



**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**

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

- 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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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. '

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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/psych/ox.ac.uk/news/effect-of-the-covid-19-pandemic-on-eating-disorders)

<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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.”

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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	

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021



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

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

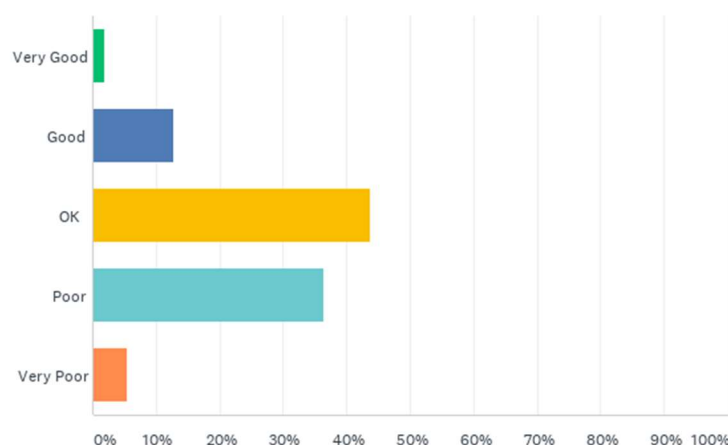
(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

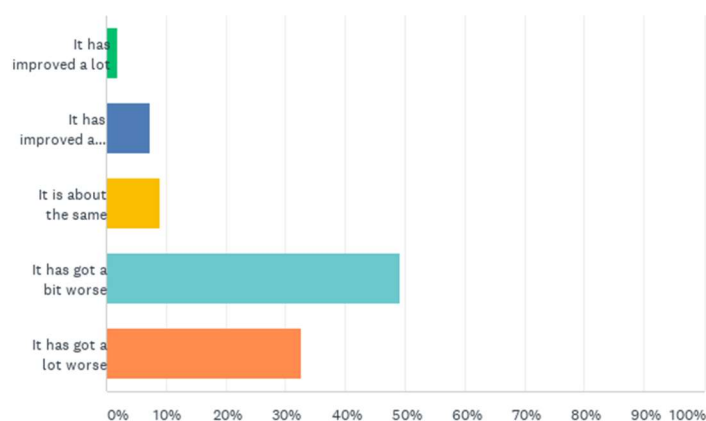
For the year ended 31 March 2021

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

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

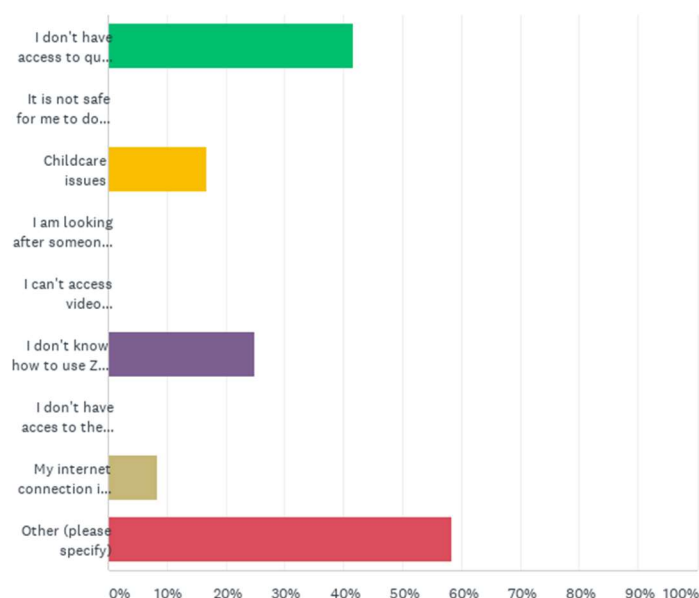
Asked about use of counselling (55 responses) 10 – YES 45 – NO.

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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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)

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

(A company limited by guarantee)

TRUSTEES ANNUAL REPORT

For the year ended 31 March 2021

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

(A company limited by guarantee)

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

(A company limited by guarantee)

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

(A company limited by guarantee)

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

(A company limited by guarantee)

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.

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

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

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

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

(A company limited by guarantee)

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>

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

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.

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

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

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

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

(A company limited by guarantee)

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 STATEMENTSFor 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>