

# THE BRITISH EATING DISORDERS SOCIETY

England & Wales · Charity number 1179286

## Details

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**Other names** BRITISH EATING DISORDERS SOCIETY, BREDS

**Status** Registered

**Legal form** CIO

**Registered** 2018-07-23

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

## Contact

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**Address** Mountbatten House  
56 High Street South  
Dunstable  
Bedfordshire  
LU6 3HD

**Phone** 01582 293333

**Website** [www.breds.org.uk](http://www.breds.org.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT THE OBJECT OF THE CIO IS TO PRESERVE AND PROTECT THE HEALTH OF PEOPLE WITH EATING DISORDERS AND THEIR FAMILIES FOR THE PUBLIC BENEFIT BY FACILITATING COMMUNICATION, COLLABORATION AND THE SHARING OF KNOWLEDGE AND SKILLS BETWEEN ALL PEOPLE WORKING IN THE FIELD OF EATING DISORDERS ACROSS THE UNITED KINGDOM.

**Activities:** The British Eating Disorders Society (BrEDS) aims to connect everyone working with people with eating disorders or their families across the UK. Membership is open to people working in the NHS, private, academic or voluntary sector. We aim to improve the quality of care and treatment available by connecting people to share information on training, research, audit and guidance

## Classification

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- **How:** Acts As An Umbrella Or Resource Body
- **What:** Other Charitable Purposes
- **Who:** Other Defined Groups

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£0	£363	-	-
2024-03-31	£0	£241	-	-
2023-03-31	£615	£823	-	-
2022-03-31	£0	£20	-	-
2021-03-31	£0	£0	-	-

## Trustees

Name	Role	Appointed
Dr Hannah Wilson		2019-09-04
Dr Hubertus Himmerich		2020-06-10
Dr JOHN ROCHE		2017-06-11
Dr Nicola Mazey		2020-11-18
Emma-Jayne Hagerty		2025-02-06
JESSICA PARKIN		2017-11-08
Jessica Ruth Griffiths		2025-03-13
NICK HAWKES		2017-06-11

**THE BRITISH EATING DISORDERS SOCIETY**

England & Wales - Charity number 1179286

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# Accounts

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## Trustees' annual report (including Directors' report) for the period

From: 1/4/2024

To: 31/2/2025

Charity name: **British Eating Disorders Society (BrEDS)**

Charity registration number: **1179286**

### Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>(a) Improve awareness of eating disorders, and the care and treatment of people with eating disorders and their families.</b> <b>(b) Represent people working in the field of eating disorders across the United Kingdom.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>a. Promote communication, collaboration and consensus amongst people working in the field of eating disorders, especially across disciplines, professions, academic and clinical settings and sectors.</b> <b>b. Identify and promote best practice in working with people with eating disorders and their families.</b> <b>c. Develop collaborative relationships with any other organisation that shares similar aims to these.</b> <b>d. Represent the views of people working with those who have eating disorders and their families to the media, the public, businesses, government and other relevant bodies and on Committees, working parties or other groups formed to progress aims similar to the aims of this organisation. A member may be authorised to speak on behalf of the organisation if they are already an officer of the Management Committee, or they are co-opted by the Committee to undertake such a role.</b>
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	<b>The trustees have had regard to the guidance issued by the Charity Commission on public benefit</b>

issued by the Charity Commission on public benefit		
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	n/a
Policy on social investment including program related investment	Para 1.38	n/a
Contribution made by volunteers	Para 1.38	n/a
Other		

**Achievements and performance**

Summary of the main achievements of the charity, identifying the difference the charity’s work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p><b>During the year the BREDS meta Workplace continued to provide fora for discussion and sharing information. 3500 users were signed up, 2850 activated, generally 300 to 500 monthly active. In this way individuals working in the field of eating disorders and of a variety of professions connected and shared information of value to one another and ultimately to people with eating disorders and the population.</b></p> <p><b>Unfortunately we learned that Meta were closing Workplace and the preferred provider Zoom was not going to offer charities free service. Therefore the main activity of the trustees from that point was informing the membership and researching options for migration. Workplace was ceasing to accept new material by August 2025 and will close in 2026.</b></p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<b>s/a</b>
Performance of fundraising activities against objectives set	Para 1.41	<b>n/a</b>
Investment performance against objectives	Para 1.41	<b>n/a</b>
Other		

## Financial review

Review of the charity's financial position at the end of the period	Para 1.21	<b>The charity holds a balance which covers running for several years.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>n/a</b>
Amount of reserves held	Para 1.22	<b>n/a</b>
Reasons for holding zero reserves	Para 1.22	<b>Charity functions as a network and does not seek to provide services, hence having limited need for income or expenditure and a modest balance is sustainable for several years.</b>
Details of fund materially in deficit	Para 1.24	<b>n/a</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>None at present.</b>

## Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>No income sought this year.</b>
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Investment policy and objectives including any social investment policy adopted	Para 1.46	n/a
A description of the principal risks facing the charity	Para 1.46	<b>Misuse of discussion forum, mitigated by approval of new members and moderation.</b>
Other		

## Structure, governance and management

Description of charity's trusts:		
Type of governing document: for example, <a href="#">trust deed</a> , <a href="#">memorandum and articles of association etc</a>	Para 1.25	<b>Articles of association</b>
How is the charity constituted? for example <a href="#">limited company</a> , <a href="#">unincorporated association</a> , <a href="#">CIO</a>	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees are elected by the Board of Trustees following recommendation by any BrEDS member and with the aim of having representation from each of the constituent professional groups and third sector organisations that comprise the membership of BrEDS

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	

Relationship with any related parties	Para 1.51	
Other		

## Reference and administrative details

Charity name	<b>British Eating Disorders Society</b>
Other name the charity uses	<b>BrEDS</b>
Registered charity number	1179286
Charity's principal address	<b>c/o Dr N Hawkes, Bedfordshire and Luton Adult Community Eating Disorder Service, Mountbatten House, 56 High Street South, Dunstable, Beds, LU6 3HD</b>

## Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sam Clark Stone	Chair	Until 13 March 2025	
2	Hannah Wilson	Treasurer / Secretary	Until 12 Dec 2024; From 12 Dec 2024	
3	Emma Haggerty		From 6 Feb 2025	
4	Simon Chapman		Until 12 Dec 2024	
5	Erica Hussain		Until 12 Dec 2024	
6	Shila Rashid		Until 4 Feb 2025	
7	John Roche			
8	Jess Parkin	Treasurer	From 12 Dec 2024	
9	Hubertus Himmerich			
10	Nicky Mazey			
11	Jess Griffiths		From 13 March 2025	
12	Francine Verhoeff		From 13 March 2025	
13	Nicholas Hawkes	Chair	From 13 March 2025	
14				
15				
16				
17				
18				
19				
20				

## Corporate trustees – names of the directors at the date the report was approved

Director name	


Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year

**Funds held as custodian trustees on behalf of others**

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	n/a
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	n/a

**Additional information (optional)**

**Names and addresses of advisers (optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (optional information)**

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**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

n/a
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**Other optional information**


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## Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)		
Full name(s)	Dr N C Hawkes	
Position (for example Secretary, Chair, etc)	Chair	
Date	31 Jan 2026	



<b>Sub total</b>	363	-	-	363	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	
	-	-	-	-	
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	363	-	-	363	-
<b>Net of receipts/(payments)</b>	3,226	-	-	3,226	3,830
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>		-	-	<b>Cross Add Error</b>	3,830

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestrict ed funds to nearest £	Restrict e d funds to nearest £	Endowm ent funds to nearest £
<b>B1 Cash funds</b>				
	Balance	3,226	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	3,226	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
		<b>Unrestrict ed funds</b> to nearest £	<b>Restrict e d funds</b> to nearest £	<b>Endowm ent funds</b> to nearest £
<b>B2 Other monetary assets</b>				
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>	<b>Current value (optional)</b>
	<b>Details</b>			

**B3 Investment assets**

		-	-
		-	-
		-	-
		-	-
		-	-

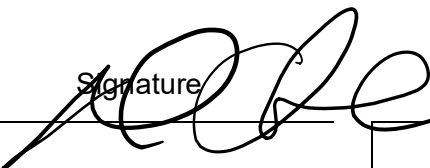
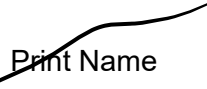
**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

 Signature	 Print Name N C Hawkes	Date of approval 31.1.26

**THE BRITISH EATING DISORDERS SOCIETY**

England & Wales - Charity number 1179286

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# Accounts

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# Trustees' Annual Report for the period

	Period start date			Period end date			
From	01	April	2023	To	31	March	2024

## Section A Reference and administration details

<b>Charity name</b>	British Eating Disorders Society		
<b>Other names charity is known by</b>	(BrEDS)		
<b>Registered charity number (if any)</b>	1179286		
<b>Charity's principal address</b>	C/O The Brownhill Centre, 121 Swindon Road		
	Cheltenham		
	Gloucestershire		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;"><b>Postcode</b></td> <td style="border: 1px solid black; padding: 5px;">GL51 9EZ</td> </tr> </table>	<b>Postcode</b>	GL51 9EZ
<b>Postcode</b>	GL51 9EZ		

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sam Clark-Stone	Chair		
2	Nick Hawkes	Vice-Chair		
3	Hannah Wilson	Treasurer & Secretary		
4	John Roche			
5	Simon Chapman		Resigned 30/10/24	

6	Jessica Parkin		
7	Erica Husain		Resigned 16/11/24
8	Shila Rashid		
9	Hubertus Himmerich		
10	Nicola Mazey		
11	Emma Haggerty	Non-voting board member	

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

<b>Name</b>	<b>Dates acted if not for whole year</b>

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**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Articles of association
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Trustees are elected by the Board of Trustees following recommendation by any BrEDS member and with the aim of having representation from each of the constituent professional groups and third sector organisations that comprise the membership of BrEDS

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

(a) For the public benefit, improve awareness of eating disorders, and the care and treatment of people with eating disorders and their families.  
 (b) For the public benefit, enable and improve communication including sharing of knowledge and skills between people working in the field of eating disorders across the United Kingdom.

Organisation and maintenance of the Workplace site which is used to facilitate communication and learning for British Eating Disorders Society (BrEDS) members. This includes the sharing of open access academic journal articles, national and international guidance, facilitation of discussions regarding clinical issues, information regarding training opportunities and hosting teaching webinars provided by world experts. Each of these activities enhances the knowledge and skills of members working with people with eating disorders and their families and thereby improves care and treatment

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During 2023-2024, membership of BrEDS continued to grow. Activated membership on Meta Workplace grew from 2297 to 2626. Monthly active members dropped from 726 but had peaks and troughs throughout the year ending at 583. Weekly peaked at 425 and remained in the range 255-425 throughout the year apart from Christmas time 2023. Daily activity stayed roughly stable throughout the year with daily peaks and troughs from 7 – 209.

There were 1255 posts created generating 762 comments and 1986 reactions.

210 private messages were sent between members.

There was no reported content throughout the year.

Most members accessed Workplace via their mobile phone, reaching a peak of 110 daily, with the remainder using a desk top computer, with a one-off peak of 119, the more usual number being below 100 daily. Members using the Workplace app had a peak of 111 per day.

Membership continued to represent the wide range of disciplines and organisations working with people with eating disorders and their families in the UK.

During the time span of this report, BrEDS Trustees arranged three live (and recorded) webinars on The Gut Microbiome in Anorexia Nervosa (40 live viewers, 315 subsequent views of recording), Ketogenic Metabolic Therapy (28 live viewers, 376 subsequent views of recording) and Recent Developments Eating Disorders Prevention (49 live viewers, 398 subsequent views of recording).

Our activities have continued to provide free training, guidance and resources for members, thereby enhancing our impact on the care of people with eating disorders and their families and bringing benefit to society as a whole.

## Section E Financial review

Brief statement of the charity's policy on reserves

N/A

Details of any funds materially in deficit

None

### Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

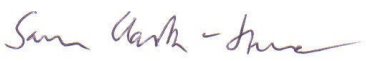
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Sam Clark-Stone	
Position (eg Secretary, Chair, etc)	Chair	
Date	28/12/24	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

British Eating Disorders Society (BrEDS)	1179286
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## Receipts and payments accounts

For the period from	Period start date 4/1/2023	To	Period end date 3/31/2024
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	3,830	-	-	3,830	3,830
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>3,830</b>	<b>-</b>	<b>-</b>	<b>3,830</b>	<b>3,830</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,830</b>	<b>-</b>	<b>-</b>	<b>3,830</b>	<b>3,830</b>
<b>A3 Payments</b>					
Bank Charges	30	-	-	30	-
Website Charges	211	-	-	211	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>241</b>	<b>-</b>	<b>-</b>	<b>241</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>241</b>	<b>-</b>	<b>-</b>	<b>241</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,589</b>	<b>-</b>	<b>-</b>	<b>3,589</b>	<b>3,830</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>3,589</b>	<b>-</b>	<b>-</b>	<b>3,589</b>	<b>3,830</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK


	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Simon Stone	1/7/2025

**THE BRITISH EATING DISORDERS SOCIETY**

England & Wales - Charity number 1179286

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	01	April	2022		31	March	2023

## Section A Reference and administration details

<b>Charity name</b>	British Eating Disorders Society		
<b>Other names charity is known by</b>	(BrEDS)		
<b>Registered charity number (if any)</b>	1179286		
<b>Charity's principal address</b>	C/O The Brownhill Centre, 121 Swindon Road		
	Cheltenham		
	Gloucestershire		
	<b>Postcode</b>	GL51 9EZ	

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Sam Clark-Stone	Chair		
2	Nick Hawkes	Vice-Chair		
3	Hannah Wilson	Treasurer & Secretary		
4	John Roche			
5	Simon Chapman			

6	Jessica Parkin			
7	Erica Husain			
8	Shila Rashid			
9	Hubertus Himmerich			
10	Nicola Mazey			
11	Emma Haggerty	Appointed as non-voting board member	12 <sup>th</sup> January 2023 onwards	

**Names of the trustees for the charity, if any, (for example, any custodian trustees)**

<b>Name</b>	<b>Dates acted if not for whole year</b>

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**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	<b>Articles of association</b>
How the charity is constituted (eg. trust, association, company)	<b>CIO</b>
Trustee selection methods (eg. appointed by, elected by)	<b>Trustees are elected by the Board of Trustees following recommendation by any BrEDS member and with the aim of having representation from each of the constituent professional groups and third sector organisations that comprise the membership of BrEDS</b>

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

**(a) For the public benefit, improve awareness of eating disorders, and the care and treatment of people with eating disorders and their families.**  
**(b) For the public benefit, enable and improve communication including sharing of knowledge and skills between people working**

**in the field of eating disorders across the United Kingdom.**

**Organisation and maintenance of the Workplace site which is used to facilitate communication and learning for British Eating Disorders Society (BrEDS) members. This includes the sharing of open access academic journal articles, national and international guidance, facilitation of discussions regarding clinical issues, information regarding training opportunities and hosting teaching webinars provided by world experts. Each of these activities enhances the knowledge and skills of members working with people with eating disorders and their families and thereby improves care and treatment**

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During 2022-2023, membership of BrEDS continued to grow. Activated membership on Facebook Workplace grew from 1783 to 2297. Monthly active members rose from 547 to 726 with a peak of 875 in December 2022. Weekly increased from 361 to 387 with a peak of 584 in December 2022 and daily increased from 85 to 112 with daily peaks and troughs throughout the year (24 – 300).

There were 1571 posts created generating 969 comments and 2267 reactions.

330 messages were sent by between members.

Most members accessed Workplace via their mobile phone, reaching a peak of 139 daily, with the remainder using a desk top computer, with a one-off peak of 211, the more usual number being below 100 daily. Members using the Workplace app had a peak of 140 per day.

Membership continued to represent the wide range of disciplines and organisations working with people with eating disorders and their families in the UK.

During the time span of this report, BrEDS Trustees only arranged one live (and recorded) webinar which was on Medical Emergencies in Eating Disorders, but this has been viewed by 537 people so far. This webinar promoted significant engagement across Workplace around the time of broadcast.

Our activities have continued to provide free training, guidance and resources for members, thereby enhancing our impact on the care of people with eating disorders and their families and bringing benefit to society as a whole.

Trustees held an in-person away day for planning purposes in Liverpool in October 2022.

**Section E Financial review**

<b>Brief statement of the charity's policy on reserves</b>	N/A
<b>Details of any funds materially in deficit</b>	None

**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:


- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

**Section F Other optional information**

**Section G Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>		
<b>Full name(s)</b>	Sam Clark-Stone	
<b>Position (eg Secretary, Chair, etc)</b>	Chair	
<b>Date</b>	27/01/24	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

British Eating Disorders Society

1179286

## Receipts and payments accounts

CC16a

For the period from	Period start date 4/1/2022	To	Period end date 3/31/2023
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### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	4,038	-	-	4,038	4,038
	615	-	-	615	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>4,653</b>	<b>-</b>	<b>-</b>	<b>4,653</b>	<b>4,038</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>4,653</b>	<b>-</b>	<b>-</b>	<b>4,653</b>	<b>4,038</b>
<b>A3 Payments</b>					
	60	-	-	60	-
	100	-	-	100	-
	79	-	-	79	-
	29	-	-	29	-
	152	-	-	152	-
	179	-	-	179	-
	139	-	-	139	-
	85	-	-	85	-
	-	-	-	-	-
<b>Sub total</b>	<b>823</b>	<b>-</b>	<b>-</b>	<b>823</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>823</b>	<b>-</b>	<b>-</b>	<b>823</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>3,830</b>	<b>-</b>	<b>-</b>	<b>3,830</b>	<b>4,038</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>3,830</b>	<b>-</b>	<b>-</b>	<b>3,830</b>	<b>4,038</b>

# Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		3,830	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>3,830</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

**THE BRITISH EATING DISORDERS SOCIETY**

England & Wales - Charity number 1179286

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/2021 Period start date To 31/03/2022 Period end date

Charity name: British Eating Disorders Society (BrEDS)

Charity registration number: 1179286

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>(a) For the public benefit, improve awareness of eating disorders, and the care and treatment of people with eating disorders and their families.</b> <b>(b) For the public benefit, enable and improve communication including sharing of knowledge and skills between people working in the field of eating disorders across the United Kingdom.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>Organisation and maintenance of the Workplace site which is used to facilitate communication and learning for British Eating Disorders Society (BrEDS) members. This includes the sharing of open access academic journal articles, national and international guidance, facilitation of discussions regarding clinical issues, information regarding training opportunities and hosting teaching webinars provided by world experts. Each of these activities enhances the knowledge and skills of members working with people with eating disorders and their families and thereby improves care and treatment</b>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the Charity Commission's guidance on public benefit</b>
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### **Additional information (optional)**

:You may choose to include further statements where relevant about

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>N/A other than Trustees</b>
Other		

### **Achievements and Performance**

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

**During 2021-2022, membership of BrEDS continued to grow. Activated membership on Facebook Workplace grew from 1545 to 1783. Monthly active members declined from 646 to 547, weekly stayed roughly stable at 373 to 361 and daily from 136 to 91 but there were daily peaks and troughs throughout the year.**

**There were 1428 posts created by 204 people, 278% more posts than the previous year. There were 1031 comments made by 240 people, 76% more comments than the previous year. 359 people contributed 2493 reactions to posts or comments, up 111% on the previous year.**

**477 messages were sent by 109 members up 148%.**

**Most members accessed Workplace via their mobile phone, reaching a peak of 168 daily, with the remainder using a desk top computer, with a peak of 76 daily. Members using the Workplace app grew to a peak of 164 per day.**

**Membership continued to represent the wide range of disciplines and organisations working with people with eating disorders and their families in the UK.**

**During the time span of this report, BrEDS Trustees continued to arrange regular live (and recorded) webinars on pertinent issues relevant to clinical practice. These have been provided free by experts and up to 314 members have subsequently viewed each recording. The webinars have been very popular and have increased membership and engagement from members.**

**During the course of the year, we provided webinars on the following topics:**

**• Well-being in the body: Yoga and**

**movement in recovery from eating disorders**

- **The role of intuitive eating in eating disorder recovery**
- **Psychedelics and eating disorders**
- **Music and eating disorders**
- **Problematic usage of the internet and eating disorders**

		<p><b>Our activities have provided training, guidance and resources for members when traditional conferences have been unavailable due to Covid, thereby enhancing our impact on the care of people with eating disorders and their families and bringing benefit to society as a whole.</b></p>
--	--	--

**Additional information (optional)**

:You may choose to include further statements where relevant about

	Para 1.41	Achievements against objectives set
	Para 1.41	Performance of fundraising activities against objectives set
	Para 1.41	Investment performance against objectives
		Other

## Financial Review

<b>BrEDS has a balance of £4037.78 in its bank account. BrEDS has no regular outgoings other than monthly bank charges of £5.</b>	Para 1.21	Review of the charity's financial position at the end of the period
<b>N/A. BrEDS has just one bank account as above</b>	Para 1.22	Statement explaining the policy for holding reserves stating why they are held
<b>Zero</b>	Para 1.22	Amount of reserves held
<b>BrEDS has just one bank account as above and no regular outgoings other than bank charges</b>	Para 1.22	Reasons for holding zero reserves
<b>None</b>	Para 1.24	Details of fund materially in deficit
<b>There are no uncertainties about the charity continuing as a going concern</b>	Para 1.23	Explanation of any uncertainties about the charity continuing as a going concern

### Additional information (optional)

:You may choose to include further statements where relevant about

<b>No current sources of funding and there has been no fundraising activity this year</b>	Para 1.47	The charity's principal sources of funds (including any fundraising)
<b>BrEDS does not invest any of its resources</b>	Para 1.46	Investment policy and objectives including any social investment policy adopted
<b>There are no risks directly affecting the charity</b>	Para 1.46	A description of the principal risks facing the charity
		Other



## Structure, Governance and Management

		Description of charity's trusts
<b>Articles of association</b>	Para 1.25	Type of governing document (trust deed, royal charter)
<b>CIO</b>	Para 1.25	How is the charity constituted (e.g unincorporated association, CIO)
<b>Trustees are elected by the Board of Trustees following recommendation by any BrEDS member and with the aim of having representation from each of the constituent professional groups and third sector organisations that comprise the membership of BrEDS</b>	Para 1.25	Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

### Additional information (optional)

:You may choose to include further statements where relevant about

	Para 1.51	Policies and procedures adopted for the induction and training of trustees
	Para 1.51	The charity's organisational structure and any wider network with which the charity works
	Para 1.51	Relationship with any related parties
		Other

## Reference and Administrative details

British Eating Disorders Society	Charity name
BrEDS	Other name the charity uses
1179286	Registered charity number
C/O The Brownhill Centre, 121 Swindon Road, ,Cheltenham GL51 9EZ	Charity's principal address

### Names of the charity trustees who manage the charity

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Sam Clark-Stone	Chair		
2	Menna Jones	Secretary	Until 14/10/2021 when resigned as Trustee	
3	Nick Hawkes	Vice-Chair		
4	Hannah Wilson	Treasurer & Secretary	Secretary from 14/10/21	
5	John Roche			
6	Simon Chapman			
7	Jessica Parkin			
8	Erica Husain			
9	Shila Rashid			
10	Hubertus Himmerich			
11	Nicola Mazey			
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved



## Funds held as custodian trustees on behalf of others

None	Description of the assets held in this capacity
N/A	Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects
N/A	Details of arrangements for safe custody and segregation of such assets from the charity's own assets

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Address	Name	Type of adviser

#### Name of chief executive or names of senior staff members (Optional information)

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### Exemptions from disclosure

Reason for non-disclosure of key personnel details

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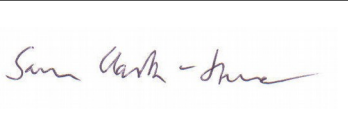
### Other optional information



## Declarations

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees

	
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**Signature(s)**

	Sam Clark-Stone
--	-----------------

**Full name(s)**

	Chair
--	-------

**Position (eg  
Secretary, Chair,  
etc)**

12/01/2023
------------

**Date**



**Receipts and payments accounts**

For the period from 01/04/2021 To 31/03/2022

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
	-	-	-	-	4,053
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
AR)	-	-	-	-	4,053
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	4,053
<b>A3 Payments</b>					
Bank charges	20	-	-	20	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	20	-	-	20	-
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	20	-	-	20	-
<b>Net of receipts/(payments)</b>	- 20	-	-	- 20	4,053
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,053	-	-	4,053	-
<b>Cash funds this year end</b>	4,033	-	-	4,033	4,053

**Section B Statement of assets and liabilities at the end of the period**

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		4,033	-	-
		-	-	-
		-	-	-



**THE BRITISH EATING DISORDERS SOCIETY**

England & Wales - Charity number 1179286

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# Accounts

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## Trustees' Annual Report for the period

From 01/04/20 Period start date To 31/03/21  
Period end date

Charity name: **British Eating Disorders Society (BrEDS)**

Charity registration number: **1179286**

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<b>(a) For the public benefit, improve awareness of eating disorders, and the care and treatment of people with eating disorders and their families.</b> <b>(b) For the public benefit, enable and improve communication including sharing of knowledge and skills between people working in the field of eating disorders across the United Kingdom.</b>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<b>Organisation and maintenance of the Workplace site which is used to facilitate communication and learning for British Eating Disorders Society (BrEDS) members. This includes the sharing of open access academic journal articles, national and international guidance, facilitation of discussions regarding clinical issues, information regarding training opportunities and hosting teaching webinars provided by world experts. Each of these activities enhances the knowledge and skills of members working with people with eating disorders and their families and thereby improves care and treatment</b>

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<b>The trustees have had regard to the Charity Commission's guidance on public benefit</b>
--	-----------	--

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<b>N/A</b>
Policy on social investment including program related investment	Para 1.38	<b>N/A</b>
Contribution made by volunteers	Para 1.38	<b>N/A other than Trustees</b>
Other		

**Achievements and Performance**

	SORP reference	
--	----------------	--

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

**During 2020-2021, membership of BrEDS continued to grow as did engagement with the Facebook Workplace site. Activated membership grew from 1055 to 1545. Monthly active members grew from 406 to 646, weekly from 264 to 373 and daily from 118 to 172. Members who engaged in commenting or posting themselves grew from 72 to 136.**

**Most members accessed Workplace via their mobile phone (increasing from 67 to 131 daily) with the remainder using a desk top computer (which remained stable at just below 50 per day).**

**Members using the Workplace app grew from 41 to 130 per day.**

**Membership continued to represent the wide range of disciplines and organisations working with people with eating disorders and their families in the UK.**

**During the time span of this report, BrEDS Trustees continued to arrange regular live (and recorded) webinars on pertinent issues relevant to clinical practice. These have been provided free by experts and have engaged 30-100 BrEDS members live and up to 500 have subsequently viewed the recordings. The webinars have been very popular and have increased membership and engagement from members.**

**During the course of the year, we provided webinars on the following topics:**

- **Covid-19 and Eating Disorders**
- **Delivering CBT During Lockdown**
- **Diabetes and Eating Disorders**
- **Pharmacological treatment of eating disorders and their health consequences**

		<ul style="list-style-type: none"> <li>• <b>Eating Disorders and Carers</b></li> <li>• <b>Compassion Focused Therapy</b></li> </ul> <p><b>Our activities have provided training for members when traditional conferences have been unavailable due to Covid, thereby enhancing our impact on the care of people with eating disorders and their families and bringing benefit to society as a whole.</b></p>
--	--	--

**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<b>BrEDS has a balance of £4057.78 in its bank account. BrEDS has no regular outgoings.</b>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<b>N/A. BrEDS has just one bank account as above</b>
Amount of reserves held	Para 1.22	<b>Zero</b>
Reasons for holding zero reserves	Para 1.22	<b>BrEDS has just one bank account as above and no regular outgoings</b>
Details of fund materially in deficit	Para 1.24	<b>None</b>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<b>There are no uncertainties about the charity continuing as a going concern</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<b>No current sources of funding and there has been no fundraising activity this year</b>
Investment policy and objectives including any social investment policy adopted	Para 1.46	<b>BrEDS does not invest any of its resources</b>
A description of the principal risks facing the charity	Para 1.46	<b>There are no risks directly affecting the charity</b>
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Articles of association</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>CIO</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Trustees are elected by the Board of Trustees following recommendation by any BrEDS member and with the aim of having representation from each of the constituent professional groups and third sector organisations that comprise the membership of BrEDS</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	British Eating Disorders Society
Other name the charity uses	BrEDS
Registered charity number	1179286

Charity's principal address	C/O The Brownhill Centre, 121 Swindon Road, Cheltenham, GL51 9EZ

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Sam Clark-Stone	Chair		
2	Menna Jones	Secretary		
3	Nick Hawkes	Vice-Chair		
4	Hannah Wilson	Treasurer		
5	John Roche			
6	Simon Chapman			
7	Jessica Parkin			
8	Erica Husain			
9	Shila Rashid			
10	Frances Connan			
11	Jacinta Tan			
12	Hubertus Himmerich			
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees - names of the directors at the date the report was approved

<b>Director name</b>		

Name of trustees holding title to property belonging to the charity

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	


## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

--

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

### Other optional information

--

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

<i>Sam Clark-Stone</i>	
------------------------	--

Full name(s)

Sam Clark-Stone	
-----------------	--

Position (eg  
Secretary, Chair, etc)

Chair	
-------	--

Date

30/01/22
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# Receipts and payments account

For the period  
from

01/04/2020

To

## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
<b>A1 Receipts</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
<b>Sub total</b> (Gross income for AR)	-	-	-
<b>A2 Asset and investment sales, (see table).</b>			
	-	-	-
	-	-	-
<b>Sub total</b>	-	-	-
<b>Total receipts</b>	-	-	-
<b>A3 Payments</b>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
<b>Sub total</b>	-	-	-
<b>A4 Asset and investment purchases, (see table)</b>			
	-	-	-
	-	-	-
<b>Sub total</b>	-	-	-
<b>Total payments</b>	-	-	-
<b>Net of receipts/(payments)</b>	-	-	-

<b>A5 Transfers between funds</b>	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-
<b><i>Cash funds this year end</i></b>	-	-	-

## Section B Statement of assets and liabilities at the end of

<b>Categories</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>
<b>B1 Cash funds</b>		-
		-
		-
	<b><i>Total cash funds</i></b>	<b>4,058</b>

(agree balances with receipts and payments account(s))

<b>Categories</b>	<b>Details</b>	<b>Unrestricted funds to nearest £</b>
<b>B2 Other monetary assets</b>		-
		-
		-
		-
		-
		-

<b>Categories</b>	<b>Details</b>	<b>Fund to which asset belongs</b>
<b>B3 Investment assets</b>		

<b>Categories</b>	<b>Details</b>	<b>Fund to which asset belongs</b>
<b>B4 Assets retained for the charity's own use</b>		

**B5 Liabilities**

**Details**

**Fund to which  
liability relates**

Signed by one or two trustees on  
behalf of all the trustees

Signature

Print N

Sam Clari





- -  
- -

**Amount due  
(optional)**

**When due  
(optional)**

-  
-  
-  
-  
-

lame

Date of  
approval

k-Stone

30/01/2022