



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	(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.
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	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

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the Charity Commission's guidance 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 than Trustees
Other		

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>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.</p> <p>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).</p> <p>Members using the Workplace app grew from 41 to 130 per day.</p> <p>Membership continued to represent the wide range of disciplines and organisations working with people with eating disorders and their families in the UK.</p> <p>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.</p> <p>During the course of the year, we provided webinars on the following topics:</p> <ul style="list-style-type: none"> • Covid-19 and Eating Disorders • Delivering CBT During Lockdown • Diabetes and Eating Disorders • Pharmacological treatment of eating disorders and their health consequences
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		<ul style="list-style-type: none"> • Eating Disorders and Carers • Compassion Focused Therapy <p>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.</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	
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	BrEDS has a balance of £4057.78 in its bank account. BrEDS has no regular outgoings.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A. BrEDS has just one bank account as above
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	BrEDS has just one bank account as above and no regular outgoings
Details of fund materially in deficit	Para 1.24	None
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no uncertainties about the charity continuing as a going concern

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	No current sources of funding and there has been no fundraising activity this year
Investment policy and objectives including any social investment policy adopted	Para 1.46	BrEDS does not invest any of its resources
A description of the principal risks facing the charity	Para 1.46	There are no risks directly affecting the charity
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Articles of association
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
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	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

	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	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

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	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)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information


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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Sam Clark-Stone	
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Position (eg
Secretary, Chair, etc)

Chair	
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Date

30/01/22



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 £
A1 Receipts			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total (Gross income for AR)	-	-	-
A2 Asset and investment sales, (see table).			
	-	-	-
	-	-	-
Sub total	-	-	-
Total receipts	-	-	-
A3 Payments			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
Sub total	-	-	-
A4 Asset and investment purchases, (see table)			
	-	-	-
	-	-	-
Sub total	-	-	-
Total payments	-	-	-
Net of receipts/(payments)	-	-	-

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

Section B Statement of assets and liabilities at the end of

Categories	Details	Unrestricted funds to nearest £
B1 Cash funds		-
		-
		-
	Total cash funds	4,058

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

	Details	Unrestricted funds to nearest £
B2 Other monetary assets		-
		-
		-
		-
		-
		-

	Details	Fund to which asset belongs
B3 Investment assets		

	Details	Fund to which asset belongs
B4 Assets retained for the charity's own use		

B5 Liabilities

Details

**Fund to which
liability relates**

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

Signature

Print Name

Sam Clark

179286

bunts

31/03/2021

CC16a

[illegible]

-	-
-	-

**Amount due
(optional)**

**When due
(optional)**

-
-
-
-
-

lame

Date of
approval

k-Stone

30/01/2022