



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

**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</a> etc	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)**

**Exemptions from disclosure**

Reason for non-disclosure of key personnel details

n/a

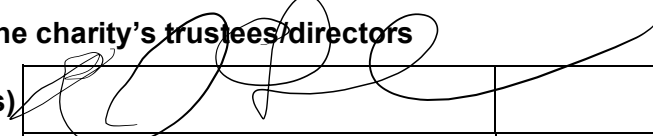
**Other optional information**

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	



## Receipts and payments accounts

**CC16**  
**a**

**For the  
period from**

01/04/2024

**To**

31/03/2025

## Section A Receipts and payments

[illegible]



<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>		-	-	Cross Add Error	3,830

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

**B3 Investment assets**

		-	-
		-	-
		-	-
		-	-
		-	-

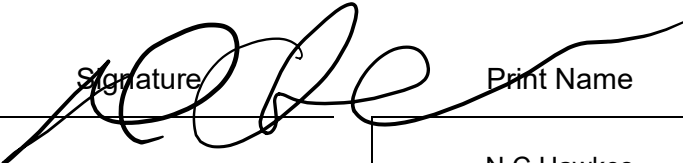
**B4 Assets retained for the charity’s own use**

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

<div>Signature</div> 	<div>Print Name</div> <div>N C Hawkes</div>	<div>Date of approval</div> <div>31.1.26</div>
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