



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

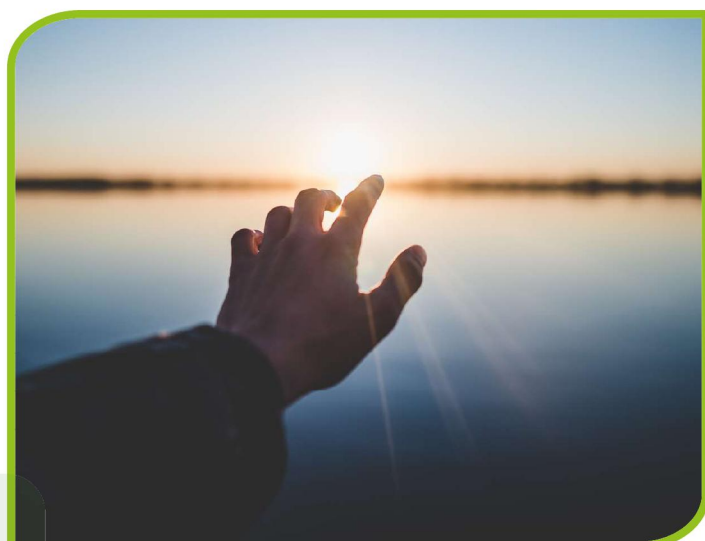
**FROM DI ARCHER, CEO**

# 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](http://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

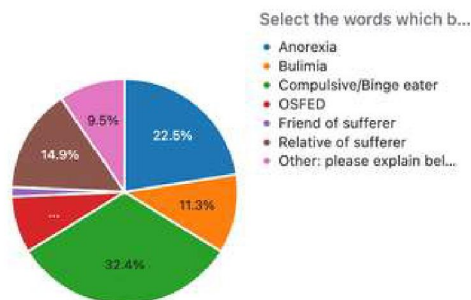
Face to face courses

13

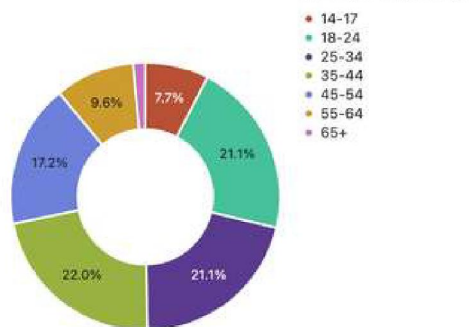
Total number of courses

26

Eating disorder ratio of participants on our waiting list

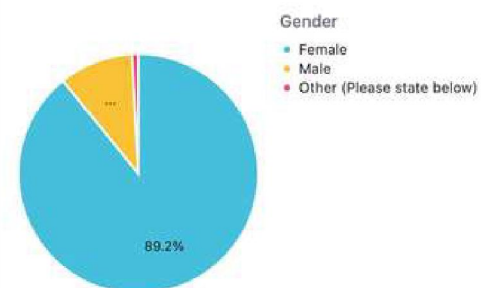


Participant age range



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**

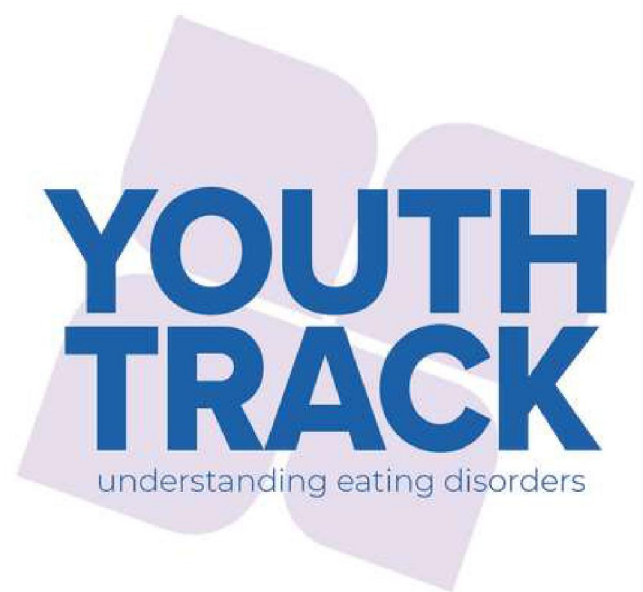


# What about prevention? Can the tastelife Youth Track: 'Understanding Eating Disorders' stop eating disorders in their tracks?

**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!**





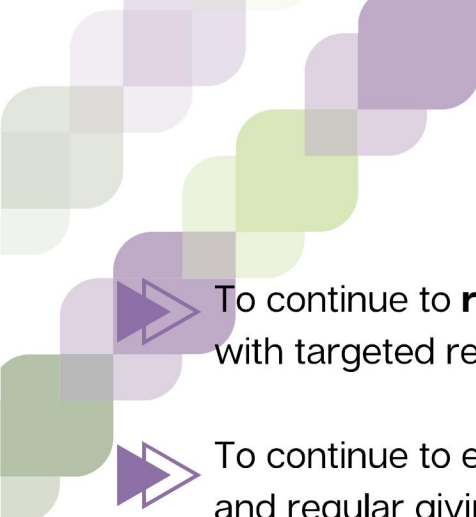
## **Our Charity Aims and Objectives remain the same, as long as eating disorders continue to challenge good mental health**

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**
**2022/23**
**2021/22**
**£**
**£**
**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	-	-
<b>Total Fixed Assets</b>	<b>-</b>	<b>-</b>

#### Current Assets

Cash at bank	83,045	95,855
Debtors	854	570
<b>Total Current Assets</b>	<b>83,899</b>	<b>96,425</b>

#### Creditors

Amounts due within one year	-	-
<b>Net Current assets</b>	<b>83,899</b>	<b>96,425</b>
<b>Total Net Assets</b>	<b>83,899</b>	<b>96,425</b>

#### Reserves

Reserves	20,000	20,000
Unrestricted income funds	63,899	76,425
<b>Total Charity Funds</b>	<b>83,899</b>	<b>96,425</b>

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

31<sup>st</sup> 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 Pribry 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.**