



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	(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
--	-----------	--

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	
--	----------------	--

<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 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.</p> <p>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.</p> <p>477 messages were sent by 109 members up 148%.</p> <p>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.</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 up to 314 members have subsequently viewed each recording. 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"> • Well-being in the body: Yoga and
--	------------------	--

		<p>movement in recovery from eating disorders</p> <ul style="list-style-type: none">• 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>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.</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

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

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

Structure, Governance and Management

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

	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	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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

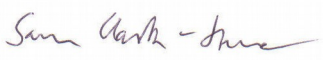
--

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)

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

Full name(s)

	Chair
--	-------

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

12/01/2023

Date



CHARITY COMMISSION
FOR ENGLAND AND WALES

British Eating Disorders Society (BrEDS)

1179286

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/04/2021

To

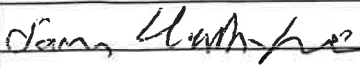
Period end date
31/03/2022

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 £
A1 Receipts					
	-	-	-	-	4,053
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
AR)	-	-	-	-	4,053
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	4,053
A3 Payments					
Bank charges	20	-	-	20	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	20	-	-	20	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	20	-	-	20	-
Net of receipts/(payments)	- 20	-	-	- 20	4,053
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,053	-	-	4,053	-
Cash funds this year end	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 £
B1 Cash funds		4,033	-	-
		-	-	-
		-	-	-

	Total cash funds	4,033	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	Date of approval	
		Sam Clark-Stone	12/01/2023	