

Trustees' Annual Report for the period								
From		Period start date			To		Period end date	
		01	April	2023			31	March

## 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		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)

*Sam Clark-Stone*

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

## Receipts and payments accounts

CC16a

For the period  
from

Period start date  
4/1/2023

To

Period end date  
3/31/2024

### 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>	3,830	-	-	3,830	3,830
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	3,830	-	-	3,830	3,830
<b>A3 Payments</b>					
Bank Charges	30	-	-	30	-
Website Charges	211	-	-	211	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	241	-	-	241	-
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	241	-	-	241	-
<b>Net of receipts/(payments)</b>	3,589	-	-	3,589	3,830
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	-	-	-	-	-
<b>Cash funds this year end</b>	3,589	-	-	3,589	3,830

## 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		-	-	-
		-	-	-
		-	-	-
	<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 £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

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

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