

TASTELIFEUK

England & Wales · Charity number 1158516

Details

Status Registered

Legal form CIO

Registered 2014-09-10

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

Contact

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Red Lane
Burton Green
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Website www.tastelifeuk.org

Activities

Objects: 1) TO RELIEVE THE NEEDS OF SUFFERERS OF EATING DISORDERS, THEIR FAMILIES AND CARERS, BY THE PROVISION OF TRAINING COURSES, SUPPORT GROUPS AND INTERNET BASED RESOURCES DESIGNED TO INFORM, ADVISE AND SUPPORT THEM. 2) TO ADVANCE THE EDUCATION OF THE PUBLIC IN EATING DISORDERS.

Activities: What does tastelife offer? Eight-session weekly community group course for sufferers of eating disorders, and carers; tools for recovery Training for volunteers to run the course Information day on eating disorders for professionals Setting up centres around the UK as part of our roll-out programme

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Religious Activities
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £213,312 | £141,816 | - | - |
| 2024-03-31 | £122,430 | £159,707 | - | - |
| 2023-03-31 | £112,639 | £125,165 | - | - |
| 2022-03-31 | £101,420 | £91,460 | - | - |
| 2021-03-31 | £128,247 | £70,432 | - | - |

Trustees

| Name | Role | Appointed |
|---------------------------|-------|------------|
| Richard Mason | Chair | 2022-01-24 |
| Cheryl Janette Shepherd | | 2026-03-16 |
| Deborah Niblett | | 2020-03-27 |
| Jeffrey William Cotterill | | 2025-04-28 |
| Joanne Hurst | | 2017-05-19 |
| Peter Douglas Jackson | | 2022-06-27 |
| Sarah Kaye Watson | | 2025-02-24 |
| Zoe Eleanor Mason | | 2018-02-23 |

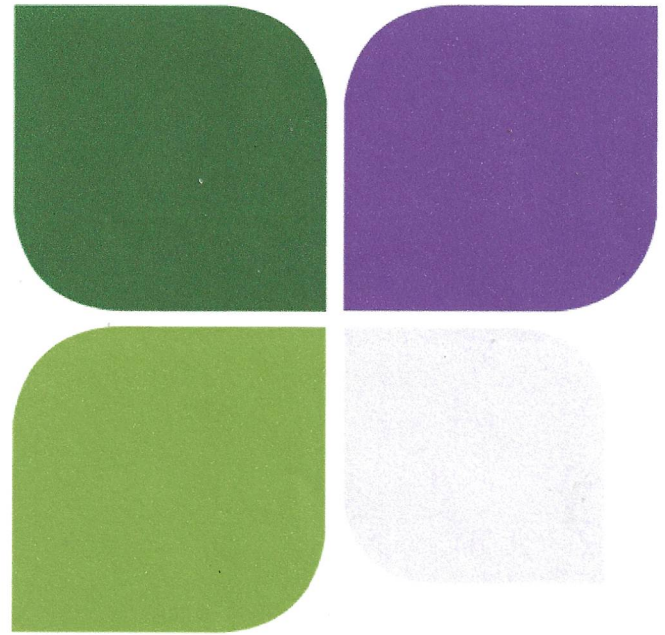
TASTELIFEUK

England & Wales - Charity number 1158516

Accounts



Welcome to
tastelifeUK



Annual Report 2024 - 2025

Registered Charity 1158516

Responding well to eating disorders

Eating disorders are just not going away. If anything, the statistics are worsening. Hence, the tastelife charity remains committed to responding well to those affected, offering help, hope and tools for recovery where often people have no other support. Eating disorders are treatable. Responding well to their threat is what we do.



This year we have defined our ground-breaking interventions as:

Recovery:

- 8 session Community Recovery Courses, online or face-to-face.
- Safe, non-judgmental spaces for learning and growing.
- Teaching, discussion, stories of recovery and tools for life.
- For those affected and those who care.

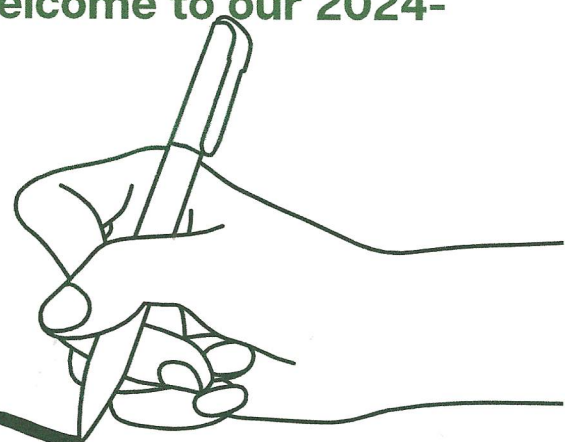
Prevention:

- 'Understanding eating disorders', preventative, factual resources.
- Suitable for young people in schools and youth groups.
- Early intervention, ready to roll.





Education:

- Accredited training to become a tastelife Course Leader.
- Bespoke training based on current education and great resources.

We are responding well to the challenge of eating disorders and changing the story for the better. Welcome to our 2024-2025 report.

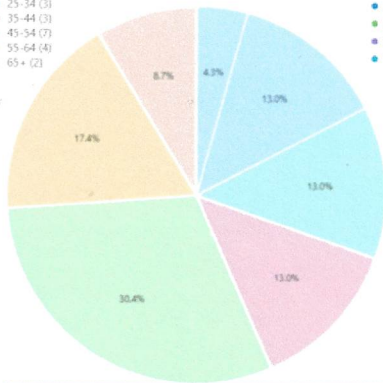


Executive summary

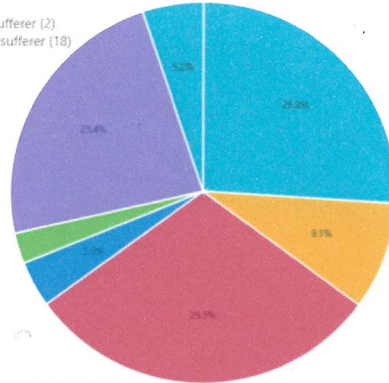
| tastelife | | 2024/25 | 2013-2025 |
|--|----------------|----------------|------------------|
| Community Recovery Course | | | |
|  | Courses | 8 | 252 |
|  | Participants | 78 | 2468 |
|  | Friends/family | 21 | 308 |
|  | Male | 7 | 170 |

Your age range

- 14-17 (1)
- 18-24 (3)
- 25-34 (3)
- 35-44 (3)
- 45-54 (7)
- 55-64 (4)
- 65+ (2)

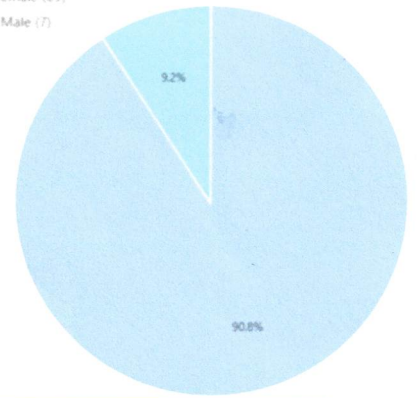


- Anorexia (20)
- Bulimia (7)
- Compulsive/Binge eater (23)
- OSFED (3)
- Friend of sufferer (2)
- Relative of sufferer (18)
- Other:



Gender

- Female (69)
- Male (7)



TASTELIFE YOUTH TRACK

UNDERSTANDING EATING DISORDERS

11,000+

Young people have access to Youth Track with education about eating disorders.

100%

Students improved their understanding of eating disorders

See our 10 year Impact Report for more! Contact us for your free hardcopy or download via www.tastelifeuk.org

Why we need to talk about eating disorders - the national challenge

The problem and the solution

There is a **gap in care** for, and general public understanding of, eating disorders, despite increasing government recognition of Mental Health, and associated funding. However, budget cuts usually affect the latter, so care remains patchy. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. With **eating disorders on an increasingly alarming rise**, all effective help is welcome. Statistics from Royal College of Psychiatrists record an 84% rise in hospital admissions in the last five years reaching a total of 24,268. Those receiving other treatment have increased by two-thirds since before the Covid pandemic. A vast swathe of people affected do not qualify for statutory care, with estimates ranging up to 11% for young girls, and 10% for 48-year-old women; 25% of those directly affected overall are male - a growing statistic. Added to this, training for GPs is limited, and they tend to focus on re-feeding and weight restoration. IAPT, GP surgeries and caring agencies refer to tastelife; and many others self-refer. For binge eaters, the arrival of weight loss drugs are a development we are watching closely for impact, benefits, potential hazards and long term results. We are mindful that drugs do not address the underlying issues that can trigger the use of food behaviour in obsessive ways.

As a **powerful, pertinent and timely response** to this eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course, online and face-to-face. This welcome, targeted resource has effective tools for support and recovery, for those affected and those who care. It is non-threatening, educational and encourages a self-help approach that really works, creating a safe, learning environment for all to come together. Relevant for most life-stealing eating issues, all material was accredited by the University of Brighton Health Sciences, and endorsed by OCN, London. tastelife resources complement NHS and other statutory services and fill the gap in support and treatment for those affected by eating disorders in England and Wales, as well as for those who care for them. These resources are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities, and online.

tastelife is also committed to **Prevention of eating disorders**, through understanding and awareness, via its popular Youth Track for young people in schools and youth groups. This 3-session, adaptable resource is being used to educate and arm young people against developing eating disorders, and as a first-response intervention tool.

Our **External training programme** was launched in response to requests for education around eating disorders, for the many professionals and bodies who want to understand and respond well to those affected, whether in the workplace or community, home or friendship circle.

Together with the **growing tastelife team of volunteers and partners**, we are working hard to get the community course, the Youth Track and education into communities and institutions around the country.



Responding well to eating disorders: Value 1 - Caring

Our priority this year as always was our focus on people, in line with our values - **Caring, Resourceful, Professional and Fun.**

1 Caring

- **The Community Course Hybrid** - despite a tough year financially, and a reduced staff team, we have continued to offer the community course **both online and onsite**. Either way, the course takes all on a journey of learning about what eating disorders really are, how to move beyond them into experiencing life and health, and how to use the effective tools for life that the Course offers. **GP surgeries, local eating disorder services and social prescribing** continue to refer people to tastelife. The vast majority who attend make measurable progress, whether affected directly by eating disorders, or learning how to support someone who is.
- **Pilots of the HUB delivery for the Community Recovery Course** - have taken place this year, establishing proof of concept for our 'Hub' style of delivery online, centrally administered, but still together with our trained Course Leaders for breakout rooms for the interactive and personal times. This will be linked to easy booking through the Eventbrite platform. We now seek funding to enable this for the future.
- **Training Volunteer Course Leaders** - This year we have had the privilege of welcoming and training 27 new leaders to facilitate the Community Recovery Course on our **2-day training** – both online and in person. They are ably supported by our Network Team, who offer full assistance via email, phone calls and resources. Ongoing research and information about eating disorder issues are disseminated via the gdrive Course Leaders Area online, which is specifically for leaders.
- **Youth Track** - Our Recovery Course Leaders have free access to this, and some take it into schools or youth groups, offering realistic, effective care to young people, plus parents and school staff.

'I now know that this eating disorder isn't a life sentence - recovery is possible!'

Course participant

Responding well to eating disorders: Value 2 - Resourceful

2 Resourceful

- **Surviving and thriving.** In common with many charities, 2024-2025 brought us significant funding challenges, and we had to fight hard to keep the charity in good shape, making some tough decisions. However, the second half of the year brought encouragement, both in successful funding applications, and our own fundraising.
- **Resourcing our Course Leaders.** As different types of eating disorders are diagnosed, we have resourced our Leaders with information through our Leaders' update events, this year online. For example, ARFID amongst young children and how to respond well to it.
- **Education.** Under the banner of our growing Education stream, tastelife has offered bespoke teaching about eating disorders to organisations and institutions. These include church leaders, online training for youth leaders, seminars at public summer conferences and national youth conferences. We also offer help and hope to all via our marketplace stands.
- **Youth Track impact.** Interest in our current Youth Track continues to grow among schools at KS3 and youth groups. It teaches them the truth about eating disorders; how to handle social media positively; positive coping mechanisms; creating a healthy body image; and how to help themselves or others. Our new resource Food, Feelings and Faith, a new version of the Youth Track tailored for Christian context, is gaining interest too. Feedback shows 42% increase in confidence/knowledge of eating disorders; 36% increase in ability to spot the signs of potential eating disorder; 69% increase in knowing what to do if experiencing problems with eating, or seeing this in someone else. Launch of trial webinars for youth leaders covering topics such as 'What is Disordered Eating' 'Why do eating disorders start?'
- Promotion of offered **help to the public** through online interviews with CEO. With thanks to J.John especially, we experienced peaks of engagement and our most successful Eating Disorder Awareness Week.



- **Podcasts.** Our podcasts have been downloaded 750+ times, get great feedback, and cover topics essential to eating disorders in honest and informative ways by people with lived experience.
- **Radio.** The team continues to respond to requests for radio interviews on personal experience of eating disorders, and general information.
- **Online learning.** Developed for Birmingham Diocese staff, launching in late 2024; an example of our good relationships with church networks.
- **Social Media and interns.** Our Tiktok, Instagram and Facebook accounts inform, and encourage those interested eating disorders, counteracting other unhelpful, misleading and frankly dangerous content online. Two interns from Southampton University have worked for us to make them happen - thank you Anagha and Wareesha!

Responding well to eating disorders: Value 3 - Professional; Value 4 - Fun

3 Professional

- **2 x lectures on eating disorders and spirituality.** Published in the Journal of Spirituality and Health [here](#) last year, our research was presented at the International Conference for Spirituality and Health in Salzburg this year by Di Archer, Dr Barbara Mitra and Assistant Professor Joanne Hurst from Worcester and Coventry Universities respectively; and at the first conference on eating disorders for medical students in London by CEO Di. Resources created for the medical, faith-based and church communities.
- **Community Recovery Course.** Planning for a fully updated Course launching in autumn 2025.
- **NHS.** Liaison with NHS Worcester with the aim of co-running our Recovery Course for patients waiting for treatment. NHS staff number in our trained leader cohort; and our third highest stream of participants are referred from the NHS.
- **OCN London Accreditation.** All our resources continued to be accredited this year.
- **Charity stability, future proofing and reach.** Ensuring a stable core to the charity's structures is always prioritised, in particular with a new more interactive website this year.
- **External education.** Our growing Education stream has offered Bespoke Training about eating disorders to organisations and institutions, both online and in person, including East to West, a charity working with young people in Surrey, Hampshire, London and Windsor. Help and hope to all offered via conference stands, run by team, trustees and trained Leader volunteers.
- **Campaigning.** As part of the APPG on Eating Disorders, we have supported the launch of a Report calling for better treatment for eating disorders, and also the campaigner Hope Virgo in her Dump the Scales initiative.
- **6 x training events for adults, including seminars** on general aspects of eating disorders, including training for those working with young people in schools and surgeries.
- **2 x training events for youth group leaders and young people,** online and in person.

4 Fun

- **Leaders' Day.** While some may find this value a surprise, it is very important to include in our approach to the serious and difficult world of eating disorders which so easily pulls people down. Leading a Recovery Course is no small task, so our annual day for Leaders restores some of the balance, upskills the Leaders and gives space for networking.
- **Unity and Vision Day.** The above applies to the trustees and team too, and our annual autumn get-together in real time and space is encouraging and uplifting for all.
- **Team spirit.** Our Tuesday meetings include an element of fun to ease us through the week.

Thank you to our supporters

Thank you to...

... our **incredible supporters, both personal and grants and trusts**. We literally would not be here without you. We are so grateful for all you give to help us help others. This year, we are delighted to highlight:

- The 29th May 1961 Charity
- The Beer-Harris Memorial Trust
- The Belstead Ganzoni Charitable Settlement
- G M C Trust
- E and D Cadbury Trust
- The Grace Trust,
- Jerusalem Trust,
- Grant Foundation
- Barbara Ward Foundation
- The National Lottery
- The Post Code Lottery
- CB & HH Taylor Trust
- The Souter Charitable Trust
- Aylesford Family Trust
- Garfield Weston Foundation
- Lennox Hannay Charitable Trust
- Special gratitude to all who contributed to our **most successful Big Give Christmas Campaign** to date, whether as pledgers to make the magic happen, or donors during the live Campaign week in December.

★◇◆ Thank you! ◆◇★

We are keen to extend the community-focused partnership opportunity that tastelife provides to as many relevant trusts and foundations as possible, and would like to see this aspect of our funding advancement grow in coming years.

Calling all businesses! If you have an ESG (formerly CSR) programme and would like to fund us tax efficiently or support tastelife with gifts-in-kind, please do get in touch!

Our aspirations for 25/26

tastelife community Recovery courses for those affected and those who care. To continue to expand our reach with the tastelife recovery community course, both onsite and online. We aim to **double the number of courses**, which will offer much-needed help to **600 people** affected by eating disorders. We will do this by training at least 30 new leaders in the coming year through our OCN accredited training, and develop the Hub delivery of the Course, accessible to 50 people at a time.

Brand **new** Community Build plan to add to the above, with wrap-around care for participants to include taster sessions and centrally-led follow up groups.

Network Lead to expand our **support of all trained leaders**, by providing **new** ongoing resources and up-skilling opportunities, both in person and online, and reenergise the leader network.

To **expand** the rollout of our **Preventative resources to reach a further 5,000+ young people** through the development of a **new** e-learning version of Youth Track online, hosted on our website.

Upscale our **effective social media presence**, adding TikTok and combating unhelpful content with the truth around eating disorders, and encouraging healthy life choices.

Launch our **interactive portal of resources via our new website** for all those interested in responding well to eating disorder issues with an e-learning module for parents.

To hold one bespoke training session per month, especially within the workplace environment, educating people to understand the issues around eating disorders and how to respond well to them.

To create a **new one-lesson-per-year** version of the Youth Track for primary and secondary schools.

New research with university team into whether Chaplains in healthcare and pastoral settings feel equipped to respond well to eating disorders.

To continue to explore sources of **ongoing financial support** both via grants and regular giving, in order to support our expanding vision.

To expand our **collaborative working** with other eating disorder charities, such as BEAT UK.

To continue our **liaison with the NHS and CAMHS**: through referrals and links in communities where the tastelife course is running; through planning for training of CAMHS staff to run the tastelife course internally; and through making the Youth Track accessible to MHECPs.

To host tastelife **information-and-help stands** at events and conferences, averaging two per quarter.

Charity aims and objectives

As a registered charity that relies heavily on charitable donations, tastelifeUK will offer an expanding range of resources and services in the coming year, targeting where they are most needed, and adapting our service delivery to meet new opportunities. Our Charity Aims and Objectives, based on responding well to the eating disorder challenges, will be expressed thus:

- To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on Christian values, and open to all.
- To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.
- To advance the education of the general public in relating to those with eating disorders; and their carers.
- To develop further resourcefulness in response to the issues around eating disorders.
- To systematically assess and evaluate the outcomes and success of our courses.

Team and trustees

Trustees who served during the year were as follows:

Richard Mason - Chair

Zoe Mason - Youth and Social Media

Bob Dudley - Secretary (resigned 28/4/2025)

Dr Ros Simpson - Training and Medical Advisor (resigned June 2024)

Joanne Hurst - Assistant Professor in Occupational Therapy

Debbie Niblett

Peter Jackson - Treasurer

Sarah Watson (appointed 24/2/2025)

Trustees appointed after year end:

Jeffery Cotterill (appointed 28/4/2025)

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary. The trustees give valued support to the CEO, Operations Coordinator, Key Trainer, Network Coordinator, Youth Track Coordinator and Communications Coordinator; and regularly revise and update the governance policies, including Risk and Safeguarding. Our Safeguarding Lead has updated policies and training for team and trustees, plus included safeguarding training for our Course leaders, all of whom are DBS checked. We have signed up to the safeguarding service 31.8. The trustees are committed to ensuring that our services are effective.

Team and trustees

The Trustees have considered the requirements of Public Benefit as defined by the Charities Act 2011 (as amended), as follows:

- tastelifeUK's work is beneficial in a way that is identifiable and capable of being proved by evidence. It is not based on personal views and is externally accredited. We are careful to ensure that no detriment or harm results from our charitable purpose, whether to people, property of the environment. Our courses, resources and support benefit the public in general to the extent that mental health eating disorder sufferers are deemed a sufficient section of the public, as defined by our purpose and governing constitution. Our work does not give rise to any incidental personal benefit outside of the charitable objects of our work.

As part of their work throughout the year, the Trustees have continued to conduct reviews and make informed decisions in respect of the following, which is not exhaustive:

- **Financial controls**, to ensure all record keeping is timely, accurate and regularly reported upon, that fraud risk is minimised and good value for money obtained.
- **HR Management**, including specialist support for employment matters during the transition to a paid staff establishment.
- **Risk Management**, including updates to the risk register which shows key risks, likelihood and impact, and the steps taken by management in mitigation of these risks.
- **Statutory** (e.g. Safeguarding) and other key policies, to ensure they are up to date and implemented through effective procedures and ongoing staff and volunteer training.
- **We are committed to maintaining a modest level of reserve** to safeguard the future of the entity or, in the event of some catastrophe, to ensure timely and effective winding-up of the entity including any staff payments legally due and the settling of all outstanding bills.

Recruitment of Trustees

The Code of Conduct for the Voluntary and Community Sector includes the principle that 'trustees should have a diverse range of skills, experience and knowledge needed to run an organisation effectively' and that 'trustees should ensure that they received the necessary induction, training, and ongoing support they need to discharge their duties'.

The Trustees of tastelifeUK will ensure that there is a balanced representation of skills amongst the Trustees to help ensure that the operation of the charity operates in a professional and responsible manner. These skills include management, medical and finance.

Potential trustees are invited to attend a trustees meeting to gain an understanding of the day to day responsibilities and also meet separately with the Chair of Trustees to discuss suitability etc. Collectively, the trustees decide on whether to appoint a new trustee based on their experience and suitability and also provide support to the new appointee on an ongoing basis.

The Trustees are constantly seeking potential candidates from their contacts and professional people who are in the community that tastelifeUK works with.

Financial Review 12 months to 31st March 2025

tastelifeUK, commonly known as tastelife, is a Charitable Incorporated Organisation operating throughout England and Wales governed by a foundation constitution.

The principal office address of the charity is: Hales, Red Lane, Burton Green, Kenilworth, Warks, CV8 1PB.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts on a receipts and payments basis.

Volunteers

The charity makes use of volunteers. These contributions cannot be economically quantified and these services are therefore not recognised in the financial statements.

Staff Numbers

The charity employs a number of staff to develop programmes, manage courses and to provide expertise in eating disorder matters.

Average Monthly FTE equivalents are as follows:

12 months to 31 March 2024 3.2

12 months to 31 March 2025 2.4

2025 vs 2024 Variance analysis

Review of key variances 12 months to 31 March 2025 vs 2024

| 12 Months ended 31st March | 2025 | 2024 | Var. | | Comments |
|----------------------------|--------------|---------------|--------------|------------|--|
| | £k | £k | £k | % | |
| Income | | | | | |
| Grants Received | 93.6 | 37.9 | 55.7 | 147% | Increased Fundraising activity in 2024/2025 |
| Fundraising by Supporters | 2.2 | 2.8 | -0.6 | -21% | |
| Regular Donations | 17.6 | 13.8 | 3.8 | 28% | |
| One Off Donations | 9.8 | 13.6 | -3.8 | -28% | |
| Course Income | 12.9 | 3.7 | 9.2 | 249% | One off Course in 2024/2025 |
| Youth Track Income | 0.3 | 3.5 | -3.2 | -91% | |
| Training Income | 0.9 | 2.5 | -1.6 | -64% | Less Training in 2024/2025 |
| Other Income | 6.9 | 2.9 | 4.0 | 138% | Includes £5k of grant for Interns in 2024/2025 |
| Big Give | 64.5 | 32.2 | 32.3 | 100% | Increased Big Give activity in 2024/2025 |
| Gift aid | 2.5 | 8.5 | -6.0 | -71% | Catch up from prior years in 2023/2024 |
| Interest Income | 2.1 | 1.0 | 1.1 | 110% | Increased bank balances |
| Total Income | 213.3 | 122.4 | 90.9 | 74% | |
| Expenditure | | | | | |
| Payroll Costs | 95.3 | 110.4 | 15.1 | 14% | 2024/2025 includes £5k re interns. Reduced headcount in 2024/2025. |
| Compassionate Funds | 0.0 | 0.2 | 0.2 | 100% | |
| Subcontractors | 0.3 | 3.8 | 3.5 | 92% | Reduced Subcontractors in 2024/2025 |
| Employee Expenses | 4.6 | 6.2 | 1.6 | 26% | Reduced employee travel in 2024/2025 |
| Advertising/PR/Promotion | 1.3 | 0.8 | -0.5 | -63% | |
| Web Costs | 5.6 | 0.5 | -5.1 | -1020% | Development of new Website in 2024/2025 |
| Course Costs | 6.6 | 0.0 | -6.6 | | |
| Professional support | 2.0 | 1.6 | -0.4 | -25% | |
| Youthtrack non staff costs | 1.4 | 4.0 | 2.6 | 65% | |
| Training Expense | 2.6 | 3.2 | 0.6 | 19% | |
| Course Delivery Costs | 0.0 | 1.0 | 1.0 | 100% | |
| S/W Licenses | 3.7 | 3.8 | 0.1 | 3% | |
| Event Expenses | 3.6 | 15.7 | 12.1 | 77% | Reduced event activity in 2024/2025 |
| Fundraising | 10.7 | 6.0 | -4.7 | -78% | Addition of Fundraiser in 2024/2025 |
| Misc Expense | 1.4 | 0.9 | -0.5 | -56% | |
| Bank and Payment Charges | 1.7 | 0.6 | -1.1 | -183% | |
| Governance | 1.0 | 1.0 | 0.0 | | |
| Total Expenditure | 141.8 | 159.7 | 17.9 | 11% | |
| Surplus/(Deficit) | 71.5 | (37.3) | 108.8 | | |

Reserves

After careful consideration the Trustees have concluded that the charity should aim to have minimum reserves (adjusted for a provision for downsizing and contracted obligations) which are the equivalent of between 3 and 6 months of (budgeted/forecasted) expenditure.

In situations where reserves fall below the 3 month level the trustees will carefully monitor expenditure levels and where appropriate take action to ensure that the charity can meet its ongoing financial obligations.

(note the reserves position has improved significantly subsequent to 31 March 2024).

The following chart summarises the reserves position as of 31st March:

Reserves

| 12 Months ended 31st March | <u>2025</u> | <u>2024</u> |
|---|-------------|-------------|
| | <u>£k</u> | <u>£k</u> |
| Total Reserves | 118.1 | 46.6 |
| Add budgeted 3 months of recurring income | 4.7 | 3.0 |
| Deduct Grant income deferred to subsequent year | (26.3) | (5.5) |
| Deduct provision for committed expenditure and downsizing | (18.4) | (13.9) |
| Total available for subsequent 3 months | <u>78.1</u> | <u>30.2</u> |
| Budgeted expenditure for subsequent 3 months | 40.1 | 39.2 |
| Number of months | <u>5.8</u> | <u>2.3</u> |

In order to arrive at the Reserve available for subsequent 3 months the reserves are adjusted by the following items:

- estimated recurring income from no grant sources;
- grant income received for identified purposes;
- grant income received which unless received for identified purposes is considered to be for the benefit of 12 months following receipt;
- possible restructuring costs.

Fundraising

The charity is dependent on the generous support of individuals, companies and grant making bodies. In order to ensure that the charity is sustainable and to provide a platform for extending our services we retained the services of a professional fundraiser in January 2024. This Fundraiser enabled the charity to attain a more sustainable position in the period to 31 March 2025.

Statement of Financial Activities

| For the year ended 31st March 2025 | <u>2024/25</u> | <u>2023/24</u> |
|--|-----------------------|------------------------|
| | <u>£</u> | <u>£</u> |
| <u>Income and Expenditure</u> | | |
| <u>Receipts</u> | | |
| <u>Incoming Resources</u> | | |
| Training Course Income | 940 | 2,489 |
| General Sales | 6,972 | 2,918 |
| Regular & One Off Donations | 29,527 | 30,120 |
| Gift Aid on above Donations | 2,451 | 8,481 |
| Big Give Donations | 64,490 | 32,170 |
| Non-restricted grants | 82,599 | 18,500 |
| Course Income | 13,237 | 3,898 |
| Schools Work - Youth Track Grants and Income | 11,000 | 22,850 |
| Interest Received | 2,096 | 1,004 |
| Total Incoming Resources | <u>213,312</u> | <u>122,430</u> |
| <u>Expenses</u> | | |
| <u>Resources expended</u> | | |
| Cost of Charitable Activities | 101,672 | 106,414 |
| Fundraising | 10,663 | 7,861 |
| Cost of Governance Activities | 1,230 | 1,407 |
| Network Growth and Promotion | 5,123 | 11,055 |
| Resources and Training | 3,352 | 3,875 |
| Schools Work - Youth Track | 19,776 | 29,095 |
| Total Outgoing Resources | <u>141,816</u> | <u>159,707</u> |
| Net Movement in Funds | <u>71,496</u> | <u>(37,277)</u> |
| Funds Brought Forward | 46,622 | 83,899 |
| Funds Carried Forward | <u>118,118</u> | <u>46,622</u> |

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet that follows

tastelifeUK

Balance Sheet as of 31st March

| | <u>2025</u> | <u>2024</u> |
|---|----------------|---------------|
| | <u>£</u> | <u>£</u> |
| <u>The Assets and Liabilities of the Charity</u> | | |
| <u>Fixed Assets</u> | | |
| Tangible Fixed assets | - | - |
| Investments | - | - |
| Total Fixed Assets | - | - |
| <u>Current Assets</u> | | |
| Cash at bank | 118,118 | 46,622 |
| Debtors | - | - |
| Total Current Assets | 118,118 | 46,622 |
| <u>Creditors</u> | | |
| Amounts due within one year | - | - |
| Net Current assets | 118,118 | 46,622 |
| Total Net Assets | 118,118 | 46,622 |
| <u>Reserves</u> | | |
| Reserves | 118,118 | 46,622 |
| Unrestricted income funds | - | - |
| Total Charity Funds | 118,118 | 46,622 |

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Signed



Peter Jackson - Treasurer TastelifeUK

Date: 21/7/2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

tastelifeUK

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1158516

Set out on pages

14-15

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

A. Rogers

Date:

22-7-25

Name:

David Rogers

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

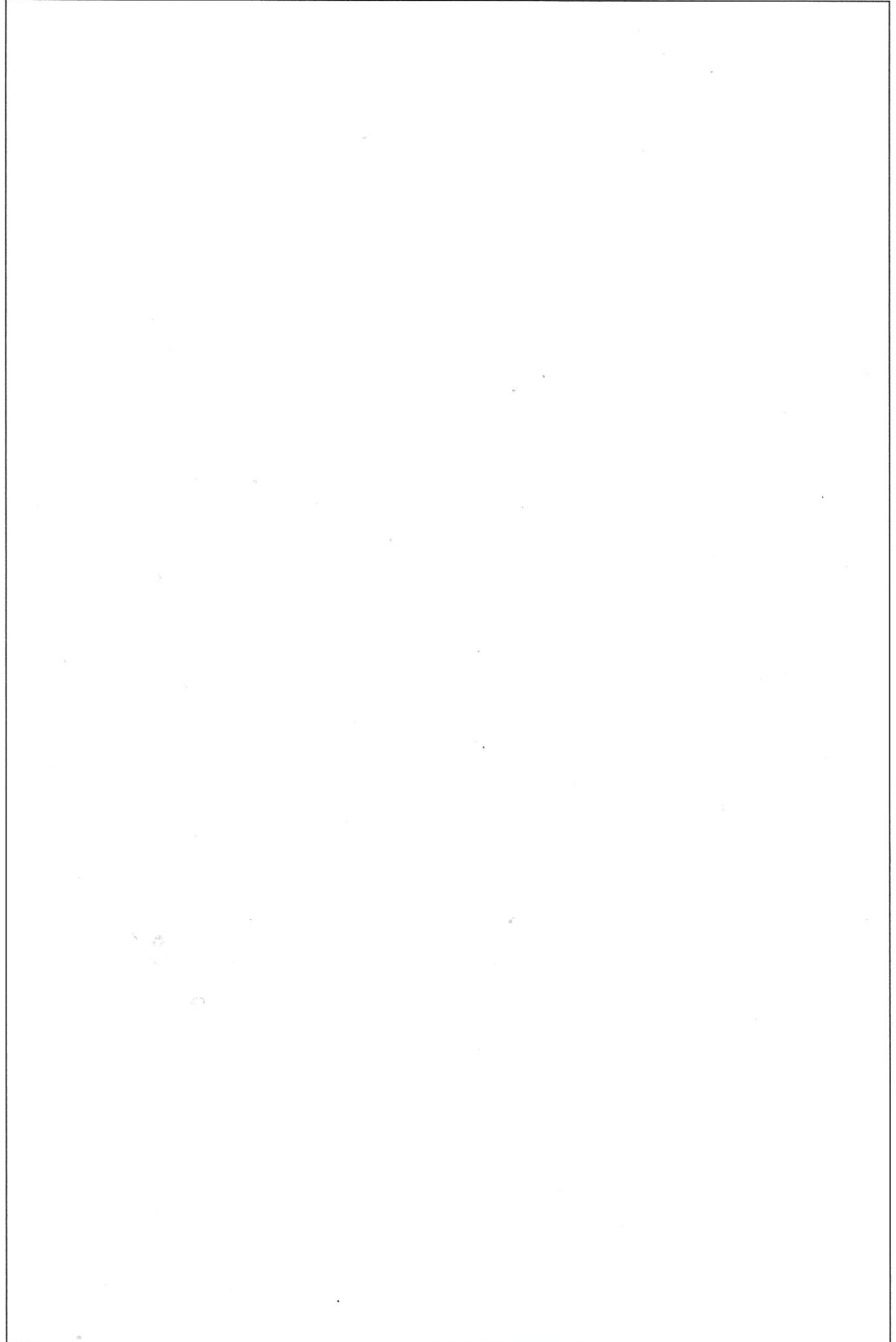
Bernard Rogers & Co

Bank Gallery, High Street

Kenilworth, CV8 1LY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



TASTELIFEUK

England & Wales - Charity number 1158516

Accounts

Welcome
from
tastelifeUK

Annual Report 2023 - 2024

Registered Charity 1158516



Talking about eating disorders

Eating disorders are hard to talk about. Whether we are directly affected by them, supporting someone who is, or just interested, the words are hard to voice. With eating disorder statistics showing no signs of abating, tastelifeuk prioritises giving people the opportunity to talk about eating difficulties - and recover from them.

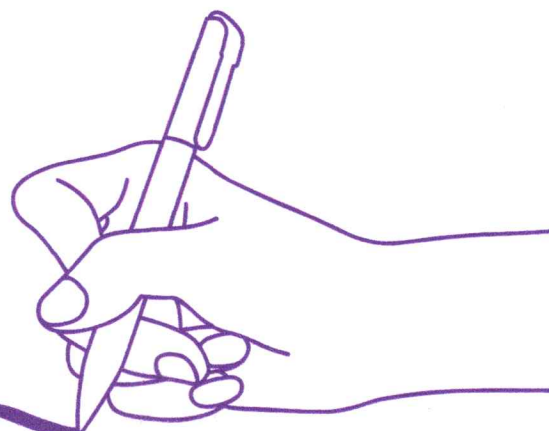


We do this in a variety of innovative ways. For young people, it is often through giving them the language to use, alongside the understanding of what eating disorders are, or are not, and how to avoid them. For those on our recovery courses, whether adults or younger, we create safe, non-judgmental spaces where they can find the words for their struggles and concerns - often for the first time - and talk about new ways ahead. Then for those who attend our training and teaching, it's a mixture of all the above, plus supplying them with current education and great resources.





We are committed to talking about eating disorders and changing the story for the better. Welcome to our 2023-2024 report.



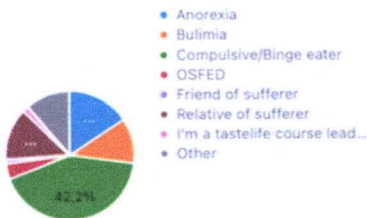
www.tastelifeuk.org



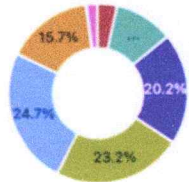
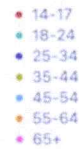
Executive summary

| tastelife | | 2023/24 | 2013-2024 |
|--|----------------|---------|-----------|
| Community Recovery Course | | | |
|  | Courses | 20 | 244 |
|  | Participants | 236 | 2390 |
|  | Friends/family | 30 | 287 |
|  | Male | 17 | 163 |

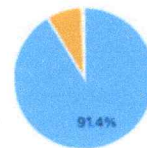
Eating disorder ratio of participants on our waiting list




Participant age range



Gender of people allocated from waiting list from 1 April 23 - 31 March 24





TASTELIFE YOUTH TRACK

UNDERSTANDING EATING DISORDERS

| | |
|----------------|--|
| 11,000+ | Young people have access to Youth Track with education about eating disorders. |
| 100% | Students improved their understanding of eating disorders |

See our 10 year Impact Report for more! Contact us for your free hardcopy or download via www.tastelifeuk.org

Why we need to talk about eating disorders – the national challenge

The problem and the solution

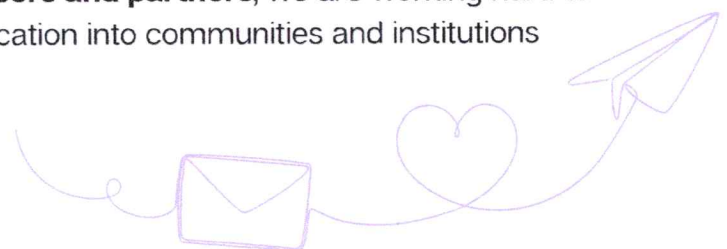
There is a **gap in care** for, and general public understanding of, eating disorders, despite increasing government recognition of the importance of Mental Health, and associated funding. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. With **eating disorders on an increasingly alarming rise**, all effective help is welcome. Statistics from Royal College of Psychiatrists record an 84% rise in hospital admissions in the last five years reaching a total of 24,268. These are just the people who are ill enough to be hospitalised. Those receiving other treatment have increased by two-thirds since before the Covid pandemic. A vast swathe of people are affected by eating disorders, and do not qualify for statutory care, with estimates ranging up to 11% for young girls, and 10% for 48-year-old women. At the same time, it is estimated that 25% of those directly affected are male, and that this is the fastest growing statistic. Added to this, there is limited training for GPs who, for example, tend to focus on re-feeding and weight restoration. IAPT, GP surgeries and caring agencies refer to tastelife; and many others self-refer.

As a **powerful, pertinent and timely response** to this eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course, online and face-to-face. This welcome, targeted resource has effective tools for support and recovery, for those affected and those who care. It is non-threatening, educational and encourages a self-help approach that really works, creating a safe, learning environment for all to come together. The material is relevant for most life-stealing eating issues, with all material accredited by the University of Brighton Health Sciences, and Open College Network, London. tastelife resources complement NHS and other statutory services and fill the gap in support and treatment for eating disorder sufferers in England and Wales, as well as for those who care for them. They are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities, and online.

tastelife is also committed to **prevention of eating disorders**, through understanding and awareness, via its popular Youth Track for young people in schools and youth groups. This 3-session, adaptable resource is being used to educate and arm young people against developing eating disorders, and as a first-response intervention tool.

Our **external teaching programme** was launched in response to requests for education around eating disorders, for the many professionals and bodies who want to understand and respond well to those affected, whether in the workplace or community, home or friendship circle.

Together with the **growing tastelife team of volunteers and partners**, we are working hard to get the community course, the Youth Track and education into communities and institutions around the country.



Expanding from COVID to break the taboo around eating disorders

As the tsunami of mental health issues in the wake of Covid has continued this year, tastelife has been expanding to respond to the challenge. As ever, our priority has been our focus on people, in line with our values - **Caring, Resourceful, Professional and Fun.**

Caring

- **The Community Course Hybrid** – we continue to offer the community course **both online and onsite.** For some, engaging online is an advantage...it seems less threatening, gives people a greater sense of control, and they don't have to travel. For others, both leaders and participants, the chance to be together again in the same space is definitely preferable. **Either way,** the course takes all on a journey of learning about what eating disorders really are, how to move beyond them into experiencing life and health and how to be equipped with the tools to do that. **GP surgeries, local eating disorder services and social prescribing** continue to refer people to tastelife. The vast majority who attend make measurable progress, whether affected directly by eating disorders, or learning how to support someone who is.
- **Pilot of the HUB delivery for the Community Recovery Course.** Exciting plans are afoot for a new style of online Course. Building on our successful online group courses, the Hub will use central delivery of educational elements of the course, while using breakout rooms for the interactive and personal times. It is hoped that this will lift the lid on numerical restrictions, and offer the course to many more people... Watch this space.
- **Training volunteer Course leaders.** This year we have had the privilege of welcoming and training 27 new leaders to facilitate the Community Recovery Course on our **2-day training** – twice online and once in person. As they launch in to caring for others in leading courses, they are ably supported by our Network Team, who offer full assistance via email, phone calls and resources. Ongoing research and information about eating disorder issues are disseminated via the Course Leaders Area online, which is specifically for leaders.
- **Youth Track.** Our Recovery Course leaders have free access to this, and some take it into schools or youth groups, offering realistic, effective care to young people, plus parents and school staff.

'The kindness, understanding and compassion of the leaders was so appreciated.'

Course participant

Expanding from COVID to break the taboo around eating disorders

Resourceful

- **Education.** Under the banner of our growing Education stream, tastelife has offered bespoke teaching about eating disorders to organisations and institutions. These include church leaders, online training for youth leaders, seminars at public summer conferences and national youth conferences. We also offer help and hope to all via our marketplace stands.
- **Youth Track impact.** Interest in our current Youth Track continues to grow among schools at KS3 and youth groups. In line with our aspirations to stop eating disorders at source by educating young people to avoid them, it teaches them the truth about eating disorders; how to handle social media positively; positive coping mechanisms; creating a healthy body image; and how to help themselves or others. We are responding to new priorities in education by developing a first-intervention resource for young people in partnership with Gavin Crisp, Senior Lecturer at Exeter University. In response to demand, this year we published:

Food, Feelings and Faith, a new version of the Youth Track tailored for Christian context. We launched this at the National Youth Ministry Weekend in Birmingham, then online at a free webinar for youth leaders that included training and attracted 76 attendees. We also created a resource, 'What does God think about eating disorders?' in response to this question, which we are asked frequently.



- **Youth Track feedback.** 42% increase in confidence/knowledge of eating disorders; 36% increase in ability to spot the signs of potential eating disorder; 69% increase in knowing what to do if experiencing problems with eating, or seeing this in someone else.

- **Podcasts.** Our podcasts have been downloaded 750+ times, and get great feedback. The episodes cover a range of topics like the impact of eating disorders on parents, midlife, the sporting world, self harm, social media and what faith can offer towards recovery. These have been made possible by the generous donation of time and expertise of Amy and Simon Sleath of Fuzbox studio.
- **Radio.** The team continues to respond to requests for radio interviews on personal experience of eating disorders, and general information.
- **Online learning.** Developed for Birmingham Diocese staff, launching in late 2024; an example of our good relationships with church networks.
- **Social Media.** Our Tiktok, Instagram and Facebook accounts inform, inspire and encourage those interested in the world of eating disorders. In this way, we counteract the unhelpful, misleading and frankly dangerous content about the subject that is so easily found online.



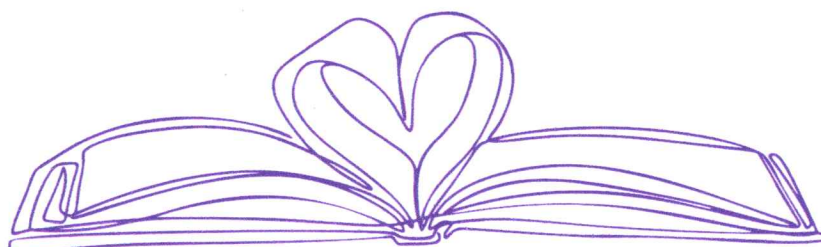
Expanding from COVID to break the taboo around eating disorders

Professional

- **Research team with Coventry and Worcester Universities.** Our research paper is now published in the Journal of Spirituality and Health [here](#), and will be presented at conference next year. Ongoing resources for the medical, faith-based and church communities are being prepared to bring positive changes in dealing with those affected by eating disorders. Next in line is research into Chaplains in healthcare and pastoral settings, to explore the extent to which they consider themselves equipped to respond well to eating disorders.
- **Community Recovery Course.** We continued our commitment to updating the contents of the Course this year, plus supplying additional resources online.
- **NHS.** We so enjoy working alongside the NHS whenever we can. NHS staff number in our trained leader cohort; we also provided bespoke training for Coventry and Warks ED services .
- **OCN London Accreditation.** All our resources continued to be accredited this year.
- **Charity stability.** Consolidating processes and ensuring a stable core to the charity's structures are always prioritised, to support expanding our reach with eating disorder help. Our IT and communication processes are under constant review so they are effective and straight forward for users.
- **External education.** Our growing Education stream has offered bespoke teaching about eating disorders to organisations and institutions, both online and in person. These include Bristol Baptist College, Relational Hub and a raft of webinars. We participated in public conferences with seminars too, together with offering help and hope to all via our marketplace stands.

Fun

- **Leaders' Day.** While some may find this value a surprise, it is very important to include in our approach to the serious and difficult world of eating disorders which so easily pulls people down. We recommend a light touch as much as possible, while treating all situations with the gravity they deserve. Leading a Recovery Course is no small task, so our annual day for Leaders restores some of the balance, upskills the Leaders and gives space for networking.
- **Unity and Vision Day.** The above applies to the trustees and team too, and our annual autumn get-together in real time and space is encouraging and uplifting for all. While we wrestle with future steps and our wish list, we also value each other's companionship and include good food, reflection and humour along the way.
- **Team spirit.** Our Tuesday meetings include an element of fun to ease us through the week.

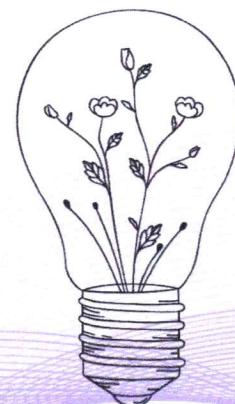


Kate's Story



In rural Northern Ireland, there is nothing like the tastelife course. It is amazing to see how it is meeting a huge need; people get so much out of it, not to mention the incredibly strong friendships that result from sharing experiences together. I recently trained as a leader and am now equipped and excited to be leading our next course!

I had previously been a helper on the course, and after training, I feel completely ready to support people on their journey to full recovery from eating disorders. I have seen how the course moves people from despair to a place of hope, greater knowledge and a community that gives and receives support. I have also been able to share my own experiences of an eating disorder, and have found so much joy in giving belief to others that full recovery is possible. During Eating Disorders Awareness Week in February, myself and another leader had the opportunity to visit a local secondary school and deliver an assembly to 150 pupils in Year 7. We then returned after Easter to deliver tastelife's Youth Track material! It is amazing to be in a position to give these teenagers the understanding and tools to prevent any food-related issues that they may encounter now or in the future. Prevention is better than cure, they say, and it is the truth! I can't wait to be part of changing more lives in my community.



Celebrating 10 years!

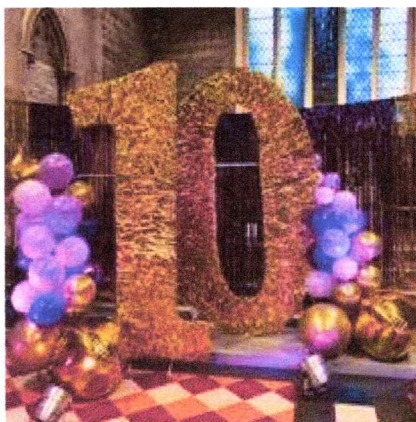
Thank you to...

- Our temp Laura Kyte who compiled our **Impact Report**, celebrating the difference that tastelife has made to so many lives. See it [here](#), or ask us for a copy.
- Our **incredible supporters, both personal and grants and trusts**. We literally would not be here without you. We are so grateful for all you give to help us help others. This year, we would like to highlight The 29th May 1961 Charity, The Albert Hunt Trust, The Beer-Harris Memorial Trust, Ecclesiastical (Movement For Good), The Belstead Ganzoni Charitable Settlement, Gowling WLG (UK) Charitable Trust, The John Mason Family Trust, Norman Whiteley Trust, The Archer Trust, G M C Trust, William A Cadbury Charitable Trust, and The Trevor Catchpole Memorial Trust. Special gratitude to all those who contributed to the Big Give Christmas Campaign, whether as pledgers to make the magic happen, or donors during the live Campaign week in December.

We are keen to extend the community-focused partnership opportunity that tastelife provides to as many relevant trusts and foundations as possible, and would like to see this aspect of our funding advancement grow in coming years.

Calling all businesses! If you have an ESG (formerly CSR) programme and would like to fund us tax efficiently or support tastelife with gifts-in-kind, please do get in touch!

- All who made possible our incredible **10-year Celebration Gala** in November. It was a truly exceptional occasion, which appropriately highlighted the milestones of tastelife's growth, from an idea in a kitchen in Southampton, to a national, influential and growing charity. Special thanks to Ruth Gass of Ruth Gass Design for her outstanding concepts and creativity, which invited the Gala guests in to a first class, sparkling evening of upmarket dining, dancing and delight. What a lovely way to raise funds and spread the word about tastelife.



Charity aims and objectives

Our Charity Aims and Objectives remain the same, as long as eating disorders continue to challenge good mental health.

As a registered charity that relies heavily on charitable donations, tastelifeUK will offer an expanding range of resources and services in the coming year. We are more than ever committed to bringing compassionate understanding and practical help to those who want it. We aim to do these more effectively than ever; targeting where they are most needed, and adapting our service delivery quickly and flexibly, especially when new opportunities arise.

- To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on Christian values, and open to all.
- To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.
- To advance the education of the general public in relating to those with eating disorders; and their carers.
- To develop further resourcefulness in response to the issues around eating disorders.
- To systematically assess and evaluate the outcomes and success of our courses.

'I am so sad the course is finishing, I've taken so much from it and could not recommend it highly enough'

Course participant

'As a man, I am aware there is a big stigma around men and eating disorders. I know how much I would have benefitted from hearing from a man who had come through an eating disorder, making my experience more relatable. It's really important for people not to be scared of talking about mental health because the only way forward is to share.'

Course participant

Our aspirations for 24/25

tastelife community courses for those who suffer and those who care: To continue to expand our reach with the tastelife recovery community course, both onsite and online. We aim to **double the number of courses**, which will offer much-needed help to **600 people** affected by eating disorders. We will do this by training at least 30 new leaders in the coming year through our OCN accredited training, AND, crucially, pilot the Hub delivery of the Course, accessible to 50 people at a time.

To expand our **support of all trained leaders**, by providing ongoing resources and upskilling opportunities, both in person and online.

To expand the rollout of our **preventative resource to reach a further 5,000+ young people**. The Youth Track is our response to the heightened need for mental health support caused by the Covid situation, including social media. There are a range of options for its use, and adaptation for early intervention where appropriate.

To continue to develop an **effective social media presence**, doubling our reach through an increase of likes and views. We offer helpful information about eating disorders to all ages, with a particular emphasis on young people, in order to arm them against them.

To continue our plans for an interactive portal of resources for all those interested in responding well to eating disorder issues, wherever they are.

To hold one external teaching session per month, especially within the workplace environment, helping people to understand the issues around eating disorders and how to respond well to them. To research the potential for a **one-lesson-per-year version of the Youth Track** - targeted for primary and secondary learning contexts.

To continue to **respond appropriately and creatively to the Covid legacy**, with targeted resources for those within and outside the tastelife community.

To continue to explore sources of **ongoing financial support** both via grants and regular giving, in order to support our expanding vision.

To expand our **collaborative working** with other eating disorder charities, such as BEAT UK.

To continue our **liaison with the NHS and CAMHS**: through referrals and links in communities where the tastelife course is running; through planning for training of CAMHS staff to run the tastelife course internally, initially in Coventry and Warwickshire; and through piloting the Youth Track in local schools.

To host tastelife **information-and-help stands** at events and conferences, averaging two per quarter. To continue stream-lining our **data processing** and daily systems to ensure sustainability and fast response times to enquiries.

Team and trustees

The tastelife team and trustees continue to work with passion and commitment, dedicated to bringing life-changing help and hope to as many people as possible, who are struggling with the nightmare of eating disorders. The team was boosted this year by an intern, and a specialist in regular giving.

Trustees who served during the year were as follows:

Richard Mason - Chair

Zoe Mason (previously Macnaughton) - Youth and Social Media - Trustee

Bob Dudley - Secretary

Dr Ros Simpson - Training and Medical Advisor (resigned June 2024) - Trustee

Joanne Hurst (previously Porter) - Assistant Professor in Occupational Therapy - Trustee

Debbie Niblett - Trustee

Peter Jackson - Treasurer - Trustee.

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary. The trustees give valued support to the CEO, Operations Coordinator, Key Trainer, Network Coordinator, Youth Track Coordinator and Communications Coordinator; and regularly revise and update the governance policies, including Risk and Safeguarding. Our Safeguarding Lead has updated policies and training for team and trustees, plus included safeguarding training for our Course leaders, all of whom are DBS checked. We have signed up to the safeguarding service 31.8. The trustees are committed to ensuring that our services are effective.

The Trustees have considered the requirements of Public Benefit as defined by the Charities Act 2011 (as amended), as follows:

- tastelifeuk's work is beneficial in a way that is identifiable and capable of being proved by evidence. It is not based on personal views and is externally accredited. We are careful to ensure that no detriment or harm results from our charitable purpose, whether to people, property of the environment. Our courses, resources and support benefit the public in general to the extent that mental health eating disorder sufferers are deemed a sufficient section of the public, as defined by our purpose and governing constitution. Our work does not give rise to any incidental personal benefit outside of the charitable objects of our work.

As part of their work throughout the year, the Trustees have continued to conduct reviews and make informed decisions in respect of the following, which is not exhaustive:

- **Financial controls**, to ensure all record keeping is timely, accurate and regularly reported upon, that fraud risk is minimised and good value for money obtained.
- **HR Management**, including specialist support for employment matters during the transition to a paid staff establishment.
- **Risk Management**, including updates to the risk register which shows key risks, likelihood and impact, and the steps taken by management in mitigation of these risks.
- **Statutory** (e.g. Safeguarding) and other key policies, to ensure they are up to date and implemented through effective procedures and ongoing staff and volunteer training.
- **We are committed to maintaining a modest restricted reserve** to safeguard the future of the entity or, in the event of some catastrophe, to ensure timely and effective winding-up of the entity including any staff payments legally due and the settling of all outstanding bills.

Team and trustees

Recruitment of Trustees

The Code of Conduct for the Voluntary and Community Sector includes the principle that 'trustees should have a diverse range of skills, experience and knowledge needed to run an organisation effectively' and that 'trustees should ensure that they received the necessary induction, training, and ongoing support they need to discharge their duties'.

The Trustees of tastelifeUK will ensure that there is a balanced representation of skills amongst the Trustees to help ensure that the operation of the charity operates in a professional and responsible manner. These skills include management, medical and finance.

Potential trustees are invited to attend a trustees meeting to gain an understanding of the day to day responsibilities and also meet separately with the Chair of Trustees to discuss suitability etc.

Collectively, the trustees decide on whether to appoint a new trustee based on their experience and suitability and also provide support to the new appointee on an ongoing basis.

The Trustees are constantly seeking potential candidates from their contacts and professional people who are in the community that tastelifeUK works with.

Financial Review 12 months to 31st March 2024

tastelifeUK, commonly known as tastelife, is a Charitable Incorporated Organisation operating throughout England and Wales.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts on a receipts and payments basis.

Volunteers

The charity makes use of volunteers. These contributions cannot be economically quantified and these services are therefore not recognised in the financial statements.

Staff Numbers

The charity employs a number of staff to develop programmes, manage courses and to provide expertise in eating disorder matters.

Average Monthly FTE equivalents are as follows:

12 months to 31 March 2023 2.8

12 months to 31 March 2024 3.2

Banking

During the year the charity in common with a number of other charities (as reported in a number of press articles) encountered difficulties in operating its bank accounts at Barclays Bank. As a result of these difficulties the Trustees decided that it was appropriate to move the majority of the charities banking activities to CAF Bank. All disbursements require 2 approvals.

2024 vs 2023 Variance analysis

Review of key variances 12 months to 31 March 2024 vs 2023

| 12 Months ended 31st March | 2024 | 2023 | Variance | | Comments |
|----------------------------|---------------|---------------|---------------|--------------|--|
| | £k | £k | £k | % | |
| Income | | | | | |
| Grants Received | 37.9 | 44.6 | (6.7) | (15%) | Lower income in current year |
| Fundraising by Supporters | 2.8 | 0.0 | 2.8 | - | Sponsored activities by supporters |
| Regular Donations | 13.8 | 13.2 | 0.6 | 5% | |
| One Off Donations | 13.6 | 5.2 | 8.4 | 162% | Significant one off donations in current year |
| Course Income | 3.7 | 4.4 | (0.7) | (16%) | |
| Youth Track Income | 3.5 | 0.7 | 2.8 | 400% | Sales of Youth Track FFF course packages in current year |
| Training Income | 2.5 | 7.6 | (5.1) | (67%) | Lower income in current |
| Other Income | 2.9 | 6.3 | (3.4) | (54%) | Lower Income in current year |
| Big Give | 32.2 | 25.6 | 6.6 | 26% | Successful income in current year |
| Gift aid | 8.5 | 4.9 | 3.6 | 73% | Prior year catch up in current year |
| Interest Income | 1.0 | 0.1 | 0.9 | 900% | Improved interest income on CAF accounts |
| Total Income | 122.4 | 112.6 | 9.8 | 9% | |
| Expenditure | | | | | |
| Payroll Costs | 110.4 | 84.1 | (26.3) | (31%) | Additional resource in current year |
| Compassionate Funds | 0.2 | 0.1 | (0.1) | (100%) | |
| Subcontractors | 3.8 | 4.4 | 0.6 | 14% | |
| Employee Expenses | 6.2 | 5.1 | (1.1) | (22%) | |
| Advertising/PR/Promotion | 0.8 | 0.9 | 0.1 | 11% | |
| Web Costs | 0.5 | 0.7 | 0.2 | 29% | |
| Course Costs | 0.0 | 0.0 | 0.0 | - | |
| Professional support | 1.6 | 2.4 | 0.8 | 33% | |
| Youthtrack non staff costs | 4.0 | 1.0 | (3.0) | (300%) | Materials and course dev cost |
| Training Expense | 3.2 | 3.1 | (0.1) | (3%) | |
| Course Delivery Costs | 1.0 | 0.8 | (0.2) | (25%) | |
| S/W Licenses | 3.8 | 3.5 | (0.3) | (9%) | |
| Event Expenses | 15.7 | 10.0 | (5.7) | (57%) | Additional current year activity |
| Fundraising | 6.0 | 5.9 | (0.1) | (2%) | |
| Misc Expense | 0.9 | 2.5 | 1.6 | 64% | |
| Bank and Payment Charges | 0.6 | 0.6 | 0.0 | 0% | |
| Governance | 1.0 | 0.0 | (1.0) | - | |
| Total Expenditure | 159.7 | 125.1 | (34.6) | (28%) | |
| Surplus/(Deficit) | (37.3) | (12.5) | (24.8) | | |

Reserves

After careful consideration the Trustees have concluded that the charity should aim to have minimum reserves (adjusted for a provision for downsizing and contracted obligations) which are the equivalent of between 3 and 6 months of (budgeted/forecasted) expenditure.

In situations where reserves fall below the 3 month level the trustees will carefully monitor expenditure levels and where appropriate take action to ensure that the charity can meet its ongoing financial obligations.

(note the reserves position has improved significantly subsequent to 31 March 2024).

The following chart summarises the reserves position as of 31st March:

| <u>Reserves</u> | <u>2024</u> | <u>2023</u> |
|---|-------------|-------------|
| 12 Months ended 31st March | <u>£k</u> | <u>£k</u> |
| Total Reserves | 46.6 | 83.9 |
| Add budgeted 3 months of recurring income | 3.0 | 3.0 |
| Deduct Grant income deferred to subsequent year | (5.5) | (19.1) |
| Deduct provision for committed expenditure and downsizing | (13.9) | (20.0) |
| Total available for subsequent 3 months | <u>30.2</u> | <u>47.8</u> |
| | | |
| Budgeted expenditure for subsequent 3 months | 39.2 | 39.9 |
| | | |
| Number of months | <u>2.3</u> | <u>3.6</u> |

In order to arrive at the Reserve available for subsequent 3 months the reserves are adjusted by the following items:

- estimated recurring income from no grant sources.
- grant income received for identified purposes.
- grant income received which unless received for identified purposes is considered to be for the benefit of 12 months following receipt.
- possible restructuring costs.

Fundraising

The charity is dependent on the generous support of individuals, companies and grant making bodies. In order to ensure that the charity is sustainable and to provide a platform for extending our services we retained the services of a professional fundraiser in January 2024. Whilst there were few results of his activities in the financial year in review there have been gains in the new financial year which have significantly impacted the charities available reserves.

Budget to 31st March 2025

The following table reflects the budget approved by the trustees. Our objective is to carefully manage income and expenditure in order to increase reserves by between £15k and £20k from 31 March 2024 levels. The first 5 months of experience from our fundraiser focus is that the budgeted amount for grants should be achievable. The budget expenditure includes the cost of additional resources to support course delivery in the later part of the year, however we will not add these resources if we expect the resulting expenditure would impact the sustainability of the charity.

Budget to 31 March 2025 compared to prior year actuals

| 12 Months ended 31st March | <u>2025</u> | <u>2024</u> | <u>Variance</u> | | <u>Comments</u> |
|----------------------------|--------------|---------------|-----------------|---------------|--|
| | <u>Bud</u> | <u>Act</u> | | <u>%</u> | |
| | <u>£k</u> | <u>£k</u> | <u>£k</u> | <u>change</u> | |
| <u>Income</u> | | | | | |
| Grants Received | 110.0 | 37.9 | 72.1 | 190% | Significant increase in grants due to fundraiser |
| Fundraising by Supporters | 3.0 | 2.8 | 0.2 | 7% | |
| Regular Donations | 13.2 | 13.8 | (0.6) | (4%) | |
| One Off Donations | 0.7 | 13.6 | (12.9) | (95%) | Less one-off donations budgeted |
| Course Income | 2.8 | 3.7 | (0.9) | (24%) | |
| Youth Track Income | 0.0 | 3.5 | (3.5) | (100%) | |
| Training Income | 0.0 | 2.5 | (2.5) | (100%) | |
| Other Income | 1.1 | 2.9 | (1.8) | (62%) | |
| Big Give | 40.0 | 32.2 | 7.8 | 24% | Increase in Big Give income |
| Gift aid | 1.1 | 8.5 | (7.4) | (87%) | Prior year included catchup for prior years |
| Interest Income | 0.1 | 1.0 | (0.9) | (90%) | |
| Total Income | 172.0 | 122.4 | 49.6 | 41% | |
| <u>Expenditure</u> | | | | | |
| Payroll Costs | 103.6 | 110.4 | 6.8 | 6% | Managing headcount |
| Compassionate Funds | 0.0 | 0.2 | 0.2 | 100% | |
| Subcontractors | 0.0 | 3.8 | 3.8 | 100% | |
| Employee Expenses | 9.2 | 6.2 | (3.0) | (48%) | Additional travel by employees |
| Advertising/PR/Promotion | 0.8 | 0.8 | 0.0 | - | |
| Web Costs | 0.6 | 0.5 | (0.1) | (20%) | |
| Course Costs | 0.0 | 0.0 | 0.0 | - | |
| Professional support | 15.4 | 1.6 | (13.8) | (863%) | Additional subcontracted services |
| Youthtrack non staff costs | 4.3 | 4.0 | (0.3) | (8%) | |
| Training Expense | 3.0 | 3.2 | 0.2 | 6% | |
| Course Delivery Costs | 1.6 | 1.0 | (0.6) | (60%) | |
| S/W Licenses | 3.3 | 3.8 | 0.5 | 13% | |
| Event Expenses | 6.3 | 15.7 | 9.4 | 60% | |
| Fundraising | 6.0 | 6.0 | 0.0 | - | |
| Misc Expense | 0.9 | 0.9 | 0.0 | - | |
| Bank and Payment Charges | 0.7 | 0.6 | (0.1) | (17) % | |
| Governance | 1.2 | 1.0 | (0.2) | (20%) | |
| Total Expenditure | 156.9 | 159.7 | 2.8 | 2% | |
| Surplus/(Deficit) | 15.1 | (37.3) | 52.4 | | |

Statement of Financial Activities

For the year ended 31st March 2024

2023/24

2022/23

£

£

Income and Expenditure

Receipts

Incoming Resources

| | | |
|--|--------|--------|
| Training Course Income | 2,489 | 7,620 |
| General Sales | 2,918 | 6,218 |
| Regular & One-Off Donations | 30,120 | 18,492 |
| Big Give Donations | 32,170 | 25,647 |
| Gift Aid on above Donations | 8,481 | 4,906 |
| Non-restricted grants | 18,500 | 40,088 |
| Course Income | 3,898 | 4,431 |
| Schools Work - Youth Track Grants and Income | 22,850 | 5,187 |
| Interest Received | 1,004 | 50 |

Total Incoming Resources

122,430

112,639

Expenses

Resources expended

| | | |
|-------------------------------|---------|--------|
| Cost of Charitable Activities | 106,414 | 89,870 |
| Cost of Covid 19 activities | - | - |
| Fundraising | 7,861 | 9,311 |
| Cost of Governance Activities | 1,407 | 256 |
| Network Growth and Promotion | 11,055 | 6,453 |
| Resources and Training | 3,875 | 4,028 |
| Schools Work - Youth Track | 29,095 | 15,247 |

Total Outgoing Resources

159,707

125,165

Net Movement in Funds

(37,277)

(12,526)

Funds Brought Forward

83,899

96,425

Funds Carried Forward

46,622

83,899

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet on the following page.

tastelifeUK

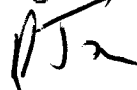
Balance Sheet as of 31st March

| | <u>2024</u> | <u>2023</u> |
|---|---------------|---------------|
| | £ | £ |
| <u>The Assets and Liabilities of the Charity</u> | | |
| <u>Fixed Assets</u> | | |
| Tangible Fixed assets | - | - |
| Investments | - | - |
| Total Fixed Assets | <u>-</u> | <u>-</u> |
| <u>Current Assets</u> | | |
| Cash at bank | 46,622 | 83,045 |
| Debtors | - | 854 |
| Total Current Assets | <u>46,622</u> | <u>83,899</u> |
| <u>Creditors</u> | | |
| Amounts due within one year | - | - |
| Net Current assets | <u>46,622</u> | <u>83,899</u> |
| Total Net Assets | <u>46,622</u> | <u>83,899</u> |
| <u>Reserves</u> | | |
| Reserves | 46,622 | 20,000 |
| Unrestricted income funds | - | 63,899 |
| Total Charity Funds | <u>46,622</u> | <u>83,899</u> |

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Signed



Peter Jackson - Treasurer tastelifeUK

Date: 21/1/25



Section A

Independent Examiner's Report

Report to the trustees

tastelifeUK

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1158516

Set out on pages

16-17

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

**Independent
examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did 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 accounts to be reached.

Signed:

D. Rogers

Date:

23-01-25

Name:

David Rogers

**Relevant professional
qualification(s) or body
(if any):**

ACA

Address:

Bernard Rogers & Co

Bank Gallery, High Street

Kenilworth CV8 1LY

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

TASTELIFEUK

England & Wales - Charity number 1158516

Accounts



**WELCOME TO THE TASTELIFE
ANNUAL REPORT 2022-2023**

FROM DI ARCHER, CEO

Fighting a national crisis

It is without doubt a privilege and a joy to work with tastelife, offering a new pathway into the future for so many who thought that there was no escape from the grip of eating disorders. Along with the encouragement of seeing lives impacted for the better, there is also the honour of meeting so many incredible people.



Making changes to our lives through fighting our mental battles, must be some of the biggest challenges we can face. My admiration for those who take on these journeys knows no bounds. The many supporters, friends and families, teachers and carers, professionals and colleagues who really care about understanding eating disorders, in order to respond well, have my utter respect. Those who give so generously, of finances or time or skills, show great belief that life should not be defined by eating issues.



Eating disorders try to steal life from us all; but together we will not be beaten.

Here is how that has been happening over the last year.

Executive summary

2021



25
courses



240
participants



37
were relatives
or friends of sufferers



7
were male

2022



29
courses



252
participants



35
were relatives
or friends of sufferers



25
were male

Our 10 year Impact Report is now available! Contact us for your free hardcopy or download via www.tastelifeuk.org

90%



of our courses and
resources are now
available online as well
as in person.

228



men and women have been
trained to become course
leaders in the last 10 years.

9,500+

people have been reached
with education about
eating disorders, through
conferences, seminars and
workshops.



1830+

people have
participated on the
community course.

The landscape of national challenges in eating disorders

The problem and the solution

As a powerful, pertinent and timely response to the eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course, online and face-to-face. This is proving to be a welcome, targeted resource with effective tools for support and recovery, for those who suffer and those who care. It is non-threatening, educational and encourages a self-help approach that really works. It creates a safe, learning environment for sufferers and carers to come together. The material is relevant for most life-stealing eating issues. Both the course and the training were accredited by the University of Brighton Health Sciences, and now Open College Network, London. tastelife resources are designed to complement NHS and other statutory services and fill the gap in support and treatment for eating disorder sufferers in England and Wales, as well as for those who care for them.

tastelife is also committed to prevention of eating disorders, through understanding and awareness, and to that end, created the popular Youth Track for young people in schools and youth groups. This 3-session, adaptable resource is being used to educate and arm young people against developing eating disorders, and as a first-response intervention tool.

In addition, we are developing our external teaching programme, as we respond to requests for education around eating disorders, for the many professionals and bodies who want to understand more, and provide better responses themselves to those around them who may be affected, whether in the workplace or community, home or friendship circle.

Together with the growing tastelife team of volunteers and partners, we are working hard to get the community course, the Youth Track and education into communities and institutions around the country.

The landscape of national challenges in eating disorders

cont.

There is a gap in care, and general public understanding of eating disorders, despite increasing government recognition of the importance of Mental Health, and associated funding. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. With eating disorders on an increasingly alarming rise, all effective help is welcome.

25%

of those directly affected by eating disorders are male

Statistics from Royal College of Psychiatrists record an 84% rise in hospital admissions in the last five years reaching a total of 24,268. **These are just the people who are ill enough to be hospitalised. Those receiving other treatment have increased by two-thirds since before the Covid pandemic. A vast swathe of people are affected by eating disorders, and do not qualify for statutory care, with estimates ranging up to 11% for young girls, and 10% for 48-year-old women. At the same time, it is estimated that 25% of those directly affected are male, and that this is the fastest growing statistic.**

Added to this, there is limited training for GPs who, for example, tend to focus on re-feeding and weight restoration. IAPT, GP surgeries and caring agencies refer to tastelife; and many others self-refer. An increasing number of those struggling with eating issues are accessing tastelife resources which are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities.

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

The tastelife response to the COVID legacy

Throughout 2022, it became apparent that, while pockets of Covid still existed around the UK, the increasing problem was the legacy it left behind. That fundamental emotional need for a sense of safety in the world had been scoured by the weeks of lockdown. This has affected all ages, but the young have been especially vulnerable. Gradually, the forecasted tsunami of mental health issues began to appear. Eating disorders did not escape – statistics indicate increasing levels among the population.

But tastelife was ready. With all tastelife services running successfully online, and a growing enthusiasm for meeting again in person, we have been able to reach out to yet more people with help and hope.

‘Recovery is totally within my reach’

Course participant

The tastelife offer: community course, Youth Track and teaching around eating disorders

The Community Course Hybrid – we continue to offer the community course **both online and onsite**. For some, engaging online is an advantage...it seems less threatening, gives people a greater sense of control, and they don't have to travel. For others, both leaders and participants, the chance to be together again in the same space is definitely preferable. **Either way**, the course takes all on a journey of learning about what eating disorders really are, how to move beyond them into experiencing life and health and how to be equipped with the tools to do that. **GP surgeries, local eating disorder services and social prescribing** continue to refer people to tastelife. The vast majority who attend make measurable progress, whether affected directly by eating disorders, or learning how to support someone who is.



While the Community Course will always be our 'flagship', it is being swiftly followed by our preventative resource, the **Youth Track**: a 3-session resource for schools and youth groups. See our update on pages 12-14.

Community Course Statistics

People signed up to the waiting list

306

People allocated to courses

224

Online courses

13

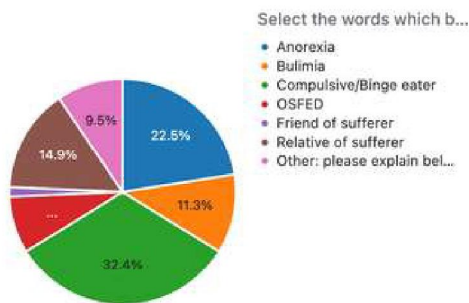
Face to face courses

13

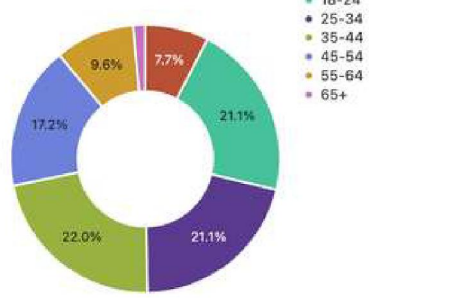
Total number of courses

26

Eating disorder ratio of participants on our waiting list

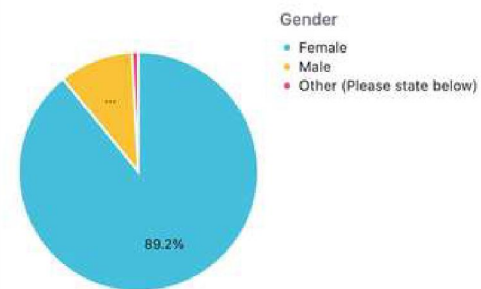


Participant age range



Gender of people allocated from waiting list from 1 April 22 - 31 March 23

Null Records are undisclosed gender



86% improvement in the recovery journey reported by course participants (since 2019).

'Caring for a daughter with an eating disorder is a scary task. On the course, I was able to talk with other mums in the same situation. My husband and I realised we were not alone, and felt reassured that we won't always get it right.'

Sarah, mother and carer

The tastelife DNA

1) Looking after people

We continue to provide the **personal, caring touch** to the way we relate to our participants, who can self-refer and sign up very easily for our recovery community course. We offer a phone call, liaison with the course leaders, and full materials for the duration of the course. These include motivational motets as well as full course notes.

In addition, we have begun a **full review of the tastelife course material** to ensure it incorporates current research and the most helpful concepts.

The tastelife website and social media – Facebook, Insta, and Twitter – were joined by **tastelife TikTok** this year. We are determined to speak truth about eating disorders into the very noisy online world, where it is all too easy to pick up myths and half-truths about these conditions. Our TikTok blends compassion with the encouragement that recovery is possible... in very entertaining ways with ever increasing popularity.

Creation of extra online material for the community course – for example, a **new introductory session and follow-on sessions** for monthly post-course meetings.

2) Looking after leaders

Training new course leaders – With successful online training now working well, we will offer both this and onsite training into the future, and our first post-lockdowns course ran in May 2022. We equipped **29** more leaders this year to run the tastelife community course. The training is suitable for those with related qualifications or involvement in health, education, social care, or pastoral ministry. Personal experience of eating disorders is also relevant for suitable volunteers as is the context where the course will be run. Of this number, following one-to-one consultations, **26 are already running courses or adding their support to teams already doing so.**

Our second **Leaders' Day**, which we combined with the **tastelife Gathering 3**, was a great success, again giving an opportunity for leaders who are flung far and wide around the UK to come together for fun, learning new skills, and trying out some new course material. We streamed the Gathering part online, with tabletop talks looking at eating disorders and their relationships with neurodiversity, social media and spirituality.

Hilary's Story



'I had just attended a seminar at a conference led by tastelife leaders. I turned to my friend at the end of it and said: 'I could do that!' Once retired, I threw myself into leading courses regularly from 2018; three in-person courses with follow ups, and the rest by Zoom.

With genuine fear and trepidation, I embarked on this technological journey, teaming up with others who had much more know-how than I did. The support from 'head office' was tremendous. I like to indulge in positive self talk to maintain a self-belief that 'I can do it.' Well, I have done it!

Sometimes, I have been tempted to think that I am a bit of a fraud because I have not had a personal experience of eating disorders. However, I know deep down that this has in no way prevented me from facilitating courses with all-important sensitivity. Having a close family member with mental illness has given me insight from various perspectives. I have learnt so much from exceptional people, both course participants and leaders, it really is a joy!

I understand the courage it takes to sign up for the course, let alone to see it through. Course participants can form a mini cheerleading team to help with this. For me, tastelife provides the 'we are all in life together' ethos; life is not easy, but we can overcome the challenges.'

3) Offering help and hope

Previews online – open lunchtime sessions to pop in and find out more about what training to run the tastelife course involves. Or more about the Youth Track.

Attending conferences and running public seminars, online and, increasingly, in person, with videos and information about eating disorders and our services. It's hard to know exactly, of course, but we have connected with hundreds of people this way. As the clear trend was towards meeting in person we attended Easter break and summer festivals, educational and youth events, with a wonderful range of conversations. It is always a privilege to offer encouragement and help to those affected by eating disorders who come to talk to us on our stands, or after our seminars.

We are often the only resource they have ever found.

External teaching - understanding eating disorders. The demand for our education modules around eating disorders continues to grow. We are so pleased about this – we really want to help people understand more, and be equipped to respond positively. In response to a steady stream of enquiries, we are offering online or onsite teaching workshops, seminars and webinars to colleges, groups and youth workers. For example, we conducted a full-day training for 16 youth leaders and family liaison officers working in schools in the Solihull area, equipping them to know how to respond to students and families who are facing eating disorders, and how to spot signs that a person might be affected.

Our second annual **Vision and Unity day for team and trustees** revealed passions among us that we aim to turn into further resources for recovery and prevention.

Further research in **collaboration with Worcester and Coventry Universities** continues around the subject of eating disorders and the impact of faith on recovery and experience. The outcomes of four focus groups have opened up conversations with:

- **Medical organisations** about how spirituality may affect those with eating disorders, and how they can facilitate the potential value of this.
- **The eating disorder community** about the varying impact of social media, how to embrace the good and avoid the unhelpful.
- **Faith-based organisations about eating disorders**, and how they can support people even better.

A highlight of early 2023 has been **the creation of our podcasts** – recorded by those who have been there and know what it's really like. These have been made possible by the generous donation of time and expertise of Amy and Simon Sleath of Fuzbox studio.

BBC and other radio stations continue to ask us for responses to latest eating disorder news; we have recorded interviews for them too.

4) Growing our impact

In order to grow the charity, three staff members have stepped into newly created leadership roles, which has enabled us to create a **Senior Leadership Team**, overseeing growth initiatives.

Consolidating and ensuring a stable core to the **charity's structures** have been a priority, in order to extend our reach, in response to the increasing need in the UK for eating disorder help. This includes a redesign of our database and digital systems for tastelife course participants and leaders. Our IT and **communication** processes are under **constant review** to ensure they are effective and straight forward for users.



We are planning a **Bumper Bursary year** to celebrate our 10th year of existence in 2023-2024 – offering a sliding scale of reductions to encourage more volunteers to access our course leader training; and then run the courses in the community. This is partly a response to our growing waiting list of participants, which sees just over one sign up per day.

A consultant has been advising us on **external communications**, again to extend our offering to those seeking assistance for eating disorders.

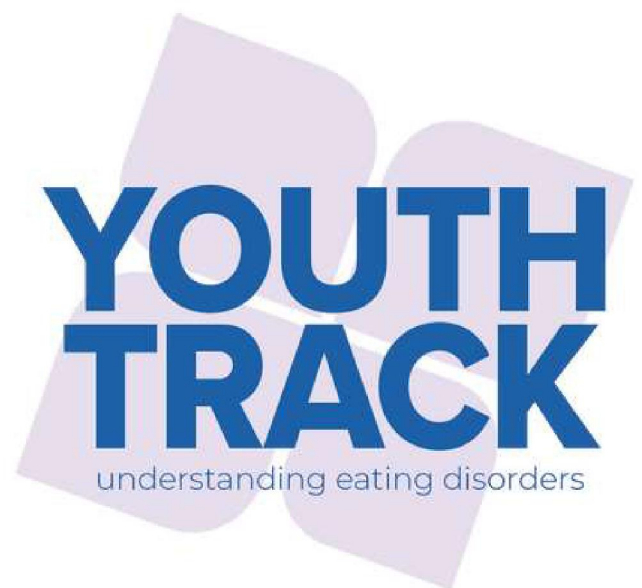
tastelife is the only charity that offers resources and courses for both those directly affected by eating disorders and their friends and family - all together

What about prevention? Can the tastelife Youth Track: 'Understanding Eating Disorders' stop eating disorders in their tracks?

Education about eating disorders, early intervention and prevention are at the heart of tastelife's vision for young people.

Eating disorders thrive on shame and secrecy, trapping young people into thinking that there is no way out. Our commitment to preventing this illness is a strategic move in the fight against the illness.

Our established resource Youth Track: 'Understanding Eating Disorders' continues to be used successfully in a variety of ways for KS3 and youth groups, including whole class sessions, small group sessions in schools and in one-to-one sessions for use by school pastoral staff.



'Lara* was barely engaging with medical services; it was a big concern. However, she engaged like never before with Youth Track in discussing her worries, thoughts and feelings around food.'

She opened up to the possibility of looking at food differently and then, over time, the healing could begin with the medical professionals who were trying to treat her.'

Ruth, Counsellor

New versions of Youth Track are being scoped out in response to demand from different sectors of society. In particular, we are looking at more targeted early intervention and a version for church youth groups and schools called 'Food, Feelings and Faith'. We remain committed to providing appropriate resources for as wide a spectrum of people as possible. The majority of our resources are suitable for all.



The purpose of all our resources for young people remains the same: to **prevent eating disorders from developing** in the first place, by:

- Learning the truth about eating disorders
- Handling social media positively
- Positive coping mechanisms
- Creating a healthy body image
- How to help yourself and others who are struggling

100% of students improved their understanding of eating disorders

10,000+ young people have access to Youth Track since 2019

Youth Track for you: A suite of resources now available for youth group leaders, school teachers and parents under the heading 'Eating Disorders in a Nutshell'.

Youth Track Database: Improving the Youth Track feedback systems and questionnaires.

Working with the NHS: We continue to work with the Mental Health in Schools Team in the Coventry and Warwickshire Partnership Trust, developing a model that will be replicable beyond this Trust, and available countrywide.

Teaching and Training: We have delivered bespoke online training sessions to a variety of organisations, including those who work with teenagers. We are continuing to grow our teaching resources, including the online training created for Birmingham Diocese which provides education on eating disorders for their youth leaders - and offers generic training for clergy and any pastoral staff.

What is the feedback on Youth Track?

Participant feedback has shown the impact to be overall positive and helpful:

- **General knowledge of eating disorders:** respondents reported a **42% increase** in their confidence/knowledge
- Being **able to spot the signs** of a potential eating disorder: respondents reported a **36% increase** in confidence/knowledge
- **Knowing what to do** if they were experiencing problems with their eating: respondents reported a **69% increase** in confidence/knowledge.

From this feedback we know that **Youth Track** works, is targeted and helpful.

'Could easily be used by any teacher, whether trained or untrained in eating disorders.'

Facilitator

'I can detect eating disorders now and know what to do if I experience it or meet someone who has a disorder.'

Young person

Thank you!

Our amazing funders and supporters

We have been thrilled by **positive, ongoing support** from a number of trusts and foundations, who have supported us on more than one occasion annually now. These include:

Gowling WLG (UK) Charitable Trust, The 29th May 1961 Charity, The Beer-Harris Memorial Trust, GMC Trust, Ecclesiastical, The Barbara Ward Children's Foundation, The Allen Lane Foundation, G J W Turner Trust and others.


We were also delighted to welcome **new funders** on-board for the first time this year, including Benefact Trust Limited, Norman Whiteley Trust, The James Tudor Foundation, The Roger & Douglas Turner Charitable Trust, The Alan Edward Higgs Charity, The Trevor Catchpole Memorial Trust and others, also.

The **Big Give Christmas Campaign** is our annual fundraising challenge. We are so grateful for those who support us in this, and for those who donate personally to tastelife, whether regularly, or one-off. We could not do what we do without you.



We are keen to extend the community-focused partnership opportunity that tastelife provides to as many relevant trusts and foundations as possible, and would like to see this aspect of our funding advancement grow in coming years.

Calling all businesses! If you have an ESG (formerly CSR) programme and would like to fund us tax efficiently or support tastelife with gifts-in-kind, please get in touch!



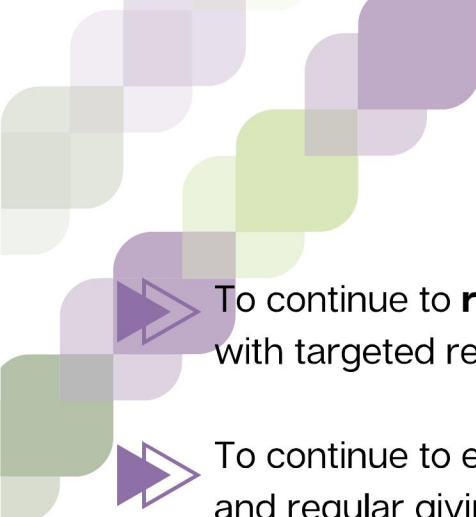
Our Charity Aims and Objectives remain the same, as long as eating disorders continue to challenge good mental health

As a registered charity that relies heavily on charitable donations, tastelife UK will offer an expanding range of resources and services in the coming year. We are more than ever committed to bringing compassionate understanding and practical help to those who want it. We aim to do these more effectively than ever; targeting where they are most needed, and adapting our service delivery quickly and flexibly, especially when new opportunities arise.

- To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on Christian values, and open to all.
- To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.
- To advance the education of the general public in relating to those with eating disorders; and their carers.
- To develop further resourcefulness in response to the issues around eating disorders.
- To systematically assess and evaluate the outcomes and success of our courses.

Our aspirations for 23/24

- **tastelife community courses for those who suffer and those who care:** To continue to expand our reach with the tastelife recovery community course, both onsite and online. We aim to **double the number of courses**, which will offer much-needed help to **600 people** affected by eating disorders. We will do this by training at least 30 new leaders in the coming year through our OCN accredited training.
- To expand our **support of all trained leaders**, by providing ongoing resources and upskilling opportunities, both in person and online.
- To expand the **rollout of our preventative resource** to reach a further 5,000+ young people. The Youth Track is our response to the heightened need for mental health support caused by the Covid situation, including social media. There are a range of options for its use, and adaptation for intervention where appropriate.
- To continue to develop an **effective social media presence, doubling** our reach through an increase of likes and views. We offer helpful information about eating disorders to all ages, with a particular emphasis on young people, in order to arm them against them.
- **To plan an interactive portal of resources** for all those interested in responding well to eating disorder issues, wherever they are.
- **To hold 1 external teaching session per month**, especially within the workplace environment, helping people to understand the issues around eating disorders and how to respond well to them.
- To research the potential for a **one-lesson-per-year version of the Youth Track** - targeted for primary and secondary learning contexts.

- 
- To continue to **respond appropriately and creatively to the Covid legacy**, with targeted resources for those within and outside the tastelife community.
 - To continue to explore sources of **ongoing financial support** both via grants and regular giving, in order to support our expanding vision.
 - To expand our **collaborative working** with other eating disorder charities, such as BEAT UK.
 - To continue our **liaison with the NHS and CAMHS**: through referrals and links in communities where the tastelife course is running; through planning for training of CAMHS staff to run the tastelife course internally, initially in Coventry and Warwickshire; and through piloting the Youth Track in local schools.
 - To host tastelife **information-and-help stands** at events and conferences, averaging 2 per quarter.
 - To continue stream-lining our **data processing** and daily systems to ensure sustainability and fast response times to enquiries.

'I am so sad the course is finishing, I've taken so much from it and could not recommend it highly enough'

Course participant

'As a man, I am aware there is a big stigma around men and eating disorders. I know how much I would have benefitted from hearing from a man who had come through an eating disorder, making my experience more relatable. It's really important for people not to be scared of talking about mental health because the only way forward is to share.'

Course participant

The tastelife team and trustees

The tastelife team and trustees continue to work with passion and commitment, dedicated to bringing life-changing help and hope to as many people as possible, who are struggling with the nightmare of eating disorders.

The team was joined by intern Carmen Williams this year, and Laura Kyte, who is doing a valuable short-term contract with us to get our regular supporters' programme up and running smoothly. Our impact report is now available via download on our website or as a hardcopy upon request. Please contact us to secure your free copy.



We hold dear the tastelife charity values of Caring, Resourceful, Professional and Fun as we relate to each other, and those we seek to benefit through our work. This is especially important as our team comprises a mixture of remote workers and inhouse team.

Our trustee and advisory board

Richard Mason - Chair

Zoe Macnaughton - Youth and Social Media

Bob Dudley - Secretary

Dr Ros Simpson - Trustee, training and medical advisor

Joanne Porter - Trustee, Senior Lecturer in Occupational Health

Debbie Niblett - Trustee

Peter Jackson - Treasurer

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary. The trustees give valued support to the CEO, Operations Coordinator, Key Trainer, Network Coordinator, Youth Track Coordinator and Communications Coordinator; and regularly revise and update the governance policies, including Risk and Safeguarding. To that end, we have appointed our Network Coordinator as Safeguarding Lead. She is putting into place updated policies and training for team and trustees, plus planning training for course leaders who are all DBS checked. We have signed up to the safeguarding service 31.8. The trustees are committed to ensuring that our services are safe and effective.

‘I once heard a lady say: “tastelife saved my life”. These are some of the most powerful four words I have ever heard. They opened my eyes to the huge impact that tastelife has on people’s lives.’

Richard Mason, Chair of Trustees

Governance

The Trustees have considered the requirements of Public Benefit as defined by the Charities Act 2011 (as amended), as follows:

tastelifeuk's work is beneficial in a way that is identifiable and capable of being proved by evidence. It is not based on personal views and is externally accredited. We are careful to ensure that no detriment or harm results from our charitable purpose, whether to people, property of the environment. Our courses, resources and support benefit the public in general to the extent that mental health eating disorder sufferers are deemed a sufficient section of the public, as defined by our purpose and governing constitution. Our work does not give rise to any incidental personal benefit outside of the charitable objects of our work.

As part of their work throughout the year, the Trustees have continued to conduct reviews and make informed decisions in respect of the following, which is not exhaustive:

- **Financial controls**, to ensure all record keeping is timely, accurate and regularly reported upon, that fraud risk is minimised and good value for money obtained
- **HR Management**, including specialist support for employment matters during the transition to a paid staff establishment
- **Risk Management**, including updates to the risk register which shows key risks, likelihood and impact, and the steps taken by management in mitigation of these risks.
- **Statutory (e.g. Safeguarding) and other key policies**, to ensure they are up to date and implemented through effective procedures and ongoing staff and volunteer training
- **We are committed to maintaining a modest restricted reserve** to safeguard the future of the entity or, in the event of some catastrophe, to ensure timely and effective winding-up of the entity including any staff payments legally due and the settling of all outstanding bills

TASTELIFEUK**Statement of Financial Activities**

For the year ended 31st March 2023

2022/232021/22

£

Income and Expenditure**Receipts****Incoming Resources**

| | | |
|--|--------|--------|
| Training Course Income | 7,620 | 4,569 |
| General Sales | 6,268 | 2,136 |
| Regular & One Off Donations | 18,492 | 19,983 |
| Big Give Donations | 25,647 | 25,606 |
| Gift Aid on above Donations | 4,906 | 2,938 |
| Non-restricted grants | 40,088 | 21,750 |
| Course Income | 4,431 | 3,438 |
| Schools Work - Youth Track Grants and Income | 5,187 | 21,000 |

Total Incoming Resources**112,639****101,420****Expenses****Resources expended**

| | | |
|-------------------------------|--------|--------|
| Cost of Charitable Activities | 89,870 | 53,164 |
| Cost of Covid 19 activities | - | 16,500 |
| Fundraising | 9,311 | 3,200 |
| Cost of Governance Activities | 256 | 725 |
| Network Growth and Promotion | 6,453 | 4,707 |
| Resources and Training | 4,028 | 2,243 |
| Schools Work - Youth Track | 15,247 | 10,921 |

Total Outgoing Resources**125,165****91,460****Net Movement in Funds****- 12,526****9,960****Funds Brought Forward**

96,425

86,465

Funds Carried Forward**83,899****96,425**

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet that follows

Balance Sheet

The Assets and Liabilities of the Charity

Fixed Assets

| | | |
|---------------------------|----------|----------|
| Tangible Fixed assets | - | - |
| Investments | - | - |
| Total Fixed Assets | - | - |

Current Assets

| | | |
|-----------------------------|---------------|---------------|
| Cash at bank | 83,045 | 95,855 |
| Debtors | 854 | 570 |
| Total Current Assets | 83,899 | 96,425 |

Creditors

| | | |
|-----------------------------|---------------|---------------|
| Amounts due within one year | - | - |
| Net Current assets | 83,899 | 96,425 |
| Total Net Assets | 83,899 | 96,425 |

Reserves

| | | |
|----------------------------|---------------|---------------|
| Reserves | 20,000 | 20,000 |
| Unrestricted income funds | 63,899 | 76,425 |
| Total Charity Funds | 83,899 | 96,425 |

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of

Signed



Peter Jackson - Treasurer TastelifeUK

24-Jan-24



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

TastelifeUK

**On accounts for the year
ended**

31st March 2023

**Charity no
(if any)**

1158516

Set out on pages

~~1-21~~ 22-23

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 /03 /2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

J. D. Groves

Date:

23/01/2024

Name:

J.D. Groves for and on behalf of FLEMORS & Co. Limited

**Relevant professional
qualification(s) or body
(if any):**

ACA, CTA

Address:

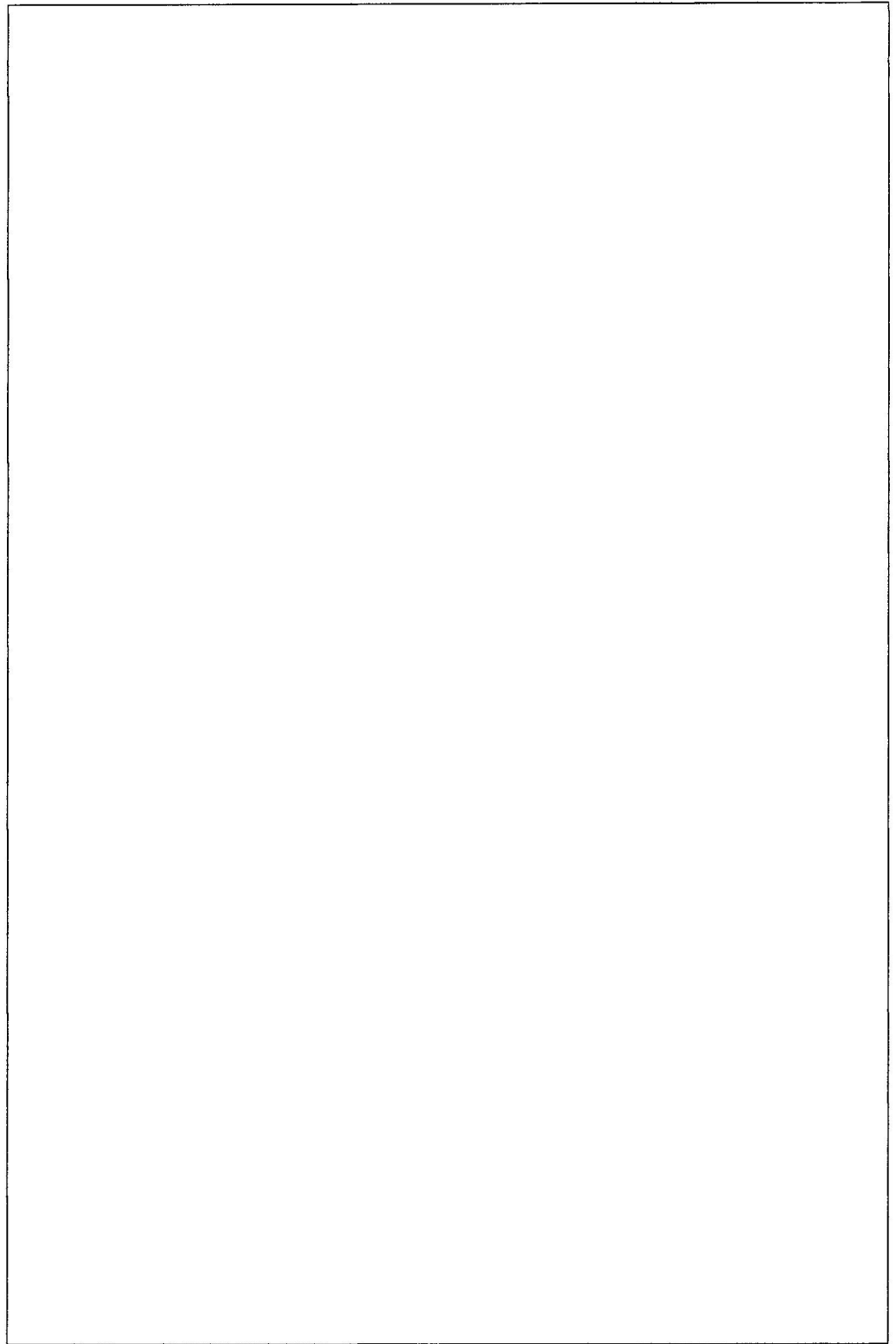
40 Priory Road

Kenilworth

CV8 1LQ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



TASTELIFEUK

England & Wales - Charity number 1158516

Accounts

The background features abstract geometric shapes in shades of green and purple. A large, light purple shape is in the top right, and a dark purple shape is in the bottom right. A green shape is on the left side, and another green shape is at the bottom left. The text is centered in the dark purple area.

WELCOME TO THE TASTELIFE ANNUAL REPORT FOR 2021-2022

FROM DI ARCHER CEO

OFFERING HOPE IN THE FACE OF EATING DISORDERS



Eating disorders promise so much – initially they make you feel better about your yourself, your life and your ability to cope with both. But they lie.

Through the traumatic experience of our daughters falling prey to their power, I discovered two things. One, eating disorders can be hell on earth, not just for those consumed by them, but also for surrounding family and friends. Two, eating disorders are tricky, especially as understanding and assistance are so limited.

WHAT DO WE DO?

In response to these discoveries, Jean Hart and I created tastelifeuk to support those in the middle of eating disorder issues, with help and hope for recovery.

The joy of finding that what tastelife offers brings real transformation to many cannot be overestimated. As a charity team, we would like to tell you how that has been happening over the last year 2021-2022.



I am looking at myself in the mirror again after years of not daring to do so...

COVID RESPONSE

As we have all been regularly reminded through increasing news coverage, Covid-19 has heightened the problems many people of all ages in the UK already had. For those with eating disorders, grappling with an unhealthy and often dangerous relationship with food, it has increased their vulnerability. And because eating disorder behaviour often begins as a way of coping with difficulties in life, those struggling are more, rather than less, likely to turn to their unhelpful food patterns. The need for tastelife services has never been greater.

The good news is that, with all tastelife services now running successfully online, we are reaching more people than ever before. This has resulted in a waiting list, with at least one person signing up every day. GP surgeries, local eating disorder services and social prescribing continue to refer people to tastelife. The numbers are below, but each one represents a precious, unique person who has had life-transforming tools and care offered to them:

325

People signed up to the waiting list

244

People allocated to courses

17

Online courses

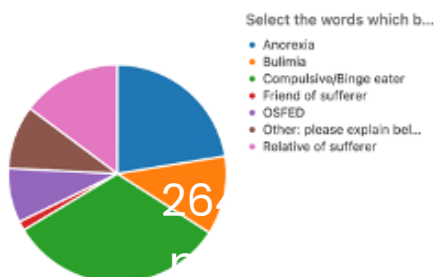
10

Face to face courses

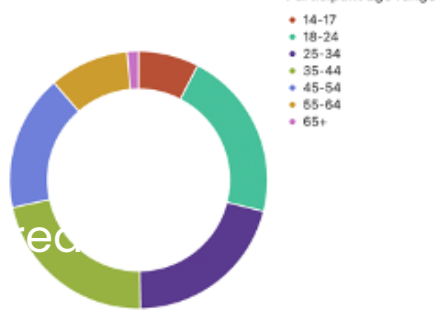
27

Total number of courses

Eating disorder ratio of participants on our waiting list



Participant age range



Gender of people allocated from waiting list in 2022



We ran our second successful online **tastelife Gathering**, our annual conference, for 85 people. The focus this year was on men and eating disorders, in response to recent statistics suggesting that 25% of those suffering are male, of all ages. **Rev Will van der Hart** fascinated all genders with his presentation on how men can differ in relation to eating issues; and **Hope Virgo** raised our hopes of better public awareness as she inspired us with her own story of lobbying and suggested ways for us all to get involved.

Continuing to provide Covid survival tips via our **website and social media** – targeted resources for those struggling to manage Covid and eating disorders – and indeed, for those just struggling with the former.

Creation of further **online material** for the community course – for example, a new introductory session and follow-on sessions for monthly post-course meetings. These will be incorporated into the onsite courses.

Plans are afoot for specialised tastelife community courses for specific groups – the **Men's Track** is being prepared, and ideas for **tastelife 4 teens**, as the presenting ages for eating disorders sadly become increasingly younger.

'I feel like a different person. I have hope now. I am ready to keep moving in the right direction.'
course participant

BEYOND COVID

And then vaccinations abounded, Covid started to abate, and we all crawled out of our lockdowns...

The **community course Online** – we continue to offer the community course online, for those around the UK who request it. We receive at least one sign-up for the course per day; our courageous trained course leaders continue to refine their online presentation skills. For some, engaging online is an advantage...it seems less threatening, gives people a greater sense of control, and they don't have to travel.

The **community course Onsite** – getting back to in-person course meetings is very popular with our leaders. Rooms are being booked, notes prepared and participants welcomed to discover in physical space just how much leaders care. The course takes all on a journey of learning about what eating disorders really are, and how to move beyond them into experiencing life again, equipped with the tools to do that. For some, being back face to face enables that so well.

Training new course leaders – With successful online training now working well, we will offer both this and onsite into the future, with our first onsite training planned for May 2022. We equipped 32 more leaders this year to run the tastelife community course. The training is suitable for those with related qualifications or involvement in health, education, social care, or pastoral ministry. Personal experience of eating disorders is also relevant as is the context where the course will be run. Of this number, following one-to-one consultations, 26 are already running courses or adding their support to teams already doing so.

ONLINE OPPORTUNITIES TO KEEP

Liaising with other organisations – much easier to do online. We continue to explore working together with other bodies in our field, and doing so where we can. For example, preparing for a new Peer Support Network in partnership with Options Wellbeing and trained tastelife leaders in Southampton.

Previews online – open lunchtime sessions to pop in and find out more about training to run the tastelife course. Or more about the Youth Track.

Further communications' tools via our **database and IT systems**, enabling faster signups and a better user experience for enquirers.

Consistent **social media presence**, especially on FB and Instagram. Designed to speak directly to those suffering with food issues, and others interested. With videos of real-life stories of recovery, straight-talking, tidbits of information, we are combatting the lies and pressure around body image and food, which is so often found in the marketplace that is social media. It is easy to find ideas for keeping an eating disorder going – we are speaking the truth about food and emotions, and that recovery is possible. Our following is growing.

Appearing **virtually at conferences**, such as local council online 'fairs', with videos and information about eating disorders and our services. It's hard to know exactly, of course, but we contacted hundreds of people this way.

Looking after our leaders. This year we launched a dedicated stream of webinars for the support and upskilling of our wonderful tastelife course leaders, with topics such as Group Facilitation, ARFID and Leadership. Without our leaders, we could not offer the help we do. As one participant put it:

'I couldn't have hoped or imagined to feel more known, cared for, or loved by the course leaders. Their kindness, wisdom, encouragement, and understanding was exemplary and without it, the course would have been a totally different experience.'

External teaching – understanding eating disorders in the workplace. In response to demand, we piloted a lunchtime webinar for WIN (Women Impact Network) in Fiserv, to provide education about eating disorders, and how to respond to them in the workplace. Over 90 people attended and their feedback indicated a need for this service. We aim to expand it in the coming months. We are also preparing learning teaching modules for church and youth leaders for the Diocese of Birmingham.

EMERGING FROM THE COVID SHELL

Just before the last Covid-inspired restrictions of 2021, we inaugurated an annual **Vision and Unity day for team and trustees**. It was a treat to be in the same air, and a chance to take stock and celebrate that we have been able to pivot so well over the last two years to respond to the increasing incidence of eating disorders.

What a relief to attend a ‘real’ event in November with our Youth Track (see below). Despite not being able to quite remember how to set up and run an information and help stand, it was a joy to talk face to face to delegates at Youthscape, **a resource event for youth leaders**. And we did have balloons...

Getting back to the office has been a culture shock in reverse for many, but we have been relieved to get together again. We have been able to develop swifter and smoother **IT solutions** for communicating with course leaders, and participants as a result. Being in the same space has inspired us to create a **series of podcasts**, due to launch in 2023, for those struggling with eating disorders, and those supporting them – recorded by those who have been there and know what it’s really like. These have been made possible by the generous donation of time and expertise of Amy and Simon Sleath of Fuxbox Productions. They are just the thing I would have wanted to listen to when my family were going through the nightmare of eating disorders, so they have the potential to bring real empathy and help to many.

BBC and other radio stations continue to ask us for responses to latest eating disorder news; we have recorded interviews for them too.

WHAT'S HAPPENED TO THE TASTELIFE YOUTH TRACK: UNDERSTANDING EATING DISORDERS?

It's been a big year for the Youth Track. Suitable for KS3 and youth groups, we are creating lots of new material and partnerships. As Covid has changed the landscape for the requirements for schools, we have been responding...

Interested teachers and youth leaders can find out more at via **lunch-hour online previews**. Linked to the emphasis on **good mental health**, and ticking the boxes for essential provision in schools, this resource is proving increasingly popular as it:

- Enables young people to **understand and steer clear of eating disorders**.
- Includes targeted **supplementary resources** for parents, youth leaders and teachers and tutorials for presenters.

The three sessions, provided on USB memory sticks cover:

- o Learning the truth about eating disorders
 - o Handling social media positively
 - o Positive coping mechanisms
 - o Creating a healthy body image
- o How to help yourself and others who are struggling

Youth track online: Youth Track sessions running online in conjunction with Alumina, a youth-focused mental health organisation. We have also recorded a podcast with them for our soon-to-be-released podcast series.

Youth Track for you: a suite of resources now available for youth group leaders, school teachers and parents.

Youth Track and NHS: we continue to work with the Mental Health in Schools Team in the Coventry and Warwickshire Partnership Trust, developing a model that will be replicable beyond this Trust, and available countrywide.

Youth Track and Diocesan Training : developing training with Diocese of Birmingham on eating disorders for their clergy, staff and youth leaders.

Youth Track Landing Page: a new, dedicated, mini website.

Youth Track Database: Improving the Youth Track evaluations' process.

WHAT'S THE IMPACT OF YOUTH TRACK?

Since its inception, **Youth Track has reached over 2000 young people** in schools and youth groups around the UK.

Participant feedback has shown the impact to be overall positive and helpful:

- Measuring their improvement in their **general knowledge of eating disorders**, respondents reported a **42% increase** in their confidence/knowledge
- Measuring their confidence in being able to **spot the signs** of a potential eating disorder, respondents reported a **36% increase** in confidence/knowledge
- Measuring their confidence to know **what to do** if they were experiencing problems with their eating, respondents reported a **69% increase** in confidence/knowledge

From this feedback, we are confident to recommend the Youth Track as effective, **targeted and empowering**.

YOUTH TRACK

understanding eating disorders



THE RESEARCH PROJECT – EATING DISORDERS AND SPIRITUALITY

The research team comprising representatives from Coventry and Worcester Universities and tastelife, have been writing up their research outcomes and hope to publish in the Autumn 2022:

- The main observation highlighted the vital importance of relational support, whether from faith, other people or the tastelife course.
- The second observation noted the centrality and complexity of personal faith.
- The third veered towards a conclusion that, despite some positives, for those with eating disorder issues 'social media should come with a health warning.'

Further accreditation

tastelife were delighted to achieve accreditation for its community course, training to run it and Youth Track material with OCN London (Open College Network). OCN now endorses these elements and will review them annually.



THANK YOU

OUR AMAZING SUPPORTERS

We are so very grateful for absolutely everyone who gives to help those suffering with eating disorders, through the tastelife charity. We could not continue without their support. From the young lad who gave us his pocket money, to the trained leader who sells homemade jam, to the most generous gifts from trusts and foundations, everything counts; everything makes a difference to someone. We are so grateful to WLG Gowling, Leathersellers, Ecclesiastical, John Mason Family Trust, Beer Harris, The 29th May Charitable Trust, William A Cadbury Trust, Barbara Ward Children's Foundation among others who have shared our journey of bringing hope and help to so many people.

THE TASTELIFE TEAM

Without the dedication of the tastelife team and trustees, tastelife would not be able to offer life-changing help to others... and we were delighted to welcome a new Administrator to the Network team this year. This new role is part of our commitment to supporting our trained leaders, ensuring they have the relevant resources and backup to run the tastelife course. This in turn enables the smooth running of the courses, and easy access to them.

Throughout the constantly changing backdrop to our lives over the last years of pandemic and slow emergence, the team have prioritised looking after each other as well as doing their jobs well. The tastelife charity values of Caring, Resourceful, Professional and Fun have been well in evidence, inhouse, and in how we relate to others.

FACING THE FUTURE

We are more than ever committed to bringing compassionate understanding and practical help to those who want it. The future looks daunting for many, and tastelife offers hope, support and effective tools to sufferers of all types of eating disorders, and those who support them. We are also determined to help young people avoid eating disorders in the first place, through the understanding provided in the Youth Track material.



'A HUGE THANK YOU!!! I truly believed that there was no way out of my Eating Disorder. I was on the verge of being hospitalised and had sadly accepted that anorexia was going to be a part of my life forever. After this course, I can wholeheartedly say that I do not feel this way any more- a MASSIVE part of that is down to tastelife. I cannot thank this amazing group of people and the inspiring leaders enough. I really feel I have some amazing strategies to manage my recovery and cannot believe how far I've come. THANK YOU!!!!!! xx'

TASTELIFE SUMMARY

Our Aims and Objectives remain the same, as long as eating disorders continue to challenge good mental health

To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on Christian values, and open to all.

To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.

To advance the education of the general public in relating to those with eating disorders; and their carers.

To develop further resources in response to issues around eating disorders.

To systematically assess and evaluate the outcomes and success of our courses.

As a powerful, pertinent and timely response to the eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course, online and face-to-face. This is proving to be a welcome, targeted resource with effective tools for support and recovery, for those who suffer and those who care. It is non-threatening, educational and encourages a self-help approach that really works. It creates a safe, learning environment for sufferers and carers to come together. The material is relevant for most life-stealing eating issues. Both the course and the training were accredited by the University of Brighton Health Sciences, and now Open College Network, London. tastelife resources are designed to complement NHS and other statutory services and fill the gap in support and treatment for those affected by eating disorders in England and Wales, whether personally or in support of friends, family or others.

TASTELIFE SUMMARY CONT'D

- tastelife is also committed to prevention of eating disorders through understanding and awareness, and to that end, created the popular Youth Track for young people in schools and youth groups. This 3-session, adaptable resource is being used to educate and arm young people against developing eating disorders, and as a first-response intervention tool.

Together with the growing tastelife team of volunteers and partners, we are working hard to get the community course and Youth Track into communities and institutions around the country.

There is a gap in care, and general public understanding of eating disorders, despite increasing government recognition of the importance of Mental Health, and associated funding. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. The average waiting time for waiting for eating disorder treatment is 176 weeks (Delaying for years, denied for months, Beat Eating disorders, 2017). Added to this, there is limited training for GPs who, for example, tend to focus on re-feeding and weight restoration.

Covid has only worsened these statistics. IAPT, GP surgeries and caring agencies refer to tastelife; as do many who self-refer. An increasing number of those struggling with eating issues are accessing tastelife resources which are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities.

OUR ASPIRATIONS FOR 22/23

- **tastelife community courses for those who suffer and those who care:** To continue our relaunch of the tastelife course in current and more centres, in order to achieve our vision of 50 tastelife centres around the UK in the next three years. This would mean the number of sufferers and carers who will be offered the help they need will reach 1,500. We will do this by training at least 30 new leaders in the next year.
- **Online courses:** To continue to offer online courses, for which we have a waiting list, to further our reach for the community course, and the training.
- **To expand our support of all trained leaders,** by providing ongoing resources and up-skilling opportunities, both in person and online.
- **To expand the rollout of our preventative resource, the Youth Track,** in response to the heightened need for mental health support caused by the Covid situation, including social media, a range of options for its use, and adaptation for intervention where appropriate.
- **To expand the reach of Youth Track to schools nationally** through the potential gaining of the PSHE Association's Quality Mark which would enable us to more easily reach all 3,458 secondary schools in England.
- **To continue to develop relationships with the NHS Mental Health in Schools teams** to adapt and deliver Youth Track workshops in the Coventry & Warwickshire Trust; and use the Youth Track in the remaining 3 MHSTs, **reaching a further 5,400 pupils per annum.** Then expand to other NHS Trusts in England reaching potentially tens of thousands of pupils.
- **To launch a church focused campaign to increase uptake of Youth Track** by church Youth Leaders.
- **To continue to develop an effective social media presence** that offers helpful information about eating disorders to all ages, with a particular emphasis on young people, in order to arm them against them.
- **To launch more resources online, to plug the gap for those looking for help and waiting for a course allocation, as an immediate lifeline and emergency support.** This will also suit all those interested in responding well to eating disorder issues, wherever they are.
- **To expand our external teaching especially within the workplace** environment, helping people to understand and respond to the issues.

OUR ASPIRATIONS FOR 22/23

- **To continue to scope out both a teenage version of the community course** and a primary school version of the Youth Track – the Kids' Track.
- **To continue to respond appropriately to the Covid legacy**, with targeted, creative resources for those within and without the tastelife community.
- **To continue to explore sources of ongoing financial support** both via grants and regular giving.
- **To continue collaborative working with other relevant charities and continue our liaison with the NHS and CAMHS**, through referrals and links in communities where the tastelife course is running, and training of CAMHS staff to run the tastelife course internally, initially in Warwickshire.
- **To host tastelife information-and-help stands** as that becomes increasingly possible.
- **To continue stream-lining our data processing and daily systems** to ensure sustainability and fast response times to enquiries.

'I have gained the ability to see that I am worthy of recovery, and deserve to live a fulfilling life. I now realise that there is so much more to me than my anorexia. I have gained the bravery and courage to take active steps towards genuine recovery finally.'

OUR TRUSTEES AND ADVISORY BOARD

Richard Mason - Chair
Zoe Macnaughton - Youth and Social Media
Bob Dudley - Secretary
Dr Ros Simpson - Trustee, training and medical advisor
Joanne Porter - Trustee, Senior Lecturer in Occupational Health
Debbie Niblett - Trustee
Peter Jackson - Treasurer

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary.

Chair Richard Mason's business background and no-nonsense approach is very welcome. We thank Zoe Macnaughton for her effective and encouraging stint as Acting Chair. Tanya Pengelly resigned - we are grateful that she kept us on track with safeguarding and finances. We record our thanks to Paul Archer for his support and expertise on community course development.

Under Richard's guidance, the trustees have moved the tastelife team from freelance to employment. As a statement of belief in the team's value, and as a commitment to sustainability, this is a welcome step for the charity

* anorexia, bulimia, binge eating and other related disorders (Hansard 14/02/2013). BEAT suggests anywhere between 1.25 million - 4 million sufferers. <https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics>. Accurate figures are hard to estimate, as so many people suffer in silence, and do not come forward for help. The pandemic has increased hospital admittance for eating disorders by 84%.

GOVERNANCE

The Trustees have considered the requirements of Public Benefit as defined by the Charities Act 2011 (as amended), as follows:

tastelifeuk's work is beneficial in a way that is identifiable and capable of being proved by evidence. It is not based on personal views and is externally accredited. We are careful to ensure that no detriment or harm results from our charitable purpose, whether to people, property of the environment. Our courses, resources and support benefit the public in general to the extent that mental health eating disorder sufferers are deemed a sufficient section of the public, as defined by our purpose and governing constitution. Our work does not give rise to any incidental personal benefit outside of the charitable objects of our work.

As part of their work throughout the year, the Trustees have continued to conduct reviews and make informed decisions in respect of the following, which is not exhaustive:

- **Financial controls**, to ensure all record keeping is timely, accurate and regularly reported upon, that fraud risk is minimised and good value for money obtained.
- **HR Management**, including specialist support for employment matters during the transition to a paid staff establishment.
- **Risk Management**, including updates to the risk register which shows key risks, likelihood and impact, and the steps taken by management in mitigation of these risks.
- **Statutory (e.g. Safeguarding) and other key policies**, to ensure they are up to date and implemented through effective procedures and ongoing staff and volunteer training.
 - **An increase to the restricted reserve** to safeguard the future of the entity or, in the event of some catastrophe, to ensure timely and effective winding-up of the entity including any staff payments legally due and the settling of all outstanding bills.

TASTELIFEUK
Statement of Financial Activities

for the year ended

31st March 2022

| | 2021/22 | 2020/21 |
|--|-----------------------------|-----------------------------|
| | £ | |
| Income and Expenditure | | |
| Receipts | | |
| Incoming Resources | | |
| Training Course Income | 4,569 | 6,280 |
| General Sales | 2,136 | 5,181 |
| Regular & One Off Donations | 19,983 | 23,648 |
| Big Give Donations | 25,606 | 19,753 |
| Gift Aid on above Donations | 2,938 | 2,900 |
| Non-restricted grants | 21,750 | 22,100 |
| Covid-19 Support Grants | 0 | 22,851 |
| Course Income | 3,438 | 3,288 |
| Schools Work - Youth Track Grants & Income | 21,000 | 22,246 |
| Total Incoming Resources | <u>101,420</u> | <u>128,247</u> |
| Expenses | | |
| Resources expended | | |
| Costs of Charitable Activities | 53,164 | 30,801 |
| Costs of Covid-19 activities | 16,500 | 22,365 |
| Fundraising | 3,200 | 5,470 |
| Cost of Governance Activities | 725 | 350 |
| Network Growth and Promotion | 4,707 | 1,626 |
| Resources and Training | 2,243 | 1,634 |
| Schools Work - Youth Track | 10,921 | 8,186 |
| Total Outgoing Resources | <u>91,460</u> | <u>70,432</u> |
| Net Incoming Resources | <u>9,960</u> | <u>57,815</u> |
| Net movements in funds | <u>9,960</u> | <u>57,815</u> |
| Total funds brought forward | <u>86,465</u> | <u>28,650</u> |
| Total funds carried forward | <u><u>96,425</u></u> | <u><u>86,465</u></u> |

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet that follows

TASTELIFEUK
Statement of Financial Activities
as at 31st March 2022

| Balance Sheet | 2022 | 2021 |
|--|----------------------|----------------------|
| | £ | £ |
| The Assets and Liabilities of the Charity | | |
| Fixed Assets | | |
| Tangible Fixed Assets | 0 | 0 |
| Investments | 0 | 0 |
| Total Fixed Assets | 0 | 0 |
| Current Assets | | |
| Liabilities | 570 | 904 |
| Cash at bank | 95,855 | 85,561 |
| Bad Debt write off | | |
| Total Current Assets | 96,425 | 86,465 |
| Creditors | | |
| amounts due within one year | 0 | 0 |
| Net Current Assets | 96,425 | 86,465 |
| Total Net Assets | <u>96,425</u> | <u>86,465</u> |
| The Funds of the Charity | | |
| Reserves | | |
| Reserves | 20,000 | 6,400 |
| Unrestricted income funds | | |
| Unrestricted revenue accumulated funds | 76,425 | 80,065 |
| Total Charity Funds | <u>96,425</u> | <u>86,465</u> |

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Signed:



Bob Dudley
 On behalf of Treasurer



Section A Independent Examiner's Report

Report to the trustees/ members of

On accounts for the year ended Charity no (if any)

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed: Date:

Name:

Relevant professional qualification(s) or body (if any):

Address:

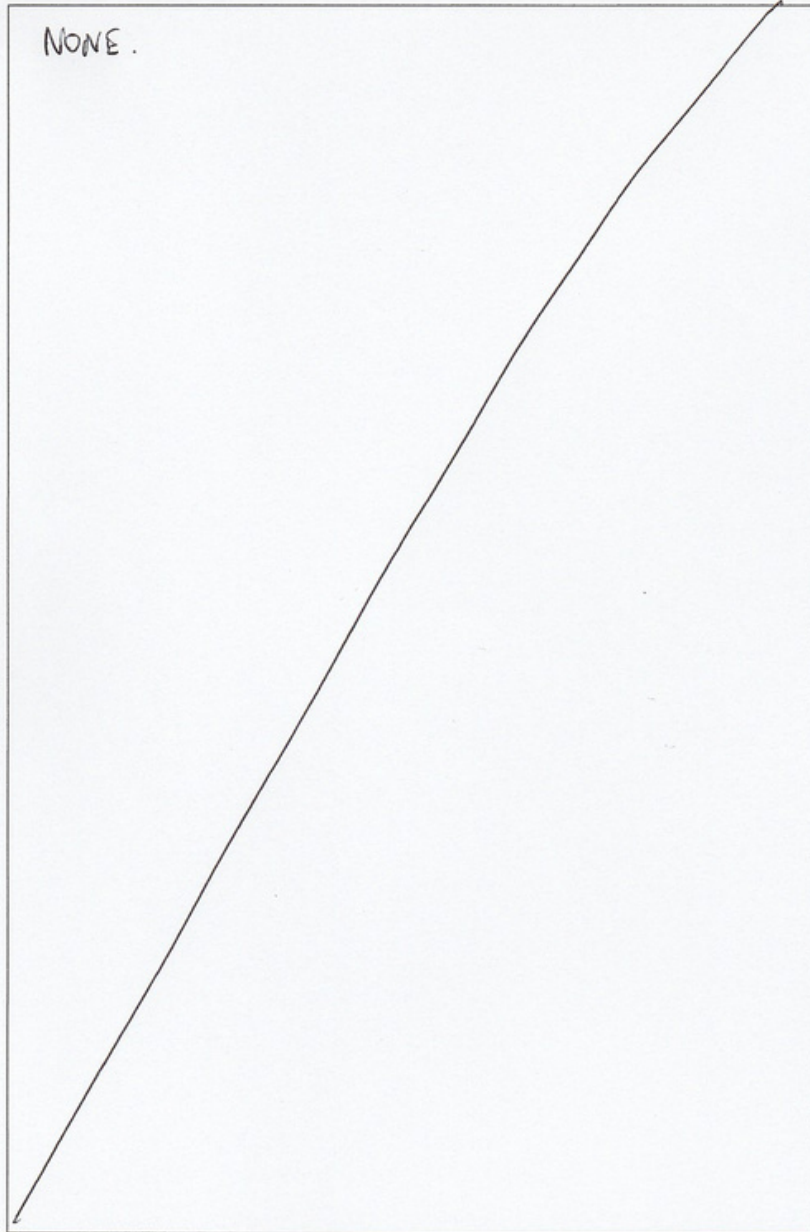
Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE.



TASTELIFEUK

England & Wales - Charity number 1158516

Accounts

tastelife

**welcome to
the tastelife annual
report**

for 2020-2021
from CEO Di Archer



Mrs Diana Archer, co-founder of tastelifeuk, recognised in 2019 by the Prime Minister's 'Points of Light' Award, for providing eating disorder sufferers and their family and friends with vital support on their path to recovery.

Launching into the COVID-19 sea...

tastelifeuk was created as a beacon of hope to those struggling with eating disorders – whether personally or supporting others. This year, while we have continued to keep that beacon alight, we have also, like everyone else, had to respond to the extraordinary worldwide crisis of COVID-19. Before Covid, our focus was on spreading that light as far as we could. Because of Covid, we have kitted out and launched a new lifeboat to offer rescue to those tossed about in the tumultuous seas of coping with an eating disorder in the middle of a pandemic. Unprecedented, indeed.

The tastelife lifeboat had to be created very quickly, as the UK was thrown into sudden lockdown and accompanying realisation that this virus was not going to let up any time soon. Some of our tastelife courses, delivering unique and targeted understanding and help to groups around the country, bravely switched to online meeting in the middle of their delivery. As we entered truly uncharted waters both as people and a charity, our new lifeboat proved equal to the storm. We are immensely proud of our core team, voluntary leaders financial supporters and our trustees, as they learned to sail in utterly new ways, with new equipment and new ropes.



Sailing into the wind

The pandemic has highlighted as never before the effects of poor mental health, and we are bizarrely grateful for how this has hit the headlines. Even the strongest among us have found the last year tricky; how much more those whose mental health is compromised, especially those with eating disorders (The Guardian 11.2.21). Not surprisingly, the number of people whose eating issues have worsened, or even begun, during 2020 has escalated. For so many people of all ages in the UK, Covid-19 has heightened the problems they had already. For those with eating disorders, grappling with an unhealthy and often dangerous relationship with food, it has increased their vulnerability. And because eating disorder behaviour often begins as a way of coping with difficulties in life, sufferers are more, rather than less, likely to turn to their unhelpful and often dangerous food patterns. While our marvellous, hugely challenged and massively overstretched NHS is keeping the country afloat in many ways, the need for tastelife services has never been greater.

The good news is that, with our new lifeboat, we can now reach more people than ever before.

We have responded to the Covid storm by choosing to take all our services online. Rather than participants driving an hour or so to get to our weekly courses, now we can take our lifeboat to them and meet them in their living rooms. We have been encouraged to discover that the tastelife course works just as well online – and indeed has some advantages. Perhaps it is less scary to relate through a screen, where you have plenty of control, than in person, where you might be acutely self-conscious.



How do you build a lifeboat?

This deeply demanding year of Covid has included:

Creating a suite of **backup resources** for our voluntary tastelife leaders to take their courses online – it's all there ready to roll, including an extra say-hello session to compensate for lack of meeting in person.

Free extra training for our voluntary tastelife course leaders to learn how to operate online delivery platforms, and build their confidence to do so. We also offer the loan of laptops for any leader who needs it to facilitate easy online facilitation of the tastelife course.

Previews online – open lunchtime sessions to pop in and find out more about what training to run the tastelife course involves. Or more about the Youth Track.

Taking on board a **new database system**, with the ability to automate all our sign-up processes and administration – again, increasing access to our support. Continuing development of this system to support all our work across the boat...

Expanding our staff team to include a post dedicated to **social media presence**, in order to offer sensitive, truthful and hopeful information about eating disorders. This commitment to contemporary communication is generating increasing interest and engagement. Our posts are designed to speak directly to those suffering with food issues, and to those interested in these problems. With videos of real-life stories of recovery, plus straight-talking tidbits of information, we are combatting the lies and pressure around body image and food, which is so often found in the marketplace that is social media. It is easy to find ideas for keeping eating disorders going – we are holding out a lifebelt to those who want to escape their power.

'I want to keep leading these courses. So many more people to help...'

Taking our 2-day **tastelife training events online**, which made them easy for 39 people this year to be equipped to run the tastelife community course. This was more than we hoped for and, like the tastelife course itself, has opened up accessibility for more volunteers to train with us. This training is suitable for those with related qualifications or involvement in health, education, social care, or pastoral ministry. Personal experience of eating disorders is also relevant for suitable volunteers as is the context where the course will be run. Of this number, following one-to-one consultations, 26 are already running courses or adding their support to teams already doing so.

Running our annual conference, **the tastelife Gathering, online**. Attendance tripled to 100, and, while we missed being in the same air together, it made possible an inspiring and informative Saturday, greatly enhanced by highly relevant workshops and a fascinating Q & A session with Baroness Kate Parminter, MP, who is an advocate for eating disorder support.

Providing **survival 'kits'** via our website – targeted resources for those struggling to manage Covid and eating disorders – and indeed, for those just struggling with the former.

Being so **grateful for support** from those who could see the need. Building a lifeboat takes extra resources, and without financial help, we could not have pivoted so effectively for change. We are thankful especially to our regular individual supporters, who give so kindly and generously, and to grant-giving bodies such as the CAF Resilience Fund, Foyle Foundation, The National Lottery Coronavirus Community Fund, Ecclesiastical Insurance Movement for Good, and the Barbara Ward Children's Foundation, to name a few.

Income grew in the year, including through our participation in the Big Give Christmas Challenge. As can be seen in the Accounts, all emergency Covid funding was expended within the year. The need for additional funding, however, remains as urgent as ever, if we are to expand to meet needs, as demonstrated by the waiting lists that exist for our courses.

The lifeboat on mission

The community course

We have been so glad to offer help to 259 participants adults through our tastelife community course online this year. These have included 201 sufferers and 58 family and friends. Those suffering included a variety of eating disorders and issues. While anyone can sign up for themselves, referrals from IAPT, GP surgeries, CAMHS and others are on the rise. As we continue to sail into unknown waters, we will run the course both online and in person, around the country. The accessible and community-based tastelife course uses interactive, and motivational methods to explain how to make changes in small steps towards health and wholeness. Whether face-to face or via a screen, the course offers sufferers and carers a way forward, and puts the steering wheel firmly in the hands of the sufferer.

'Thank you. I never imagined something was out there that could help me this much. I thought this would be with me forever, but now I have hope I can recover.'

'Because of this course, I am going to place greater emphasis on my son's emotional wellbeing and less on the food/re-feeding, as when he's emotionally secure he feels better about everything including food.'



The tastelife Youth Track: Understanding Eating Disorders

Our preventative resource, the tastelife Youth Track: **Understanding Eating Disorders**, could well turn into a lifeboat in its own right. Our new Coordinator has strengthened it, making it suitable for online delivery, and creating backup resources which make it even easier to run. Suitable for KS3 and youth groups, interested teachers and youth leaders can find out more at via **lunch-hour online previews**. Linked to the emphasis on good mental health, and ticking the boxes for essential provision, this resource is proving increasingly popular. We aim for it to be life-changing for many young people, enabling them to understand and steer clear of eating disorders. We are providing supplementary resources for parents too, to try and reduce the fear around eating disorders, and make helpful conversations possible.

The three sessions, provided on USB, focus on understanding and avoiding eating disorders. The course covers:

Learning the truth about eating disorders

Handling social media positively

Positive coping mechanisms

Creating a healthy body image

How to help self and others who are struggling

"The personal stories helped me understand what it is really like rather than just statistics or symptoms"

Young person

TASTELIFE YOUTH TRACK

www.tastelifeuk.org/youth-track

'Could easily be used by any teacher, whether trained or untrained in eating disorders.'
(facilitator)

'I can detect eating disorders now and know what to do if I experience it or meet someone who has a disorder.'
(young person)

The research project

Throughout the past year, a research team comprising representatives from Coventry and Worcester Universities and tastelife, have been exploring the impact of the tastelife course through focus groups. tastelife participants from around the country were invited to attend online, with four focus groups resulting. Initial findings in response to questions around 'The role of religion, spirituality and social media in the journey of eating disorders: a qualitative exploration from participants on an eating disorder recovery programme' were included in the Gathering in November 2020, with further reports still to come:

The overall theme highlighted the vital importance of relational support, whether from personal faith, other people or the tastelife course.

Theme 2 notes the centrality and complexity of personal faith.

Theme 3 veers towards a conclusion that, despite some positives, for those with eating disorder issues 'social media should come with a health warning.'

We are ready to respond to the future. We are more than ever committed to bringing compassionate understanding and practical help to those who want it. Pre-Covid and during Covid and on into the future, tastelife offers hope, support and working tools to sufferers of all types of eating disorders, and those who support them.

'We want to help them make life possible again – and indeed, to encourage them to find a better life that they may ever have had before. Many of us know first-hand what it is like to wrestle with addictive food behaviour, or support someone who is, and we know that it is not primarily about food. It is about trying to find a way to live life to the full, as we all want to do.' (Course leader and recovered sufferer)

Our Aims and Objectives remain the same, no matter the boat

- **To provide resources for eating disorder sufferers, and their carers, with the aim of empowering them with tools towards recovery, in the UK and worldwide, based on caring Christian values of health and wholeness, and open to all.**
- **To work with and train professionals in related fields in order to encourage best practice in dealing with eating disorder sufferers and carers.**
- **To advance the education of the general public in relating to those with eating disorders; and their carers.**
- **To develop further resourcefulness in response to the issues around eating disorders.**
- **To systematically assess and evaluate the outcomes and success of our courses.**

tastelife story

As a powerful, pertinent and timely response to the eating disorder epidemic in the UK, tastelife trains volunteers to run a research-based, 8 session community course. This is proving to be a welcome, targeted resource with effective tools for support and recovery, for those who suffer and those who care. It is non-threatening, educational and encourages a self-help approach that really works. It creates a safe, learning environment for sufferers and carers to come together. The material is relevant for most life-stealing eating issues. Both the course and the training are accredited by the University of Brighton Health Sciences.

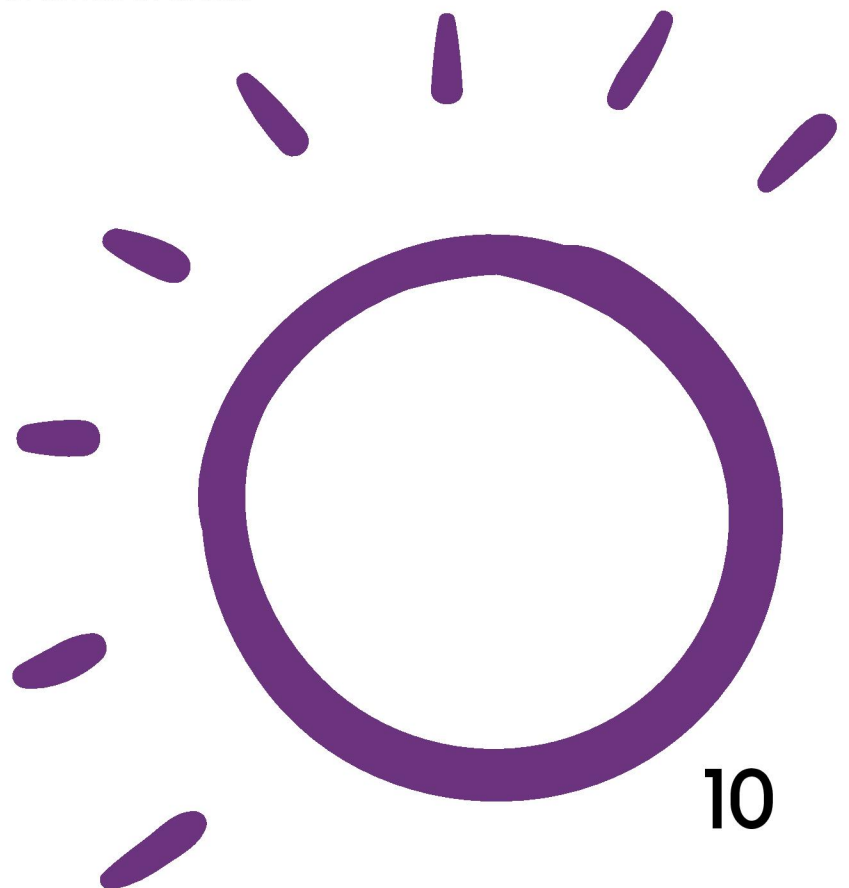
Together with the growing tastelife team, we are working hard to get the course into communities around the country. tastelife is a vibrant and growing charity, which is making a difference to so many lives around the UK. tastelife provides resources to complement the NHS and fill the gap in support and treatment for eating disorder sufferers in England and Wales, as well as for those who care for them.

There is a gap in care, despite increasing government recognition of the importance of Mental Health, and associated funding. The focus remains necessarily on those who are severely ill, usually with anorexia nervosa; those with bulimia nervosa and binge eating disorder are not prioritised. The average waiting time for waiting for eating disorder treatment is 176 weeks (Delaying for years, denied for months, Beat Eating disorders, 2017). Added to this, there is limited training for GPs who, for example, have to focus on re-feeding and weight restoration. Covid has only worsened these statistics. IAPT, GP surgeries and caring agencies refer to tastelife; as do many who self-refer. An increasing number of those struggling with eating issues are accessing tastelife resources which are not dependent on professional funding, but on the training of caring volunteers, who can then deliver help in their local communities.

Our aspirations for 2021/2022

- In person courses: to restart the tastelife course in current and more centres, as Covid restrictions allow, in order to achieve our vision of 50 tastelife centres around the UK in the next three years. This would mean the number of sufferers and carers who will be offered the help they need will reach 1,500. We will do this by training at least 30 new leaders in the next year.
- Online courses: to continue to offer online courses. We intend to further our reach this way, both for the community course, and the training. We hope to expand the number of people who can access both.
- To expand our support of all trained leaders, by providing ongoing resources and upskilling opportunities, both in person and online.
- To expand the rollout of our preventative resource for schools and youth groups, the Youth Track, in response to the heightened need for mental health support caused by the Covid situation. To continue to develop an effective social media presence that offers helpful information about eating disorders to young people, in order to arm them against them.

- To launch more resources online – a dedicated stream of webinars for regular support and upskilling of our wonderful tastelife course leaders; plus an outward-facing stream for those who would like to know more about eating disorders and how to respond to them – from professionals to families.
- To scope out both a teenage version of the community course and a primary school version of the Youth Track.
- To continue respond appropriately and creatively to the Covid situation, with targeted resources for those both inside and outside the tastelife community.
- To continue to explore sources of ongoing financial support via grants and regular giving.
- To continue to explore collaborative working with other eating disorder charities.
- To continue our liaison with the NHS and CAMHS, through referrals and links in communities where the tastelife course is running.
- To gain additional accreditation with OCN London for our courses and training.
- To host tastelife information-and-help stands when that becomes possible again.
- To continue streamlining our data processing and daily systems to ensure sustainability and fast response times to enquiries.
- To always be available to callers in times of crisis.



Our Trustees and Advisory Board:

- **Zoe Macnaughton – Acting Chair and Social Media**
- **Bob Dudley – Secretary**
- **Tanya Pengelly – Safeguarding**
- **Dr Ros Simpson - Trustee, training and medical advisor**
- **Paul Archer - Trustee, Advisor on Development and Fundraising**
- **Joanne Porter - Trustee, Senior Lecturer in Occupational Health**
- **Debbie Niblett – Treasurer**

Trustees are inducted and trained in awareness of both trustee responsibility, and eating disorders where necessary. The trustees give valued support to the CEO, Office Manager, Network Coordinator, Youth Track Coordinator and Communications Coordinator; and regularly revise and update the governance policies, including Risk, Safeguarding, and Financial Procedures.

'Having to confront and acknowledge my problems has been very painful. However, I have come to believe that there might be a way out. Having such support and listening to others, as well as talking about practical strategies, has been a lifeline for me. I have no illusions that recovery will be easy, though. I thank you all for everything.' (Sufferer on tastelife course)

TASTELIFEUK
Statement of Financial Activities
for the year ended
31st March 2021

| | Total Funds 2021 £ | Last Year Total Funds 2020 £ |
|--|---------------------------------------|---|
| Income and Expenditure | | |
| Receipts | | |
| Incoming Resources | | |
| Training Course Income | 6,280 | 8,205 |
| General Sales | 5,181 | 1,642 |
| Regular & One Off Donations | 23,648 | 19,167 |
| Big Give Donations | 19,753 | 0 |
| Gift Aid on above Donations | 2,900 | 0 |
| Non-restricted grants | 22,100 | 13,850 |
| Covid-19 Support Grants | 22,851 | 0 |
| Course Income | 3,288 | 677 |
| Schools Work - Youth Track Grants & Income | 22,246 | 6,978 |
| <u>Total Incoming Resources</u> | <u>128,247</u> | <u>50,519</u> |
| Expenses | | |
| Resources expended | | |
| Costs of Charitable Activities | 30,801 | 35,467 |
| Costs of Covid-19 activities | 22,365 | 0 |
| Fundraising | 5,470 | 2,389 |
| Cost of Governance Activities | 350 | 350 |
| Network Growth and Promotion | 1,626 | 9,510 |
| Resources and Training | 1,634 | 7,372 |
| Schools Work - Youth Track | 8,186 | 11,334 |
| <u>Total Outgoing Resources</u> | <u>70,432</u> | <u>66,422</u> |
| <u>Net Incoming Resources</u> | <u>57,815</u> | <u>-15,902</u> |
| <u>Net movements in funds</u> | <u>57,815</u> | <u>-15,902</u> |
| <u>Total funds brought forward</u> | <u>28,650</u> | <u>44,552</u> |
| <u>Total funds carried forward</u> | <u>86,465</u> | <u>28,650</u> |

The net movement in funds referred to above is the net incoming resources as defined in the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commission for England and Wales and is reconciled to the total funds as shown in the Balance Sheet that follows.

TASTELIFEUK
Statement of Financial Activities
as at 31st March 2021

| Balance Sheet | 2021 | 2020 |
|--|----------------------|----------------------|
| | £ | £ |
| The Assets and Liabilities of the Charity | | |
| Fixed Assets | | |
| Tangible Fixed Assets | 0 | 0 |
| Investments | 0 | 0 |
| Total Fixed Assets | 0 | 0 |
| Current Assets | | |
| Liabilities | 904 | 90 |
| Cash at bank | 85,561 | 28,560 |
| Total Current Assets | 86,465 | 28,650 |
| Creditors | | |
| amounts due within one year | 0 | 0 |
| Net Current Assets | 86,465 | 28,650 |
| <u>Total Net Assets</u> | <u>86,465</u> | <u>28,650</u> |
| The Funds of the Charity | | |
| Reserves | | |
| Reserves | 6,400 | 4,100 |
| Unrestricted income funds | | |
| Unrestricted revenue accumulated funds | 80,065 | 24,550 |
| <u>Total Charity Funds</u> | <u>86,465</u> | <u>28,650</u> |

For the year in question the CIO was entitled to exemption from audit, however in accordance with section 43 of the Charities Act 1993 the accounts have been examined by an Independent Examiner whose report is annexed to these accounts.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Signed:



Bob Dudley
 On behalf of Treasurer



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
TASTELIFE UK

**On accounts for the year
ended**

31st MARCH 2021

**Charity no
(if any)**

1158516

Set out on pages

1 - 13

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

MJKavanagh

Date:

30/7/2021

Name:

MARTIN JOHN KAVANAGH

**Relevant professional
qualification(s) or body
(if any):**

MCIOF MBCS CITP BA (HONS)

Address:

9 IVY BANK ROAD

BOLTON

GREATER MANCHESTER BL1 7EQ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

NONE .

