

PERSONALISED EATING DISORDER SUPPORT

England & Wales · Charity number 1156578

Details

Other names PETERBOROUGH EATING DISORDERS CHARITY

Status Registered

Legal form CIO

Registered 2014-04-08

Register [View on the Charity Commission register](#)

Contact

Address The Barn Young Persons Centre
Hodgson Avenue
Peterborough
PE4 5DU

Phone 01733 300290

Email admin@pedsupport.co.uk

Website www.pedsupport.co.uk

Activities

Objects: TO RELIEVE THE SICKNESS AND DISTRESS OF PERSONS WITH OR AFFECTED BY EATING DISORDERS, TO PRESERVE AND PROTECT GOOD HEALTH AND TO ADVANCE EDUCATION FOR THE PUBLIC BENEFIT BY:-1. PROVIDING EDUCATION, SUPPORT AND EARLY INTERVENTION TO THOSE EXPERIENCING AN EATING DISORDER AND THEIR FAMILIES / CARERS TO PROVIDE A SERVICE THAT IS ACCESSIBLE TO ALL REGARDLESS OF AGE, GENDER, RACE, ETHNICITY, DISABILITY;2.TO INCREASE AWARENESS AND UNDERSTANDING OF EATING DISORDERS AMONGST BOTH THE PUBLIC AND PROFESSIONALS AND PROVIDE AN EARLY INTERVENTION SERVICE THAT CAN BE ACCESSED VIA SELF REFERRALS, GP'S, THIRD SECTOR ORGANISATIONS, COMMUNITY MENTAL HEALTH TEAMS, CHILD & ADOLESCENT MENTAL HEALTH SERVICES AND INPATIENT HOSPITALS;3.TO ENABLE MULTI AGENCY WORKING BETWEEN SERVICES, SIGNPOSTING, ENABLING JOINT WORKING AND COLLABORATION TO FACILITATE A SEAMLESS SERVICE ACROSS ALL TEAMS;4.TO HELP INDIVIDUALS MANAGE THEIR PHYSICAL AND PSYCHOLOGICAL SYMPTOMS TO ENABLE THEM TO ACHIEVE MAXIMUM QUALITY OF LIFE.

Activities: The service objectives of the charity are ?to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public

benefit by.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Cambridgeshire
- Essex
- Peterborough City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£505,507	£419,347	£412,497	14
2024-03-31	£365,524	£325,693	-	-
2023-03-31	£384,480	£206,409	-	-
2022-03-31	£173,479	£134,044	-	-
2021-03-31	£117,441	£80,828	-	-

Trustees

Name	Role	Appointed
Andrew Goode		2022-11-01
Dr Rebecca Ferris		2022-05-03
Lesley Probert		2021-12-13
Mary Ward		2021-12-13
Pav Patel		2019-12-31
Simon Brown		2020-02-16

PERSONALISED EATING DISORDER SUPPORT

England & Wales - Charity number 1156578

Accounts

PERSONALISED EATING DISORDER SUPPORT
Registered Charity no. 1156578

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

**PERSONALISED EATING DISORDER SUPPORT
LEGAL AND ADMINISTRATIVE INFORMATION
YEAR ENDED 31 MARCH 2025**

Trustees	R Ferris L Probert S Brown P Patel A Goode M Ward
Co-Founders	M Scott S Rattle
Charity number	1156578
Principal address	The Barn, Young Persons Centre Hodgson Centre Werrington Peterborough PE4 5DU
Independent Examiner	K Hilliard ACA FCCA CTA Price Bailey LLP 36 Tyndall Court Commerce Road Lynchwood Peterborough, PE2 6LR
Bankers	HSBC Cathedral Square Peterborough Cambs PE1 1XL

PERSONALISED EATING DISORDER SUPPORT

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PERSONALISED EATING DISORDER SUPPORT TRUSTEE'S REPORT YEAR ENDED 31 MARCH 2025

Overview

PEDS continues to deliver its pioneering nurse-led services that enable people suffering from deadly eating disorders to build a life to get well for, achieving a sustainable recovery.

Over the year, PEDS received over 500 referrals, a number that continues to rise as people young and old fall victim to illness that have the highest mortality rate in mental ill-health. A crucial part of this success has been through PEDS work to support University Students suffering or at highest risk of illness, who have been able to maintain their studies.

The trust built and effective collaboration with core NHS partners remains a fundamental strength of PEDS, where our ability to intervene early, quickly and effectively means that we reduce the pressure on the system and achieve better health outcomes for people across the East of England.

PEDS nurse led care helped people from all backgrounds, male, female, LGBTQ+, young and old, to access and receive help and guidance. Our education and prevention team actively targets schools, colleges and organisations including GP practices, to raise awareness and understanding of these illnesses and how to prevent them destroying people's lives.

During 2024/25, PEDS expanded on its three strategic priorities: building on the strength of our NHS relationships, establishing The Barn as our dedicated centre, and strengthening development of our offer, including expansion of the Training and Education Programme.

The Barn enabled increased face-to-face delivery and community engagement. PEDS worked in partnership with Lincolnshire Partnership NHS Foundation Trust (LPFT) to deliver training across the county.

PEDS has worked closely with REDCAN (Regional Eating Disorder Charities and Alliance Network) over the past year to support its collaborations and strategic priorities with a number of shared initiatives to raise the profile of eating disorder awareness and equal access.

We have partnered with REDCAN member charity, CARALINE and plan to launch a joint ARFID 10-week program in January 2026.

Looking ahead to 2025/26, we plan to launch a nurse-led digital PEDS Manual and a customised Training and Education portal. We will also continue to expand service capacity and further strengthen and build on our university partnerships.

Objectives and Activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The service objectives of the charity are:

- To relieve the sickness and distress of people with or affected by eating disorders.
- To preserve and protect good health and to advance education for the public benefit by:
 - Providing education, support and early intervention to those experiencing an eating disorder and their families/carers.
 - To increase awareness and understanding of eating disorders amongst both the public and professionals
- To provide a service that is accessible to all regardless of age, gender, race, ethnicity and or disability.

PERSONALISED EATING DISORDER SUPPORT TRUSTEE'S REPORT YEAR ENDED 31 MARCH 2025

Objectives and Activities (continued)

- To provide an early intervention service that can be accessed via self-referral, GP's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals.
- To enable multi-agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams.
- To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life, 'a life to get well for'.

NHS Partnerships

During 2024/2025, PEDS collaborated with NHS partners including:

- CPFT Adult Eating Disorder Service (AEDS)
- CAMHS Eating Disorder service
- Lincolnshire Partnership NHS Foundation Trust (LFPT)
- GP practices
- Primary Care Networks
- Neighbourhood teams
- Perinatal Mental Health Team
- CAMHS Neurodiversity
- East of England Clinical Network

PEDS has moved our Clinical Records Management System and fully implemented SystemOne which has strengthened clinical governance. This has enabled more robust and consistent activity reporting, supporting service planning and transparency. This has also strengthened our communications with the NHS, providing a seamless service for patients and a more effective way of joined up working and shared care.

Step-up and step-down pathways with CPFT AEDS and CAMHS ED have continued to ensure coordinated and timely clinical care. Liaison with GPs, Universities, and NHS teams have remained central to our early intervention model.

University Programme

PEDS maintained strong partnerships with Anglia Ruskin University and the University of Cambridge, enabling students to access early assessment and intervention. This work builds upon partnerships established in previous years and continues to grow in response to increasing student need. We continued to work closely with university wellbeing teams to ensure continuity of care and early identification of need, providing a training and consultation service as well as advocacy and front line care services to their students and families.

Access to Personalised Care and Support Programme

PEDS has continued to offer accessible early intervention throughout the year with our step up and step-down programme with the NHS. The Barn has enabled flexible delivery, including expanded face-to-face sessions and community engagement. Virtual appointments via Microsoft Teams and Zoom continue to be an important part of our work and help us to engage service users. Many of our University students will opt in to explore help for their eating disorder, when historically, if only offering face to face, the Did Not Attend (DNA) rate was higher.

PERSONALISED EATING DISORDER SUPPORT TRUSTEE'S REPORT YEAR ENDED 31 MARCH 2025

Personalised Approach

PEDS and our service users continue to value the importance of a holistic and Personalised care approach whereby we are flexible to the needs of our community. Throughout the past year, the uptake of our home visits and visits to service users educational environments or workplaces, has increased. This demonstrates PEDS flexibility and customised care, which is dependent on the needs of people coming to us.

PEDS Advocacy Service

Engaging our service users at the earliest opportunity is so vital to our work and recovery and we over the past year, have developed a tailored and robust daily triage and advocacy service, employing a specific experienced triage and referrals nurse who carries out screening of referrals, many of whom are not only at the early intervention stage of their illness and requiring urgent help. With our comprehensive advocacy team, sufferers are supported to navigate services, with PEDS working closely with both GPs and secondary care NHS colleagues and where needed, the local hospitals. PEDS also ensures that anybody referring to us is supported to access help. An example this being a student who lives outside of Cambridgeshire and requires help near to home. With consent, PEDS liaises with the home GP, local NHS services such as the eating disorder team and the University wellbeing where appropriate.

Peer Support, Parent & Carer Programmes

PEDS has continued to deliver the New Maudsley parent and carer workshops, alongside our weekly parent support group.

A significant development this year was the establishment of a National Peer Support Group for Peer Support Workers, co-developed by our Peer Support Worker and CEO. These programmes remain essential to our personalised, holistic, Nurse-led model, supporting both individuals and families.

This past year has seen PEDS reflect on the service user weekly support group and following feedback from those using our services and those with lived experience, we have revised our programme and developed specific toolbox talks.

Achievements & Performance

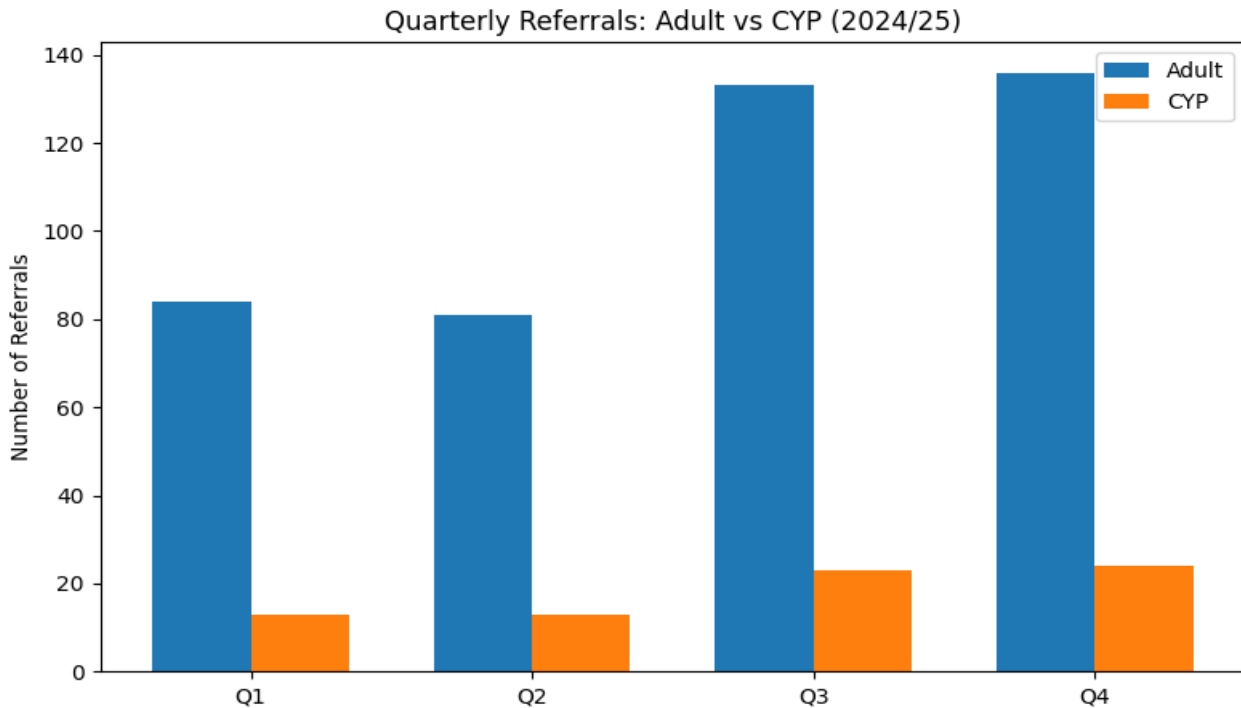
Key achievements during 2024/25 included:

- Opening and operational use of the The Barn
- Implementation of SystemOne across all clinical and administrative functions
- No waiting list for significant periods, allowing rapid access to early intervention
- Expansion of the Training and Education, including in Lincolnshire with LPFT
- Establishment of a national Peer Support Group
- Launch of monthly community coffee mornings at The Barn
- Continuation of Healthier Futures funding, supporting stability and development

PERSONALISED EATING DISORDER SUPPORT TRUSTEE'S REPORT YEAR ENDED 31 MARCH 2025

Activity Data (Referrals)

PEDS received 507 routine referrals in 2024/25: Adults: 434 and Children & Young People (CYP): 73



Demand increased significantly from October onwards, alongside rising clinical complexity.

Fundraising

Our fundraising activities are an important way for PEDS to be visible and engage in our communities. We had runners in the Cambridge Half Marathon and Great Eastern Run, and we receive significant donations from individuals and organisations who choose to support our charity.. We thank all those that have and continue to fundraise for PEDS.

VCSE partner engagement

We continue to be members of REDCAN (Regional Eating Disorders Charity Alliance Network) REDCAN employs a Development Director, who is responsible for steering the strategy and building relationships. PEDS coordinates and leads the Training and Education Forum.

Patient Feedback

- I wanted to take this opportunity to thank you for the amazing kindness, care and compassion you gave me in the last 6 months. You have been beyond wonderful.*
- I am so grateful for having worked with you and for your help in allowing me to achieve so much and build a life free from an ED which is bringing me so much joy and the most amazing experiences. I look forward to the future in which I hope that I can assist your charity which is putting so much good into the world.*

PERSONALISED EATING DISORDER SUPPORT TRUSTEE'S REPORT YEAR ENDED 31 MARCH 2025

Patient Feedback

- *You're so kind and even just a short time with you made me feel really listened to and "safe", as will all of PEDS! Thank you so much again!*
- *I just want to personally thank you for everything you've helped me with. I definitely feel like I've come a long way. Before I started treatment I was scared of food, didn't want to gain any weight whatsoever, whereas now I don't fear the thought of gaining weight, eating more, etc.*

The Year Ahead (2025/26)

Our priorities for the coming year include:

- Development and launch of the ARFID pathway (clinical delivery beginning early 2026)
- Expansion of our digital offer.
- Growth of service capacity to meet rising demand.
- Expanding our university partnerships.
- Continued collaboration with NHS partners in the east of England.
- Development and implementation of the Training and Education portal
- Continued development of community engagement at The Barn.
- Further enhancing our data system and integration with NHS

Staff Training

All staff completed mandatory training including safeguarding and information governance.

Additional development included:

- Oliver McGowan Mandatory Training (online and face-to-face)
- Training linked to development of the ARFID pathway.
- IMROC (Peer Support training)
- Continued SystemOne development

All staff receive regular clinical supervision and line management supervision, supporting safe practice and reflective development.

With special thanks to

Our Patrons, Michelle Collins (actress) and Sr Erika Perini who continue to support us with raising awareness and strengthening our charities values and mission statement.

Our volunteers who have helped throughout the year with a number projects including:

- Eating Disorders Awareness Week
- Ferry Meadows Friends Glow Walk
- PEDSMAS
- Huntingdon Radio Interview
- Coffee mornings

**PERSONALISED EATING DISORDER SUPPORT
INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES
YEAR ENDED 31 MARCH 2025**

I report to the Trustees on my examination of the financial statements of Personalised Eating Disorder Support (the Charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the Charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. Accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of the accounts as set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

K Hilliard ACA FCCA CTA

Chartered Accountant

For and on behalf of Price Bailey LLP

36 Tyndall Court
Commerce Road
Lynchwood
Peterborough
PE2 6LR

Date:

**PERSONALISED EATING DISORDER SUPPORT
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 MARCH 2025**

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Incoming resources				
Donations and legacies	3	65,046	-	65,046
Charitable activities	4	430,461	10,000	440,461
Total incoming resources		495,507	10,000	505,507
Expenditure on:				
Charitable activities	5	419,347	-	419,347
Other	9	-	-	-
Total expenditure		419,347	-	419,347
Net movement in funds		76,160	10,000	86,160
Reconciliation of funds				
Total funds brought forward		326,337	-	326,337
Net movement in funds		76,160	10,000	86,160
Total funds carried forward		402,497	10,000	412,497

The Statement of Financial Activities includes all gains and losses recognised in the year.

**PERSONALISED EATING DISORDER SUPPORT
BALANCE SHEET
YEAR ENDED 31 MARCH 2025**

	Note	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	11		984		546
Current assets					
Debtors	12	16,751		43,427	
Cash at bank and in hand		442,681		346,968	
		459,432		390,395	
Creditors: Amounts falling due within one year					
	13	(47,919)		(64,604)	
Net current assets					
			411,513		325,791
Total assets less current liabilities					
			412,497		326,337
Income funds					
Unrestricted funds			402,497		326,337
Restrctied funds			10,000		-
Total Funds			412,497		326,337

The financial statements were approved by the Trustees and signed on their behalf by:



S Brown

Trustee

Date: 30/01/2026

The accompanying notes form part of these financial statements.

**PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025**

1. PRINCIPAL ACCOUNTING POLICIES

Charity information

Personalised Eating Disorder Support is a charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principle accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

**PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025**

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised once the claim has been made.

No amounts are included in the financial statements for services donated by volunteers.

Grant income is recognised according to the terms of each individual agreement.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

IT Equipment	3 years straight line
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1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025

1.9 Financial Instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets are classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligation to pay for goods or services that have been acquired in ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee Benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025

2. Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3. Donations and Legacies

	2025	2024
	£	£
Donations and gifts	65,046	29,165

4. Income on Charitable activities

	2025	2024
	£	£
Training courses	10,382	4,050
Services provided under contract	430,079	332,309
	440,461	336,359

5. Expenditure on Charitable activities

	2025	2024
	£	£
Staff costs	364,193	287,056
Depreciation and impairment	1,038	1,360
Advertising and publicity	1,494	2,336
Postage and stationery	136	206
Repairs and renewals	963	296
Subscriptions and training	3,633	3,867
Computer costs	22,192	6,430
Insurance	2,164	598
Fundraising costs	669	6,547
Nurse costs	8,388	2,801
Meeting expenses and rent	6,575	5,100
	411,445	316,597
Share of support costs (see note 6)	5,278	1,177
Share of governance costs	2,624	2,919
	419,347	320,693

**PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025**

6. Support and governance costs

	Support costs 2025 £	Governance costs 2025 £	Support costs 2024 £	Governance costs 2024 £
Telephone	1,909	-	1,107	-
Bank Charges	68	-	70	-
Professional costs	3,301			
Accountancy	-	1,133	-	1,765
Payroll fees	-	1,491	-	1,154
	<u>5,278</u>	<u>2,624</u>	<u>1,177</u>	<u>2,919</u>

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8. Employees

	2025 Number	2024 Number
The average monthly number of employees during the year was:	<u>14</u>	<u>11</u>

Employment costs

	2025 £	2024 £
Wages and salaries	332,093	262,802
Social security costs	25,648	19,489
Pension costs	6,452	4,765
	<u>364,193</u>	<u>287,056</u>

There were no employees whose annual remuneration was more than £60,000.

9. Other

	2025 £	2024 £
Net loss on disposal of intangible fixed assets	-	5,000

**PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025**

10. 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 objects.

11. Fixed Asset Register

	IT Equipment £
Cost	
At 1 April 2024	4,080
Additions	1,476
At 31 March 2025	5,556
Depreciation	
At 1 April 2024	3,534
Depreciation charged in the year	1,038
At 31 March 2025	4,572
Net Book Value	
At 31 March 2025	984
At 31 March 2024	546

12. Debtors: Amounts Falling Due Within One Year

	2025 £	2024 £
Trade debtors	16,751	41,810
Other debtors	-	-
Prepayments and accrued income	-	1,617
	16,751	43,427

13. Creditors : Amounts Falling Due Within One Year

		2025 £	2024 £
Other taxation and social security		6,020	6,043
Deferred income	14	41,067	54,760
Trade creditors		1,002	1,605
Other creditors		350	995
Accruals and deferred income		4,851	1,201
		53,290	64,604

**PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE ACCOUNTS
YEAR ENDED 31 MARCH 2025**

14. Deferred income

	2025	2024
	£	£
Other deferred income	41,067	54,760
Deferred income is included in the financial statements as follows:		
	2025	2024
	£	£
Deferred income is included within:		
Current liabilities	41,067	54,760
Movements in the year:		
Deferred income at 1 April 2024	54,760	20,605
Released from previous periods	(54,760)	(20,605)
Resources deferred in the year	41,067	54,760
Deferred income at 31 March 2025	41,067	54,760

15. Related Party Transactions

There were no disclosable related party transactions during the year (2024 - none).

15. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2024	Incoming resources	Resources expended	Balance at 31 March 2025
	£	£	£	£
PEDS Centre	-	10,000	-	10,000
	-	10,000	-	10,000

The PEDS Centre restricted fund is to establish The Barn as the Charity's dedicated centre.

PERSONALISED EATING DISORDER SUPPORT

England & Wales - Charity number 1156578

Accounts

Charity registration number 1156578

**PERSONALISED EATING DISORDER SUPPORT
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

PERSONALISED EATING DISORDER SUPPORT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	R Ferris L Probert S Brown P Patel A Goode M Ward
Co-Founders	M Scott S Rattle
Charity number	1156578
Principal address	The Barn Hodgson Centre Werrington Peterborough PE4 5DU
Independent examiner	Kerry Hilliard ACA FCCA CTA
Bankers	HSBC Cathedral Square Peterborough Cams PE1 1XL

PERSONALISED EATING DISORDER SUPPORT

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PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's trust deed, the Charities Act 2011 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 1 January 2019).

Overview

We started 2024 focused on three priorities for the year and I'm delighted to share an overview of the progress that we made against these, during what was another challenging year for people suffering the unbearable and deadly burden of eating disorders. PEDS has helped more people than ever before, to find and build a life to get well for and I am proud and grateful to be chair of this amazing charity.

Priority One is to build on the strength of our core NHS relationships and our ability to work collaboratively with NHS teams to demonstrate the value and impact of our services. We achieve a great deal with the teams in both adult and young people, across Cambridgeshire and now Lincolnshire and the wider East of England Network. We've become the first VCSE partner to integrate into the NHS System One data platform which gives us a unique ability to collaborate. This is a great achievement and a tremendous effort from the team.

Priority Two is to develop our offering and in doing so provide more help to people whilst broadening the scope of income into the charity. There have been several standout achievements in this area including the development of our training and education programme that works with schools, GP practices, businesses and colleges. We have also enhanced our work with Universities, strengthened our peer support offering and defined our advocacy service. These really matter because we can tackle eating disorders systemically and not just at the point of referral or when people first seek help.

Priority Three is to establish a PEDS Centre, i.e. a place from where we can deliver help directly to people, provide specialist training, link with other services and run our charity from one central hub, bringing the team and our neighbourhood together. A true highlight therefore was when we were awarded a grant from Peterborough City Council to do just that. I'm delighted to say that we now have our premises, and are turning it into a unique facility for which to operate and a longer-term home for the charity. We found our place.

Objectives and activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The service objectives of the charity are 'to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public benefit by:

Providing education, support and early intervention to those experiencing an eating disorder and their families/ carers to provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability;

To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, gp's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals;

To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams;

To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

NHS programme

NHS Eating Disorder Services are our main partner with whom we collaborate to care for both children and adults as well as supporting families and carers. We've become a trusted partner to NHS ED services, working closely with their teams to ensure the best outcomes for people who need NHS care. Our service helps people to get the right level of care, and access treatment and support after discharge to maintain recovery. This helps NHS teams to care for people in most need of treatment, to effectively treat and to sustain their recovery.

Binge Eating Disorder (BED) group - We have designed and implemented a binge-eating disorder group which is designed to operate every week and online to help people overcome a binge-eating disorder. We help participants learn about the physical and psychological impact of binge eating and some of the drivers for maintaining the disorder. Each week participants learn a new skill and are then encouraged to put their new learning into practice whilst checking in with themselves. The BED group has the potential to reach more service users and we are gathering more data on its effectiveness and providing a resource that in the future, could be utilised by other partners looking to work with and be supported by PEDS.

Healthy You - We have been working closely with the Healthy You team leads, both the Health trainer coordinator and adult weight management coordinator, to raise awareness of eating disorders and to address a rise in patients being referred for weight management services when they are suffering from an eating disorder. The collaboration hopes that by increasing awareness of eating disorders for the Healthy You and clinical triage teams, patients will be referred to eating disorder services more swiftly and receive the help needed.

We have also identified that we have patients who have completed the PEDS journey and are still dissatisfied with their weight and if left unsupported, may relapse and result in a return to old, restrictive-type behaviors, to control weight. We have constructed a pathway with Healthy You that outlines when and how to refer to PEDS and also when and how we can refer to Healthy You, after patients have completed their PEDS journey.

Our Steps to Stabilise (STS) model was created to help with our waiting list. This enables suitable patients to receive 2 sessions, giving them the tools to stabilise their eating disorder before treatment starts. This has been a great success, with 100% of patients saying they were very satisfied with the service.

University programme

We continue to work with both Anglia Ruskin and Cambridge University, allowing students to refer to us for support quickly. Supporting students in university is critical to enable them to cope with the pressures that they experience, to succeed in their university life and go on to build that life to get well for.

Access care programme

The outcomes for people are far more positive when they receive support quickly. Eating disorders have one of the highest mortality rates of any psychiatric illness, and the impact of the COVID 19 pandemic and subsequent cost of living crisis on mental health and well-being has been significant. The number of people falling ill has increased; the acuity (level of illness) and complexity are also higher. This makes it a priority for us to reach people as early as possible into their eating disorder journey and to maintain a dedicated focus on prevention and education.

Helping people to access care for an eating disorder is a vital service that we provide. People who are suffering or who have concerns about someone are able to contact us and get help to find the support and access the care that they need. When someone reaches out to us for help or is referred by someone else we are able to assess their needs and respond.

Peer support, parent, and carer programmes

The team are trained to deliver the New Maudsley parents and carers workshops. This is 5 x 2-hour workshops that are aimed at lowering anxiety and distress in family members and to give carers communication tools, skills and techniques that help them engage their loved one to improve their self-esteem and develop the resilience to embark on change. We have recently started our 4th cohort.

The team are also in development of joint training with NESSIE for parents. The parent support group has run weekly, for 50 weeks of the year supporting those with Anorexia and Bulimia from within their homes.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Additional Achievements over the past year:

- CPD accreditation of our training and education programme.
- Being asked to present on Eating Disorders and our work with the Universities at the national Student Health Association Mental Health Conference.
- Delivering 3 best practice presentations to NHS East of England Clinical Network.
- Strengthening our relationships with our partnering VCSE organisations at Regional Eating Disorders Charities Alliance Network (REDCAN) as we continue our membership to develop further best practice and research in the field of eating disorders.
- Expanding our staff via our clinical team, peer support, training and education and administrative team.
- Integration with our Children and Young People's pathway to provide rapid step up and step down care in collaboration with our NHS colleagues.
- Shared care agreements with neighbourhood NHS partners to provide holistic patient care.
- The establishment and launch of a Nationally accessible Lived Experience Peer Support Worker Group – delivered by PEDS.
- The addition of a Pets as Therapy dog to the team, to be able to support patients and their loved ones and families where helpful.
- Becoming a Living Wage Employer.
- Moving our clinical system to SystemOne, allowing us to communicate more smoothly with our primary and secondary care colleagues.
- ICB Healthier Futures Grant Funding which has enables us to obtain a premises to operate out of and to be able to share this with our neighbourhood to increase engagement and foster collaborative partnerships.
- The success of our PEDS 10yr Anniversary which was attended by 94 individuals, patients past and present, GPs, NHS colleagues, schools, partners and our local neighbourhood. You can view footage from the event here: *(please note, you may need to copy and paste the following links into your web browser via google for any issues with accessing the documents)*
<https://vimeo.com/parkesproductions/review/1035426101/19a08a3ffa>

• Increased media work to raise awareness of eating disorders:

BBC News – Eating Disorder Charity Gave me back my life:

<https://www.bbc.co.uk/news/articles/cljy4x2v6vdo>

PEDS Video and Peterborough Telegraph Article

<https://www.peterboroughtoday.co.uk/health/eating-disorder-charity-in-peterborough-dodges-flooding-drama-to-celebrate-its-tenth-anniversary-with-celebrity-guest-4908703>

What do our partners across Cambridgeshire say about PEDS?

Video: https://drive.google.com/file/d/1B2RGXZ2bBo6n7Uj3VI2cA7xuNAxZoZ-/view?usp=drive_link

Meet the team- our team video which we send out to patients so they know what to expect and who we are:

<https://vimeo.com/parkesproductions/review/1033246669/3489447e14>

password: PEDS

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Our 2024 videos which highlight our work and the people we reach. Password 'PEDS'

PEDS case study 1 - male

<https://vimeo.com/parkesproductions/review/1035359293/b44d56d442>

PEDS case study 2 - mother

<https://vimeo.com/parkesproductions/review/1035359857/cac3e88e64>

PEDS case study 3 - young person

<https://vimeo.com/parkesproductions/review/1035360764/1376540871>

PEDS case study 4 - male

<https://vimeo.com/parkesproductions/review/1035361560/424d3a9cfb>

PEDS case study 5 - NHS CPFT Adult

<https://vimeo.com/parkesproductions/review/1035362242/a035f23bfa>

PEDS case study 6 - NHS CPFT CYP CAMHS

<https://vimeo.com/parkesproductions/review/1035362557/cad59a369e>

From 1st April 2023 to 31st March 2024 PEDS received 590 referrals, 108 of which were children and young people. PEDS provided 1:1 and/or group support to 269 patients. The remaining patients were either referred to our secondary care colleagues or directed to the appropriate organisation or support services.

Over 1,200 professionals participated in PEDS Training and Education sessions, which were delivered to GP practices, schools, and various other organisations.

Fundraising Overview

PEDS once again had runners in the Cambridge Half Marathon and we also held a PEDS friends-sponsored walk.

VCSE partner engagement

We are proud to be a founding partner of REDCAN an Alliance of Eating Disorders Charities across the UK and is an acronym for Regional Eating Disorders Charities Network and Alliance. A total of eight regional eating disorder charities, coming together to form the UK's VCSE provider collaborative, delivering expert-by-experience care closer to people.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Feedback received from Patients

I would draw your attention to the feedback we receive from the people that we help. This is the testament to our work, our nurse-led caring ethos and our ability to help people build a life to get well for.

"I am incredibly grateful for the support that my daughter received during our recent visit to PEDS. Knowing PEDS is nurse led I was keen to get my daughter seen by an ED specialist rather than a Dr who completely missed those all-important signs. After contacting PEDS with my concerns, we were seen within a couple of days, which was crucial before my daughter could change her mind. We were met by a PEDS Nurse who immediately put my daughter at ease, with her compassion and understanding of EDs, she expertly gained a full and accurate picture of how my daughter was struggling, and carefully encouraged her to agree to a referral to our local CAMHS ED services. The nurse made the referral process smooth and efficient, assisting me with any questions I had. Only today the nurse at the CAMHS ED services said that other areas desperately need services like PEDS; they provided us with that vital first step to accessing the services my daughter so greatly needs and I can't thank them enough." (Mother to daughter aged 16)

"I stopped tracking food and I've refrained from purging. I no longer constantly weigh myself and I've conquered fear foods (I felt this made biggest difference to my life). I've changed my core beliefs to stop judging people based on size/ weight and not comparing myself to them and I'm able to truly smile at reflection. I'm no longer restricting food and stabilising weight" (Female Aged 19)

"I am so grateful for having worked with PEDS and for the help in allowing me to achieve so much and build a life free from an ED which is bringing me so much joy and the most amazing experiences. I look forward to the future" (Female Aged 19)

"I explained (to someone considering a PEDS referral) that I felt PEDS approached things differently to perhaps, the conventional ways of things. I really felt my individual background and mix of conditions were appreciated in a holistic way. They get to know the person. Basically, their knowledge, just their general approach, really helped me form new associations with food" (Male aged 42)

"I would just like to say my appreciation for getting me on track and things really improving with my health. I'm still managing to keep on track despite a lot of stress and really can't thank you for that push you give me. PEDS has been absolutely amazing and I am so grateful, without PEDS I wouldn't have been able keep stable over Christmas and my mental and physical health has improved. We (my family as well) can't thank you enough." (Female aged 23)

"Thank you so much for seeing us again and helping our daughter get back on track, I cannot thank PEDS enough for always helping us" (Mother to daughter aged 23)

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

The Year Ahead

For 2025 our priorities remain the same as we build again on what we achieved in 2024. Things to look out for in the year are:

- The building of NHS relationships across the East of England recognising the power of our collaboration in helping people, and those around them, to avoid becoming ill where possible and to access the help they need to build a life to get well for when necessary and in a way that works for them.
- Our work with Universities expanding so that we can reach more young people at a critical stage in their lives when the risk of eating disorders is at its highest and at the same time the opportunity to build their life to get well for is greatest. Our work with the two leading Cambridge universities is a beacon of best practice for other institutions.
- The further development of our Advocacy service which provides specialist signposting and support to access help close to home.
- Our training and education programme, with a focus on prevention, expanding across the east of England and into more types of organisations such as local businesses.
- A pioneering project to harness the power of AI to guide and mentor people that are at risk of eating disorders or who can gain strength in their recovery.
- The impact of our PEDS Centre on our ability to deliver services and to partner with other community organisations locally and regionally.

To do all this we must remain committed to providing the best possible, personalised care to the people who come to us for help, we must continue to attract the best people into the charity and be a great team to work with, and we must strengthen our role and visibility in the communities we serve. We value the support we get from our partners in the NHS, local government, businesses, other charities, schools and universities. I thank the individual volunteers, friends of the charity who raise money for us and businesses that grant us funding support for what we do.

Staff Training

In addition to mandatory training, our staff have also attended:

- Oliver McGowan face to face training.
- Finance training.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems are in place to mitigate their exposure to the major risks. The Trustees will continue to monitor and review the risks as they deem appropriate.

Structure, governance and management

Personalised Eating Disorder Support (PEDS) is a charitable incorporated organisation which was registered on 8 April 2014. The governing document was adopted on 8 April 2014. Prior to this, since 2013 we provided services as an affiliate of the established Luton/Bedford eating disorder charity CARALINE.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees who served during the year and up to the date of signature of the financial statements were:

R Ferris

H Walker

(Resigned 27 July 2023)

L Probert

S Brown

P Patel

A Goode

M Ward

The Trustees are appointed and serve in accordance with the Trust Deed. Training is given to new Trustees as necessary.

Although there are regular Committee meetings the day-to-day administration of the Charity is delegated to Mandy Scott (Service Director) and Sue Rattle (Treasurer).

None of the trustees have any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

With a special thank you to our Board of Trustees, our Patrons Actress Michelle Collins and Sr Erika and our fantastic team who all work tirelessly to save lives and help build lives to both get well for and stay well for.

The trustees' report was approved by the Board of Trustees.



S. Brown (Thu, 30th Jan 2025
20:24:39 GMT)
Trustee

Date: 30 Jan 2025
Date:

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

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

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PERSONALISED EATING DISORDER SUPPORT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PERSONALISED EATING DISORDER SUPPORT

I report to the trustees on my examination of the financial statements of Personalised Eating Disorder Support (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants for England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Kerry Hilliard ACA FCCA CTA

Institute of Chartered Accountants in England and Wales

Price Bailey LLP
36 Tyndall Court
Commerce Road
Lynchwood
Peterborough
PE2 6LR

Dated: 31/1/25

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:						
Donations and legacies	3	29,165	29,165	12,218	-	12,218
Charitable activities	4	336,359	336,359	372,262	-	372,262
Total income		<u>365,524</u>	<u>365,524</u>	<u>384,480</u>	<u>-</u>	<u>384,480</u>
Expenditure on:						
Charitable activities	5	320,693	320,693	206,409	-	206,409
Other	9	5,000	5,000	-	-	-
Total expenditure		<u>325,693</u>	<u>325,693</u>	<u>206,409</u>	<u>-</u>	<u>206,409</u>
Gross transfers between funds		-	-	80,502	(80,502)	-
Net income for the year/ Net movement in funds		39,831	39,831	258,573	(80,502)	178,071
Fund balances at 1 April 2023		286,506	108,435	27,933	80,502	108,435
Fund balances at 31 March 2024		<u>326,337</u>	<u>326,337</u>	<u>286,506</u>	<u>-</u>	<u>286,506</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

PERSONALISED EATING DISORDER SUPPORT

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Intangible assets	11		-		5,000
Tangible assets	12		546		1,906
			<u>546</u>		<u>6,906</u>
Current assets					
Debtors	13	43,427		66,833	
Cash at bank and in hand		346,968		235,769	
		<u>390,395</u>		<u>302,602</u>	
Creditors: amounts falling due within one year	14	<u>(64,604)</u>		<u>(23,002)</u>	
Net current assets			<u>325,791</u>		<u>279,600</u>
Total assets less current liabilities			<u><u>326,337</u></u>		<u><u>286,506</u></u>
Income funds					
Unrestricted funds			<u>326,337</u>		<u>286,506</u>
			<u><u>326,337</u></u>		<u><u>286,506</u></u>

30 Jan 2025

The financial statements were approved by the Trustees on



S. Brown (Thu, 30th Jan 2025
20:24:39 GMT)
Trustee

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Personalised Eating Disorder Support is a charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

No amounts are included in the financial statements for services donated by volunteers.

Grant income is recognised according to the terms of each individual agreement.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	10 years straight line
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1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

IT equipment	3 years straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Donations and gifts	29,165	12,218

4 Charitable activities

	Charitable Income	Charitable Income
	2024	2023
	£	£
Training courses	4,050	-
Services provided under contract	332,309	367,012
Grants received	-	5,250
	<u>336,359</u>	<u>372,262</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

5 Charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Staff costs	287,056	187,495
Depreciation and impairment	1,360	1,360
Advertising and publicity	2,336	585
Postage and stationery	206	336
Repairs and renewals	296	406
Subscriptions and training	3,867	2,154
Computer costs	6,430	2,899
Insurance	598	1,473
Fundraising costs	6,547	1,200
Nurse costs	2,801	1,022
Meeting expenses	5,100	4,636
	<u>316,597</u>	<u>203,566</u>
Share of support costs (see note 6)	1,177	1,043
Share of governance costs (see note 6)	2,919	1,800
	<u>320,693</u>	<u>206,409</u>

6 Support costs

	Support costs £	Governance costs £	2024 £	Support costs £	Governance costs £	2023 £
Telephone	1,107	-	1,107	756	-	756
Bank charges	70	-	70	287	-	287
Accountancy	-	1,765	1,765	-	1,127	1,127
Payroll fees	-	1,154	1,154	-	673	673
	<u>1,177</u>	<u>2,919</u>	<u>4,096</u>	<u>1,043</u>	<u>1,800</u>	<u>2,843</u>
Analysed between Charitable activities	<u>1,177</u>	<u>2,919</u>	<u>4,096</u>	<u>1,043</u>	<u>1,800</u>	<u>2,843</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Employees

The average monthly number of employees during the year was:

2024 Number	2023 Number
11	9

Employment costs

	2024 £	2023 £
Wages and salaries	262,802	173,694
Social security costs	19,489	10,854
Other pension costs	4,765	2,947
	<u>287,056</u>	<u>187,495</u>

There were no employees whose annual remuneration was more than £60,000.

9 Other

	Unrestricted funds	Total
	2024 £	2023 £
Net loss on disposal of intangible fixed assets	5,000	-
	<u>5,000</u>	<u>-</u>

10 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 objects.

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

11 Intangible fixed assets

	Website £
Cost	
At 1 April 2023	5,000
Disposals	(5,000)
	<hr/>
At 31 March 2024	-
	<hr/>
Amortisation and impairment	
At 1 April 2023 and 31 March 2024	-
	<hr/>
Carrying amount	
At 31 March 2024	-
	<hr/> <hr/>
At 31 March 2023	5,000
	<hr/> <hr/>

12 Tangible fixed assets

	IT equipment £
Cost	
At 1 April 2023	4,080
	<hr/>
At 31 March 2024	4,080
	<hr/>
Depreciation and impairment	
At 1 April 2023	2,174
Depreciation charged in the year	1,360
	<hr/>
At 31 March 2024	3,534
	<hr/>
Carrying amount	
At 31 March 2024	546
	<hr/> <hr/>
At 31 March 2023	1,906
	<hr/> <hr/>

13 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Trade debtors	41,810	66,733
Other debtors	-	100
Prepayments and accrued income	1,617	-
	<hr/>	<hr/>
	43,427	66,833
	<hr/> <hr/>	<hr/> <hr/>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

14 Creditors: amounts falling due within one year

	Notes	2024 £	2023 £
Other taxation and social security		6,043	-
Deferred income	15	54,760	20,605
Trade creditors		1,605	846
Other creditors		995	644
Accruals and deferred income		1,201	907
		<u>64,604</u>	<u>23,002</u>

15 Deferred income

	2024 £	2023 £
Other deferred income	<u>54,760</u>	<u>20,605</u>

Deferred income is included in the financial statements as follows:

	2024 £	2023 £
Deferred income is included within:		
Current liabilities	54,760	20,605
Non-current liabilities	-	-
	<u>54,760</u>	<u>20,605</u>
Movements in the year:		
Deferred income at 1 April 2023	20,605	12,505
Released from previous periods	(20,605)	(12,505)
Resources deferred in the year	54,760	20,605
	<u>54,760</u>	<u>20,605</u>
Deferred income at 31 March 2024	<u>54,760</u>	<u>20,605</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2022	Transfers	Balance at 1 April 2023	Movement in funds Incoming resources	Balance at 31 March 2024
	£	£	£	£	£
NHS Cambridge and Peterborough	80,502	(80,502)	-	-	-

NHS Cambridgeshire and Peterborough is a grant to enable the charity to work with service users, carers/families and professionals in the Cambridge and Peterborough area to improve waiting times for those referred to the charity and preventing deterioration and supporting the service user to stabilise and manage their symptoms.

17 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).

PERSONALISED EATING DISORDER SUPPORT

England & Wales - Charity number 1156578

Accounts

Charity registration number 1156578

**PERSONALISED EATING DISORDER SUPPORT
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

PERSONALISED EATING DISORDER SUPPORT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	R Ferris L Probert S Brown P Patel A Goode M Ward	(Appointed 3 May 2022) (Appointed 1 November 2022)
Co-Founders	M Scott S Rattle	
Charity number	1156578	
Principal address	Boroughbury Medical Centre Craig Street Peterborough PE1 2EJ	
Independent examiner	Kerry Hilliard ACA FCCA CTA	
Bankers	HSBC Cathedral Square Peterborough Cams PE1 1XL	

PERSONALISED EATING DISORDER SUPPORT

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PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's trust deed, the Charities Act 2011 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 1 January 2019).

Overview

In 2023 we set out to build a strong foundation on which to grow our ability to help people suffering from eating disorders to find their life to get well for. We have had a remarkable year, helped record numbers of people, grown the team, expanded our offering and built ever stronger collaborations with our partners in NHS, County Council, Universities, and other charities.

The number of people suffering with an eating disorder continues to grow and we have been able to grow our capabilities to reach them and their loved ones, as quickly as possible and provide our unique, nurse-led care and support. In the last 12 months, we have triaged 663 referrals and reached circa. 20,000 people.

Objectives and activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The service objectives of the charity are 'to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public benefit by:

Providing education, support and early intervention to those experiencing an eating disorder and their families/ carers to provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability;

To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, gp's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals;

To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams;

To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life.

NHS programme

NHS Eating Disorder Services are our main partner with whom we collaborate to care for both children and adults as well as supporting families and carers. We've become a trusted partner to NHS ED services, working closely with their teams to ensure the best outcomes for people who need NHS care. Our service helps people to get the right level of care, and access treatment and support after discharge to maintain recovery. This helps NHS teams to care for people in most need of treatment, to effectively treat and to sustain their recovery.

Binge Eating Disorder (BED) group - We have designed and implemented a binge-eating disorder group which is designed to operate every week and online to help people overcome a binge-eating disorder. We help participants learn about the physical and psychological impact of binge eating and some of the drivers for maintaining the disorder. Each week participants learn a new skill and are then encouraged to put their new learning into practice whilst checking in with themselves. The BED group has the potential to reach more service users and we are gathering more data on its effectiveness and providing a resource that in the future, could be utilised by other partners looking to work with and be supported by PEDS.

Healthy You - We have been working closely with the Healthy You team leads, both the Health trainer coordinator and adult weight management coordinator, to raise awareness of eating disorders and to address a rise in patients being referred for weight management services when they are suffering from an eating disorder. The collaboration hopes that by increasing awareness of eating disorders for the Healthy You and clinical triage teams, patients will be referred to eating disorder services more swiftly and receive the help needed.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

We have also identified that we have patients who have completed the PEDS journey and are still dissatisfied with their weight and if left unsupported, may relapse and result in a return to old, restrictive-type behaviors, to control weight. We have constructed a pathway with Healthy You that outlines when and how to refer to PEDS and also when and how we can refer to Healthy You, after patients have completed their PEDS journey.

Our Steps to Stabilise (STS) model was created to help with our waiting list. This enables suitable patients to receive 2 sessions, giving them the tools to stabilise their eating disorder before treatment starts. This has been a great success, with 100% of patients saying they were very satisfied with the service.

University programme

We continue to work with both Anglia Ruskin and Cambridge University, allowing students to refer to us for support quickly. Supporting students in university is critical to enable them to cope with the pressures that they experience, to succeed in their university life and go on to build that life to get well for. The number of students referring to us has increased significantly from 2 – 4 per month between April 2022 and September up to 12 – 18 per month from October 2022 to March 2023.

Access care programme

The outcomes for people are far more positive when they receive support quickly. Eating disorders have one of the highest mortality rate of any psychiatric illness, and the impact of the COVID 19 pandemic and subsequent cost of living crisis on mental health and well-being has been significant. The number of people falling ill has increased, the acuity (level of illness) is also higher and the complexity too. This makes it a priority for us to reach people as early as possible into their eating disorder journey and to maintain a dedicated focus on prevention and education.

Helping people to access care for an eating disorder is a vital service that we provide. People who are suffering or who have concerns about someone are able to contact us and get help to find the support and access the care that they need. When someone reaches out to us for help or is referred by someone else we are able to assess their needs and respond.

Prevention, training, and Education programme

Our prevention and education service has grown significantly with the support of Cambridge Country Council.

The training and education team have also been trained to deliver the Body Project, which aims at creating cognitive dissonance in order to counter the 'appearance ideal'. These are 4 x 1-hour workshops utilising activities and a script, 2 full courses have been delivered.

We have developed lesson plans for secondary schools that are in line with the PSHE curriculum. These resources look at the impact of social media, eating disorders and food and mood which is accessible to schools that subscribe to the Cambridge and Peterborough Healthy Schools program. Following on from this partnership with healthy schools, PEDS are involved in their PSHE Pilot.

We have developed strong links with Addenbrookes Hospital and through this, we have delivered 3 training sessions to the Diabetes Specialist team, delivered training to 60 GP Registrars and in the process of delivering our 2nd training session to the Paediatric team. We are also in talks about setting up a series of trainings for the ward nurses on the Diabetes ward.

From October 2022 until December 2023, the training and education team delivered 69 training sessions to 1042 attendees. From our feedback form, 95% of those who attended found our training useful, 97% would recommend the training and 94% felt that the training improved their knowledge on identification, risks and how to signpost to specialist support.

Feedback quotes:

- "Some of the case studies really chimed with known children in this school and I was able to catch up with two potential ED candidates this morning. One totally agreed and said that's me, and is open to explore support further."
- "Thank you both so much for coming! Everyone I've spoken to has said how brilliant it was and I've put some of it into practice already this morning."
- "It was a useful presentation which has stimulated my curiosity to learn more, particularly I am seeing more clients presenting with binge eating. Thank you!"

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Peer support, parent, and carer programmes

The team are trained to deliver the New Maudsley parents and carers workshops. This is 5 x 2-hour workshops that are aimed at lowering anxiety and distress in family members and to give carers communication tools, skills and techniques that help them engage their loved one to improve their self-esteem and develop the resilience to embark on change. We have recently started our 4th cohort.

The team are also in development of joint training with NESSIE for parents. The parent support group has run weekly, for 50 weeks of the year supporting those with Anorexia and Bulimia from within their homes.

Achievements and performance

Growth and Expansion

A growing team:

- We have recruited 2 more nurses to help with the rapid growth of PEDS. This helps to support the increasing number of referrals received.
- Employed a new peer support worker to focus on the harder-to-reach people and BAME communities

Strengthening our key partner relationships:

- Our contract with Cambridge University has been extended and renewed for a further 2 years plus the opportunity to extend for a further year.
- Our contract with Anglia Ruskin University has been extended for a further year.
- The contract we have with Cambridgeshire and Peterborough ICB for both Children and Young People and Adults, has been renewed for a further 3 years. This offers PEDS a benefit by being able to offer longer-term employment contracts.

Social Media and Community Engagement:

- We had a great year across all our social media channels, with Instagram being the leader for this period, with a 19.2% reach increase, giving the total reach number of 61K. We had 1,700 people visit our Facebook page in that time with 63 new likes and followers. Our busiest month on Twitter was December when our tweets received a total of 381 reactions over 30 days.
- In April 2022 we launched our first Newsletter, which has been sent regularly and by the end of March 2023 had 60 subscribers.
- In spring 2023 we celebrated EDAW 2023 on our social media platforms concentrating on the "Role of Peer Support", at this point we had 600 followers on Instagram comparable to 500 the same time the previous year. The introduction reel with our patron Michelle Collins has been played 52,072 times! The most popular post of EDAW 2023 reached 486 accounts on Instagram, '#buildalifetogetwellfor' has been used in over 300 posts
- On 1st December 2022, we introduced PEDSMAS, our new Christmas campaign which has been very successful and popular among our followers, we have been posting every day during Advent, and each post has reached approximately 200 people.

Fundraising Overview

- In March 2023 we had 5 people run the Cambridge Half Marathon to fundraise for PEDS they raised a total of £3264. We have 5 people running for us in 2024.
- In July 2023 8 people completed the 3 peaks challenge for us raising a total of £16982.29.

VCSE partner engagement

- We are proud to be a founding partner of REDCAN an Alliance of Eating Disorders Charities across the UK and is an acronym for Regional Eating Disorders Charities Network and Alliance. A total of eight regional eating disorder charities, coming together to form the UK's VCSE provider collaborative, delivering expert-by-experience care closer to people.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Feedback received from Patients

98% of our patients said that they would recommend PEDS to other people. They told us:

- I liked the one-on-one sessions where I could explain how I was feeling and we could discuss specifics of what was going on. I felt like somebody actually listened to my needs and was willing to work WITH me.
- My clinician was fantastic in responding to me as an individual both with regards to my neurology (and the impact that has on my behaviour/recovery) but also with regards to the specific challenges/ebb and flow of life I've had to deal with during this year. We have spaced the sessions out to cover a longer period of time that has helped give me support through a particularly difficult year and has seen me through the extremes of my eating patterns, which over a shorter period would not have been evident. This has made the advice particularly relevant and helpful.
- All my sessions were personal and progress was made. PEDS have provided me with the support I have needed to start a new chapter, being able to manage my own eating and attitude with food, allowing me to move forward to a new and exciting chapter.
- Felt listened to and supported, and taken seriously
- I wanted to say thank you for all your help, advice and support when we worked together. It meant the world that I got a clinician that was kind, caring and patient and above all else believed in me when I didn't and believed in my other goals and dreams. You and your help and time will always hold a special place in my head and heart.
- Thank you again for all your support the last few months, it's been amazing to have someone listen and help tackle this problem.

Feedback received from other professionals

We have put together a video with our patient and partnering organisation feedback which you will be able to view on our website.

The Year Ahead

In November 2023 we ran a strategy day, offsite with the team out of which we identified our 3 main priorities for 2024:

1. **PEDS Centre**

The whole team needs a base, a centre where they can see patients, complete training, work with peers and provide better care in aspects such as meal prep.

2. **University programme**

Building on our pioneering work with Cambridge University and Anglia Ruskin helping students transitioning to university. To ensure there is consistency of support and awareness and implementation of HEOPPS across the country.

3. **Expansion across East of England**

Roll out to another area / ICB, and look at offering services to organisations outside of Cambridgeshire. Our prevention, training and education service is the initial focus for this expansion and we have active interest from other ICBs.

Other developments underway

- Development of our AI referral form. We have started working with a technology provider that can generate an AI version of our referral form that can be used by a referrer speaking to an avatar rather than typing on the form.
- System 1 - We are moving from our Clinical database portal to SystmOne, a clinical system used by Primary care and some secondary care departments. This will enable us to capture and report on more data.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Staff Training

In addition to mandatory training, our staff have also attended:

- Safeguarding training (both online and face-to-face)
- Drug and alcohol by CGL
- NHS CPFT and GP Medical Monitoring
- Body Image
- Medical monitoring with Dr Rebecca Ellard.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems are in place to mitigate their exposure to the major risks. The Trustees will continue to monitor and review the risks as they deem appropriate.

Structure, governance and management

Personalised Eating Disorder Support (PEDS) is a charitable incorporated organisation which was registered on 8 April 2014. The governing document was adopted on 8 April 2014. Prior to this, since 2013 we provided services as an affiliate of the established Luton/Bedford eating disorder charity CARALINE.

The trustees who served during the year and up to the date of signature of the financial statements were:

R Ferris	(Appointed 3 May 2022)
H Walker	(Resigned 27 July 2023)
L Probert	
S Brown	
P Patel	
A Goode	(Appointed 1 November 2022)
M Ward	

The Trustees are appointed and serve in accordance with the Trust Deed. Training is given to new Trustees as necessary.

Although there are regular Committee meetings the day-to-day administration of the Charity is delegated to Mandy Scott (Service Director) and Sue Rattle (Treasurer).

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.


With special thanks to:

- Our Board of Trustees who give their time to strengthen the governance and guide decision-making.
- Our volunteers who are involved in many ways including our social media, writing blogs, our weekly support group and fundraising.
- Our Patron Michelle Collins, who despite a busy work schedule has always made the time to support PEDS through meeting with our sufferers, filming and making social media posts to raise awareness and increase understanding of eating disorders.
- Our Patron Sr Erika Perini who continues to support all the functions of PEDS and particularly our staff.
- To Caitlin Wynne-Sheil for her generous donation in memory of her mother Anna who was a significant supporter of PEDS.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

The trustees' report was approved by the Board of Trustees.

DocuSigned by:

B63875407ACF478...

S Brown
Trustee

Date: 26.1.2024

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

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

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PERSONALISED EATING DISORDER SUPPORT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PERSONALISED EATING DISORDER SUPPORT

I report to the trustees on my examination of the financial statements of Personalised Eating Disorder Support (the charity) for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants for England and Wales, which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Kerry Hilliard ACA FCCA CTA

Institute of Chartered Accountants in England and Wales

Price Bailey LLP
36 Tyndall Court
Commerce Road
Lynchwood
Peterborough
PE2 6LR

Dated: 29/1/24

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:							
Donations and legacies	3	12,218	-	12,218	14,040	-	14,040
Charitable activities	4	372,262	-	372,262	-	159,439	159,439
Total income		384,480	-	384,480	14,040	159,439	173,479
Expenditure on:							
Charitable activities	5	206,409	-	206,409	10,355	123,689	134,044
Net incoming resources before transfers		178,071	-	178,071	3,685	35,750	39,435
Gross transfers between funds		80,502	(80,502)	-	7,442	(7,442)	-
Net income/(expenditure) for the year/ Net movement in funds		258,573	(80,502)	178,071	11,127	28,308	39,435
Fund balances at 1 April 2022		27,933	80,502	108,435	16,806	52,194	69,000
Fund balances at 31 March 2023		286,506	-	286,506	27,933	80,502	108,435

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

PERSONALISED EATING DISORDER SUPPORT

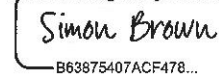
BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Intangible assets	10		5,000		5,000
Tangible assets	11		1,906		1,628
			<u>6,906</u>		<u>6,628</u>
Current assets					
Debtors	12	66,833		-	
Cash at bank and in hand		235,769		115,032	
		<u>302,602</u>		<u>115,032</u>	
Creditors: amounts falling due within one year	13	<u>(23,002)</u>		<u>(13,225)</u>	
Net current assets			<u>279,600</u>		<u>101,807</u>
Total assets less current liabilities			<u><u>286,506</u></u>		<u><u>108,435</u></u>
Income funds					
Restricted funds	15		-		80,502
Unrestricted funds			286,506		27,933
			<u>286,506</u>		<u>108,435</u>

1/26/2024

The financial statements were approved by the Trustees on


B63875407ACF478...

S Brown
Trustee

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Personalised Eating Disorder Support is a charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

No amounts are included in the financial statements for services donated by volunteers.

Grant income is recognised according to the terms of each individual agreement.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	10 years straight line
---------	------------------------

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

IT equipment	3 years straight line
--------------	-----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	12,218	14,040
	<u>12,218</u>	<u>14,040</u>

4 Charitable activities

	Charitable Income	Charitable Income
	2023	2022
	£	£
Services provided under contract	367,012	159,439
Grants received	5,250	-
	<u>372,262</u>	<u>159,439</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

5 Charitable activities

	Charitable activities 2023 £	Charitable activities 2022 £
Staff costs	187,495	117,583
Depreciation and impairment	1,360	814
Advertising and publicity	585	1,704
Postage and stationery	336	382
Repairs and renewals	406	199
Subscriptions and training	2,154	2,057
Computer costs	2,899	3,550
Insurance	1,473	812
Nurse costs	2,222	-
Meeting expenses	4,636	4,712
	<u>203,566</u>	<u>131,813</u>
Share of support costs (see note 6)	1,043	774
Share of governance costs (see note 6)	1,800	1,457
	<u>206,409</u>	<u>134,044</u>
Analysis by fund		
Unrestricted funds	206,409	10,355
Restricted funds	-	123,689
	<u>206,409</u>	<u>123,689</u>

6 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Telephone	756	-	756	716	-	716
Bank charges	287	-	287	58	-	58
Accountancy	-	1,127	1,127	-	875	875
Payroll fees	-	673	673	-	582	582
	<u>1,043</u>	<u>1,800</u>	<u>2,843</u>	<u>774</u>	<u>1,457</u>	<u>2,231</u>
Analysed between Charitable activities	<u>1,043</u>	<u>1,800</u>	<u>2,843</u>	<u>774</u>	<u>1,457</u>	<u>2,231</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	9	9
	<u>9</u>	<u>9</u>
Employment costs	2023	2022
	£	£
Wages and salaries	173,694	112,539
Social security costs	10,854	4,645
Other pension costs	2,947	399
	<u>187,495</u>	<u>117,583</u>
	<u>187,495</u>	<u>117,583</u>

There were no employees whose annual remuneration was more than £60,000.

9 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 objects.

10 Intangible fixed assets

	Website £
Cost	
At 1 April 2022 and 31 March 2023	5,000
	<u>5,000</u>
Amortisation and impairment	
At 1 April 2022 and 31 March 2023	-
	<u>-</u>
Carrying amount	
At 31 March 2023	5,000
	<u>5,000</u>
At 31 March 2022	5,000
	<u>5,000</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

11 Tangible fixed assets		IT equipment	
		£	
Cost			
	At 1 April 2022		2,442
	Additions		1,638
	At 31 March 2023		<u>4,080</u>
Depreciation and impairment			
	At 1 April 2022		814
	Depreciation charged in the year		1,360
	At 31 March 2023		<u>2,174</u>
Carrying amount			
	At 31 March 2023		<u>1,906</u>
	At 31 March 2022		<u>1,628</u>
12 Debtors		2023	2022
Amounts falling due within one year:		£	£
	Trade debtors	66,733	-
	Other debtors	100	-
		<u>66,833</u>	<u>-</u>
13 Creditors: amounts falling due within one year		2023	2022
		£	£
	Deferred income	20,605	12,505
	Trade creditors	846	-
	Other creditors	644	-
	Accruals and deferred income	907	720
		<u>23,002</u>	<u>13,225</u>
		<u>23,002</u>	<u>13,225</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14 Deferred income

	2023 £	2022 £
Other deferred income	20,605	12,505

Deferred income is included in the financial statements as follows:

	2023 £	2022 £
Deferred income is included within:		
Current liabilities	20,605	12,505
Non-current liabilities	-	-
Movements in the year:		
Deferred income at 1 April 2022	12,505	-
Released from previous periods	(12,505)	-
Resources deferred in the year	20,605	12,505
Deferred income at 31 March 2023	20,605	12,505

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

15 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds						Balance at 31 March 2023 £
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 1 April 2022 £	Transfers £	
NHS Cambridge and Peterborough	52,194	107,431	(71,681)	(7,442)	80,502	(80,502)	-
NHS Lincolnshire	-	2,000	(2,000)	-	-	-	-
University of Cambridgeshi re	-	27,198	(27,198)	-	-	-	-
Health Education England	-	6,970	(6,970)	-	-	-	-
Anglia Ruskin University	-	5,840	(5,840)	-	-	-	-
National Lottery	-	10,000	(10,000)	-	-	-	-
	<u>52,194</u>	<u>159,439</u>	<u>(123,689)</u>	<u>(7,442)</u>	<u>80,502</u>	<u>(80,502)</u>	<u>-</u>

NHS Cambridgeshire and Peterborough is a grant to enable the charity to work with service users, carers/ families and professionals in the Cambridge and Peterborough area to improve waiting times for those referred to the charity and preventing deterioration and supporting the service user to stabilise and manage their symptoms.

NHS Lincolnshire payment received to enable the charity to provide support and treatment to a patient within the Lincolnshire area.

University of Cambridgeshire is a grant to provide two eating disorder specialist nurses to provide 1:1 eating disorder support to students and training for staff for one day per week.

Health Education England is a grant to cover training costs.

Anglia Ruskin University is a grant to provide two eating disorder specialist nurses to provide 1:1 eating disorder support to students for half a day per week.

National Lottery grant was received to enable the charity to recruit a Business Support Manager/Service Manager to take on the role of overseeing the charity's finances, operations, HR and admin services.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total Unrestricted funds 2023 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:					
Intangible fixed assets	5,000	-	5,000	5,000	5,000
Tangible assets	1,906	-	1,906	1,628	1,628
Current assets/(liabilities)	279,600	-	279,600	21,305	101,807
	<u>286,506</u>	<u>-</u>	<u>286,506</u>	<u>27,933</u>	<u>108,435</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

PERSONALISED EATING DISORDER SUPPORT

England & Wales - Charity number 1156578

Accounts

Charity registration number 1156578

**PERSONALISED EATING DISORDER SUPPORT
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

PERSONALISED EATING DISORDER SUPPORT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	R Ferris	(Appointed 3 May 2022)
	H Walker	(Appointed 22 February 2022)
	L Probert	(Appointed 13 December 2021)
	S Brown	
	P Patel	
	A Goode	(Appointed 1 November 2022)
	M Ward	(Appointed 13 December 2021)
Co-Founders	M Scott	
	S Rattle	
Charity number	1156578	
Principal address	Boroughbury Medical Centre Craig Street Peterborough PE1 2EJ	
Independent examiner	Kerry Hilliard ACA FCCA CTA	
Bankers	HSBC Cathedral Square Peterborough Cams PE1 1XL	

PERSONALISED EATING DISORDER SUPPORT

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Independent examiner's report	10
Statement of financial activities	11
Balance sheet	12
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PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Chairman's statement

I've had the great honour of being a Trustee of PEDS for over two years and in that time we've been able to achieve a tremendous amount. The COVID-19 pandemic has had a powerful impact on all of us with a dramatic impact on people at risk of an eating disorder. The number of people coming to us for help has increased more than three-fold, they are typically in a significantly worse state of health when we see them and this has not reduced post-COVID. The ability of the team at PEDS to adjust, to innovate and to keep focus on helping our patients is inspiring and will serve us well as we look to the future.

The Board of Trustees recognise the commitment and dedication of this team and how its has responded to the pressure with skill, grace and determination. The greatest achievement lies in how the team helped and cared for so many people and the demonstration of the power of PEDS' nurse led pathway developed by Sue and Mandy. Alongside this they have also made outstanding contribution to the NHS Transformation Pathway that has been nominated for a major award and is an exemplar for how the NHS can work with third sector providers like PEDS. PEDS has also developed its pioneering work with the Universities in Cambridge and launched a new prevention service working across Cambridgeshire to train and educate people in key organisations.

PEDS set out in 2022 to secure the foundations on which to expand in future and ensure more people are able to access nurse-led care. On behalf of the Trustees I would like to thank the team for helping so many people whilst under such pressure. I would also thank our partners in NHS, Cambridge and Anglia Ruskin Universities, Cambridge county council, Donors, corporate sponsors and individual fund raisers. Your ongoing support and contribution to PEDS enables people suffering from these deadly and dreadful illnesses to succeed in finding their life to get well for.



Simon Brown

Chairman

PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

Co-Founders report

The past year has seen significant growth of PEDS as we have continued to expand our services to meet the needs of the community we serve. Whilst the number of people suffering with an eating disorder continues to grow, we too have grown our service offering and our team to reach as many individuals and their loved ones, as quickly as possible. In the past 12 months, we have received and triaged 662 referrals.

Our service supports children, young people and adults from a wide range of referrers including:

- Self and family / parent
- GPs and Practice Nurses
- CPFT AEDS – NHS Secondary Care, Adult Eating Disorder Service
- CPFT CAMHS Eating Disorder Service -for under 18s
- CPFT Younited -Children and Young People's Mental Health Service
- University Nurses, Counsellors and Mental Health Advisors
- Psychological Wellbeing Service
- Community NHS Diabetes service
- CPFT Perinatal Team
- Cambridgeshire Substance Misuse Services
- Cambridgeshire diabetic clinic
- Rape Crisis Service
- Primary Care Mental Health Team
- Personality Disorder Team
- Community Mental Health Teams
- HMP Prison
- Centre 33
- Ormiston Families

With eating disorders having the highest mortality rate of any psychiatric illness, plus the implications of the COVID 19 pandemic on mental health and wellbeing, this has made it priority for our charity to focus on reaching people as early as possible into their eating disorder journey as the outcomes are far more positive in relation to an individual's quality of life, when they receive support promptly. We also maintain a dedicated focus on prevention and education.

Our services help people via telephone support, emails, SMS, 1:1 sessions and group support. Including referral triage, PEDS has helped people more than 12,775 times in the last 12 months.

PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Growth and Expansion

- The launch of our collaborative pathway with CPFT AEDS, the secondary care eating disorder team in October 2021 has continued to strengthen in relationships, shared resources and capacity. We meet frequently for our clinical team meetings to discuss and allocate cases, step up and step down based around the patient's best interests and share good practice as well as overcoming challenges, through joint solutions. An example being the medical monitoring of patients and how best to support this alongside our GP colleagues.
- We have run our weekly Peer Support Group for sufferers for 51 weeks out of the 54. This group supports sufferers who are either open to PEDS or our local secondary care eating disorder team and provides additional support to those on a waiting list for either service, as well as those in treatment.
- We have set up a Binge Eating Programme, a group for sufferers which runs for 10 weeks at a time. We are now into the second cohort of this programme.
- We have welcomed 3 New Trustees to our Board.
- Our team has expanded considerably and now includes a Service Manager.
- We have initiated and developed a Training and Education department and have established a contract with the local Council and have been able to recruit a Training and Education Team. This consists of two posts, a Training and Education Facilitator and an Assistant with their primary aim being to raise awareness of eating disorders, prevention and detection and how to help someone suffering.
- We have established a contract with CPFT Children's Commissioning (CCG), now ICB and can now provide a service to all ages after having to close temporarily to children and young people last year.
- Our team of volunteers have expanded with each of these members bringing lived experience.
- We have formed relationships through our membership of REDCAN (Regional Eating Disorder Charity Alliance Network). The network brings together a group of regional specialist eating disorder third sector organisations that work at grass roots level and geographically reach across the UK (including Scotland and Ireland).
- Social media presence – we are now active on Instagram, Facebook and Twitter and these accounts are managed by our Co-ordinator with input from our peer support workers and volunteers.
- In response to the growing number of referrals, we have developed a Steps to Stabilise programme for those on the waiting list which enables us to reach sufferers faster whilst motivated and support with starting the recovery journey whilst promoting autonomy. This is based on 2 sessions which focus on keeping safe, preventing further deterioration and stabilising symptoms. This engagement also provides an opportunity for risk to be reviewed more regularly for someone awaiting treatment and enables us to step someone up sooner if there is a deterioration.
- A custom built portal and a new website provider. We have now moved to a paperless system and our portal is used for both record keeping, receiving and triaging referrals recording outcomes and data.
- We have adapted the carers group to offer 1:1 sessions for those who find this more suitable. We asked the local community what they wanted, with feedback being that carers often are at different stages of their loved ones journey and that 1:1 support was more effective.

PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT (CONTINUED)

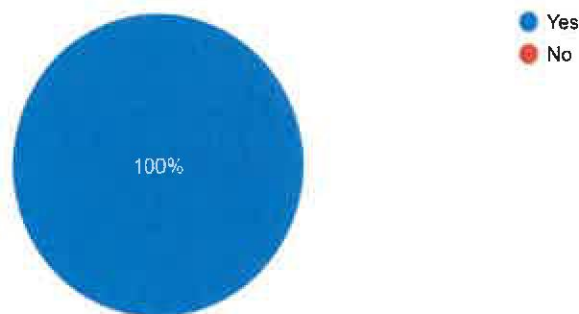
FOR THE YEAR ENDED 31 MARCH 2022

Feedback received from Patients

Would you recommend the service to friends or family suffering from an Eating Disorder?

10. Would you recommend the service to friends or family suffering from an Eating Disorder?

26 responses



1. Honestly thank you so much for all of my sessions... they were incredibly helpful and I would not be in the position I am today without year help!
1. Everything about this service is excellent. PEDS has amazing individuals who do not judge, and this is so important when you are used to being judged. They listen, they know what they are doing and talking about and they opened my eyes so much to things I would never have thought by myself. Substitute food suggestions were fantastic, things I didn't know existed and really amazing ways to tackle binge behaviours. The ongoing support was fantastic just knowing that PEDS was there to help make sense of what had happened with my eating, during the week and helping to get me back on track and helping me to check my thinking as it can be so unrealistic. It helped to hear someone who I trust lay out the facts so that I could see that the way I was viewing things was not actually how it really was. I tend to view things way more negatively than they really are. My perspective definitely shifted. What an amazing service.
2. The service has helped me heal from the ED and shown me a new way to manage things in life without using an ED. I have learnt how to manage the ED and see there is more to life than trying to control weight.
3. I liked the one-on-one sessions where I could explain how I was feeling and we could discuss specifics of what was going on. I felt like somebody actually listened to my needs and was willing to work WITH me.
4. When I got overwhelmed, PEDS would help me form a plan and reach out to the correct people. They helped me get resources from University to help me with food as well as helping me to have better contact from my GP surgery. When I am in panic mode I find it hard to do the simplest of tasks, let alone, reach out to the doctors etc, but PEDS made it so easy because they always helped me start the process.
5. The tone of my nurse was not judgemental and it felt reassuring to talk to her. The mechanisms and tools we spoke about are genuinely helpful and I am adding these into my daily routines and seeing positive change. It's nice to have the option to email back if I need more support as well.
6. I felt listened and understood. PEDS offered me appointments with qualified nutritionist and nurse. They were going at the same pace as me and offered great advice and support. They had an overview of my situation and helped me to realise that I had an eating disorder and how to get over it!

PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Feedback received from other professionals

How could we improve our service

1. They are brilliant - extra staff would be helpful but we thankful to have them
7. There's no room for improvement
8. More slots available
9. I think it's great, no areas for improvement except expansion?!
10. More capacity
11. They are an excellent service and would only be improved by expanding which can only be achieved through funding .
12. It is truly excellent, timely and helpful responses and important sharing of information
13. We have received an excellent service so I don't think there is anything that I can think of to improve it.

The Year Ahead

- Establish potential partnerships with colleagues within REDCAN.
- Strengthen relationships with our NHS colleagues and partners.
- Strengthen relationships and opportunities with the Lottery Fund and other potential funders.

- Further strengthen our business plan which looks at our 1,2,3 and 5 year strategy.
- Focus on the skill sets of our Trustees for example, Fundraising, Marketing, HR, Accounts and Clinical.
- Training and Education – to further expand this following review of the Cambridgeshire pilot.
- Website – to focus on a page to include frequently asked questions (FAQs) to enable a catalogue of support for sufferers and loved ones which is updated weekly.
- To increase our administration support.
- To continue to evaluate the effectiveness of hybrid working which includes a mixture of remote and face to face patient contact.
- To continue to pursue the funds for our own office / building .

Our Supporters

- Co-Op
- Tesco
- CPFT Staff wellbeing hub
- Queens College – Cambridge University
- Kings College – Cambridge University
- Waitrose

Training

In addition to mandatory training, our staff have also attended:

- Body Image Awareness Training
- Body Image – Train the trainer
- ARFID
- Personality Disorders
- CBT T

PERSONALISED EATING DISORDER SUPPORT

CHAIRMAN'S STATEMENT AND CO-FOUNDERS REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

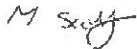
What Have We Learnt?

- Digital app – we trialled this for a short period of time and decided to pause the development of this until we are in a position to invest the time and capacity into building a robust piece of technology which can enhance the patient experience.
- The importance of a programme for sufferers on a waiting list – our 1-2 session Steps to Stabilise programme has been set up by our eating disorder nutritionist in collaboration with our Nurses and is there to facilitate someone receiving help quicker.
- The value of external supervision with another eating disorder charity.
- The importance of individual screening by a clinician prior to inviting someone onto the binge eating disorder programme.
- The effectiveness of a custom built portal.

With special thanks to:

- Our Board of Trustees.
- Our volunteers who are involved in a number of ways including our social media, writing blogs, our weekly support group and fundraising.
- Our Patron Michelle Collins who despite a busy work schedule has always made the time to support PEDS through meeting with our sufferers, filming and making social media posts to raise awareness and increase understanding of eating disorders.

M Scott



.....
Service director and Co-Founder

Date: 25/01/2023
.....

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's trust deed, the Charities Act 2011 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 1 January 2019).

Objectives and activities

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The service objectives of the charity are 'to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public benefit by:

Providing education, support and early intervention to those experiencing an eating disorder and their families/carers to provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability;

To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, gp's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals;

To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams;

To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life.

Individual work is based upon assessment of need and is client focused, delivered by trained nurses (mental Health and Paediatric) who have over 20 years experience working with eating disorders both in the community and inpatient units. Supervision is delivered by eating disorder colleagues who provide regular input and advice. Professionals delivering individual/family work on behalf of the charity have been DBS checked.

The charity provides assessments, advice, signposting and a liaison service and has provided individual and family sessions. PEDS has also increased its outreach and home visit service and has supported service users and their families with eating out via the meal exposure work. The charity has worked with a number of professionals (GP's, paediatric wards, schools, Child and Adolescent Mental Health Services (CAMHS), Community Mental Health Teams (CMHT'S), CPFT's PRISM, IAPT and ARC primary care services. PEDS also works with Specialist Eating Disorder Inpatient Units and other voluntary Sector Organisations. PEDS has provided training to a number of schools and GPs across the country and the service has been recognised by Pride of Peterborough Awards, with one of the Founders being shortlisted as a finalist since its inception. Testimonials and service user feedback has been detailed on page 7.

The charity provides help and support to adults across Cambridgeshire. Over recent years, PEDS has provided virtual support to individuals outside of the UK via our university contracts.

Financial review

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems are in place to mitigate their exposure to the major risks. The Trustees will continue to monitor and review the risks as they deem appropriate.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management

Personalised Eating Disorder Support (PEDS) is a charitable incorporated organisation which was registered on 8 April 2014. The governing document was adopted on 8 April 2014. Prior to this, since 2013 we provided services as an affiliate of the established Luton/Bedford eating disorder charity CARALINE.

The trustees who served during the year and up to the date of signature of the financial statements were:


R Ferris	(Appointed 3 May 2022)
H Walker	(Appointed 22 February 2022)
L Probert	(Appointed 13 December 2021)
S Brown	
P Patel	
A Goode	(Appointed 1 November 2022)
M Ward	(Appointed 13 December 2021)

The Trustees are appointed and serve in accordance with the Trust Deed. Training is given to new Trustees as necessary.

Although there are regular Committee meetings the day-to-day administration of the Charity is delegated to Mandy Scott (Service Director) and Sue Rattle (Treasurer).

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees' report was approved by the Board of Trustees.



S Brown
Trustee

Date: 30/1/2023

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

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

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

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

PERSONALISED EATING DISORDER SUPPORT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PERSONALISED EATING DISORDER SUPPORT

I report to the trustees on my examination of the financial statements of Personalised Eating Disorder Support (the charity) for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.



Kerry Hilliard ACA FCCA CTA

Institute of Chartered Accountants in England and Wales

Stephenson Smart & Co
36 Tyndall Court
Commerce Road
Lynchwood
Peterborough
PE2 6LR

Dated: 30 January 2023

PERSONALISED EATING DISORDER SUPPORT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total Unrestricted funds 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income from:							
Donations and legacies	3	14,040	-	14,040	6,530	-	6,530
Charitable activities	4	-	159,439	159,439	-	110,911	110,911
Total income		14,040	159,439	173,479	6,530	110,911	117,441
Expenditure on:							
Charitable activities	5	10,355	123,689	134,044	6,459	74,367	80,826
Net incoming resources before transfers		3,685	35,750	39,435	71	36,544	36,615
Gross transfers between funds		7,442	(7,442)	-	-	-	-
Net income for the year/ Net movement in funds		11,127	28,308	39,435	71	36,544	36,615
Fund balances at 1 April 2021		16,806	52,194	69,000	16,735	15,650	32,385
Fund balances at 31 March 2022		27,933	80,502	108,435	16,806	52,194	69,000

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

PERSONALISED EATING DISORDER SUPPORT

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Intangible assets	9		5,000		-
Tangible assets	10		1,628		-
			<u>6,628</u>		<u>-</u>
Current assets					
Cash at bank and in hand		115,032		69,445	
Creditors: amounts falling due within one year	11	<u>(13,225)</u>		<u>(445)</u>	
Net current assets			<u>101,807</u>		<u>69,000</u>
Total assets less current liabilities			<u><u>108,435</u></u>		<u><u>69,000</u></u>
Income funds					
Restricted funds	13		80,502		52,194
Unrestricted funds			27,933		16,806
			<u><u>108,435</u></u>		<u><u>69,000</u></u>

The financial statements were approved by the Trustees on 18 JAN 2023


S Brown
Trustee

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Charity information

Personalised Eating Disorder Support is a charitable incorporated organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011 and the Charities SORP "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). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

No amounts are included in the financial statements for services donated by volunteers.

Grant income is recognised according to the terms of each individual agreement.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website	10 years straight line
---------	------------------------

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

IT equipment	3 years straight line
--------------	-----------------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

(Continued)

1.10 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Donations and gifts	14,040	6,530

4 Charitable activities

	Charitable Income	Charitable Income
	2022	2021
	£	£
Grants received	159,439	110,911

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

5 Charitable activities

	Charitable activities 2022 £	Charitable activities 2021 £
Staff costs	117,583	66,495
Depreciation and impairment	814	-
Advertising and publicity	1,704	250
Postage and stationery	382	171
Repairs and renewals	199	1,457
Subscriptions and training	1,797	51
Computer costs	3,550	624
Subscriptions	260	924
Meeting expenses	4,712	6,955
Insurance	812	540
Sundries	-	2,609
	<u>131,813</u>	<u>80,076</u>
Share of support costs (see note 6)	774	133
Share of governance costs (see note 6)	1,457	617
	<u>134,044</u>	<u>80,826</u>
Analysis by fund		
Unrestricted funds	10,355	6,459
Restricted funds	123,689	74,367
	<u>134,044</u>	<u>80,826</u>

6 Support costs

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Telephone	716	-	716	133	-	133
Bank charges	58	-	58	-	-	-
Accountancy	-	875	875	-	617	617
Payroll fees	-	582	582	-	-	-
	<u>774</u>	<u>1,457</u>	<u>2,231</u>	<u>133</u>	<u>617</u>	<u>750</u>
Analysed between Charitable activities	<u>774</u>	<u>1,457</u>	<u>2,231</u>	<u>133</u>	<u>617</u>	<u>750</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	9	8
	<u>9</u>	<u>8</u>
Employment costs	2022	2021
	£	£
Wages and salaries	112,539	63,859
Social security costs	4,645	2,636
Other pension costs	399	-
	<u>117,583</u>	<u>66,495</u>

There were no employees whose annual remuneration was more than £60,000.

9 Intangible fixed assets

	Website £
Cost	
At 1 April 2021	-
Additions - separately acquired	5,000
	<u>5,000</u>
At 31 March 2022	5,000
Amortisation and impairment	
At 1 April 2021 and 31 March 2022	-
	<u>-</u>
Carrying amount	
At 31 March 2022	5,000
	<u>5,000</u>
At 31 March 2021	-
	<u>-</u>

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

10 Tangible fixed assets

	IT equipment £
Cost	
Additions	2,442
At 31 March 2022	<u>2,442</u>
Depreciation and impairment	
Depreciation charged in the year	814
At 31 March 2022	<u>814</u>
Carrying amount	
At 31 March 2022	<u><u>1,628</u></u>

11 Creditors: amounts falling due within one year

	Notes	2022 £	2021 £
Deferred income	12	12,505	-
Accruals and deferred income		720	445
		<u>13,225</u>	<u>445</u>

12 Deferred income

	2022 £	2021 £
Deferred income	<u>12,505</u>	<u>-</u>

Deferred income is included in the financial statements as follows:

	2022 £	2021 £
Deferred income is included within:		
Current liabilities	<u>12,505</u>	<u>-</u>
Movements in the year:		
Deferred income at 1 April 2021	-	-
Resources deferred in the year	<u>12,505</u>	<u>-</u>
Deferred income at 31 March 2022	<u><u>12,505</u></u>	<u><u>-</u></u>

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

13 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 March 2022
	Balance at 1 April 2020	Incoming resources	Resources expended	Balance at 1 April 2021	Incoming resources	Resources expended	
	£	£	£	£	£	£	£
NHS Cambridge and Peterborough	15,650	106,442	(69,898)	52,194	107,431	(71,681)	80,502
NHS Lincolnshire	-	-	-	-	2,000	(2,000)	-
University of Cambridgeshire	-	4,469	(4,469)	-	27,198	(27,198)	-
Health Education England	-	-	-	-	6,970	(6,970)	-
Anglia Ruskin University	-	-	-	-	5,840	(5,840)	-
Main grants???	-	-	-	-	10,000	(10,000)	-
	<u>15,650</u>	<u>110,911</u>	<u>(74,367)</u>	<u>52,194</u>	<u>159,439</u>	<u>(123,689)</u>	<u>80,502</u>

NHS Cambridgeshire and Peterborough is a grant to enable the charity to work with service users, carers/families and professionals in the Cambridge and Peterborough area to improve waiting times for those referred to the charity and preventing deterioration and supporting the service user to stabilise and manage their symptoms.

NHS Lincolnshire payment received to enable the charity to provide support and treatment to a patient within the Lincolnshire area.

University of Cambridgeshire is a grant to provide two eating disorder specialist nurses to provide 1:1 eating disorder support to students and training for staff for one day per week.

Health Education England is a grant to cover training costs.

Anglia Ruskin University is a grant to provide two eating disorder specialist nurses to provide 1:1 eating disorder support to students for half a day per week.

National Lottery grant was received to enable the charity to recruit a Business Support Manager/Service Manager to take on the role of overseeing the charity's finances, operations, HR and admin services.

PERSONALISED EATING DISORDER SUPPORT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

14 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Intangible fixed assets	5,000	-	5,000	-	-	-
Tangible assets	1,628	-	1,628	-	-	-
Current assets/(liabilities)	21,305	80,502	101,807	16,806	52,194	69,000
	<u>27,933</u>	<u>80,502</u>	<u>108,435</u>	<u>16,806</u>	<u>52,194</u>	<u>69,000</u>

15 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

PERSONALISED EATING DISORDER SUPPORT

England & Wales - Charity number 1156578

Accounts



Personalised Eating Disorder Support

PERSONALISED EATING DISORDER SUPPORT



**Annual Report
For the Year ended 31 March 2021**

PESONALISED EATING DISORDER SUPPORT

CHARITY INFORMATION

Trustees:

Simon Brown
Pav Patel
Lesley Probert
Mary Ward

Registered Charity Number: 1156578

Principal Office:

Boroughbury Medical Centre
Craig Street
Peterborough
PE1 2EJ

Tel: 01733 391537

Email: admin@pedsupport.co.uk

Website: www.pedsupport.co.uk

Bankers:

HCBC
Cathedral Square
Peterborough
Cambridgeshire
PE1 1XL

Independent Examiner:

Robin Borgognoni BA FCCA
Mason & Co.
6 The Old Quarry
Nene Valley Business Park
Oundle
Peterborough
PE8 4HN

PESONALISED EATING DISORDER SUPPORT

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PESONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

The trustees are pleased to present their report together with the financial statements of the charity for the year ended 31 March 2021. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts which comply with the Charity's trust deed and the Charities Act 2011.

The Charity number, Trustees, principal address and details of the professional advisors are included in the Charity Information sheet at the front of these accounts.

Constitution

Personalised Eating Disorder Support (PEDS) is a charitable incorporated organisation which was registered on 8 April 2014. The governing document was adopted on 8 April 2014. Prior to this, since 2013 we provided services as an affiliate of the established Luton / Bedford eating disorder charity CARALINE.

Objectives and activities of the Charity

The service objectives of the charity are "to relieve the sickness and distress of persons with or affected by eating disorders, to preserve and protect good health and to advance education for the public benefit by:-

1. Providing education, support and early intervention to those experiencing an eating disorder and their families / carers to provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability;
2. To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, gp's, third sector organisations, community mental health teams, child & adolescent mental health services and inpatient hospitals;
3. To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams;
4. To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life."

The objects are:

- To promote health, providing education, support and early intervention to those experiencing an eating disorder and their families / carers
- To provide a service that is accessible to all regardless of age, gender, race, ethnicity, disability
- To increase awareness and understanding of eating disorders amongst both the public and professionals and provide an early intervention service that can be accessed via self referrals, GP's, third sector organisations, Community Mental Health Teams, Child & Adolescent Mental Health Services and inpatient hospitals
- To enable multi agency working between services, signposting, enabling joint working and collaboration to facilitate a seamless service across all teams
- To help individuals manage their physical and psychological symptoms to enable them to achieve maximum quality of life

Public benefit

In setting the objectives and planning the activities of the charity the Trustees have given careful consideration to the Charity Commission's general guidance on public benefit.

PERSONALISED EATING DISORDER SUPPORT

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2020

The charity provides assessments, advice, signposting and a liaison service and has provided individual and family sessions. PEDS has also increased its outreach and home visit service and has supported service users and their families with eating out via the meal exposure work. The charity has worked with a number of professionals (GPs, paediatric wards, schools, Child and Adolescent Mental Health Services (CAMHS), Community Mental Health Teams (CMHT'S), CPFT's PRISM, IAPT and ARC primary care services. PEDS also works with Specialist Eating Disorder Inpatient Units and other Voluntary Sector Organisation. PEDS has provided training to a number of schools and GPs across the county and the service has been recognised by Pride of Peterborough Awards, with one of the Founders being shortlisted as a finalist since its inception. Testimonials and service user feedback has been detailed on page 11.

The charity provides help and support to adults across Cambridgeshire. Over the last year PEDS has provided virtual support to individuals outside of the UK Via our university contracts.

Trustees and organisation

The Trustees are detailed in the Charity Information sheet at the front of these accounts. The Trustees are appointed and serve in accordance with the Trust Deed. Training is given to new Trustees as necessary.

Although there are regular Committee meetings the day-to-day administration of the Charity is delegated Mandy Scott (Service Director) and Sue Rattle (Treasurer).

Risk management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and are satisfied that systems are in place to mitigate their exposure to the major risks. The Trustees will continue to monitor and review the risks as they deem appropriate.

Reserves policy

The reserves after the first period of operations are considered adequate for the current requirements of the Charity. However, the Charity is looking at ways to increase reserves and in the longer term aims to maintain reserves equal to 3-6 months operating expenditure.

Provision of services

Individual work is based upon assessment of need and is client focused, delivered by trained nurses (Mental Health and Paediatric) who have over 20 years experience working with eating disorders both in the community and inpatient units. Supervision is delivered by eating disorder colleagues who provide regular input and advice. Professionals delivering individual / family work on behalf of the charity have been DBS checked.

Report from the Service Director, Achievements & Performance

We are delighted to report on the significant developments and expansions of PEDS over the past year. Whilst we have had to adapt to the challenges of COVID 19 and a huge surge in referrals, we have remained passionate and dedicated to our pledge to improve services for those suffering from eating disorders and their loved ones. We have updated our Mission Statement with our Values and Ethos and made these more accessible on our website www.pedsupport.co.uk.

YEAR ENDED 31 MARCH 2020

The PEDS team has seen an increase in its staffing with the following new roles which have been invaluable as we have journeyed through the pandemic and supported an increasing caseload of sufferers of eating disorders:

- Charity Co-ordinator
- Wellbeing Officer / Administrator
- Eating Disorder Nutritionist
- Eating Disorder Nurse Therapist

Prior to COVID, PEDS received on average 12-15 referrals each month . We are now receiving around 50-60 referrals each month, with an increase in males accessing support. **Over the past year, we have triaged 591 referrals.** In response to the increasing need, we have set up a weekly Support Group for sufferers which is chaired by our staff and volunteers with lived experience. This has been well utilised each week and we have seen a high number of University students in particular access this group for peer support. It has been a challenging year for PEDS in terms of capacity and resources and in August this year, we had to take the decision to close to new referrals for a month to enable us to ensure safety of our current caseload. We have also had to prioritise referrals within Cambridgeshire due to limitations on resources and high numbers of referrals coming from all across the UK. In terms of changes to our operations, PEDS had been providing a service to children since 2014 with no current funding or contract in place and so we have had to take the decision to close to individuals under the age of 18 until we have a contract in place and the appropriate funding to manage these referrals.

In terms of additional online resources, we have developed podcasts for the website aimed at strategies for sufferers and carers, we have written a pack for Carers and Loved ones and an Educational Toolkit for Secondary Schools, Colleges and Universities. Our online referral form has been updated to reflect our collaborative working relationships and we have updated the automatic response to share local resources and helplines. We are now operating a mixture of online and face to face support at our base Boroughbury Medical Centre, Peterborough. Our staff have embarked on training in the following areas:

- MANTRA ,
- Mandatory CPR, GDPR, Safeguarding,
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Body Image.

We have seen the following Trustees step down this year but look forward to them remaining involved in PEDS and are extremely grateful for their input into our charity:

- Diane Lamb through ill health (but welcome her as an Ambassador of PEDS)
- Nadine Williamson
- Sarah Patterson

Launch of the New Collaborative Pathway with CPFT AEDS

After 7 years of working to build relationships with the local community, in particular, the NHS, we were pleased to launch the new Collaborative Pathway with CPFT AEDS, the local secondary care eating disorder team this October. This joint working relationship will enable speedier access to services, enhanced communication between the teams and an opportunity to share good practice and build on resources. This new pathway also enables a single point of access whereby if a service user is referred by their GP and the referral is more appropriate for PEDS, the referral can be passed directly to us to prevent delay to the sufferer. Likewise if PEDS receives a referral which is more appropriate for the secondary care NHS eating disorder team, we can pass this referral directly to them. As well as our early intervention / prevention role, PEDS has also been working on the Severe and Enduring (NHS –“Stability and Support” and PEDS “Steps to Stabilise”) Pathway whereby support is offered to sufferers with a severe eating disorder whereby they have previously tried two psychological therapies with the NHS and are seeking an alternative approach. This model (Steps to Stabilise) is offered in close collaboration with the individual's GP and the person will be medically stable.

PERSONALISED EATING DISORDER SUPPORT TRUSTEES' REPORT

Launch of The University Contracts

We were pleased to announce the launch of our contract with the **University of Cambridge** in October 2020 which in the middle of the COVID pandemic, enabled us to reach high numbers of students by adapting to virtual methods of communication, Teams and Zoom. This contract is initially for 3 years and after 6 months in, the hours delivered needed to be doubled (from ½ day a week to a full day a week – delivered by 2 Nurses) to meet the demands of the increasing number of students and staff reaching out. This contract offers assessment, 1:1 support and a weekly support group for the students as well as advice and training to staff. The contract has seen us deliver zoom and face to face training over the past year to staff including the wellbeing team (Nurses and Counsellors), Directors of Studies, Sports teachers and the porters. We have also been able to be present at Freshers this term and were pleased to be chosen as one of the Universities nominated charities of the year to fundraise for.

Following our contract with the University of Cambridge, we have been able to roll this out to **Anglia Ruskin University** and were pleased to launch this in October 2021, providing ½ a day a week delivered by 2 Nurses. The focus is to provide early intervention support to those at risk of developing an eating disorder as well as those in the early stages of one. Training and support to staff is also an important part of this contract.

Support for Carers

Cambridgeshire

Support for Carers and Loved Ones remain at the heart of PEDS as we recognise the impact the illness can have on family and loved ones and how help is vital. We have continued to operate a monthly Carers support group which moved to Zoom during lockdown and this has continued virtually following feedback from carers that this method is preference and enables more people to attend. We have also offered individual sessions to parents, husbands, wife's, partners and siblings with the aim of supporting the loved one with understanding and how to help their person suffering.

Essex

During the COVID Pandemic, our Essex Volunteers moved the carers monthly group online however attendance at this was minimal and it was felt it was more beneficial to offer a weekly telephone helpline to loved ones and carers which has been operating on a Monday evening. This has not been well utilised and we have discussed how to better promote this and also respond to the needs of the local community who are now requesting that the carers meeting in Essex goes back to face to face at our base, Coombewood Community Mental Health Resource Centre in Rayleigh. The plan is for this to recommence from January. At its peak, the Essex carers group was being attended by 8-10 families and we hope to reach out to more families as the new year approaches and we establish further relationships with the local NHS eating disorder teams in Essex.

Training

We have been able to reach a number of organisations to deliver training over the past year including:

- Centre 33 charity
- GP trainees
- University of Cambridge – Trinity Hall
- University of Cambridge – Counsellors and Nurses

Social Media

Over the past year we have been focusing on improving our presence on social media to support PEDS reaching people in a positive way. Our activity has increased on Instagram and Facebook and our peer support worker regularly shares strategies, tips and positive quotes which inspire hope.

YEAR ENDED 31 MARCH 2021

Patron Support

We were privileged to have had significant input and support from Michelle Collins over the past year with her working closely with PEDS to raise awareness of eating disorders. Michelle spent time at Boroughbury with us filming service users and their families and we have made a short film for our website with the aim being to increase understanding and highlight that there are many people living with eating disorders from all walks of life including mothers, daughters, husbands, son's, doctors, teachers, to name a few. Eating disorders do not discriminate and can affect anybody.

With Special Thanks to:

- Simon Brown and Pav Patel our Trustees for their hard work and dedication this year and a warm welcome to our new trustee's Lesley Probert and Mary Ward.
- Our support group volunteers who give up their time each week to support sufferers.
- Liam, Katie, Becca for their amazing fundraising contributions and Jack, Arun and Gail for their hours given to PEDS volunteering to raise awareness.

We are also very grateful to the following for their grants / donations to PEDS:

- National Lottery Awards For All
- John Lewis
- Philip Gooch

We are also excited to announce our partnership with Co-op with PEDS being a chosen charity, running from October to October next year. We hope to raise funds for PEDS by promoting the charity within our local Co-ops and sharing the work of PEDS, raising further awareness and helping to increase understanding of eating disorders.

Strategy / Year Ahead

- We continue to receive funding each year from the local Clinical Commissioning Group however we are keen to not become fully reliant on this and source funding from other areas also.
- We have been fortunate to secure Project Management from The Cranfield Trust who will oversee PEDS for guidance and support over the coming year and provide advice in areas such as HR, IT and fundraising, helping us to develop our future plans and operations.
- We are also looking to bring on board new Trustees in 2022 to help develop the charity further and build on the impact made by the outgoing trustees.
- We look forward to our Service Manager being on board as we start a new year and we are also excited to announce that we will be joined by a Fundraiser for PEDS from 2022. The online portal is due to launch at the beginning of 2022 which will link to our website and we plan to improve our presence on Twitter and link this to the website, portal and other social media outlets – Facebook and Instagram. We also will be working on a business plan / pathway for children including ARFID provision and the launch of our structured peer support worker pack. Our continued plan is to remain committed to improving services nationally and we will continue our input at the monthly Regional Alliance Third Sector Regional Meeting Nationally for Eating Disorder Charities as well as being a member of the HQUIPP steering group and the NHS England Regional Third Sector Eating Disorders. We look forward to both an exciting and productive year ahead.

PERSONALISED EATING DISORDER SUPPORT

**TRUSTEES' REPORT
YEAR ENDED 31 MARCH 2021**

Trustees' responsibilities

The Trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its results for that period. In preparing these financial statements, the Trustees are required to select suitable accounting standards and then apply them consistently, make judgements and estimates that are reasonable and prudent and prepare the financial statements on a going concern basis, unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping proper accounting records to enable them to ensure that the financial statements comply with the objectives of the Trust Deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement of disclosure to independent examiner

In the case of each of the persons who are Trustees at the time when this report is approved, the following applies:-

- (a) so far as the Trustees are aware, there is no relevant information of which the Charity's independent examiner is unaware, and
- (b) they have taken all the steps that they ought to have taken as in order to make themselves aware of any relevant information and to establish that the Charity's independent examiner is aware of that information.

By order of the Board of Trustees

Mandy Scott
Service Director
31 January 2022

PERSONALISED EATING DISORDER SUPPORT INDEPENDENT EXAMINERS' REPORT TO THE TRUSTEES

I report on the accounts for the year ended 31 March 2021, which are set out on pages 4 to 6.

Respective responsibilities of trustees and examiner

The Charity's trustees 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.

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 examination

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 examiners 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 130 of the Charities Act;
 - to prepare accounting records in accord with the accounting records and comply with the accounting requirements of the Charities Act 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.

Robin Borgognoni BA FCCA
6 The Old Quarry
Nene Valley Business Park
Oundle
Peterborough
PE8 4HN

31 January 2022

PERSONALISED EATING DISORDER SUPPORT
RECEIPTS AND PAYMENTS ACCOUNT
YEAR ENDED 31 MARCH 2021

	Unrestricted Fund £	Restricted Funds £	Total 2021 £	Total 2020 £
INCOME AND ENDOWMENTS				
Raising Funds				
Donations and legacies	6,530	-	6,530	4,330
Grants	-	110,911	110,911	40,795
Charitable Activities				
Consultation fees	-	-	-	-
Investment Income				
Bank interest	-	-	-	-
TOTAL RECEIPTS	6,530	110,911	117,441	45,989
PAYMENTS				
Raising Funds				
Cost of raising funds	-	-	-	180
Charitable Activities				
Advertising and publicity	658	-	658	634
Meeting expenses	-	7,495	7,495	7,150
Nurse costs	-	66,495	66,495	28,643
Postage and stationery	304	-	304	271
Repairs and renewals	1,457	-	1,457	48
Subscriptions and training	3,800	-	3,800	3499
Travel and subsistence	-	-	-	-
Accountancy fees	240	377	617	240
TOTAL PAYMENTS	6,461	74,367	80,828	40,665
NET RECEIPTS/(PAYMENTS)				
- General Fund	71	36,544	36,615	4,460
Cash funds brought forward at 1 April 2020	16,735	15,650	32,385	27,925
Cash funds carried forward at 31 March 2021	16,806	52,194	69,000	32,385

PERSONALISED EATING DISORDER SUPPORT
STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2021

	2021 £	2020 £
FIXED ASSETS		
Tangible assets	-	-
	<hr/>	<hr/>
	-	-
	<hr/>	<hr/>
 CURRENT ASSETS		
Debtors & Prepayments	-	-
Current account	69,445	32,625
	<hr/>	<hr/>
	69,445	32,625
	<hr/>	<hr/>
 CURRENT LIABILITIES		
Creditors and accruals	445	240
	<hr/>	<hr/>
	445	240
	<hr/>	<hr/>
 NET ASSETS	 69,000	 32,385
	<hr/>	<hr/>

The financial statements were approved and authorised for issue by the Trustees and were signed on its behalf on .

Mandy Scott
Service Director

Sue Rattle
Treasurer

PERSONALISED EATING DISORDER SUPPORT
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

1 ACCOUNTING POLICIES

Basis of Accounting

The financial statements have been prepared in accordance with applicable accounting standards and the Charities Act 2011.

Incoming Resources

Grant income is recognised according to the terms of each individual agreement. No amounts are included in the financial statements for services donated by volunteers.

Charitable activities includes income associated with the objects of the Charity.

Resources Expended

Expenditure is accounted for under the heading that aggregated all costs relating to the category.

Charitable activities includes expenditure associated with the objects of the Charity.

Governance costs are those incurred in connection with the governance arrangements of the Charity and compliance with constitutional and statutory requirements.

Funds

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The aim and use of each restricted fund is set out in the notes to the financial statements.

PERSONALISED EATING DISORDER SUPPORT

YEAR ENDED 31 MARCH 2021

Thank you

PEDS would like to thank all our members and volunteers who have helped us both practical and financially over the past twelve months. Whilst it remains a challenge to operate without any form of regular funding, the commitment and passion of the Trustees and deliverers of services ensures access to services and treatment is not compromised and this drives the charity to continue to operate successfully.

The current Trustee Board seek applicants from any aspect of the community and new Trustees can be elected at any time. If you feel you can make a contribution to PEDS Objectives, please do get in touch. We particularly need the time, experience and skills of newly-retired clinical, medical or business professionals.

Patient, Carer, Professional Feedback

"Thank you for all of your help, support and care. I very much appreciate it. You've shown me a new way of life. "

"I am well, now working full time, and leading a busy life. I will never be able to thank you enough for putting your faith in me, any many times your phrases go around my head in moments of struggle. I still do my menu plan daily but it works for me. Last month I went on holiday and managed really well not thinking about calories too much."

"I will always remember telling my family after they commented on my low weight: "don't worry, I am in control, I know exactly what I am doing. I know my limits". "...Control..... this is the single word that proved that I was sick. The difficulty in my eating disorder was that I thought that I was in "control" and that I could go back to "normal" at any point. Actually, I wasn't... I am realising this now after a year of work with PEDS.

"Looking back now, I realise how flat and sad my life was at the time: each day's rhythm was dictated by sport sessions (I couldn't sit or relax somewhere because I felt guilty and lazy not doing anything) and obsession with food (I had to plan in advance what I was going to eat, in which amount and in which order... for some reason, my brain set up some silly really strict rules)."

"I was underweight (and I started to become worried because my body wasn't functioning properly anymore, for the third year in a row) and my GP referred me to PEDS. I was completely lost."

"I didn't know what to do, what eating normally was, or what was a healthy life-style. PEDS offered me sessions with a highly competent, understanding specialised nurse in dealing with eating disorders, to support me on psychological aspects and a qualified nutritionist, to help me to put in place a more balanced diet. In the past year, they have both helped me to understand and to realise what was happening, to recognise when the "anorexic voice" was talking, and to manage situations that were problematic for me"

"Today, I am glad to say that thanks to PEDS, their help and advice, I have put on some weight (back to a more normal and healthy one!), and my body is starting to work normally again. I feel much better psychologically, less obsessed by food and exercise and... enjoying social events around a meal without being too anxious! All of this was thanks to the help of the wonderful team at PEDS and their support! The support team has a lot of experience in dealing with the different kind of eating disorders. They are professional, listen to your personal experience and are able to give you specific and practical advises to feel better, to find solutions. When you talk with any members of team, you feel supported and understood. I would recommend PEDS to anyone with an eating disorders or anybody who knows somebody with one. "

"I want say a huge thank you for your patience and support as I know I would not have made it this far without you. Thank you for all that you have done for me. I will never have the words to express what a difference you have made just by hearing me, supporting me, showing kindness and compassion and being firm when I was difficult! "

PERSONALISED EATING DISORDER SUPPORT

YEAR ENDED 31 MARCH 2021

"I did not think peer support would be for me at all. I've had various therapeutic interventions over the years, and they've all been 1:1; never with anyone else. I simply couldn't imagine how talking about your challenges and feelings with a bunch of strangers could be anything other than awkward, humiliating and cringey. So imagine my surprise, a few months on, that I now look forward to Thursday evenings to catch up with people who are no longer strangers, but people whose time and support and feedback I find so immensely valuable and a major part of keeping myself on track, and accountable. Despite us having different eating disorders, we all experience similar behaviours, feelings and thoughts. There is a shared understanding, and empathy. Something I thought may be negative and self-pitying, is in fact so positive and uplifting. I have been in tears in front of these people, who have held me, safely and sensitively, and allowed me time and space to just "be". Being publicly vulnerable is hard, but not here. The fact the group is run and facilitated by people who have been there, and in fact are still there, is reassuring and comforting. And every week it is overseen by the PEDS Nurses, keeping their expert eyes on us, there to step in if needed, with advice and words of wisdom. Peer support is a vital part of my recovery and management."