

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

Contents

	Page
Legal and administrative information	1
Directors' report (incorporating the Trustees' annual report)	2- 13
Independent examiner's report	14
Statement of financial activities	15
Balance sheet	16
Statement of cash flows	17
Notes to the accounts	18 - 22

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.

South Yorkshire Eating Disorders Association

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.