334	158,364	436,698

4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2022 £	Unrestricted funds £	Restricted funds £	Total 2021 £
Note						
Service delivery	1,820	748	2,568	505	305	810
Staff Costs - salaries	345,978	80,292	426,270	203,733	134,196	337,929
Other staff (and volunteer) costs	9,257	1,313	10,570	2,484	2,487	4,971
Professional fees	3,150	602	3,752	1,030	1,708	2,738
Rent	9,821	2,679	12,500	8,376	4,124	12,500
Other premises and cleaning costs	5,459	3,650	9,109	3,507	1,728	5,235
Telephone costs	4,499	452	4,951	5,119	370	5,489
IT equipment, maintenance and support	3,947	947	4,894	4,850	7,136	11,986
Insurance	1,584	442	2,026	1,251	616	1,867
Stationery and office supplies	4,157	1,828	5,985	1,260	2,770	4,030
Other costs	1,191	1,527	2,718	1,862	440	2,302
Fees for external scrutiny of accounts	1,811	469	2,280	1,527	753	2,280
	392,674	94,949	487,623	235,504	156,633	392,137

Notes to the Accounts - continued
For the year ended 31 March 2022

5 Staff Costs

	2022 £	2021 £
Salaries	388,135	307,142
Employer's National Insurance	32,407	23,836
Employer's allowance	(4,000)	(4,000)
Pension costs	9,728	10,951
	426,270	337,929

No employee received emoluments of more than £60,000. The average number of employees during the period was 18 (2021: 16).

6 Fees to Independent examiner's organisation

	2022 £	2021 £
Fee for Independent examination	2,280	2,280
Other fees paid to Independent examiner's organisation for IT support, equipment and software	3,828	5,778

7 Trustees and key management remuneration, benefits and expenses

Trustees received no remuneration, benefits or expenses in this period except expenses paid in connection with their duties as volunteers (2021: £nil).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Clinical Manager and the Office Manager. The total employee benefits of the key management personnel of the charity were £111,786 (2021: £95,839).

8 Tangible Fixed Assets

	Computer equipment £	Total £
Cost or Valuation		
As at 1 April 2021	-	-
Additions	5,325	5,325
As at 31 March 2022	5,325	5,325
Depreciation		
As at 1 April 2021	-	-
Charge this period	-	-
As at 31 March 2022	-	-
Net Book Value		
As at 31 March 2022	5,325	5,325
As at 31 March 2021	-	-

9 Debtors

	2022 £	2021 £
Trade debtors	-	1,922
Prepayments	4,250	4,276
	4,250	6,198

10 Creditors: amounts falling due within one year

	Note	2022 £	2021 £
Trade creditors		10,888	5,631
Accruals		2,808	2,340
Other creditors		11,432	8,768
Deferred Income	11	337,300	155,232
		362,428	171,971

Notes to the Accounts - continued
For the year ended 31 March 2022

11 Deferred income

	2022 £	2021 £
Deferred income brought forward	155,232	72,799
Income released in the year	(155,232)	(72,799)
Income received in the year	337,300	155,232
Deferred income carried forward	337,300	155,232

Deferred income relates to monies received in advance of the date of the service it is provided for.

12 Designated funds

	Balance at 01-Apr-21 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-22 £
Prevention & Early Intervention contract	39,018	72,799	(105,715)	(6,102)	-
	39,018	72,799	(105,715)	(6,102)	-

Prevention & Early Intervention contract

The trustees designated this contract as it spanned two financial years - the work was completed by the end of the financial year, so the unspent funds have been transferred to the general fund.

Prior year comparison

	Balance at 31-Mar-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
Prevention & Early Intervention contract	-	145,598	(106,580)	-	39,018
	-	145,598	(106,580)	-	39,018

13 Restricted funds

	Balance at 01-Apr-21 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-22 £
Big Lottery Fund: Reaching Communities	9,284	45,206	(42,816)	(11,674)	-
CBT10 Project	5,952	-	(17,626)	11,674	-
Business Development Manager	24,069	13,332	(23,461)	-	13,940
Staff wellbeing	391	-	(391)	-	-
Training	-	37,534	(4,334)	-	33,200
Carer's post	-	15,761	(6,321)	-	9,440
	39,696	111,833	(94,949)	-	56,580

Big Lottery Fund: Reaching Communities

We received 3 years funding from the national lottery (commenced October 2018) to provide therapeutic interventions in Barnsley, Doncaster and Rotherham. This funding stream ended during the year. The underspend primarily related to the extra £20,000 received during the pandemic to expand the CBT-T project - and so the unspent Lottery funds have been reallocated to the CBT10 restricted fund.

CBT10 Project

CBT-T is a clinical intervention for individuals presenting with bulimia or binge eating disorder- we sought funding from a number of funders and were able to expand our capacity as a result of successful funding applications. This funding has now been fully spent.

Business Development Manager

Funding to employ a business development manager with a specific focus on sustaining and expanding our outreach capacity.

Staff wellbeing

Monies given towards supporting Staff wellbeing.

Training

A restricted training grant provided by Barnsley MBC for training delivery.

Carer's post

Funding received from a number of funders, and from our own fundraising to support our carers services - carers are a critical part of ensuring the recovery of someone affected by an eating disorder.

Notes to the Accounts - continued
For the year ended 31 March 2022

13 Restricted funds - continued

Prior year comparison

	Balance at 31-Mar-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
<i>Big Lottery Fund: Reaching Communities</i>	1,723	112,030	(104,469)	-	9,284
<i>CBT10 Project</i>	10,728	11,000	(15,776)	-	5,952
<i>The Tudor Trust: Business Development Manager</i>	25,704	33,334	(34,969)	-	24,069
<i>The Tudor Trust: Staff wellbeing</i>	-	2,000	(1,609)	-	391
	38,155	158,364	(156,823)	-	39,696

14 Net assets by fund

	General funds £	Designated funds £	Restricted funds £	Total 2022 £
Tangible Assets	5,325	-	-	5,325
Net current assets	239,328	-	56,580	295,908
	244,653	-	56,580	301,233

Prior year comparative

	General funds £	Designated funds £	Restricted funds £	Total 2021 £
Net current assets	146,045	39,018	39,696	224,759
	146,045	39,018	39,696	224,759

15 Operating lease commitments

As at 31 March 2022 the charity was committed to making the following payments under operating leases as follows:

	2022 £	2021 £
Payable within 1 year	3,744	4,594
Payable between 1-5 years	22,940	7,935
	26,684	12,529

16 Related party transactions

A trustee's close family member is employed in the charity on the same terms as other employees. The trustee declares their conflict of interest during pay review discussions.

There have been no further related party transactions during the year that are not included in note 7.

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

England & Wales - Charity number 1114451

Accounts

Company registration number: 05689222
Charity registration number: 1114451

South Yorkshire Eating Disorders Association

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

For the year ended 31 March 2021

South Yorkshire Eating Disorders Association

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South Yorkshire Eating Disorders Association

Legal and administrative information For the year ended 31 March 2021

Registered Charity Number

1114451

Registered Company Number

05689222

Directors (Trustees)

Morwenna Foden	Chair	Resigned 16 November 2020
Matthew Peers	Chair	
Paul Carnell	Treasurer	Resigned 16 November 2020
Paul Mount	Treasurer	
Rebecca Woolley	Secretary	
Jenny Allen		
Maggie Young		
Steven Rippin		Appointed 16 November 2020
Debbie Bell		Appointed 16 November 2020
Victoria Biggs		Resigned 1 January 2021

Company secretary

Chris Hood

Key management

Chief Executive Officer	Chris Hood
Clinical Manager	Michelle Hinde
Office Manager	Kate Eveson

Registered Office

South Yorkshire Eating Disorders Association
26 – 28 Bedford Street
Neepsend
Sheffield
S6 3BT

Independent Examiner

Sarah Lightfoot, FCA DChA
On behalf of:
VAS Community Accountancy
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2021

The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and the 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) issued in October 2019.

Structure, governance and management

The organisation is operated under the rules of its memorandum and articles of association, which were adopted 27 January 2006 and updated on 30 June 2009. The organisation became a registered charity on 31 May 2006. The company is limited by guarantee and therefore has no share capital.

Directors meet bi-monthly to oversee South Yorkshire Eating Disorders Association's (SYEDA) strategy, policy and delivery. The Chief Executive Officer (CEO) is responsible for managing the staff team, finances and the delivery of SYEDA's services, working closely with the Chair, Treasurer and the Board.

New trustees go through a recruitment process and do not start before references are obtained.

Objectives, aims and activities

The objects of the Charity are:

- The relief of those suffering from anorexia nervosa, bulimia nervosa and other eating disorders ('eating disorders')
- the preservation and protection of the physical and mental health of the families of those closely involved with the sufferers of eating disorders
- the education of the public in respect of the nature and treatment of eating disorders.

Our mission is to ensure that:

- Eating disorders are quickly recognised and understood by those affected or at risk
- Information, guidance, support and therapeutic services are easily accessible to sufferers and carers
- Professional services respond quickly, effectively, and seamlessly to provide the help needed.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2021

Our aims are:

- To provide open and accessible information and help for those with an eating disorder
- Prevent EDs from arising by increasing awareness & improving self image
- Support early diagnosis, prompt assessment and early intervention
- Develop clear support pathways and joined-up working between services
- Support carers and help them to provide good care
- Ensure the availability of long-term, post-discharge and relapse prevention support
- Ensure that services are planned strategically and resourced sufficiently to meet need
- Involve service users in the design and delivery of services.

We offer the following services, to fulfil our objectives:

- support groups,
- CBT,
- Counselling/talking therapy,
- occupational therapy,
- creative therapies,
- a range of education/training programmes

Public benefit

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities.

At SYEDA, where the organisation supports those predominantly affected by mild to moderate eating disorders including with carers, early intervention is key in building the motivation and resilience of service users to seek and achieve recovery. Services such as complimentary therapies, support groups, counselling and information, delivered in a caring and safe environment enable personal issues to be aired and approaches to be explored that best suit individual need. Confidentiality is upheld as paramount. Awareness of and training in eating disorders to professionals such as teachers are other ways in which SYEDA supports public benefit.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2021

Impact of Covid-19

The pandemic challenged everyone throughout this year.

We remained closed to new referrals until the summer and all staff continued to work from home until July with a gradual and voluntary return to office over the following months. This was halted with subsequent national lockdowns

We continued to offer service users treatment options, either face to face (with a myriad of additional safety measures in place) or via phone or video platform. We continued to monitor and review our procedures and IT functionality to ensure home working was safe, secure and efficient. We were understandably anxious to ensure the change in mode of delivery did not adversely affect the effectiveness of our interventions and treatment.

We continually sought the views and experiences of our service users and found ourselves surprised and relived at how positive the feedback was- the following is an indicative quote: *'Even when our therapy moved online because of the Covid 19 pandemic I felt supported by SYEDA and my therapist. Adaptions were made and I still feel I've learnt what I need to learn, and have accessed support from my therapist to help me put things into practice'*. We launched 2 on-line CBT-T groups in order to maximise our capacity.

We also focused our energies on providing advice, tips and guidance on-line to an extensive array of stakeholders. This saw us launch a fortnightly (now 6 weekly) e-newsletter sent to nearly 2000 recipients, we established a YouTube presence and released fortnightly videos, each focussing on a different issue including Anxiety, Exercise during COVID, Social Media, Loneliness.

We increased our Social Media presence on Facebook and Twitter and have focussed on sharing content that helps support: a positive mind-set, links to educational resources and useful articles of interest, signposting to other services.

Our education and training team have produced information sheets and guides for a range of audiences including school age pupils and we have contributed to regional plans for supporting young people to return to school with emotional needs recognised and responded to.

We were able to increase our income in spite of the additional challenges and as a reflection of them. We will continue to explore all funding opportunities to secure our future and help more people.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) - continued For the year ended 31 March 2021

Achievements in the year

We continued to expand our service to assist more people in 2020/21 despite the on-going challenge posed by the pandemic. We maintained all services launched in the previous year.

This included:

- Our in-school therapy service delivered in 12 schools across South Yorkshire
- Our training and education programme delivered sessions to over 800 professionals and 200 young people.
- Our CBT-T intervention increased its staffing capacity and was extended to Rotherham residents
- Over 450 individuals accessed one of our therapeutic interventions
- We successfully met all year 2 targets and objectives of our lottery funded project in Barnsley, Rotherham and Sheffield.
- Our monthly support groups- one for sufferers and one for carers- continued via on-line platforms
- We secured additional funding for 2021/22 from clinical commissioning groups in Barnsley, Rotherham and Sheffield
- We continued to take a lead role in both the Sheffield Eating Disorder Pathway and South Yorkshire and Bassetlaw ED collaborative

Future plans

Over the next 12 months, we will focus our energies on 5 key objectives:

- Expand the provision of therapeutic interventions for adults across South Yorkshire
- Support development of community based services in advance and following the 'go live' date for the South Yorkshire and Bassetlaw Eating Disorder Collaborative
- Ensuring the new all-age ASERT eating disorder service in Sheffield is client focused and makes best use of all available resources
- Expand the provision of in-school counselling to more schools across the region
- Increase knowledge, awareness and practice for professionals via our training programmes

Our 3-year business plan (2020-2023) provides detailed descriptions of steps identified to meet these objectives.

South Yorkshire Eating Disorders Association

Directors' report (incorporating the Trustees' annual report) For the year ended 31 March 2021

Financial review and reserves policy

The Board has determined the following objectives:

- (a) A free reserves target of £140k. This target is based upon an assessment of the reserves needed to:
 - Cover liabilities and wind-up costs
 - Provide working capital for cash-flow
 - Assist in managing risk by accommodating unplanned variations to budget
- (b) To designate funds from free reserves to meet specific future plans as required and as resources permit.
- (c) To hold all restricted reserves in a liquid and risk-free form.

As at 31 March 2021 there were £146,045 free reserves, which slightly exceeds the free reserves target.

At 31 March 2021 Syeda held £39,018 as designated funds for ongoing contracts, with surpluses to be utilised over the life of the contract. Syeda also had £39,696 restricted funds, which were restricted to a project or service by the donor. All reserves are held in accessible bank accounts.

This reserves policy informs the Board's annual budget setting. The Board will monitor financial performance against budget at least quarterly. The Board will review the reserves policy in November 2021.

Risk management

Trustees are aware of their responsibilities in managing the risks of SYEDA. A risk register, covering all organisational areas including services, finances, staffing, building, equipment and governance is in place and is reviewed annually. Individual areas are looked at in respect of high, medium and low priority risk levels and the impact this might have.

Mitigating activities have been highlighted with a monitoring eye kept on them. Policies and procedures continue to be created and revised on an ongoing basis to update the organisation in line with changing legislation and demand.

Small company provisions:

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

Approved by the board on 22/11/21 and signed on its behalf by:


Matthew Peers
Chair of trustees

Independent Examiner's report to the Trustees of South Yorkshire Eating Disorders Association ("the Company")

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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

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

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

Signed: _____

Sarah Lightfoot, FCA, DChA

On behalf of:

VAS Community Accountancy

The Circle

33, Rockingham Lane

Sheffield

S1 4FW

Date: 6 December 2021

South Yorkshire Eating Disorders Association

Statement of financial activities (incorporating the income and expenditure account) For the year ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Income from:							
Donations and grants	2	55,586	-	55,586	3,859	-	3,859
Charitable activities	3	278,334	158,364	436,698	149,880	134,871	284,751
Fundraising		5,314	-	5,314	7,375	-	7,375
Investments - bank interest		152	-	152	461	-	461
Total income		339,386	158,364	497,750	161,575	134,871	296,446
Expenditure on:							
Fundraising activities		601	190	791	446	-	446
Charitable activities	4	235,504	156,633	392,137	171,181	108,354	279,535
Total expenditure		236,105	156,823	392,928	171,627	108,354	279,981
Net income/(expenditure)		103,281	1,541	104,822	(10,052)	26,517	16,465
Transfers between funds	12	-	-	-	-	-	-
Net movement in funds		103,281	1,541	104,822	(10,052)	26,517	16,465
Total funds brought forward		81,782	38,155	119,937	91,834	11,638	103,472
Total funds carried forward		185,063	39,696	224,759	81,782	38,155	119,937

South Yorkshire Eating Disorders Association

Balance sheet

As at 31 March 2021

	Notes	2021 £	2020 £
Current assets			
Debtors	8	6,198	15,542
Cash at bank and in hand		390,532	186,238
Total current assets		396,730	201,780
Creditors: amounts falling due within one year	9	(171,971)	(81,843)
Net current assets		224,759	119,937
Total assets less current liabilities		224,759	119,937
Creditors: amounts falling due after more than one year		-	-
Total net assets		224,759	119,937
Funds of the Charity			
General funds		146,045	81,782
Designated funds	11	39,018	-
Total unrestricted funds		185,063	81,782
Restricted income funds	12	39,696	38,155
Total funds	13	224,759	119,937

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director's acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the board on 22/11/21 and signed on their behalf by:


Matthew Peers
Chair of trustees

Notes to the Accounts

For the year ended 31 March 2021

1 Accounting Policies

(a) Basis of preparation

South Yorkshire Eating Disorders Association is a charitable company in the United Kingdom limited by guarantee. In the event that the charity is wound up the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the company information on page 1 of these financial statements.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (second edition), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and with the Charities Act 2011. The financial statements have taken advantage of the exemption to prepare a Statement of Cash Flows.

The charity meets the definition of a public benefit entity under FRS 102. The financial statements are prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to the accounts. The financial statements are presented in sterling which is the functional currency of the charity and are rounded to the nearest £.

(b) Income

Income is recognised in the SOFA when the charity has entitlement to the funds, any performance conditions attached to the monies have been met, the receipt of the income is probable and its amount can be reliably measured.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the service provision or as a multi-year grant is deferred until the period relating to the service or activity.

(c) Expenditure and liabilities

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Overheads are assigned to projects based on a monthly calculation of staff time.

(d) Tangible fixed assets

All items of capital expenditure below £500 are written off as incurred.

Depreciation has been calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis.

(e) Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

(f) Trade debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

(g) Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

(h) Fund accounting

Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific artistic projects being undertaken by the charity.

(i) Pensions

The organisation has a defined contributions pension scheme. Contributions are charged in the accounts as they become payable in accordance with the rules of the scheme.

(j) Operating lease rentals

Rentals under operating leases are charged to the Statement of Financial Activities on a straight line basis over the lease term.

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2021

1 Accounting Policies - continued

(k) Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2 Income from donations and grants

	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Donations	54,086	-	54,086	3,859	-	3,859
The Talbot Trust	1,500	-	1,500	-	-	-
	55,586	-	55,586	3,859	-	3,859

3 Income from charitable activities

	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Grants						
Big Lottery Fund	-	112,030	112,030	-	86,567	86,567
The Brelm Trust	-	5,000	5,000	-	5,000	5,000
Company of Cutlers Charitable Trust	-	1,000	1,000	-	1,500	1,500
South Yorkshire's Community Foundation	-	5,000	5,000	-	-	-
The Tudor Trust	-	33,334	33,334	-	33,334	33,334
The Tudor Trust	-	2,000	2,000	-	-	-
Healthwatch Sheffield	-	-	-	-	500	500
HRH The Duke of York's Community Initiative	-	-	-	-	3,000	3,000
Sheffield Town Trust	-	-	-	-	2,000	2,000
The Talbot Trust	-	-	-	-	2,500	2,500
TST Queen Victoria & Johnson Memorial Trust	-	-	-	-	470	470
	-	158,364	158,364	-	134,871	134,871
Grants total	-	158,364	158,364	-	134,871	134,871
Service level agreements and contractual grants						
NHS CCG	266,274	-	266,274	142,839	-	142,839
Training income	11,920	-	11,920	1,296	-	1,296
Service charges	140	-	140	5,745	-	5,745
	278,334	158,364	436,698	149,880	134,871	284,751

4 Expenditure on charitable activities

	Unrestricted funds £	Restricted funds £	Total 2021 £	Unrestricted funds £	Restricted funds £	Total 2020 £
Note						
Service delivery	505	305	810	2,855	385	3,240
Staff Costs - salaries	4 203,733	134,196	337,929	135,158	90,037	225,195
Other staff (and volunteer) costs	2,484	2,487	4,971	3,211	1,122	4,333
Professional fees	1,030	1,708	2,738	1,773	1,829	3,602
Rent	8,376	4,124	12,500	7,601	4,899	12,500
Other premises and cleaning costs	3,507	1,728	5,235	7,738	3,535	11,273
Telephone costs	5,119	370	5,489	4,007	1,412	5,419
IT equipment, maintenance and support	4,850	7,136	11,986	1,698	1,259	2,957
Insurance	1,251	616	1,867	1,525	1,010	2,535
Stationery and office supplies	1,260	2,770	4,030	2,021	2,458	4,479
Other costs	1,862	440	2,302	1,914	408	2,322
Fees for external scrutiny of accounts	5 1,527	753	2,280	1,680	-	1,680
	235,504	156,633	392,137	171,181	108,354	279,535

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2021

5 Staff Costs

	2021 £	2020 £
Salaries	307,142	207,497
Employer's National Insurance	23,836	15,177
Employer's allowance	(4,000)	(3,000)
Pension costs	10,951	5,521
	337,929	225,195

No employee received emoluments of more than £60,000. The average number of employees during the period was 16 (2020: 13).

6 Fees to independent examiner's organisation

	2021 £	2020 £
Fee for independent examination	2,280	1,680
Other fees paid to Independent examiner's organisation for IT support, equipment and software	5,778	2,102

7 Trustees and key management remuneration, benefits and expenses

Trustees received no remuneration, benefits or expenses in this period except expenses paid in connection with their duties as volunteers (2020: £nil).

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Clinical Manager and the Office Manager. The total employee benefits of the key management personnel of the charity were £95,839 (2020 :£83,313).

8 Debtors

	2021 £	2020 £
Trade debtors	1,922	11,736
Prepayments	4,276	3,806
	6,198	15,542

9 Creditors: amounts falling due within one year

	Note	2021 £	2020 £
Trade creditors		5,631	2,603
Accruals		2,340	2,160
Other creditors		8,768	4,281
Deferred income	10	155,232	72,799
		171,971	81,843

10 Deferred income

	2021 £	2020 £
Deferred income brought forward	72,799	-
Income released in the year	(72,799)	-
Income received in the year	155,232	72,799
	155,232	72,799

Deferred income relates to monies received in advance of the date of the service it is provided for.

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2021

11 Designated funds

	Balance at 01-Apr-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
Prevention & Early Intervention contract	-	145,598	(106,580)	-	39,018
	-	145,598	(106,580)	-	39,018

Prevention & Early Intervention contract

The contract spans two financial years - the trustees have designated the fund as they have plans to utilise the 20/21 underspend in the following financial year.

Prior year comparison

	Balance at 01-Apr-19 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-20 £
Wind up costs	40,000	-	-	(40,000)	-
	40,000	-	-	(40,000)	-

In the previous accounts, wind up costs had been designated. These funds have transferred to general funds this year, and instead wind up costs are included in the free reserves target calculation.

12 Restricted funds

	Balance at 01-Apr-20 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-21 £
Big Lottery Fund: Reaching Communities	1,723	112,030	(104,469)	-	9,284
CBT10 Project	10,728	11,000	(15,776)	-	5,952
The Tudor Trust: Business Development Manager	25,704	33,334	(34,969)	-	24,069
The Tudor Trust: Staff wellbeing	-	2,000	(1,609)	-	391
	38,155	158,364	(156,823)	-	39,696

Big Lottery Fund: Reaching Communities

We received 3 years funding from the national lottery (commenced October 2018) to provide therapeutic interventions in Barnsley, Doncaster and Rotherham.

CBT10 Project

CBT-T is a clinical intervention for individuals presenting with bulimia or Binge eating disorder- we sought funding from a number of funders and were able to expand our capacity as a result of successful funding applications.

The Tudor Trust: Business Development Manager

2 years funding to employ a business development manager with a specific focus on sustaining and expanding our outreach capacity.

Prior year comparison

	Balance at 01-Apr-19 £	Income £	Expenditure £	Transfers £	Balance at 31-Mar-20 £
Big Lottery Fund: Reaching Communities	3,245	86,567	(88,089)	-	1,723
CBT10 Project	8,393	14,000	(11,665)	-	10,728
The Tudor Trust: Business Development Manager	-	33,334	(7,630)	-	25,704
TST Queen Victoria & Johnson Memorial Trust	-	470	(470)	-	-
Healthwatch Sheffield	-	500	(500)	-	-
	11,638	134,871	(108,354)	-	38,155

13 Net assets by fund

	Unrestricted funds £	Restricted funds £	Total 2021 £
Net current assets	185,063	39,696	224,759
	185,063	39,696	224,759

Prior year comparative

	Unrestricted funds £	Restricted funds £	Total 2020 £
Net current assets	81,782	38,155	119,937
	81,782	38,155	119,937

South Yorkshire Eating Disorders Association

Notes to the Accounts - continued For the year ended 31 March 2021

14 Operating lease commitments

As at 31 March 2021 the charity was committed to making the following payments under operating leases as follows:

	2021 £	2020 £
Payable within 1 year	4,594	3,485
Payable between 1-5 years	7,935	14,646
	<u>12,529</u>	<u>18,131</u>

15 Related party transactions

There have been no related party transactions during the year that are not included in note 7.

K Hood, the daughter of key management personnel, received £400 during the previous year in relation to cleaning services provided.

D&D Building & Joinery, a firm run by close family members of key management personnel, received £3,567 in the previous year for repair work done during the year.