

**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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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:

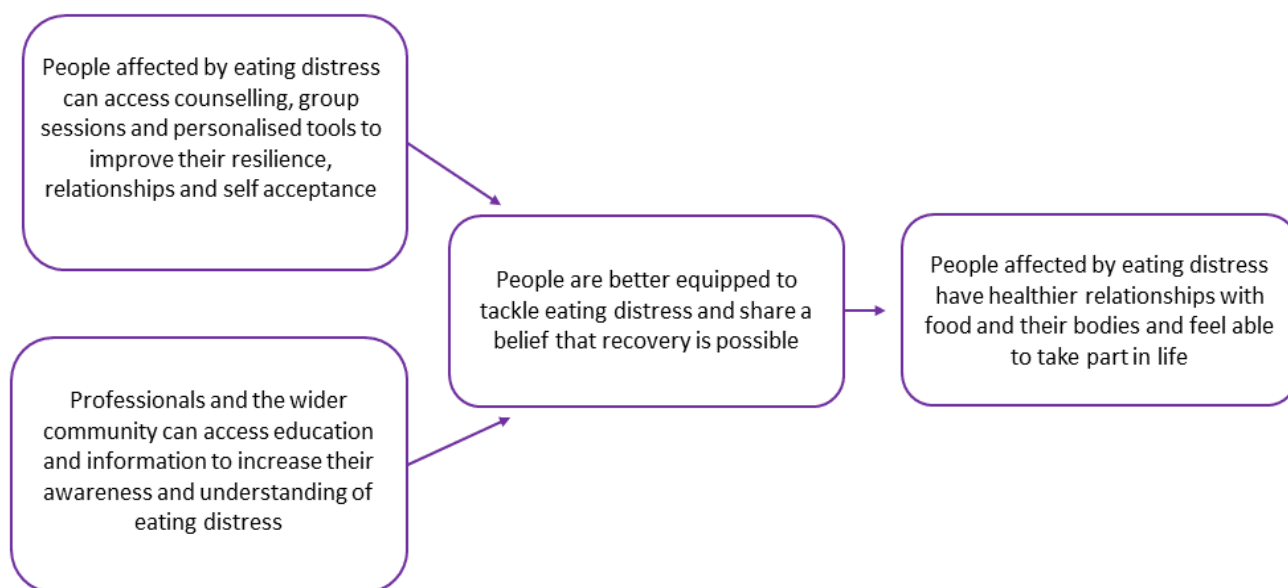
- 12% of all 17-19-year olds - and nearly 21% of young women - have an eating disorder, a 2023 mental-health survey suggests.
- Two to three million UK adults of all ages could be affected at some point in their lives - similar to the number of people with diabetes, other research suggests.
- Hospital 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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TRUSTEES' ANNUAL REPORT *(continued)*
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."

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

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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YEAR ENDED 31 MARCH 2025

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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YEAR ENDED 31 MARCH 2025

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

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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TRUSTEES' ANNUAL REPORT *(continued)*
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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

COMPANY LIMITED BY GUARANTEE

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.

Statement of trustee responsibilities

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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.

NIWE EATING DISTRESS SERVICE TRADING AS EATING DISTRESS NORTH EAST LIMITED

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 | | 14,609 | 338,777 | 353,386 |
| Expenditure on: | | | | |
| Charitable activities | | | | |
| Operation of the charity | 9 | 4,463 | 362,056 | 366,519 |
| Total expenditure | | 4,463 | 362,056 | 366,519 |
| 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 | | 216,317 | 137,399 | 353,716 |

5 Donations and legacies

| | Unrestricted Funds £ | Restricted Funds £ | Total Funds 2025 £ | Total Funds 2024 £ |
|---------------------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| Donations and gifts | 3,796 | = | 3,796 | 2,987 |

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 | <i>Restated</i> |
|------------------|--------------|-----------------|
| | % 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) | – |
| | <u>216,317</u> | <u>50,976</u> | <u>59,847</u> | <u>–</u> | <u>207,446</u> |

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> |

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

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.