

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 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 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 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.sveda.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 breaches
- 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.

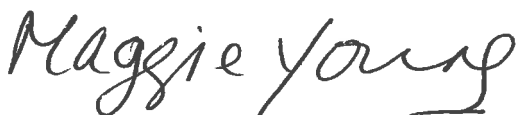
The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets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

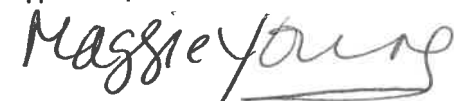
For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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.