



# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2022		31	March	2023

## Section A Reference and administration details

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

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 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

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)

*Sam Clark-Stone*

Full name(s)

Sam Clark-Stone

Position (eg Secretary, Chair, etc)

Chair

Date

27/01/24



CHARITY COMMISSION  
FOR ENGLAND AND WALES

British Eating Disorders Society

1179286

## Receipts and payments accounts

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For the period  
from

Period start date  
4/1/2022

To

Period end date  
3/31/2023

### Section A Receipts and payments

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

## 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>	3,830	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	to nearest £	to nearest £	to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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	