



# Trustees' Annual Report for the period

From

Period start date  
Day 7 Month 4 Year 2021

To

Period end date  
Day 6 Month 4 Year 2022

## Section A Reference and administration details

Charity name

Field of Grace

Other names charity is known by

Registered charity number (if any)

1191352

Charity's principal address

31 Francis Way

Camberley

Surrey

Postcode

GU15 1EX

### 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	Nicola Leach			
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation
Trustee selection methods (eg. appointed by, elected by)	Appointed by other trustees

### 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**

1. To relieve by any charitable means to those suffering from, or at risk of suffering from, Anorexia Nervosa, Bulimia Nervosa, Binge eating, compulsive eating or any other eating disorder by providing support, information & advice.
2. To advance education to the general public about any eating disorders by providing training to professionals, information to schools & the wider community to raise awareness & prevention measures where possible.
3. The preservation & protection of the physical & mental health of families, carers & anyone else affected by those suffering from any eating disorder by providing information, advice & support.

**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)**

1. We continues our support groups on a Thursday evening and Saturday morning via zoom. We offer 1:1 peer support via telephone, email and/or text. We liaise with third parties (ie GPs, other charities and professional services) when a safeguarding situation occurs.  
  
We began formulating our Young Persons Program, to help young people who are in the early stages of “disordered eating”.
2. We created and provided further literature to GPs, other mental health organisation within Surrey. We put together a presentation for professionals at schools and universities. We then sent information out to Surrey based schools and Universities to invite professionals to our training programs. There are now professionals lined up to attend our training sessions in the next financial year.
3. We put together a support training session to help parents, friends and carers of those who are struggling with eating disorders. We have lined up these training sessions for the next financial year. We attempted to put on parent and carer support groups on zoom, but they have yet to take off. We offer phone support for occasional crisis.

**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.

## Section D

## Achievements and performance

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### Summary of the main achievements of the charity during the year

We continued our support zoom calls on a Thursday evening and a Saturday morning, which was attended by around 6 or 7 people.

We supported more Eating Disorder sufferers on a 1:1 basis via telephone, text and email. They reported that our support service was better than anything else they had been offered and gave them so much hope to live an eating disordered free life in the future. Two has even gone on to volunteer for us.

We continue to raise awareness via social media platforms, which grows in followers daily.

We started the long processes of putting together a Young Persons Programme, designed to help people under 18 to gain an understanding of what is going on for them and how to navigate treatment and recovery as a source of an early intervention service. This will hopefully be launched in the next year or 2, as we want to make sure we get it right before rolling out a pilot programme,

We put together a training sessions for professionals to assist with the early intervention of young people and vulnerable adults they may encounter who are struggling with disordered eating.

Information and invites have been sent out to schools and universities in the local area to attend these professional sessions via zoom.

We put together a training session for parents friends and carers of anyone who has someone in their life with disordered eating. Attendees have been lined up for the next year.

We attempted to set up a parents, friends, family and carers support group via zoom but they have yet to take off. Maybe after the training sessions.

We continue to offer support to both the sufferer, parents and carers via phone, email and text message.

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The charity had no reserves as it was primarily self-funded

**Details of any funds materially in deficit**

The founder, Nicola Leach, funded the website and hosting

**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**

<b>Signature(s)</b>	Nicola Leach	
<b>Full name(s)</b>	Nicola	Leach
<b>Position (eg Secretary, Chair, etc)</b>	Chair woman	
<b>Date</b>	04/02/23	