

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST

England & Wales · Charity number 1150416

Details

Other names	NIWE EATING DISTRESS SERVICE
Status	Registered
Legal form	Charitable company
Company number	08269009
Registered	2013-01-09
Register	View on the Charity Commission register

Contact

Address	58 Leazes Park Road Newcastle-upon-Tyne Tyne and Wear NE1 4PG
Phone	0191 2210233
Email	enquiries@edne.org.uk
Website	www.edne.org.uk

Activities

Objects: (A)THE RELIEF OF SICKNESS AND THE PRESERVATION AND PROTECTION OF GOOD MENTAL AND PHYSICAL HEALTH BY THE PROVISION OF SERVICES INCLUDING A CONFIDENTIAL HELPLINE/LISTENING SERVICE, GROUPS AND SUPPORT, TO RELIEVE THE NEEDS, PRIMARILY BUT NOT EXCLUSIVELY, OF WOMEN WITH EATING DISTRESS AND EATING DISORDERS AND TO OFFER CHARITABLE SUPPORT TO THE FAMILIES,FRIENDS AND CARERS OF SUCH PEOPLE;(B)TO PROVIDE A COMPLEMENTARY SERVICE TO EXISTING PROVISIONS; AND (C)TO PROMOTE GREATER KNOWLEDGE AND HEIGHTEN AWARENESS OF EATING DISTRESS AND EATING DISORDERS AND THEIR EFFECT.

Activities: We are the only specialist eating distress charity in the North East and aim to be a centre of excellence for eating distress support. We offer counselling, support, information, help and hope to anyone in the North East affected by eating distress, with or without a medical diagnosis.We work to raise awareness, increase understanding and influence early identification and treatment.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Darlington
- Durham
- Gateshead
- Hartlepool
- Newcastle Upon Tyne City
- North Tyneside
- Northumberland
- South Tyneside
- Stockton-on-tees
- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£374,290	£463,230	-	-
2024-03-31	£353,386	£366,519	-	-
2023-03-31	£390,603	£282,909	-	-
2022-03-31	£255,527	£242,765	-	-
2021-03-31	£218,533	£149,539	-	-

Trustees

Name	Role	Appointed
Kay Jones	Chair	2023-03-20
Beth Allan		2025-11-18
Bobbi Temple		2025-11-18
Eleanor Hall		2025-11-18
Joanne Wheatley		2023-05-22
Lauren Patterson		2018-08-13
Leah Scott		2025-11-18
Oliver Bell		2025-11-18
Sarah Bentley		2023-11-20
Thomas Meadows		2025-11-18

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST

England & Wales - Charity number 1150416

Accounts

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

Company Limited By Guarantee

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

Charity Number: 1150416

Company Registration: 08269009

DEBÉRE LIMITED

Chartered Accountants

Swallow House

Parsons Road

Washington

Tyne and Wear

NE37 1EZ

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

COMPANY LIMITED BY GUARANTEE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

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**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

COMPANY LIMITED BY GUARANTEE

OFFICERS AND PROFESSIONAL ADVISERS

YEAR ENDED 31 MARCH 2025

The Trustees

Lauren Patterson
Kay Jones, Chair
Radha Sharma
Caron Deans
Callum Robson-Port
Joanne Wheatley
Sarah Bentley

Charity secretary

Anne Fry

Registered office

58 Leazes Park Road
Newcastle upon Tyne
Tyne and Wear
NE1 4PG

Charity number

1150416

Company registration number

08269009

Accountants

Debére Limited
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Bankers

The Co-operative Bank
PO Box 101
1 Balloon Street
Manchester
M60 4EP

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2025

Registered Charity Name: NIWE Eating Distress Service trading as Eating Distress North East Limited
Charity No: 1150416 Company No: 8269009

Registered Address: 58 Leazes Park Road, Newcastle upon Tyne, NE1 4PG

Accountants: Debére Limited, Swallow House, Parsons Road, Washington, Tyne and Wear, NE37 1EZ

Bankers: The Cooperative Bank, 1 Balloon Street, Manchester, M60 4EP

Board of Trustees

Kay Jones, Chair
Joanne Wheatley, Treasurer
Emily Robinson O'Grady (resigned 25 February 2025)
Lauren Patterson
Radha Sharma
Sarah Bentley
Callum Robson-Port
Caron Deans (resigned 20 July 2025)

Governance and management

Governing documents

Eating Distress North East is a charitable company limited by guarantee, incorporated on 25 October 2012. The company was established under a Memorandum of Association which establishes the objectives and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

Trustees are elected at the AGM and can serve more than one term up to a maximum of nine years. Regular skills audits identify gaps in skills on the Board which are addressed proactively and when advertising trustee vacancies, which are advertised widely throughout the region.

Interested new trustees are invited to apply and encouraged to attend trustee meetings as observers before formally joining the Board of Trustees.

The trustees meet quarterly and deal with the administration of the charity encompassing the strategic vision, financial accountability and risk management. The operational management of the organisation is undertaken by the paid staff team overseen by the Chief Executive.

Risk management

The Trustees have conducted a review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks including the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company.

Our risk register and the mitigation procedures are reviewed twice a year to ensure that they still meet the needs of the charity.

Financial review

We are funded through NHS commissioned health contracts and Integrated Care Boards, grant funding from Henry Smith, Sir James Knott Trust, The Community Foundation Tyne & Wear and Northumberland and other smaller charitable foundations, donations and income generated from charged for services.

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YEAR ENDED 31 MARCH 2025

The total income for the year was £374,290. This is an increase on last year of £20,904 (5.9%).

The Board of Trustees took decisions during 2024-25 in line with our Strategic Plan 2024-27 to invest in the organisation. Most significantly, we relocated our main office to more suitable premises from which to deliver our services. The move has enabled us to support more people, expand our service offer, and provide an appropriate environment for our staff, volunteers and service users in line with trauma informed practice.

Further investments were in the areas of communications and publicity, increasing counselling capacity to meet need, staff training and development, and costs associated with organisational development.

Having allocated £45,000 towards our office relocation, which included necessary building work and refurigation, and all moving costs, we spent £33,571. We spent £27,401 on the further investment areas outlined above.

Accounting for these levels of investment, our year end deficit of £88,942 (of which £80,069 is a restricted deficit) was planned and accounted for. Our objective for 2025-26 is to make a surplus which will enable us to re-invest in future service development and organisational sustainability.

Reserves policy

Eating Distress North East holds a designated reserve fund in the long-term interest of the organisation. Should funding streams cease the Reserve Fund will be used to cover operating costs in a manner which considers the responsibilities we hold to our staff and the people who use our services.

The Reserve Fund will be sufficient to support the organisation for a period of four months and adjustments will be made concurrent with future budgets. This will rise as funds allow to a maximum of five months running costs.

Reserves are reviewed twice annually by the Board, under direction of the CEO and Treasurer. Our Reserves Policy is reviewed annually by our Board of Trustees.

As of 31 March 2025, we hold reserves of:

Running costs - 4 months operating costs in line with reserves policy	£177,041
Dilapidations fund to be held in the event of moving from current premises	£10,000
Total designated reserves	£187,041
Undesignated reserves	£20,405
Total reserve amount	£207,446

Public benefit statement

The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and planning its future activities. This annual report aims to demonstrate the link between our charitable activity and how this benefits our service users.

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COMPANY LIMITED BY GUARANTEE

TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2025

Charitable objectives of the charity

- The relief of sickness and the preservation and protection of good mental and physical health by the provision of services including a confidential helpline/listening service, groups and support, to relieve the needs, primarily but not exclusively, of women with eating distress and eating disorders and to offer charitable support to families, friends and carers.
- To provide a complementary service to existing provisions.
- To promote greater knowledge and heighten awareness of eating distress and eating disorders and their effect.

About us

Our Mission

We exist because every individual affected by eating distress deserves specialist support, hope, and to know that recovery is possible.

Our Vision

Our vision is to offer every individual impacted by eating distress in the North East hope, understanding and a route to recovery.

Our Values

Safe: so that people can be themselves

Enterprising: we respond to change and learn from experience

Integrity: because this work matters

Collaboration: we achieve more together

We are the only specialist eating distress charity in the North East and offer counselling, support, education, help and hope to anyone in the region affected by eating distress with or without a medical diagnosis.

Eating disorders are serious mental health conditions caused by a complex interaction of biological, psychological and environmental factors. It is unclear exactly why someone develops an eating disorder. People who have received treatment for an eating disorder remain at 2-5 times increased risk of all-cause mortality compared with people of same age/sex in the general population and they are associated with increased years lived with disability and elevated risks of adverse pregnancy and neonatal outcomes.

Eating disorders are a major public health concern.

A report in 2025 by the All-Party Parliamentary Group on Eating Disorders shows a growing number of people affected by eating distress:

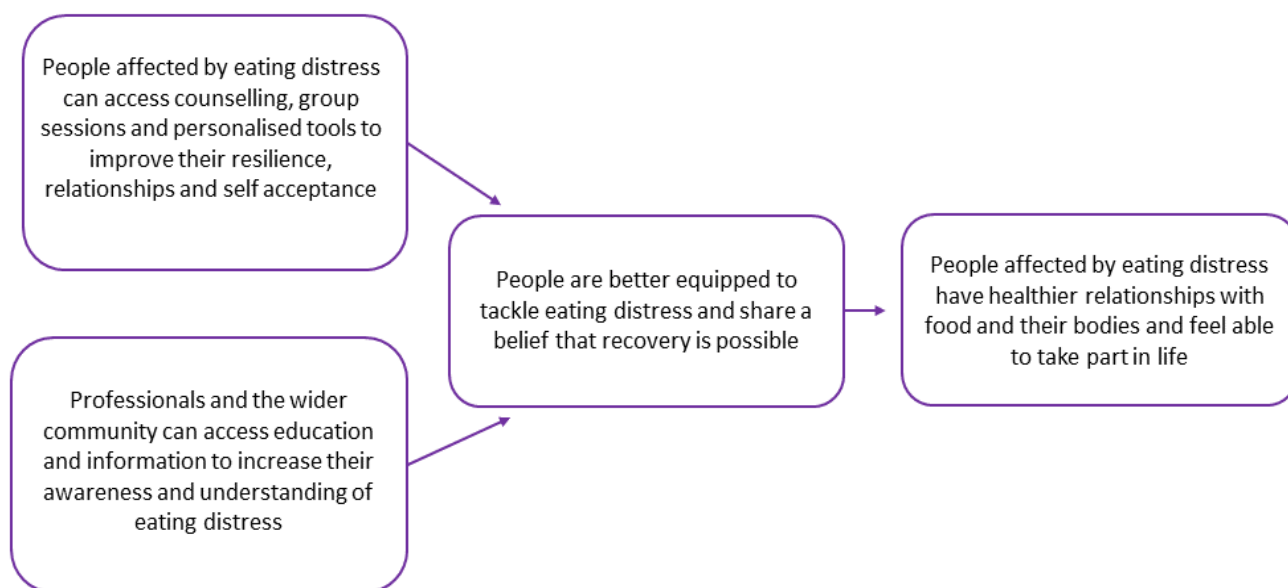
- 12% of all 17-19-year olds - and nearly 21% of young women - have an eating disorder, a 2023 mental-health survey suggests.
- Two to three million UK adults of all ages could be affected at some point in their lives - similar to the number of people with diabetes, other research suggests.
- Hospital admissions for eating disorders in England have steadily increased since 2000 and surged since the pandemic, with more than 31,000 admissions in 2023-24.

Against a backdrop of escalating rates of eating disorders, particularly amongst children and young people, early identification and intervention is crucial in ensuring support is received at the earliest opportunity to improve recovery chances.

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YEAR ENDED 31 MARCH 2025

Eating Distress North East provides easy to access, person centred, pro-recovery support so that people affected by eating distress have healthier relationships with food and their bodies and feel able to take part in life.

Our Theory of Change



Achievements in 2024-25

"Following counselling, I am able to feel much greater levels of self-compassion and self-forgiveness. Counselling helped me to appreciate the double standards I was setting for myself, and has helped me to learn to treat myself more kindly, as I would a friend. My self esteem is no longer connected with my weight, body shape or exercise/eating routine."

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TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2025

We have achieved against our stated strategic objective of responsible growth during this period, growing both our income and our staff team, and continued our approach of strengthening our foundations through improved operational functions and communications, a staff led review and refresh of our organisational values, and relocation to larger and more suitable main office space.

This year we were delighted to be named as a winner in the Weston Charity Awards. Awarded to charities who want to instigate strategic change and accelerate innovative growth, it includes some unrestricted funding and access to the prestigious Pilotlight 360 programme - an eight-month package of leadership coaching worth an estimated £16,000. The Pilotlight programme will commence in 2025/26, and we are very much looking forward to engaging with the leadership mentoring.

Progress on strategic objectives

The Board of Trustees are committed to sustainable growth of the organisation to meet escalating need and our strategy 2024-27 has five key strategic objectives.

Key achievements against our strategic plan during this period are:

People and environment

- Relocated to a new main office base better suited to our needs which provide more space from which to deliver counselling and expand our groups offer, as well as developing our ability to raise unrestricted funding.
- Approved a trauma informed policy statement to signal our leadership's commitment to embedding trauma informed principles across the organisation.
- Initiated quarterly staff wellbeing sessions to allow our team time to connect with colleagues; peer supervision to share learning and challenges; and protected a training budget for staff to undertake continuing professional development.

Data and digital

- Invested in our marketing and communications across the board including print materials and digital communication channels.
- Relunched our regular e-newsletters to individuals with eating distress, parents and carers, and professionals.
- Started work on a CRM upgrade to our current system to be completed in 2025/26 which will improve our data collection and analysis.

New services

- Secured funding for a role of Wellbeing Coordinator who will set up a new, non-therapeutic service for people with eating distress during 2025/26.

Services for children and young people

- Thanks to funding from The Prudence Trust, we will be able to appoint a counsellor to work with young people aged 13 and above from April 2025.

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Referrals

During 2024-25 we received 1,195 referrals, an increase of 78% on the previous year.

63% of people self-refer – by far the largest group, followed by mental health professional referrals at 25%. This reflects the value of having low barriers to access and enabling self-referrals into our service as well as referrals through trusted professionals.

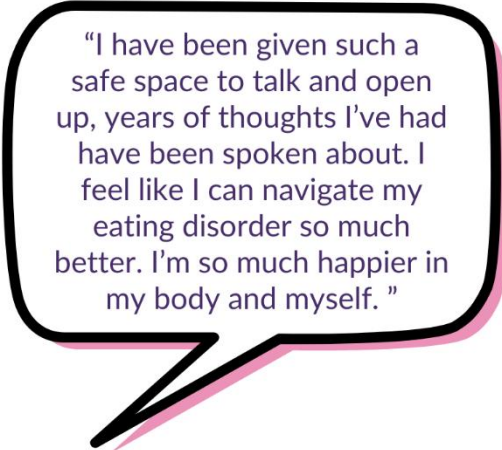
Most referrals come from the 25–34-year-old age group at 29%, followed by 20-24 years old at just under 24%.

Of the people referring to us, 86% are female, 10% male, 1% non-binary, 1% trans with the remainder of people either declining to answer or answering with a different gender identity. This is broadly in line with figures from last year.

29% of people indicated they had a disability, up from 24% last year. 89% of referrals are from people identifying as white British, comparisons to last year are hard due to the number of people who declined to answer; however, we know that people from black, Asian and other racially minoritised communities are under-represented in our service and eating disorder services generally.

Our activities

This year we provided 3,167 counselling sessions to 503 people, 17% more people, and 4% more sessions than the previous year.



"I have been given such a safe space to talk and open up, years of thoughts I've had have been spoken about. I feel like I can navigate my eating disorder so much better. I'm so much happier in my body and myself."

Within our groups, we provided 116 hours of support to 41 people. Our Group Worker continues to test content and delivery methods and embed learning, understanding what blend of virtual and in person delivery people need.

We've started running themed groups on areas relating to eating distress including sessions on 'Self-Care', 'Emotions', 'Anxiety', 'Sleep' and coping with particular times of the year including "Coping with Christmas" which we ran twice to cater to need, we know this time of year is particularly difficult for people with eating distress/disorders.

Our Education and Training offer has been reviewed and relaunched, changing the way we deliver training and prioritising longer-term partnerships working.

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Our Education and Training Officer has written three new training courses: "Working with eating disorders for professionals", "Neuro-divergence and eating disorders" and "Avoidant Restrictive Food Intake Disorder".

These CPD accredited courses can be delivered to whole organisations and individual professionals in open online/in person sessions.



"The trainer was very engaging and friendly. The information was delivered in a way that was easy to understand. I liked the different delivery methods - presentations, videos, discussions."

We've developed partnerships with other charities in Gateshead and North Tyneside and creative education projects for adults and young people with eating distress.

We trained 381 people over this year and engaged 72 children and young people in our education and prevention work.

Our skills programme for carers Holding onto Hope (based on the nationally recognised Maudsley Training for Carers) helps people feel more confident in their knowledge of eating disorders, reduces anxiety, and improves communication. The course is run by an experienced counsellor and group worker, and we supported 13 people over 104 hours in 2024-25.

We delivered individual carers' sessions to 36 people to help them understand more about eating disorders and distress and how to support their loved ones, and 12 hours of carers' groups.

Contributions through volunteering

We have expanded our volunteer workforce during 2024-25 and intend to extend this further next year.

As well as complementing our workforce, this is a core part of our mission to raise awareness of eating distress and educate professionals. By supporting volunteering, we enable people who wish to work in this highly specialist area to do so with support from our colleagues and access to peer and regular supervision. Following their work with us, they then enter professions across various statutory and VCSE sector originations with a thorough understanding of the nature of eating disorders.

In 2024-25 we were delighted to host a CBT-T placement from Tees Esk and Wear Valley NHS Foundation Trust and a CBT placement from Newcastle University as well as hosting placements for qualified counsellors undertaking psychotherapy study.

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YEAR ENDED 31 MARCH 2025

We delivered 116 hours of CBT to 19 people and 109 sessions to 13 people through psychotherapy placements, plus recognising the crucial role volunteers have played in supporting our triage and wellbeing checks for people on our counselling waiting list.

The contribution of our volunteers in monetary terms this year was £3,102.75 based on living wage of £12.60 per hour.

Communications

Investing in our marketing and communications is vital to raise awareness about eating disorders and distress, tackle the myths surrounding this complex mental health condition, and educate people in recognising and responding to eating disorders appropriately.

Working with a specialist charity communications freelancer with decades of experience supporting small charities, we've invested in our branding, print materials, digital communications channels, and created a communications strategy which underpins our strategic objectives.

This year we've grown our e-newsletters audience to over 2,700 people and over 13,000 people visited our website.

Regional Eating Disorders Charities and Network (REDCAN)

The [Regional Eating Disorders Charities and Network \(REDCAN\)](#) continues to develop and strengthen our working relationships with other regional eating disorder charities.

EDNE has acted as Chair during this period and REDCAN are thrilled that we've been successful in securing funds from The Prudence Trust and Stone Family Foundation to appoint a Development Director who will join REDCAN in April 2025 to drive our work.

Mental Health Alliances and Health Forums

We are active in several regional and local alliances including the Gateshead Mental Health, North Tyneside Mental Health Alliance, and the Hartlepool Community Mental Health Transformation Network.

EDNE attend several strategic forums and networks which provides a voice for the people who use our services.

These include the North East and North Cumbria (NENC) ICS Adult Eating Disorder Provider Collaborative; the NENC VCSE Partnership Programme Steering Group; the NENC VCSE Mental Health Network; and the NENC ICS adult and children and young people ARFID (Avoidant Restrictive Food Intake Disorder) groups.

Research into eating disorders

We continue to both support and initiate research into eating disorders and distress, working collaboratively with our local universities.

During this year we were successful in two collaborative research projects through the EPSRC funded Northern Health Futures (NorthHFutures) Hub which aims to enhance health and wellbeing across the North East and North Cumbria region.

Working with Teesside University, Triple A Autism in Cumbria and XR Therapeutics, we're working on a scoping project 'Improving health and education outcomes for children and families with autism and ARFID'. This will be led by people with lived experience who will co-design a digital advocacy tool.

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YEAR ENDED 31 MARCH 2025

With researchers from Northumbria and Teesside universities and regional foodbanks, we are also exploring the links between eating disorders and poverty with a second project, 'Exploring and Evidencing Food Insecurity and Eating Distress in the North East of England'.

Starting this year, these projects will run throughout 2025/26, and we are looking forward to sharing our findings and recommendations next year.

Our Impact

We understand the importance of measuring the difference we make, but we also acknowledge the truth that eating disorders are serious, complex mental health conditions and recovery can take time.

Running through all our work is the firmly held knowledge that recovery is always possible, and what recovery looks like is different for each person.

Improving our understanding and articulation of the impact of our work is one of our strategic objectives and during 2025/26 we will be reviewing our use of outcome measures.

Currently, within counselling we use the Warwick Edinburgh Mental Wellbeing Scale (WEMWS) and a service satisfaction survey which is sent out after someone finishes counselling with us.

During 2024/25:

- 76% of people said they had felt a positive change in being able to cope with their eating problems.
- 94% of respondents said they'd experienced a positive change.
- 88% said their self-esteem and wellbeing improved.

For our groups for individuals and family and friends, we ask people about changes based on our Theory of Change and:

- 89% of respondents had a better understanding of the group topic.
- 95% said the group felt safe and welcoming and they felt able to take part.
- 92% of people who attended Holding onto Hope said they'd developed better tools to cope with supporting someone with eating distress in their life.
- 83% of people said their knowledge of eating distress had improved either a moderate amount or a great deal.
- 66% of people said their relationships have improved a moderate amount or a great deal.
- 100% of people would recommend Holding onto Hope to others.

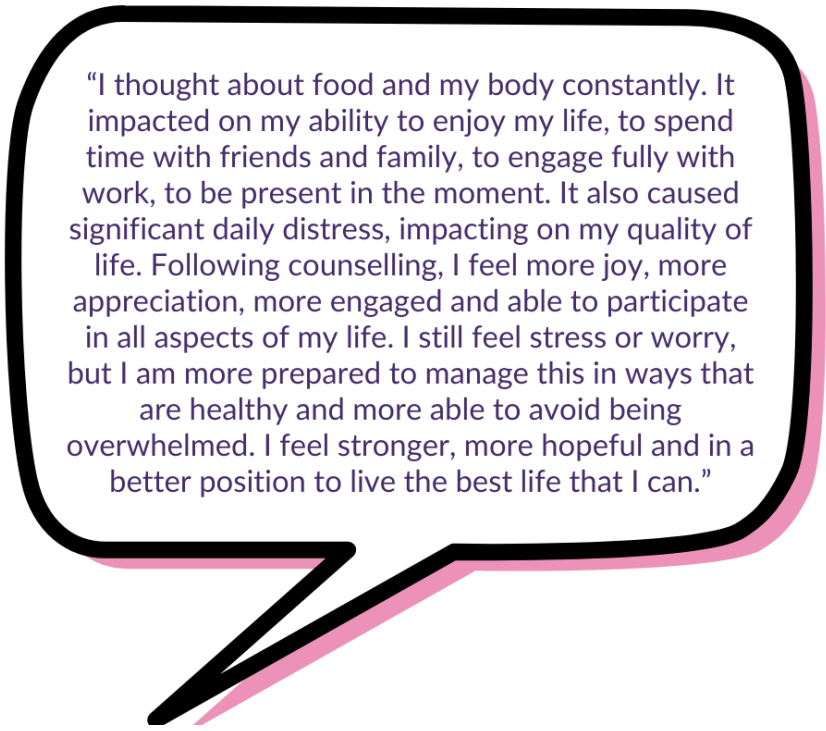
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Within our training 86% of people said their understanding of eating distress and disorders was above average or high after training (compared with 21% beforehand).



"I absolutely loved the training with Sarah Lou through EDNE. It was so informative and approachable, which for a sensitive topic like eating distress is brilliant. I felt comfortable contributing personal experiences and asking any questions I had."

Whilst statistics are important, the true value of our work is shown through the life stories of the people we work with, in their own words.



"I thought about food and my body constantly. It impacted on my ability to enjoy my life, to spend time with friends and family, to engage fully with work, to be present in the moment. It also caused significant daily distress, impacting on my quality of life. Following counselling, I feel more joy, more appreciation, more engaged and able to participate in all aspects of my life. I still feel stress or worry, but I am more prepared to manage this in ways that are healthy and more able to avoid being overwhelmed. I feel stronger, more hopeful and in a better position to live the best life that I can."

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YEAR ENDED 31 MARCH 2025

A case study from our work:

When at school, S shared he experienced prolonged experiences of bullying and isolation due to his weight. During 6th form, S shared he lost a considerable amount of weight through what he described as “controlled calorie restriction”. After a breakdown of a relationship, he consistently restricted calories and would often binge/purge by consuming foods he used to enjoy and then making himself sick, up to 3 times a day at its peak.

S shared he regularly had thoughts of self-harm and had gone through periods where he would superficially cut the tops of legs during periods of stress. This process helped, “cut out the noise”, he was experiencing and allowed him to focus on one thing but afterwards he felt regret.

Introducing a safety plan helped S cope with, redirect, and channel thoughts of self-harm and vomiting. Grounding techniques also proved to be beneficial allowing him to remain present. Additionally, by highlighting that “thoughts are not facts”, this allowed S to gather control over negative thought spirals. This CBT based approach encouraged rational thinking practices. By engaging in activities which focus on the present, S demonstrated to himself that he is capable of breaking patterns of behaviour he carried out without realising, during times of stress.

Weight, size and food consumption have been regular topics of conversation throughout S's life, with his dad and paternal grandparents highlighted as regular “passive aggressive” commenters. During initial sessions, he shared high academic pressure placed on himself which, on reflection, came from family members expectations which focused on what isn't achieved, rather than what is. By using a timeline however, S was able to see progress he had made socially and academically, producing a moment where he smiled and spoke positively about his own achievements: “it feels good to look back and see where I am now”.

Confronting the calories = weight gain = bullied = unhappy thought spiral, S has been able to gain further understanding into what fuels his eating distress. By confronting the subconscious belief that gaining a small amount of weight doesn't amount to gaining larger amounts or being bullied, S has been able to gradually gain back some control over his eating distress. Furthermore, picking apart this chain, he recognised the influence that social media has in maintaining thought patterns. Using a whiteboard to detail thought spirals has proved to be a useful visual tool, as has questioning the role of un-verified social media accounts.

Tackling unhelpful thinking patterns has been beneficial for S. Replacing rigid patterns with flexible thought processes has enabled him to become aware of the inordinate amount of pressure and unrealistic expectation he placed on himself. Black and white and perfectionist thinking has resulted in Simon ignoring all the academic success he has had at college and university.

Entering his final sessions, S shares that, “I can start to see what recovery might look like”, but admits that hyperawareness of food, calories and weight remains. S has demonstrated his ability to refrain from binge/purge cycles and has slowly managed to increase his calorie intake and expand his variety of foods.

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YEAR ENDED 31 MARCH 2025



"I feel happier and more content in myself, there is a comfort from knowing myself better and understanding the things I do and why. I'm trying to be kind to myself, to recognise the behaviours which don't serve me, to understand why I developed them but to encourage more helpful behaviour. I think the improvement in my wellbeing is huge, it's like night and day. Most importantly I understand things now, I can monitor how I'm feeling and know what to do when I'm struggling."

Statement of trustee responsibilities

The trustees, who are also directors for the purposes of company law, are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a view of the situation of the charitable company and of incoming resources and application of resources, including the income and expenditure of the charitable company for that year.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently.
- observe the methods and principles in the Charities SORP.
- make judgements and estimates that are reasonable and prudent.
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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TRUSTEES' ANNUAL REPORT *(continued)*

YEAR ENDED 31 MARCH 2025

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

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

Independent Examiner

A resolution to re-appoint Claire Miller of DeBére Limited as Independent Examiner for the ensuing year will be proposed at the Annual General Meeting.

Small Companies Provisions

This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006.

Approved by the Board on 21 July 2025 and signed on their behalf by:



Kay Jones
Chair

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NIWE EATING DISTRESS SERVICE
TRADING AS EATING DISTRESS NORTH EAST LIMITED
YEAR ENDED 31 MARCH 2025

I report on the accounts of NIWE Eating Distress Service Trading As Eating Distress North East Limited for the year ended 31 March 2025, which are set out on pages 17 to 34.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or;
- (2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 21 July 2025

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)
YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income and expenditure					
Income from:					
Donations and legacies	5	3,796	–	3,796	2,987
Charitable activities					
Grant and contracts	6	29,691	323,314	353,005	343,610
Other trading activities	7	8,445	–	8,445	3,958
Income from investments	8	9,044	–	9,044	2,831
Total income		<u>50,976</u>	<u>323,314</u>	<u>374,290</u>	<u>353,386</u>
Expenditure on:					
Charitable activities					
Operation of the charity	9	<u>59,847</u>	<u>403,383</u>	<u>463,230</u>	<u>366,519</u>
Total expenditure		<u>59,847</u>	<u>403,383</u>	<u>463,230</u>	<u>366,519</u>
Net income / (expenditure)	16	(8,871)	(80,069)	(88,940)	(13,133)
Transfer between funds		–	–	–	–
Total funds brought forward		<u>216,317</u>	<u>137,399</u>	<u>353,716</u>	<u>366,849</u>
Total funds carried forward		<u>207,446</u>	<u>57,330</u>	<u>264,776</u>	<u>353,716</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 20 to 34 form part of these financial statements.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION

31 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	17		3,986		3,080
Current assets					
Debtors	18	290,055		29,382	
Cash at bank and in hand	19	<u>399,093</u>		<u>369,804</u>	
		689,148		399,186	
Creditors: amounts falling due within one year	20	<u>(428,358)</u>		<u>(48,550)</u>	
Net current assets			<u>260,790</u>		<u>350,636</u>
Total assets less current liabilities			264,776		353,716
			<u>—</u>		<u>—</u>
			<u>264,776</u>		<u>353,716</u>
Funds					
Unrestricted income funds	23		20,405		10,122
Restricted income funds	23		57,330		137,399
Designated funds	23		<u>187,041</u>		<u>206,195</u>
Total funds	25		<u>264,776</u>		<u>353,716</u>

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

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

The notes on pages 20 to 34 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION *(continued)*

31 MARCH 2025

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the Board and authorised for issue on 21 July 2025 and are signed on their behalf by:



Kay Jones
Chair

The notes on pages 20 to 34 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Adamson House, 65 Westgate Road, Newcastle upon Tyne, Tyne and Wear, NE1 1SG .

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective October 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern basis

The charity reported total unrestricted funds at the year-end of £207,446 and has already secured a significant amount of funding for the current year. The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received, and the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Grants and donations

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 or provision of other specified service is deferred until the criteria of income recognition are met.

Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Charitable activities

Expenditure on charitable activities includes the costs of counselling and other activities undertaken to further the purposes of the charity and their associated support costs.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

Irrecoverable VAT

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

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

Tangible fixed assets for use by the charity

Individual fixed assets costing £250 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:

Office equipment

Straight line over five years

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

4 Restated Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Income and expenditure				
Income from:				
Donations and legacies	5	2,987	—	2,987
Charitable activities				
Grant and contracts	6	4,833	338,777	343,610
Other trading activities	7	3,958	—	3,958
Income from investments	8	2,831	—	2,831
Total income		<u>14,609</u>	<u>338,777</u>	<u>353,386</u>
Expenditure on:				
Charitable activities				
Operation of the charity	9	4,463	362,056	366,519
Total expenditure		<u>4,463</u>	<u>362,056</u>	<u>366,519</u>
Net income / (expenditure)	16	10,146	(23,279)	(13,133)
Transfer between funds				
Total funds brought forward		328,199	15,000	343,199
Prior period adjustment		(122,028)	145,678	23,650
Total funds carried forward		<u>216,317</u>	<u>137,399</u>	<u>353,716</u>

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations and gifts	<u>3,796</u>	=	<u>3,796</u>	<u>2,987</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

6 Charitable activities – Grants and Contracts

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Income from grants				
North Tyneside CCG	–	7,082	7,082	7,082
Newcastle Gateshead CCG	–	112,111	112,111	111,401
NHS England	–	–	–	85,000
Prudence Trust	–	57,330	57,330	–
Paid for talks and training	–	2,000	2,000	–
St James' Place Foundation	1,760	–	1,760	–
B & Q	5,000	–	5,000	–
Elsie Davis Trust	5,000	–	5,000	–
Schroder Trust	4,000	–	4,000	–
Henry Smith Fund	–	53,000	53,000	53,000
Garfield Weston	–	6,500	6,500	–
Access to Work	–	–	–	1,478
LGA Foundation	–	–	–	5,000
Willan Trust Community Foundation	–	10,000	10,000	10,000
Junction Point	–	–	–	780
Rothley Trust	1,000	–	1,000	–
Joicey Trust	2,000	–	2,000	–
Karbon Homes	625	–	625	–
Barbour	4,000	–	4,000	–
Connected Voice	2,020	–	2,020	–
Newcastle University	–	65,291	65,291	41,736
James Knott	–	10,000	10,000	15,000
Income from training	25,405	323,314	348,719	330,477
Training income	4,286	–	4,286	4,833
Children's Society	–	–	–	8,300
	29,691	323,314	353,005	343,610

7 Charitable activities – other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Private Counselling	8,445	–	8,445	3,958
	8,445	–	8,445	3,958

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

8 Income from investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Bank interest	<u>9,044</u>	<u>-</u>	<u>9,044</u>	<u>2,831</u>

Included in total income of £374,290 (2024: £353,386) is £50,976 (2024: £14,609) which is unrestricted or designated and £323,314 (2024: £338,777) which is restricted.

9 Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Direct costs				
Project staff salaries	42,975	297,612	340,587	277,259
Project sessional workers	-	763	763	20,634
Project staff supervision	-	10,201	10,201	5,181
Staff training/conference	-	6,061	6,061	9,304
Project expenses	-	6,650	6,650	556
Support costs				
Rent, rates, heat and light	4,967	25,774	30,741	15,597
Office expenses	5,231	36,239	41,470	20,931
Office equipment	2,215	280	2,495	765
Insurance/general expenses	520	3,605	4,125	1,135
Professional fees	1,933	13,390	15,323	4,710
Room hire	199	1,380	1,579	2,728
Funding costs	86	594	680	208
Pension deficit	-	-	-	5,275
Depreciation	120	834	954	734
Government costs				
Audit and accountancy fees	1,500	-	1,500	1,500
Trustee meeting costs/AGM	<u>101</u>	<u>-</u>	<u>101</u>	<u>2</u>
	<u>59,847</u>	<u>403,383</u>	<u>463,230</u>	<u>366,519</u>

Included in total expenditure on charitable activities of £463,230 (2024: £366,519) is £59,847 (2024: £4,463) which is unrestricted or designated, and £403,383 (2024: £362,056) which is restricted.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

10 Fees for examination of the accounts

	2025	2024
	£	£
Independent examiner's fees for reporting on the accounts	1,500	1,500
Other professional services	<u>15,323</u>	<u>4,710</u>
	<u>16,823</u>	<u>6,210</u>

11 Analysis of staff costs, and the cost of key management personnel

	2025	2024
	£	£
Wages and salaries	312,286	256,246
Social security costs	20,146	14,465
Pension costs (defined contribution pension plan)	<u>8,155</u>	<u>6,548</u>
	<u>340,587</u>	<u>277,259</u>

No employee received remuneration above £60,000 for both the current and previous years.

The key management personnel of the charity, comprise the trustees and the Chief Officer. The total employee benefits of the key management personnel of the charity were £44,563 (2024: £40,708).

12 Staff numbers

The average monthly head count was 15 staff (2024: 11 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2025	2024
	No	No
The parts of the charity in which the employee's work		
Charitable activities	<u>14</u>	<u>10</u>

13 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred during the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

14 Defined contribution pension scheme

SCHEME: TPT Retirement Solutions – The Growth Plan

In previous years, the charity participated in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. During the year a contribution was paid by the charity so settle its outstanding obligations which has resulted in there being no liability outstanding at the balance sheet date.

Present values of provisions

	2025	2024
	£	£
Provision at start of period	—	625
Unwinding of the discount factor (interest expense)	—	33
Deficit contribution paid	—	(5,275)
Remeasurements – impact of any change in assumptions	<u>—</u>	<u>4,617</u>
Provision at end of period	<u>—</u>	<u>—</u>

Assumptions

	2024	Restated
	% per	2023
		% per
Rate of discount	<u>0.00</u>	<u>5.52</u>

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

15 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 Net movements in funds

Net movement in funds is stated after charging:

	2025	2024
	£	£
Accountancy and Independent Examination	1,500	1,500
Depreciation	<u>954</u>	<u>734</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

17 Tangible fixed assets

	Office Equipment £	Total £
Cost		
Balance brought forward	10,152	10,152
Additions	1,860	1,860
Disposals	—	—
Balance carried forward	<u>12,012</u>	<u>12,012</u>
Balance brought forward	7,072	7,072
Depreciation charge for the year	954	954
Disposals	—	—
Balance carried forward	<u>8,026</u>	<u>8,026</u>
Net book value		
Brought forward	<u>3,080</u>	<u>3,080</u>
Carried forward	<u>3,986</u>	<u>3,986</u>

18 Debtors and prepayments (receivable within one year)

	2025 £	2024 £
Trade debtors	249,049	28,763
Prepayments	<u>41,006</u>	<u>619</u>
	<u>290,055</u>	<u>29,382</u>

19 Cash at bank and in hand

	2025 £	2024 £
Cash at bank	399,093	369,703
Cash in hand	<u>—</u>	<u>101</u>
	<u>399,093</u>	<u>369,804</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

20 Creditors and accruals (payable within one year)

	2025	2024
	£	£
Other creditors	5,900	1,700
Payroll holding account	–	7,644
Accruals		
Independent examination of accounts	720	720
Other accruals	7,182	7,182
Deferred income (note 21)		
Barbour	–	2,000
LGA Foundation	5,000	–
Hartlepool CMHT Funding	2,580	–
Garfield Weston	5,000	–
Connected Voice	6,061	–
NHS England	246,829	–
Newcastle University	<u>149,086</u>	<u>29,304</u>
	<u>428,358</u>	<u>48,550</u>

21 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2025	2024
	£	£
Balance brought forward	31,304	14,434
Amount deferred in year	<u>383,252</u>	<u>16,870</u>
Balance carried forward	<u>414,556</u>	<u>31,304</u>

22 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

23 Analysis of charitable funds

As at March 2025

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	10,122	50,976	(26,276)	(14,417)	20,405
Designated contingency reserve fund	133,794	–	–	43,247	177,041
Dilapidation fund	–	–	–	10,000	10,000
Office relocation	45,000	–	(33,571)	(11,429)	–
Project development costs	27,401	–	–	(27,401)	–
	216,317	50,976	59,847	–	207,446

As at March 2024

	Restated Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	23,079	14,609	(4,463)	(23,103)	10,122
Designated contingency reserve fund	115,775	–	–	18,019	133,794
Parental leave	11,671	–	–	(11,671)	–
Sickness	3,680	–	–	(3,680)	–
Jury Duty	626	–	–	(626)	–
Pension deficit	5,900	–	–	(5,900)	–
Office relocation	18,000	–	–	27,000	45,000
Project development costs	10,000	–	–	17,401	27,401
Marketing strategy	3,300	–	–	(3,300)	–
Print materials	2,000	–	–	(2,000)	–
Maudsley Training Course	2,900	–	–	(2,900)	–
Mission and Vision Refresh	3,660	–	–	(3,660)	–
Group work	5,580	–	–	(5,580)	–
	206,171	14,609	(4,463)	–	216,317

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

23 Analysis of charitable funds (continued)

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowance for designated funds.
Designated contingency reserve fund	Represents monies set aside for contingencies.
Parental leave/ Sickness/ Jury Duty	To meet the additional costs of maternity pay and cover, or the costs of longer-term sick leave or jury service.
Pension deficit	Additional funding allocated to cover the pension deficit scheme currently in place.
Office relocation	Monies set aside to relocate to larger premises to better the needs of the charity.
Marketing Strategy	Additional resourcing to strengthen our offer, build our capacity, and meet the needs of people affected by eating distress.
Print materials	
Maudsley Training Course	
Mission and Vision refresh	
Group Work	

As at March 2025

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Restricted funds					
North Tyneside CCG	—	7,082	(7,082)	—	—
Newcastle Gateshead CCG	—	112,111	(112,111)	—	—
NHS England	137,399	—	(137,399)	—	—
Henry Smith Fund	—	53,000	(53,000)	—	—
Prudence Trust	—	57,330	—	—	57,330
Barbour	—	2,000	(2,000)	—	—
Garfield Weston	—	6,500	(6,500)	—	—
Willan Trust Community Foundation	—	10,000	(10,000)	—	—
Newcastle University	—	65,291	(65,291)	—	—
James Knott	—	10,000	(10,000)	—	—
	<u>137,399</u>	<u>323,314</u>	<u>(403,383)</u>	<u>—</u>	<u>57,330</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

23 Analysis of charitable funds (continued)

As at March 2024

	<i>Restated Fund balances brought forward £</i>	<i>Incoming Resources £</i>	<i>Resources Expended £</i>	<i>Transfers £</i>	<i>Fund balances carried forward £</i>
Restricted funds					
North Tyneside CCG	–	7,082	(7,082)	–	–
Newcastle Gateshead CCG	4,678	111,401	(116,079)	–	–
NHS England	156,000	90,000	(108,601)	–	137,399
Henry Smith Fund	–	53,000	(53,000)	–	–
Access to Work	–	1,478	(1,478)	–	–
Childrens Society	–	8,300	(8,300)	–	–
Community Foundation	–	10,000	(10,000)	–	–
Junction Point	–	780	(780)	–	–
University	–	41,736	(41,736)	–	–
James Knott	–	15,000	(15,000)	–	–
	<u>160,678</u>	<u>338,777</u>	<u>(362,056)</u>	<u>–</u>	<u>137,399</u>

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Henry Smith

Core costs to support therapeutic services

North Tyneside CCG

Providing counselling services and core funding

Newcastle Gateshead CCG

Providing counselling services and core funding

NHS England

Providing counselling services and core funding

Newcastle University

Providing specialist counselling sessions for students

Awards for All

Funding towards training costs

Joicey Trust

Funding towards training costs

Community Foundation – Willan Trust

Funding towards training costs

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

23 Analysis of charitable funds *(continued)*

James Knott Trust

Core costs to support work

Junction Point

Support for business activities

Access to Work

Grant towards office equipment

LGA Foundation

Contribution toward education and training costs

The Prudence Trust

Providing counselling and support to young people and families

Barbour

Contribution to the cost of providing therapeutic services

Garfield Weston

Contribution to the cost of providing group work

24 Capital commitments

As at 31 March 2025, the charity had no capital commitments (2024: nil)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

25 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Fixed assets	3,986	-	3,986	3,080
Cash at bank and in hand	341,763	57,330	399,093	369,804
Other net current assets/(liabilities)	(138,303)	-	(138,303)	(19,168)
	207,446	57,330	264,776	353,716

26 Prior period restatement

In the previous year, a prior period adjustment was made to correct debtors and creditors. This had the effect of increasing funds by £23,650.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST

England & Wales - Charity number 1150416

Accounts

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

Company Limited By Guarantee

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

Charity Number: 1150416

Company Registration: 08269009

DEBÉRE LIMITED

Chartered Accountants

Swallow House

Parsons Road

Washington

Tyne and Wear

NE37 1EZ

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

COMPANY LIMITED BY GUARANTEE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

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**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**
COMPANY LIMITED BY GUARANTEE
OFFICERS AND PROFESSIONAL ADVISERS
YEAR ENDED 31 MARCH 2024

The Trustees	Lauren Patterson Michael Wallace (resigned 17 July 2023) Michael Garry (resigned 19 September 2023) Emily Robinson O'Grady Jonathan Bean (resigned 18 September 2023) Kay Jones, Chair (appointed 1 April 2023) Radha Sharma Caron Deans (appointed 19 September 2023) Callum Robson-Port (appointed 25 June 2023) Joanne Wheatley (appointed 22 May 2023) Sarah Bentley (appointed 20th November 2023)
Charity secretary	Anne Fry
Registered office	Adamson House 65 Westgate Road Newcastle upon Tyne Tyne and Wear NE1 1SG
Charity number	1150416
Company registration number	08269009
Accountants	Debére Limited Swallow House Parsons Road Washington Tyne and Wear NE37 1EZ
Bankers	The Co-operative Bank PO Box 101 1 Balloon Street Manchester M60 4EP

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2024

Trustees

Lauren Patterson
Emily Robinson O'Grady
Kay Jones, Chair (appointed 1 April 2023)
Radha Sharma
Michael Wallace (resigned 17 July 2023)
Michael Garry (resigned 19 September 2023)
Jonathan Bean (resigned 18 September 2023)
Sarah Bentley (appointed 20 November 2023)
Joanne Wheatley (appointed 22 May 2023)
Callum Robson-Port (appointed 25 June 2023)
Caron Deans (appointed 19 September 2023)

The Board of Trustees for Eating Distress North East are proud to present our annual report for the financial year 1 April 2023 – 31 March 24, summarising our activities and achievements.

Governance and management

Governing documents

Eating Distress North East is a charitable company limited by guarantee, incorporated on 25 October 2012. The company was established under a Memorandum of Association which establishes the objectives and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

Trustees are elected at the AGM and can serve more than one term up to a maximum of nine years. Interested new trustees are encouraged to attend trustee meetings, as observers can then be co-opted and elected at the following AGM.

The trustees meet bi-monthly and deal with the administration of the charity encompassing the strategic vision, financial accountability and risk management. The operational management of the organisation is undertaken by the paid staff team overseen by the Chief Executive.

Risk management

The Trustees have conducted a review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks including the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are reviewed twice a year to ensure that they still meet the needs of the Charity.

Financial review

We are funded through commissioned health contracts, area Integrated Care Boards, grant funding from Henry Smith, Sir James Knott Trust, The Community Foundation Tyne & Wear and Northumberland and other smaller charitable foundations, donations and income generated from charged for services.

The total income for the year was £353,386.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Reserves policy

Eating Distress North East holds a designated reserve fund in the long-term interest of the organisation. Should funding streams cease the Reserve Fund will be used to cover operating costs in a manner which considers the responsibilities we hold to our staff and the people who use our services.

The Reserve Fund will be sufficient to support the organisation for a period of four months and adjustments will be made concurrent with future budgets. This will rise as funds allow to a maximum of five months running costs.

Reserves are reviewed twice annually by the Board, under direction of the CEO and Treasurer.

In 2024/25 we have plans to move to new premises which will allow us to develop new services and see more people. Our Designated reserves are therefore:

New premises	
Moving costs/professional fees/reconfiguration	£45,000
Running costs - 4 months operating cost	£133,794
Brought forward for 24/25	
Towards counselling capacity and cost of living awards	£27,401
Total designated reserves	£206,195
Undesignated reserves	£10,122
Total reserve amount	£216,317

Public benefit statement

The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and planning its future activities. This annual report aims to demonstrate the link between our charitable activity and how this benefits our service users.

Charitable objectives

- (a) the relief of sickness and the preservation and protection of good mental and physical health by the provision of services including a confidential helpline/listening service, groups and support, to relieve the needs, primarily but not exclusively, of women with eating distress and eating disorders and to offer charitable support to the families, friends and carers.
- (b) to provide a complementary service to existing provisions.
- (c) to promote greater knowledge and heighten awareness of eating distress and eating disorders and their effect.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Strategic planning

During this period Eating Distress North East has sought to strengthen our governance and recruited new trustees who bring valuable skills to the organisation including marketing and communications, financial planning and management, data and digital, people and culture /environment and business transformation.

The Board of Trustees are committed to sustainable growth of EDNE to meet escalating need and have approved a new three-year strategy for the period 2024-27 with five key strategic objectives. This strategic plan has informed the Board's reserves policy and designated funds as outlined above.

People and environment

- Providing access to professional development opportunities and stability for our biggest asset, our staff team.
- Ensure our physical environments are suitable for the work we do - move to a new building in 2024/25 whilst looking to the longer-term future and opportunities.
- Embed a trauma informed approach across the organisation through learning and reflection.
- Pay attention to our values and how these are brought to life through our behaviours to foster a healthy working culture.

Data and digital

- Improve our data collection and usage to understand more about who uses our services, what their needs are, the difference we make, and where gaps exist. Use these insights to inform and influence at a strategic level.
- Digitise processes to improve efficiency and streamline processes.
- Maximise the use of our digital channels to continue to raise EDNE's profile and raise awareness and educate on issuing relating to eating distress.
- Create more educational online resources/toolkits to support people affected by eating distress.

Fundraising

- Raising unrestricted income gives EDNE more control over our future, greater stability for staff and people who use our services, and enables us to invest in areas we prioritise, for example new roles and services. We will create a fundraising strategy which includes raising unrestricted income through commercial activities.

New services

- Consult with people affected by eating distress about what other services they would value.
- Understand what other non-clinical interventions are recommended for eating disorders/distress and which are most viable for EDNE.
- Prioritise the development of new services based on what we learn in an exploratory phase and implement new services on a pilot basis and in partnership with others, for example university placement schemes.

Services for children and young people

- Under 16s with eating distress are currently under-served. At the same time eating disorders are rising amongst 11–16-year-olds. EDNE is well placed to meet this need in our communities.
- We will conduct a feasibility study into delivering support to children aged 13 and above to understand what the resourcing options are for a new service for children and young people and what implications there might be for staffing, buildings, processes and procedures for EDNE and make decisions and take actions accordingly.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

— ” —
“I am progressing my job, I am able to focus and concentrate better because I am working towards food as fuel not restricting myself. I am striving to fulfil my potential not shrink myself and this has given me more time to be present with loved ones and enjoy the things I used to love again.”
— ” —

About us

We exist because every individual affected by eating distress deserves specialist support, hope, and to know that recovery is possible.

Our vision is to offer every individual impacted by eating distress in the North East hope, understanding and a route to recovery.

We are the only specialist eating distress charity in the North East and offer psycho- therapeutic counselling, support, information, help and hope to anyone in the region affected by eating distress.

This support is offered to people who are experiencing eating distress with or without a medical diagnosis.

Our approach aligns with the NICE Guidelines on Eating Disorders: recognition and treatment, which highlight the need for awareness that eating distress might be a difficult thing to discuss because of feelings of stigma and shame, and the need for people in different protected characteristics groups, with a range of life experiences and across levels of income, to have equitable access to support.

In 2022-23 there were 1,430 episodes of hospital admissions for adults over 18 in the North East North Cumbria where eating disorders were either 'primary' or 'any' diagnosis¹.

Around 11,800 children and young people in England began treatment for eating disorders in 2022-23, up from 5,240 in 2016-17².

NHS targets (since 2021-22) of 95% of children and young people with eating disorders beginning treatment within one week for urgent cases and four weeks for non-urgent cases are not being met.

¹ Freedom of Information Request April 2023

² <https://www.childrenscommissioner.gov.uk/media-centre/young-people-with-eating-disorders-on-the-rise-in-england/>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Against a backdrop of escalating rates of eating disorders, particularly amongst children and young people, early identification and intervention is crucial in ensuring support is received at the earliest opportunity to improve recovery chances.

Eating Distress North East provides easy to access, person centred, pro-recovery support so that people affected by eating distress have healthier relationships with food and their bodies and feel able to take part in life.



Achievements in 2023-24

Overview

This year has been one of growth as we recruited more staff to meet rising demand.

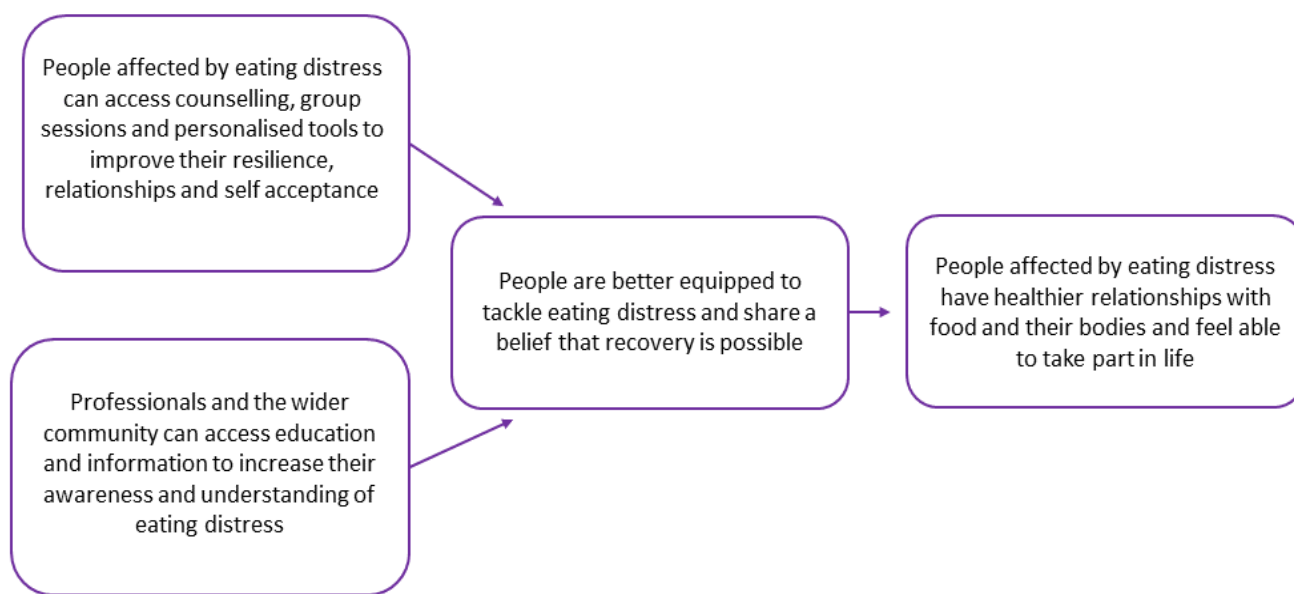
Commissioned through the Adult Eating Disorder Provider Collaborative, we built an Eating Distress Learning Community of 147 individual members made up of representatives from 77 different voluntary, community, and social enterprise organisations, plus staff who are employed within 18 other bodies, including Tees, Esk, & Wear Valleys NHS Trust (TEWV), Cumbria, Northumberland & Tyne & Wear NHS Trust (CNTW), Primary Care Networks (PCNs), Durham Police & Crime Commissioners, Healthwatch teams, and universities and colleges.

We've continued our partnership with Newcastle University's Student Wellbeing Service to deliver specialist Eating Distress support to students, piloting increased counselling provision which has proven extremely successful both in terms of outcomes for students and partnership working between the University and EDNE.

We successfully recruited a Group Worker to a newly created role to coordinate and deliver our groups for individuals and family and friends affected by eating distress. Our entire staff team received training in the New Maudsley Model Training Course to enable us to start our new 'Holding onto Hope' skills development programme for the loved ones of an individual with eating distress.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

We undertook a staff-led refresh of our mission and vision and developed a Theory of Change to help us understand and articulate our impact.



We recruited new volunteers: a psychotherapy placement to bolster our service delivery and a small team of volunteers to support our Group Work putting in place the necessary policies and procedures to induct and support them effectively. Volunteers are an important part of delivery, often offering peer support to people with eating distress, and we hope to expand this next year.

Building on previous years, we have received sustained investment from the area ICBs who recognise the important role we play in the health system of prevention, early intervention and recovery from mild to moderate eating distress.

Informing and influencing

EDNE sit on several strategic forums and networks which provides a voice for the people who use our services.

These include the North East and North Cumbria (NENC) ICS Adult Eating Disorder Provider Collaborative; the NENC VCSE Partnership Programme Steering Group; and the adult and children and young people ARFID (Avoidant Restrictive Food Intake Disorder) champion groups.

The commissioned review into the capacity of the VCSE sector to support Adult Eating Disorder Pathway Commissioning has concluded and the final project report contains six key recommendations for the future of eating distress pathway development and commissioning in the North East and North Cumbria. EDNE will be working with health colleagues to implement these recommendations.

Regional Eating Disorders Charities and Network (REDCAN)

The Regional Eating Disorders Charities and Network (REDCAN) continues to develop and strengthen our working relationships with other regional eating disorder charities.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

This network covers England, Scotland and Northern Ireland and provides significant opportunities for EDNE to share our experiences, learn from others, and campaign with a raised profile on issues affecting people with eating disorders, and those affecting the charity sector supporting them.

Research into effects of COVID-19 pandemic on people with eating disorders

EDNE engaged with eating disorder research through this project, working with researchers from Northumbria University, 'Remote Healthcare for Eating Disorders throughout COVID-19 (RHED-C)'.

The results of this work are nearing completion, with an online toolkit for users and providers in the final stages of production. The toolkit was co-produced with participants with lived experience and we collaborated with the research team to run workshops. The result is an animation centring the voices of lived experience which is being presented at an international Human-Computer interaction research conference in May 2024.

— ” —

“The sessions I had really made a change and a positive impact to not just my life but my family and friends who were all worried about me and I cannot thank the team enough especially my counsellor.”

— ” —

Counselling Service

We delivered 3,723 counselling sessions to 458 clients during 2023-24, an increase in the number of people we've worked with of 13%, and an increase of 14% in counselling sessions from the previous year. Of the people we worked with:

- 28% were under 25 years of age
- 32% were 25-34
- 21% were 35-44
- 19% were over 44

- 85% were women
- 9% were men with the remainder identifying as trans, non-binary or 'other'

- 80% were white British

- 20% had a diagnosed disability but we know that many more people are undiagnosed or waiting for diagnostic services, particularly for neurodiversity.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

It's clear from the demographic data that we have work to do to reach more diverse communities, including people from black, Asian and other ethnically marginalised communities and this will be part of our thinking going forward. This year we worked with Haref at Connected Voice to place educational messages about eating distress within their communications throughout Ramadan and we want to build on this in future years.

51% of people self-refer to our services, 24% are referred by a mental health professional, and 13% by their GP (with the remainder being from various sources).

In line with our person centred, trauma informed approach, we want to ensure we're physically accessible to people across the region. This is challenging for a small charity operating across a wide geographic area, but we have secured outreach bases in Durham University, Durham City Centre and Stockton this year, with more planned for next year.

Our counselling service uses the Warwick Edinburgh Mental Wellbeing Scale to assess the impact we have and the difference we make.

70% of people said they felt better able to cope with their eating problems after counselling

We also capture feedback from the people who use our service, on completion of counselling, whether they have experienced positive change, and what impact the counselling has had on their self-esteem and wellbeing.

97% of people said they had experienced positive change.

79% said their self-esteem and wellbeing had improved.

— ” —

“If I hadn't had counselling a lot of things still wouldn't make sense to me and I would have kept burying my head in the sand with regards to my unhealthy approach to food. By having the sessions I feel a lot more in control of my decisions around food and how I react to certain situations that trigger me to binge eat or drink.”

— ” —

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Case study

*Name has been changed for anonymity

*Esme is 24 years old and approached the service to address her issues with bingeing and purging by vomiting after meals. The client used purging to control her weight and feel more comfortable after bingeing. I explained the risks of vomiting and when she may potentially have to seek medical assistance. We discussed distraction techniques to help her manage her urges to binge and purge. Esme struggled daily with feelings of guilt and urges to binge. She wanted to use the sessions to control her urges to binge and to be able to stop purging. She wanted to understand why she used bingeing as a coping mechanism and to understand the emotions that lay beneath this. Her pattern of bingeing left her feeling disgusted, lonely, and lacking in self-control.

A theme of not being heard and recognised emerged as we began work on a timeline of events in her life to find out where this unmet need may have originated. This highlighted a series of familial issues and unsupportive romantic relationships. Esme was encouraged, at age 16, to join Slimming World by her mum. We explored how these events in her life had impacted on her own internal narrative.

Using a person-centred approach, we explored the high standards she expected from herself and what triggered the urges to binge. Using transactional analysis highlighted that Esme had absorbed behaviours such as perfectionism and working hard. Moreover, she did not absorb permissions to be important or be herself. I began to see a picture of how these events and messages had possibly affected the client's thoughts, feelings, and behaviours and how they were being repeated in the here and now.

Initially I noticed how anxious Esme's presentation was. She increasingly spoke faster and faster, hardly taking a breath as she spoke. I noticed that Esme was also becoming increasingly resentful about the responsibilities being placed upon her by the family. Esme had to offer care to her grandparents and was taking responsibility when other members of the family could or would not support. Esme was becoming increasingly frustrated at shouldering responsibility for the whole family and at friends who were making constant demands on her time.

All these factors added to her anxiety and so we began to work on calming her parasympathetic nervous system. It felt that due to traumatic events in her life and her script decision the client was constantly under stress due to helping others. As she put their needs first this impacted upon her own ability to look after herself properly and soothe herself. To help this I used psychoeducation and mindfulness practices. I used a body scan with her as it felt important to establish more of a mind body connection and help her become aware of where she held tension in her body to limit the feelings of overwhelm that led to her bingeing.

As we explored her feelings, a theme of anger emerged, and Esme realised she was feeling anger which had originated in childhood. As we explored this, she was able to recognise this emotion and began to feel and process it.

Esme began to use kindness and compassion daily. As we explored her need to be perfect the client began to see that it meant she would never feel anything she did was good enough. This being so we began to explore her negative beliefs about herself. We then looked for evidence that the beliefs were true. Next, we used DBT and turned these negatives into positives such as "I am enough." Esme also began to use distraction techniques from her negative inner critic and use positive affirmations to stop the automatic negative thoughts that had begun to dominate.

We explored media messaging and her body image, and she became very impassioned as she realised what expectations were being put on her by social media and societal messaging, the realisation that this was a transgenerational pattern also surprised and impassioned her.

As we explored this Esme said she wanted to be thin for herself and not for others; we explored this alongside the need or desire to be perfect.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Towards the end of the sessions, I explained the Drama Triangle and we explored boundaries. Later Esme reported feeling more confident and despite hating confrontation had begun to address work and family issues which she felt were triggering her bingeing episodes. I suggested we aim to end the sessions and explore her sense of self. During the last session Esme reported not having binged all week. She said, "I'm actually happy and loving life, I can't believe I am this happy." She also said that she felt in control of her eating again and that her boundaries were stronger. Esme was now engaging in more self-care and felt that she was able to meet her own needs and put them before the needs of others.

As the therapy began to end Esme reported being kinder to herself and not purging. She was able to meet her own needs and not feel guilty for prioritizing these needs. This led to increased feelings of confidence in all areas of her life and a newfound sense of freedom.

Group work

During 2023-24 we reviewed our Group Work provision and made some changes to how and what we deliver. Appointing our new Group Worker has meant we're now able to provide more peer supportive, facilitated group work which allow people to explore their feelings in a safe space with other people with similar experiences, reducing the isolation that people with eating distress often feel.

We started a new pre-counselling group held over subsequent weeks to ensure people waiting for counselling can access some support, and a post-counselling group is in development to provide a full wrap around menu of eating distress specific support.

On completion of the Group programme 75% of people said they knew 'quite a bit' or 'a lot' about eating distress, up from 55% before the Group.

—”——

"It was more informal and relaxed than I initially thought. Everyone (facilitators and peers) supportive and comfortable to be around."

——”—

Our Group Worker works alongside our counsellors to deliver our new 'Holding onto Hope' course. This is based on the New Maudsley Model Training Course, a nationally recognised part of the recovery journey for individuals. Aimed at family and friends, it builds eating distress knowledge and introduces participants to new tools and techniques to help them support their loved one whilst alleviating their own anxiety and improving communication.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

80% of participants said their understanding of eating distress had improved a moderate amount or a great deal.

100% said they had developed tools to better cope with supporting someone with eating distress, their relationships had improved, and they had reduced anxiety.

Prevention and early intervention through education and training



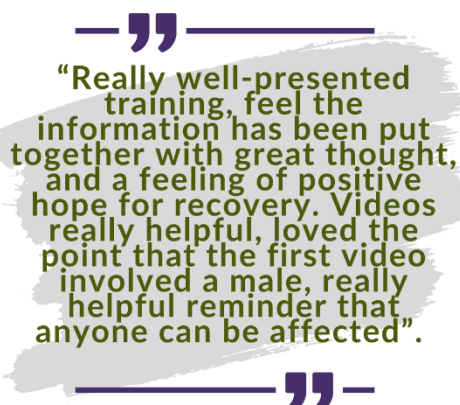
Our training and education programme is key to promoting early identification and treatment of an eating disorder thus improving the speed of recovery, reducing symptoms to a greater extent, and improving the likelihood of long-term recovery.

We delivered awareness raising and CPD accredited training to 832 people. Audiences spanned other voluntary, community and social enterprise organisations, university and college students, local authority and health professionals.

Working with The Children's Society RISE project we developed educational resources for secondary schools with detailed lessons plans and presentations around key themes relating to eating distress for children and young people and delivered a 'train the trainer' session for RISE practitioners in working with young people with eating disorders.

Following training, 85% of people rated their knowledge of eating distress as more than average or high compared with 14% before the training.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024



In 2023-24 for the first time, we delivered our CPD Education and Training as a paid for service, generating income which went directly back into funding the role. Generating our own income is an important element of our future strategy and one we will develop further in 2024-25.

Statement of trustee responsibilities

The trustees, who are also directors for the purposes of company law are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a view of the situation of the charitable company and of incoming resources and application of resources, including the income and expenditure of the charitable company for that year.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2024

Independent Examiner

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuring year will be proposed at the Annual General Meeting.

Small Companies Provisions

This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006.

Approved by the Board on 6 June 2024 and signed on their behalf by:



Kay Jones
Chair

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NIWE EATING DISTRESS SERVICE
TRADING AS EATING DISTRESS NORTH EAST LIMITED
YEAR ENDED 31 MARCH 2024

I report on the accounts of NIWE Eating Distress Service Trading As Eating Distress North East Limited for the year ended 31 March 2024, which are set out on pages 17 to 34.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or;

(2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ

Date: 6 June 2024

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)
YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Restated Total Funds 2023 £
Income and expenditure					
Income from:					
Donations and legacies	5	2,987	–	2,987	1,516
Charitable activities					
Grant and contracts	6	4,833	338,777	343,610	407,702
Other trading activities	7	3,958	–	3,958	3,825
Income from investments	8	<u>2,831</u>	<u>–</u>	<u>2,831</u>	<u>1,210</u>
Total income		<u>14,609</u>	<u>338,777</u>	<u>353,386</u>	<u>414,253</u>
Expenditure on:					
Charitable activities					
Operation of the charity	9	<u>4,463</u>	<u>362,056</u>	<u>366,519</u>	<u>282,909</u>
Total expenditure		<u>4,463</u>	<u>362,056</u>	<u>366,519</u>	<u>282,909</u>
Net income / (expenditure)	16	10,146	(23,279)	(13,133)	131,344
Transfer between funds					–
Total funds brought forward		328,199	15,000	343,199	235,505
Prior period adjustment		<u>(122,028)</u>	<u>145,678</u>	<u>23,650</u>	<u>–</u>
Total funds carried forward		<u>216,317</u>	<u>137,399</u>	<u>353,716</u>	<u>366,849</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 20 to 34 form part of these financial statements.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION

31 MARCH 2024

	Notes	2024		<i>Restated</i> <i>2023</i>	
		£	£	£	£
Fixed assets					
Tangible assets	17		3,080		1,200
Current assets					
Debtors	18	29,382		31,026	
Cash at bank and in hand	19	<u>369,804</u>		<u>386,861</u>	
		399,186		417,887	
Creditors: amounts falling due within one year	20	<u>(48,550)</u>		<u>(51,613)</u>	
Net current assets			<u>350,636</u>		<u>366,274</u>
Total assets less current liabilities			353,716		367,474
Creditors: amounts falling due after more than one year	21	_____ -		<u>(625)</u>	
			_____ -		<u>(625)</u>
			353,716		366,849
			=====		=====
Funds					
Unrestricted income funds	24		10,122		23,079
Restricted income funds			137,399		160,678
Designated funds			<u>206,195</u>		<u>183,092</u>
Total funds			353,716		366,849
			=====		=====

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

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

The notes on pages 20 to 34 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION *(continued)*

31 MARCH 2024

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the Board and authorised for issue on 6 June 2024 and are signed on their behalf by:



Kay Jones
Chair

The notes on pages 20 to 34 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Adamson House, 65 Westgate Road, Newcastle upon Tyne, Tyne and Wear, NE1 1SG .

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective October 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern basis

The charity reported total unrestricted funds at the year-end of £216,317 and has already secured a significant amount of funding for the current year. The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received, and the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Grants and donations

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 or provision of other specified service is deferred until the criteria of income recognition are met.

Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Charitable activities

Expenditure on charitable activities includes the costs of counselling and other activities undertaken to further the purposes of the charity and their associated support costs.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

Irrecoverable VAT

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

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

Tangible fixed assets for use by the charity

Individual fixed assets costing £250 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:

Office equipment

Straight line over five years

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

4 Restated Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Restated Total Funds 2023 £
Income and expenditure				
Income from:				
Donations and legacies	5	1,516	–	1,516
Charitable activities				
Grant and contracts	6	6,760	400,942	407,702
Other trading activities	7	3,825	–	3,825
Income from investments	8	<u>1,210</u>	<u>–</u>	<u>1,210</u>
Total income		<u>13,311</u>	<u>400,942</u>	<u>414,253</u>
Expenditure on:				
Charitable activities				
Operation of the charity	9	<u>14,145</u>	<u>268,764</u>	<u>282,909</u>
Total expenditure		<u>14,145</u>	<u>268,764</u>	<u>282,909</u>
Net income / (expenditure)	16	(834)	132,178	131,344
Transfer between funds		–	–	–
Total funds brought forward		<u>207,005</u>	<u>28,500</u>	<u>235,505</u>
Total funds carried forward		<u>206,171</u>	<u>160,678</u>	<u>366,849</u>

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Restated Total Funds 2023 £
Donations and gifts	<u>2,987</u>	<u>–</u>	<u>2,987</u>	<u>1,516</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

6 Charitable activities – Grants and Contracts

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Restated Total Funds 2023 £</i>
Income from grants				
North Tyneside CCG	–	7,082	7,082	8,615
Newcastle Gateshead CCG	–	111,401	111,401	108,798
NHS England	–	85,000	85,000	156,000
Volant	–	–	–	5,000
Warburtons	–	–	–	400
Connected Voice	–	–	–	4,000
Henry Smith Fund	–	53,000	53,000	53,000
Newcastle City Council	–	–	–	2,000
Access to Work	–	1,478	1,478	–
LGA Foundation	–	5,000	5,000	–
Community Foundation	–	10,000	10,000	–
Junction Point	–	780	780	–
Allen Lane Foundation	–	–	–	5,000
University	–	41,736	41,736	49,529
James Knott	<u>–</u>	<u>15,000</u>	<u>15,000</u>	<u>15,000</u>
Income from training	–	330,477	330,477	407,342
Training income	4,833	–	4,833	360
Childrens Society	<u>–</u>	<u>8,300</u>	<u>8,300</u>	<u>–</u>
	<u>4,833</u>	<u>338,777</u>	<u>343,610</u>	<u>407,702</u>

7 Charitable activities – other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Restated Total Funds 2023 £</i>
Counselling	<u>3,958</u>	<u>–</u>	<u>3,958</u>	<u>3,825</u>
	<u>3,958</u>	<u>–</u>	<u>3,958</u>	<u>3,825</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

8 Income from investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Restated Total Funds 2023 £</i>
Bank interest	<u>2,831</u>	<u>-</u>	<u>2,831</u>	<u>1,210</u>

Included in total income of £353,386 (2023: £414,253) is £14,609 (2023: £13,311) which is unrestricted or designated and £338,777 (2023: £400,942) which is restricted.

9 Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Restated Total Funds 2023 £</i>
Direct costs				
Project staff salaries	-	277,259	277,259	203,910
Project sessional workers	-	20,634	20,634	35,774
Project staff supervision	-	5,181	5,181	3,615
Staff training/conference	-	9,304	9,304	1,243
Project expenses	-	556	556	1,004
Support costs				
Rent, rates, heat and light	780	14,817	15,597	11,992
Office expenses	1,046	19,885	20,931	12,669
Office equipment	15	750	765	836
Insurance/general expenses	57	1,078	1,135	1,026
Professional fees	236	4,474	4,710	3,778
Room hire	-	2,728	2,728	4,552
Funding costs	-	208	208	33
Pension deficit	791	4,484	5,275	356
Depreciation	36	698	734	400
Government costs				
Audit and accountancy fees	1,500	-	1,500	1,500
Trustee meeting costs/AGM	<u>2</u>	<u>-</u>	<u>2</u>	<u>221</u>
	<u>4,463</u>	<u>362,056</u>	<u>366,519</u>	<u>282,909</u>

Included in total expenditure on charitable activities of £366,519 (2023: £282,909) is £4,463 (2023: £14,145) which is unrestricted or designated, and £362,056 (2023: £268,764) which is restricted.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

10 Fees for examination of the accounts

	2024	<i>Restated</i>
	£	<i>2023</i>
		<i>£</i>
Independent examiner's fees for reporting on the accounts	1,500	<i>1,500</i>
Other professional services	<u>4,710</u>	<i><u>3,778</u></i>
	6,210	<i>5,278</i>
	<u> </u>	<i><u> </u></i>

11 Analysis of staff costs, and the cost of key management personnel

	2024	<i>Restated</i>
	£	<i>2023</i>
		<i>£</i>
Wages and salaries	256,246	<i>186,969</i>
Social security costs	14,465	<i>12,365</i>
Pension costs (defined contribution pension plan)	<u>6,548</u>	<i><u>4,932</u></i>
	277,259	<i>204,266</i>
	<u> </u>	<i><u> </u></i>

No employee received remuneration above £60,000 for both the current and previous years.

The key management personnel of the charity, comprise the trustees and the Chief Officer. The total employee benefits of the key management personnel of the charity were £40,708 (2023: £29,286).

12 Staff numbers

The average monthly head count was 11 staff (2023: 11 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2024	<i>Restated</i>
	No	<i>2023</i>
		<i>No</i>
The parts of the charity in which the employee's work		
Charitable activities	<u>10</u>	<i><u>9</u></i>

13 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred during the year.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

14 Defined contribution pension scheme

SCHEME: TPT Retirement Solutions – The Growth Plan

In previous years, the charity participated in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. During the year a contribution was paid by the charity so settle its outstanding obligations which has resulted in there being no liability outstanding at the balance sheet date.

Present values of provisions

	2024	Restated	<i>Restated</i>
	£	2023	2022
		£	£
Present value of provision	<u>-</u>	<u>625</u>	<u>981</u>
	2024	2023	
	£	£	
Provision at start of period	625	981	
Unwinding of the discount factor (interest expense)	33	18	
Deficit contribution paid	(5,275)	(357)	
Remeasurements – impact of any change in assumptions	<u>4,617</u>	<u>(17)</u>	
Provision at end of period	<u>-</u>	<u>625</u>	

Assumptions

	2024	Restated	
	%per	2023	2022
		% per	% per
Rate of discount	<u>0.00</u>	<u>5.52</u>	<u>2.35</u>

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

15 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 Net movements in funds

Net movement in funds is stated after charging:

	2024	<i>Restated</i>
	£	2023
		£
Accountancy and Independent Examination	1,500	1,500
Depreciation	<u>734</u>	<u>400</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

17 Tangible fixed assets

	Office Equipment £	Restated Total 2023 £
Cost		
Balance brought forward	7,538	7,538
Additions	2,614	–
Disposals	–	–
Balance carried forward	<u>10,152</u>	<u>7,538</u>
Balance brought forward	6,338	5,938
Depreciation charge for the year	734	400
Disposals	–	–
Balance carried forward	<u>7,072</u>	<u>6,338</u>
Net book value		
Brought forward	<u>1,200</u>	<u>1,600</u>
Carried forward	<u>3,080</u>	<u>1,200</u>

18 Debtors and prepayments (receivable within one year)

	2024 £	Restated 2023 £
Trade debtors	28,763	30,909
Prepayments	<u>619</u>	<u>117</u>
	<u>29,382</u>	<u>31,026</u>

19 Cash at bank and in hand

	2024 £	Restated 2023 £
Cash at bank	369,703	386,810
Cash in hand	<u>101</u>	<u>51</u>
	<u>369,804</u>	<u>386,861</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

20 Creditors and accruals (payable within one year)

	2024	<i>Restated</i>
	£	2023
		£
Trade creditors	–	6,722
Pension	–	828
Other creditors	1,700	1,700
Payroll holding account	7,644	19,127
Accruals		
Independent examination of accounts	720	720
Other accruals	7,182	8,082
Deferred income (note 22)		
Barbour	2,000	2,000
Newcastle of University	<u>29,304</u>	<u>12,434</u>
	48,550	51,613
	<u>=====</u>	<u>=====</u>

21 Creditors and accruals (payable after more than one year)

	2024	<i>Restated</i>
	£	2023
		£
Pension deficit (note 14)	<u>–</u>	<u>625</u>

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2024	<i>Restated</i>
	£	2023
		£
Balance brought forward	14,434	–
Amount deferred in year	<u>16,870</u>	<u>14,434</u>
Balance carried forward	31,304	14,434
	<u>=====</u>	<u>=====</u>

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

24 Analysis of charitable funds

As at March 2024

	Restated Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	23,079	14,609	(4,463)	(23,103)	10,122
Designated contingency reserve fund	115,775	–	–	18,019	133,794
Parental leave	11,671	–	–	(11,671)	–
Sickness	3,680	–	–	(3,680)	–
Jury Duty	626	–	–	(626)	–
Pension deficit	5,900	–	–	(5,900)	–
Office relocation	18,000	–	–	27,000	45,000
Project development costs	10,000	–	–	17,401	27,401
Marketing strategy	3,300	–	–	(3,300)	–
Print materials	2,000	–	–	(2,000)	–
Maudsley Training Course	2,900	–	–	(2,900)	–
Mission and Vision Refresh	3,660	–	–	(3,660)	–
Group work	5,580	–	–	(5,580)	–
	<u>206,171</u>	<u>14,609</u>	<u>(4,463)</u>	<u>–</u>	<u>216,317</u>

As at March 2023

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	114,005	13,311	(14,145)	(90,092)	23,079
Designated contingency reserve fund	93,000	–	–	22,775	115,775
Parental leave	–	–	–	11,671	11,671
Sickness	–	–	–	3,680	3,680
Jury Duty	–	–	–	626	626
Pension deficit	–	–	–	5,900	5,900
Office relocation	–	–	–	18,000	18,000
Project development costs	–	–	–	10,000	10,000
Marketing strategy	–	–	–	3,300	3,300
Print materials	–	–	–	2,000	2,000
Maudsley Training Course	–	–	–	2,900	2,900
Mission and Vision Refresh	–	–	–	3,660	3,660
Group work	–	–	–	5,580	5,580
	<u>207,005</u>	<u>13,311</u>	<u>(34,802)</u>	<u>–</u>	<u>206,171</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

24 Analysis of charitable funds (continued)

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowance for designated funds.
Designated contingency reserve fund	Represents monies set aside for contingencies.
Parental leave/ Sickness/ Jury Duty	To meet the additional costs of maternity pay and cover, or the costs of longer-term sick leave or jury service.
Pension deficit	Additional funding allocated to cover the pension deficit scheme currently in place.
Office relocation	Monies set aside to relocate to larger premises to better the needs of the charity.
Marketing Strategy	Additional resourcing to strengthen our offer, build our capacity, and meet the needs of people affected by eating distress.
Print materials	
Maudsley Training Course	
Mission and Vision refresh	
Group Work	

As at March 2024

	Restated Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Restricted funds					
North Tyneside CCG	–	7,082	(7,082)	–	–
Newcastle Gateshead CCG	4,678	111,401	(116,079)	–	–
NHS England	156,000	85,000	(108,601)	–	132,399
Henry Smith Fund	–	53,000	(53,000)	–	–
Access to Work	–	1,478	(1,478)	–	–
Childrens Society	–	8,300	(8,300)	–	–
LGA Foundation	–	5,000	–	–	5,000
Community Foundation	–	10,000	(10,000)	–	–
Junction Point	–	780	(780)	–	–
University	–	41,736	(41,736)	–	–
James Knott	–	15,000	(15,000)	–	–
	<u>160,678</u>	<u>338,777</u>	<u>(362,056)</u>	<u>–</u>	<u>137,399</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

24 Analysis of charitable funds (continued)

As at March 2023

	<i>Fund balances brought forward £</i>	<i>Incoming Resources £</i>	<i>Resources Expended £</i>	<i>Transfers £</i>	<i>Fund balances carried forward £</i>
Restricted funds					
Henry Smith	–	53,000	(53,000)	–	–
North Tyneside CCG	–	8,615	(8,615)	–	–
Newcastle Gateshead CCG	–	108,798	(104,120)	–	4,678
NHS England	–	156,000	–	–	156,000
Volant	–	5,000	(5,000)	–	–
Newcastle University	–	49,529	(49,529)	–	–
The Speedomick Foundation	2,000	–	(2,000)	–	–
The Albert Hunt Trust	3,000	–	(3,000)	–	–
Hospital God of Greatham	2,000	–	(2,000)	–	–
Awards for All	10,000	–	(10,000)	–	–
Joicey Trust	2,500	–	(2,500)	–	–
Allen Lane Foundation	5,000	5,000	(10,000)	–	–
Hadrian Trust	1,000	–	(1,000)	–	–
Community Foundation –					
Willan Trust	3,000	–	(3,000)	–	–
James Knott	–	15,000	(15,000)	–	–
	<u>28,500</u>	<u>400,942</u>	<u>(268,764)</u>	<u>–</u>	<u>160,678</u>

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Henry Smith

Core costs to support therapeutic services

North Tyneside CCG

Providing counselling services and core funding

Newcastle Gateshead CCG

Providing counselling services and core funding

NHS England

Providing counselling services and core funding

Newcastle University

Providing specialist counselling sessions for students

The Speedomick Foundation

Funding towards training costs

24 Analysis of charitable funds *(continued)*

The Albert Hunt Trust

Funding towards training costs

Hospital God of Greatham

Funding towards training costs

Awards for All

Funding towards training costs

Joicey Trust

Funding towards training costs

Allen Lane Foundation

Core costs to support services delivered

Hadrian Trust

Funding towards training costs

Community Foundation – Willan Trust

Funding towards training costs

James Knott Trust

Core costs to support work

Junction Point

Support for business activities

Access to Work

Grant towards office equipment

LGA Foundation

Contribution toward education and training costs

Childrens Society

Education and training partnership work

25 Capital commitments

As at 31 March 2024, the charity had no capital commitments (2023: nil)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

26 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	<i>Restated Total Funds 2023 £</i>
Fixed assets	3,080	–	3,080	1,200
Cash at bank and in hand	232,405	137,399	369,804	386,861
Other net current assets/(liabilities)	(19,168)	–	(19,168)	(20,587)
Long term assets/(liabilities)	<u>–</u>	<u>–</u>	<u>–</u>	<u>(625)</u>
	216,317	137,399	353,716	366,849
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

27 Prior period restatement

A prior period adjustment has been made to correct debtors and creditors. This has had the effect of increasing funds by £23,650.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST

England & Wales - Charity number 1150416

Accounts

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

Company Limited By Guarantee

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

Charity Number: 1150416

Company Registration: 08269009

DEBÉRE LIMITED

Chartered Accountants

Swallow House

Parsons Road

Washington

Tyne and Wear

NE37 1EZ

**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**

COMPANY LIMITED BY GUARANTEE

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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**NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED**
COMPANY LIMITED BY GUARANTEE
OFFICERS AND PROFESSIONAL ADVISERS
YEAR ENDED 31 MARCH 2023

The Trustees	Carolyn (Lyn) Boyle, Chair (resigned 7 November 2022) Lauren Patterson, Chair Michael Wallace Michael Garry Rachel Errington (resigned 11 April 2022) Emily Robinson O'Grady (appointed 23 September 2022) Jonathan Bean – (appointed 1 November 2022) Kay Jones (appointed 1 April 2023) Radha Sharma
Charity secretary	Anne Fry (appointed 18 October 2022)
Registered office	Adamson House 65 Westgate Road Newcastle upon Tyne Tyne and Wear NE1 1SG
Charity number	1150416
Company registration number	08269009
Accountants	Debére Limited Swallow House Parsons Road Washington Tyne and Wear NE37 1EZ
Bankers	The Co-operative Bank PO Box 101 1 Balloon Street Manchester M60 4EP

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2023

The trustees, who are the directors of the organisation for the purpose of Company Law, present their annual director's report together with the charity's financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective October 2019)".

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing documents

The organisation is a charitable company limited by guarantee, incorporated on 25 October 2012. The company was established under a Memorandum of Association which establishes the objectives and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

Trustees are elected at the AGM and can serve more than one term. Interested possible new trustees are encouraged to attend trustee meetings, as observers can then be co-opted and elected at the following AGM.

Organisation

The trustees meet bi-monthly and deal with the administration of the charity encompassing the strategic vision, financial accountability and risk management. The operational management of the organisation is undertaken by the paid staff team.

Risk management

The Trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks including the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Financial review

NIWE Eating Distress Service is funded by grant income from Henry Smith Charity; The National Lottery Community Fund; Newcastle Gateshead and North Tyneside Clinical Commissioning Groups; and a range of smaller trusts and charitable foundations, a number of small donations; income generated from fundraising and charged for services.

The total income for the year was £362,753.

Financial Liabilities

The Trustees have had to allow for the outstanding liability of the pension scheme deficit, which was valued at £5,900 at the last estimate. The deficit is to be addressed with a plan to buy out of the scheme in accordance with current regulation (Ref: note 14).

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2023

Reserves

Reserves which enables NIWE to have sufficient financial resources to meet liabilities and meet ethical commitments if funding were to be withdrawn and/or it were unable to continue operating. NIWE provides counselling and support to vulnerable clients including longer term and the Trustees wish to maintain a sufficient level of reserves to enable the counselling service to continue should a shortfall in income occur. NIWE considers that holding up to six month's reserves would allow for the opportunity to ethically complete its programmes of support to these vulnerable clients.

NIWE Eating Distress Service has agreed to hold designated contingency reserves of £217,270. At 31 March 2023, designated reserves represented more than 6 months' running costs based on 2022/23 expenditure, £15,977 as the estimated costs associated with parental leave, sickness and jury duty, £5,900 designated to cover the pension fund withdrawal liability which is expected to become payable in the next financial year, £18,000 designated for office relocation costs in order to expand into larger premises, £10,000 for project development costs, and £17,440 for organisational development including communications and marketing, training development, and additional resourcing to meet the needs of people who use our services. Unrestricted reserves stand at £83,079. The total of the Charity's unrestricted reserves for 2022/23 are therefore £300,349.

Monitoring and reviewing the Reserves Policy

The calculation of the required level of reserves by the Trustees/Directors forms part of their consideration and review of business planning, budget, financial projections and funding strategy each year.

Public benefit statement

The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and planning its future activities. This annual report will aim to demonstrate the link between our charitable activity and how this benefits our service users.

Objectives and activities

Charitable objects include:

- the relief of sickness and the preservation and protection of good health by the provision of a confidential helpline/listening service, workshops and support.
- to relieve the needs primarily but not exclusively of women with eating distress and eating disorders.
- to offer charitable support to the families, friends and carers of such people.
- to provide a complementary service to existing provisions.
- to promote greater knowledge about and heighten awareness of eating distress.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

This is achieved by means of:

- Guidance and support to those affected by eating distress via, e-mail, telephone, information, self-help resources and signposting to other services.
- Interventions for individuals affected by eating distress through:
 - Counselling and psychotherapy
 - Regular psychoeducation (health topic) workshops
 - Mindfulness courses
 - Friends and Family (Carers) support group
 - Maudsley training courses for Friends and Family (carers)
 - Counselling for students in partnership with Newcastle University
 - Awareness raising sessions in the community
 - Participation in a range of health events across the area
 - CPD certified training programme for professionals
 - Educational talks and workshops in various settings
 - Linked work with statutory partners
 - Active collaboration with relevant partners
 - Contribution to research into eating distress
 - Membership of relevant strategic partnerships and bodies

Background

Eating Distress North East provides therapeutic support to people who are experiencing eating distress with or without a medical diagnosis. We deliver counselling and psychotherapy, health and wellbeing sessions and support to friends, families and carers. We aid early identification and prevention through our training and education programme.

Our approach aligns with the NICE Guidelines on Eating Disorders: recognition and treatment, which highlight the need for awareness that eating distress might be a difficult thing to discuss because of feelings of stigma and shame, and the need for people in different protected characteristics groups, with a range of life experiences and across levels of income, to have equitable access to support.

It is estimated that around 1.25 million people in the UK have an eating disorder. Eating disorders are serious mental health conditions.

Mortality rates are almost twice as high for people with EDs than in the general population and anorexia has a higher mortality rate than any other mental health disorder. The average duration of an eating disorder is 7-10 years but early identification and intervention can drastically improve the chances of a full recovery.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

The impact of supporting someone with an eating disorder is high, with the Royal College of Psychiatrists citing research showing the burden is as high or higher than that of caring for a person with depression or schizophrenia.

Nationally, hospital admissions for eating disorders have risen by 84% in the five years between 2015/16 and 2020/21, with children and young people being the worst affected, with a 90% rise over the period. A stark rise of 128% is seen in boys and young men — from 280 hospital admissions in 2015/16 to 637 in 2020/2021¹.

We know that the number of people presenting at inpatient services are just a proportion of the people who have a disordered relationship to eating and who might need support.

Achievements and performance

Eating Distress North East has taken the learning from Covid-19 and continued to offer counselling both online and in person. The ratio of people receiving services throughout the year has remained at broadly 50/50.

Having benefitted from funding allocated through the Community Mental Health Transformation initiative and reflecting the increased prevalence of and national and regional profile of eating disorders, we have played a vital role in the early intervention and prevention of eating disorders.

We have engaged with health colleagues strategically through the North East and North Cumbria Integrated Care Systems' Adult Eating Disorder Provider Collaborative. EDNE has received health commissioned funding through the Provider Collaborative to deliver counselling and psychotherapy in Durham and the Tees Valley, the first time we have been funded to deliver support specifically in this area.

We've also worked with the Provider Collaborative to develop a project which aims to explore and expand the role of the voluntary, community and social enterprise sector in the specialist eating distress provision in the North East and North Cumbria. The aims of the project are to:

- a. Test how we can best expand the role of the VCSE in the AED pathway across the NE and North Cumbria (what works and why?)
- b. Lead work to draw existing VCSE/community based groups for AED (commissioned and non-commissioned) across the NENC into an AED network

This work started this year and will continue through 2023/24.

We've continued our working partnership with Newcastle University's Student Wellbeing Service to deliver specialist Eating Distress support to students, and have also developed a partnership with Durham University to deliver similar support to their student population.

Strategic stakeholder and representation

EDNE sit on a number of strategic forums and networks which provides a voice for the people who use our services. These include the North East and North Cumbria (NENC) ICS Adult Eating Disorder Provider Collaborative; the NENC VCSE Partnership Programme, Mental Health and workforce subgroups; the ARFID (Avoidant restrictive food intake disorder) Task and Finish Group; Regional ED Educational Forum; Eating Disorders Transitions Task & Finish Group; and various local authority networks and forums.

¹ <https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2022/05/18/hospital-admissions-for-eating-disorders-increased-by-84-in-the-last-five-years>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

REDCAN

The Regional Eating Disorders Charities and Network (REDCAN) continues to develop and strengthen our working relationships with other regional eating disorder charities.

We formally launched during Eating Disorder Awareness Week February 2023 with a dedicated website, social media channels, and communications strategy.

This network covers England, Scotland and Northern Ireland and provides significant opportunities for EDNE to share our experiences, learn from others, and campaign with a raised profile on issues affecting people with eating disorders, and those affecting the charity sector supporting them.

Research into Effects of COVID-19 pandemic on people with eating disorders

EDNE engaged with eating disorder research through this project, working with researchers from Northumbria University, 'Remote Healthcare for Eating Disorders throughout COVID-19 (RHED-C)', and during the year facilitated two workshops with EDNE clients and researchers.

The workshops were to explore co-created ideas for an animation about people's experiences and this will be realised during the next financial year.

Counselling Service

During 2022/23, our counselling service worked with 385 clients in counselling which represents an increase of 28% from last financial year.

This increase is indicative of the increased need in our communities and illustrates the importance of early identification, and support, in order to improve recovery outcomes.

Our counselling service uses the Warwick Edinburgh Mental Wellbeing Scale to assess impact of our service and data for the year 2021-22 is included below.

In addition to this, we also capture feedback from the people who use our service in a more informal way and ask, on completion of counselling, whether they have experienced positive change, and what impact the counselling has had on their self-esteem and wellbeing.

This year, 98% of people said they had experienced a positive change and 77% said their self esteem and wellbeing had improved.

"I have become more aware of my disordered eating and can challenge thoughts and worries. The recovery work I did is hanging in my kitchen so I am reminded of my goals and hopes."

"I view situations differently, treat myself differently, things that would in the past trigger me, I now have coping mechanisms for and can handle better"

85% of people said that they felt better equipped to deal with their eating distress and life events.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2023

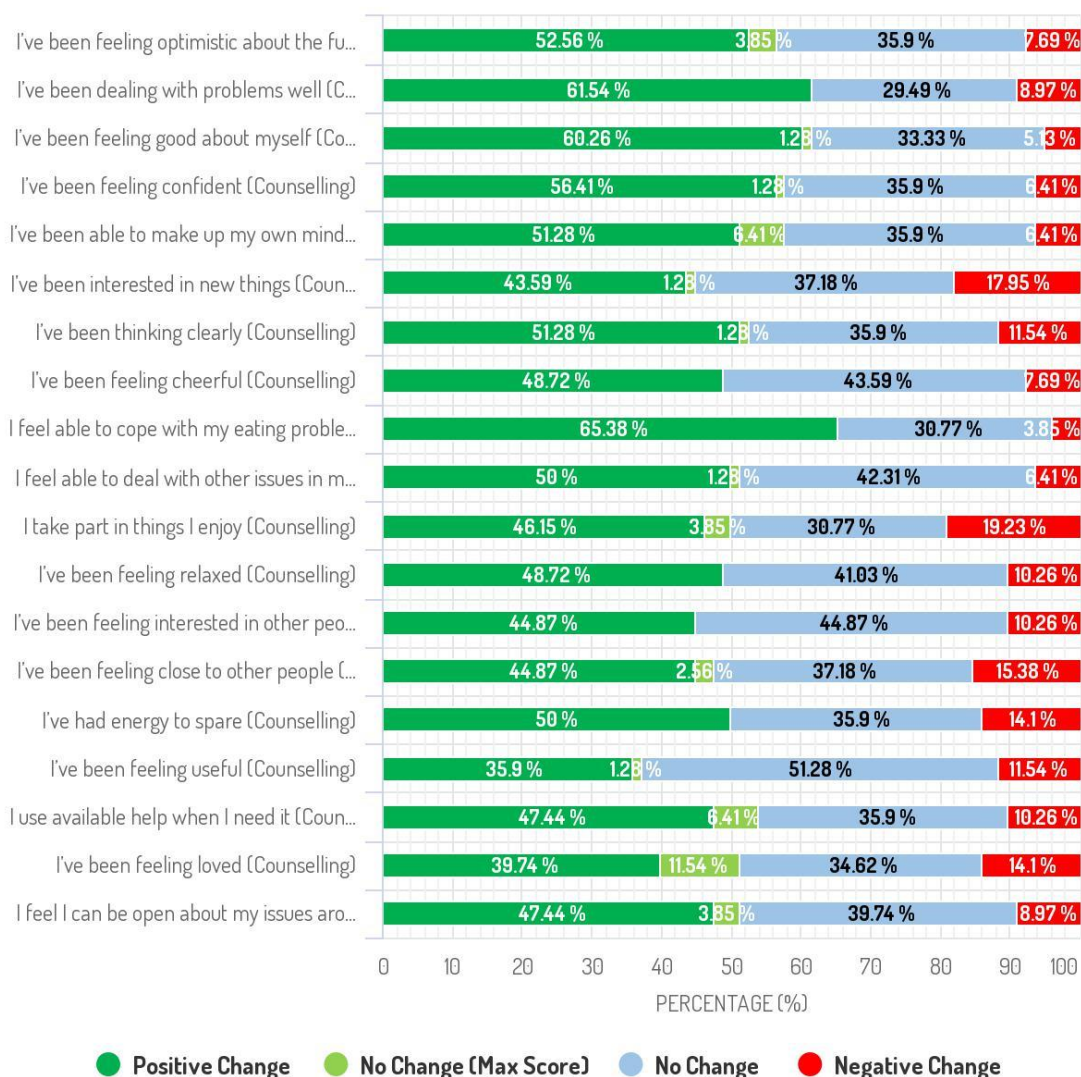
When asked what might have happened if they hadn't received counselling, many people highlighted the importance of timely support, self-compassion and coping strategies that our support has enabled them to put into place for themselves.

"Although I am going through some very testing and personal times since my counselling ended, I feel like I am coping with them better than I would have previously."

"I am still struggling with my eating, but I feel less helpless now. I have had some wobbly days, but my recovery worksheets really help me to re-centre myself. I am also better at advocating for myself."

"I came in as I was recovering. I would have been more likely to relapse if I hadn't been able to deal with the underlying issues which led to the anorexia."

TOWARDS RECOVERY



NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

EDNE has been facing some recruitment challenges, well documented across all sectors, and, combined with increased referrals, this has impacted on waiting times. We will be reviewing our staffing structure and funding model next year with the aim of ensuring parity of service to people in the North East.

We continue to offer a paid for counselling service one evening a week. Demand for the paid for service continues to be strong and we are hopeful of expanding this service as a sustainable revenue stream for EDNE in future years once we are in new premises.

CASE STUDY

Jenny is a 31 year old woman who self-referred to the service hoping to gain an understanding of the triggers for her binges and to develop strategies to manage this. Jenny previously struggled with anorexia and restrictive eating and was underweight for most of her teenage years and early 20s. This has changed in the past eight years and she now struggles with Binge eating disorder.

Jenny attended eight sessions and through these, talked about binge eating episodes which happened daily. This was characterised by eating quickly and without really tasting the food, eating large amounts of food in a short period of time, and then feeling very full and uncomfortable. The binges happened most often in the evenings but could also occur in the day. She was committed and proactive throughout and showed determination to find ways of managing this behaviour.

Working integratively, we used the "hot cross bun/5 aspects" approach to explore the link between situations, thoughts, emotions, physical sensations, and behaviour. Initially this was used following a binge and I encourage Jenny to use open, non-judgemental reflective approach to consider what may have led to the binge. (Key phrase "Compassionate curiosity")

Once Jenny began to explore this, she started to see a link between occasions when she was feeling very overwhelmed, disorganised and under pressure, leading to physical sensations of stress, thoughts of "not being able to manage everything" and then an intense physical urge and drive to binge eat. Using the emotion word wheel, she identified in a nuanced way her emotions and found this helpful (Name it to tame it!). We explored further these situations and she recognised too that she often struggled to say no to people who were making demands on her, especially when she did not have time to meet those needs. She described this as feeling "penned in" and that wanting to please people, or not let them down, often led to taking on additional workload or to make commitments to friends and family that she did not have time for. She sometimes had a desire to say she could no longer uphold the responsibilities or commitments, if she had over promised, however, this led to a concern that people would assume she was incapable/not good enough.

We gently challenged these assumptions and looked at alternative perspectives, for example, exploring what she would think if someone else politely declined additional work or social events citing having too much to do. Following this she began to test saying "no" to people who were making additional demands of her time, especially when she already had a full workload/was busy. She found that whilst she initially felt guilty, that it did mean she was more often avoiding the overwhelmed feelings and therefore was calmer in general and felt more able to manage situations. She no longer had such an intense need to binge and began to make choices for herself and to prioritise her self-care. This began to include her family and friends and she was making choices for herself which were still in line with her caring and kind values, whilst retaining care and concern for herself. She also found alternative ways of managing her physical sensations and emotions, such as recognising the need for relaxation and going to the beach for a walk, rather than driving to the takeaway shop.

At the end of the eight sessions, she had had full weeks without bingeing and even when she still did on occasions order takeaway, that she was ordering less amounts of food and was stopping when she recognised physical sensations of fullness.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

Towards Recovery: Health and Wellbeing for Mental Health

Following consultation with our users we resumed in-person Health and Wellbeing sessions but continued to include an online option for those who preferred it.

Session topics included Food and Mood, Coping with Christmas, The inner critic, and Developing Tools for Self-Compassion

Throughout 2022/23 102 people took part in our Towards Recovery Health and Wellbeing sessions and feedback from those who attended was very positive, with 100% of people saying they found the sessions helpful and 98% saying the session helped them feel better about their health/wellbeing, the numbers attending each session were variable.

We are reviewing our group / psychoeducation offer to ensure it's responsive to what people need, offers support to people on our waiting list, and is accessible to different communities.

"Wonderful session. Listening to others makes me feel that I'm not alone with my own thoughts. I hope that there can be more in the future. Thank you".

Carers / Friends and Family

Our Friends and Family peer support sessions are held twice a month and, in line with other provision, delivered in a blended model, both online and in person to respond to individuals' preferences.

Feedback from our activities this year was positive but engagement was low and, as with our psycho education groups, we're reviewing our support for friends and family and exploring ways to make sure we're delivering support that people value at a time and place that is accessible to them.

Prevention and Early Intervention

Our training and education programme is key to promoting early identification and treatment of an eating disorder thus improving the speed of recovery, reducing symptoms to a greater extent, and improving the likelihood of long-term recovery.

Eating disorder specialists widely agree that specialist online and in person education programmes can prevent many eating disorders. For those already experiencing symptoms, early detection and intervention can result in full remission of symptoms and return to a full quality of life.

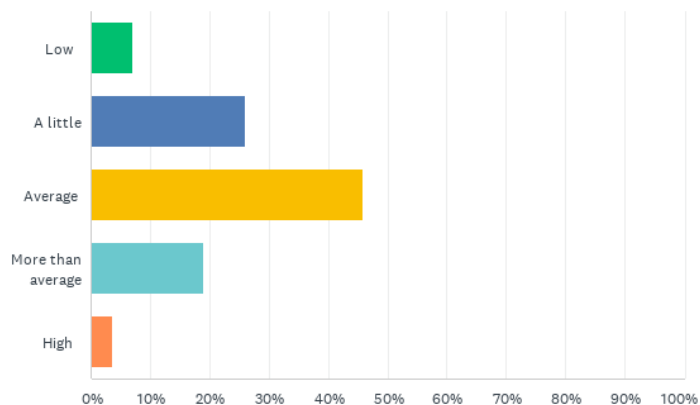
Our awareness raising talks are designed to highlight signs and symptoms of an eating disorder and encourage people to take the first steps toward treatment; while our eating disorder training assists professionals with early identification of an eating disorder, treatment pathways and how best to support clients in their care.

During the year 2022/23 we delivered these awareness raising and CPD accredited training to 2,034 people. Audiences spanned other voluntary, community and social enterprise organisations, university and college students, local authority and health professionals and housing providers.

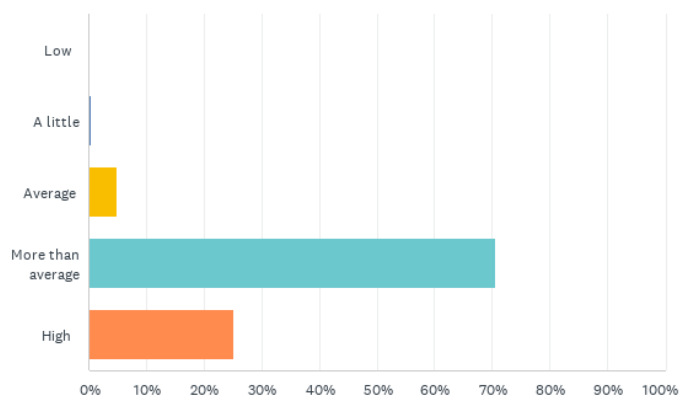
The majority of participants reported that the sessions improved their knowledge and understanding of eating distress:

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

Q3 How would you rate your knowledge and understanding of ED? (Before the training)



Q4 How would you rate your knowledge and understanding of ED? (After the training)



NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

"This was the best informative training I have had for a long time. I look forward to completing some more in the future."

"This has made me realise just how many different types of eating disorder there are. It is also useful to have been shown how to approach someone I may suspect of having an eating disorder. This has been really informative and interesting."

Trust Board and Strategic Planning

During this year our Chair Lyn Boyle stepped down and Lauren Patterson, Vice Chair, took the Chair role. We thank Lyn for her service and support to EDNE over the years.

In October 2022 a new Chief Executive was appointed to lead the organisation and these new appointments to strategic roles in EDNE were followed by some governance strengthening sessions to refresh our Board's understanding of the roles and responsibilities of trustees, and identify skills gaps. This resulted in trustee recruitment which will bring new skills and perspectives to the EDNE Board and provide strategic direction and oversight for the future.

Staffing

We appointed a new Counselling Lead and Deputy Counselling Lead towards the end of this year and expanded our counselling team in line with new funding streams.

Our staff team now totals twelve with five further sessional counsellors.

Strategy

Our new Chief Executive and the Board of Trustees have set a one year strategy for 2023/24 which focuses on strengthening and stabilising the organisation after a period of change. Throughout the course of 2023-24 a three-year strategy will be produced which builds on the work completed during this time and articulates our purpose and ambition to be a **centre of excellence for eating distress support in the North East**.

Organisational Development

New premises are a priority and this year we will be moving into a more suitable environment as soon as possible. Alongside this, we will review our counselling delivery model with a focus on accessibility for our clients and develop a thorough understanding across the organisation of trauma informed practice and psychologically informed environments.

We will undertake a review of benefits for EDNE staff, including pay, pension, annual leave, training budget, wellbeing initiatives, and other 'employee positive' steps that we can take to improve retention and staff wellbeing.

We will undertake a staff-led refresh of our Vision, Mission and Values with clearly articulated behaviours and competencies which will be generated and owned by staff and embedded in our policies, processes and procedures.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

Data and Theory of Change

We will develop a Theory of Change for EDNE which clearly articulates our activities, outputs and outcomes ('what we do and why') and helps us articulate our impact, both internally and to external audiences including funders and commissioners. This will support and underpin our communications strategy going forward.

Communications and fundraising

EDNE produced a new website and branding in 2021 which has given us a strong base to strengthen our communications and key messages. A communications strategy and printed materials will be produced. A fundraising strategy will be produced with a focus on digital and corporate fundraising. We will test and 'fail fast', learning which works and which doesn't, building our community and audiences as we go. Corporate fundraising will also tie into business development activities linked to our training offer in the form of corporate partnerships.

Paid for services

We will grow our income through the development of our paid for counselling service, enabled by the move to larger premises. Alongside this, we will review our current training and education offer, develop a new pricing structure for existing courses, and explore which market exists for new paid-for training and education courses, linking in with the development of corporate partnerships.

Statement of trustee responsibilities

The trustees, who are also directors for the purposes of company law are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a view of the situation of the charitable company and of incoming resources and application of resources, including the income and expenditure of the charitable company for that year.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT *(continued)*
YEAR ENDED 31 MARCH 2023

Independent Examiner

A resolution to re-appoint Claire Miller of Debére Limited as Independent Examiner for the ensuring year will be proposed at the Annual General Meeting.

Small Companies Provisions

This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006.

Approved by the Board on 12 July 2023 and signed on their behalf by:



Lauren Patterson
Chair

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF NIWE EATING DISTRESS SERVICE
TRADING AS EATING DISTRESS NORTH EAST LIMITED
YEAR ENDED 31 MARCH 2023

I report on the accounts of NIWE Eating Distress Service Trading As Eating Distress North East Limited for the year ended 31 March 2023, which are set out on pages 15 to 33.

Respective responsibilities of trustees and examiner

The trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 Act (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or;

(2) to which in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Claire Miller BA (Hons) FCA
Independent Examiner

ON BEHALF OF DEBÉRE LIMITED
Chartered Accountants
Swallow House
Parsons Road
Washington
Tyne and Wear
NE37 1EZ
Date: 12 July 2023

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE INCOME STATEMENT)
YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Restated Total Funds 2022 £
Income and expenditure					
Income from:					
Donations and legacies	5	1,516	–	1,516	2,906
Charitable activities					
Grant and contracts	6	6,760	349,442	356,202	235,170
Other trading activities	7	3,825	–	3,825	4,344
Income from investments	8	<u>1,210</u>	<u>–</u>	<u>1,210</u>	<u>277</u>
Total income		<u>13,311</u>	<u>349,442</u>	<u>362,753</u>	<u>242,697</u>
Expenditure on:					
Charitable activities					
Operation of the charity	9	<u>34,802</u>	<u>248,107</u>	<u>282,909</u>	<u>192,001</u>
Total expenditure		<u>34,802</u>	<u>248,107</u>	<u>282,909</u>	<u>192,001</u>
Net income / (expenditure)	16	(21,491)	101,335	79,844	50,696
Transfer between funds		114,835	(114,835)	–	–
Total funds brought forward		<u>207,005</u>	<u>28,500</u>	<u>235,505</u>	<u>184,809</u>
Total funds carried forward		<u>300,349</u>	<u>15,000</u>	<u>315,349</u>	<u>235,505</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 18 to 33 form part of these financial statements.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION

31 MARCH 2023

	Notes	2023		<i>Restated</i> <i>2022</i>	
		£	£	£	£
Fixed assets					
Tangible assets	17		1,200		1,600
Current assets					
Debtors	18	116,026		11,188	
Cash at bank and in hand	19	<u>386,861</u>		<u>263,519</u>	
		502,887		274,707	
Creditors: amounts falling due within one year	20	<u>(188,113)</u>		<u>(39,821)</u>	
Net current assets			<u>314,774</u>		<u>234,886</u>
Total assets less current liabilities			315,974		236,486
Creditors: amounts falling due after more than one year	21	<u>(625)</u>	<u>(625)</u>	<u>(981)</u>	<u>(981)</u>
			315,349		235,505
			=====		=====
Funds					
Unrestricted income funds	24		68,979		114,005
Restricted income funds			15,000		28,500
Designated funds			<u>231,370</u>		<u>93,000</u>
Total funds			315,349		235,505
			=====		=====

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)).

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

The notes on pages 18 to 33 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

Registered Number 08269009

STATEMENT OF FINANCIAL POSITION *(continued)*

31 MARCH 2023

Directors/trustees responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors/trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the Board and authorised for issue on 12 July 2023 and are signed on their behalf by:



Lauren Patterson
Chair

The notes on pages 18 to 33 form part of these financial statements

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1 General information

The charity is a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is The Old Post Office, 5 Pink Lane, Newcastle upon Tyne, Tyne and Wear, NE1 5DW.

2 Statement of compliance

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective October 2019). The charity is a Public Benefit Entity as defined by FRS 102.

3 Accounting policies

The principal accounting policies are set out below. The accounting policies have been adopted consistently throughout the year.

Going concern basis

The charity reported total unrestricted funds at the year-end of £328,199 and has already secured a significant amount of funding for the current year. The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

Cash flow exemption

The charity has elected to adopt the exemption from preparing a cash flow statement on the grounds that the charity qualifies as a small charity.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received, and the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

Grants and donations

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 or provision of other specified service is deferred until the criteria of income recognition are met.

Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Charitable activities

Expenditure on charitable activities includes the costs of counselling and other activities undertaken to further the purposes of the charity and their associated support costs.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

Irrecoverable VAT

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

Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

Tangible fixed assets for use by the charity

Individual fixed assets costing £250 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight-line basis as follows:

Office equipment

Straight line over five years

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

4 Statement of Financial Activities for the prior year

	Note	Unrestricted Funds £	Restricted Funds £	Restated Total Funds 2022 £	Original Total Funds 2022 £
Income and expenditure					
Income from:					
Donations and legacies	5	2,906	–	2,906	4,149
Charitable activities					
Grant and contracts	6	180	234,990	235,170	237,544
Other trading activities	7	4,344	–	4,344	13,557
Income from investments	8	<u>277</u>	<u>–</u>	<u>277</u>	<u>277</u>
Total income		<u>7,707</u>	<u>234,990</u>	<u>242,697</u>	<u>255,527</u>
Expenditure on:					
Charitable activities					
Operation of the charity	9	<u>–</u>	<u>192,001</u>	<u>192,001</u>	<u>242,765</u>
Total expenditure		<u>–</u>	<u>192,001</u>	<u>192,001</u>	<u>242,765</u>
Net income / (expenditure)	16	7,707	42,989	50,696	12,762
Transfer between funds		75,968	(75,968)	–	–
Total funds brought forward		<u>123,330</u>	<u>61,479</u>	<u>184,809</u>	<u>184,809</u>
Total funds carried forward		<u>207,005</u>	<u>28,500</u>	<u>235,505</u>	<u>197,571</u>

5 Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Restated Total Funds 2022 £
Donations and gifts	<u>1,516</u>	<u>–</u>	<u>1,516</u>	<u>2,906</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

6 Charitable activities – Grants and Contracts

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	<i>Restated Total Funds 2022 £</i>
Income from grants				
	–	8,615	8,615	6,793
North Tyneside CCG	–	26,486	26,486	83,667
Newcastle Gateshead CCG	–	186,812	186,812	–
NHS England	–	5,000	5,000	–
Warburtons	400	–	400	–
Connected Voice	4,000	–	4,000	–
Henry Smith Fund	–	53,000	53,000	45,306
Newcastle City Council	2,000	–	2,000	–
The Big Lottery	–	–	–	32,772
The Speedomick Foundation	–	–	–	2,000
The Albert Hunt Trust	–	–	–	3,000
Hospital Gof of Greatham	–	–	–	2,100
Awards for All	–	–	–	10,000
Community Foundation – Willan Trust	–	–	–	10,000
Joicey Trust	–	–	–	2,500
Allen Lane Foundation	–	5,000	5,000	5,000
University	–	49,529	49,529	30,852
Hadrian Trust	–	–	–	1,000
James Knott	<u>–</u>	<u>15,000</u>	<u>15,000</u>	<u>–</u>
Income from training	6,400	349,442	355,842	234,990
Training income	<u>360</u>	<u>–</u>	<u>360</u>	<u>180</u>
	<u>6,760</u>	<u>349,442</u>	<u>356,202</u>	<u>235,170</u>

7 Charitable activities – other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	<i>Restated Total Funds 2022 £</i>
Counselling	3,825	–	3,825	2,580
Other income	<u>–</u>	<u>–</u>	<u>–</u>	<u>1,764</u>
	<u>3,825</u>	<u>–</u>	<u>3,825</u>	<u>4,344</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

8 Income from investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	<i>Restated Total Funds 2022 £</i>
Bank interest	<u>1,210</u>	<u>—</u>	<u>1,210</u>	<u>277</u>

Total income was £362,753 (2022: £242,697) of which £13,311 (2022: £7,707) was unrestricted or designated and £349,442 (2022: £234,990) was restricted.

9 Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	<i>Restated Total Funds 2022 £</i>
Direct costs				
Project staff salaries	27,850	176,060	203,910	133,137
Project sessional workers	—	35,774	35,774	24,276
Project staff supervision	—	3,615	3,615	2,280
Staff training/conference	—	1,243	1,243	3,672
Project expenses	—	1,004	1,004	531
Support costs				
Rent, rates, heat and light	—	11,992	11,992	7,129
Office expenses	—	12,669	12,669	10,741
Office equipment	—	836	836	5,116
Insurance/general expenses	—	1,026	1,026	125
Professional fees	900	2,878	3,778	1,987
Room hire	4,552	—	4,552	285
Funding costs	—	33	33	98
Pension deficit	—	356	356	1,091
Depreciation	—	400	400	404
Government costs				
Audit and accountancy fees	1,500	—	1,500	1,050
Trustee meeting costs/AGM	<u>—</u>	<u>221</u>	<u>221</u>	<u>79</u>
	<u>34,802</u>	<u>248,107</u>	<u>282,909</u>	<u>192,001</u>

Total expenditure on charitable activities was £282,909 (2022: £192,001) of which £34,802 (2022: £nil) was unrestricted or designated, and £248,107 (2022: £192,001) was restricted or designated.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

10 Fees for examination of the accounts

	2023	<i>Restated</i>
	£	<i>2022</i>
		<i>£</i>
Independent examiner's fees for reporting on the accounts	1,500	<i>1,050</i>
Other accountancy services	<u>3,778</u>	<u><i>1,987</i></u>
	5,278	<i>3,037</i>
	<u>=====</u>	<u>=====</u>

11 Analysis of staff costs, and the cost of key management personnel

	2023	<i>Restated</i>
	£	<i>2022</i>
		<i>£</i>
Wages and salaries	186,969	<i>122,500</i>
Social security costs	12,365	<i>8,187</i>
Pension costs (defined contribution pension plan)	<u>4,932</u>	<u><i>3,541</i></u>
	204,266	<i>134,228</i>
	<u>=====</u>	<u>=====</u>

No employee received remuneration above £60,000 for both the current and previous years.

The key management personnel of the charity, comprise the trustees and the Chief Officer. The total employee benefits of the key management personnel of the charity were £29,286 (2022: £27,890).

12 Staff numbers

The average monthly head count was 11 staff (2022: 8 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2023	<i>Restated</i>
	No	<i>2022</i>
		<i>No</i>
The parts of the charity in which the employee's work		
Charitable activities	<u>9</u>	<u><i>6</i></u>

13 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred during the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

14 Defined contribution pension scheme

SCHEME: TPT Retirement Solutions – The Growth Plan

The company participates in the scheme, a multi-employer scheme which provides benefits to some 638 non-associated participating employers. The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore, it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards issued by the Financial Reporting Council, set out the framework for funding defined benefit occupational pension schemes in the UK.

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawals from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2022 to 31 January 2025:	£3,312,000 per annum	(payable monthly)
---------------------------------------	----------------------	-------------------

Unless a concession has been agreed with the Trustee, the term to 31 January 2025 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2017.

This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2019 to 30 September 2025:	£11,243,000 per annum	(payable monthly and increasing by 3% each on 1 April)
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The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

14 Defined contribution pension scheme (continued)

Present values of provisions

	2023	<i>Restated</i> 2022	2021
	£	£	£
Present value of provision	<u>625</u>	<u>981</u>	<u>4,706</u>
	2023	<i>Restated</i> 2022	
	£	£	
Provision at start of period	981	4,706	
Unwinding of the discount factor (interest expense)	18	27	
Deficit contribution paid	(357)	(1,191)	
Remeasurements – impact of any change in assumptions	(17)	(23)	
Remeasurements – impact of any change in assumptions	<u>—</u>	<u>(2,538)</u>	
Provision at end of period	<u>625</u>	<u>981</u>	

*Includes defined contribution schemes and future service contributions (i.e. excluding any deficit reduction payments) to defined benefit schemes which are treated as defined contribution schemes.

Assumptions	2023	2022	2021
	% per	% per	% per
Rate of discount	<u>5.52</u>	<u>2.35</u>	<u>0.66</u>

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

15 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

16 Net movements in funds

Net movement in funds is stated after charging:

	2023	2022
	£	£
Accountancy and Independent Examination	1,500	1,050
Depreciation	<u>400</u>	<u>404</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

17 Tangible fixed assets

	Office Equipment £	<i>Restated Total 2022 £</i>
Cost		
Balance brought forward	7,538	7,538
Additions	—	—
Disposals	<u>—</u>	<u>—</u>
Balance carried forward	<u>7,538</u>	<u>7,538</u>
Balance brought forward	5,938	5,534
Depreciation charge for the year	400	404
Disposals	<u>—</u>	<u>—</u>
Balance carried forward	<u>6,338</u>	<u>5,938</u>
Net book value		
Brought forward	<u>1,600</u>	<u>2,004</u>
Carried forward	<u>1,200</u>	<u>1,600</u>

18 Debtors and prepayments (received within one year)

	2023 £	<i>Restated 2022 £</i>
Trade debtors	115,909	10,624
Prepayments	<u>117</u>	<u>564</u>
	116,026	11,188
	<u><u> </u></u>	<u><u> </u></u>

19 Cash at bank and in hand

	2023 £	<i>Restated 2022 £</i>
Cash at bank	386,810	263,468
Cash in hand	<u>51</u>	<u>51</u>
	386,861	263,519
	<u><u> </u></u>	<u><u> </u></u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

20 Creditors and accruals (payable within one year)

	2023	<i>Restated</i>
	£	2022
		£
Trade creditors	6,722	3,352
Pension	828	541
Other creditors	1,700	1,700
Payroll holding account	19,127	32,534
Accruals		
Independent examination of accounts	720	948
Other accruals	8,082	746
Deferred income (note 22)		
Barbour	2,000	—
Newcastle of University	12,434	—
NHS	<u>136,500</u>	<u>—</u>
	188,113	39,821
	<u> </u>	<u> </u>

21 Creditors and accruals (payable after more than one year)

	2023	<i>Restated</i>
	£	2022
		£
Pension deficit (note 14)	<u>625</u>	<u>981</u>

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2023	<i>Restated</i>
	£	2022
		£
Balance brought forward	—	—
Amount released to income earned from charitable activities	—	—
Amount deferred in year	<u>150,934</u>	<u>—</u>
Balance carried forward	<u>150,934</u>	<u>—</u>
	<u> </u>	<u> </u>

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

24 Analysis of charitable funds

As at March 2023

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	114,005	13,311	(34,802)	(9,435)	83,079
Designated contingency reserve fund	93,000	—	—	56,953	149,953
Parental leave	—	—	—	11,671	11,671
Sickness	—	—	—	3,680	3,680
Jury Duty	—	—	—	626	626
Pension deficit	—	—	—	5,900	5,900
Office relocation	—	—	—	18,000	18,000
Project development costs	—	—	—	10,000	10,000
Marketing strategy	—	—	—	3,300	3,300
Print materials	—	—	—	2,000	2,000
Maudsley Training Course	—	—	—	2,900	2,900
Mission and Vision Refresh	—	—	—	3,660	3,660
Group work	—	—	—	5,580	5,580
	<u>207,005</u>	<u>13,311</u>	<u>(34,802)</u>	<u>114,835</u>	<u>300,349</u>

As at March 2022

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	30,330	7,707	—	75,968	114,005
Designated contingency reserve fund	<u>93,000</u>	<u>—</u>	<u>—</u>	<u>—</u>	<u>93,000</u>
	<u>123,330</u>	<u>7,707</u>	<u>—</u>	<u>75,968</u>	<u>207,005</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

24 Analysis of charitable funds (continued)

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowance for designated funds.
Designated contingency reserve fund	Represents monies set aside for contingencies.
Parental leave/ Sickness/ Jury Duty	To meet the additional costs of maternity pay and cover, or the costs of longer-term sick leave or jury service.
Pension deficit	Additional funding allocated to cover the pension deficit scheme currently in place.
Office relocation	Monies set aside to relocate to larger premises to better the needs of the charity.
Marketing Strategy	Additional resourcing to strengthen our offer, build our capacity, and meet the needs of people affected by eating distress.
Print materials	
Maudsley Training Course	
Mission and Vision refresh	
Group Work	

As at March 2023

	Fund balances brought forward £	Incoming Resources £	Resources Expended £	Transfers £	Fund balances carried forward £
Restricted funds					
National Lottery Community Fund	–	–	–	–	–
Henry Smith	–	53,000	(53,000)	–	–
Magic and Gostling	–	–	–	–	–
North Tyneside CCG	–	8,615	(8,615)	–	–
Newcastle Gateshead CCG	–	26,486	(26,486)	–	–
NHS England	–	186,812	(71,977)	(114,835)	–
Volant	–	5,000	(5,000)	–	–
Newcastle University	–	49,529	(49,529)	–	–
The Speedomick Foundation	2,000	–	(2,000)	–	–
The Albert Hunt Trust	3,000	–	(3,000)	–	–
Hospital God of Greatham	2,000	–	(2,000)	–	–
Awards for All	10,000	–	(10,000)	–	–
Joicey Trust	2,500	–	(2,500)	–	–
Allen Lane Foundation	5,000	5,000	(10,000)	–	–
Hadrian Trust	1,000	–	(1,000)	–	–
Community Foundation – Willan Trust	3,000	–	(3,000)	–	–
James Knott	–	15,000	–	–	15,000
	<u>28,500</u>	<u>349,442</u>	<u>(248,107)</u>	<u>(114,835)</u>	<u>15,000</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

24 Analysis of charitable funds (continued)

As at March 2022

	<i>Fund balances brought forward £</i>	<i>Incoming Resources £</i>	<i>Resources Expended £</i>	<i>Transfers £</i>	<i>Fund balances carried forward £</i>
Restricted funds restated					
National Lottery Community Fund	12,226	32,772	(44,998)	—	—
Henry Smith	—	45,306	(45,306)	—	—
Magic and Gostling	200	—	(200)	—	—
North Tyneside CCG	6,779	6,793	(13,572)	—	—
Newcastle Gateshead CCG	19,719	83,667	(27,418)	(75,968)	—
NHS England	13,044	—	(13,044)	—	—
Greggs Foundation	4,167	—	(4,167)	—	—
Newcastle University	1,756	30,852	(32,608)	—	—
The Speedomick Foundation	—	2,000	—	—	2,000
Restricted funds					
The Albert Hunt Trust	—	3,000	—	—	3,000
Hospital God of Greatham	—	2,100	(100)	—	2,000
Awards for All	—	10,000	—	—	10,000
Joicey Trust	—	2,500	—	—	2,500
Allen Lane Foundation	—	5,000	—	—	5,000
Hadrian Trust	—	1,000	—	—	1,000
Community Foundation – Willan Trust	—	10,000	(7,000)	—	3,000
Other small grants	<u>3,588</u>	<u>—</u>	<u>(3,588)</u>	<u>—</u>	<u>—</u>
	<u>61,479</u>	<u>234,990</u>	<u>(192,001)</u>	<u>(75,968)</u>	<u>28,500</u>

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

National Lottery Community Fund

Provision of training services relating to eating distress and disorders

Henry Smith

Core costs to support therapeutic services

24 Analysis of charitable funds *(continued)*

Magic and Gostling

Mindful planning funding

North Tyneside CCG

Providing counselling services and core funding

Newcastle Gateshead CCG

Providing counselling services and core funding

NHS England

Providing counselling services and core funding

Greggs Foundation

Core costs to support services delivered

Newcastle University

Providing specialist counselling sessions for students

The Speedomick Foundation

Funding towards training costs

The Albert Hunt Trust

Funding towards training costs

Hospital God of Greatham

Funding towards training costs

Awards for All

Funding towards training costs

Joicey Trust

Funding towards training costs

Allen Lane Foundation

Core costs to support services delivered

Hadrian Trust

Funding towards training costs

Community Foundation – Willan Trust

Funding towards training costs

25 Capital commitments

As at 31 March 2023, the charity had no capital commitments (2022: nil)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

26 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	<i>Restated Total Funds 2022 £</i>
Fixed assets	1,200	–	1,200	1,600
Cash at bank and in hand	386,861	–	386,861	263,519
Other net current assets/(liabilities)	(87,087)	15,000	(72,087)	(28,633)
Long term assets/(liabilities)	<u>(625)</u>	<u>–</u>	<u>(625)</u>	<u>(981)</u>
	300,349	15,000	315,349	235,505
	<u>=====</u>	<u>=====</u>	<u>=====</u>	<u>=====</u>

27 Prior period restatement

A prior period adjustment has been made to correct tangible assets, debtors and creditors. This has had the effect of increasing funds by £9,434.

Accounts



NIWE EATING DISTRESS SERVICE TRADING AS
EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2022

Charity Number 1150416
Company Number 08269009

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

ANNUAL REPORT AND FINANCIAL STATEMENTS

For the year ended 31 March 2022

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Statement of Financial Activities (including income and expenditure account)	16
Balance sheet	17
Notes to the financial statements	18 to 30

Trustees Annual Report

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

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective October 2019).

Reference and administrative details of the charity, its trustees and advisors

Charity Name	NIWE Eating Distress Service Trading as Eating Distress North East Limited
Registered Charity No.	1150416
Registered Company No.	08269009
Registered address	The Old Post Office 5 Pink Lane Newcastle upon Tyne NE1 5DW
Trustees	Carolyn (Lyn) Boyle, Chair Lauren Patterson, Vicechair Michael Wallace Michael Garry Radha Sharma Rachel Errington (resigned 11 th April 2021)
Independent Examiner	Douglas Maltman FMAAT Connected Voice Business Services Higham House Higham Place Newcastle NE1 8AF
Bankers	The Co-operative Bank PO Box 101 1 Balloon Street Manchester, M60 4EP

Structure, governance and management

Governing documents

The organisation is a charitable company limited by guarantee, incorporated on 25 October 2012. The company was established under a Memorandum of Association which establishes the objectives and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

Trustees are elected at the AGM and can serve more than one term. Interested possible new trustees are encouraged to attend trustee meetings, as observers can then be co-opted and elected at the following AGM.

Organisation

The trustees meet six-weekly and deal with the administration of the charity encompassing the strategic vision, financial accountability and risk management. The operational management of the organisation is undertaken by the paid staff team.

Risk management

The Trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks including the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Financial review

NIWE Eating Distress Service is funded by grant income from Henry Smith Charity; The National Lottery Community Fund; Newcastle Gateshead and North Tyneside Clinical Commissioning Groups; and a range of smaller trusts and charitable foundations, a number of small donations; income generated from fundraising and charged for services.

The total income for the year was £255,527.

Financial Liabilities

The Trustees have had to allow for the outstanding liability of the pension scheme deficit, which was valued at £20,000 at last estimate. The deficit is to be addressed with a plan to buy out of the scheme in accordance with current regulation. (Ref: section 15 in notes)

Reserves policy

The Trustees have decided the right level of reserves for the charity to allow NIWE to take account of potential risks and contingencies that may arise, to hold a level of any unrestricted

Reserves which enables NIWE to have sufficient financial resources to meet liabilities and meet ethical commitments if funding were to be withdrawn and/or it were unable to continue operating. NIWE provides counselling and support to vulnerable clients including longer term and the Trustees wish to maintain a sufficient level of reserves to enable the counselling service to continue should a shortfall in income occur. NIWE considers that holding up to six month's reserves would allow for the opportunity to ethically complete its programmes of support to these vulnerable clients.

NIWE Eating Distress Service has agreed to hold designated contingency reserves at £93,000. At 31 March 2022, designated reserves represented more than 12 months' running costs based on 2021/22 expenditure, £14,700 as the estimated costs associated with winding up the organization / cessation of operation in the event of non-viability or due to unplanned closure, and £20,000 designated to cover the pension fund withdrawal liability which is expected to become payable in the next financial year. Unrestricted reserves stand at £36,670. The total of the Charity's reserves for 2021/22 are therefore £129,670.

Monitoring and reviewing the Reserves Policy

The calculation of the required level of reserves by the Trustees/Directors forms part of their consideration and review of business planning, budget, financial projections and funding strategy each year.

Public benefit statement

The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and planning its future activities. This annual report will aim to demonstrate the link between our charitable activity and how this benefits our service users.

Objectives and activities

Charitable objects include:

- the relief of sickness and the preservation and protection of good health by the provision of a confidential helpline/listening service, workshops and support.
- to relieve the needs primarily but not exclusively of women with eating distress and eating disorders.
- to offer charitable support to the families, friends and carers of such people.
- to provide a complementary service to existing provisions.
- to promote greater knowledge about and heighten awareness of eating distress.

This is achieved by means of:

- Guidance and support to those affected by eating distress via, e-mail, telephone, information, self-help resources and signposting to other services.
- Interventions for individuals affected by eating distress through:
 - counselling and psychotherapy

- regular psychoeducation (health topic) workshops
- mindfulness courses
- Friends and Family (Carers) support group
- Maudsley training courses for Friends and Family (carers)
- counselling for students in partnership with Newcastle University
- awareness raising sessions in the community
- participation in a range of health events across the area
- CPD certified training programme for professionals
- educational talks and workshops in various settings
- linked work with statutory partners
- active collaboration with relevant partners
- contribution to research into eating distress
- membership of relevant strategic partnerships and bodies

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their power and duties.

Background

Eating Distress North East provides therapeutic support to people who are experiencing eating distress with or without a medical diagnosis. We deliver counselling and psychotherapy, health and wellbeing sessions and support to friends, families and carers. We also aid early identification and prevention through our programme of training and talks.

Our approach aligns with the NICE Guidelines on Eating Disorders: recognition and treatment, which highlight the need for awareness that eating distress might be a difficult thing to discuss because of feelings of stigma and shame, and the need for people in different protected characteristics groups, with a range of life experiences and across levels of income, to have equitable access to support.

Nationally, NHS Digital Data for April – October 2021 shows a 41% rise in hospitalisations for eating disorders in children aged 17 and under from the same period the previous year. This is a 69% rise on the pre-pandemic year 2019.

Provisional NHS data for April to October 2021 shows there were 15,941 admissions so far among all age groups, suggesting 2021-22 will be the highest year yet for people needing inpatient treatment, whatever their age.

A recent national benchmarking report estimated prevalence for eating disorders in the North East and Cumbria at 6%, 'Improving Pathways for adults with eating disorders in the North East and Cumbria' (North East and Cumbria Specialised Services Partnership 2021). This equates to 123,000 adults with an eating disorder across the North East. The report states:

"...this level of presentation is not reflected in current specialist service, or indeed generic mental health activity, suggesting that there are significant pockets of the population that do not seem to be accessing care when it is needed."

We know that the number of people presenting at inpatient services are just a proportion of the people who have a disordered relationship to eating and who might need support.

The average duration of an eating disorder is seven years but with early identification and intervention the chance of a full recovery is much improved.

Achievements and performance

Covid-19 and its impacts continued to be felt during the year 2021-2022. However, we brought forward the learning from last year and the organisation displayed resilience and commitment to the needs of people affected by eating distress. Once it was safe to resume in-person activities and both staff and users felt comfortable doing so, we offered a blended service offer to the people we worked with, reaching people both in person and online.

We have delivered counselling support to people in the North East and, specifically, through funding from Newcastle Gateshead and North Tyneside Clinical Care Groups, and we work with health commissioners and partners to ensure the voices of the people who use our services are heard in strategic decision making through engagement at forums and partnerships.

In 2020-21 we began working with Newcastle University's Student Wellbeing Service to deliver specialist Eating Distress support to students of the University and this has continued in 2021-22 with additional resources being made available to tackle waiting times for our services amongst the Newcastle University student population.

During the year we undertook a rebrand of our service following consultation with users, and Eating Distress North East is our new operating name. This change reflects the fact we work with anyone with a disordered relationship to eating; women, men, trans and non-binary people, and our new website content is updated and refreshed.

The [Eating Distress North East website](#) contains information about the organisation, our services, case studies and blogs as well as resources and signposted information and support for people. The website accepts registrations through the online form which improves data collection and efficiency, and we will continue to review and refine the functionality and content of the site to ensure it's up to date and responsive to our and our users' needs.

REDCAN

We have raised our national profile by joining with other specialist charities to form the Regional Eating Disorders Charities and Network (REDCAN). Working together with input

from users, REDCAN aims to use our specialist knowledge and experience to influence and strengthen the call to national policy makers and local commissioners for improved outcomes and experience.

Together our collective voice is stronger and more compelling. REDCAN can provide a more convincing narrative to those who want to understand the eating disorder landscape and eco-system than any one individual organisation.

Research into Effects of COVID-19 pandemic on people with eating disorders

This year we worked with researchers from Northumbria University on “COVID-19 and the rapid transition to online communication and remote care: What can we learn in relation to eating disorder aetiology, prevention, and future treatment?” led by Principal Investigator Dr Dawn Branley-Bell.

The project sought to address three main questions:

1. What influencing factors contributed to (or protected against) worsening of ED symptoms during the pandemic?
2. How appropriate are current technologies for delivery of remote ED treatment?
3. How should technology-facilitated services be designed to increase effectiveness and security of ED treatment?

The approach resonated with EDNE's philosophy and focus on service user involvement and ongoing consultation and dialogue with those who use our services about what works and what does not. EDNE was a member of the Steering Group for the research and facilitated researchers to engage with people who use our services in focus groups. The research findings and publication are due in 2022-23.

The relationship developed this year with Northumbria University has been beneficial to EDNE, both in terms of being involved in peer reviewed research in an area of relevance to our service design and delivery, and in building a working relationship which can foster future funded research applications and projects.

Counselling Service

During 2021/2022, EDNE counselling service worked with 239 clients in counselling, in addition to providing 245 initial assessments. We reintroduced a one-to-one face to face counselling, after the pandemic restrictions lifted, as well as continuing to offer an online counselling for clients who preferred to work remotely.

Throughout 2021/22, client demand for in-person counselling gradually shifted back towards face-to-face counselling, with a significant proportion of clients still opting to work online. The intention is to continue to offer a blended service in the longer term.

EDNE have seen a high proportion of clients citing the pandemic as having impacted their eating distress and mental health more generally, citing the stress and trauma of Covid 19 itself and the secondary loss of normal support structures, and because of increased pressure on, and difficulty accessing, some statutory services. This increased demand for our services.

EDNE counselling service has continued to build strong relationships with statutory partners, for example, through regular meetings with the Community Adult Eating Disorder Service and with Talking Therapies.

In June 2021, EDNE secured two years' funding through Newcastle Gateshead CCG Mental Health Transformation fund for two full time counselling posts to work with clients in the Newcastle Gateshead area. We recruited four half time counsellors who came into post in the autumn of 2021. This additional capacity reduced waiting times in the Newcastle Gateshead area from 5 – 6 months to 1-2 months, enabling us to provide effective early intervention for clients presenting with mild to moderate eating distress.

We also continued to offer a small paid for service one evening a week, for clients. This was established in response to client demand for a specialist counselling service which could be provided out of hours and/or for longer term than is currently available under the funded services. Demand for the paid for service continues to be strong and we are hopeful of expanding this service as a sustainable revenue stream for EDNE in future years.

CASE STUDY

Charlotte, mid-forties, bulimia, eight sessions.

Charlotte came to EDNE after years of disordered eating. Two years previously, Charlotte had been an in-patient for bulimia. She had then spent a year in recovery but relapsed after a traumatic incident at work.

Charlotte described feeling 'betrayed' and 'hopeless' because of her relapse, having believed herself recovered. Her sense of betrayal meant she was unwilling to engage with recovery techniques which had helped her in the past and she turned more and more to bulimia as 'the coping strategy I can trust'. Bulimia had gradually started to dominate her life again, impacting her energy levels and social relationships as she turned inwards towards her eating disorder. Her self-confidence and sense of self diminished which impacted her performance at work and her ability to engage with hobbies. Charlotte felt that her eating disorder was back in control of her life and wanted help to change this but felt ambivalent about the prospect of recovery.

We began by exploring Charlotte's pattern of bingeing and purging, and the emotions and triggers associated with this. Charlotte liked to work creatively, and we used art and imagery to explore and understand these in a way which was meaningful to her. Using art also helped Charlotte to reconnect with her creativity and imagination which had become submerged by the rigid thinking of her eating disorder.

What emerged from Charlotte's creative work was how alone she felt. She recognised that, as her bulimia had become stronger, she had withdrawn from family and friends, and feelings of shame, secrecy and defiance had contributed to a sense of isolation which in turn intensified her reliance on bulimia. She was able to safely explore what purpose bulimia served for her and what it took away. Through this work, Charlotte began to focus on the life she wanted to build for herself, and at this point, the gains offered by recovery outweighed the losses. In her words, "I never felt ready to let go of my bulimia before. Now I realise how much it is holding me back. In the past, recovery was always for someone else. Now I want it for myself!".

We explored resources that Charlotte could put in place to aid her recovery once counselling ended. Charlotte decided to talk to her husband about what he could do to support her and they were able to develop meal plans and joint activities together to help her to manage her compulsive bingeing and purging activities. She also decided to re-visit her DBT strategies and to speak to her GP again about a re-referral for DBT therapy which had helped her in her previous recovery, and which Charlotte now felt ready to try again.

Although Charlotte was not cured in the eight sessions of counselling with EDNE, she made some vital steps towards healing, namely that she felt that she had found her own voice again, which had been lost in her eating disorder and felt the hope, strength and desire for recovery and a resilience to continue this journey.

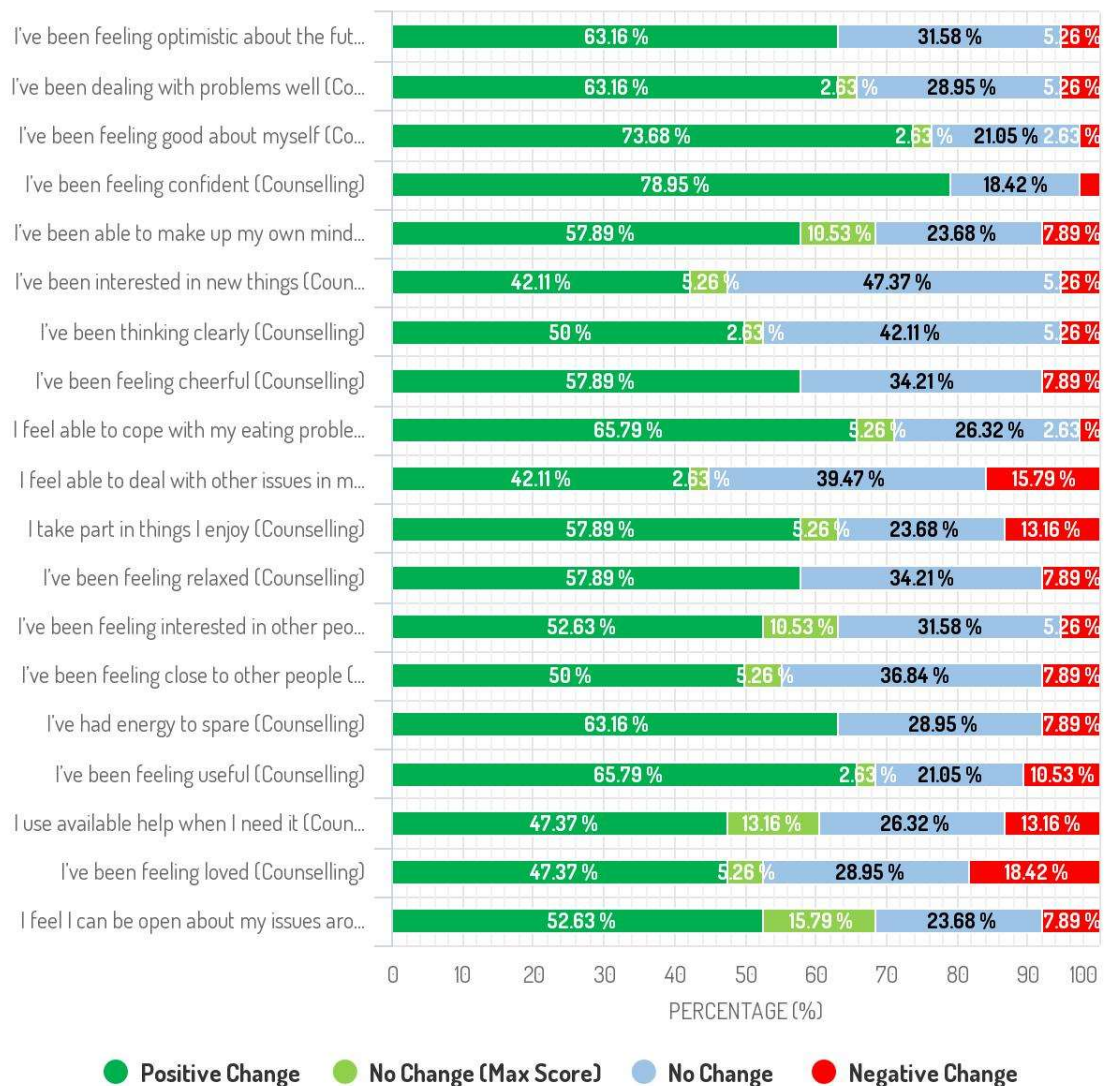
Counselling data

In the year 2021-22 we offered 245 initial assessment appointments. We saw 239 people in our counselling service, an increase of 61% on last year.

This represents a total number of 1442 counselling hours.

Our counselling service uses the Warwick Edinburgh Mental Wellbeing Scale to assess impact of our service and data for the year 2021-22 is included below.

TOWARDS RECOVERY (COUNSELLING)



Towards Recovery: Health and Wellbeing for Mental Health

Following consultation with our users we resumed in-person Health and Wellbeing sessions but continued to include an online option for those who preferred it.

Sessions are held every two weeks and covered topics including self-compassion, trauma-based yoga, mindful art workshop, food and mood, nature for mental health, coping with Christmas, and more.

These are based on a psychoeducation model which involves learning about and understanding mental health and wellbeing.

Throughout 2021/22 81 people took part in our Towards Recovery Health and Wellbeing sessions and 100% of people reported an improved understanding and awareness of mental health as a result of the sessions.

"A great workshop. It gave me a great awareness of how badly I have been treating and talking to myself. This is all going to change I have decided."

Carers / Friends and Family

Our Friends and Family peer support sessions are held twice a month and, in line with other provision, delivered in a blended model, both online and in person to respond to individuals' preferences.

Feedback from our activities this year was positive with 92% of people who attended stating the sessions helped them feel more supported.

"Really great to talk to others who know how difficult it is living and coping with someone with eating distress."

We also deliver the Maudsley Model Training Course. This aims to help carers feel more confident and empowered in their role, to reduce their anxiety, and improve communication lines in the family, ultimately helping them best support their loved one on their path towards recovery.

Feedback from our sessions this year included:

"This was a thoroughly good experience. Very informative and helpful. I would highly recommend the course to anyone in the same position as me".

"I have a better understanding of how to support my daughter, the course was easy to understand and very well delivered. would highly recommend it to other people".

Service Evaluation

During this year we received the second interim evaluation report from our external evaluation exercise. The interim report gave a flavour of the results of 56 interviews which had taken place with service users, friends and family, commissioners, partners, and staff and trustee board.

Detailing our achievements against the backdrop of the Covid-19 pandemic and hearing from the people we have supported, we look forward to the final evaluation being published in 2022/23.

Prevention and Early Intervention

Our training and talks programme is key to promoting early identification and treatment of an eating disorder thus improving the speed of recovery, reducing symptoms to a greater extent, and improving the likelihood of long-term recovery.

Eating disorder specialists widely agree that specialist online and in person education programmes can prevent many eating disorders. For those already experiencing symptoms, early detection and intervention can result in full remission of symptoms and return to a full quality of life.

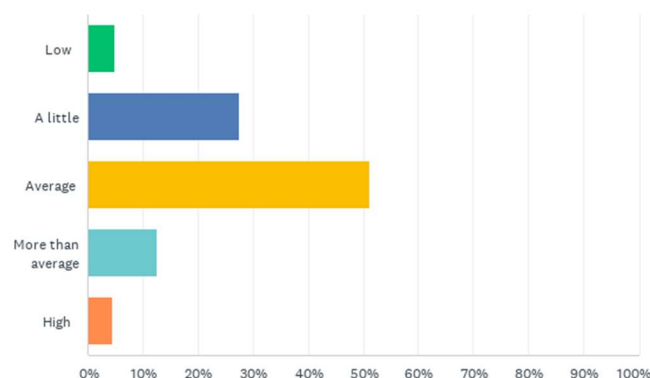
Our awareness raising talks are designed to highlight signs and symptoms of an eating disorder and encourage people to take the first steps toward treatment; while our eating disorder training assists professionals with early identification of an eating disorder, treatment pathways and how best to support clients in their care.

During the year 2021/22 we delivered awareness raising talks and training to over 2,000 people across a variety of organisations and agencies and to a range of professionals including trainee nurses, teachers, drug and alcohol recovery workers, university and college lecturers, social workers, counsellors IAPT & CBT therapists, welfare officers, adult mental health and wellbeing workers.

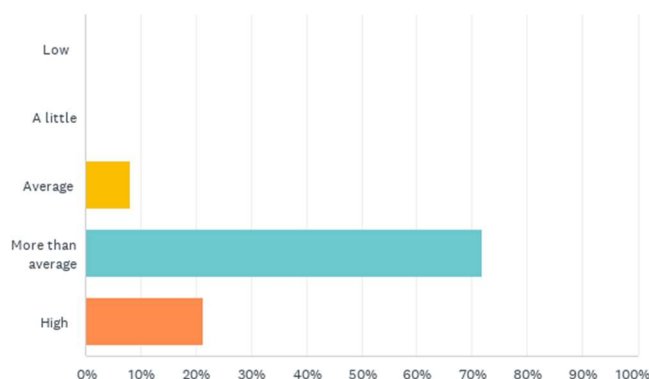
The areas of delivery for this work included Newcastle, Gateshead, Sunderland, North Tyneside, South Tyneside, Durham and Middlesbrough.

The majority of participants reported that the sessions improved their knowledge and understanding of eating distress:

Q3 How would you rate your knowledge and understanding of ED? (Before the training)



Q4 How would you rate your knowledge and understanding of ED? (After the training)



And some of the feedback comments included:

“Thank you so much for the training - will be really helpful in my role as a Mental Health Social Prescriber.”

“Informative presentation with excellent professional insight. Patient insight into eating disorders was excellent too, and compounded the information shared through the presentation.”

“The training was exceptional. This has come at a great point within my career having recently been exposed greater to eating disorders and as a result of this course my practice will greatly improve so thank you.”

“Excellent from start to finish. Really enjoyed it, it has made me more aware of my own eating habits and those of my children. It also made me aware of how I have had an unhealthy relationship with food/eating since I was a teenager. Trainer was excellent.”

Trust Board and Strategic Planning

This year our Board has continued to be committed to the future success of the organisation. We are succession planning for when our current Chair steps down next year and recruiting for new trustees to bring different skills to the organisation and fresh perspectives.

During the year we held strategic planning sessions supported by an external facilitator who helped us identify the key issues for the future, scenario planning, and building an action plan.

Staffing

Our counselling team grew during the year with the securing of more commissioned services and while this is a positive step for EDNE and the people who use our services as it has meant more provision in this specialist area, it has presented some challenges in that we have outgrown our current premises.

Future Plans

Priorities for next year include exploring alternative premises options to enable more users to access vital support and the expansion of our paid-for counselling service. The latter will allow us to meet the needs of more people with eating distress and, along with the development of further income generation activity, will generate an unrestricted income stream.

Our current Chief Executive is planning on retiring next year and we will be recruiting for a new Chief Executive Officer during 2022-23 to lead EDNE in its next phase of development. Planning is underway to ensure a smooth transition and continuity of services.

Statement of trustee responsibilities

The trustees, who are also directors for the purposes of company law are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a view of the situation of the charitable company and of incoming resources and application of resources, including the income and expenditure of the charitable company for that year.

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Small Companies Provisions

This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006.

Approved by the Board on 31.01.2023 and signed on their behalf by:

Lauren Patterson (Chair):.....

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2022

I report on the financial statements of NIWE Eating Distress Service Trading as Eating Distress North East Limited for the year ended 31 March 2022, which are set out on pages 16 to 30.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Doug Maltman FMAAT
Connected Voice Business Services Limited
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 31.01.2023

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Income from:					
Donations and legacies	6	4,149	-	4,149	4,656
Charitable activities					
Grants and contracts	7	60,731	176,813	237,544	195,617
Other trading activities	8	13,557	-	13,557	17,858
Investments	9	277	-	277	403
Total income		78,714	176,813	255,527	218,534
Expenditure on:					
Charitable activities					
Operation of the charity	10	72,374	170,391	242,765	149,540
Total expenditure		72,374	170,391	242,765	149,540
Net income/(expenditure) and net movement of funds		6,340	6,422	12,762	68,994
Reconciliation of funds					
Total funds brought forward		123,330	61,479	184,809	115,815
Total funds carried forward		129,670	67,901	197,571	184,809

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 18 to 30 form an integral part of these accounts.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

Charity Number 1150416

BALANCE SHEET

Company Number 08269009

As at 31 March 2022

	Notes	£	Total 2022 £	£	Total 2021 £
<u>Fixed assets</u>					
Tangible assets	17		1,614		-
Total fixed assets			1,614		-
<u>Current assets</u>					
Debtors	18	35,452		38,484	
Cash at bank and in hand	19	268,521		203,172	
Total current assets		303,973		241,656	
Creditors: amounts falling due within one year	20	(107,035)		(52,141)	
Net current assets			196,938		189,515
Total assets less current liabilities			198,552		189,515
Creditors: amounts falling due after more than one year	21	(981)		(4,706)	
Total net assets or liabilities			197,571		184,809
<u>Funds of the charity</u>					
Unrestricted income funds			129,670		123,330
Restricted income funds			67,901		61,479
Total funds			197,571		184,809

The company was entitled to an exemption from audit under s477 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 directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 18 to 30 form an integral part of these accounts.

These financial statements were approved by the Board on: 31.01.2023

and are signed on its behalf by: Lauren Patterson
Chair

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

1 Accounting Policies

The principle accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective October 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

NIWE Eating Distress Service Trading as Eating Distress North East Limited meets the definition of a public

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year-end of £129,670 and has already secured a significant amount of funding for the current year. The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 or provision of other specified service is deferred until the criteria of income recognition are met.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of counselling and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £250 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment

Straight line over five years

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
6 Donations and legacies				
Donations and gifts	3,979	-	3,979	4,356
Gift Aid	170	-	170	300
	<u>4,149</u>	<u>-</u>	<u>4,149</u>	<u>4,656</u>
7 Charitable activities				
<u>Income from grants</u>				
North Tyneside CCG	-	6,793	6,793	6,779
Newcastle Gateshead CCG	-	83,667	83,667	24,810
NHS England	-	-	-	14,191
Greggs Foundation	-	-	-	4,167
National Lottery Community Fund	-	-	-	45,945
National Lottery COVID Fund	-	-	-	15,055
Henry Smith Fund	30,000	15,306	45,306	60,000
Newcastle City Council	-	-	-	10,000
The Big Lottery	23,431	11,715	35,146	-
The Speedomick Foundation	-	2,000	2,000	-
The Albert Hunt Trust	-	3,000	3,000	-
Hospital Gof of Greatham	-	2,100	2,100	-
Awards For All	-	10,000	10,000	-
Community Foundation - Willan Trust	7,000	3,000	10,000	-
Joicey Trust	-	2,500	2,500	-
Allen Lane Foundation	-	5,000	5,000	-
University	120	30,732	30,852	-
Hadrian Trust	-	1,000	1,000	14,355
<u>Income from training</u>				
Training income	180	-	180	315
	<u>60,731</u>	<u>176,813</u>	<u>237,544</u>	<u>195,617</u>
8 Other trading activities				
Counselling	2,388	-	2,388	2,488
Other income	11,169	-	11,169	15,370
	<u>13,557</u>	<u>-</u>	<u>13,557</u>	<u>17,858</u>
9 Income from investments				
Bank interest	277	-	277	403
	<u>277</u>	<u>-</u>	<u>277</u>	<u>403</u>

Income was £255,527 (2021: £218,533) of which £78,714 was unrestricted or designated (2021: £25,734) and £176,813 was restricted (2021: £192,799)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
10 Charitable activities				
<u>Direct costs</u>				
Staff salaries	-	132,735	132,735	105,494
Project staff salaries	2,523	126	2,649	-
Project sessional workers	6,030	30,602	36,632	15,137
Project staff supervision	2,424	473	2,897	2,423
Staff training/conference	3,732	100	3,832	2,228
Project expenses	1,383	4,880	6,263	3,828
Promotion and publicity	1,458	-	1,458	304
<u>Support costs</u>				
Rent, rates, heat and light	21,946	605	22,551	5,461
Office expenses	17,928	35	17,963	2,279
Office equipment	6,207	-	6,207	4,162
Insurance/general expenses	614	-	614	3,618
Professional fees	4,473	-	4,473	3,543
Room hire	1,398	63	1,461	-
Fundraising costs	406	-	406	-
Pension deficit	319	772	1,091	-
Depreciation	404	-	404	-
<u>Governance costs</u>				
Audit and accountancy fees	1,050	-	1,050	948
Trustee meeting costs/AGM	79	-	79	115
	<u>72,374</u>	<u>170,391</u>	<u>242,765</u>	<u>149,540</u>

Expenditure on charitable activities was £242,765 (2021: £149,540) of which £72,374 was unrestricted or designated (2021: £10,755) and £170,391 was restricted (2021: £138,785)

11 Fees for examination of the accounts

	2022 £	2021 £
Independent examiner's fees for reporting on the accounts	1,284	948
Other accountancy services paid to the examiner	873	1,004
	<u>2,157</u>	<u>1,952</u>

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

12 Analysis of staff costs, and the cost of key management personnel

	2022 £	2021 £
Salaries and wages	123,656	94,828
Social security costs	8,187	6,730
Pension costs (defined contribution pension plan)	3,541	3,097
	135,384	104,655

No employee received remuneration above £60,000 (2021: nil)

The key management personnel of the charity, comprise the trustees and the Chief Officer. The total employee benefits of the key management personnel of the charity were £27,890 (2021: £29,500).

13 Staff numbers

The average monthly head count was 8 staff (2021: 6 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2022 Number	2021 Number
The parts of the charity in which the employee's work		
Charitable activities	6.0	5.0
	6.0	5.0

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

15 Defined contribution pension scheme

The charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards by the Financial Reporting Council, set out in the framework for funding defined benefit occupational pension schemes in the UK.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

15 Deficit contributions (continued)

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustee has asked the participating employers to pay additional contributions to the scheme as follows:

From 1 April 2022 to 31 January 2025: £3,312,000 per annum
(payable monthly)

Unless a concession has been agreed with the Trustee the term to 31 January 2025 applies.

Note that the scheme's previous valuation was carried out with an effective date of 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustee asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2019 to 30 September 2025: £11,243,000 per annum
(payable monthly and increasing by 3% each on 1 April)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Present values of provisions

	31 Mar 22 £	31 Mar 21 £	31 Mar 20 £
Present value of provision	981	4,706	5,576

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

15 Defined contribution pension scheme (continued)

Reconciliation of opening and closing provisions

	Period Ending 31 Mar 22 £	Period Ending 31 Mar 21 £
Provision at start of period	4,706	5,576
Unwinding of the discount factor (interest expense)	27	125
Deficit contribution paid	(1,191)	(1,156)
Remeasurements - impact of any change in assumptions	(23)	161
Remeasurements - impact of any change in assumptions	(2,538)	-
Provision at end of period	981	4,706

*Includes defined contribution schemes and future service contributions (i.e. excluding any deficit reduction payments) to defined benefit schemes which are treated as defined contribution schemes.

Assumptions

	31 Mar 22 % per	31 Mar 21 % per	31 Mar 20 % per
Rate of discount	2.35	0.66	2.53

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

17 Tangible fixed assets	Office Equipment £	Total 2022 £
Cost		
Balance brought forward	5,538	5,538
Additions	2,018	2,018
Disposals	-	-
Balance carried forward	7,556	7,556
Depreciation		
Basis	SL	
Rate	20%	
Balance brought forward	5,538	5,538
Depreciation charge for year	404	404
Disposals	-	-
Balance carried forward	5,942	5,942
Net book value		
Brought forward	-	-
Carried forward	1,614	-
18 Debtors and prepayments (receivable within 1 year)	2022 £	2021 £
Salary holding account	-	12,347
Trade debtors	33,631	24,312
Prepayments	564	575
Other debtors	1,257	1,250
	35,452	38,484
19 Cash at bank and in hand	2022 £	2021 £
Cash at bank	268,470	203,160
Cash in hand	51	12
	268,521	203,172

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

20 Creditors and accruals (payable within 1 year)

	2022	2021
	£	£
Trade creditors	57,999	1,754
Pension	568	186
Other creditors	-	1,791
Payroll holding account	32,534	-
Accruals		
Independent examination of accounts	948	948
Other accruals	746	1,277
Deferred income		
Big Lottery Fund	14,240	25,956
Henry Smith	-	15,000
Other small grants	-	5,229
	107,035	52,141

21 Creditors and accruals (payable after more than 1 year)

	2022	2021
	£	£
Pension deficit	981	4,706
	981	4,706

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2022	2021
	£	£
Balance brought forward	45,184	107,660
Amount released to income earned from charitable activities	(30,944)	(107,660)
Amount deferred in year	-	45,184
Balance carried forward	14,240	45,184

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

24 Analysis of charitable funds**Analysis of movements in unrestricted funds****As at 31 March 2022**

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	30,330	78,714	(72,374)	-	36,670
Designated contingency reserve fund	93,000	-	-	-	93,000
Totals	123,330	78,714	(72,374)	-	129,670

As at 31 March 2021

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	59,350	25,734	(10,754)	(44,000)	30,330
Designated contingency reserve fund	49,000	-	-	44,000	93,000
Totals	108,350	25,734	(10,754)	-	123,330

Purpose of unrestricted funds

General unrestricted fund

The 'free reserves' after allowing for designated funds

Designated contingency reserve fund

Represents monies set aside for contingencies

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

24 Analysis of charitable funds (continued)

Analysis of movement in restricted funds

As at 31 March 2022

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted funds					
National Lottery Community Fund	12,226	11,715	(4,935)	-	19,006
Henry Smith	-	15,306	(15,306)	-	-
Magic and Gostling	200	-	-	-	200
North Tyneside CCG	6,779	6,793	(13,572)	-	-
Newcastle Gateshead CCG	19,719	83,667	(103,386)	-	-
NHS England	13,044	-	(604)	-	12,440
Greggs Foundation	4,167	-	-	-	4,167
Newcastle University	1,756	30,732	(32,488)	-	-
The Speedomick Foundation	-	2,000	-	-	2,000
The Albert Hunt Trust	-	3,000	-	-	3,000
Hospital God of Greatham	-	2,100	(100)	-	2,000
Awards for All	-	10,000	-	-	10,000
Joicey Trust	-	2,500	-	-	2,500
Allen Lane Foundation	-	5,000	-	-	5,000
Hadrian Trust	-	1,000	-	-	1,000
Community Foundation - Willan Trust	-	3,000	-	-	3,000
Other small grants	3,588	-	-	-	3,588
Totals	61,479	176,813	(170,391)	-	67,901

As at 31 March 2021

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
	£	£	£	£	£
Restricted funds					
National Lottery Community Fund	4,729	45,945	(38,448)	-	12,226
National Lottery COVID Fund	-	15,055	(15,055)	-	-
Henry Smith	-	60,000	(60,000)	-	-
Magic and Gostling	2,883	-	(2,683)	-	200
Riddell Family Trust	(148)	2,250	(2,102)	-	-
North Tyneside CCG	-	6,779	-	-	6,779
Newcastle Gateshead CCG	-	24,810	(5,091)	-	19,719
NHS England	-	14,191	(1,147)	-	13,044
Greggs Foundation	-	4,167	-	-	4,167
Newcastle University	-	10,767	(9,011)	-	1,756
Other small grants	-	8,835	(5,248)	-	3,588
Totals	7,464	192,799	(138,785)	-	61,479

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2022

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor

National Lottery Community Fund	Provision of training services relating to eating distress & disorders
Henry Smith	Core costs to support therapeutic services
Magic and Gostling	Mindful Planning funding
Riddell Family Trust	Provision of training services relating to eating distress & disorders
North Tyneside CCG	Providing counselling services and core funding
Newcastle Gateshead CCG	Providing counselling services and core funding
NHS England	Providing counselling services and core funding
Greggs Foundation	Core costs to support services delivered
Newcastle University	Providing specialist counselling sessions for students
Association of Mental Health Providers	Funding towards improvements to the website
The Speedomick Foundation	Funding towards training costs
The Albert Hunt Trust	Funding towards training costs
Hospital God of Greatham	Funding towards training costs
Awards for All	Funding towards training costs
Joicey Trust	Funding towards training costs
Allen Lane Foundation	Core costs to support services delivered
Hadrian Trust	Funding towards training costs
Community Foundation - Willan Trust	Funding towards training costs

25 Capital commitments

As at 31 March 2022, the charity had no capital commitments (2021 -£nil)

26 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2022
	-	-	-
Cash at bank and in hand	200,620	67,901	268,521
Other net current assets/(liabilities)	(71,583)	-	(71,583)
Long term assets/(liabilities)	(981)	-	(981)
	129,670	67,901	197,571

	Unrestricted Funds	Restricted Funds	Total 2021
	-	-	-
Cash at bank and in hand	141,693	61,479	203,172
Other net current assets/(liabilities)	(13,657)	-	(13,657)
Long term assets/(liabilities)	(4,706)	-	(4,706)
	123,330	61,479	184,808

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST

England & Wales - Charity number 1150416

Accounts



**NIWE EATING DISTRESS SERVICE TRADING AS EATING
DISTRESS NORTH EAST LIMITED**

(A company limited by guarantee)

**REPORT AND FINANCIAL STATEMENTS
For the year ended 31 March 2021**

**Charity Number 1150416
Company Number 08269009**

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TRUSTEES ANNUAL REPORT

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Trustees Annual Report

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

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Reference and administrative details of the charity, its trustees and advisors

Charity Name	NIWE Eating Distress Service Trading as Eating Distress North East Limited
Registered Charity No.	1150416
Registered Company No.	08269009
Registered address	The Old Post Office 5 Pink Lane Newcastle upon Tyne NE1 5DW
Trustees	Carolyn (Lyn) Boyle Chair Lauren Patterson Michael Wallace Michael Garry Radha Sharma Rachel Errington
Independent Examiner	Michelle Wright Connected Voice Business Services Higham House Higham Place Newcastle NE1 8AF
Bankers	The Co-operative Bank PO Box 101 1 Balloon Street Manchester M60 4EP

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Structure, governance and management

Governing documents

The organisation is a charitable company limited by guarantee, incorporated on 25 October 2012. The company was established under a Memorandum of Association which establishes the objectives and powers of the charitable company and is governed under its Articles of Association.

Appointment of Trustees

Trustees are elected at the AGM and can serve more than one term. Interested possible new trustees are encouraged to attend trustee meetings, as observers can then be co-opted and elected at the following AGM.

Organisation

The trustees meet six-weekly and deal with the administration of the charity encompassing the strategic vision, financial accountability and risk management.

The operational management of the organisation is undertaken by the paid staff team.

Risk management

The Trustees have conducted a review of the major risks to which the charity is exposed and systems have been established to mitigate those risks including the implementation of procedures for authorisation of all transactions and projects and for ensuring the consistent quality of the delivery of all operational aspects of the charitable company. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Financial review

NIWE Eating Distress Service is funded by grant income from Henry Smith Charity; The National Lottery Community Fund; COVID – 19 State Aid; Newcastle City Council Business Support; Greggs Foundation; Newcastle Gateshead and North Tyneside Clinical Commissioning Groups; and a range of smaller trusts and charitable foundations, a number of small donations; income generated from fundraising and charged for services.

The total income for the year was £218,533.

Financial Liabilities

The Trustees have had to allow for the outstanding liability of the pension scheme deficit, which was valued at £20,000 at last estimate. The deficit is to be addressed with a plan to buy out of the scheme in accordance with current regulation. (Ref: section 15 in notes)

Reserves policy

The Trustees have decided the right level of reserves for the charity to allow NIWE to take account of potential risks and contingencies that may arise, to hold a level of any unrestricted Reserves which enables NIWE to have sufficient financial resources to meet liabilities and meet ethical commitments if funding were to be withdrawn and/or it were unable to continue operating. NIWE provides counselling and support to vulnerable clients including longer term and the Trustees wish to maintain a sufficient level of reserves to enable the counselling

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service to continue should a shortfall in income occur. NIWE considers that holding up to six month's reserves would allow for the opportunity to ethically complete its programmes of support to these vulnerable clients.

NIWE Eating Distress Service has agreed to hold designated contingency reserves at £93,000. At 31st March 2021, designated reserves represented 4.6 months' running costs based on 2020/21 expenditure, £14,700 as the estimated costs associated with winding up the organization / cessation of operation in the event of non-viability or due to unplanned closure, and £20,000 designated to cover the pension fund withdrawal liability which is expected to become payable in the next financial year. Unrestricted reserves stand at £30,330. The total of the Charity's reserves for 2020/21 are therefore £123,330.

Monitoring and reviewing the Reserves Policy - The calculation of the required level of reserves by the Trustees/Directors forms part of their consideration and review of business planning, budget, financial projections and funding strategy each year.

Public benefit statement

The Trustees have referred to the Charity Commission's guidance on public benefit when reviewing the charity's objectives and planning its future activities. This annual report will aim to demonstrate the link between our charitable activity and how this benefits our service users.

Objectives and activities

Charitable objects include:

- The relief of sickness and the preservation and protection of good health by the provision of a confidential helpline/listening service, workshops and support; to relieve the needs primarily but not exclusively of women with eating distress and eating disorders; and to offer charitable support to the families, friends and carers of such people.
- To provide a complementary service to existing provisions.
- To promote greater knowledge about and heighten awareness of eating distress.

This is achieved by means of:

- Guidance and support to those affected by eating distress via, e-mail, telephone, information, self-help resources and sign-posting to other services, a health information leaflet service.
- Interventions for individuals affected by eating distress through:
 - initial assessments
 - counselling
 - psychotherapy
 - regular psycho-education (health topic) workshops
 - monthly recovery group
 - mindfulness courses
 - Friends and Family (Carers) support group
 - training courses for Friends and Family (carers)

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- counselling for students in partnership with Newcastle University
- awareness raising sessions in the community
- participation in a range of health events across the area
- CPD certified training programme for professionals
- Educational talks and workshops in various settings e.g. schools, pupil referral units
- linked work with statutory partners
- active collaboration with relevant partners
- membership of relevant strategic partnerships and bodies.

Trustees have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their power and duties.

Volunteers have contributed to the work of the charity by:

- IT consultancy
- Fundraising
- Promotion and publicity work
- Co-delivering training and workshops

Background

North East England has a rising epidemic of eating distress (ED). The numbers of under 18 - year olds being treated have increased by 60% and the youngest age being treated has dropped to 6 years old (2016) FOI 2898 request 2017). Each year, around 112 new cases of anorexia nervosa are diagnosed, with a total of 169 undetected in the community (Health Care Needs Assessment Severe Eating Disorders, North East & Cumbria: NHS England, Northern England Strategic Clinical Networks HCNA Report 2015). This shows the growing scale of the issue for local people and why our work is vital for local communities. The latest published NHS figures show for the North East a prevalence of potential eating disorders young people aged 16 – 24 years old, alone of 41,631 individuals.

Achievements and performance

The previous year ended with the start of the first UK wide lockdown from 16th March due to the pandemic COVID – 19. Following the working from home instruction, we had begun to pivot the whole of our services to remote/online working

We initially encountered problems with working online around confidentiality and client safety, as the Zoom system which was the most readily available and affordable proved to have reduced security and encryption levels. We therefore started to use VeeSee, a platform previously used by 'online doctors', which was quite costly, but ensured user online safety.

We moved all our team and Board meetings online and convened more regular meetings of the Board of Trustees to be able to report back and seek decisions more regularly on the work and any issues arising out of the changed circumstances.

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The CEO attended weekly provider management meetings with NHS commissioners for regular reports and updates. She also joined the Future NHS Collaboration platform for mental health, autism and learning disabilities to keep abreast of developments/ practice in the field especially affecting our service users at a critical time. VONNE (Voluntary Organisations Network North East) established a regular network meeting for Chief Officers which was also attended for mutual learning and support.

Counsellors consulted with their professional bodies BACP and UKCP BACP (British Association of Counselling and Psychotherapy) (United Kingdom Counselling and Psychotherapy). BACP worked with the Open University to produce a short basic course for counsellors working on- line/ by telephone which was taken up in the organisation. Safe practice in carrying out assessments for new registrants was not considered possible - due to the elevated risk of working in this way with people with eating disorders - without more advanced training. So, we were unable at that time to provide counselling for new people contacting the service. Online health and wellbeing sessions soon became available and could be attended by new registrants.

Our face-to-face Friends and Family, Health and Wellbeing and HOPE Groups were suspended and we had to inform external providers who worked for NIWE as sessional workers that their planned programme was effectively cancelled. As a wellbeing initiative, we commissioned and offered an online choir for service users which ran for four months and was popular and beneficial.

We began to have conversations with sessional workers about adapting face to face delivery to online provision, when and how this could work. As lockdown and the pandemic progressed and demand for secure and reliable online working platforms increased, providers upped their game and products. We were able to move to counselling provision via Zoom once technical developments ensured high level encryption and security, and we purchased and set up FRAMA, a confidential and secure system for sharing and signing online documents, in particular counselling contracts with service users.

The impact of the pandemic and subsequent lockdowns on our service users has been well noted, and has informed our work and, where appropriate, was reported to NHS commissioners for action e.g. inclusion of people with Eating Disorders in eligible groups for priority shopping times, enabling them to receive letters from GPs confirming a vulnerable person category as defined by the government.

Research into Effects of COVID-19 pandemic on people with eating disorders

There is a need for learning to be undertaken in order to inform this mental health work for the foreseeable future.

Important research has already been carried out with results published by Northumbria University and others. [Exploring the impact of the COVID-19 pandemic and UK lockdown on individuals with experience of eating disorders | Journal of Eating Disorders | Full Text \(biomedcentral.com\)](https://www.biomedcentral.com/journal-of-eating-disorders).

The CEO established contact with the researchers at Northumbria University and EDNE (NIWE) is now collaborating in further planned research which was approved by NIHR (National Institute for Health Research) in early 2021.

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A word from our Counselling Lead

The counselling service has faced incredible challenges working to balance providing support for those with eating distress, while also protecting the health and safety of staff and service users - a large portion of whom have lowered immunity due to their challenges with eating. In January 2020, our service was entirely face to face, based in our main office and also providing support to local students at their Wellbeing Centre in Newcastle, our booking and contracting system was manual and largely paper based.

In this transitional stage, we were able to help these individuals to express their fears around food insecurity - something a great many of our service users have faced - as the shelves at supermarkets became empty, and positive coping mechanisms such as socialising, hobbies or even getting out to work simply stopped overnight. As our lead counsellors undertook training to allow them to carry out online risk assessments as safely as possible, given the physical symptoms that can be associated with those with eating distress and disorders, as well as the potential mental health difficulties, we started to utilise social media more and more to communicate with those who might be struggling, and collated a full and varied list of online resources for our website, including specialised self-help booklets, local live-streamed mindfulness classes, trauma sensitive yoga, and free online social events, to counteract the sense of isolation. As we moved into August, and regulations were eased, we were able to pivot our service to integrate both online and face to face assessments and counselling, catering both to those who were unable or felt it was too risky for them to travel, but also to those who are digitally excluded. This integration of online services, including a new online booking system and encrypted information gathering, meant that as the case rate in the local area started to rise, and regulations in the North East became tighter, we were well placed to continue providing this online service - and even as the second and third "Stay At Home" orders were issued, we have been able to keep a large portion of our counselling service open and available, at a time where these supportive sessions are more needed than ever.

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Towards Recovery - Counselling

Counselling Case Study

The story of an individual's experience often helps to demonstrate the difference we can make and how significantly lives can be changed for the better. Names and some details changed for confidentiality purposes:

Case Study - Jan-Mar 2020

"I feel like I want to shout it from the rooftops - why don't they teach this in schools?"

"Kerry" - Twenties - Female - Binge Eating Disorder - 8 sessions

Kerry came to NIWE after years of binge eating and strict dieting - she was still attending a slimming club when she first started her sessions with me. Raised by parents who still struggle with their eating - associating food with love and comfort - she was bullied from age 5 for her weight, which led to self-harm while she was still in primary school. Feeling isolated and ostracised from such an early age led to Kerry developing a very negative picture of who she was, describing herself as "disgusting" in our first session, seeking ways to "control herself", because since being diagnosed with binge eating disorder in the previous year, she had "used it as an excuse to eat".

Kerry had previously worked long hours, in a high-pressure job, and was now working part time at a more structured job, but had noticed herself starting to overthink interactions with colleagues, and this had also led to self-criticism. Also, despite having lost a significant amount of weight since leaving home, some simply through being more active now she had a different job, but some through severely restricting portions and counting calories, Kerry realised this hadn't led to a positive change in her self-esteem - in fact, she was more self-conscious now, and felt very panicked at social gatherings.

During the second session, I asked Kerry if she had ever talked about her experiences from when she was younger - we realised that she had not. Her father suffered from depression, and a breakdown when Kerry was 11, but the family way was to carry on and not discuss things that were happening.

Over the weeks, we talked about what she had gone through, and how she had adapted over the years - how she had learned to cope with unstable circumstances without a supportive friend group, without family discussion, and how these adaptations might have allowed her to push through difficult situations in the past, but now that things were more stable - structured job, relationship she enjoyed - as it was working outside of her awareness, this internal alarm system was still very sensitive to things such as a slightly different tone of voice from a colleague, or not losing weight at her slimming club each week - taking these as signs she wasn't "good enough" - leading to further restriction, and further binge eating.

Towards the end of session four, a conversation thread around reconnecting to the body's natural hunger and my recommendation of a book led to a change in energy with Kerry. By session five she was energised - she had not read a book in years, due to her anxious thoughts, yet this book she could not put down. We discussed her revelations - her bingeing was not a personal failing, a lack of willpower, but a reaction to the strict restriction and a way to numb painful thoughts. Within days she was experimenting with pushing back on food rules that had governed her life for years - Kerry's personal power was so inspiring to see. She discovered that Weetabix, far from being a dangerous carbohydrate, was a breakfast that satisfied her hunger and left her free to think about things other than the minutes until lunchtime - and then that a sandwich was in fact plenty for her. That broccoli is something you can crave and not resent if you listen to your body, and not a restrictive plan.

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By our final session, Kerry had chosen to stop attending her slimming club weigh-ins, and started going for walks with her children instead. She didn't have to plan her meals so meticulously, so her mind and time were free for more enjoyable things. After she finished the book we had talked about in session, she moved on to other, non eating distress related books, as she found she had the concentration now, rather than needing quick distraction with social media.. She started noticing when she was stressed, and thinking about why, rather than trying to numb the emotion with food. By our final session, she talked to me about explaining to a co-worker what she had learned about connecting to her senses of hunger and fullness - "I feel like I want to shout it from the rooftops," she said, "Why don't they teach this in schools?"

Counselling data

Numbers of people attending counselling were affected by the pandemic and then the need to work remotely. We were able to support some individuals with a check in service via email and telephone which are not included in these figures.

No. of Counselling sessions 1 April 2020 – 31 March 2021
1,147
No. of Initial assessments sessions 1 April – March 2021 (including DNA's)
171
No. of counselling service users 1 April 2020 – 31 March 2021
148

Service Evaluation

During what turned out to be the first lockdown, the independent service evaluator ceased face to face consultations and, despite her best efforts was unable to engage with commissioners of services, service users etc., online or by telephone, so by agreement, suspended her work on the evaluation. The independent evaluator resumed her work contacting and interviewing NIWE stakeholders and presented an interim report to the Trust Board in December 2020.

From the interim report:

'People with existing mental illness are experiencing 'greatest deterioration' in relation to health¹, and the 'peculiarities of COVID-19 and the reaction of the public and governments to it, have particular relevance for people living with an eating disorder and those who care for them'². People experiencing eating distress are affected by issues linked to 'lockdown', including food insecurity, food hoarding, restrictions on movement, and reduced access to support³, and many carers have faced increased demands, and/or new challenges during lockdown periods⁴. The pandemic is amplifying existing health inequalities⁵. '

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There is much UK evidence of significant increase in the diagnosis of eating disorders in 2020

[People with eating disorders were disproportionately affected by the pandemic - they need support \(inews.co.uk\)](https://www.inews.co.uk/health/psychiatrists-say-eating-disorders-are-on-the-rise-due-to-the-pandemic/)

<https://www.psych.ox.ac.uk/news/effect-of-the-covid-19-pandemic-on-eating-disorders>

July – December 2020

In August we secured COVID – 19 state aid funding through the National Lottery Community Fund and have been able to pay for 'Cyber Therapist' 80 x hour training packages for counsellors to become fully qualified to work online and by telephone, enabling a very welcome expansion of the counselling offer to newly registered service users. This also enabled the purchase of equipment for remote working, i.e. mobile telephones and IT equipment, and we set up extensive further systems and procedures for remote working

Our training officer had also begun to transition training courses to online delivery, working to adapt content and delivery style to ensure highest possible quality and impact. The Counselling Manager developed new systems and tools for effective and safe online working.

By June/July we were also running Health and Wellbeing online sessions every two weeks open to all service users. Our Friends and Family group resumed monthly sessions online.

Service Users Views and involvement

In August 2020 we carried out a survey with all our registered service users, asking them to tell us about their experiences of using services during the pandemic to date. We used the feedback to inform our delivery going forward and responding to as many of the issues raised as possible. (See the results in Appendix 1.)

Beginning the return to Face-to-Face working July/August 2020 and beyond

In order to comply with the law for a return to in-person working, the CEO produced a comprehensive workplace risk assessment, consulting with both staff and trustees. Trustees conducted a walk through to test the RA measures. We also worked with the building landlord to introduce building modifications for safe working. We implemented all COVID safe working arrangements and were able to return to a blended provision with both face to face and online services continuing to meet different needs. Due to the size of our premises and so that we could observe social distancing we also implemented a rota for staff office-based working.

The NHS required an assurance / return to service report and declaration to ensure compliance with all legal requirements as identified by NHS which was also completed.

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Evaluation and what we learned from the interim evaluation report 2020/2021

The independent evaluator resumed her work contacting and interviewing NIWE stakeholders and presented an interim report to the Trust Board in December 2020, then met with the CEO and Chair of the Board to agree an outline of the work for Year 3 January – December 2021.

The advent of the pandemic and NIWE's work to help and support service users to manage as well as possible through it will be factored into and will feature in people's stories within the evaluation. Service user participants have been invited to take part via mailshots and social media, Facebook, Twitter and Instagram.

We said we would act on feedback from service users:

They wanted: longer term work and so we appointed another trainee psychotherapist in February 2020.

They wanted more awareness of our services in primary care settings: we started to raise more awareness with primary care teams, to find out more about and make contact with the new primary care networks

They wanted increased communication via social media, we created an additional part time admin and communications post by reconfiguring existing roles.

We need to continue work on our business planning cycle and strategic planning.

The interim evaluation report has provided EDNE (NIWE) with valuable feedback and overwhelming endorsement of the whole EDNE (NIWE) approach

Prevention and Early Intervention

Our training officer successfully transitioned NIWE's training courses to online delivery, creatively adapting content and delivery style to ensure highest possible quality and impact. Initially, we were not equipped in any way to move this delivery to digital, and it was not feasible for some time to convert training materials and delivery to online provision, particularly as NIWE's training style is highly interactive. As we have progressed through the pandemic and online tools have become more flexible and sophisticated, staff have been trained and developed additional skills including learning from others' practice, we have successfully moved the vast majority of our programmes to digital, including awareness talks and all courses. Demand from other organisations we are pleased to say has increased and the bookings are filling up. A few schools have embraced this form of training but take up in this area is still quite low, mainly presumably due to the challenges of just managing their own core delivery. The short films, #First Steps - Kayla's, Tommy's Liam's and Amy's stories have been very useful and popular in our training delivery.

In terms of training outputs and impact, because the training officer had frontloaded a significant amount of her NLCF funded work to take place from January – March 18th., and subsequently once in partial furlough, achieved further significant outputs, she has in fact met outputs and impact aspirations. Digital delivery reduces the need for travel, which for the area NIWE covers can be considerable - so increased output can actually be facilitated, as long as there is demand.

By agreement with the main funder of this aspect of our work, (NLCF) the programme will be extended to 31st March 2022 taking account of the effects of the pandemic on delivery during 2020.

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A Word from our Training Officer

“After a period of furlough, it was apparent that the need for our work had massively increased and therefore we needed to change our offer of face-to-face delivery to meet the needs of young people and professionals during the pandemic.

I went to work on adapting all our current educational talks and training courses to be suitable for online delivery.

I researched several delivery platforms and chose the one which was most accessible and allowed for the highest level of interaction between participants.

Disadvantages of Virtual Training

- Failing technology

Benefits of Virtual Training

- More convenient for organisations whose staff work various times/days across several venues
- Evaluations completed online which saves on paper and administrative time
- Increased methods of communication e.g. quieter members of the group used the chat box facility

Increased flexibility in terms of group size, geographic spread etc

- Saving on travel time for both trainers and participants

Moving Forward

I have been extremely surprised by how popular and successful the online training has become. Moving forward we will be offering both online and face to face delivery of training to give organisations much needed flexibility.”

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Delivery of ED training/talks 1 April 2020 – 31st March 2021

Training Type	Delivery address	Date	Participants
ED Training	Youth NE (<i>all online from here</i>)	16/09/20	10
ED Training	Sunderland Uni Paramedics	23/09/20	15 + 1 Prof
ED Training	Richmond Fellowship	30/09/20	12
ED Talk	Proctor & Gamble	12/11/20	12
ED Talk	Newcastle Uni Group 1	12/11/20	170
ED Talk	Newcastle Uni Group 2	12/11/20	170
ED Talk	Newcastle College	20/11/20	200
ED Talk	Sunderland Uni Paramedics Year 2	01/12/20	50
ED Training	Cambian Group	02/12/20	20
ED Talk	Year 10 GDST	08/12/20	85
ED Talk	Your Homes Newcastle	09/12/20	20
ED Talk	Tyne Met – Rugby excellence Programme	12/12/20	60
ED Training	Whitley Bay High School	10/12/20	20
ED Talk	Newcastle University (PA students)	28/01/21	30
ED Talk	Newcastle Young Carers	03/02/21	10
ED Talk	Sunderland University (MH Nurses)	04/02/21	150
ED Talk	Middlesbrough & Stockton Mind	08/02/21	10
ED Talk	Newcastle University (Medical Students)	18/02/21	30
ED Talk	Foundation of Light (National Citizenship Service)	18/02/21	15
ED Talk	National Audit Office	03/03/21	25
ED Talk	Northumberland Youth Service	04/03/21	16
Total Number of Talks Delivered		19	
Total Number of Training Courses Delivered		5	
Total Number of Beneficiaries		TOTAL = 1,131	

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Trailblazer / RISE

We worked with the provider of the Newcastle/Gateshead CCG Trailblazer pilot work, planning and delivering an eating disorder training programme to the cohort of new health link-workers as part of the pilot in schools, part of the national action to improve young people's mental health. Due to the first lockdown the work was suspended, and was then picked up again once restrictions eased, but again suspended in the autumn due to the challenging situation in schools. Recently a change of provider has led to The Children's Society holding the contract for this work. We have been in discussions with them about taking the work forward and await their responses.

Towards Recovery: Health and Wellbeing for Mental Health

Online Health and Wellbeing sessions are continuing every two weeks – covering topics including body image, coping with anxiety, loneliness, kindness v. niceness, a survivor's story, coping at Christmas with good attendance and positive outcomes.

These are based on a psychoeducation model which involves learning about and understanding mental health and wellbeing. It is similar to physical education where you learn about how your body works, how to look after it and the impacts of different strains or stressors – but instead applied to the mind.

Carers / Friends and Family

The Friends and Family sessions have all been delivered online and supported carers to develop their own resilience and to look after their own self care for strength in their caring role. The opportunity and benefits of being connected and relating to others in similar situations, even more isolated by lockdowns have been highly valued.

We successfully moved our Maudsley training course for carers of a loved one with eating disorder online. A quote from a participant - "The course exceeded my expectations – Excellent practical examples!.. Feels empowering to have these tools."

Trust Board and Strategic Planning

Our trustees have given great commitment to ensuring good governance during the whole pandemic, meeting as needed to manage and deal with the unexpected.

Although the Board held its AGM in 2020 (digitally) we were unable to hold our usual strategic planning day which is planned for May 2021 as a two-day online event.

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Staffing

Our Office Manager and Counselling Lead left for other work in early 2021. We successfully recruited to both posts and the new staff have enthusiastically embraced the difficult challenge of starting a new job during a pandemic. We received additional funding through the Mental Health Transformation Fund for counselling posts to cover Newcastle and Gateshead part way through 2021 and have begun to appoint a mix of internal and external candidates to the new posts.

Work with Partners

Local

We are members of the NHS Test and Try ED group for North Newcastle. We have delivered eating disorder training to the whole group (online) and are working together on plans for a pilot initiative to benefit local residents with eating disorders.

We work in partnership with Newcastle University Health and Wellbeing team providing counselling services for NU students.

Staff regularly attend the Eating Disorders Forum for training and education organised by Richardson Eating Disorders Service @ RVI Newcastle.

We are partners with Northumbria University in their current research into the effects of COVID -19 on people with eating disorders, which was approved in March 2021.

National Work

Our CEO has worked with the CEO of SWEDA (South West Eating Disorders Association) based in Somerset to establish a new UK wide network of voluntary sector organisations/charities. The REDCAN (Regional Eating Disorder Charities Alliance Network) group now meets monthly, has members from Scotland, Northern Ireland, Yorkshire, East Midlands, South West and the North East. Members recently presented at a Public Policy Exchange webinar on 'Addressing Eating Disorders'. The group aims to share learning and good practice and work together to influence improvement in services for people with eating distress and disorders.

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Background

An online survey was developed for the purpose of reflecting on NIWE's work during the current pandemic and informing future work as it progresses.

The survey was distributed to 600 service users on our database and via social media. There were 55 respondents. The survey was open from 8th August to 16th September 2020. There were 27 questions in the survey.

Respondents' demographic details

Age

16-19	2%
20 – 24	14%
25 – 34	29%
35 – 44	28%
45 – 54	16%
55 – 64	7%
65 – 74	4%
75 – 84	0%
85+	0%

Gender

Female: 96% (No. 53); Male 1 male; 1 self-identified as $\frac{3}{4}$ female, $\frac{1}{4}$ male.

Area: All across the North East from South Shields to Blyth Northumberland

Access to internet

100% of respondents have access to wifi /mobile data

Quality of access – comments – mobile data can be limited and costly

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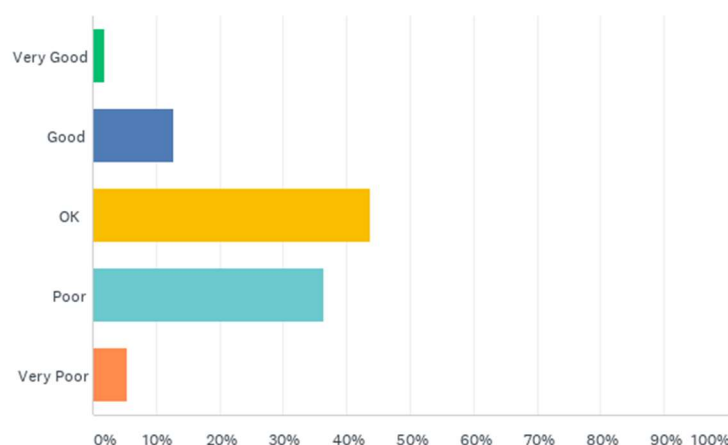
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

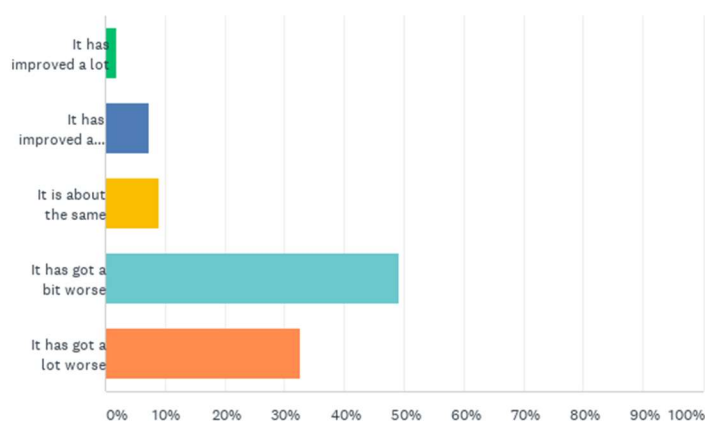
For the year ended 31 March 2021

Impact of COVID – 19 on mental health

Q5 About Your Mental Health and Wellbeing: How would you rate your mental wellbeing before Covid - 19



Q6 About Your Mental Health and Wellbeing: How has Covid - 19 impacted on your mental wellbeing?



Asked about their mental health before COVID – 19 19.5% of respondents said it was very poor; 36% poor; 44% OK; 13% good; 2% very good.

Asked about their mental health since the onset of COVID–19 33% of respondents said it was a lot worse; 49% said it was a bit worse; 17% said it was the same or same or better; one person said it had improved a lot.

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For the year ended 31 March 2021

Access to other services

Asked if they had accessed other services during the pandemic – 49% of respondents said yes, either through GP or another charity. 49% said they had not accessed any at all.

Contact with NIWE

Asked when they had last used NIWE services (no.39 responses out of 55)

7% said in the last week; 7% in last month; 26% in last 3 months; 49% said more than 3 months ago, and 11% of respondents said they had never accessed NIWE services

Of those who had used NIWE services during the pandemic (no. 29 responses)

69% said they were good or very good; 31% said they did not know

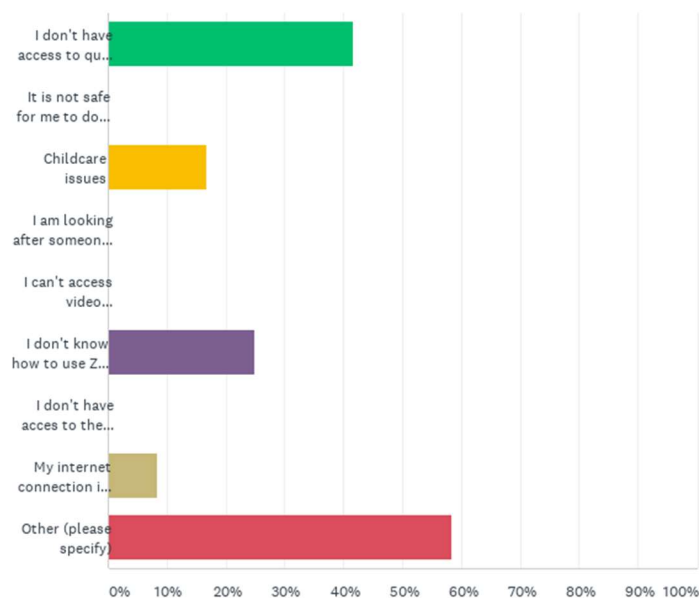
Asked about use of counselling (55 responses) 10 – YES 45 – NO.

8 found it useful / very useful; 2 found it not so useful

Future Use of and access to NIWE services

Asked if they would use NIWE online groups (no. 53 responses) 74% of respondents - said yes; 26% said no

Q16 About using NIWE services: If no to the previous question, please tell us why. (Please tick all that apply)



10 other reasons were given in responses including: -

New ways of communicating is always a bonus. Isolation is only perpetuated with a lack of options. Increasing the plethora of options out there may help me or others feel supported more holistically.

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I found the online group as effective as a face to face. Personally I get anxious walking to the venue in town in the evenings and being able to be home and still access the groups is marvellous.

Personally, I cannot always attend the physical meetings and I would find it beneficial to have another way of participating (online services).

Don't feel confident using internet for meetings and group sessions.

* * * * *

Asked if they were able to attend video / telephone counselling (no. 54 responses)

87% of respondents - said YES; 13% said NO.

42% of respondents said NO because they did not have a quiet space for the work; 17% said they had childcare issues; 25% said they did not know how to use the video technology; 8% said their internet connection was not good enough

Asked if they would attend online / telephone/ counselling. (no. 49 responses) 86% of respondents said YES and 14% said NO

Asked for reasons for not attending video / telephone counselling –

42% of respondents said NO because they did not have a quiet space for the work; 17% said they had childcare issues; 25% said they did not know how to use the video technology; 8% said their internet connection was not good enough

Asked about travel to NIWE before lockdown (no. 46 responses)

48% of respondents travelled to NIWE by public transport; 24% on foot; 35% by car; Some people indicated more than one mode as this could vary for them

Asked preference for other forms of support if unable to attend video /telephone counselling (no. 38 responses)

Q21 If yes, please state which type of support you would likely access from the list above?

mental health app app Text interactive app email
Interactive mental health Self help resources

(The sizes of the words in this cloud are relative to the numbers of respondents who chose that option)

Asked if they felt safe to attend face to face appointments

83% of respondents said yes; 16% said no & would prefer video / telephone sessions / text /email; 1% said they would prefer other sources of help e.g. self-help (no. 55 responses)

Asked about level of confidence in the effectiveness of video/telephone sessions

64% said they were confident; 19% said they were neither confident or not confident; 6% said they were not so confident; 11% said they were not at all confident (no. 53 responses)

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26% of respondents had experienced new ways of working with NIWE during the pandemic. 20% said they would like us to keep them; 6% said no to keeping them.

What type of support would be useful for you during COVID?

There were 41 different responses, which will be reviewed and considered for action, so a sample is included here

- Counselling face to face appointment, help, advice
- Loved pop up choir. Online Hope group or...
- Small sharing group/ opportunities to connect.
- Would love anything like a craft group/ creative writing or wellbeing space... being together doing something vaguely pleasurable/ interesting –
- don't mind what! I'd just like to hear from other people/ connect, spend time with people who understand and who won't judge etc. That would be really valuable and useful.
- I found the mindfulness course so helpful and joined a group I go to a few times a week (on zoom now!)
- Things to read rather than interaction via internet and group chats.
- Phone calls, face to face (zoom or in person) I find texts and emails less personal and feels like you're talking to a robot. It's really hard to explain thoughts and feelings Over texts and emails because it's hard to sense the tone.

Counselling - Help with anxiety, body image - meal support

Plans for the future

We work in an environment and geographical area still acutely affected by austerity measures and cut back services, with the mental health field in particular experiencing ever increasing demand and diminishing resources. We aim to consolidate our developments to date and build on our successes, expanding type and range of provision wherever we can, identifying gaps in services and working to highlight and / or address these wherever appropriate.

Our specific service plans for the future include a whole service rebrand and development of a new website; producing four educational films telling of the experiences of older people with eating distress; expanding our evening counselling service; introducing additional therapies e.g. EMDR (Eye Movement Desensitisation and Processing) extending the training offer and running further Mindfulness courses.

Statement of trustee responsibilities

The trustees, who are also directors for the purposes of company law are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Small Companies Provisions

This report has been prepared in accordance with the special provisions for small companies under part 15 of the Companies Act 2006.

Approved by the Board on 25/01/2022 and signed on their behalf by:

Lyn Boyle 
Chair

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 March 2021

I report on the financial statements of NIWE Eating Distress Service Trading as Eating Distress North East Limited for the year ended 31 March 2021, which are set out on pages 22 to 36.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Michelle Wright
Connected Voice Business Services Limited
Higham House
Higham Place
Newcastle upon Tyne
NE1 8AF
Date: 25/01/2022



NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
<u>Income from:</u>					
Donations and legacies	6	4,656	-	4,656	3,931
Charitable activities					
Grants and contracts	7	10,315	185,301	195,616	182,295
Other trading activities	8	10,359	7,498	17,857	5,422
Investments	9	403	-	403	157
Total income		25,734	192,799	218,533	191,805
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	10,754	138,785	149,539	147,660
Total expenditure		10,754	138,785	149,539	147,660
Net income/(expenditure) and net movement of funds		14,980	54,014	68,994	44,144
<u>Reconciliation of funds</u>					
Total funds brought forward		108,350	7,464	115,814	71,671
Total funds carried forward		123,330	61,479	184,808	115,815

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 24 to 36 form an integral part of these accounts.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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Charity Number 1150416

BALANCE SHEET

Company Number 08269009

As at 31 March 2021

	Notes	£	Total 2021 £	£	Total 2020 £
<u>Current assets</u>					
Debtors	18	38,484		86,538	
Cash at bank and in hand	19	203,171		146,284	
<i>Total current assets</i>		241,655		232,821	
Creditors: amounts falling due within one year	20	(52,141)		(111,431)	
<i>Net current assets</i>			189,514		121,390
<i>Total assets less current liabilities</i>			189,514		121,390
Creditors: amounts falling due after more than one year	21	(4,706)		(5,576)	
<i>Total net assets or liabilities</i>			184,808		115,814
<u>Funds of the charity</u>					
Unrestricted income funds			123,330		108,350
Restricted income funds			61,479		7,464
<i>Total funds</i>			184,808		115,814

The company was entitled to an exemption from audit under s477 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 directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 24 to 36 form an integral part of these accounts.

These financial statements were approved by the Board on: 25/01/2022

and are signed on its behalf by:

Lyn Boyle
Chair



NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

1 Accounting Policies

The principle accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

NIWE Eating Distress Service Trading as Eating Distress North East Limited meets the definition of a public benefit

2.2 Preparation of the accounts on a going concern basis

The charity reported total unrestricted funds at the year-end of £176,463 and has already secured a significant amount of funding for the current year. The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability.

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

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 or provision of other specified service is deferred until the criteria of income recognition are met.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

3.4 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.5 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

3.6 Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in donations and legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investment and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charities' work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of counselling and other activities undertaken to further the purposes of the charity and their associated support costs.

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £250 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Office equipment	Straight line over five years
Fixtures and fittings	Straight line over seven years

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
6 Donations and legacies				
Donations and gifts	4,356	-	4,356	3,190
Gift Aid	300	-	300	742
	<u>4,656</u>	<u>-</u>	<u>4,656</u>	<u>3,931</u>
7 Charitable activities				
<u>Income from grants</u>				
North Tyneside CCG	-	6,779	6,779	6,685
Newcastle Gateshead CCG	-	24,810	24,810	13,995
NHS England	-	14,191	14,191	1,253
Greggs Foundation	-	4,167	4,167	12,083
National Lottery Community Fund	-	45,945	45,945	67,872
National Lottery COVID Fund	-	15,055	15,055	-
Henry Smith Fund	-	60,000	60,000	60,000
Newcastle City Council	10,000	-	10,000	-
Other small grants	-	14,355	14,355	15,062
<u>Income from training</u>				
Training income	315	-	315	5,344
	<u>10,315</u>	<u>185,301</u>	<u>195,616</u>	<u>182,295</u>
8 Other trading activities				
Counselling	2,488	-	2,488	2,422
Other income	7,871	7,498	15,369	3,000
	<u>10,359</u>	<u>7,498</u>	<u>17,857</u>	<u>5,422</u>
9 Income from investments				
Bank interest	403	-	403	157
	<u>403</u>	<u>-</u>	<u>403</u>	<u>157</u>

Income was £218,533 (2020: £191,804) of which £25,734 was unrestricted or designated (2020: £60,182) and £192,799 was restricted (2020: £131,622)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
10 Charitable activities				
<u>Direct costs</u>				
Staff salaries	8,199	97,295	105,494	81,778
Project staff salaries	-	-	-	23,571
Project sessional workers	40	15,097	15,137	17,206
Project staff supervision	170	2,253	2,423	1,384
Staff training/conference	-	2,228	2,228	479
Staff travel/meetings	-	-	-	310
Project expenses	1,754	2,073	3,828	438
Promotion and publicity	174	130	304	3,098
Volunteer expenses	-	-	-	36
<u>Support costs</u>				
Rent, rates, heat and light	-	5,461	5,461	8,285
Office expenses	-	2,279	2,279	2,667
Office equipment	39	4,123	4,162	1,413
Insurance/general expenses	-	3,618	3,618	2,857
Professional fees	263	3,280	3,543	2,215
Depreciation	-	-	-	216
<u>Governance costs</u>				
Audit and accountancy fees	-	948	948	948
Trustee meeting costs/AGM	115	-	115	761
	<u>10,754</u>	<u>138,785</u>	<u>149,539</u>	<u>147,660</u>

Expenditure on charitable activities was £149,539 (2020: £147,660) of which £10,754 was unrestricted or designated (2020: £21,446) and £138,785 was restricted (2020: £126,214)

11 Fees for examination of the accounts

	2021 £	2020 £
Independent examiner's fees for reporting on the accounts	948	984
Other accountancy services paid to the examiner	1,004	1,554
	<u>1,952</u>	<u>2,538</u>

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

12 Analysis of staff costs, and the cost of key management personnel

	2021 £	2020 £
Salaries and wages	94,828	94,477
Social security costs	6,730	7,128
Pension costs (defined contribution pension plan)	3,097	3,359
	104,655	104,965

No employee received remuneration above £60,000 (2020: nil)

The key management personnel of the charity, comprise the trustees and the Chief Officer. The total employee benefits of the key management personnel of the charity were £29,500 (2020: £29,522).

13 Staff numbers

The average monthly head count was 6 staff (2020: 5.5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2021 Number	2020 Number
The parts of the charity in which the employee's work		
Charitable activities	5.0	4.0
	5.0	4.0

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Trustees' expenses

No trustee expenses have been incurred in the year.

Transaction(s) with related parties

There has been no related party transactions in the reporting period.

15 Defined contribution pension scheme

The charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

The scheme is a defined benefit scheme in the UK. It is not possible for the company to obtain sufficient information to enable it to account for the scheme as a defined benefit scheme. Therefore it accounts for the scheme as a defined contribution scheme.

The scheme is subject to the funding legislation outlined in the Pensions Act 2004 which came into force on 30 December 2005. This, together with documents issued by the Pensions Regulator and Technical Actuarial Standards by the Financial Reporting Council, set out in the framework for funding defined benefit occupational pension schemes in the UK.

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

15 Deficit contributions (continued)

The scheme is classified as a 'last-man standing arrangement'. Therefore the company is potentially liable for other participating employers' obligations if those employers are unable to meet their share of the scheme deficit following withdrawal from the scheme. Participating employers are legally required to meet their share of the scheme deficit on an annuity purchase basis on withdrawal from the scheme.

A full actuarial valuation for the scheme was carried out at 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall the Trustees has asked the participating employers to pay additional contributions to the scheme as follows:

From 1 April 2019 to 31 January 2025: £11,243,000 per annum
(payable monthly and increasing by 3% each on 1 April)

A full actuarial valuation for the scheme was carried out at 30 September 2014. This valuation showed assets of £793.4m, liabilities of £969.9m and a deficit of £176.5m. To eliminate this funding shortfall, the Trustees has asked the participating employers to pay additional contributions to the scheme as follows:

Deficit contributions

From 1 April 2016 to 30 September 2025: £12,945,440 per annum
(payable monthly and increasing by 3% each on 1 April)

From 1 April 2016 to 30 September 2028: £54,560 per annum
(payable monthly and increasing by 3% each on 1 April)

The recovery plan contributions are allocated to each participating employer in line with their estimated share of the Series 1 and Series 2 scheme liabilities.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement the relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Present values of provisions

	31 Mar 21 £	31 Mar 20 £	31 Mar 19 £
Present value of provision	4,706	5,576	6,764

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

15 Defined contribution pension scheme (continued)

Reconciliation of opening and closing provisions

	Period Ending 31 Mar 21 £	Period Ending 31 Mar 20 £
Provision at start of period	5,576	6,764
Unwinding of the discount factor (interest expense)	125	86
Deficit contribution paid	(1,156)	(1,123)
Remeasurements - impact of any change in assumptions	161	(151)
Remeasurements - impact of any change in assumptions	-	-
Provision at end of period	4,706	5,576

*Includes defined contribution schemes and future service contributions (i.e. excluding any deficit reduction payments) to defined benefit schemes which are treated as defined contribution schemes.

Assumptions

	31 Mar 21 % per	31 Mar 20 % per	31 Mar 19 % per
Rate of discount	0.66	2.53	1.39

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

17 Tangible fixed assets	Office Equipment £	Fixtures & Fittings £	Total £
Cost			
Balance brought forward	5,538	2,265	7,803
Additions	-	-	-
Disposals	-	-	-
Balance carried forward	5,538	2,265	7,803
Depreciation			
Basis	SL	SL	
Rate	20%	15%	
Balance brought forward	5,538	2,265	7,803
Depreciation charge for year	-	-	-
Disposals	-	-	-
Balance carried forward	5,538	2,265	7,803
Net book value			
Brought forward	-	-	-
Carried forward	-	-	-
18 Debtors and prepayments (receivable within 1 year)	2021 £	2020 £	
Salary holding account	12,347	4,415	
Trade debtors	24,312	79,654	
Prepayments	575	399	
Other debtors	1,250	2,069	
	38,484	86,538	
19 Cash at bank and in hand	2021 £	2020 £	
Cash at bank	203,160	146,213	
Cash in hand	11	70	
	203,171	146,284	

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

20 Creditors and accruals (payable within 1 year)

	2021 £	2020 £
Trade creditors	1,754	294
Pension	186	-
Other creditors	1,791	-
Accruals		
Independent examination of accounts	948	948
Other accruals	1,278	2,529
Deferred income		
Big Lottery Fund	25,956	25,650
Henry Smith	15,000	45,000
Other small grants	5,229	37,010
	<u>52,141</u>	<u>111,431</u>

21 Creditors and accruals (payable after more than 1 year)

	2021 £	2020 £
Pension deficit	4,706	5,576
	<u>4,706</u>	<u>5,576</u>

22 Deferred income

Deferred income comprises of advance payments from grants that relate to future periods

	2021 £	2020 £
Balance brought forward	107,660	101,378
Amount released to income earned from charitable activities	(107,660)	(101,378)
Amount deferred in year	46,184	107,660
Balance carried forward	<u>46,184</u>	<u>107,660</u>

23 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

24 Analysis of charitable funds

Analysis of movements in unrestricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	59,350	25,734	(10,754)	(44,000)	30,330
Designated contingency reserve fund	49,000	-	-	44,000	93,000
Totals	108,350	25,734	(10,754)	-	123,330

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated contingency reserve fund	Represents monies set aside for contingencies

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

24 Analysis of charitable funds (continued)

Analysis of movement in restricted funds

Restricted funds	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
	4,729	45,945	(38,448)	-	12,226
National Lottery Community Fund	-	15,055	(15,055)	-	-
National Lottery COVID Fund	1	60,000	(60,000)	-	1
Henry Smith	2,883	-	(2,683)	-	200
Magic and Gostling	(148)	2,250	(2,102)	-	-
Riddell Family Trust	-	6,779	-	-	6,779
North Tyneside CCG	-	24,810	(5,091)	-	19,719
Newcastle Gateshead CCG	-	14,191	(1,147)	-	13,044
NHS England	-	4,167	-	-	4,167
Greggs Foundation	-	10,767	(9,011)	-	1,756
Newcastle University	-	8,835	(5,248)	-	3,588
Other small grants	-	-	-	-	-
Totals	7,465	192,799	(138,785)	-	61,479

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor

National Lottery Community Fund	Provision of training services relating to eating distress & disorders
Henry Smith	Core costs to support therapeutic services
Magic and Gostling	Mindful Planning funding
Riddell Family Trust	Provision of training services relating to eating distress & disorders
North Tyneside CCG	Providing counselling services and core funding
Newcastle Gateshead CCG	Providing counselling services and core funding
NHS England	Providing counselling services and core funding
Greggs Foundation	Core costs to support services delivered
Newcastle University	Providing specialist counselling sessions for students
Association of Mental Health Providers	Funding towards improvements to the website

25 Capital commitments

As at 31 March 2021, the charity had no capital commitments (2020 -£nil)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 March 2021

26 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2021 £
Cash at bank and in hand	141,693	61,479	203,171
Other net current assets/(liabilities)	(13,657)	-	(13,657)
Long term assets/(liabilities)	(4,706)	-	(4,706)
	<u>123,330</u>	<u>61,479</u>	<u>184,808</u>

	Unrestricted Funds £	Restricted Funds £	Total 2020 £
Cash at bank and in hand	138,820	7,464	146,284
Other net current assets/(liabilities)	(24,893)	-	(24,893)
Long term assets/(liabilities)	(5,576)	-	(5,576)
	<u>108,351</u>	<u>7,464</u>	<u>115,814</u>